



CFSA Mogul Terrain Guide by Stage

The purpose of this document is to provide stage appropriate terrain specifications for athletes at all LTAD stages for training and competition.

Note: Jump Format is for a single mogul run. Ex: If an athlete were to go down a mogul course how many jumps would they hit? Or if it is a jump site, are there moguls before, after, no moguls?

Fundamentals: Jumps & Bumps	Feature	Length	Pitch	Width	Mogul Spacing	# of Rollers or Moguls	Jump Format	Terrain for Training	Terrain for Competition
Fun	Mogul Course	125-165m	18-22 degrees	10 metre minimum	3 metre spacing	Number of moguls is spacing and course length dependent	1 jump at the bottom of course, no moguls after jump	✓	Try Freestyle Events
Fun	Flat Butter Box into 5 rollers and into a small air site at the end (Repeat)	180 m	13-20 degrees	Any	3-4 m (if moguls are built into terrain)	5 (Flexible)	Small air site with varied obstacles including rollers, moguls, jumps, gates etc	✓	Try Freestyle Events
Fun	Wave Tank 10 degrees	10-15 rollers	10 degrees	3-4m (cat blade width, plus blow out space)	4-7 m spacing	6-16 rollers	No Jump	✓	✓ If event format includes wave tank
Learn to Train: Freestylerz	Feature	Length	Pitch	Width	Mogul Spacing	# of Rollers or Moguls	Jump Format	Terrain for Training	Terrain for Competition
L2T	Mogul Course	165-200m	20-25 degrees	18 metres	3 metre spacing	Number of moguls is spacing and course length dependent	2 jumps	✓	✓
L2T	Absorption Tank 10 degrees	10 rollers	10 degrees	3-4m (cat blade width, plus blow out space)	4 m spacing	Varied spacing & sizing	No Jump	✓	✓ If event format includes absorption tank
L2T	Wave Tank 10 degrees	10-15 rollers	10 degrees	3-4m (cat blade width, plus blow out space)	4-7 m spacing	6-16 rollers	No Jump	✓	✓ If event format includes wave tank
L2T	Jump site/ jump table	Coming Fall 2014	Coming Fall 2014	Coming Fall 2014	Coming Fall 2014	Coming Fall 2014	Moguls in, no moguls out	✓	✓ If event format includes a jump site
L2T	Jump site/ jump table	FIS Spec	FIS Spec	FIS Spec	No moguls	No rollers	No moguls in, no moguls out	✓	✓ If event format includes a jump site

