

Task:	Task Description:	Terrain:	Focuses within Fundamentals:	Scoring Criteria for Exams			Guidelines to Assist with Training		
				Not passing Ski Performance	Minimum Ski Performance needed to pass (Score of 4)	Strong Pass (Score of 6)	Body Performance typically not conducive to passing Ski Performance	Body Performance typical for minimum passing Ski Performance	Body Performance typical for a strong passing Ski Performance.
<b>Level 1</b>									
Side Slip	The skier starts with their skis perpendicular to the fall line. The skier then releases their edges to start slipping down the hill. The skis remain perpendicular to the fall line. Speed is controlled by the edge angle.	Steep beginner to intermediate terrain.	Control edge angles	Drifting fore and/or aft	Maintain a fall line corridor that is about	Maintaining one ski length wide corridor	CoM moves forward or aft of feet	CoM is aligned between bindings	CoM is aligned over feet
				No lead change or lead change does not complement slope of hill	Lead change occurs and complements slope of hill	Lead change occurs and complements slope of hill	Ankles are not flexed equally	Ankles are flexed close to equally	Ankles are flexed equally
				Edge angles do not match throughout length of task, leading to inconsistent speed	Similar corresponding edge angles between skis throughout entire drill	Edge angles remain the same throughout the entire drill	Feet do not have a lead change and	Upper body is relatively aligned with lead	Upper body aligns with lead change of feet
				Speed increases or decreases from top to bottom (in the slide slip section)	Consistent speed from start to finish	Consistent speed from start to finish	Angulation of ankles and/or knees is not symmetrical between left and right side of body throughout duration of task. Upper body is not aligned with slope of hill	Angulation of ankles and/or knees is symmetrical between left and right side of body throughout duration of task. Upper body is mostly aligned with slope of hill	Angulation of ankles and/or knees is symmetrical between left and right side of body throughout duration of task. Upper body is aligned with the slope of the hill
				Skis do not remain parallel to each other	Skis mostly maintain a parallel	Skis remain parallel for duration of task	Angles created through ankles, knees and/or hips are not controlled in a way that maintains speed.	Angles created through ankles, knees and/or hips are controlled in a way that maintains speed	Angles created through ankles, knees and/or hips are created through ankles, knees and/or hips are consistently adjusted, allowing for a consistent speed
One Ski Traverse	With the skis pointing across the fall line, and both uphill edges engaged, lift the uphill ski off the snow. While keeping the tail of the uphill ski off the snow and parallel to the snow surface, traverse across the fall line on the downhill ski, leaving one defined track from your path.	Steep beginner to intermediate terrain.	Balance on downhill ski	Skis do not remain parallel to each other	Skis mostly maintain a parallel	Skis remain parallel for duration of task	Feet do not consistently at same width	Feet mostly maintain a parallel relationship	Feet remain at the same width
				Does not maintain same distance	Distance between skis remains about	Distance between skis remains the	CoM is not aligned with BoS (inside edge of downhill ski)	CoM is aligned with BoS (inside edge of downhill ski)	CoM is aligned with BoS (inside edge of downhill ski)
				Tail does not follow the tip, a skidded line	Tail predominantly follows tip leaving a mostly clean line in the snow	Tail follows tip leaving a clean line in the snow	Hips and/or upper body twist	Hips and upperbody maintain countered position	Hips and upperbody maintain countered position
				Tail of uphill ski touches the snow	Tail of uphill ski consistently stay off snow	Tail of uphill ski stay off the snow the whole time	CoM moves aft of bindings	CoM is aligned over feet.	CoM is actively managed to stay over feet
				Poles being used as a leverage against the snow	Poles are held off the snow	Poles are held off the snow and are stable	Hand and shoulders do not align with slope of hill	Hand and shoulders align with slope of hill	Hand, shoulders, and pelvis align with slope of hill
<b>Level 2</b>									
Leapers	At the turn initiation skis leave the snow from their uphill edges. The edge changes occurs in the air, landing on the new edges. The turn should be completed with the same turn dynamics and radius as defined by the examiner.	Beginner through intermediate terrain.	Control edge angles with inclination/angulation. Manage fore/aft pressure. Manage magnitude of pressure	Whole ski and/or both skis do not leave	Both skis leave the snow close to	Both skis leave the snow simultaneously	Leap does not originate from ankles	Leap originates from both ankles	Efficient leap, originating from both ankles
				Edge change before leap	Leap from uphill edges	Leap from uphill edges	CoM does not stay centered over feet.	CoM stays centered over feet	CoM is actively controlled and stays over feet
