



Technical Check-Up Swiss Freeski On- und Off-snow

Die Aufnahmeprüfung orientiert sich am Technical Check Up On- und Off- Snow von Swiss Freeski. Dabei sollte das Level Performer beherrscht werden, unter Berücksichtigung des biologischen, kalendarischen und dem Trainingsalter.

Off-Snow

NEW INLINE 23/24														
BOY														
Rails			Explosive take-off and spin flatland				Balance on flatland				Ramp			
Rookie	270 on 270 out	270 on 270 out	90 on 450 out	540 over a skatedeck	540 over a skatedeck		Riding one wheel*					540 Pipe	540 Pipe	Flip Pipe
Performer	90 on 270 out	90 on 270 out	sw 90 on to switch (Landing must be sw)	sw 360 left over a skatedeck	sw 360 right over a skatedeck		Riding sw two wheel*					sw left 360 Pipe	sw right 360 Pipe	Sw drop in Mini
Contender	90 on 90 out	180 on stall 180 out without gring		sw 180 over a skatedeck	sw 180 over a skatedeck	360 over a skatedeck	Sw riding one blade and grab the blade*	Riding two wheel*				Stall to 180° to forward Mini	360 Pipe	
Sportser FS	stall 180 out (without grind)			360	Jump 3 times over a skatedeck	180 over a skatedeck	2x 8-Riding with Cross-Steps	Roll and grab a blade*	Switch riding flatland	Stop with the blades		Drop-in mini/quarter		
Starter	Step up and jump down			Jump 3 times while driving *	180	Switch Pizzasteps*	Squat 3 Times while driving*	Skate Steps with weight shift	Pick up 4 times from ground while driving	Ride on one leg*		Pumping 6 Times		
Girl														
Rails			Explosive take-off and spin flatland				Balance on flatland				Ramp			
Rookie	90 on 270 out	270 on	sw 90 on to switch (Landing must be sw)	sw 360 left over a skatedeck	sw 360 right over a skatedeck		Riding sw two wheel*					sw left 360 Pipe	sw right 360 Pipe	Sw drop in Mini
Performer	90 on 90 out	180 on stall 180 out without gring		sw 180 over a skatedeck	sw 180 over a skatedeck	360 over a skatedeck	Sw riding one blade and grab the blade*	Riding two wheel*				Stall to 180° to forward Mini	360 Pipe	
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Starter	Step up and jump down			Jump 3 times while driving *	180	Switch Pizzasteps*	Squat 3 Times while driving*	Skate Steps with weight shift	Pick up 4 times from ground while driving	Ride on one leg*		Pumping 6 Times		
							* distance: 5 Meter							

