



# INTERSCHOOLS MOGULS COMPETITION GUIDE

FOR COMPETITORS, COACHES, SCHOOLS AND PARENTS



Updated 27th May 2019

# HOW IS INTERSCHOOLS MOGULS SCORED?

Interschools moguls is judged by a panel of 3 or 4 judges, with a Head Judge overseeing the scoring.

## SCORING BREAKDOWN

### 3 Judge Format

**Turns:** 2 judges x 20 = 40

**Air:** 1 judge x 20 = 20

**Maximum Total Score:** = 60

*Air scores in a 3 Judge format will be judged out of 10 as per the air scorecard and then doubled to reach a score out of 20.*

### 4 Judge Format

**Turns:** 2 judges x 20 = 40

**Air:** 2 judges x 10 = 20

**Maximum Total Score:** = 60

## TURNS

Turns are worth **2/3** or **66%** of your overall score and are independently scored by 2 turn judges. The turn judges' score the competitor's turns from **0-20** which are then added together to get a total turn score out of a possible maximum of **40**. Competitors are scored on their performance of the following criteria:

### Aggression / Control

Aggressiveness is skiing to one's personal limits, but not beyond, and in control.

### Fall Line

Competitors should aim to stay in the same mogul line from top to bottom, and not change lines. Judges will reduce your turn scores every time you change lines.

### Carving

All turns should be initiated by carving. Efficient use of edging to control speed in and out of the turn throughout the run.

### Absorption/Extension

Ski-snow contact to be maintained as much as possible. The faster the skiing, the more absorption required. Movement of the upper body should be kept minimal. Legs should be used as shock absorbers in anticipation of the moguls.

### Upper Body

Head should remain still, facing downhill. Shoulders should stay square to the fall line (down the hill). Arms should stay in front of the body in a natural position. Pole Plants should be used to assist the competitor with respect to timing and balance with the hands staying in front of the body.



Matt Graham - Interschools competitor and Sochi 2014 Winter Olympian. Photo: Steve Cuff



Britt Cox - Interschools competitor and dual Winter Olympian (2010, 2014) Photo: Josh Himbury

## AIR

Air is worth 1/3 or 33% of your overall score and is scored by either 1 judge (in a 3 judge format) or 2 judges (in a 4 judge format).

In a 3 judge format, the air judge scores the competitor's jumps from 0-10. The score is then doubled to reach a total air score out of a possible maximum of 20.

In a 4 judge format, two air judges score the competitor's jumps from 0-10. Scores are then added together to get a total air score out of a possible maximum of 20.

The Air judge evaluates the jump based on form and **difficulty**. The judge(s) score the jump between very poor and excellent and then multiplied by the degree of **difficulty (DD)** based on the jump performed. The judge(s) evaluate the following in each jump:

**Amplitude** - How high and far the athlete travels in the air.

**Landing** - That the competitor lands the jump safely, and is able to ski straight across the finish line in full control.

**Execution** - How well the jump was performed.

**Jump Category** - The difficulty of the jump, and that it stands out from the other competitors.

The jumps that can be performed in Interschools Moguls are:

**Single** Can be any one of the following tricks  
Spread Eagle, Back Scratcher, Iron Cross, Kossak, Daffy, Twister and basic and advanced grabs.

**Double** A double combination of any of single maneuver listed above  
eg. Double-Twister, Twister-Spread, Iron Cross-Kossak, Double-Daffy.

**180°** A 180° rotation, including switch (backwards) take off or landing  
Can include a grab and/or single position for a higher DD score

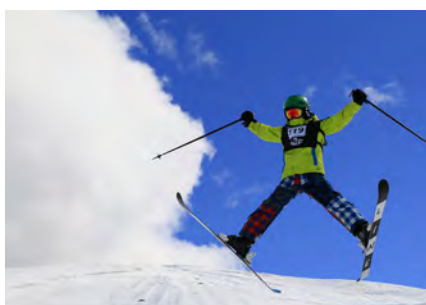
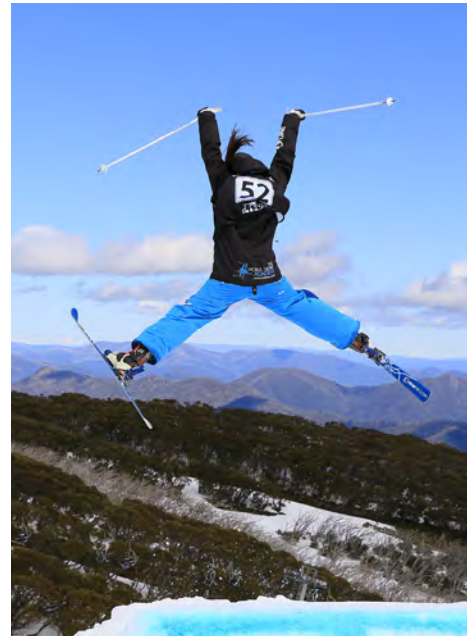
**Triple** A triple combination of any of single maneuver listed above  
eg. Triple-Twister, Double-Twister-Spread, Iron Cross-Kossak-Iron Cross, Triple-Daffy.

