

#### 5114 **Adult Gold Skating Skills Test**

**Test expectations:** Expectations for adult 21+ candidates align with the bronze skating skills test. Candidates must skate the correct steps and turns on good edges, with good form, flow, strength and preciseness to their steps. For adult 50+ candidates, see rule 5034.

1. Stroking: Forward power circle
2. Stroking: Backward power circle
3. Forward double three-turns
4. Backward double three-turns
5. Backward circle eight
6. Brackets in the field

One element may be reskated, if necessary (see rule 5040).

[Diagrams are available beginning on page SS-63](#)

**Pass total:** 0 to 6 points

**Honors total:** 7 to 12 points

**Distinction total:** 13 to 18 points

**Approximate time for test:** 15 minutes

#### 5120 **Test Expectations, Required Elements, Pass Totals and Approximate Times for Adaptive Skating Skating Skills Tests**

For judging panel requirements for skating skills tests, see rule 4532.

#### 5121 **Adaptive Skating Pre-Bronze Skating Skills Test**

**Test expectations:** The purpose of this test is to encourage beginning skaters to learn the fundamentals of ice skating. No great deal of technical ability, carriage or flow is expected. The candidate must show knowledge of the steps, fairly good edges and some evidence of good form.

1. Forward perimeter stroking (clockwise and counterclockwise)
2. Basic consecutive forward edges (inside and outside)
3. Forward crossovers in a figure eight
4. Forward outside three-turns (left and right) (There is no diagram for this move.)

All elements may be reskated once at the request of the judge-in-charge. Additional reskates will be at the discretion of the judge-in-charge (see rule 5039).

**Pass/retry:** The entire test will be marked on a “pass” or “retry” basis only, and individual marks will not be awarded. The “pass” or “retry” will be arrived at by consideration of the composite of each element in relation to the whole.

[Diagrams are available beginning on page SS-69](#)

**Approximate time for test:** 10 minutes

#### 5122 **Adaptive Skating Bronze Skating Skills Test**

**Test expectations:** The purpose of this test is to continue the encouragement of beginning skaters to learn the fundamentals of ice skating. The candidate must show knowledge of the steps and a good sense of flow.

1. Forward and backward crossovers in a figure eight
2. Forward right and left foot spirals or lunges
3. Basic consecutive backward edges (inside and outside)
4. Alternating forward three-turns
5. A right forward inside edge to left backward inside edge open mohawk. The free leg should be extended before and after the turn. (There is no diagram for this move.)

All elements may be reskated once at the request of the judge-in-charge. Additional reskates will be at the discretion of the judge-in-charge (see rule 5039).

**Pass/retry:** The entire test will be marked on a “pass” or “retry” basis only, and individual marks will not be awarded. The “pass” or “retry” will be arrived at by consideration of the composite of each element in relation to the whole.

[Diagrams are available beginning on page SS-72](#)

**Approximate time for test:** 10 minutes

### 5123 **Adaptive Skating Silver Skating Skills Test**

**Test expectations:** The purpose of this test is to continue encouragement, with fundamentals of ice skating being demonstrated. Good edges, flow, extension and posture are emphasized, although not necessarily mastered.

1. Forward and backward perimeter power stroking
2. Five-step mohawk sequence
3. Forward circle eight
4. Circular sequence (clockwise and counter clockwise)
5. Waltz three-step sequence

All elements may be reskated once at the request of the judge-in-charge. Additional reskates will be at the discretion of the judge-in-charge (see rule 5039).

**Pass/retry:** The entire test will be marked on a “pass” or “retry” basis only, and individual marks will not be awarded. The “pass” or “retry” will be arrived at by consideration of the composite of each element in relation to the whole.

[Diagrams are available beginning on page SS-76](#)

**Approximate time for test:** 10 minutes

### 5124 **Adaptive Skating Gold Skating Skills Test**

**Test expectations:** Expectations for this test align with the fundamentals of ice skating. Skater should demonstrate, although not necessarily master, the following: good edges, flow, extension and form.

1. Eight-step mohawk sequence
2. Forward and backward free skate cross strokes
3. Alternating right forward changes of edge and left forward three-turns
4. Alternating left forward changes of edge and right forward three-turns
5. Alternating backward crossovers to backward outside edges
6. Backward circle eight

All elements may be reskated once at the request of the judge-in-charge. Additional reskates will be at the discretion of the judge-in-charge (see rule 5039).

**Pass/retry:** The entire test will be marked on a “pass” or “retry” basis only, and individual marks will not be awarded. The “pass” or “retry” will be arrived at by consideration of the composite of each element in relation to the whole.