Boy											Girl										
NEW TRAMPOLIN 23/24											NEW TRAMPOLIN 23/24										
	1	2	3	4	5	6	7	8	9 SB	9 Freeski		1	2	3	4	5	6	7	8	9 SB	9 Freeski
Rookie	Catturn 720	1080 L	1080 R	Doub. Misty 900 L	Doub. Misty 900 R	Double Cork 1080 L	Double Cork 1080 R	Double Underflip 900	Double Underflip 900 (other side)	wählbar 1260	Rookie 2024	Catturn 720	900 Natural	720 Unnatural	Double Backflip	Doub. Misty 900	Misty 900	3/4 Frontflip to Back to 1/4 FF to stand	Cork 900	Cork 7 (other side)	Cork 7 (other side)
Performer	4x Back 180 L to Back to 180 R	900 L	900 R	Double Backflip	Double Sideflip L	Double Sideflip R	Misty 900	Cork 900	Underflip (other Side)	Underflip (one Side)	Rookie 2023	Catturn 720	900 Natural	Back to Back 540	Double Backflip	*90 Sideflip - Back - Back Sideflip 90 (Misty Doub 900 Vorübung)	Misty 900	3/4 Frontflip to Back to 1/4 FF to stand	Cork 7	Cork 7 (other side)	Cork 7 (other side)
Contender	Catturn 360	720 L	720 R	3x BF in series	Sideflip	Misty 540 L	Misty 540 R	Cork 720	Underflip (one side)	Flat 3	Performer	4x Back 180 L to Back to 180 R	720 L	720 R	3x BF in series	6x Sideflip li, re	*90 Sideflip - Back - Back Sideflip 90 (Misty Doub 900 Vorübung)	Misty 7	Cork 7	Underflip (other Side)	Underflip (one Side)
Sportster FS	6x Back-Jump	540 L	540 R	Back Pullover	Frontflip	6x Side-Roll bounce (3xL & 3xR)	Misty Roll (bounced)	360 Back-Jump to Back to Pullover (Cork 7 Vorübung)	Underflip Roll: 90° to Back Pullover to stand	Underflip Roll: 90° to Back Pullover to stand	Contender	Catturn 360	540 L	540 R	Backflip	Sideflip	Misty 540 L	Misty 540 R	360 Back-Jump to Back to Pullover (Cork 7 Vorübung)	Underflip (one side)	Flat 3
Sportster POLY	Jump to Back to Stand	6x Back-Jump	360 L	360 R	Pullower FWD to 1/4 FF to Stand	Frontflip	6x Side-Roll bounce (3xL & 3xR)	Misty Roll (bounced)	Underflip Roll: 90° to Back Pullover to stand	Underflip Roll: 90° to Back Pullover to stand	Sportster FS	6x Back-Jump	360 L	360 R	Back Pullover	Frontflip	6x Side-Roll bounce (3xL & 3xR)	Misty Roll (bounced)	Front Pullover	Underflip Roll: 90° to Back Pullover to stand	Underflip Roll: 90° to Back Pullover to stand
Starter	6x Streck-sprung, in series	6x Monkey, in series	6x 180° with jump in between	Line-Jumps, 6 lines	Bücksprung	Sit-Jump	3x Bank, in series	Side-Roll, bounced	90° to Back to Sideroll	90° to Back to Sideroll	Sportster POLY	Jump to Back to Stand	6x Back-Jump	360 L	360 R	Pullower FWD to 1/4 FF to Stand	Frontflip	6x Side-Roll bounce (3xL & 3xR)	Misty Roll (bounced)	Underflip Roll: 90° to Back Pullover to stand	Underflip Roll: 90° to Back Pullover to stand
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Boy										Girl									
NEW Airtrack 23/24										NEW Airtrack 23/24									
	1	2	3	4	5	6	7	8	9		1	2	3	4	5	6	7	8	9
Rookie	Frontflip Frontflip	Cheat Gainer	Back to Back 540	Rolle RW to Backflip	Misty 7 L	Misty 7 R	Rad Sideflip Li	Rad Sideflip Re	Handstand- stehen frei 5"	Rookie	Frontflip Sprungrolle	Cheat Gainer	Back to Back 540	Backflip	Rondat Backflip	Misty 5 unnatural	*Misty 5 to Jump 180	*Rad Hupf Sideflip	Handstand- stehen frei 5"
Performer	Frontflip Sprungrolle	Kick the Moon L	Kick the Moon R	Backflip	Rondat Backflip	Misty 5 (other Side)	Sideflip (other Side)	Rolle vw to Hstnd with 180° to Rolle RW	Überschlag VW	Performer	*Frontflip to straight jump	Kick the Moon	540 unnatural	Rad 180°- Jump to Rad other Side	Rondat Strecksprung	Misty 5 (one Side)	Sideflip (other Side)	Rolle vw to Hstnd with 180° to Rolle RW	Überschlag VW
Contender	Frontflip	540 L	540 R	3x Hstnd abrollen	Streulie - Rolle RW durch den Hstnd	Sideflip (one Side)	Misty 5 (one Side)	Sprungrolle	3x Hstnd Hüpfen	Contender	Frontflip	Back to Back 360	540 natural	3x Hstnd abrollen	Streulie - Rolle RW durch den Hstnd	Mistyrolle bounced	Sideflip (one Side)	Sprungrolle	3x Hstnd Hüpfen
Sportler FS	6x Streckspr. Hoch-weit-hoch	360 L	360 R	3x VW Rolle am Stück	3x RW Rolle am Stück	Mistyrolle L	Mistyrolle R	Rolle VW über Kerze	Wand-Hstnd 30"	Sportler FS	6x Streckspr. Hoch-weit-hoch	360 L	360 R	3x VW Rolle am Stück	3x RW Rolle am Stück	Mistyrolle L	Mistyrolle R	Rolle VW über Kerze	Wand-Hstnd 30"
Sportler POLY	6x Streckspr. Arme Hochhalte	360 L	360 R	3x VW Rolle am Stück	3x RW Rolle am Stück	Seitrolle L	Seitrolle R	Kerze 20"	Wand-Hstnd 20"	Sportler POLY	6x Streckspr. Arme Hochhalte	360 L	360 R	3x VW Rolle am Stück	3x RW Rolle am Stück	Seitrolle L	Seitrolle R	Kerze 20"	Wand-Hstnd 20"
Starter	6x Streckspr. Arme an Körper	180 L	180 R	Rolle VW	Rolle RW	Seitrolle L	Seitrolle R	Kerze 10"	Kopfstand 10"	Starter	6x Streckspr. Arme an Körper	180 L	180 R	Rolle VW	Rolle RW	Seitrolle L	Seitrolle R	Kerze 10"	Kopfstand 10"
spezifische Trick-Description maximal 45° abweichung																			
Axis longitudinal required																			



