

Evaluator Name:

Date:

Trail:



Pole jumpers

Sheet # _____

Bib/Name	Score	Comments	Bib/Name	Score	Comments
1.			16.		
2.			17.		
3.			18.		
4.			19.		
5.			20.		
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Scoring Scale:

SCORE	SKILL	TASK
10	Jumps in air clearing the pole with no upper body involvement	Clears all poles while in straight path
9	Jumps in air clearing the pole with minimal upper body involvement	Clears all poles
8	Jumps and lands with both feet on all jump while traveling straight down the hill	Clears all poles
7	Jumps in air while traveling in straight path downhill	Contacts 2-3 poles with ski tips or tail only
6	Jumps in air with minimal contact of the pole	Contacts 4 poles with ski tips or tails only
5	Jumps with skis off the snow	Contacts 5 poles
4	Jumps in air with skis off the snow	Contacts 6 or 7 poles
3	Full body motion followed by a jump with tips or tails leaving the snow	Contacts every pole
2	Full body motion attempting a jump	Contacts every pole
1	Some sort of attempt at a jump with one leg or two	Contacts every pole
0	No visible jump	Skis over every pole and/or not in a straight path

Skill-Specific Deductions:

Pole Jumpers

Starting with a perfect score of 10, subtract up to:

- 2 points for not maintaining straight run down fall-line
- 1 point every time skis touch a pole
- 1 point for every jump off one leg or every landing not on both feet simultaneously
- 1 point for a widening or narrowing of stance
- 1 point for not maintaining flat skis on the snow
- 1 point every time skier uses their upper body to assist in jumping
- 1 point for extra leg flexion or pump between each jump

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Outside ski turns

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Scoring Scale

SCORE	SKILL	TASK
10	Round carved outside ski turns	Consistent speed and no pole assistance
9	Mostly round carved outside ski turns	
8	Outside ski turns with high degree of carving	Traverse on dh & uphill ski
7	Outside ski skiing with defined weight transfer to the new outside ski	Traverse on dh ski and early movement to the new uphill ski
6	Mostly carve outside ski skiing	Traverse on dh ski
5	Outside ski skiing on an edged ski	Traverse
4	Skidded linked turns on outside ski	No traverse
3	Outside ski dominant with periodic moments of the inside ski off the snow	
2	Outside ski dominant with an occasional and slight lifting of inside ski	
1	Outside ski dominant with inside ski on snow	
0	Two footed turns	Looks like ski conventional skiing

Skill-Specific Deductions:

Outside ski turns

Starting with a perfect score of 10, subtract up to:

- 1 point for every 10% of the drill cycle the inside ski is not carried off the snow. For example, if the inside ski is on the snow for 30% of the drill cycle then deduct 3 points
- 1 point for every 10% of the drill cycle that the pole may be assisting balance. For example, if the pole dragged for 30% of the drill cycle then deduct 3 points
- 1 point for every turn that does not end or start with a deliberate and observable weight transfer
- 1 point for less than a two ski length traverse on the uphill ski
- 1 point for every turn that is not of a high degree of carving
- 1 point for every non-round turn shape

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Straight run to sideslip with edge set

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Scoring Scale

SCORE	SKILL	TASK
10	Straight down hill followed by simultaneous pivoting of both skis to a sideslip that maintains speed...	
9	...direction might deviate very slightly	Edge set and pole touch do not coincide
8	Pivot is simultaneous, sideslip maintains some speed down fall-line, stance width might alter slightly	Edge set and quiet posture are held for 1-2 seconds
7	Pivot is simultaneous, sideslip loses minimal speed	Edge set and quiet posture are not held for 3 seconds
6	Pivot is simultaneous, sideslip loses speed	Slight trouble staying within markers
5	Pivot is stepped or sequential	Sideslip is forward
4	Straight run is straight and sideslip looks like a very skidded ski turn	Does not stay within sideslip markers
3	Straight run is straight but pivot looks like a rudimentary ski turn	Runs over most straight run and sideslip markers
2	Straight run veers to make the pivot	Does not stay within the straight run or sideslip markers
1	Straight run has a turning arc to it	Runs over most markers
0	Looks like a ski turn	Task is unrecognizable

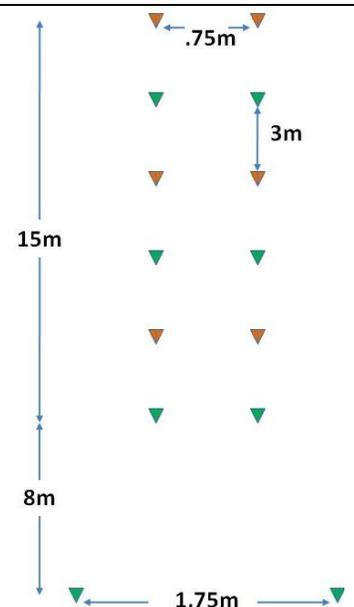
Skill-Specific Deductions:

Straight run to sideslip with edge set

Total score is pivot left plus pivot right score divided by two ($L + R / 2$).

Starting with a perfect score of 10, subtract up to:

- 5 points for stepping or sequential movement to pivot
- 1 point for every ski length outside the desired sideslip corridor throughout the task
- 1 point for not coinciding pole touch with edge set
- 1 point for not maintaining edge set and quiet posture for 3 seconds at conclusion



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Freeski with pole usage

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Scoring Scale

SCORE		SKILL	TASK
10	Perfect	Flawless execution	Nothing to change
9	Outstanding	Smallest of change needed	Smallest of alteration desired
8	Excellent	Couple small changes needed	One turn or dimension may need slight refinement
7	Very Good	Skills are refined	Several turns or dimension may need slight tuning
6	Good	Skill level is above average	Task is performed above average
5	Average	Skill level is average for this level	Average performance of task
4	Fair	Adequate skills	No problem identifying the task although needs refinement
3	Mediocre	Substandard skills	Slight problem identifying the task although need improvement
2	Poor	Vague demonstration of skills	Task performance is vague
1	Very Poor	Grossly deficient skills	Task performance is difficult to distinguish
0	Inability	Nothing resembling the skills	Task is unrecognizable

Skill-Specific Deductions

Freeski with pole usage

Starting with a perfect score of 10, subtract up to:

- 2 points for every instance of balance that requires a drastic correction
- 1 point for every turn that is not round
- ½ point for every turn where speed is not maintained
- ½ point for every turn that does not have a high degree of carving
- ½ point for every missed pole swing