



# PSIA - AASI

## Northern Rocky Mountain Division



### **Freestyle Accreditation Information:**

Freestyle Accreditation is dedicated to improving your personal air, tricks and riding style on natural all-mountain features and the man-made features of the terrain park. During the event, you will also focus on movement analysis and teaching skills as applied to coaching freestyle maneuvers to the general public.

This event is an evaluated clinic. Information will be given on progressions, movement analysis, and freestyle safety. During the two-day event you will also be evaluated with a written pre- and post-test, teaching segments, and riding. Candidates must be level 1 to attend, and level 2 for the accreditation to be recognized on your membership status. Coaching and Knowledge standards are supported by the level 2 requirement. Protection is recommended.

**Coaching:** During the two-day event candidates will give one coaching segment. The important aspects of this segment include safety, a logical progression where the steps relate well to each other, and fundamental movements are used to coach cause/effect relationships.

**MA/Knowledge:** Movement analysis and knowledge is assessed from teaching segments and the pre/post tests. Posttest scores must be 80% or better, and **Accurate** MA needs to be evident in teaching segments to improve the level of riding in the group.

**Riding:** Riding is scored on a 1-10 scoring system. 1 is not passing, 2-4 = fundamental level, 5-7 = intermediate, 8-10 = advanced. The areas of freestyle that are evaluated are flatland, airs, rails/boxes, and pipe. Most riders are more proficient in some areas and less in others. The score awarded is an average. The words "initial" and "mature" are used to define ownership of the body mechanics used to perform different tricks. Riders are encouraged to perform personal skills that are mature.

Here are the definitions:

Movements and coordination will be assessed based on the definitions of "initial", "elementary", and "mature", as defined in *Core Concepts* (PSIA, 2001), pg. 20.

The "initial" movement stage is when a rider is unfamiliar with a movement and relies on sensory input and coaching to learn. Often, the movements are very sequential and performed individually. The rider in this stage may show signs of a movement pattern periodically but not consistently.

The "elementary" stage denotes riders who can perform movements without looking at that body part but still need to think it through and concentrate on the parts. While movements are still sequential, the rider will link them together in a more fluid manner. The rider in the elementary stage will be able to consistently demonstrate a movement pattern but may not be able to apply it in all situations.

The "mature" stage is characterized by smooth, fluid, and automatic movements without showing obvious, conscious thought. Movements can be repeated and applied across a wide spectrum of situations. A rider with mature movements and coordination of movements will be able to smoothly blend movements for a specific outcome and be able to readily change or adapt movements to different terrain situations and snow conditions.

## **The scoring break down for riding is like this:**

1= At a initial stage a rider can perform ollies, air 180's in a traverse, 50/50 and board slide on ride-on flat features, straight airs with flexion of knees while in the air on small natural and man-made features, hop turns on both walls of the pipe below the lip.

2= At a mature stage a rider can perform ollies, air 180's in a traverse, 50/50 and board slide on ride-on flat features, straight airs with flexion of knees while in the air on small natural and man-made features, hop turns on both walls of the pipe below the lip.

3= At a mature stage a rider can perform frontside/unatural board slide on a ride-on flat feature, 50/50 and board slides boxes with a gap takeoff to flat feature, air 180's on small natural and man-made features, on-snow butters with rotation of 180 degrees, engages new edge before the flat area in the pipe from both walls with airs near the lip of the pipe.

4= At a mature stage a rider can perform frontside/unatural board slides on flat features with a gap takeoff, 50/50 and board slides on down features with a ride-on or gap takeoff, switch 50/50 and switch board slides on ride-on flat features, frontside/backside/natural/unnatural 360's on small natural and man-made features, straight airs with grabs on medium features, switch straight airs on small features, on-snow butters from riding switch with 360 degrees of continual rotation, airs in the half pipe at the lip with grabs with new edge engagement in the landing off each wall.

5= At a mature stage a rider can perform switch 50/50 and switch board slides on gap takeoff flat features, frontside/unatural board slides on ride-on or gap down features, board slide and 50/50 on features with a side (street) takeoff, spin 360's frontside/backside/natural/unnatural on medium features, switch frontside/backside/natural/unnatural 360's on small features, frontside/backside/natural/unnatural 180's with grabs on medium features, on-snow butters with 360 degrees rotation or more frontside/backside/natural/unnatural and switch, airs in the half pipe are 3-5 feet above the lip with grabs, 360 spins on the wall below the lip of the pipe, maintained amplitude through the pipe.

6= At a mature stage a rider can perform switch 50/50 and switch board slide on ride-on or gap down features, board slide and 50/50 multi-pitch features with a gap takeoff, frontside/unatural board slide features with a side (street) takeoff, spin 540's and 360's with grabs frontside/backside/natural/unnatural on medium features, switch frontside/backside/natural/unnatural 360's on medium features, on-snow butters with more than 360 degrees rotation frontside/backside/natural/unnatural and switch, ollies (reg/switch) to landing in the butter position with rotation, airs in the half pipe are 3-5 feet above the lip with grabs, 360 spins at the lip of the pipe.

7= At a mature stage a rider can perform frontside 270 spins on to down features, switch 50/50 and switch board slide on multi-pitch features with a gap takeoff, switch frontside/unnatural board slide features with a side (street) takeoff, lipslides on down features, 360's with grabs frontside/backside/natural/unnatural on large features, switch frontside/backside/natural/unnatural 540's and 360's on medium features with grabs, airs in the half pipe are 6-8 feet above the lip with grabs, 360 spins 1-2 feet above the lip of the pipe.

8= At a mature stage a rider can perform backside/unnatural 270 spins on to down features, multiple slides on down features such as board slide/natural to frontside/unnatural, lipslides on multi-pitch features, 540's with grabs frontside/backside/natural/unnatural on large features, switch frontside/backside/natural/unnatural 360's on large features with grabs, off axis spins on medium features, any and all flatland maneuvers, airs in the half pipe are 6-8 feet above the lip with grabs, 360 frontside/backside/natural/unnatural spins 1-2 feet above the lip of the pipe with grabs, switch frontside/backside/natural/unnatural spins are at the lip of the pipe.

9= At a mature stage a rider can perform switch 270 frontside/unatural on to down features, multiple switch slides on down features such as switch board slide to frontside, switch lipslides on multi-pitch features, switch frontside/backside/natural/unnatural 540's on large features, off axis spins on large features, 720's frontside/backside/natural/unnatural on large features, airs in the pipe are 9-12 feet above the lip with grabs, 360 frontside/backside/natural/unnatural spins 3-5 feet above the lip of the pipe with grabs, switch frontside/backside/natural/unnatural spins 1-2 feet above the lip of the pipe.

10= At a mature stage a rider can perform switch lip spins front/back/natural/unnatural on/off multi-pitch features with side (street) takeoffs, multiple switch slides with side (street) takeoffs such as switch frontside/unatural to board slide/natural, switch frontside/backside/natural/unnatural off axis spins on large features, frontside/backside/natural/unnatural off-axis spins above the lip of the pipe.

**Small Features: 0-10 feet of distance from lip to knuckle**

**Medium Features: 10-25 feet of distance from lip to knuckle**

**Large Features: 25+ feet of distance from lip to knuckle**