				Leap to flat ski	Land on new inside edges	Land on new inside edges, controlling the magnitude of pressure	CoM does not stay perpendicular to	CoM stays perpendicular to slope	CoM is actively controlled and stays
				Pivot point from the tip	Skis land less than one ski length into the turn and/or do not follow the same arc of the turn	The skis land at least one ski length into the turn following the path of the turn	CoM stays over feet	CoM moves toward inside of turn	CoM moves to inside of turn
				Skis land less than one ski length into the turn and/or do not follow the same arc of the turn	Tails follow tips throughout entire turn.	Tails follow tips throughout entire turn.	After leap, legs are rotated towards fall	The edges are changed through an	The edges are changed through an inclination
				Skis move uphill away from CoM	Tips are higher than the tails	Skis stay parallel to the snow	Ankles, knees and hips do not flex	Upon landing lower body flexes to maintain	Upon landing lower body flexes to maintain
				Tips are higher than the tails	Skis stay mostly parallel to the snow	Skis stay parallel to the snow	Angulation is not created through ankles,	Ankles, knees and hips create	Ankles, knees and hips create angulation
				Tails are higher than the tips	Minimal traverse between turns	Linked turns	The feet do not stay parallel to the slope of the hill during the leap	The feet stay mostly parallel to the slope of the hill during the leap	The feet stay parallel to the slope of the hill during the leap
				Traverse between turns	Mostly consistent turn size	Consistent turn size	Periods of being static in the lower body	Flexion followed by extension movements	Continuous flexion followed by extension movements
				Inconsistent turn size	Speed does not remain consistent	Speed remains consistent	Legs do not rotate at the same time	Legs rotate at mostly the same time and	Legs rotate at the same time and rate
Skating	Skate ski = the ski you are moving off of. Glide ski = the ski that you are gliding on. Creating a platform from an edged ski to step from. Lifting the other ski off the snow in a diverged position, then placing on the snow to glide on the corresponding edge. The edge of the gliding ski is changed to create the skate ski platform to step off, developing forward momentum	Relatively flat pitch to green pitch	Control edge angles through inclination/angulation. Manage fore/aft pressure	Skis don't remain parallel through entire turn	Skis maintain a parallel relationship through entire turn	Skis maintain a parallel relationship through entire turn	Lack of counter throughout the turn,	The upper body is countering throughout the	The upper body is countering throughout the
				There is no to minimal forward travel on the glide ski	The glide ski is set on the snow in a diverged position, in front of the skate ski with forward travel	The glide ski is set on the snow in a diverged position, in front of the skate ski with forward travel	CoM moves laterally	CoM continuously moves with the BoS	CoM continuously moves forward, relative to the
				The glide ski is set on the snow flat	The glide ski is set on the snow on the	The glide ski is set on the snow on the	CoM is behind BoS	CoM is in front of the BoS	CoM is in front of BoS with minimal vertical
				When the glide ski is on the air, the ski is	When the glide ski is in the air, the ski is	When the glide ski is in the air, the ski is	The gliding foot is placed flat on the	The ankle and knee are articulated	The ankle and knee are articulated under the
				Skating ski remains flat and the ski is skidded	The skating ski is tipped to the inside edge with minimal skid, creating a skating platform	The skating ski is actively manipulated, tipping to the inside edge in a carved manner, creating a skating platform	Ankle and knee are not articulated under the pelvis and the foot is rolled to the big-toe side for minimal slipping.	The ankle and knee are articulated under the pelvis and the foot is rolled to the big-toe side with minimal slipping.	The ankle and knee are articulated under the pelvis and the foot is rolled to the big-toe side with no slipping
							Ankle and knee on the skate ski lack	Ankle and knee extend through the	Ankle and knee extend continuously through the
Hockey Stop	Begin with the skis in a straight run, the skis are then rotated 90 degrees across the fall line. The skis sideslip in a vertical corridor for a short distance while the edge angle is increased until the skis come to a quick stop. Repeat in the other direction	Beginner through intermediate terrain.	Turn legs separate from upper body Control edge angles	Does not maintain the corridor down the fall line in straight run	Skis have unequal pressure in straight run	Skis have equal pressure in straight run	Both legs are not flexed equally in the straight run	Both legs are flexed equally as in the straight run	Both legs are flexed equally as in the straight run
