

# SKATING SKILLS JUDGING FORM ADULT PRE-BRONZE (APBSS)

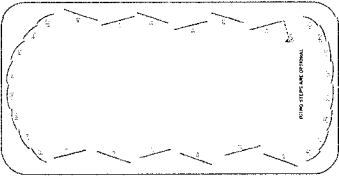
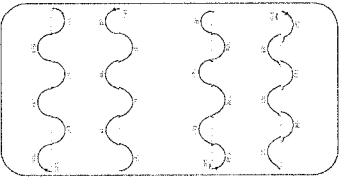
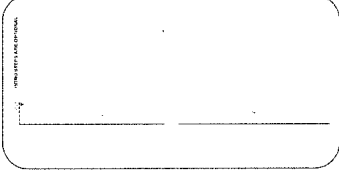
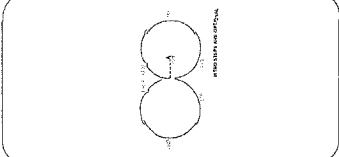
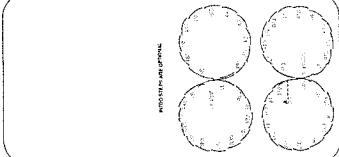


Candidate's Name \_\_\_\_\_ Member # \_\_\_\_\_

Candidate's Club \_\_\_\_\_

Host Club \_\_\_\_\_ Date \_\_\_\_\_

Expectations for this test align with the pre-preliminary skating skills test. The purpose of this test is to encourage beginning adult skaters to learn the fundamentals of ice skating. No great deal of technical ability, carriage or flow is expected. Candidates must show knowledge of the steps, fairly good edges and some evidence of good form (rule 5111).

PATTERNS	ELEMENTS TEST STANDARDS / EXPECTATIONS			
	<p><b>1. Forward Perimeter Stroking</b> <span style="float: right;">continuous flow &amp; strength, extension</span></p> <ul style="list-style-type: none"> <li>• Stroking (shallow edges w/ some flats OK)</li> <li>• Sustained glide w/ extension of free leg</li> <li>• Some evidence of good posture</li> <li>• Skater balanced over the skating foot                             <ul style="list-style-type: none"> <li>• CCW</li> <li>• CW</li> </ul> </li> </ul> <p><i>Intro steps optional, 4-8 straight strokes, Xovers around ends, full ice, 1 lap-both dir.</i></p>			
	<p><b>2. Basic Consecutive Edges</b> <span style="float: right;">edge quality</span></p> <ul style="list-style-type: none"> <li>• Complete 1/2 circles (4-6) w/ equal lobes</li> <li>• Starting edge close to perpendicular to axis</li> <li>• Some evidence of good posture &amp; body position                             <ul style="list-style-type: none"> <li>• FO</li> <li>• FI</li> <li>• BO</li> <li>• BI</li> </ul> </li> </ul> <p><i>Standing start (R or L) 4-6 1/2 circles, alt. feet, using an axis line, in order listed.</i></p>			
	<p><b>3. Forward Right &amp; Left Foot Spirals</b> <span style="float: right;">extension</span></p> <ul style="list-style-type: none"> <li>• Extended leg held (approx. 4 sec.) at hip level or higher</li> <li>• Back arched and good form</li> <li>• Steadiness - no pronounced lapses in balance                             <ul style="list-style-type: none"> <li>• R</li> <li>• L</li> </ul> </li> </ul> <p><i>Intro steps opt. (R or L start) spirals down length of ice surface, maintaining a spiral position on ea. ft. for approx. 4 sec. w/ extended leg held at hip level or higher, may be on flats.</i></p>			
	<p><b>4. Waltz Eight</b> <span style="float: right;">edge quality</span></p> <ul style="list-style-type: none"> <li>• Some control of positions &amp; edges / Control after 3-turn</li> <li>• Awareness of rhythmic motion (waltz timing) - circle approx. cut into thirds                             <ul style="list-style-type: none"> <li>• R</li> <li>• L</li> </ul> </li> </ul> <p><i>Intro steps opt. (R or L start) may mark the center, using large circumference circles, completing 2 patterns on ea. ft., performed w/ control.</i></p>			
	<p><b>5. Forward &amp; Backward Crossovers</b> <span style="float: right;">continuous flow &amp; strength</span></p> <ul style="list-style-type: none"> <li>• Ability to maintain flow - correct blade use through the push</li> <li>• Good posture / Transition is important</li> </ul> <p><i>Intro steps opt. (CCW or CW start), F Xovers in a figure 8 pattern, transition between F circles on one ft. (4-6 Xovers per circle recommended). F to B circle transition: SR, CE, opMo followed by B Xovers in a figure 8 pattern (4-6 B Xovers per circle).</i></p>			
<p>Only one element may be reskated at the end of the test, if necessary.</p>	<p>Circle Test Result</p>	<p><b>Retry</b></p>	<p><b>Pass</b></p>	<p><b>Honors</b></p>

