



**CFSA Slopestyle 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. This document provides a full range of options to build meaningful stage appropriate terrain parks for Can Freestyle Programs and competitions. By no means should a terrain park contain all listed features in this document to create a stage appropriate terrain park.

Active Start	Terrain for Training	Terrain for Competition	Features for women	Notes
Butterbox 8ft	✓	✓Try Freestyle Event	✓	
Rainbow Butter Box 8	✓	✓Try Freestyle Event	✓	
5 ft jump	✓	✓Try Freestyle Event	✓	
Fundamentals - Jumps & Bumps	Terrain for Training	Terrain for Competition	Features for women	Notes
10 ft step down	✓	✓Try Freestyle Event	✓	*Please note, all jump and rail features are measured in feet
10 ft table	✓	✓Try Freestyle Event	✓	
10 ft jump step over	✓	✓Try Freestyle Event	✓	
Rainbow Box 8	✓	✓Try Freestyle Event	✓	* At the Fundamentals and Learn to Train stages, boxes are recommended to be set up as ride ons, but there can be variations
Flat Box 8	✓	✓Try Freestyle Event	✓	
Flat Box 16	✓	✓Try Freestyle Event	✓	
Butterbox 16	✓	✓Try Freestyle Event	✓	
Rainbow Butter Box 16	✓	✓Try Freestyle Event	✓	
Rainbow Box 16	✓	✓Try Freestyle Event	✓	
Flat Down Box 16	✓	✓Try Freestyle Event	✓	
Flat Rail 8	✓	✓Try Freestyle Event	✓	*Flat Rail for this stage should be 6 to 12 inches off snow and skirted
Learn to Train - Freestylers	Terrain for Training	Terrain for Competition	Features for women	Notes
20 ft step over	✓	✓	✓	*Best Practice- All jump decks from L2T and up, should have two jump take off options, to include a skill range and prepare for varying weather conditions
20 ft step down	✓	✓	✓	*Goal : Training features should be suitable for training and competitions

Learn to Train - Freestylers	Terrain for Training	Terrain for Competition	Features for women	Notes
20 ft table top	✓	✓	✓	* Best Practice: Mandatory 2 different rail features per rail pod at L2T and up
Butterbox 24	✓	✓	✓	
Rainbow Butter Box 24	✓	✓	✓	
Rainbow Box 24	✓	✓	✓	
Flat Box 24	✓	✓	✓	
Flat Down Box 24	✓	✓	✓	
Kicker Box 16	✓	✓	✓	
Flat Bar Rail 8	✓	✓	✓	*Flat Rail for this stage must be 6 to 12 inches off snow and skirted
Flat Down Bar Rail 16	✓	✓	✓	
Flat Rails	✓	✓	✓	
30 ft step over	✓	✓ With smaller side jump	✓	
30 ft step down	✓	✓ With smaller side jump	✓	
30 table top	✓	✓ With smaller side jump	✓	
Battleship Box 24	✓	✓	✓	
Rollercoaster Box 24	✓	✓	✓	
Drop Box 24	✓	✓	✓	
Intro Invert Jump	✓	✓	✓	*See CFSA Air and Mogul site on website for specifications
<b>Train to Train - TEAM</b>				
	<b>Terrain for Training</b>	<b>Terrain for Competition</b>	<b>Features for women</b>	<b>Notes</b>
30 ft step over	✓	✓	✓	* All features in Train to Train should be acceptable for competition and training
30 ft step down	✓	✓	✓	*Best Practice- All jump decks from L2T and up, should have two jump take off options, to include a skill range and prepare for varrying weather conditions
30 table top	✓	✓	✓	*Jump Landings should be twice as long as jump take off
40 step over	✓	✓	✓	
40 step down	✓	✓	✓	
40 table top	✓	✓	✓	
A Frame Box 24	✓	✓	✓	
Battleship Box 24	✓	✓	✓	
Rollercoaster Box 24	✓	✓	✓	
C Box 24	✓	✓	✓	
Drop Box 24	✓	✓	✓	

Train to Train - TEAM	Terrain for Training	Terrain for Competition	Features for women	Notes
Rainbow Bar Rail 24	✓	✓	X	*Please note: When there is X in a column, the feature is not appropriate.
Battleship Bar Rail 24	✓	✓	X	
A Frame Rail 24	✓	✓	X	
Rainbow Box 32	✓	✓	✓	
Flat Box 32	✓	✓	✓	
Down Flat Down Box 24	✓	✓	✓	
S Box 24	✓	✓	✓	
Drop Box 32	✓	✓	✓	
Kicker Box 24	✓	✓	✓	
Flat Bar Rail 16	✓	✓	✓	
Rainbow Bar Rail 32	✓	✓	X	
Flat Down Bar Rail 24	✓	✓	✓	
Down Flat Down Bar rail 16	✓	✓	✓	
C Flat Bar Rail 24	✓	✓	✓	* Recommended to be with another feature option
Bonks	✓	✓	✓	
Butterbox 32	✓	✓	✓	
Flat Down Box 32	✓	✓	✓	
Flat Bar Rail 24	✓	✓	X	
A Frame Box 32	✓	✓	✓	
Battleship Box 32	✓	✓	✓	
Down Flat Down Box 32	✓	✓	✓	
Rollercoaster Box 32	✓	✓	✓	
C Box 32	✓	✓	X	
Battleship Bar Rail 32	✓	✓	X	
A Rail 32	✓	✓	X	
Flat Down Bar Rail 32	✓	✓	X	
Stair case with 2 options (Rail or Box)	✓	✓	✓	
Cannon	✓	✓	X	
Cannon Box 6	✓	✓	✓	* Cannon up box is highly recommended competition features allows for athlete progression, all rotations on and off and for athletes to flip off