TCU-Off Snow Handling									
Modus	<p>>> TCU gemäs aktueller Kaderstufe: Rookies do the Rookie Checkup, Performer the Performer, Contender the Contender and so on</p> <p>>> The tricks wird gezeigt, bis die Judges "Next" aussprechen (Richtlinie: +/- 3 Versuche)</p> <p>>> A National Checkup result is required for all those who have Rookie or Performer status or wish to claim such status</p>								
General Criterias	<table border="1"> <thead> <tr> <th>Inline/Skate</th> <th>Maxitramp</th> <th>Floor (Airtrack)</th> </tr> </thead> <tbody> <tr> <td> <p>Quality Criteria:</p> <ul style="list-style-type: none"> - central position; stable body - safety (wobbles, no bail, no handtrack, nice riding out) - timing of the pre-rotation- and rotation-movement - The trick must be recognized as this <p>Info RAIL INLINE: Straightrail; around; about 2,5 Meter</p> <p>Info MINI: minimum height 90cm from pipe bottom Info PIPE: minimum height 120cm from pipe bottom Measured vertically from ramp floor</p> </td> <td> <p>Quality Criteria:</p> <ul style="list-style-type: none"> - safety (wobbles, no bail, no handtrack, controlled) - landing in the square - timing of the pre-rotation- and rotation-movement - The trick must be recognized as this <p>Infos Tramp:</p> <p>Land in the Square: 2,15m wide to 2,15m length</p> </td> <td> <p>Quality Criteria:</p> <ul style="list-style-type: none"> - central position; stable body - savety (wobbles, no bail, no handtrack, controlled) - timing of the Movement - The trick must be recognized as this <p>the elements must be shown:</p> <p>Within a width of no more than 1.5 meters and must not exceed it (75cm each from the center). Corresponding lines must be marked.</p> </td> </tr> </tbody> </table>	Inline/Skate	Maxitramp	Floor (Airtrack)	<p>Quality Criteria:</p> <ul style="list-style-type: none"> - central position; stable body - safety (wobbles, no bail, no handtrack, nice riding out) - timing of the pre-rotation- and rotation-movement - The trick must be recognized as this <p>Info RAIL INLINE: Straightrail; around; about 2,5 Meter</p> <p>Info MINI: minimum height 90cm from pipe bottom Info PIPE: minimum height 120cm from pipe bottom Measured vertically from ramp floor</p>	<p>Quality Criteria:</p> <ul style="list-style-type: none"> - safety (wobbles, no bail, no handtrack, controlled) - landing in the square - timing of the pre-rotation- and rotation-movement - The trick must be recognized as this <p>Infos Tramp:</p> <p>Land in the Square: 2,15m wide to 2,15m length</p>	<p>Quality Criteria:</p> <ul style="list-style-type: none"> - central position; stable body - savety (wobbles, no bail, no handtrack, controlled) - timing of the Movement - The trick must be recognized as this <p>the elements must be shown:</p> <p>Within a width of no more than 1.5 meters and must not exceed it (75cm each from the center). Corresponding lines must be marked.</p>		
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Additional criteria	Some elements have additional technical criteria. These are displayed as notice								
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Angel	<table border="1"> <thead> <tr> <th>180°</th> <th>360°</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> </tr> </tbody> </table>	180°	360°						
180°	360°								