The entire test will be marked on a "pass," "pass with honors," or "retry" basis only, and individual marks will not be awarded. The "pass," "pass with honors" or "retry" will be arrived at by consideration of the composite of each element in relation to the whole.

Judge's Name \_\_\_\_\_ Mbr # \_\_\_\_\_  
*(Your written/typed name constitutes your signature.)*

Judging Panel Required	Three-Judge Panel (test result determined by majority) Three bronze or higher rank test judges certified to judge skating skills	Single-Judge Panel One bronze or higher rank test judge certified to judge skating skills
------------------------	---	--

# SKATING SKILLS JUDGING FORM

## ADULT BRONZE 50+ (50BZSS)



Candidate's Name \_\_\_\_\_ Member # \_\_\_\_\_

Candidate's Club \_\_\_\_\_

Host Club \_\_\_\_\_ Date \_\_\_\_\_

Expectations for adult 50+ candidates align with the pre-preliminary skating skills test. The purpose of this test is to encourage beginning adult skaters to learn the fundamentals of ice skating. No great deal of technical ability, carriage or flow is expected. Candidates must show knowledge of the steps, fairly good edges and some evidence of good form (rules 5111 and 5034).

PATTERNS	ELEMENTS TEST STANDARDS / EXPECTATIONS					MARK (-3 to +3)
	<p><b>1. Fwd &amp; Bkwd Perimeter Power Stroking</b> <span style="float: right;">continuous flow &amp; strength</span></p> <ul style="list-style-type: none"> <li>• All Xovers same quality - solid edge pushing / Good ice coverage</li> <li>• Lobes on axis (strong FI &amp; BI) / Weight shift push on BI 2-ft. transition</li> </ul> <p><i>Intro steps opt. 4 alt. F Xovers separated by strong FI transitions, end pattern (even cadence): 2 F Xovers, LFO (2 counts) opS RFI opMo, 1-2 B Xovers, 2nd side: 4 alt. B Xovers separated by 2-ft. transitions (power push) on 2 solid BI edges (2nd end: 3-5 B Xovers).</i></p>					
	<p><b>2. Forward Power Three-Turns</b> <span style="float: right;">continuous flow &amp; strength</span></p> <ul style="list-style-type: none"> <li>• Basic flow &amp; strength, weight shift push on transitions - strength from BI edge</li> <li>• Correct edges - after 3-turn stepping on a BI edge</li> <li>• Well formed lobes - ability to maintain axis</li> </ul> <p><i>Intro step opt. (R or L start) FO 3 to a balance position followed by a B Xover (3-6 sets depends on size of ice &amp; strength of skater) opt. B Xovers around end, second length of ice surface repeat on other foot.</i></p>					
	<p><b>3. Alternating Bkwd Crossovers to BO Edges</b> <span style="float: right;">continuous flow &amp; strength</span></p> <ul style="list-style-type: none"> <li>• Good speed, posture &amp; ice coverage (ability to accelerate)</li> <li>• Control during sustained extensions / Equal lobes</li> <li>• Some evidence of development of good form</li> </ul> <p><i>Intro steps opt. alt. B Xovers to BO edges in consecutive 1/2 circles for one length of ice surface (4-5 lobes)</i></p>					
	<p><b>4. Forward Circle Eight</b> <span style="float: right;">edge quality, continuous flow</span></p> <ul style="list-style-type: none"> <li>• Round circles, similar in size / Edge push</li> <li>• Body control during position changes (sense of organization in repetition)</li> </ul> <p><i>Standing start (R or L) may mark center, pushing onto a FO edge, one FO figure 8. Upon returning to center at completion of 2nd circle, a FI figure 8 by pushing onto FI, repeating previously skated circle. Circles should be equal in size &amp; approx. 3x skater's height.</i></p>					
	<p><b>5. Five-Step Mohawk Sequence</b> <span style="float: right;">edge quality, extension</span></p> <ul style="list-style-type: none"> <li>• Good ice coverage / Steps fairly equal on lobe (even beat)</li> <li>• Correct edges (incl. #4) with a nicely extended free leg</li> <li>• Mohawks should be placed at approx. the 1/3 point on the lobe</li> </ul> <p><i>Intro steps opt., alt. FI Mo in consecutive 1/2 circles, ea. series consists of a 5-step sequence for one length of the ice surface (4-5 lobes).</i></p>					
<p>Only one element may be reskated at the end of the test, if necessary.</p>	<p>Circle Test Result</p>	<p>Retry -15 to -1</p>	<p>Pass 0 to +5</p>	<p>Honors +6 to +10</p>	<p>Distinction +11 to +15</p>	<p>Total</p>