Learn to Compete	Terrain for Training	Terrain for Competition	Features for women	Notes
60 step over	✓	✓	X	* All Learn to Compete features should be acceptable in competition and in training
60 step down	✓	X	X	*Best Practice- All jump decks should have two jump take off options, to include a skill range and prepare for varying weather conditions
60 table top	✓	X	X	
50 step down	✓	✓	X	*Build with smaller jum
50 step over	✓	✓	X	*Build with smaller jump
50 table top	✓	✓	X	*Build with smaller jump
40 step over	✓	✓	✓	*Jump Landings need to be twice as long as jump take off
40 step down	✓	✓	✓	
40 table top	✓	✓	✓	
Flat Down Box 40	✓	✓	✓	
S Box 32	✓	✓	✓	
Kicker Box 32	✓	✓	✓	
Flat Bar Rail 32	✓	✓	✓	
Down Flat Down Bar Rail 24	✓	✓	✓	
C Flat Bar Rail 32	✓	✓	✓	
Cannons	✓	✓	✓	
C Flat Bar Rail 40	✓	✓	✓	
Rainbow Box 40	✓	✓	✓	
Flat Box 40	✓	✓	✓	
A Box 40	✓	✓	✓	
Battleship Box 40	✓	✓	✓	
Down Flat Down Box 40	✓	✓	✓	
Rollercoaster Box 40	✓	✓	✓	
C Box 40	✓	✓	✓	
S Box 40	✓	✓	✓	
Drop Box 40	✓	✓	✓	
Kicker Box 40	✓	✓	✓	
Flat Bar Rail 40	✓	✓	✓	
Rainbow Bar Rail 40	✓	✓	✓	
Battleship Bar Rail 40	✓	✓	✓	
A Rail 40	✓	✓	✓	

Learn to Compete	Terrain for Training	Terrain for Competition	Features for women	Notes
Down Flat Down Rail 32	✓	✓	✓	
Down Flat Down Rail 40	✓	✓	✓	
Flat Bar Rail 24	✓	✓	✓	
A Box 32	✓	✓	✓	
Battleship Box 32	✓	✓	✓	
Down Flat Down Box 32	✓	✓	✓	
Rollercoaster Box 32	✓	✓	✓	
C Box 32	✓	✓	✓	
Battleship Bar Rail 32	✓	✓	✓	
A Rail 32	✓	✓	✓	
Flat Down Bar Rail 32	✓	✓	✓	
Bonks	✓	✓	✓	
Train to Compete	Terrain for Training	Terrain for Competition	Features for women	Notes
70 ft table top	✓	✓	X	*Best Practice- All jump decks from L2T and up, should have two jump take off options, to include a skill range and prepare for varying weather conditions
70 foot step over	✓	✓	X	
50 ft step up	✓	✓	✓	* Jump tables should have side jumps well built to 75% or 80% of larger jumps
50 ft step down	✓	✓	✓	Ex: If jump is 50 feet, the smaller one should be 40 feet
50 ft table top	✓	✓	✓	
60 ft step up	✓	✓	X	
60 ft step down	✓	✓	X	
60 ft table top	✓	✓	X	
C Flat Bar Rail 40	✓	✓	✓	
Rainbow Box 40	✓	✓	✓	
Flat Box 40	✓	✓	✓	
A Frame Box 40	✓	✓	✓	
Battleship Box 40	✓	✓	✓	
Down Flat Down Box 40	✓	✓	✓	
Rollercoaster Box 40	✓	✓	✓	
C Box 40	✓	✓	✓	

Train to Compete	Terrain for Training	Terrain for Competition	Features for women	Notes
S Box 40	✓	✓	✓	
Drop Box 40	✓	✓	✓	
Kicker Box 40	✓	✓	✓	
Flat Bar Rail 40	✓	✓	✓	
Rainbow Bar Rail 40	✓	✓	✓	
Battleship Bar Rail 40	✓	✓	✓	
A Rail 40	✓	✓	✓	
Flat Down Bar Rail 40	✓	✓	✓	
Down Flat Down Rail 32	✓	✓	✓	
Cannons	✓	✓	✓	

<b>Learn to Win</b>	<b>Determined by Event Host</b>
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<b>Train to Win</b>	<b>Determined by Event Host</b>
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