				Pressure is directed aft on the skis in	Pressure is centered fore/aft along the	Pressure is centered fore/aft along the	Legs are flexed in a way that the CoM is	Legs flexed so the CoM is over the feet	Legs are used to adjust the CoM over feet as
				Skis rotate less than 90 degrees	Skis rotate 90 degrees across the hill to	Skis rotate 90 degrees across the hill to	Lack of separation between upper body	The legs are turning under a stable	The legs and upperbody twist against each
				Skis do not maintain a parallel	Ski remain parallel throughout straight	Ski remain parallel throughout straight	Legs do not rotate at the same time	Legs rotate at mostly the same time and	Legs rotate at the same time and rate
				Sideslip distance down the hill is less	Sideslip distance down the hill is a range	Sideslip distance down the hill is a range	Ankles, knees and hips are angulating	Ankles, knees and hips are angulating	Ankles, knees and hips are actively angulating
				Lead change does not develop as ski	Lead change occurs with pivot across	Lead change occurs with pivot across	Feet do not have a lead change and	Upper body is relatively aligned with lead	Upper body aligns with lead change of feet
				Lead change results in uphill ski being	Ankles are not flexed equally as legs	Ankles are flexed close to equally as	Ankles are flexed in a way that the CoM is	Legs are flexed so the CoM is over the	Legs are being used to adjust the CoM over
				Hockey stop is not within the same	Hockey stop is within the same corridor	Hockey stop is within the same corridor	Ebows are outside of shoulders and hands	The shoulder, elbow, and wrist are in line with	The shoulder, elbow, and wrist are in line with
				Pole swing is not timed with pivot and/or	Pole swing occurs with pivot and the	Pole swing occurs with pivot and the	The CoM moves aft of the feet during	The CoM stays aligned over the feet	The CoM stays aligned over the feet fore/aft
				Cannot hold hockey stop position	Can hold hockey stop position for 3 seconds	Can hold hockey stop position for 3 seconds with no extra body movements	The CoM moves over the uphill foot	The CoM stays aligned over the feet	The CoM stays aligned over the feet
Outside Ski Turns	Turn size is a medium radius (one-and-a-half to three car track wide). The tail of the inside ski is lifted from the beginning of the shaping phase to the beginning of the finish phase of each turn. The turn initiation can be done on both skis.	Beginner through intermediate terrain.	Directing pressure to outside ski	Edge angles of both skis do not match	Both skis are edged symmetrically	Both skis are edged symmetrically	Angulation of feet, ankles, and knees is	Angulation of feet, ankles, and knees is	Angulation of feet, ankles, and knees is equal
				The ski on the snow is pressured aft	The front half of the ski on the snow is	The front half of the ski on the snow is	The knee of the outside leg remains	Outside leg extension moves the CoM	Outside leg extension moves the CoM into the
				Tail of inside ski is not lifted off the snow	Tail of inside ski is lifted up off the snow early in the shaping phase of the turn (Timing)	The tail of the inside ski is lifted up during the initiation phase (Timing)	The outside ankle and/or knee are not moved in a way that allows the inside ski to be lifted from the snow	The outside leg flexes and extends appropriately, allowing the tail of the inside ski to be lifted off the snow early in the shaping phase	The outside leg flexes and extends appropriately, allowing the inside to be lifted off the snow during the initiation phase. The angles of the lifted ski match the outside ski through the turn
				Unable to keep tail of ski off snow	Tail of ski remains off snow through	Tail of ski remains off the snow and the	The outside ankle and/or knee do not	The outside leg flexes and extends	The outside leg flexes and extends
				Tail of ski returns back to the snow	Tail of ski stays off the snow until the	The tail of the ski is placed back on the	The outside ankle and/or knee do not	The outside ankle and knee are flexing,	The outside ankle and knee are flexing, the
				Turn shape is not round	Turn is round, symmetrical top to bottom	Turn is round, symmetrical top to bottom	The upper body turns at a faster rate than the legs at any point in the turn	The legs are turned at a consistent rate throughout the turn, while the upper body faces down the hill	The upper body is twisting in the opposite direction over the legs at a consistent rate throughout the turn
				Turn size and/or shape and speed are	Turn size and shape are used to control	Turn size and shape are used to control	The legs do not turn in an appropriate	In response to the changing environment	In anticipation of changes to the environment,
				The turns are skidded inconsistently	Turns are skidded consistently	Turns can be carved	The legs are not steered at the same	The legs are steered at mostly the same	The legs are steered at the same rate
<b>Level 3</b>									
