FREESTYLE SPECIALIST 1

NATIONAL TRICK LIST

Learning Outcome A Freestyle Specialist 1 instructor uses the discipline-specific fundamentals to demonstrate desired freestyle outcomes in beginner freestyle terrain, including extra small and small features.

FEATURE / TERRAIN	SNOWBOARDING	SKIING
FLATLAND Green Groomed Terrain	• Sustained butters out to 90 and back to forward stance • 360 nose or tail butter	• 180 Tip or Tail Butter • Switch skiing • Ollie or Nollie
BOXES / RAILS XS and Small boxes and rails	• Backside or frontside boardslide, coming off forward • Backside or frontside boardslide, coming off switch • Nose or Tail press • Switch 50-50 on a box	• Slide a box natural, coming off forward • Slide a box natural, coming off switch • Slide a box unnatural, coming off foward • Slide a box unnatural, coming off switch
JUMPS Small jumps	• Air + Grab • Shifty • Frontside 180 off heels, forward takeoff • Backside 180 off toes, forward takeoff	• Air +Grab • Old School Trick • Natural 180, forward Takeoff • Unnatural 180, forward takeoff
TRANSITIONAL TERRAIN (NO PIPE) Transistion feature, natural or man made *Everything is in the transitional zone	• In air or on snow alley oop • Transitional air edge change • Air to fakie	• In air or on snow ally-oop • Transitional air edge change • Air to fakie

Assessment is based on the instructor's ability to consistently perform the listed maneuvers on the specified terrain or features.

FREESTYLE SPECIALIST 2

NATIONAL TRICK LIST

Learning Outcome A Freestyle Specialist 2 instructor uses the discipline-specific fundamentals to demonstrate desired freestyle outcomes in intermediate freestyle terrain, including extra small, small, and medium features.

FEATURE / TERRAIN	SNOWBOARDING	SKIING
FLATLAND Easy Terrain	• Nose or tail butter to spin out • Switch Carving	• TIp or tail butter to spin out • Switch Carving
BOXES / RAILS Small and Medium Boxes & Rails	• Switch 50-50 medium box or rail • FS and BS boardslide on medium box or rail • FS or BS boardslide medium box or rail with 1 pitch change • FS or BS lipslide medium box or rail • 180 onto and off small boxes • Street/urban on medium boxes or rails	• Natural and unnatural slide boxes and rails with 1 pitch change • Natural and unnatural slides on rails • Lip Slide on medium rails • Spin off small boxes or rails • Street/urban on medium boxes or rails
JUMPS Small and Medium Jumps	• Switch FS and BS 180 small jumps • FS and BS 360, one on a medium jump • Switch straight air small jumps • FS or BS 180 with grab medium jump • Straight air + grab with tweak on medium jump	• Switch natural and unnatural 180s on a small jump • Unnatural 360 on small jump • Zero spin on a small jump • Natural and Unnatural 180s on a medium jump, one with a grab • Natural 360 on a medium jump
TRANSITIONAL TERRAIN/PIPE Halfpipe with Vert, Quarter Pipe with Vert	• Left and right grabs at the lip of transitional features • Ally-oop on a transitional feature in the vertical zone on both walls • Air to fakie on left and right transitional features in the vertical zone	• Left and right grabs at the lip on transitional features. • Ally-oop on a transitional feature in the vertical zone on both walls • Air to fakie on left and right transitional features in the vertical zone

Assessment is based on the instructor's ability to consistently perform the listed maneuvers on the specified terrain or features.

FREESTYLE SPECIALIST 3

NATIONAL TRICK LIST

Learning Outcome A Freestyle Specialist 3 instructor uses the discipline-specific fundamentals to demonstrate desired freestyle outcomes in all freestyle terrain, including small, medium, and large features.

FEATURE / TERRAIN	SNOWBOARDING	SKIING
FLATLAND Rollers, side hits, natural terrain use	• Aired spins into and out of sustained butters	• Butter 360 or more on roller or other terrain features
BOXES / RAILS Small, Medium, and large boxes and rails	• 270 onto boxes or rails • BS and FS street style on urban features • Slide large single pitch features • FS or BS boardslide medium boxes and rails with multiple pitch changes (through the kinks) • Variety of change-ups on boxes and rails • Pretezel on boxes or rails	• Front and back 270s out boxes or rails - 270 onto boxes or rails - Natural or unnatural slide multi kink, urban on, and large features • Variety of change ups on boxes and rails
JUMPS Small, Medium, Large jumps	• Switch FS and BS 360 small jumps or medium jumps • FS and BS 360 with grab medium jumps • FS or BS 540 medium jumps • Straight air with grab large jump • FS or BS 360 large jumps • Variety of grabs around the entire snowboard on medium jumps	• Switch natural and unnatural 360 on small or medium jumps • Natural and unnatural 360s with grabs on medium jumps • 540 on a medium jump • 360 on a large jump • Zero spin over a medium jump
TRANSITIONAL TERRAIN/PIPE Halfpipe	• Consistently air above the lip in the halfpipe with a variety of grabs • Alley-oop at the lip on both walls, above the lip on one wall • Alley-oop above lip with a grab • Spins down both walls • 360's with grabs on both walls at or above the lip	• Consistently air above the lip in the halfpipe with a variety of grabs • Alley-oop above lip with a grab • Alley-oop at the lip on both walls • Spins down both walls • 360's with grabs on both walls at or above the lip

Assessment is based on the instructor's ability to consistently perform the listed maneuvers on the specified terrain or features.