National Snowboard Activities List

Candidate and assessor reference • 2026–27

- Core and supporting activities for Levels 1, 2, and 3
- Movement Analysis (MA) core activity reference
- Snowboard descriptors and definitions

VERSION 1.0 October 2026

Contents

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Movement Analysis (MA) core activities Open section ›

Descriptors and definitions Open section ›

Activity structure

Each certification level separates CORE activities from SUPPORTING activities. Activity pages show the available parameters and any activity-specific description in the workbook. Use the level index to jump to an individual activity.

Source note: the supplied workbook did not contain explicit clickable video links. No video buttons or placeholders have been added in this first pass.

Level 1 Activities

Select any activity to open its detail page.

CORE

6 activities

- **Skidded Turns** — Open ›
- **Carved Turns** — Open ›
- **Off Piste / Bumps** — Open ›
- **Switch Turns** — Open ›
- **Straight Air** — Open ›
- **50-50** — Open ›

SUPPORTING

11 activities

- **Beginner Progression** — Open ›
- **Ollie / Nollie** — Open ›
- **Nose / Tail Press** — Open ›
- **Funnel Turns** — Open ›
- **Pitch Changes** — Open ›
- **Lane Changes** — Open ›
- **Flatland 360s** — Open ›
- **Pivot Slip** — Open ›
- **Straight Air (Outside Park)** — Open ›
- **50-50 On Snow** — Open ›
- **On-Snow Edge Change** — Open ›

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Level 2 Activities

Select any activity to open its detail page.

CORE

6 activities

Skidded Turns	Open ›
Carved Turns	Open ›
Off Piste / Bumps	Open ›
Switch	Open ›
Air 180's	Open ›
Nose or Tail Press	Open ›

SUPPORTING

20 activities

Carved Turns	Open ›
Switch Off Piste / Bumps	Open ›
Switch Carved Turns	Open ›
Grab	Open ›
Air 180's	Open ›
Nose / Switch Nose Rolls	Open ›
Shifty	Open ›
Air edge change	Open ›
Edge Change on Transition	Open ›
Toe to Toe (on-snow)	Open ›
Toe to Toe (on-snow)	Open ›
Heel to Heel (on-snow)	Open ›
Pivot Slip	Open ›
Aired Edge Changes	Open ›
Funnel Turns	Open ›
Pitch Changes	Open ›
Lane Changes	Open ›
Edge Tap	Open ›
Nose or Tail Press	Open ›
Shorts Around Longs	Open ›

Contents

Level 3 Activities

Select any activity to open its detail page.

CORE

6 activities

Skidded Turns	Open ›
Carved Turns	Open ›
Off Piste / Bumps	Open ›
Switch	Open ›
Air 360	Open ›
Boardslides	Open ›

SUPPORTING

21 activities

Switch Carved Turns	Open ›
Switch Carved Turns	Open ›
Switch Off Piste / Bumps	Open ›
Nose/Tail Rolls, Spins, Butters	Open ›
Flatland 360s in Bumps	Open ›
Transition - Air edge change	Open ›
Aired Edge Change	Open ›
Toe to Toe (in-air)	Open ›
Heel to Heel (in-air)	Open ›
Pivot Slip	Open ›
Dolphin Turns (Across Fall-line)	Open ›
Dolphin Turns (Down Fall-line)	Open ›
Funnel Turns	Open ›
Pitch Changes	Open ›
Lane Changes	Open ›
Edge Tap	Open ›
Shorts Around Longs	Open ›
Trifecta	Open ›
Air 360 (Outside Terrain Park)	Open ›
Nose / Tail Slide	Open ›
Hop Turn	Open ›

Contents

Level 1 • Skidded Turns

CORE ACTIVITY

CORE

EDGE CHANGE MOVEMENT
Extending Edge Change

TURN TYPE
Skidded

TURN SIZE
Medium

TURN SHAPE
Closed

ALIGNMENT
Aligned

TERRAIN / FEATURE
Blue

Level 1 • Carved Turns

CORE ACTIVITY

CORE

TURN TYPE

Carved

TURN SIZE

Large

TERRAIN / FEATURE

Green

Level 1 • Off Piste / Bumps

CORE ACTIVITY

CORE

TURN TYPE

Skidded

TERRAIN / FEATURE

Blue

Level 1 • Switch Turns

CORE ACTIVITY

CORE

TURN SIZE

Medium

TURN SHAPE

Open

TERRAIN / FEATURE

Green

Level 1 • Straight Air

CORE ACTIVITY

CORE

DESCRIPTION

Use appropriate speed and create an active movement on takeoff when back leg reaches lip of feature. Once airborne, retract the legs to the body during the maneuver zone. Land even on both feet in the landing zone while flexing to absorb the landing. No rotation, no grab.