Hop Turns	Hop the skis off the snow, twist them across the fall line and land with both edges engaged. The skis maintain a parallel	Beginner through intermediate terrain	All 5 with DIRT	One ski leaves the snow before the	Both skis leave the snow at the same	Both skis leave the snow at the same	Extension from one leg is at a different.	Ankles, knees and hips extend at same	Ankles, knees and hips extend at same rate
				Skis are pivoted around the tips or tails	Skis are mostly pivoted around the	Skis are pivoted around the center	CoM is fore or aft of their feet	The rotation occurs around the center of	Medial and lateral plane rotation is consistent

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	relationship to the slope during take-off rotation and landing. Upon landing, fore-aft and down hill travel of skis is minimal. A blocking pole plant is used			Skis don't remain parallel to surface of	Skis remain almost parallel to surface of	Skis remain parallel to surface of snow	CoM is more or at or near feet	Extension and flexion from ankles,	Extension and flexion from ankles, knees, and
				Width between skis varies	Skis maintain a mostly equal width at all	Skis maintain an equal width at all times	Feet do not maintain the same width	Feet mostly maintain the same width	Feet maintain the same width
				Pause between landing and takeoff	Little to no pause between landing and takeoff	Same rhythm linking hops	The upper body turns with the legs	The legs are turned at a consistent rate throughout the task while the upper body faces down the hill	The upper body is twisting in the opposite direction over the legs at a consistent rate throughout the task
				Skis don't twist together at same time	Skis twist together at same time and rate	Skis twist together at same time and rate	The legs create insufficient edge angles	Legs rotate at same rate and time during	Legs rotate at same rate and time during
				More than a quarter ski length of forward travel (across the hill)	Less than a quarter ski length of forward travel (across the hill)	No forward travel (across the hill)	Legs rotate at different rate and/or time.	CoM stays over feet during and after	CoM stays over feet during and after landing
				One ski lands before the other	Both skis land at same time, most of the	Both skis land at same time, with a quiet	Feet are not twisted across hill far	Feet are twisted far enough across hill	Feet twisted far enough across hill so that skier
				Steering of skis after landing.	Track left in snow resembles a series of	Track left in snow resembles a series of	Sequential flexion and extension of the	Flexion and extension movements of	Flexion and extension movements of both legs
				Skis travel wider down the hill (vertical path)	Edge angles limit sliding down the hill	Edge angles limit sliding down the hill	Leg rotation lacks precision to land in the	The legs rotate in the air and tip upon	The legs rotate in the air and tip upon landing
				Pole plant does not occur with edge set	Pole plant occurs slightly after edge set	Pole plant occurs with edge set	Lower body angulation is not present or	Lower body angulation occurs upon	Lower body angulation occurs upon landing
				Skis do not remain parallel and/or keep	Skis remain parallel and mostly keep the	Skis remain parallel and keep same	Pole plant is not timed with landing	Pole plant, landing, and lower body	Pole plant, landing, and lower body angulation
				Skis slide after last hop	Skis have no additional movement after	Skis have no additional movement after	Legs do not have matching angles,	Both legs create lower body angulation,	Both legs create lower body angulation, so both
							Not able to hold the position of the last	Can hold the position of the last hop	Can hold the position of the last hop for at least
Extension/Retraction	While making dynamic parallel turns, use flexion of both legs to reduce pressure of both skis while making an edge change. With legs extending through the shaping phase. Turns can be prescribed as short or medium radius	Groomed terrain, beginner through expert	All 5 with DIRT	Skis stays under CoM, in a vertical line of action	Line of action between skis and CoM is more lateral than vertical	Line of action between skis and CoM is more lateral than vertical	Upper body moves vertically	Legs extend, upper body remains at mostly the same height	Legs extend, upper body remains at the same height
				Edge change does not happen as skis	Edge change occurs as skis pass under	Edge change occurs as skis pass under	Edge change happens as skier is	Edge change happens when legs are	Edge change happens when legs are under
				Max magnitude of pressure is reached	Max magnitude of pressure is reached	Max magnitude of pressure is reached	Maximum leg length occurs after apex of	Maximum leg length happens through apex of turn	Maximum leg length happens through apex of turn
				Max edge angle anywhere but apex of	Max edge angle is reached near the	Max edge angle is reached at apex	Maximum leg length does not occur at		
				Turns are not symmetrical from top to	Turns are symmetrical from top to	Turns are symmetrical from top to	Rate and/or timing of the extension	Rate and timing of the extension and	Rate and timing of the extension and retraction
