

Intensity	Aircraft Reaction	Reaction Inside Aircraft	IAS Fluctuation (knots)	Vertical Gust Velocity	Reporting Guidelines
Light	Turbulence that momentarily causes slight, erratic changes in altitude and/or attitude (pitch/roll/yaw). Report as light turbulence. Turbulence that causes slight, rapid and somewhat rhythmic bumpiness without appreciable changes in altitude or attitude. Report as light chop.	Occupants may feel a slight strain against seat belts of shoulder straps. Unsecured objects may be displaced slightly. Food service may be conducted and little or no difficulty is encountered in walking.	5-15	5-20 fps	Occasional: Less than 1/3 of the time. Intermittent: 1/3 to 2/3.
Moderate	Turbulence that is similar to light turbulence but of greater intensity. Changes in altitude and/or attitude occur but the aircraft remains in positive control at all times. It usually causes variations in indicated airspeed. Report as moderate turbulence. Turbulence that is similar to light chop but of greater intensity. It causes rapid bumps or jolts without appreciable changes in aircraft altitude or attitude. Report as moderate chop.	Occupants feel definite strains against seat belts or shoulder straps. Unsecured objects are dislodged. Food service and walking are difficult.	15-25	20-35 fps	Continuous: More than 2/3 Pilots should report location(s), time (UTC), intensity, whether in or near clouds, altitude, aircraft type and, when applicable, duration of turbulence.
Severe	Turbulence that causes large, abrupt changes in altitude and/or attitude. It usually causes large variations in airspeed. Aircraft may be momentarily out of control. Report as severe turbulence.	Occupants are forced violently against seat belts or shoulder straps. Unsecured objects are tossed about. Food service and walking are impossible.	>25	35-50 fps	Duration may be based on time between two locations or over a single location. All locations should be readily identifiable.
Extreme	Turbulence in which the aircraft is violently tossed about and is practically impossible to control. It may cause structural damage. Report as extreme turbulence.		Rapid fluctuations in excess of 25	>50 fps	

High-level turbulence (above 15,000 feet msl) not associated with cumuliform cloudiness, including thunderstorms, should be reported as clear air turbulence, preceded by the appropriate intensity, or light or moderate chop.