TERRAIN / FEATURE

Small Jump

Level 1 • 50-50

CORE ACTIVITY

CORE

DESCRIPTION

Approach using appropriate speed, on takeoff create an active movement to land on the box and slide in a balanced position on both feet in the forward direction. Land even on both feet in the landing zone while flexing to absorb the landing.

TERRAIN / FEATURE

Small Box

SUPPORTING

DESCRIPTION

Skating/mobility, straight glide/run, One foot J-turn, side slip, floating/falling leaf, traverse, garlands, C-turns, linked C-turns, heel side and toeside.

ALIGNMENT

Aligned

TERRAIN / FEATURE

Green

Level 1 • Ollie / Nollie

SUPPORTING ACTIVITY

SUPPORTING

DESCRIPTION

Ollie - Use aft pressure to spring off tail. Land on two feet while travelling forward. Nollie - Use fore pressure to spring off nose. Land on two feet while travelling forward.

Level 1 • Nose / Tail Press

SUPPORTING ACTIVITY

SUPPORTING

DESCRIPTION

Nose Press - Use fore pressure onto nose for ·10ft with minimal pivot in a forward direction. Tail Press - Use aft pressure onto tail for ·10ft with minimal pivot in a forward direction.

Level 1 • Funnel Turns

SUPPORTING ACTIVITY

SUPPORTING

DESCRIPTION

A series of turns of various turn size and/or shape to form a ·funnel·, ·pyramid·, ·diamond· or ·hour-glass·.

Level 1 • Pitch Changes

SUPPORTING ACTIVITY

SUPPORTING

DESCRIPTION

A turn activity (non freestyle) from core that moves from either flat to steeper or steeper to flat pitch on a run

Level 1 • Lane Changes

SUPPORTING ACTIVITY

SUPPORTING

DESCRIPTION

A Series of turns using a medium radius/corridor, with one large radius/corridor turn to change the "lane" to another series of medium turns. Repeated as necessary

SUPPORTING

DESCRIPTION

Frontside and/or backside spins flat on snow surface, from a fall-line to fall-line straight run.

Level 1 • Pivot Slip

SUPPORTING ACTIVITY

SUPPORTING

DESCRIPTION

Link aligned toe and heel edge side slips together with a centered pivot point, In a board length corridor.

TERRAIN / FEATURE

Green / Blue

Level 1 • Straight Air (Outside Park)

SUPPORTING ACTIVITY

SUPPORTING

DESCRIPTION

Use appropriate speed and create an active movement on takeoff at a defined point. Once airborne, retract the legs to the body during the maneuver zone. Land even on both feet at the defined landing zone while flexing to absorb the landing. No rotation, no grab.

TERRAIN / FEATURE

Green

Level 1 • 50-50 On Snow

SUPPORTING ACTIVITY

SUPPORTING

DESCRIPTION

Approch using appropriate speed, on takeoff create an active movement to land on a defined spot and slide through the entire maneuver zone in a balanced position on both feet in the forward direction. Land even on both feet at the defined landing zone while flexing to absorb the landing.

TERRAIN / FEATURE

Green

Level 1 • On-Snow Edge Change

SUPPORTING ACTIVITY

SUPPORTING

DESCRIPTION

Make a smooth skidded turn through transition. Show edge change at top of transition feature.

TERRAIN / FEATURE

Pipe / Transition

Level 2 • Skidded Turns

CORE ACTIVITY

CORE

EDGE CHANGE MOVEMENT
Flexing Edge Change

TURN TYPE
Skidded

TURN SIZE
Small

TURN SHAPE
Closed

ALIGNMENT
Separation

TERRAIN / FEATURE
Blue / Black

Level 2 • Carved Turns

CORE ACTIVITY

CORE

TURN TYPE

Carved

TURN SIZE

Large

ALIGNMENT

Aligned

TERRAIN / FEATURE

Blue

Level 2 • Off Piste / Bumps

CORE ACTIVITY

CORE

TURN TYPE

Skidded

TURN SIZE

Medium

ALIGNMENT

Separation

TERRAIN / FEATURE

Blue / Black

Level 2 • Switch

CORE ACTIVITY

CORE

TURN SIZE

Small

ALIGNMENT

Aligned

TERRAIN / FEATURE

Blue

Level 2 • Air 180's

CORE ACTIVITY

CORE

DESCRIPTION

Approach with controlled speed switch or forward in the fall-line, using either a 2 footed or ollie takeoff and pivot, 180 degrees, land either forward or switch in the fall-line, by flexing to absorb the landing zone.

