

# Snowboard 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
<b>Futures Tour</b>		
Jump size: 30 ft/10 meter min	<ul style="list-style-type: none"> <li>• Two directions 180s with grabs</li> <li>• Two directions 360s with two different grabs</li> <li>• One direction 540 with grab</li> <li>• Switch riding is a must</li> </ul>	<ul style="list-style-type: none"> <li>• All four directions 540s with a focus on grab variety and style</li> <li>• Two directions 720s with grabs</li> <li>• Progression toward off axis tricks (rodeos, toedeos)</li> <li>• Pipe 540s above lip</li> </ul>
Rail type: Urban and gap on style rails	<ul style="list-style-type: none"> <li>• Front and backside boardslide</li> <li>• Switch 50/50 or boardslide</li> <li>• One way direction change on or off</li> </ul>	<ul style="list-style-type: none"> <li>• Two different directions 270s on or off</li> <li>• 360 off</li> <li>• Board and lip slide in both directions</li> <li>• Spinning on and off a feature</li> </ul>
<b>Rev Tour/NorAm, Other Continental Cups</b>		
Jump Size: 50 ft/15 meter min	<ul style="list-style-type: none"> <li>• Three different 360s with different grabs</li> <li>• Two different 540s</li> <li>• Progression toward off axis spins</li> <li>• One direction spin on shark fin</li> <li>• Emphasis on execution and style</li> </ul>	<ul style="list-style-type: none"> <li>• All four 720s</li> <li>• Two different 900s</li> <li>• All different rabs</li> <li>• Progression to double corks</li> <li>• Two directions of spins on shark fin/pipe</li> <li>• Emphasis on execution and style</li> </ul>
Rail type: Urban and gap on style rails and beyond	<ul style="list-style-type: none"> <li>• One direction 360 off rails</li> <li>• Two direction 270s off rails</li> <li>• One direction 180 on to rails</li> <li>• Focus on upper/lower body coordination and control</li> </ul>	<ul style="list-style-type: none"> <li>• One direction 270 on continuing 270 off</li> <li>• One direction 180 on 360 pretzel out</li> <li>• Two variations of change up on a variety of rails</li> <li>• Focusing on style and creativity</li> </ul>
<b>World Cup and beyond</b>		
Jump size: 50 ft/15 meter and larger	<ul style="list-style-type: none"> <li>• Three different direction 720s with different grabs</li> <li>• Progressing to double off axis spins</li> <li>• One direction 900</li> <li>• Two direction spin on shark fin</li> <li>• Emphasis on execution, style, and variety</li> </ul>	<ul style="list-style-type: none"> <li>• All direction 1080s</li> <li>• Two direction 1440s</li> <li>• One direction triple cork</li> <li>• Two direction 900 or greater spins on shark fin or pipe</li> <li>• Emphasis on execution, style, and variety</li> </ul>
Rail type: High consequence, difficult level	<ul style="list-style-type: none"> <li>• One direction 270 on continuing 270 off</li> <li>• Two direction 360 off</li> <li>• Approaching rails switch</li> <li>• Comfortable with highly technical rails</li> </ul>	<ul style="list-style-type: none"> <li>• Two direction 270 on continuing 450 off</li> <li>• Multiple direction 180 on continuing 540 off</li> <li>• One direction invert off rails</li> <li>• Variation of pretzels off rails</li> <li>• Switch up variations</li> <li>• Presses</li> <li>• Focus on variety, technicality, and originality</li> </ul>