Train to Train: TEAM	Feature	Length	Pitch	Width	Mogul Spacing	# of Rollers or Moguls	Jump Format	Terrain for Training	Terrain for Competition
T2T	Mogul Course	180-200m+	22-25 degrees	18 metres	3.5- 4.5 m spacing *Note: The steeper the pitch the tighter the spacing. Landing pitch must be 26 degrees. Landing must be square to jump. Landing should be 15 m from take off and maintained at all times	Number of moguls is spacing and course length dependent	2 jumps	✓	✓ Provincial Series
T2T	Absorption Tank 10-15 degrees	7-10 rollers	10-15 degrees	3-4m (cat blade width, plus blow out space)	4-5m spacing	Varied spacing & sizing	No Jump	✓	Not usually at this level
T2T	Wave tank 10-15 degrees	8-12 rollers	10-15 degrees	3-4m (cat blade width, plus blow out space)	5-7m spacing	6-16 rollers	No Jump	✓	Not usually at this level
T2T	Jump site/ jump table	FIS Spec	FIS Spec	FIS Spec	No moguls	No rollers	No moguls in, no moguls out	✓	✓ If event format includes a jump site
T2T	Jump site/ jump table	Coming Fall 2014	Coming Fall 2014	Coming Fall 2014	Coming Fall 2014	Coming Fall 2014	Moguls in, no moguls out	✓	✓ If event format includes a jump site
Learn to Compete									
Learn to Compete	Feature	Length	Pitch	Width	Mogul Spacing	# of Rollers or Moguls	Jump Format	Terrain for Training	Terrain for Competition
L2C	Mogul Course	235+/- 35m	24+ degrees	21 meters	Varied rhythm 3.5-4m spacing	Number of moguls is spacing and course length dependent	2 jumps	✓	✓ Canadian Series (Singles + Duals)
L2C	Absorption Tank 10-15 degrees	7-10 rollers	10-15 degrees	3-4m (cat blade width, plus blow out space)	4-5m spacing	Varied spacing & sizing	No Jump	✓	Not usually at this level
L2C	Wave tank 10-15 degrees	8-12 rollers	10-15 degrees	3-4m (cat blade width, plus blow out space)	5-7m spacing	6-16 rollers	No Jump	✓	Not usually at this level
L2C	Jump site/ jump table	FIS Spec	FIS Spec	FIS Spec	No moguls	No rollers	No moguls in, no moguls out	✓	Sometimes
L2C	Jump site/ jump table	Coming Fall 2014	Coming Fall 2014	Coming Fall 2014	Coming Fall 2014	Coming Fall 2014	Moguls in, no moguls out	✓	Sometimes
L2C	Jump site/ jump table	Coming Fall 2014	Coming Fall 2014	Coming Fall 2014	Coming Fall 2014	Coming Fall 2014	Rollers in - rollers out	✓	Not usually at these levels
L2C	Jump site/ jump table	Coming Fall 2014	Coming Fall 2014	Coming Fall 2014	Coming Fall 2014	Coming Fall 2014	Moguls in - moguls out	✓	Not usually at these levels
Train to Compete									
Train to Compete	Feature	Length	Pitch	Width	Mogul Spacing	# of Rollers or Moguls	Jump Format	Terrain for Training	Terrain for Competition
T2C	Mogul Course	235+/- 35m	24+ degrees	21 meters	Varied rhythm 3.5-4m spacing	Number of moguls is spacing and course length dependent	2 jumps	✓	✓ Canadian Series (Singles + Duals)

Train to Compete	Feature	Length	Pitch	Width	Mogul Spacing	# of Rollers or Moguls	Jump Format	Terrain for Training	Terrain for Competition
T2C	Mogul Course	235+/- 35m	27 degrees +/- 2	18 meters (min)	Varied rhythm 4m +/- 1 m	Number of moguls is spacing and course length dependent	2 jumps	✓	✓NORAM
T2C	Wave Tank 10-20 degrees	8-12 rollers	10-20 degrees	3-4m (cat blade width, plus blow out space)	5-7 m spacing	6-16 rollers	No Jump	✓	Not usually at this level
T2C	Absorption tank 10-20 degrees	7-10 rollers	10-20 degrees	3-4m (cat blade width, plus blow out space)	4-5m spacing	Varied spacing & sizing	No Jump	✓	Not usually at this level
T2C	Jump site/ jump table	FIS spec	FIS spec	FIS spec	No moguls	No rollers	1 jump	✓	✓If event format included jump site and jump table
T2C	Jump site/jump table	Coming Fall 2014	Coming Fall 2014	Coming Fall 2014	Coming Fall 2014	Coming Fall 2014	Moguls in - no moguls out	✓	Not usually at these levels
T2C	Jump site/jump table	Coming Fall 2014	Coming Fall 2014	Coming Fall 2014	Coming Fall 2014	Coming Fall 2014	Rollers in - rollers out	✓	Not usually at these levels
T2C	Jump site/jump table	Coming Fall 2014	Coming Fall 2014	Coming Fall 2014	Coming Fall 2014	Coming Fall 2014	Moguls in - moguls out	✓	Not usually at these levels
Learn to Win	Feature	Length	Pitch	Width	Mogul Spacing	# of Rollers or Moguls	Jump Format	Terrain for Training	Terrain for Competition
L2W	Mogul Course	235+/- 35m	27 degrees +/- 2	18 meters (min)	Varied rhythm 4m +/- 1 m	Number of moguls is spacing and course length dependent	2 jumps	✓	✓NORAM
L2W	Absorption tank 10-20 degrees	7-10 rollers	10-20 degrees	3-4m (cat blade width, plus blow out space)	4-5m spacing	Varied spacing & sizing	No Jump	✓	Not usually at this level, used as a training tool
L2W	Wave Tank 10-20 degrees	8-12 rollers	10-20 degrees	3-4m (cat blade width, plus blow out space)	5-7 m spacing	6-16 rollers	No Jump	✓	Not usually at this level, used as a training tool
L2W	Jump site/jump table	Coming Fall 2014	Coming Fall 2014	Coming Fall 2014	Coming Fall 2014	Coming Fall 2014	Moguls in - no moguls out	✓	Not usually at this level, used as a training tool
L2W	Jump site/jump table	Coming Fall 2014	Coming Fall 2014	Coming Fall 2014	Coming Fall 2014	Coming Fall 2014	Rollers in - rollers out	✓	Not usually at this level, used as a training tool
L2W	Jump site/jump table	Coming Fall 2014	Coming Fall 2014	Coming Fall 2014	Coming Fall 2014	Coming Fall 2014	Moguls in - moguls out	✓	Not usually at this level, used as a training tool
Train to Win	Feature	Length	Pitch	Width	Mogul Spacing	# of Rollers or Moguls	Jump Format	Terrain for Training	Terrain for Competition
T2W	Mogul Course	235+/- 35m	28+/- 4 degrees	18 meters (min)	Varied rhythm 4m +/- 1 m	Spacing and course length dependent	2 jumps	✓	✓World Cup
Train to Win	Feature	Length	Pitch	Width	Mogul Spacing	# of Rollers or Moguls	Jump Format	Terrain for Training	Terrain for Competition

