

Style Judging Guidelines

Max. 5.0	Flight Deduction
0.5 – 3.0	<i>Flight Position</i> – Limited ability to use the body and skis to create a dynamic flight position, being too aggressive or too passive with the body position and/or lacking an overall aesthetic impression of the flight.
0.5 – 1.0	<i>Balance</i> – Unsteadiness, including excessive or unnecessary body movements.
0.5 – 1.0	<i>Arms and Legs</i> – Asymmetric arm or leg positions or movements including bent knees.
0.5 – 1.0	<i>Skis</i> – Asymmetric ski positions (skis not in same plane).

Max. 5.0	Landing Deduction		
0.5 – 1.5	<i>Approach to Landing</i> – Deficiencies in the correct transition from the flight phase to the landing phase.		
0.5 – 1.5	<i>Telemark Minor to Major Faults</i> – An inadequate Telemark upon landing impact even if the feet are properly separated by the end of the landing procedure, including when the legs are too stiff (straight) or when the legs are separated too much.	3.0	<i>No Telemark</i> – No attempt to establish a Telemark at the point of landing impact – e.g., absorbing the landing pressure with both feet parallel (as a single fault).
0.5 – 1.5	<i>Arms, Legs and Hips</i> – Off balance, using the arms, legs or hips to maintain balance over the skis. This also includes being too deep (squatting) when landing without a Telemark.		
0.5 – 1.0	<i>Skis</i> – Deficiencies in controlling the skis: <ul style="list-style-type: none"> • skis not parallel • the distance between the skis greater than two ski widths • one or both skis on edge. 		

Max. 7.0	Outrun Deduction
0.5 – 1.5	<i>Minor Faults</i> – Small deficiencies during the outrun phase: <ul style="list-style-type: none"> • minor periods of unsteadiness • both skis not set in flat contact with the skiing surface and/or not parallel • a minor deviation from skiing in the direction of the “fall line” (straight down the hill) • not in an upright body position before starting the braking phase.
2.0 – 2.5	<i>Significant Faults</i> – Larger deficiencies during the outrun phase: <ul style="list-style-type: none"> • greater visual impression of skiing balance or unsteadiness • both skis not set in flat contact with the skiing surface or not parallel • a large deviation from skiing in the direction of the “fall line” (straight down the hill).
3.0	<i>Major Faults</i> – Large deficiencies during the outrun phase: unsteadiness and/or the risk of a fall either before or at the fall line including touching the surface/ski(s) with one hand during the landing or the outrun phase.
4.0 – 5.0	<i>Loss of Control</i> – This includes passing through the transition curve and/or over the fall line with both hands, the back or posterior of the body touching the surface/ski(s) during the landing or outrun phase.
7.0	A fall on or before the fall line.

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DEFINITIONS

Flight

The phase of the jump from the takeoff point to the point where the athlete begins the transition to landing.

Proper Execution of the Flight:

- a dynamic move from the takeoff that enables a smooth transition into an aerodynamic flying position,
- where the athlete maintains the maximum forward speed and generates the greatest lift,
- symmetrically using the arms, legs, hips and skis throughout the flight.

Landing

The phase of the jump from where the athlete transitions from the flight to where the athlete's weight is on the landing surface. It begins just prior to touching down by simultaneously:

- lifting the chest toward vertical,
- raising the arms to the sides,
- and bending the knees in preparation for absorbing the landing impact.

Telemark

A landing *movement* resulting in a position where the **separation*** between the feet is approximately the length of a foot with the legs actively and clearly bent to show that the landing force is being effectively absorbed upon impact with the skiing surface.

Proper Execution of the Telemark:

- a smooth transition from the flight phase through the Telemark position to the outrun phase,
- where the landing impact is fully absorbed by bending the knees upon contact with the landing surface and returning to a more relaxed position afterwards,
- and not executed by stepping backwards upon landing,
- or by keeping the upper body over the front leg after landing.

No Telemark

A landing *movement* where the where the legs and feet remain parallel or the timing of when the feet are separated into the traditional Telemark position occurs too late.

Further Explanation - the deductions above apply to the following:

With Telemark:

- the legs do not bend upon impact (too stiff), showing that the landing force is not being correctly absorbed,
- the **separation*** between the feet does not **increase** on impact, showing that the landing force is not being correctly absorbed.

