

- Disaster Revert - Noseslide Revert

Nollie: Knock the snow with the nose and the tail takes off before.

Nose Pick: Static position with the nose on the coping.

Fs & Bs Fifty-fifty (slide with the board in longitudinal direction, along the coping).

Nosepong: Ollie forward knocking with the nose doing a nollie.

SLOPESTYLE RAIL TRICK GUIDE

Trick families

To make the terminology as simple as possible, we can talk about three major trick families within the rail trick terminology, which together make up the foundation of all different rail tricks. These are 50-50's, boardslides and lipslides. Within each trick family there are several variations of tricks and combos. All these tricks can be performed both frontside and backside (assumed that the rail/box has a so called street approach and not a kicker straight in front of the rail/box).

Frontside and backside

The trick becomes a frontside trick when the rail is on your toe side from the approach where you take off from the snow, which means you approach it from the side and not straight in front of it. Thus, the trick becomes a backside trick when the rail is on your heel side from your approach. Be aware that the term Cab (for switch frontside) is only used when it is a 180-degree rotation or more. If it is a simple 50-50, boardslide or lipslide performed switch, it is only called switch frontside/backside. (Frontside and backside abbreviations: **F** and **B** (**sw F** and **sw B** if performed switch))

Rotations up on the rail

When a rider does a rotation up on the rail, the standard is to do backside rotations from the frontside approach (take off from toe edge) and frontside rotations from the backside approach (take off from heel edge). If the rider does a frontside rotation from the frontside approach (take off from toe edge) or a backside rotation from the backside approach (take off from heel edge) it is called **hard way** (abbr: **hw**). Backside hard way and switch backside hard way rotations are almost always performed with a nollie (nose ollie take off) instead of an ollie as it becomes more natural.

Rotations off the rail

Rotations off 50-50's, nose- and tailpresses are always half-circle or full-circle rotations such as 180's, 360's, 540's (abbr: **1**, **3**, **5**) and so on and are described with the original terms frontside, backside, cab (switch frontside) and switch backside.

The rotations off the rail on boardslides, lipslides and bluntslides are never half-circle or full-circle rotations, but always something in between as the rider slides sideways in a 90-degree angle. The rotations are therefore 270's, 450's, 630's (abbr: **2, 4, 6**) and so on. The 90-degree rotations, which are the least the rider has to do off the rail, are only mentioned as **to forward** (abbr: **tfo**)(landing in natural direction; regular or goofy) or **to fakie** (abbr: **tfa**) (landing switch). If the rotation off the rail continues the same way as up on the rail the rotation degree is the only thing that is mentioned, e.g. a backside 270 off a frontside bluntslide is simply called "front blunt 270" as the rider has already started a backside rotation to perform the frontside bluntslide. If the rotation off the rail is the opposite way as the approach to the rail it is called a **pretzel** (abbr: **pr**), e.g. a backside 270 off a backside boardslide is called "back board pretzel" (the rotation degree is usually only mentioned on pretzel 450's and beyond since the pretzel 270 is the basic pretzel) as the rider starts a frontside rotation to perform a backside boardslide and then changes to a backside rotation off the rail.

50-50 (abbr: **50**)

A basic trick where the rider slides the rail with the board pointing in the same direction as the rail with a centred position.

Nosepress (abbr: **np**)

A more technical kind of a 50-50 where the rider leans forward to put pressure on the nose to be able to lift the rear foot so that it is not in contact with the rail. It is quite common to do a **tail tap** (abbr: **tt**) at the end of the rail and this should not be seen as a failed nosepress as it is made on purpose. To dip the tail right at the landing on the rail or during the nosepress is not desirable though.

Tailpress (abbr: **tp**)

A more technical kind of a 50-50 where the rider leans backward to put pressure on the tail to be able to lift the front foot so that it is not in contact with the rail. Also called 5-0 (five-o) which is the original skateboard term. It is quite common to do a **nose tap** (abbr: **nt**) at the end of the rail and this should not be seen as a failed tailpress as it is made on purpose. To dip the nose right at the landing on the rail or during the tailpress is not desirable though.

Boardslide (abbr: **bs**)

The rider slides sideways in a 90-degree angle with the rail between the bindings. A frontside boardslide is performed from the frontside approach and the rider rotates the board backside 90 before landing on the rail. A backside boardslide is performed from the backside approach and the rider rotates the board frontside 90.

Noseslide (abbr: **ns**)

A kind of boardslide where the rider does not keep the rail between the bindings but instead slides on the nose (preferably outside the front binding). Frontside noseslide

is performed like a frontside boardslide but on the nose instead of between the bindings and backside noseslide is performed like a backside boardslide but on the nose instead of between the bindings.