T2W	Absorption tank 10-20 degrees	7-10 rollers	10-20 degrees	3-4m (cat blade width, plus blow out space)	4-5m spacing	Varied spacing & sizing	No Jump	✓	Not usually at this level, used as a training tool
T2W	Wave Tank 10-20 degrees	8-12 rollers	10-20 degrees	3-4m (cat blade width, plus blow out space)	5-7 m spacing	6-16 rollers	No Jump	✓	Not usually at this level, used as a training tool
T2W	Jump site/jump table	Coming Fall 2014	Coming Fall 2014	Coming Fall 2014	Coming Fall 2014	Coming Fall 2014	Moguls in - no moguls out	✓	Not usually at this level, used as a training tool
T2W	Jump site/jump table	Coming Fall 2014	Coming Fall 2014	Coming Fall 2014	Coming Fall 2014	Coming Fall 2014	Rollers in - rollers out	✓	Not usually at this level, used as a training tool
T2W	Jump site/jump table	Coming Fall 2014	Coming Fall 2014	Coming Fall 2014	Coming Fall 2014	Coming Fall 2014	Moguls in - moguls out	✓	Not usually at this level, used as a training tool

Wave Tank versus Absorption Tank

In a Wave tank, bumps are shaped like a wave to emphasize turn timing.

versus

In an Absorption tank, bumps are shaped to work on absorption.

LTAD Legend	
Fundamentals	Fun
Learn to Train	L2T
Train to Train	T2T
Learn to Compete	L2C
Train to Compete	T2C
Learn to Win	L2W
Train to Win	T2W

Notes on Fundamentals:	*Mogul line with a small air site at the end, no moguls to land into. Recommendation to have a flat, butter bot at the top of course. *Length of course 180 m, pitch 13-20 degrees. *Recommendation to have a flat, butter bot at the top of course.
Notes on Learn to Train:	*Roll over jump option is encouraged
Notes on Train to Train:	*Landing area must be 15m long. Landing area must be greater than 26 degrees. *Duals, 5 lines for safety
Notes on Learn to Win:	* Mogul spacing for L2W can vary at times throughout the YTP training phases