TERRAIN / FEATURE

Small Jump

Level 2 • Nose or Tail Press

CORE ACTIVITY

CORE

DESCRIPTION

Use fore/aft movement to pressure nose or tail across a box, maintain the press for the entirety of the feature. Approach and exit in the forward direction. Minimize pivot & edging.

TERRAIN / FEATURE

Small Box

Level 2 • Carved Turns

SUPPORTING ACTIVITY

SUPPORTING

EDGE CHANGE MOVEMENT
Flexing Edge Change

TURN TYPE
Carved

TURN SIZE
Small

TURN SHAPE
Open

ALIGNMENT
Separation

TERRAIN / FEATURE
Green

Level 2 • Switch Off Piste / Bumps

SUPPORTING ACTIVITY

SUPPORTING

TURN TYPE
Skidded

TURN SIZE
Large

TURN SHAPE
Closed

ALIGNMENT
Aligned

TERRAIN / FEATURE
Green / Blue

Level 2 • Switch Carved Turns

SUPPORTING ACTIVITY

SUPPORTING

TURN TYPE

Carved

TURN SIZE

Large

TERRAIN / FEATURE

Green

Level 2 • Grab

SUPPORTING ACTIVITY

SUPPORTING

DESCRIPTION

Approach using appropriate speed and timing to create a clean pop. Once airborne, retract legs and reach for board for a strong hold. In the landing zone, flex your legs to absorb the landing. No rotation.

TERRAIN / FEATURE

Small Jump

Level 2 • Air 180's

SUPPORTING ACTIVITY

SUPPORTING

DESCRIPTION

Approach with controlled speed switch or forward in the fall-line, using either a two-footed or ollie takeoff and pivot 180 degrees, land either forward or switch in the fall-line, by flexing to absorb the landing zone.

TERRAIN / FEATURE

Green / Blue

Level 2 • Nose / Switch Nose Rolls

SUPPORTING ACTIVITY

SUPPORTING

DESCRIPTION

Forward - Roll the snowboard 180° on the nose, in direction of travel, while travelling in a forward traverse or in the fall line. Switch - Roll the snowboard 180° on the switch nose, in direction of travel, while travelling in a switch traverse or in the fall line

Level 2 • Shifty

SUPPORTING ACTIVITY

SUPPORTING

DESCRIPTION

Approach using appropriate speed and timing to create a clean pop. Once airborne, use upper and lower body separation rotate the board 80-90 degrees and then back into alignment. In the landing zone flex legs to absorb the landing.

TERRAIN / FEATURE

Small Jumps

Level 2 • Air edge change

SUPPORTING ACTIVITY

SUPPORTING

DESCRIPTION

Two-footed take off at the bottom of the vert zone, landing on the new edge and managing the pressure through the transition.

TERRAIN / FEATURE

Pipe / Transition

Level 2 • Edge Change on Transition

SUPPORTING ACTIVITY

SUPPORTING

DESCRIPTION

Maintain contact with snow. Make an edge change/turn on the vert zone of a transitional feature.

TERRAIN / FEATURE

Pipe/Transition

Level 2 • Toe to Toe (on-snow)

SUPPORTING ACTIVITY

SUPPORTING

DESCRIPTION

Carved forward and switch toe turns linked by a pivoted frontside 180. On-snow 180 is initated and finished while across the fall-line. Once the toeside edge re-engages, carve through the toeside turn into the next manuever.

TERRAIN / FEATURE

Green / Blue

Level 2 • Toe to Toe (on-snow)

SUPPORTING ACTIVITY

SUPPORTING

DESCRIPTION

Carved toe turns and switch toe turns linked through a pivoted frontside 180 and switch frontside 180. On-snow 180 should be initated across the fall-line, and the maneuver should be finished across the fall-line, the toeside edge re-engaged, and carve through the toeside turn into the next manuever.

Level 2 • Heel to Heel (on-snow)

SUPPORTING ACTIVITY

SUPPORTING

DESCRIPTION

Carved forward and switch heel turns linked by a pivoted backside 180. On-snow 180 is initated and finished while across the fall-line. Once the heelside edge re-engages, carve through the heelside turn into the next manuever.

Level 2 • Pivot Slip

SUPPORTING ACTIVITY

SUPPORTING

DESCRIPTION

In a board length corridor, pivot 180 degrees around a central point between the feet. Slip continuously from one edge to the other edge while keeping shoulders parallel to the fall-line while flexing to create edge change.

Level 2 • Aired Edge Changes

SUPPORTING ACTIVITY

SUPPORTING

DESCRIPTION

In medium to large carved turns, hop off the uphill edge w/ 2 feet, landing on the downhill edge. Both the takeoff and landing occur across the fall-line.

