



# ROCKY MOUNTAIN

American Association of Snowboard Instructors



	Cert Level	Direction	Edge Change Movement	Turn Type	Turn Size	Turn Shape	Using Alignment/Separation	Terrain
<b>Skidded</b>	1	Forward	Most Extended	Skidded	Medium	Closed	Using Alignment	Blue
	2	Forward	Most Flexed	Skidded	Small	Closed	Using Separation	Blue
	3	Forward	Most Flexed w/ Retraction	Skidded	Small	Closed	Using Separation	Black
<b>Carved</b>	1	Forward	Most Extended	Carved	Large	Closed	Using Alignment	Green
	2	Forward	Most Flexed	Carved	Large	Closed	Using Alignment	Blue
	2	Forward	Most Flexed w/ Retraction	Carved	Small	Open	Using Separation	Green
	3	Forward	Most Flexed w/ Retraction	Carved	Large	Closed	Using Separation	Black
<b>Switch</b>	1	Switch	Most Extended	Skidded	Medium	Open	Using Alignment	Green
	2	Switch	Most Extended	Skidded	Medium	Closed	Using Alignment	Blue
	2	Switch	Most Extended	Carved	Large	Closed	Using Alignment	Green
	3	Switch	Most Flexed	Skidded	Small	Closed	Using Separation	Blue
	3	Switch	Most Flexed w/ Retraction	Carved	Small	Open	Using Separation	Green
<b>Terrain (Bumps)</b>	1	Forward	Most Extended	Skidded	Large	Closed	Using Alignment	Blue
	2	Forward	Most Flexed	Skidded	Medium	Closed	Using Separation	Blue
	3	Forward	Most Flexed w/ Retraction	Skidded	Small	Closed	Using Separation	Black
	3	Switch	Most Flexed	Skidded	Medium	Closed	Using Separation	Blue

	<b>Cert Level</b>	<b>Trick / Maneuver</b>	<b>Details</b>	<b>Terrain / Feature</b>
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<b>Freestyle: Flatland</b>	1	Ollie / Nollie	(landings should be 2-footed)	Green
	1	Nose / Tail Press	(traveling 10 or more feet)	Green
	1	Flatland 360's	(fall-line - 360 - fall line) -both directions	Green
	2	Air 180's	(frontside from heels, backside from toes)	Green / Blue
	2	Nose / Switch Nose Rolls	(180 roll in a traverse, frontside from heels)	Green / Blue
	3	Air 360's	(in a traverse)	Green / Blue
	3	Tail Rolls, Spins, Butters	(forward and/or switch)	Green / Blue
	3	Flatland 360's	on-snow 360's in the Bumps	Blue / Black

<b>Jumps</b>	1	Straight Air	(retraction, no grab)	Small Jumps
	2	Grab or Shifty	(clean grab or greater than 45 degrees)	Small Jumps
	3	360	(clean rotation)	Small Jumps

<b>Boxes Rails</b>	1	50 / 50	(ride on, ride off, forward direction)	Small Box / Rail
	2	Pivot or Pressure Move	(ride on, ride off, forward direction)	Small Box / Rail
	3	Pivot and Pressure	(Jump on, can be separate or combined moves)	Small Box / Rail

<b>Pipe</b>	1	on snow edge change	pivot point in the transition zone	Pipe
	2	air edge change	pivot point in the vert zone	Pipe
	3	air edge change	pivot point at or above the lip	Pipe

<b>Versatility</b>	2	Toe to Toe	(on-snow 180 across fall-line)	Green / Blue
	2	Heel to Heel	(on-snow 180 across fall-line)	Green / Blue
	2	Pivot Slip	most extended at edge change	Green / Blue
	2	Edge Hops	(across fall-line)	Green / Blue
	2	Funnel Turns	(skidded or carved)	Green / Blue
	3	Toe to Toe	(air 180 across fall-line)	Green / Blue
	3	Heel to Heel	(air 180 across fall-line)	Green / Blue
	3	Pivot Slip	most flexed at edge change	Blue / Black
	3	Dolphin Turns	(carved across fall-line)	Green / Blue
	3	Funnel Turns	(skidded or carved)	Blue / Black
3	Hanger Turns	(carved)	Blue / Black	



## Task Definitions and Examiner Expectations

### TURN DESCRIPTORS

**Most Extended**

Most Extended at Edge Change, an up-un-weighting pressure release, being the most extended at edge change during the turn.

**Most Flexed**

Most Flexed at Edge Change, a down-un-weighting pressure release, being the most flexed at edge change during the turn.

**Retraction**

Most Flexed at Edge Change with Retraction, a retraction-un-weighting pressure release, being the most flexed at edge change.

**Turn Type – Skidded**

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 TID, turn shape, body movements, and board performances toe side & heel side.

**Turn Type – Carved**

Turns where the tail follows the nose through the same arc, with minimal skid. Carved performance throughout the turn with appropriate blending of flexion, extension, and rotation throughout the turn. Speed control through management of forces relative to board sidecut. Symmetrical TID, turn shape, body movements, and board performances toe side & heel side.

**Turn Size**

Small, Medium, Large radius turns.

**Turn Shape – Open**

Turns where the board turns approximately 45° - 60° and predominately points downhill at the end of the turn.

**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.

## FREESTYLE: FLATLAND

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**Ollie** A jump, using aft pressure to spring off the tail of the snowboard and land on two feet, whilst travelling in a forward direction.