				Tail is moved in wider arc than tip	Tail mostly follows tip of ski throughout	Tail follows tip of ski throughout the turn	Heels are pushed away from CoM	Legs are steered in arc	Legs are steered in arc
One Ski Turns	Linked turns, short and/or medium radius turns can be prescribed, with one ski lifted off the snow. The turn shape, size and line should be the same as if the turns were being made with both skis on the snow, turns can be prescribed to be skidded or carved	Groomed terrain, beginner through intermediate	All 5 with DIRT	Ski does not continue to move in an arc. Tail, takes wider path, pivot or displacement at initiation	Tip moves into the turn first	Tip moves into the turn first	CoM stays behind to over the feet, not forward into the new turn	CoM moves forward and into new turn at initiation	CoM moves forward and into new turn at initiation
				Going into the initiation, the weighted ski	At initiation the weighted ski stays on	At initiation the weighted ski stays on	New turn is initiated through a vertical	CoM moves forward and into new turn at	CoM moves forward and into new turn at
				Edge change takes more than one ski	Edge change occurs within about one	Edge change occurs within one ski	The lower body maintains the old edge	The lower body initiates the edge	The timing of the lower body initiating the edge
				Tail of weighted ski moves in wider arc	Tail of weighted ski follows path of tip in	Tail of weighted ski always follows path	Heels are pushed away from CoM	Legs are steered through the arc	Legs are steered through the arc
				Turns are not linked, connected with a	Linked turns are symmetrical from top to	Linked turns are symmetrical from top to	Steering of legs is not continuous	Legs are steered from one arc to the	Legs are steered from one arc to the next
				The lifted ski makes frequent contact with the snow and used for balance	The lifted ski remains mainly off the snow, and not used for balance.	The lifted ski remains off the snow, and not used for balance	The CoM is not balanced over the	The CoM remains balanced over the	The unweighted leg mimics all the movements
				Poles are used for leverage to create	Poles may touch the snow but not used	Poles may touch the snow but not used	The ankle of the unweighted leg lacks	The ankle tension of the unweighted leg	The ankle tension of the unweighted leg keeps
				Speed varies during or between turns	Turn speed remains consistent	Turn speed remains consistent	Muscular and skeletal stability of the	Upper body stability is created without	Upper body stability is created without use of
				Lacking symmetry between left and right	Mostly symmetrical between left and	Symmetry between left and right ski	Steering of legs is not continuous, and not	Legs are steered from one arc to the	Legs are steered from one arc to the next
							One leg less refined in movements than	Mostly symmetrical between left and	Symmetrical left and right leg turns
Pivot Slips	Skis are pivoted 180 degrees from one direction to the other across the fall line, while remaining in designated corridor. Typically started with skis in a side slip, pivoting to the other direction, linked multiple times. May be varied to highlight extension, retraction, length of time in fall line and length of side slip	Groomed terrain, beginner through expert	Turning legs separate from upper body. Pressure along length of ski	Lead change does not develop as skis	Lead change occurs with pivot across	Lead change occurs with pivot across	The legs are not twisting separately from the upper body	The legs twist at a consistent rate while the upper body faces down the hill throughout the task	The legs are twisted at a consistent rate throughout the task while the upper body faces down the hill
				Ski tips are not even in fall line	Ski tips are mostly even in fall line	Ski tips are even in fall line			
				Skis move beyond the designated	Skis stay in designated corridor	Skis stay in designated corridor through			
				Pivot point fore or aft of center of ski	Pivot point is under bindings of ski	Pivot point is in middle of skis	The CoM moves fore or aft	CoM remains over the feet	CoM is centered over the feet
				Diverging or converging skis	Skis remain mostly parallel	Skis remain parallel	Legs rotate at different rate and/or time	Legs rotate at mostly the same rate and	Legs rotate at same rate and time
				Sequential edging movements	Both skis release and engage edges	Both skis release and engage edges	Lower body angulation is not present.	Lower body angulation is simultaneous	Lower body angulation is simultaneous and
				Pressure is fore or aft along length of	Pressure is centered along length of ski	Pressure is centered along length of ski	The CoM moves fore or aft	CoM remains over the feet	CoM is centered over the feet.
				Width between skis varies	Width between skis remains about the	Width between skis remains the same	Width of stance varies	Width of stance remains about the same	Width of stance remains the same