Level 2 • Funnel Turns

SUPPORTING ACTIVITY

SUPPORTING

DESCRIPTION

A series of turns of various turn size and/or shape to form a ·funnel·, ·pyramid·, ·diamond· or ·hour-glass·.

Level 2 • Pitch Changes

SUPPORTING ACTIVITY

SUPPORTING

DESCRIPTION

A turn activity (non freestyle) from core that moves from either flat to steeper or steeper to flat pitch on a run

Level 2 • Lane Changes

SUPPORTING ACTIVITY

SUPPORTING

DESCRIPTION

A Series of turns using a small radius/corridor, with one medium radius/corridor turn to change the "lane" to another series of small turns. Repeated as necessary

Level 2 • Edge Tap

SUPPORTING ACTIVITY

SUPPORTING

DESCRIPTION

While moving across or diagonal to the fall line, tap the downhill edge on the snow and then return to the uphill edge.

Level 2 • Nose or Tail Press

SUPPORTING ACTIVITY

SUPPORTING

DESCRIPTION

Approach in a forward direction and use an athletic/active/pop at a defined takeoff, move to land on the nose or tail of the snowboard in the defined maneuver zone. Maintain the press through the entire maneuver zone in a balanced position over the nose or tail of the board. Upon exiting, the rider use an Athletic/active/pop movement and land balanced in a forward direction in the defined landing zone.

Level 2 • Shorts Around Longs

SUPPORTING ACTIVITY

SUPPORTING

DESCRIPTION

Short to medium radius skidded turns along a large radius path of travel. Short to medium radius turns occur continuously in all three phases of the large radius path, both while moving across the hill and while in the fall line.

Level 3 • Skidded Turns

CORE ACTIVITY

CORE

EDGE CHANGE MOVEMENT
Retracting Edge Change

TURN TYPE
Skidded

TURN SIZE
Small

TURN SHAPE
Closed

ALIGNMENT
Separation

TERRAIN / FEATURE
Black

Level 3 • Carved Turns

CORE ACTIVITY

CORE

TURN TYPE

Carved

TURN SIZE

Large

Level 3 • Off Piste / Bumps

CORE ACTIVITY

CORE

TURN TYPE

Skidded

TURN SIZE

Small

Level 3 • Switch

CORE ACTIVITY

CORE

TERRAIN / FEATURE

Blue / Black

Level 3 • Air 360

CORE ACTIVITY

CORE

DESCRIPTION

Use appropriate speed & edge-set. Create a clean takeoff either two foot or off the tail w/ board in fall-line & back foot at lip of feature. Make 360° rotation while retracting both legs. Land w/ board in the fall-line. Frontside or backside.

TERRAIN / FEATURE

Small Jump

Level 3 • Boardslides

CORE ACTIVITY

CORE

DESCRIPTION

In forward direction, use pop & separation to jump from snow onto feature. Land rotated 60-120° & w/ feature between feet. Maintain slide for entirety of feature. Pop off & rotate to exit forward. Land balanced on 2 feet.

TERRAIN / FEATURE

Small Box

Level 3 • Switch Carved Turns

SUPPORTING ACTIVITY

SUPPORTING

EDGE CHANGE MOVEMENT
Retracting Edge Change

TURN TYPE
Carved

TURN SIZE
Small

TURN SHAPE
Open

ALIGNMENT
Separation

TERRAIN / FEATURE
Green

Level 3 • Switch Carved Turns

SUPPORTING ACTIVITY

SUPPORTING

TURN SIZE

Large

TURN SHAPE

Closed

TERRAIN / FEATURE

Blue

Level 3 • Switch Off Piste / Bumps

SUPPORTING ACTIVITY

SUPPORTING

TURN TYPE

Skidded

TURN SIZE

Medium

TERRAIN / FEATURE

Blue / Black

SUPPORTING

DESCRIPTION

Nose Roll: Shift pressure forward under the front foot, flexing the front leg and unweighting the tail to lift it slightly off the snow while pivoting the board around the nose. Tail Roll: Shift pressure aft under the rear foot, flexing the rear leg and unweighting the nose to lift it slightly off the snow while pivoting the board around the tail. Butters: Link rolls together, continuously spinning on either the nose or tail, keeping the board in motion with consistent edge, pressure, and rotary management.

TERRAIN / FEATURE

Blue / Black

Level 3 • Flatland 360s in Bumps

SUPPORTING ACTIVITY

SUPPORTING

DESCRIPTION

Use twist and pivot to spin the snowboard, frontside and/or backside, while in bumps or un-groomed terrain.