On-Snow

Performer Freeski – Kicker (L-Kicker)	
Flat 360	<ul style="list-style-type: none">● Position and stability● Safety (no wobbles, no bail, no hand drag, nice riding out)● Timing of the takeoff (pre-rotation and rotation-movement)● Additional movements in the air● The trick must be recognized as this
Cork 360	<ul style="list-style-type: none">● Position and stability● Safety (no wobbles, no bail, no hand drag, nice riding out)● Timing of the takeoff (pre-rotation and rotation-movement)● Additional movements in the air● The trick must be recognized as this
Switch unnatural 540	<ul style="list-style-type: none">● Position and stability● Safety (no wobbles, no bail, no hand drag, nice riding out)● Timing of the takeoff (pre-rotation and rotation-movement)● Additional movements in the air● The trick must be recognized as this
Misty 720	<ul style="list-style-type: none">● Position and stability● Safety (no wobbles, no bail, no hand drag, nice riding out)● Timing of the takeoff (pre-rotation and rotation-movement)● Additional movements in the air● The trick must be recognized as this
Switch Cork 540	<ul style="list-style-type: none">● Position and stability● Safety (no wobbles, no bail, no hand drag, nice riding out)● Timing of the takeoff (pre-rotation and rotation-movement)● Additional movements in the air● The trick must be recognized as this
Cork 720	<ul style="list-style-type: none">● Cork: Hip goes up● Position and stability● Safety (no wobbles, no bail, no hand drag, nice riding out)● Timing of the takeoff (pre-rotation and rotation-movement)● Additional movements in the air● The trick must be recognized as this



Performer Freeski – Halfpipe	
Flat 360	<ul style="list-style-type: none">● Position and stability● Safety (no wobbles, no bail, no hand drag, nice riding out)● Timing of the takeoff (pre-rotation and rotation-movement)● Additional movements in the air● The trick must be recognized as this
Straight run with Grabs (over coping)	<ul style="list-style-type: none">● Different grabs is better than just one● Tail, Mute, Safety, Japan, Nose● Central position; stable body; can handle the pressure (pushing)● Timing of the pre-rotation and rotation-movement● Take-off and landing almost fullbase● Additional movements in the air● Ability to let go (no breaking)
Alley Oop 360 run	<ul style="list-style-type: none">● Central position; stable body; can handle the pressure (pushing)● Timing of the pre-rotation and rotation-movement● Take-off and landing almost fullbase● Additional movements in the air● Ability to let go (no breaking)
360 to switch 360	<ul style="list-style-type: none">● Central position; stable body; can handle the pressure (pushing)● Timing of the pre-rotation and rotation-movement● Take-off and landing almost fullbase● Additional movements in the air● Ability to let go (no breaking)
540 back to back (coping or higher)	<ul style="list-style-type: none">● Central position; stable body; can handle the pressure (pushing)● Timing of the pre-rotation and rotation-movement● Take-off and landing almost fullbase● Additional movements in the air● Ability to let go (no breaking)



Performer Freeski – Rail	
270 on	<ul style="list-style-type: none">● Position and stability● Safety (no wobbles, no bail, no hand drag, nice riding out)● Timing of the takeoff (pre-rotation and rotation-movement)● Additional movements in the air● The trick must be recognized as this
270 on 270 out	<ul style="list-style-type: none">● Position and stability● Safety (no wobbles, no bail, no hand drag, nice riding out)● Timing of the takeoff (pre-rotation and rotation-movement)● Additional movements in the air● The trick must be recognized as this
Switch Lip on 270 out	<ul style="list-style-type: none">● Position and stability● Safety (no wobbles, no bail, no hand drag, nice riding out)● Timing of the takeoff (pre-rotation and rotation-movement)● Additional movements in the air● The trick must be recognized as this
Switch Lip to Switch	<ul style="list-style-type: none">● Position and stability● Safety (no wobbles, no bail, no hand drag, nice riding out)● Timing of the takeoff (pre-rotation and rotation-movement)● Additional movements in the air● The trick must be recognized as this
Frontside Switch Up continuing 270 out (K-Fed)	<ul style="list-style-type: none">● Position and stability● Safety (no wobbles, no bail, no hand drag, nice riding out)● Timing of the takeoff (pre-rotation and rotation-movement)● Additional movements in the air● The trick must be recognized as this
Switch 270 on	<ul style="list-style-type: none">● Position and stability● Safety (no wobbles, no bail, no hand drag, nice riding out)● Timing of the takeoff (pre-rotation and rotation-movement)● Additional movements in the air● The trick must be recognized as this