

NEWMEN Category (includes ASTM requirements)																										
Paved roads and paths							Fire roads, country lanes							Hiking trails, hiking paths							Challenging trails, e.g. alpine hiking trails			Bikepark Trails		
Downhill Courses							Up to 15cm Height							Up to 100cm Height							Up to 150cm Height			As usual in bike parks		
As usual in bike parks and on downhill tracks							Roots and stones up to approx. 5 cm							Roots and stones up to approx. 10 cm							Any roots and stones up to approx. 15 cm			Manual/Wheelie (Ride on the rear wheel)		
Bunny Hop							Stoppie (full braking with the rear wheel lifting off)																			
1	●	●												●	●	●										
2	●	●	●				●						●													
3	●	●	●	●			●						●	●	●											
4	●	●	●	●	●		●	●	●				●	●	●	●										
5	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●		
	Terrain						Jumps				Drops				Obstacles				Skills			Mountainbike			Road/Gravel	