TERRAIN / FEATURE

Blue / Black

Level 3 • Transition - Air edge change

SUPPORTING ACTIVITY

SUPPORTING

DESCRIPTION

Manage your line and pressure to get to the lip of the pipe and show an aired edge change with the pivot point of the board at the lip.

TERRAIN / FEATURE

Pipe / Transition

Level 3 • Aired Edge Change

SUPPORTING ACTIVITY

SUPPORTING

DESCRIPTION

In medium to large carved turns, hop off the uphill edge w/ two feet, landing on the downhill edge. Both the takeoff and landing occur across the fall-line.

TERRAIN / FEATURE

Blue / Black

Level 3 • Toe to Toe (in-air)

SUPPORTING ACTIVITY

SUPPORTING

DESCRIPTION

Front-side 180 centered pivot in the air with a two footed landing on the toe/switch toe edge. Initiated across the fall-line jumping off two feet off the uphill edge and finished across the fall-line landing on the downhill edge. Then carve through the control phase of the turn through the fall-line.

TERRAIN / FEATURE

Green / Blue

Level 3 • Heel to Heel (in-air)

SUPPORTING ACTIVITY

SUPPORTING

DESCRIPTION

Back-side 180 centered pivot in the air with a two footed landing on the toe/switch heel edge. Initiated across the fall-line jumping off two feet off the uphill edge and finished across the fall-line landing on the downhill edge. Then carve through the control phase of the turn through the fall-line

Level 3 • Pivot Slip

SUPPORTING ACTIVITY

SUPPORTING

DESCRIPTION

In a board-length corridor, using a 180-degree rotation with a centered pivot point, slipping from one edge to the other edge while keeping your shoulders in the fall-line. The rotation is initiated by steering with the lower body under a stable Center of Mass, with limited vertical movement in the upper body, and retracting edge change.

TERRAIN / FEATURE

Blue / Black

Level 3 • Dolphin Turns (Across Fall-line)

SUPPORTING ACTIVITY

SUPPORTING

DESCRIPTION

Across the fall-line in a medium turn size. Using an ollie take off of the tail of the uphill edge and then land on the nose of the downhill edge.

Level 3 • Dolphin Turns (Down Fall-line)

SUPPORTING ACTIVITY

SUPPORTING

DESCRIPTION

Down the fall-line in a small turn size. Using an ollie take off of the tail of the uphill edge and then land on the nose of the downhill edge.

TERRAIN / FEATURE

Green / Blue

Level 3 • Funnel Turns

SUPPORTING ACTIVITY

SUPPORTING

DESCRIPTION

A series of turns of various turn size and/or shape to form a ·funnel·, ·pyramid·, ·diamond· or ·hour-glass·.

TERRAIN / FEATURE

Blue / Black

Level 3 • Pitch Changes

SUPPORTING ACTIVITY

SUPPORTING

DESCRIPTION

A turn activity (non freestyle) from core that moves from either flat to steeper or steeper to flat pitch on a run

Level 3 • Lane Changes

SUPPORTING ACTIVITY

SUPPORTING

DESCRIPTION

A Series of turns using a small radius/corridor, with one medium radius/corridor turn to change the "lane" to another series of small turns. Repeated as necessary

Level 3 • Edge Tap

SUPPORTING ACTIVITY

SUPPORTING

DESCRIPTION

While moving across or diagonal to the fall line, tap the downhill edge on the snow and then return to the uphill edge.

Level 3 • Shorts Around Longs

SUPPORTING ACTIVITY

SUPPORTING

DESCRIPTION

Short radius skidded turns along a large radius path of travel. Short radius turns occur continuously in all three phases of the large radius path both while moving across the hill and while in the fall line.

Level 3 • Trifecta

SUPPORTING ACTIVITY

SUPPORTING

DESCRIPTION

Three different aired edge changes: 1) 2-footed takeoff and landing. 2) ollied takeoff and 2-footed landing. 3) ollied takeoff and dolphin style landing. Done in large radius across the fall line on both toe edge and heel edge.

Level 3 • Air 360 (Outside Terrain Park)

SUPPORTING ACTIVITY

SUPPORTING

DESCRIPTION

Use appropriate speed & edge-set. Create a clean takeoff either two foot or off the tail w/ board in fall-line & back foot at lip of feature. Make 360° rotation while retracting both legs. Land w/ board in the fall-line. Frontside or backside.

TERRAIN / FEATURE

Green / Blue

Level 3 • Nose / Tail Slide

SUPPORTING ACTIVITY

SUPPORTING

DESCRIPTION

Approach in the forward direction, at a defined takeoff point, control pivot and pressure to land in a butter on the nose or tail, between 60 and 120 degrees. Demonstrate deliberate pressure management along the length of the snowboard, maintaining the slide throughout the maneuver zone. Use an active move to land balanced, in the defined landing zone, in the forward direction.