Judge's Name \_\_\_\_\_ Mbr # \_\_\_\_\_  
(Your written/typed name constitutes your signature.)

Judging Panel Required	Three-Judge Panel (test result determined by majority)	Single-Judge Panel
	<p>Three bronze or higher rank test judges certified to judge skating skills</p>	<p>One silver or higher rank test judge certified to judge skating skills</p>

# SKATING SKILLS JUDGING FORM

## ADULT SILVER 50+ (50SVSS)



Candidate's Name \_\_\_\_\_ Member # \_\_\_\_\_

Candidate's Club \_\_\_\_\_

Host Club \_\_\_\_\_ Date \_\_\_\_\_

Expectations for adult 50+ candidates align with the preliminary skating skills test. The purpose of this test is to continue the encouragement of beginning adult skaters to learn the fundamentals of ice skating. The candidate must show knowledge of the steps and a sense of continuous flow and strength. Attention should be given to depth of edges and proper curvature of lobes (rules 5112 and 5034).

PATTERNS	ELEMENTS TEST STANDARDS / EXPECTATIONS						MARK (-3 to +3)
	<p><b>1. Eight-Step Mohawk Sequence</b> <span style="float: right;"><i>quickness, continuous flow &amp; strength</i></span></p> <ul style="list-style-type: none"> <li>Balanced, fairly neat placement of feet, steps 6,7,8 must be distinct</li> <li>Quick, clear march tempo (even cadence: 1-beat/step)</li> <li>6 strokes with strength / Circle shape must be maintained</li> </ul> <p><i>Intro steps opt. (CCW or CW start) two eight-step Mo seqs.: F Xover, FO Mo, BI, BO, BI XF, FI. Maintain a march cadence (1-beat/step). Between circles: a 2-beat, one ft. transition. Sequence repeats in opposite direction.</i></p>						
	<p><b>2. Fwd &amp; Bkwd Free Skate Cross Strokes</b> <span style="float: right;"><i>continuous flow &amp; strength</i></span></p> <ul style="list-style-type: none"> <li>Impetus gained from the outside edge - ending w/ legs crossed above the knees</li> <li>Rhythmic action - good flow &amp; strength</li> <li>Good posture &amp; body control</li> </ul> <p><i>Intro steps opt. (R or L start). Free skate cross strokes, fwd for one length of ice surface, bkwd for second length (end patterns optional).</i></p>						
	<p><b>3. FO-BI Three-Turns in the Field</b> <span style="float: right;"><i>edge quality</i></span></p> <ul style="list-style-type: none"> <li>Proper edge the moment the foot takes the ice</li> <li>Controlled flowing edges (no major sub curves)</li> <li>Control in/out of 3-turns / Common axis maintained</li> </ul> <p><i>Intro steps opt. (R or L start) FO 3-turns alt. to BI 3-turns the length of ice surface (# of sets depends on size of ice &amp; strength of skater). End seq. opt. 2nd length on other foot.</i></p>						
	<p><b>4. FI-BO Three-Turns in the Field</b> <span style="float: right;"><i>edge quality</i></span></p> <ul style="list-style-type: none"> <li>Proper edge the moment the foot takes the ice</li> <li>Controlled flowing edges (no major sub curves)</li> <li>Control in/out of 3-turns / Common axis maintained</li> </ul> <p><i>Intro steps opt. (R or L start) FI 3-turns alt. to BO 3-turns the length of ice surface (# of sets depends on size of ice &amp; strength of skater). End seq. opt. 2nd length on other foot.</i></p>						
	<p><b>5. Consecutive Outside &amp; Inside Spirals</b> <span style="float: right;"><i>extension, edge quality</i></span></p> <ul style="list-style-type: none"> <li>Controlled extension (hip level or higher) held for majority of arc</li> <li>Control after spirals, stepping on an axis (short 2-ft. transition)</li> <li>Some evidence of the development of good form</li> </ul> <p><i>Intro steps opt. (R or L start) FO spirals first length of ice surface, opt. fwd Xovers around end. FI spirals second length, (min. of 4 spirals ea. length) extended leg should be at hip level or higher. (# of spirals depends on size of ice &amp; strength of skater).</i></p>						
	<p><b>6. Fwd &amp; Bkwd Power Change of Edge Pulls</b> <span style="float: right;"><i>continuous flow &amp; strength</i></span></p> <ul style="list-style-type: none"> <li>Rhythmic action / Flow maintained throughout</li> <li>Controlled upper body &amp; free leg</li> </ul> <p><i>Intro steps opt. (R or L start) consecutive power CE pulls FIO to FOI, full length of ice surface (chg. feet center ice, end seq. opt.). 2nd full length: B CE pulls BOI to BIO.</i></p>						
<p>Only one element may be reskated at the end of the test, if necessary.</p>	Circle Test Result	Retry -18 to -1	Pass 0 to +6	Honors +7 to +12	Distinction +13 to +18	Total	

