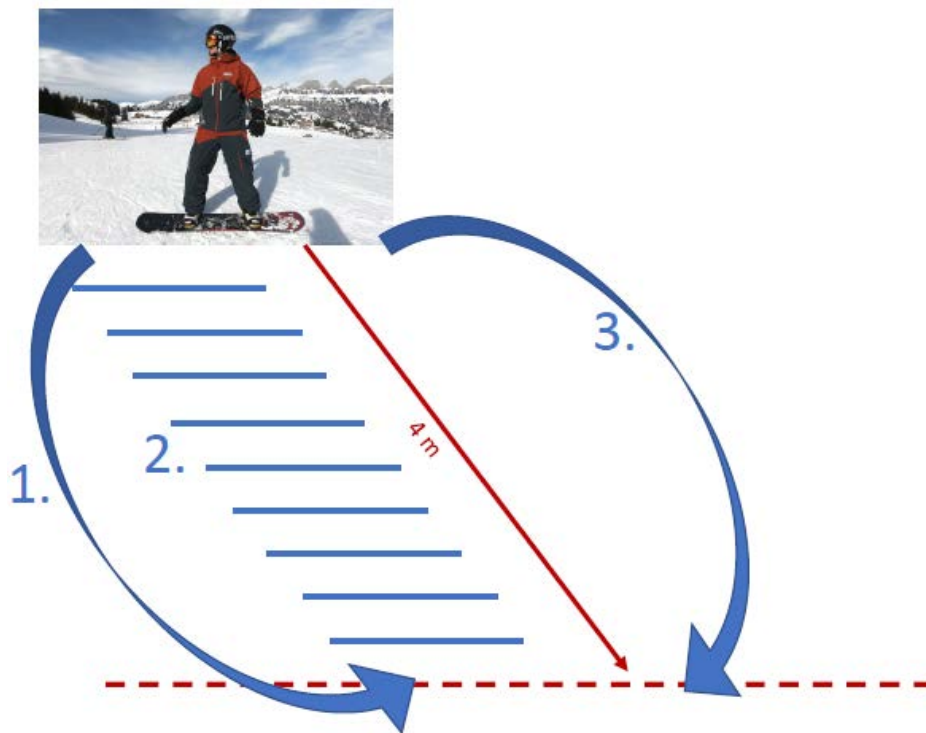


Special Olympics Challenge

Skill Snowboard 2 – ONE FOOT – FRONTSIDE & BACKSIDE

Presentation of the skill:

Descend with one foot free, make a turn on the forward edge (1), go back up (2) and descend with a turn on the back edge (3).



The snowboarder stands on a ground with a slight inclination. The front foot is secured in the binding. The rear foot is held free next to the binding. At the start signal, they put their rear foot on the board, start off full base, make a turn on the forward edge and stop on or after the line located 4 m from the start. They then use the free foot to go back up to the start and prepare for the second descent, during which they must make a turn on the rear edge before stopping at or below the 4 m line.

Effect of the skill

This skill develops balance, flexibility and turning technique on both edges.



Guidelines for results

The time is measured from the start signal until the complete stop after the second turn.
Make two attempts, the better one counts.

Rules of the skill:

- The participant starts off in a standing position.
- The participant must make two turns on both edges of the snowboard.
- If the participant makes the two turns on the same edge, a penalty of six seconds is added to the time.
- The coach gives the starting signal.
- If the athlete stops before the 4 m line, the attempt is not valid and must be repeated.

Equipment:

Stopwatch and four objects to indicate the start and finish lines.

Remarks:

- The athlete must slide to be able to make the turn. A turn in place is not authorised.
- It is important that the slope be regular and without bumps.
- Use the same ground for the entire duration of the Challenge (Training-Divisioning-Contest).

For further information, please contact us at: challenge@specialolympics.ch