



Terminology for Progressive/Downhill and Dirt Jump trails:

- **Double** the most common form of Dirt jumps. This consists of two separate earthworks, one acting as a takeoff (lip), and the other as a landing. Also known as a "gap" jump. They can be "Step-Ups", where the jump's up ramp is lower than the down ramp and the rider loses speed, or "Step-Downs", where the jump's down ramp is lower than the up ramp, meaning that they gain speed.
- **Tabletops** are more common among those new to the sport, they are a single earthwork with a takeoff at one end, and a landing at the other, with a flat 'table' on the top. These are favoured by new riders because when the rider comes up short they can still easily ride out of it.
- **Ski Jumps** consist of just a takeoff, they're usually longer and flatter than other jumps, and tend to be situated on downhills, so the slope of the hill can serve as a landing. They're used mostly in competitions on jump length.
- **Rollers** are round surfaced jumps (as opposed to flat surface tabletops) that provide extra speed by 'pumping' the jump. They are usually found at the beginning of a trail and in a rhythm section.
- **Step ups** are ramps just before inclines. They enable riders to jump from the top of the incline to a raised landing.
- **Whoops/Rhythms** a series of three or more small rounded ramps close together, enabling riders to 'manual' over them.
- **Spine** is a steep dirt jump with a take-off and a landing, but no table or gap, made to get higher air without distance.
- **Berm** a curved wallride that comes out of the ground. Mostly used on sharp turns, berms assist riders by giving them the ability to ride horizontally. The curve allows riders to make a sharper turn. Mainly used on downhill trails, but can also be present alongside dirt jumps to help riders avoid hitting trees. They are also used to maintain riders' speed without having to brake on turns. Some trails consist of jumps that lead into berms.
- **Hip Jumps** consist of a jump with the landing 45 - 90 degrees left or right of the ramp, enabling transfers.
- **Triple Jumps** consist of a take off, unused earthwork and a landing
- **360 Berms** consist of a large berm that goes just shy of 360 degrees, and is either jumped into and/or out of.