



ROCKY MOUNTAIN DIVISION
 Professional Ski Instructors of America
 American Association of Snowboard Instructors

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

| | Cert Level | Trick / Maneuver | Details | Terrain / Feature |
|------------------------|--------------|----------------------------|--|-------------------|
| Freestyle: Flatland | 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 |
| Jumps | 1 | Straight Air | Retraction, no grab | Small Jumps |
| | 2 | Grab or Shifty | Clean grab or shifty (greater than 45 degrees) | Small Jumps |
| | 3 | 360 | Clean rotation | Small Jumps |
| Boxes Rails | 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 |
| Pipe | 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 |
| Versatility | 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 | Separation, with no vertical movement | 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 Descriptions and Performance Guide

TURN DESCRIPTORS

| | |
|--------------------------|---|
| Most Extended | An up-un-weighted pressure release where the rider is more extended at the edge change. |
| Most Flexed | A down-un-weighted pressure release where the rider is more flexed at edge change. |
| Retraction | A retraction-un-weighted pressure release, where the rider is more flexed at edge change through retraction. |
| Skidded Turns | 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. |
| Carved Turns | 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 describing the size or radius of the turn. |
| Open Turn Shape | Turns where the board turns approximately 45° - 60° and predominately points downhill at the end of the turn. |
| Closed Turn Shape | 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

| | |
|--------------------------------|--|
| Ollie | A jump, using aft pressure to spring off the tail of the snowboard and land on two feet. |
| Nollie | A jump, using fore pressure to spring off the nose of the snowboard and land on two feet. |
| Tail Press | Use aft pressure to ride the tail of the snowboard while holding the nose off the snow and travelling ~10'. |
| Nose Press | Use fore pressure to ride the nose of the snowboard while holding the tail off the snow and travelling ~10'. |
| Flatland 360 | 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 from a heelside traverse forward to switch. |
| Switch Nose Roll | Use fore pressure & pivot to roll the snowboard 180° on the switch nose from a switch heelside traverse forward to switch. |
| Air 180 | Use 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 | Use pressure & pivot to jump the snowboard 360° from forward to forward, frontside and/or backside. |
| Flatland 360 (in bumps) | Use twist and pivot to spin the snowboard, frontside and/or backside, while in bumps or un-groomed terrain. |

FREESTYLE: PARK JUMPS

| | |
|---------------------|--|
| Straight Air | Use appropriate speed to create a clean pop when the back foot reaches the lip of the jump. While in the air retract your legs to bring your feet up to your body. Extend your legs to set your board down evenly in the landing zone and flex your legs to absorb your landing. (retraction, no grab) |
| Shifty | Use appropriate speed to create a clean pop when the back foot reaches the lip of the jump. While in the air retract your legs to bring your feet up to your body while using upper and lower body separation to pivot the snowboard in opposition to your upper body. Extend your legs to set your board down evenly in the landing zone and flex your legs to absorb your landing. |
| Grab | Use appropriate speed to create a clean pop when the back foot reaches the lip of the jump. While in the air retract your legs to bring your feet up to your body and reach down to grab your board showing a strong hold. Extend your legs to set your board down evenly in the landing zone and flex your legs to absorb your landing. |
| 360 | 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. Continue the rotation as you retract |

your legs and complete a full 360° rotation. Extend your legs to set your board down evenly in the landing zone and flex your legs to absorb your landing.

FREESTYLE: BOXES / RAILS

50/50 Use alignment & even pressure, 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 (Level 2) Use separation & rotation perform a boardslide, between 45° and 90°, across a box or rail feature approaching from a forward direction & exiting in a forward direction. **OR (only one of these maneuvers is required)** Use alignment & fore/aft pressure perform a nose or tail press across a box feature approaching from a forward direction & exiting in a forward direction .

Pivot AND Pressure (Level 3) Use separation & rotation perform a boardslide, between 60° and 90°, across a box or rail feature approaching from a forward direction & exiting in a forward direction. **AND (these maneuvers can be completed together in one trick, or independently as 2 separate tricks).** Use alignment & fore/aft pressure perform a nose or tail press, across a majority of a box or rail feature approaching from a forward direction & exiting in a forward direction.

FREESTYLE: HALFPIPE / TRANSITIONAL FEATURES

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: Bottom of Vert Two footed take off at the bottom of the vert zone, pivoting the snowboard and landing on the new edge.

Air Edge Change: At the Lip Manage line choice and control the magnitude of 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

Toe-to-Toe (on-snow, carve) Initiated while carving toeside across the fall-line. Roll to heel edge and do an on-snow frontside 180 with a centered pivot point. Roll back to toes and finish the turn carving across the fall-line. Repeat switch-to-forward.

Toe-to-Toe (air, carve) Initiated while carving across the fall-line. Jump off two feet from the uphill toe-edge and rotate frontside 180 degrees in the air with a centered pivot point. Land across the fall-line two-footed on the downhill toe edge and finish the turn carving across the fall-line. Repeat from switch to forward.

Heel-to-Heel (on-snow, carve) Initiated while carving heelside across the fall-line. Roll to toe edge and do an on-snow backside 180 with a centered pivot point. Roll back to heels and finish the turn carving across the fall-line. Repeat switch-to-forward.

Heel-to-Heel (air, carve) Initiated while carving across the fall-line. Jump off two feet from the uphill heel-edge and rotate backside 180 degrees in the air with a centered pivot point. Land across the fall-line two-footed on the downhill heel edge and finish the turn carving across the fall-line. Repeat from switch to forward.

Pivot Slip In a narrow corridor, keep your shoulders in the fall-line while pivoting the board with a centered pivot point 180° from one edge to the other edge with consistent speed control. These are done with no vertical movement.

Most Flexed Pivot Slips In a narrow corridor, keep your shoulders in the fall-line while pivoting the board with a centered pivot point 180° from one edge to the other edge with consistent speed control. Pivot is initiated through down un-weighting.

Edge Hops Two footed hop off the uphill edge landing on the downhill edge during large radius carved turns. 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 While traveling across the fall-line make a true lateral move with two feet to touch the downhill edge before coming back to your uphill edge.

Dolphin Turns While traveling across the fall-line in a medium turn size, use an ollie to take off of the tail of the uphill edge and then land on the nose of the downhill edge.

SUPPORTING TASKS

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