Level 3 • Hop Turn

SUPPORTING ACTIVITY

SUPPORTING

DESCRIPTION

Use an extending movement pattern to leave the snow surface powerfully and symmetrically and lift the entire snowboard into the air so that it can rotate the 180 degrees and to land in a balanced and edged position on the opposite edge.

TERRAIN / FEATURE

Black

Movement Analysis (MA) Core Activities

Quick-reference list from the workbook's MA Core Activities tab.

Contents

LEVEL 1

Beginner Progression

Edge Change: One foot J-turn, side slip, garlands, C-turns. heel side and toe side • Turn Type: One foot J-turn, side slip, garlands, C-turns. heel side and toe side • Turn Size: One foot J-turn, side slip, garlands, C-turns. heel side and toe side • Turn Shape: One foot J-turn, side slip, garlands, C-turns. heel side and toe side • Alignment: Aligned • Terrain / Feature: Green

Skidded Turns

Edge Change: Extending Edge Change • Turn Type: Skidded • Turn Size: Medium • Turn Shape: Closed • Alignment: Aligned • Terrain / Feature: Blue

Carved Turns

Edge Change: Extending Edge Change • Turn Type: Carved • Turn Size: Large • Turn Shape: Closed • Alignment: Aligned • Terrain / Feature: Green

Off Piste / Bumps

Edge Change: Extending Edge Change • Turn Type: Skidded • Turn Size: Large • Turn Shape: Closed • Alignment: Aligned • Terrain / Feature: Green

Switch

Edge Change: Extending Edge Change • Turn Type: Skidded • Turn Size: Medium • Turn Shape: Closed • Alignment: Aligned • Terrain / Feature: Green

Straight Air

Edge Change: When back leg reaches lip of feature, use appropriate speed to create a clean pop. Once airborne, retract legs to the body. Extend legs to set board down evenly in the landing zone while flexing legs to absorb landing. No rotation, no grab. • Turn Type: When back leg reaches lip of feature, use appropriate speed to create a clean pop. Once airborne, retract legs to the body. Extend legs to set board down evenly in the landing zone while flexing legs to absorb landing. No rotation, no grab. • Turn Size: When back leg reaches lip of feature, use appropriate speed to create a clean pop. Once airborne, retract legs to the body. Extend legs to set board down evenly in the landing zone while flexing legs to absorb landing. No rotation, no grab. • Turn Shape: When back leg reaches lip of feature, use appropriate speed to create a clean pop. Once airborne, retract legs to the body. Extend legs to set board down evenly in the landing zone while flexing legs to absorb landing. No rotation, no grab. • Alignment: When back leg reaches lip of feature, use appropriate speed to create a clean pop. Once airborne, retract legs to the body. Extend legs to set board down evenly in the landing zone while flexing legs to absorb landing. No rotation, no grab. • Terrain / Feature: Small Jump

50-50

Edge Change: Use alignment & even pressure to slide over a box/rail feature in forward direction. Remain parallel to box without drifting. • Turn Type: Use alignment & even pressure to slide over a box/rail feature in forward direction. Remain parallel to box without drifting. • Turn Size: Use alignment & even pressure to slide over a box/rail feature in forward direction. Remain parallel to box without drifting. • Turn Shape: Use alignment & even pressure to slide over a box/rail feature in forward direction. Remain parallel to box without drifting. • Alignment: Use alignment & even pressure to slide over a box/rail feature in forward direction. Remain parallel to box without drifting. • Terrain / Feature: Small Box

LEVEL 2

Skidded Turns

Edge Change: Flexing Edge Change • Turn Type: Skidded • Turn Size: Small • Turn Shape: Closed • Alignment: Separation • Terrain / Feature: Blue / Black

Carved Turns

Edge Change: Flexing Edge Change • Turn Type: Carved • Turn Size: Large • Turn Shape: Closed • Alignment: Aligned • Terrain / Feature: Blue

Off Piste

Edge Change: Flexing Edge Change • Turn Type: Skidded • Turn Size: Medium • Turn Shape: Closed • Alignment: Separation • Terrain / Feature: Blue / Black

Switch

Edge Change: Flexing Edge Change • Turn Type: Skidded • Turn Size: Small • Turn Shape: Closed • Alignment: Aligned • Terrain / Feature: Blue