Judge's Name \_\_\_\_\_ Mbr # \_\_\_\_\_  
(Your written/typed name constitutes your signature.)

Judging Panel Required	Three-Judge Panel (test result determined by majority) Three bronze or higher rank test judges certified to judge skating skills	Single-Judge Panel N/A
------------------------	---	---------------------------

# SKATING SKILLS JUDGING FORM

## ADULT GOLD 50+ (50GDSS)

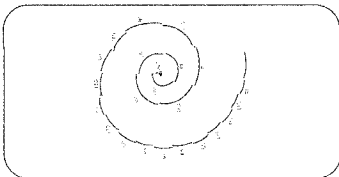
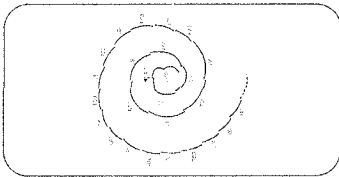
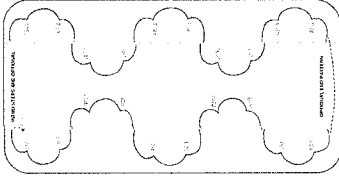
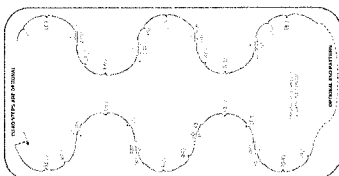
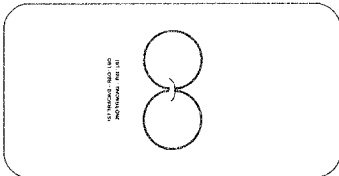
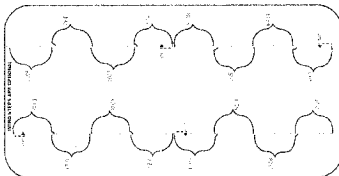


Candidate's Name \_\_\_\_\_ Member # \_\_\_\_\_

Candidate's Club \_\_\_\_\_

Host Club \_\_\_\_\_ Date \_\_\_\_\_

Expectations for adult 50+ candidates align with the pre-bronze skating skills test. The fundamentals of ice skating must be demonstrated, although not necessarily mastered. Good edges, flow, strength, extension and form are required and must be strongly emphasized (rules 5113 and 5034).