No Telemark:

- the feet are parallel on impact regardless of whether the **separation*** between them increases after impact,
- the knees bend and remain bent (squat) through the landing phase,
- the deeper the squat without rising up again during the landing phase, the greater the fault should be.



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Additional faults for Landing with or without a Telemark:

- the arms, legs or hips are used to maintain balance in an asymmetrical manner,
- the skis do not remain parallel,
- the **distance**** between the skis is greater than two ski widths,
- the skis do not remain in flat contact with the landing surface, showing that the athlete's weight is not evenly balanced over both feet.

Outrun

The phase of the jump that begins when the athlete has transitioned from the flight and the athlete's weight is on the landing surface. It extends to the fall line.

Proper Execution of the Outrun:

- a rise up from the landing position to a mostly vertical position with the knees slightly bent,
- while following a line toward the center of the landing hill,
- with the skis in a parallel position not more than two ski widths apart,
- or in a snowplow position,
- and the weight evenly distributed over both skis,
- with the arms and legs in a relaxed position until beyond the fall line.

* **Separation Between the Feet** – this is the gap between the feet that is created when one foot is moved forward upon landing with a proper Telemark.

** **Distance Between the Feet** – this is the gap between the feet that is created when the feet are too wide apart and often results in one or both skis not flat on the landing surface (on edge).



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Landing Examples – the following scenarios illustrate how to apply the guidelines. The sections below are numbered to correspond with the rows in the deduction table at the top:

1. Approach to Landing
2. Minor Telemark
3. No Telemark
4. Arms, Legs and Hips
5. Skis

Landing Performance Category	Deduction
1. Approach to Landing	
Approach to Landing – No Faults <ul style="list-style-type: none"> - the knees are slightly bent in the transition from the flight, - the arms and legs are symmetrical, - the upper body is moving toward a vertical position and the hips are moving forward, - the skis are symmetrical and coming together so they are parallel. 	0.0
Approach to Landing – Minor to Major Faults <ul style="list-style-type: none"> - the knees are bent too much too soon in the transition from the flight, - the arms and/or legs are not symmetrical, - the arms are rotating, - the upper body is not moving toward a vertical position, - the hips are too far back or too far forward, - the skis are not symmetrical and/or are not coming together. 	0.5 – 1.5
2. With Telemark	
With Telemark – No Faults <ul style="list-style-type: none"> - a slight separation between the feet either just before or upon landing, - and a greater separation into a full Telemark position after landing, - the upper body is vertical with the weight evenly distributed over both feet, - the position is maintained long enough to demonstrate full control. 	0.0
With Telemark – Minor to Major Faults <ul style="list-style-type: none"> - the separation between the feet is greater than it should be upon landing, - there is a greater separation between the feet after landing, but it either does not extend to a full Telemark or it extends too far, - the upper body is bent over the front foot and/or the weight is predominantly on one foot, - the position is not maintained long enough to demonstrate full control. 	0.5 – 1.5



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Landing Performance Category	Deduction
3. Without Telemark	
Without Telemark – “No Faults”	3.0
<ul style="list-style-type: none"> - with a minor increase in the bending of the knees upon landing to properly absorb the impact, - the upper body is vertical, - with a quick return to an upright position with knees straight or slightly bent. 	
Without Telemark – Minor Faults (reflected in item 4 below)	0.5 – 1.5
<ul style="list-style-type: none"> - there is a major bending of the knees upon landing impact, - the upper body is bent over the front foot and/or the weight is predominantly on one foot, - there is a slow return or no return to an upright position after landing. 	
4. Arms, Legs and Hips	0.5 – 1.5
<ul style="list-style-type: none"> - the arms are not symmetrical after landing, - the legs continue to bend into a squat after landing, - the upper body is too far forward or backward, - the hips are too far forward or backward after landing. 	
5. Skis	0.5 – 1.0
<ul style="list-style-type: none"> - the skis are not parallel upon landing, - the skis do not touch the surface at the same time, - the skis do not remain parallel after landing, - the skis are more than two ski widths apart – one or both skis are on edge, - the distance between the skis/feet is greater than the separation between the feet. 	