**360°/Heli** A full 360° rotation, including switch (backwards) take off or landing  
Can include a grab and/or single position for a higher DD score

**540°** A 540° rotation, including switch (backwards) take off or landing  
Can include a grab and/or single position for a higher DD score

**Quad** A quad combination of any of single maneuver listed above  
eg. Quad-Twister, Triple-Twister-Spread

**720°** A full 720° rotation, including switch (backwards) take off or landing  
Can include a grab and/or single position for a higher DD score



# COMMON MISTAKES MADE IN INTERSCHOOLS MOGULS

## URNS

Competitors often believe that the event is a race and in order to do well you must be the fastest across the line. You may receive high points in the aggressiveness category, which only makes up one small part of the overall turn score, but all other parts of the turn score will suffer dramatically. It is best to find a good balance between speed and turns to achieve the best possible score. Competitors should also try and keep their legs together at all times when skiing the mogul line.

**Changing lines-** Always try and ski the one line down the mogul course; every time you change lines judges will deduct your turn scores.

## AIR

Competitors often fall into the trap of attempting a much more difficult trick and performing it badly as opposed to performing a less difficult trick they can execute much better.

e.g A competitor executes a 360° poorly receiving a score of 1.60, when they could have executed a single manoeuvre (see single jumps on previous page) very well receiving full marks of 4.8

Landing jumps on two feet and well balanced will score more points from the air judge. Competitors that land on one foot or off balance will score fewer points.

**Always remember when approaching the jumps that slower is safer!**

## GROUND FOR DISQUALIFICATION/RUN NO LONGER BEING SCORED

### URNS

- If a competitor skis around a control gate/ flag, they will be disqualified and receive a total score of 0.
- If a competitor loses both skis in a fall, they will be scored up to that point.
- The competitor will be judged according to their performance. If the competitor loses one ski and does not continue their run by putting their ski back on in the 10 second time limit, they should exit the course as soon as possible and will be judged up to that point. If a competitor loses both skis, they should exit the course as soon as possible and will be judged up to that point. If a competitor stops in the mogul course for more than 10 seconds, the competitor should exit the course as soon as possible and will be scored to that point.

### AIR

- Competitors performing an "illegal jump" such as an inverted or off axis jump will be disqualified and receive a total score of 0.
- Athletes falling as a direct result of the jump will have their air score deducted depending on the severity of the fall.