Air 180's

Edge Change: Approach with controlled speed switch or forward in the fall-line, using either a 2 footed or ollie takeoff and pivot, 180 degrees, land either forward or switch in the fall-line, by flexing to absorb the landing zone. • Turn Type: Approach with controlled speed switch or forward in the fall-line, using either a 2 footed or ollie takeoff and pivot, 180 degrees, land either forward or switch in the fall-line, by flexing to absorb the landing zone. • Turn Size: Approach with controlled speed switch or forward in the fall-line, using either a 2 footed or ollie takeoff and pivot, 180 degrees, land either forward or switch in the fall-line, by flexing to absorb the landing zone. • Turn Shape: Approach with controlled speed switch or forward in the fall-line, using either a 2 footed or ollie takeoff and pivot, 180 degrees, land either forward or switch in the fall-line, by flexing to absorb the landing zone. • Alignment: Approach with controlled speed switch or forward in the fall-line, using either a 2 footed or ollie takeoff and pivot, 180 degrees, land either forward or switch in the fall-line, by flexing to absorb the landing zone. • Terrain / Feature: Small Jump

Nose or Tail Press

Edge Change: Use alignment & fore/aft movement to pressure nose or tail across a box. Approach and exit in forward direction. Minimize pivot & edging. • Turn Type: Use alignment & fore/aft movement to pressure nose or tail across a box. Approach and exit in forward direction. Minimize pivot & edging. • Turn Size: Use alignment & fore/aft movement to pressure nose or tail across a box. Approach and exit in forward direction. Minimize pivot & edging. • Turn Shape: Use alignment & fore/aft movement to pressure nose or tail across a box. Approach and exit in forward direction. Minimize pivot & edging. • Alignment: Use alignment & fore/aft movement to pressure nose or tail across a box. Approach and exit in forward direction. Minimize pivot & edging. • Terrain / Feature: Small Box

LEVEL 3

Skidded Turns

Edge Change: Retracting Edge Change • Turn Type: Skidded • Turn Size: Small • Turn Shape: Closed • Alignment: Separation • Terrain / Feature: Black

Carved Turns

Edge Change: Retracting Edge Change • Turn Type: Carved • Turn Size: Large • Turn Shape: Closed • Alignment: Separation • Terrain / Feature: Black

Off Piste

Edge Change: Retracting Edge Change • Turn Type: Skidded • Turn Size: Small • Turn Shape: Closed • Alignment: Separation • Terrain / Feature: Black

Switch

Edge Change: Retracting Edge Change • Turn Type: Skidded • Turn Size: Small • Turn Shape: Closed • Alignment: Separation • Terrain / Feature: Blue / Black

Air 360

Edge Change: In approach, use appropriate speed & edge-set. Create a clean pop w/ board in fall-line & back foot at lip of feature. Make 360° rotation while retracting both legs. Land w/ board in the fall-line. Frontside or backside. • Turn Type: In approach, use appropriate speed & edge-set. Create a clean pop w/ board in fall-line & back foot at lip of feature. Make 360° rotation while retracting both legs. Land w/ board in the fall-line. Frontside or backside. • Turn Size: In approach, use appropriate speed & edge-set. Create a clean pop w/ board in fall-line & back foot at lip of feature. Make 360° rotation while retracting both legs. Land w/ board in the fall-line. Frontside or backside. • Turn Shape: In approach, use appropriate speed & edge-set. Create a clean pop w/ board in fall-line & back foot at lip of feature. Make 360° rotation while retracting both legs. Land w/ board in the fall-line. Frontside or backside. • Alignment: In approach, use appropriate speed & edge-set. Create a clean pop w/ board in fall-line & back foot at lip of feature. Make 360° rotation while retracting both legs. Land w/ board in the fall-line. Frontside or backside. • Terrain / Feature: Small Jump

Boardslides

Edge Change: In forward direction, use pop & separation to jump from snow onto feature. Land rotated 60-120° & w/ feature between feet. Maintain slide for entirety of feature. Pop off & rotate to exit forward. Land balanced on 2 feet. • Turn Type: In forward direction, use pop & separation to jump from snow onto feature. Land rotated 60-120° & w/ feature between feet. Maintain slide for entirety of feature. Pop off & rotate to exit forward. Land balanced on 2 feet. • Turn Size: In forward direction, use pop & separation to jump from snow onto feature. Land rotated 60-120° & w/ feature between feet. Maintain slide for entirety of feature. Pop off & rotate to exit forward. Land balanced on 2 feet. • Turn Shape: In forward direction, use pop & separation to jump from snow onto feature. Land rotated 60-120° & w/ feature between feet. Maintain slide for entirety of feature. Pop off & rotate to exit forward. Land balanced on 2 feet. • Alignment: In forward direction, use pop & separation to jump from snow onto feature. Land rotated 60-120° & w/ feature between feet. Maintain slide for entirety of feature. Pop off & rotate to exit forward. Land balanced on 2 feet. • Terrain / Feature: Small Box

Snowboard Descriptors

Definitions transcribed from the Descriptions tab.