PATTERNS	ELEMENTS TEST STANDARDS / EXPECTATIONS					MARK (-3 to +3)
	<p><b>1. Stroking: Forward Power Circle</b> <span style="float: right;"><i>continuous flow &amp; strength</i></span></p> <ul style="list-style-type: none"> <li>Increasing acceleration (not slow, then fast) / No toe pushing</li> <li>Angle of the body becomes more acute as the move progresses</li> <li>Circle size increases as skater accelerates</li> </ul> <p><i>Standing start (CCW or CW) F Xovers progressively increasing in foot speed &amp; acceleration, from a slow but gradually accelerated pace to fully accelerated Xovers (as skater accelerates, circle circumference increases). Recommended max. 15 Xovers ea. dir.</i></p>					
	<p><b>2. Stroking: Backward Power Circle</b> <span style="float: right;"><i>continuous flow &amp; strength</i></span></p> <ul style="list-style-type: none"> <li>Increasing acceleration (not slow, then fast) / No toe scratching</li> <li>Angle of the body becomes more acute as the move progresses</li> <li>Circle size increases as skater accelerates</li> </ul> <p><i>Standing start (CCW or CW) B Xovers progressively increasing in foot speed &amp; acceleration, from a slow but gradually accelerated pace to fully accelerated Xovers (as skater accelerates, circle circumference increases). Recommended max. 15 Xovers ea. dir.</i></p>					
	<p><b>3. Forward Double Three-Turns</b> <span style="float: right;"><i>edge quality</i></span></p> <ul style="list-style-type: none"> <li>Control of arc between turns &amp; after back 3-turns</li> <li>No sub curves after turns / Turns placed at 1/3 &amp; 2/3 of lobe</li> <li>Proper open stroke required / Flow maintained</li> </ul> <p><i>Intro steps opt. Consecutive F dbl 3-turns on 1/2 circles w/ alt. ft. (4-6 sets depends on size of ice &amp; strength of skater) FO dbl 3-turns 1st length of ice surface, FI dbl 3-turns 2nd length (end patterns optional).</i></p>					
	<p><b>4. Backward Double Three-Turns</b> <span style="float: right;"><i>edge quality, extension</i></span></p> <ul style="list-style-type: none"> <li>Control throughout, no major sub-curves</li> <li>B 3-turn at top of lobe, F at 2/3 of lobe</li> <li>Gliding edge between turns w/ nicely extended free leg</li> <li>Flow maintained, full ice coverage w/ depth of pattern</li> </ul> <p><i>Intro steps opt. Consecutive B dbl 3-turns on 1/2 circles w/ alt. feet (4-6 sets depends on size of ice &amp; strength of skater), BO dbl 3-turns 1st length, BI dbl 3-turns 2nd length (end patterns optional).</i></p>					
	<p><b>5. Backward Circle Eight</b> <span style="float: right;"><i>edge quality, continuous flow</i></span></p> <ul style="list-style-type: none"> <li>Round circles, similar in size / Proper push</li> <li>Body control during position changes (sense of organization in repetition)</li> </ul> <p><i>Standing start (R or L) may mark center, push onto a BO edge, one BO figure 8. Upon return to center at completion of 2nd circle, one BI figure 8 by pushing onto BI, repeating previously skated circle. Circles should be equal in size &amp; approx. 3x skater's height.</i></p>					
	<p><b>6. Brackets in the Field Sequence</b> <span style="float: right;"><i>edge quality</i></span></p> <ul style="list-style-type: none"> <li>Proper edge at strike-off perpendicular to axis, even lobes</li> <li>Controlled brackets (not jumped) in/out on proper edge (no major sub curves)</li> <li>Maintain control of body alignment w/ sense of organization in repetition</li> </ul> <p><i>Intro steps opt. (R or L start) 2 sets of turns on 1/2 circles (FO-BI) down approx. 1/2 length of ice surface. Continuing down remaining length (opt. step to transition), 2 sets of turns (FO-BI) on other ft. Entire sequence repeated down 2nd length of ice surface (FI-BO).</i></p>					
<p>Only one element may be reskated at the end of the test, if necessary.</p>	<p>Circle Test Result</p>	<p>Retry -18 to -1</p>	<p>Pass 0 to +6</p>	<p>Honors +7 to +12</p>	<p>Distinction +13 to +18</p>	<p>Total</p>

Judge's Name \_\_\_\_\_ Mbr # \_\_\_\_\_  
*(Your written/typed name constitutes your signature.)*

Judging Panel Required	Three-Judge Panel (test result determined by majority) Three bronze or higher rank test judges certified to judge skating skills	Single-Judge Panel N/A
------------------------	---	---------------------------