

Sport Terminology

Terminologie du sport

As of WED 21 OCT 2026

Term	Definition
Bearings	At elite level, bearings tend to be either Swiss-engineered custom ball bearing races or, more recently, cast ceramic ball bearings, which are finished to such a high polish that they offer only minimal energy loss through friction, despite the G-forces exerted on them.
Big Air / Mega-Ramp	Big Air or Mega-Ramp consists of a more than 25-metre roll-in ramp leading to large launch ramps similar to a ski-jump. The landing area is a banked incline leading to a giant quarterpipe transition (one side of a half-pipe, therefore quarterpipe). Riders drop in the roll-in, perform tricks over the gap, land on the next roll-in and do another trick on the quarterpipe. The first gaps are up to 21 metres in length and the riders are able to do aerials six metres above the quarterpipe.
Bowl	Park is a transition-based discipline where interwoven, flowing capsule "bowls" (usually made of concrete) are charged around linking huge air tricks and high-speed lip manoeuvres in a continuous timed run. Each contest permutation is judged on different criteria, which seeks to eliminate repetition or conservative trick selection.
Bushings	Bushings are urethane cushions that go on the truck kingpin allowing trucks to turn smoothly. Soft bushings provide a loose steer and tighter turns, while stiff bushings offer stability and reduce the chance of wheelbite on the deck underside during high-impact landings.
Deck or Board	The riding surface of a skateboard, made of seven rectangular veneers of Canadian maple, cross-laminated for strength and glued together with epoxy resin before being shaped under thousands of pounds per square inch of steam pressure and cut into the requisite shape. Modern skateboards have a duo-directional shape allowing for any trick to be done going either forwards or backwards ("fakie") or in the opposite stance from the skater's natural choice of leading foot ("switchstance"). Transition-based skateboarding favours large board shapes (often up to nine inches in width) with broad, impact-resistant nose and tail shapes, whereas street skaters prefer narrower boards (occasionally as small as 7.5 inches in width) which are lighter, spin faster and have a tapering front and back incline that can be flicked more precisely to govern rotations.
Downhill	Downhill refers to downhill skateboard riding or racing.
Freestyle	Freestyle involves tricks performed on a flat surface and traditionally includes no obstacles. Freestyle boards are usually smaller than standard skateboards.
Grabs	The art of grabbing the skateboard mid-flight is more about style than necessity. Each section of the board can be grabbed with either hand to produce flourishes, tweaks and stretches which demonstrate control and finesse.
Grinds / Slides	Using the various sections of the wooden skateboard (slides) or metal trucks (grinds) to assail the edges of the terrain the skateboarder is riding. Slides and grinds are often combined with other tricks in order to create ever more challenging and complex permutations.
Grip Tape	A coarse, abrasive, granular surface applied to the top face of the deck to give the rider extra traction.
Hardware / Bolts	Machine bolts and nuts that connect the trucks to the deck through holes pre-drilled in the deck.



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Heelflip	Essentially a kickflip spun in the opposite direction. Heelflips are less common than kickflips because they are less precise and very unforgiving if the skater makes an error of judgement.
Kickflip	trick which made skateboarding explode in public consciousness: an ollie in which the leading foot flicks the rebounding board into a full single rotation along its length before being again in mid-air and guided back to terra firma. A well-executed kickflip can look like magic.
Nollie	An ollie using the nose of the board as opposed to the tail. The reversal of energy flow requires a total recalibration of the skateboarder's mind; therefore nollie tricks are considered more difficult and rewarded accordingly.
Ollie	Named after its inventor Alan 'Ollie' Gelfand, the ollie is the building block of today's skateboarding. A no-handed air achieved by striking the tail of the board off the ground and then guiding the rebound through the air just by foot traction, the ollie evolved into a myriad of variations, the more common of which we have listed below.
Park	Park encompasses a variety of sub-styles adopted by those who ride skateboards in purpose-built skateparks. Most skateparks combine bowls, halfpipes and quarterpipes with various other "vert" skateboarding features as well as "street" obstacles such as banks, ledges and rails. The integration of these elements creates a multitude of options and tends to showcase a wider variety of skateboarding than vert or bowl alone.
Shove It	An ollie where the tail strikes the ground at a 45-degree angle, thereby causing the impact energy to reverse the axis of the board 180 degrees laterally underneath the skater's feet.
Slalom	Slalom refers to slalom skateboarding racing.
Street	The Skatepark Street discipline utilises a mix of obstacle terrain intended to broadly reflect the urban architecture upon which the genre was created - stairs, railings, banks, ledges, benches and so on. Competition street skateboarding is conducted in purpose-built skateparks designed to replicate real-world urban environments.
Switchstance	Skateboarding "switch" is effectively going backwards - riding in the opposite direction of one's preferred stance. Recreating any move switchstance is the skateboarding equivalent of learning to play golf the other way around.
Trucks	Metal components mounted beneath the deck, trucks are responsible for a skateboard's ability to turn and holding the wheels on the skateboard. The trucks are forged with a high-strength axle to prevent snapping, and steering responsiveness is governed by the durometer of the cushioned bushings in the offset vertical steering column.
Vert / Vertical	Vert or vertical refers to skateboarding on half-pipe ramps with parallel facing walls and 90º curved transitions that take the rider from the flat-bottom of the ramp to the vertical position, allowing them to perform aerial manoeuvres on the edge of the vertical walls. These ramps often incorporate features such as roll-ins that allow the rider to build speed rapidly, extensions which add more vertical surface to the ramp wall and channels that remove a section of the ramp wall for the riders to do tricks over.
Wheels	Skateboard wheels are made of urethane, a polymer with a density measured on a durometer scale peaking at 100a. Transition skaters favour large wheels (around 56-58mm in diameter) with a broader running surface and a grippy durometer around 97a, whereas street skaters



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	prefer smaller-diameter wheels in the low 50s - more responsive to small balance adjustments - and a higher durometer, which allows for controlled sliding out of tricks

Note:
For further information please consult: http://www.worldskate.org/skateboarding