Lipslide (abbr: **lip**)

A trick where the rider rotates the tail over the rail and lands in a 90-degree angle with the rail between the bindings. A frontside lipslide is performed from the frontside approach rotating the board frontside 90 before landing on the rail. A backside lipslide is performed from the backside approach rotating the board backside 90.

Tailslide (abbr: **ts**)

A kind of lipslide where the rider does not keep the rail between the bindings but instead slides on the tail (preferably outside the rear binding). Frontside tailslide is performed like a frontside lipslide but on the tail instead of between the bindings and backside tailslide is performed like a backside lipslide but on the tail instead of between the bindings.

Bluntslide (abbr: **bl**)

A trick that is similar to the boardslide but instead of keeping the rail between the bindings, the board is tweaked out over the rail so that the tail slides the rail (preferably outside the rear binding). Thus a frontside bluntslide is performed like a frontside boardslide but with both feet tweaked out over the rail and a backside bluntslide is therefore performed like a backside boardslide but with both feet tweaked out over the rail.

There is also a trick called **Noseblunt** (abbreviation: **nbl**) which is performed more similar to a lipslide but with both feet tweaked out over the rail so that the nose slides the rail. A frontside noseblunt is performed like a frontside lipslide but with both feet tweaked out over the rail and a backside noseblunt is therefore performed like a backside lipslide but with both feet tweaked out over the rail.

Taps and stalls

Sometimes rail features are placed sideways in the slope, where they are called spines instead of rails and are not necessarily made to slide. Some may be placed to be able to jump over and some may be placed on top of quarterpipes etc. so that you can jump up on them and then jump back in the direction you came from. On these types of features, taps (abbr: **t**) and stalls (abbr: **st**) are often performed. These are not specific rail tricks, as they do not need rails or boxes to be performed. They can as well be performed on bonk features like barrels for example. A tap is usually performed when you jump over the feature and touch it with either the nose or the tail, e.g. Frontside 360 nosetap (abbr: **F 3 nt**). Another trick that is common on these features is the Miller flip (abbr: **mf**), which is a kind of inverted 360 where you touch the rail/bonk feature with a hand to help the rotation back from the inverted position. It is desirable to use only one hand while the other hand grabs the board.

The stall tricks are performed like the different slide tricks but standing still on the rail/bonk feature instead of sliding. It is not unlikely that even hand plants are performed on these features.

Examples of rail tricks and combos with steno system

Frontside boardslide (if performed “to forward” it is not necessary to mention it)
Abbr: **F bs**

Frontside bluntslide to forward (if bluntslides are performed “to forward” it should be mentioned as it is quite unnatural and often seen as more difficult than “to fakie”)
Abbr: **F bl tfo**

Frontside boardslide pretzel 270 (Front board pretzel)
Abbr: **F bs pr**

Frontside bluntslide 270
Abbr: **F bl 2**

Frontside tailpress backside 180
Abbr: **F tp B 1**

Cab 180 hard way 50-50 backside 180
Abbr: **C 1 hw 50 sw B 1**

Backside 180 switch 50-50 cab 360
Abbr: **B 1 sw 50 C 3**

9.1 Glossary of tricks

Air to Fakie: Any trick in the halfpipe where the wall is approached riding forward, no rotation is made, and the snowboarder lands riding backward.

Alley Oop: A term used to describe any manoeuvre in the halfpipe where one rotates 180 or more degrees in an uphill direction; that is, rotating backside on the frontside wall, or rotating frontside on the backside wall.

Andrecht: A rear handed backside handplant with a front-handed grab.

Backside: The backside of the snowboard is the side where the heels rest; the backside of the snowboarder is the side to which his/her back faces.

Backside Air: Any air performed on the backside wall of the halfpipe.

Backside Rotation: Rotating clockwise for a regular-footer, and rotating counterclockwise for a goofy-footer (e.g. backside 360). Note: When riding switch-stance, the exact reverse applies and a regular-footer will rotate counterclockwise and a goofy-footer will rotate clockwise.

Backside Turn: A turn where the heel edge faces to the outside of the turn while the snowboard is riding on the toe edge. In other words, a right turn for a regular-footer and a left turn for a goofy-footer.

Backside Wall: When standing at the top of the halfpipe and looking down toward the bottom, the backside wall is the left wall for regular-footers and the right wall for goofy-footers. If you ride straight down the centre of the halfpipe your backside wall is behind you.