**Nollie** A jump, using fore pressure to spring off the nose of the snowboard and land on two feet, whilst travelling in a forward direction.

**Tail Press** A trick, using aft pressure to ride the tail of the snowboard for approximately 10 feet or more, whilst travelling in a forward direction.

**Nose Press** Using fore pressure to ride the nose of the snowboard for approximately 10 feet or more, whilst travelling in a forward direction.

**Flatland 360's** Use twist and pivot to spin the snowboard, frontside and/or backside, from a fall-line to fall-line straight run.

**Nose Roll** Use fore pressure & pivot to roll the snowboard 180° on the nose, in direction of travel, whilst travelling in a forward heelside traverse.

**Switch Nose Roll** Use fore pressure & pivot to roll the snowboard 180° on the switch nose, in direction of travel, whilst travelling in a switch heelside traverse

**Air 180's** Using pressure & pivot to jump the snowboard 180° from forward to switch, frontside from the heels and backside from the toes. A two footed or ollie take off is acceptable.

**Air 360's** Using pressure & pivot to jump the snowboard 360° from forward to forward, frontside and/or backside from the toes.

**Flatland 360's (in bumps)** Use twist and pivot to spin the snowboard, frontside and/or backside, whilst in bumps or un-groomed terrain.

## FREESTYLE: PARK JUMPS

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**Straight Air** (retraction, no grab) Show the ability to use appropriate speed to then create a clean pop when the back foot reaches the lip of the jump. Then once in the air retract your legs to bring your feet up to your body. Then use your legs to extend to set your board down evenly in the landing zone as you flex your legs to absorb your landing.

**Shifty or Grab** Show the ability to use appropriate speed to then create a clean pop when the back foot reaches the lip of the jump. Then once in the air retract your legs to bring your feet up to your body. As this happens reach down to grab your board showing a strong edge hold. Then use your legs to extend to set your board down evenly in the landing zone as you flex your legs to absorb your landing

**360's** Show the ability to use the appropriate speed and edge/line set up in the approach to get a clean carved line. Then show a cleaned pop with the board in the fall-line and the back foot at the lip of the jump. From here continue to the rotation as you retract your legs at the same. Finally land with your board in the fall-line.

## FREESTYLE BOXES / RAILS

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**50/50**

Using alignment & even pressure to ride the snowboard over a box/rail feature in a forward direction. Demonstrate the control to travel parallel to the box without drifting across the box. If a suitable narrow box is available, this will be chosen over a “butter-box”.

**Pivot OR Pressure**

Using separation & rotation to ride the snowboard between 45° and 90° going in forward & exiting in a forward direction.

OR

Using alignment & fore/aft pressure to perform a nose or tail press across a box feature in a forward direction.

**Pivot AND Pressure**

Jump on & Using separation & rotation to perform a boardslide, between 60° and 90°, across a box feature in a forward-forward direction.

AND

Jump on & Using fore/aft pressure & rotation to perform a nose or tail slide, between 60° and 90°, going in forward & exiting in a forward direction.

## FREESTYLE: HALFPIPE / TRANSITIONAL FEATURES

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**Edge Change  
in Transition**

Make a smooth skidded turn through the transition showing an edge change at the top of the transition.

**Air Edge Change  
at Bottom of Vert Zone**

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

**Air Edge Change  
at the Lip**

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.

## VERSATILITY TASKS

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### Toe to Toe (on-snow)

These are done with a front-side 180 centered pivot on the snow with your heel-side edge. These are to be initiated across the fall-line and finished across the fall-line. Then you are meant to carve through the shape of the turn through the fall-line

### Toe to Toe (air)

These are done with a front-side 180 centered pivot in the air with a two footed landing on the toe/switch toe edge. These are to be 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 you are meant to carve through the shape of the turn through the fall-line.

### Heel to Heel (on-snow)

These are done with a back-side 180 centered pivot on the snow with your toe-side edge. These are to be initiated across the fall-line and finished across the fall-line. Then you are meant to carve through the shape of the turn through the fall-line.

### Heel to Heel (air)

These are done with a back-side 180 centered pivot in the air with a two footed landing on the toe/switch heel edge. These are to be 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 you are meant to carve through the shape of the turn through the fall-line

### Pivot Slip

These are meant to be done in corridor using a 180 degree rotation with a centered pivot point and then slipping from one edge to the other edge whilst keeping your shoulders in the fall-line.

### Most Flexed Pivot Slips

These are meant to be done in corridor using a 180 degree rotation with a centered pivot point from one edge to the other edge whilst keeping your shoulders in the fall-line. The rotation is initiated with a down un-weighted movement.

### Edge Hops

These are done in a large radius turn with a 2 footed hop off the uphill edge landing on the downhill edge. Both the takeoff and landing should happen across the fall-line. In-between hops you are meant to be carving through the turn.

### Funnel Turns

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

### Hanger Turns

These are done whilst traveling across the fall-line. You then make a true lateral move with two feet to touch the downhill edge before coming back to your uphill edge.

### Dolphin Turns

These are done across the fall-line in a medium turn size. Using an Ollie you want to take off of the tail of the uphill edge and then land on the nose of the downhill edge.

## SUPPORTING TASKS

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Examiners will choose additional “Supporting Tasks” from, but not limited to, this document on the day of the exam to support assessments made.