*Interschools competitors and World Cup Winners, Britt Cox and Matt Graham*

# AIR SCORE CARD

RAW SCORE		0.4	0.8	1.2	1.6	2.0	2.4	2.8	3.2	3.6	4.0	4.4	4.8	5.2	5.6	6.0	6.4	6.8	7.2	7.6	8.0	8.4	8.8	9.2	9.6	10.0
Category	Code	Poor					Below Average					Average					Good					Excellent				
Straight Jump	J	0.07	0.14	0.21	0.28	0.35	0.42	0.49	0.56	0.63	0.70	0.77	0.84	0.91	0.98	1.05	1.12	1.19	1.26	1.33	1.40	1.47	1.54	1.61	1.68	1.75
Spread Eagle	S	0.16	0.31	0.47	0.62	0.78	0.94	1.09	1.25	1.40	1.56	1.72	1.87	2.03	2.18	2.34	2.50	2.65	2.81	2.96	3.12	3.28	3.43	3.59	3.74	3.90
Back Scratcher	B	0.16	0.31	0.47	0.62	0.78	0.94	1.09	1.25	1.40	1.56	1.72	1.87	2.03	2.18	2.34	2.50	2.65	2.81	2.96	3.12	3.28	3.43	3.59	3.74	3.90
Basic Grab	g	0.16	0.33	0.49	0.66	0.82	0.98	1.15	1.31	1.48	1.64	1.80	1.97	2.13	2.30	2.46	2.62	2.79	2.95	3.12	3.28	3.44	3.61	3.77	3.94	4.10
Iron Cross	X	0.18	0.36	0.54	0.72	0.90	1.08	1.26	1.44	1.62	1.80	1.98	2.16	2.34	2.52	2.70	2.88	3.06	3.24	3.42	3.60	3.78	3.96	4.14	4.32	4.50
Kossak	K	0.18	0.36	0.54	0.72	0.90	1.08	1.26	1.44	1.62	1.80	1.98	2.16	2.34	2.52	2.70	2.88	3.06	3.24	3.42	3.60	3.78	3.96	4.14	4.32	4.50
Advanced Grab	G	0.19	0.38	0.58	0.77	0.96	1.15	1.34	1.54	1.73	1.92	2.11	2.30	2.50	2.69	2.88	3.07	3.26	3.46	3.65	3.84	4.03	4.22	4.42	4.61	4.80
Daffy	D	0.19	0.38	0.58	0.77	0.96	1.15	1.34	1.54	1.73	1.92	2.11	2.30	2.50	2.69	2.88	3.07	3.26	3.46	3.65	3.84	4.03	4.22	4.42	4.61	4.80
Twister	T	0.19	0.38	0.58	0.77	0.96	1.15	1.34	1.54	1.73	1.92	2.11	2.30	2.50	2.69	2.88	3.07	3.26	3.46	3.65	3.84	4.03	4.22	4.42	4.61	4.80
Double	--	0.26	0.52	0.78	1.04	1.30	1.56	1.82	2.08	2.34	2.60	2.86	3.12	3.38	3.64	3.90	4.16	4.42	4.68	4.94	5.20	5.46	5.72	5.98	6.24	6.50
180	1	0.27	0.54	0.82	1.09	1.36	1.63	1.90	2.18	2.45	2.72	2.99	3.26	3.54	3.81	4.08	4.35	4.62	4.90	5.17	5.44	5.71	5.98	6.26	6.53	6.80
180 w pos/ grab	1p / 1g	0.30	0.59	0.89	1.18	1.48	1.78	2.07	2.37	2.66	2.96	3.26	3.55	3.85	4.14	4.44	4.74	5.03	5.33	5.62	5.92	6.22	6.51	6.81	7.10	7.40
Triple	---	0.32	0.64	0.96	1.28	1.60	1.92	2.24	2.56	2.88	3.20	3.52	3.84	4.16	4.48	4.80	5.12	5.44	5.76	6.08	6.40	6.72	7.04	7.36	7.68	8.00
360	3	0.32	0.64	0.96	1.28	1.60	1.92	2.24	2.56	2.88	3.20	3.52	3.84	4.16	4.48	4.80	5.12	5.44	5.76	6.08	6.40	6.72	7.04	7.36	7.68	8.00
360 w pos/ grab	3p / 3g	0.35	0.70	1.04	1.39	1.74	2.09	2.44	2.78	3.13	3.48	3.83	4.18	4.52	4.87	5.22	5.57	5.92	6.26	6.61	6.96	7.31	7.66	8.00	8.35	8.70
540	5	0.36	0.72	1.08	1.44	1.80	2.16	2.52	2.88	3.24	3.60	3.96	4.32	4.68	5.04	5.40	5.76	6.12	6.48	6.84	7.20	7.56	7.92	8.28	8.64	9.00
540 w pos/ grab	5p / 5g	0.40	0.80	1.20	1.60	2.00	2.40	2.80	3.20	3.60	4.00	4.40	4.80	5.20	5.60	6.00	6.40	6.80	7.20	7.60	8.00	8.40	8.80	9.20	9.60	10.00
Quad	----	0.40	0.80	1.20	1.60	2.00	2.40	2.80	3.20	3.60	4.00	4.40	4.80	5.20	5.60	6.00	6.40	6.80	7.20	7.60	8.00	8.40	8.80	9.20	9.60	10.00
720	7	0.40	0.80	1.20	1.60	2.00	2.40	2.80	3.20	3.60	4.00	4.40	4.80	5.20	5.60	6.00	6.40	6.80	7.20	7.60	8.00	8.40	8.80	9.20	9.60	10.00
720 w pos/ grab	7p / 7g	0.44	0.88	1.32	1.76	2.20	2.64	3.08	3.52	3.96	4.40	4.84	5.28	5.72	6.16	6.60	7.04	7.48	7.92	8.36	8.80	9.24	9.68	10.00	10.00	10.00
Criteria:		Amplitude					Deductions:					Minor		One hand touch no weight bearing, stumble												
		Execution										Medium		One or two hand drag with weight bearing												
		Landing										Hard		Bottom, leg or arm touchdown with weight bearing												
		Variety										Major		Fall, tumble, forward roll, back slap, no stop												
												Complete		Major fall to stop OR double ski loss												

# URNS

## SCORE CARD

TURNS					
Carving	Absorption	Upper Body	Aggression	Turn Evaluation - Moguls	
				Excellent	16.1 - 20.0
				Good	12.1 - 16.0
				Average	8.1 - 12.0
				Below Average	4.1 - 8.0
				Poor	0.1 - 4.0
DEDUCTIONS					
Minor	0.1 - 0.5	Line change (0.5), significant slide to first bump (1.0), shooting, stumble. Light touchdown = one hand touch non-weight bearing			
Medium	1.1 - 2.0	Medium touchdown = one or two hand drag and weight bearing, no stop			
Major	20.1 - 3.0	Front roll, back slap, slide to near stop, stop with no fall			
Complete	3.0	Major fall, complete stop, loss of ski			