

LEVEL 2 MINIMUM RIDE STANDARDS

Trackstand	Perform a Trackstand for 15 seconds or longer – with two different wheel/pedal combinations. A total of 30 seconds.
Front Wheel Lift	Perform a Front Wheel Lift over a 4 inch (10 cm) high obstacle or stick.
Rear Wheel Lift	Perform a Front Wheel Lift then a Rear Wheel Lift over a 4 inch (10 cm) high obstacle or stick.
Level Lift	Perform a Level Lift over a 4 inch (10 cm) high obstacle or stick, landing both wheels at the same time.
¼ Punch Front Wheel Lift	Perform a ¼ Punch Wheel lift up/over a 4 inch (10 cm) high obstacle, adding unweighting of the rear wheel.
Manual Front Wheel Lift	Perform a Manual Front Wheel Lift over an obstacle or stick. Minimum of 5 ft (1.5 m).
Advanced Braking	Perform an Emergency Braking Stop at running speed, in the correct order demonstrating all the body movements in order.
Steep Descending	Descending an Intermediate (black trail) for 30 ft (9 m) or longer (technical trail) demonstrating proper use of the Ten Fundamentals.
Basic Berm Cornering	To maintain a consistent speed while riding perpendicular to the terrain.
Intermediate Cornering	Maintain a balance and control while leaning the bike through a 180-degree corner, at a high speed – in both directions.
NorthShore Dismount	Safely jump off the bike off an elevated feature 12-inches high.
Basic Drops	To perform a Basic Drop off and elevated feature 18-inches high.
Bunny Hop	To perform a Bunny Hop over a row of cones on the ground.
Basic Jumping	Land in control on the back side of a 4 ft high 1 bike length tabletop jump – both wheel land at same time.
Basic Pumping	To accelerate and carry momentum using proper technique.