



# SKI JUMPING TERMS

**The Start:** all ski jumps have different starting positions at the top of the jump. All modern ski jumps have bar starts. The jumper will sit on one of these bars before he/she goes down the inrun.

**The Inrun:** this is the first part of the ski jump. The inrun starts at the top of the bar starts and ends at the take off. The jumper will get into his/her inrun position to gain speed and get ready for the takeoff.

**The R1:** the radius of the curve from the inrun to the takeoff.

**The Takeoff:** this part of the ski jump is located at the end of the inrun and is the place where the jumper lifts into the air. The height of the takeoff does not equate to the size of the jump.

**The Knoll:** the knoll is the first part of the landing hill and starts right underneath the take off. The knoll runs from the bottom of the takeoff and continually curves down the P point or Blue Lines.

**P Point/Blue Line:** the P Point, or German “Punkt” Point is the place where the curve of the knoll ends. This point is designated by two Blue Lines running down both sides of the landing hill. This is the steepest part of the landing hill. The Blue Lines run down the landing hill until the K Point.

**K Point/Red Line:** the K Point, or German “Kritical” Point, is where the steepest part of the hill ends and the landing hill begins to flatten out. This part of the landing hill is designated by two Red Lines running down both sides of the landing hill. The K Point is where the landing hill begins to make its transition from a hill to flat ground. Jumpers try to jump past “K”.

**The R2 (Transition):** the Radius of the curve from “K” to the outrun. Landing in the transition can be like jumping off something high and landing on flat ground.

**Designation of the Hill Size of a Ski Jump:** the “K” point on each ski jump, or where the hill begins to flatten out, is one way to designate the size of the hill. A more modern way of describing the size of the ski jump is with Hill Size which is the furthest distance that is safe for jumpers to land.

# TECHNICAL TERMS

**Inrun Position:** this is the first position the ski jumper gets in as he/she comes down the inrun. It is important for gaining speed and to put the jumper in the right position for the takeoff move.

**Takeoff Move:** the idea behind the takeoff move is to try to get from the inrun position to the flight position as quickly, powerfully, and gracefully as possible. Trust and bravery are needed during the takeoff to jump far.

**Flight Position:** the jumper leaves the end of the takeoff and gets into the flight position. In a good flight position a ski jumper has their head up, an relaxed upper body, arms are at the side of their body, a little forward bend at the waist, their legs locked, and their ankles cocked.

**Cocking the Ankles:** cocking the ankles means pulling the toes and feet up as if you are trying to balance a ball on the top of your foot. Cocking the ankles helps bring the skis up and stabilize the “V” in the air.

**The “V”:** the V formed by the skis creates a larger surface area for the jumpers to get lift.

**The Telemark:** the Telemark was initially used because in the early days jumpers used boots without support in the back, so they had to throw one foot forward to keep their balance when they landed. The telemark is no longer used for balance but is a graceful way to finish the jump and improve a jumper’s scores.

## SKI JUMPING SLANG

**Sitting Behind on your Butt/Heels:** this means that the jumper is sitting with his/her weight behind his/her balance point in the inrun.

**Rolling Down the Windows:** this is when the jumper waves his/her arms in the air to try to maintain balance.

**Beating In:** this is when the jumper falls.

**Yard Sale:** this is when the jumper falls and his/her skis, goggles, and maybe gloves end up all over the hill.

**The Dip:** another term for the transition, often used for a far jump.

**Hollywood Telemark:** this is when the jumper lands and then puts in a telemark. A jumper needs land in a telemark rather than landing and then sliding in a telemark.