Contents

Extending Edge Change

Rider extends joints of the body and their legs are at the most extended length in their range of motion just prior to edge change. DIRT and ROM dependent on turn size, shape, snow conditions, and riding goals. Can result in an up-unweighting pressure release outcome.

Flexing Edge Change

Rider flexes joints of the body and their legs are at the most flexed length in their range of motion just prior to edge change. DIRT and ROM dependent on turn size, shape, snow conditions, and riding goals. Can result in a down-unweighting pressure release outcome.

Retracting Edge Change

Rider brings the snowboard closer to the center of mass by rapidly flexing the ankles, knees, and hip joints by pulling the snowboard towards the CoM. While the board is moving closer to the center of mass, there is not a noticeable movement of the center of mass up or down. This can result in a rapid edge change and unweighting outcome. Most commonly occurs combined with Flexing at Edge Change movements.

Up-Unweighting

A quick leg extension producing a momentary pressure reduction when a snowboarder's center of mass reaches the top of its movement

Down-Unweighting

Flexing the ankles, knees, and hips to decrease pressure against the board. The decrease in pressure occurs until the center of mass slows.

Turn Type: Skidded

A turn in which the edge slips laterally as it travels forward; or a turn that is not carved. Utilizes more muscular rotary movements than a carved turn to cause the snowboard to turn. Turns where the tail takes a larger arc than the nose and the board is allowed to skid through twist and pivot. Smooth skidding throughout the turn with even blending of flexion, extension, and rotation throughout the turn. Speed control through turn shape and management of skid. Symmetrical DIRT, turn shape, body movements, and board performances toe side & heel side.

Turn Type: Carved

Turns with minimal skidding by tipping the snowboard on edge and allowing the shape of the board to create a turn with minimal lateral slipping or skidding. Carved turns display clean, long arcs in the snow as the entire edge of the snowboard passes through the same point in the snow. Speed control through management of forces relative to board sidecut. Symmetrical DIRT, turn shape, body movements, and board performances toe side & heel side.

Turn Size

Small, Medium, Large radius turns (approximate sizes).
Small = 1 groomer track wide (4.5 meters = 15 feet)
Medium = 2 groomer tracks wide (9 meters = 30 feet)
Large = 3 or more groomer tracks wide (13.5+ meters = 45+ feet)

Snowboard Descriptors — continued

Contents

Turn Shape: Open

Turns where the board turns approximately 45° - 60° and predominately points downhill at the end of the turn. Does not bring the nose of the board across the fall line at the finish of the turn. Nose of board is directed more down the hill than across the hill in the finish phase.

Turn Shape: Closed

Turns where the board turns approximately 80° - 90° across the hill and predominately points across the hill at the end of the turn. Brings the nose of the board across the fall line at the finish of the turn. Nose of the board is directed more across the hill than down the hill in the finish phase.

Alignment: Aligned

An athletic stance where the upper body remains lined up parallel to the snowboard and maintains alignment with the snowboard and the terrain through all 3 phases of the turn. Excessive leaning laterally or fore/aft is minimized. Rotation of the upper body maintains the same Rate as the board pivots. Steering of the snowboard is generated with ankles, knees, and hips, and the upper body will move with the snowboard.

Alignment: Lower Body Steering

Steering of the snowboard is generated with ankles, knees, and hips, and the upper body does not move in concert with the snowboard in all three phases of the turn. The snowboard is able to be steered independent from any turning or rotational forces generated from the upper body. Steering of the snowboard can be isolated from and is not reliant on any rotational or counter-rotational movements of the upper body. Independent and sequential flexion/extension of the joints of the lower body will be necessary to steer the snowboard.

Alignment: Lower Body Steering under a stable Upper Body

Steering of the snowboard is generated with ankles, knees, and hips, and the upper body does not move in concert with the snowboard through all three phases of the turn. The snowboard is able to be steered independent from any turning or rotational forces generated from the upper body, and the upper body can remain quiet and stable independent from the turning outcomes of the snowboard. The upper body can move independent of the turning forces from the snowboard and can demonstrate minimal rotational movement relative to how the lower body or the snowboard are rotating/pivoting. Steering of the snowboard can be isolated from and is not reliant on any rotational or counter-rotational movements of the upper body. Independent and sequential flexion/extension of the joints of the lower body will be necessary to steer the snowboard.

Board/Surface Contact

Maintaining contact between snowboard and snow surface at all times during specified activity.

Offset

The degree to which base of support moves away from the center of mass through the apex of the turn.