

Freeski Slopestyle Trick and Skill Benchmarks

Athletes should consistently land the tricks listed under each event level before entering that level of event. These benchmarks are considered minimum standards to attend these events.

Event Level	Women	Men
Futures Tour		
Jump size: 30 ft/10 meter min	<ul style="list-style-type: none"> • Left and Right 180s with grabs • Left and Right 360s with two different grabs • One direction 540 with grab • Switch skiing is a must 	<ul style="list-style-type: none"> • All four directions of 900s with a focus on grab variety and style • One direction double • All different axis 360-540-720-900 • Pipe 540s above lip
Rail type: Urban and gap on style rails	<ul style="list-style-type: none"> • Slide Rail both ways • One way 270 on • Two way 270s off 	<ul style="list-style-type: none"> • Switch 270 on • Both directions 270 on • All 450 off • Front and Back swap combos
Rev Tour/NorAm, Other Continental Cups		
Jump Size: 50 ft/15 meter min	<ul style="list-style-type: none"> • All 540s with different grabs • One off-axis trick 540 or 720 • One direction spin on shark fin • Emphasis on execution and style 	<ul style="list-style-type: none"> • Three different doubles with grab and axis variety • Forward 900 and switch 720 in the pipe/transition features • Emphasis on execution and style
Rail type: Urban and gap on style rails and beyond	<ul style="list-style-type: none"> • One way switch on • Two way 270 on • All directions 270s off • One 450 off • All swap reg/sw out • Combo swap 270 off 	<ul style="list-style-type: none"> • All 8's 270s on • Three different 450s on & off • 360 switch up • Multiple 630s off
World Cup and beyond		
Jump size: 50 ft/15 meter and larger	<ul style="list-style-type: none"> • All 720s with grab variety • Two different direction 900s • Working toward a double • One 540 on shark fin or pipe 	<ul style="list-style-type: none"> • Four different doubles with multiple axis • Two different 1620s • Utilizing creative grabs • Double on shark fin or pipe
Rail type: High consequence, difficult level	<ul style="list-style-type: none"> • Most front and back swap 270 out • Three different 270 on, 270 out • All 450s out • One 450 on 	<ul style="list-style-type: none"> • All 270 on, swap 270 out • All 270 on, 450 out • All 450 on, 270 out • All four 360 swaps