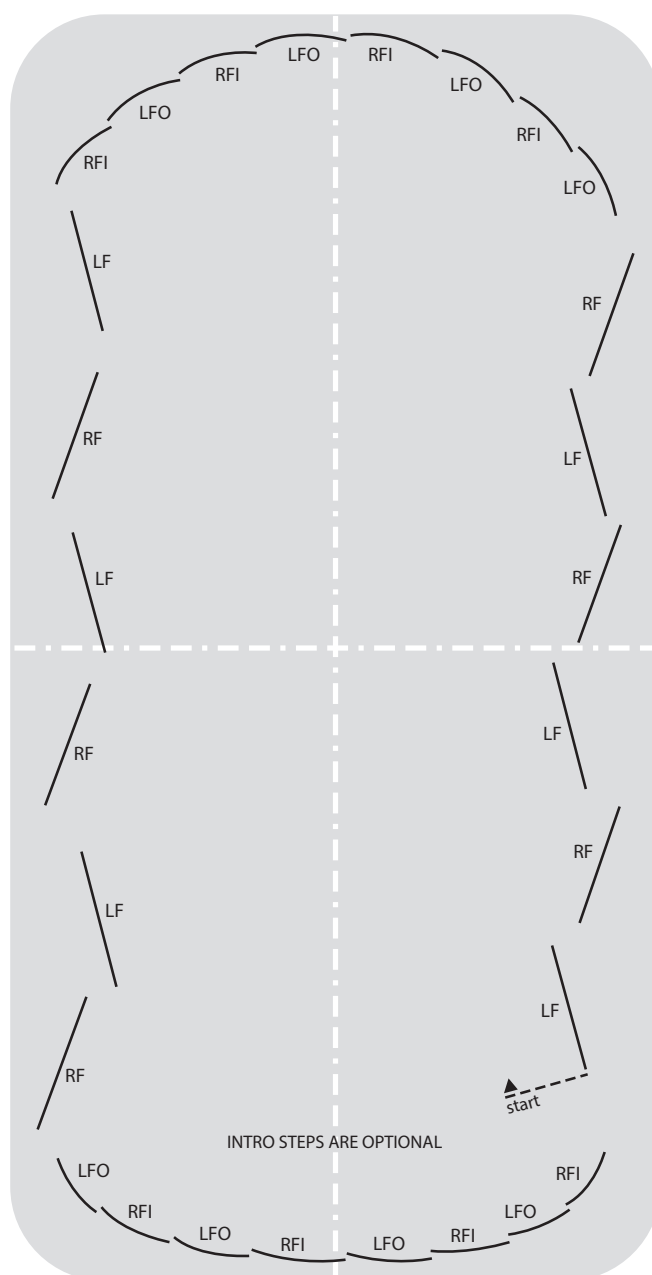
[Diagrams are available beginning on page SS-81](#)

**Approximate time for test:** 10 minutes

## Adaptive Skating Pre-Bronze 1

### Forward Perimeter Stroking

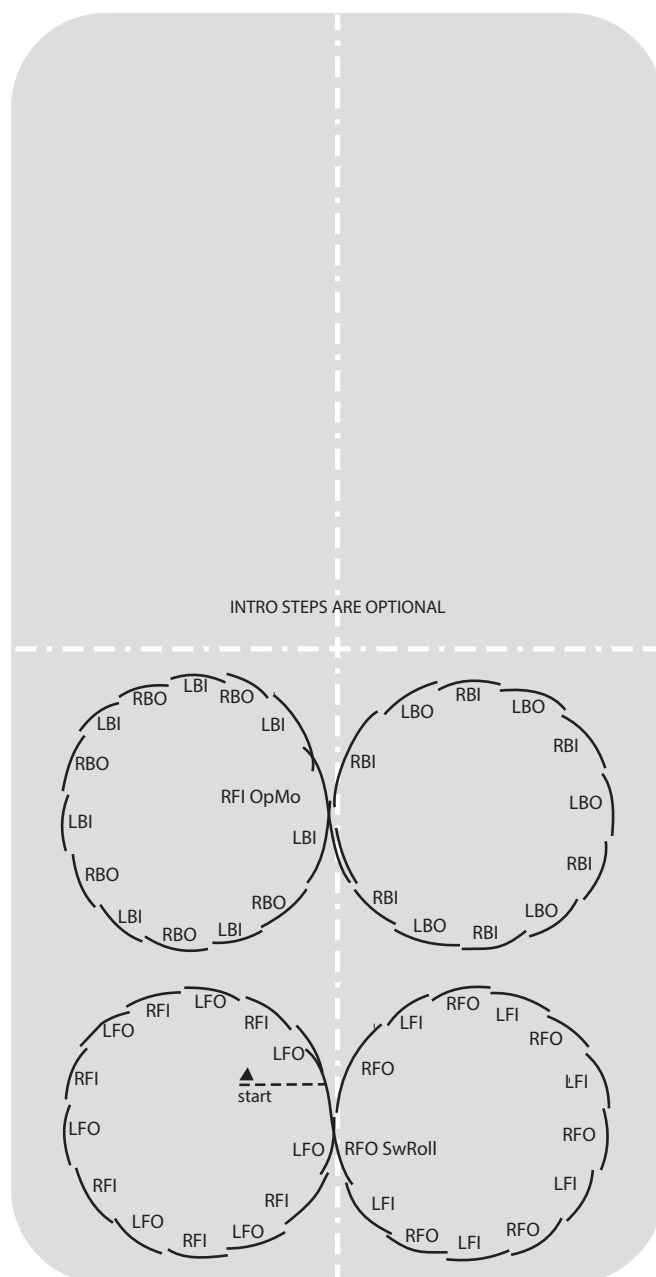
The skater will perform four to eight straight strokes depending on the length of the ice and the strength of the skater, with crossovers around the ends, using the full ice surface and for one full lap of the rink (in both directions). Introductory steps are optional.



## Adaptive Skating Bronze 1

### Forward and Backward Crossovers

The skater will perform forward crossovers in a figure eight pattern. It is expected that the skater will perform the transition between circles on one foot. Four to six crossovers per circle are recommended. Upon completing the forward figure eight, the skater will perform a swing roll and change of edge to an open mohawk in order to turn around and continue the figure eight pattern with four to six backward crossovers per circle. This move may start in either direction. Introductory steps are optional.





## Adaptive Skating Gold 1

### Eight-Step Mohawk Sequence

The skater will perform two eight-step mohawk sequences counterclockwise. The step order is: Forward crossover into a left forward outside mohawk, followed by left back inside, right back outside, left back inside cross forward and right forward inside. The skater should maintain a march cadence (one beat per step). Between the circles is a two-beat left foot transition. The sequence is then repeated twice in the opposite direction. Introductory steps are optional. This move may start on either foot.

