

SKATING SKILLS JUDGING FORM STANDARD PRE-PRELIMINARY (PPSS)

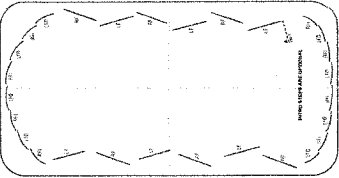
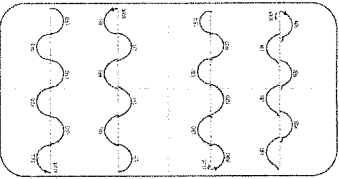
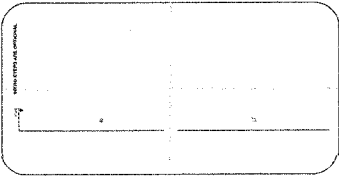
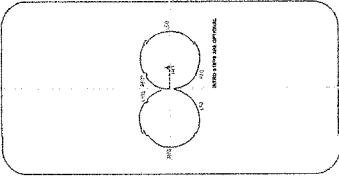


Candidate's Name _____ Member # _____

Candidate's Club _____

Host Club _____ Date _____

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 (rule 5101).

| PATTERNS | ELEMENTS TEST STANDARDS / EXPECTATIONS | | | |
|--|--|--------------|-------------|---------------|
|  | <p>1. Forward Perimeter Stroking power, extension</p> <ul style="list-style-type: none"> • Stroking (shallow edges w/ some flats OK) • Sustained glide w/ extension of free leg • Some evidence of good posture • Skater balanced over the skating foot <ul style="list-style-type: none"> • CCW • CW <p><i>Intro steps optional, 4-8 straight strokes, Xovers around ends, full ice, 1 lap-both dir.</i></p> | | | |
|  | <p>2. Basic Consecutive Edges edge quality</p> <ul style="list-style-type: none"> • Complete ½ circles (4-6) w/ equal lobes • Starting edge close to perpendicular to axis • Some evidence of good posture & body position <ul style="list-style-type: none"> • FO • FI • BO • BI <p><i>Standing start (R or L) 4-6 ½ circles, alt. feet, using an axis line, in order listed.</i></p> | | | |
|  | <p>3. Forward Right & Left Foot Spirals extension</p> <ul style="list-style-type: none"> • Extended leg held (approx. 4 sec.) at hip level or higher • Back arched and good form • Steadiness - no pronounced lapses in balance <ul style="list-style-type: none"> • R • L <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>4. Waltz Eight edge quality</p> <ul style="list-style-type: none"> • Some control of positions & edges / Control after 3-turn • Awareness of rhythmic motion (waltz timing) - circle approx. cut into thirds <ul style="list-style-type: none"> • R • L <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>Only one element may be reskated at the end of the test, if necessary.</p> | <p>Circle Test Result</p> | <p>Retry</p> | <p>Pass</p> | <p>Honors</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 STANDARD PRELIMINARY (PRSS)



Candidate's Name _____ Member # _____

Candidate's Club _____

Host Club _____ Date _____

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 power (speed and flow). Attention should be given to depth of edges and proper curvature of lobes (rule 5102).

| PATTERNS | ELEMENTS TEST STANDARDS / EXPECTATIONS | | | | | MARK (-3 to +3) |
|---|---|--------------------|-----------------|---------------------|---------------------------|--------------------|
| | <p>1. Forward & Backward Crossovers power</p> <ul style="list-style-type: none"> • Ability to increase power - correct blade use through the push • Stroked not stepped - starting to see knee bend & rise • Good posture / Transition is important <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>2. Consecutive Outside & Inside Spirals extension, edge quality</p> <ul style="list-style-type: none"> • Controlled extension (hip level or higher) held for majority of arc • Control after spirals, stepping on an axis (short 2-ft. transition) • Some evidence of the development of good form <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 & strength of skater).</i></p> | | | | | |
| | <p>3. Forward Power Three-Turns power</p> <ul style="list-style-type: none"> • Basic flow & power, weight shift push on transitions - power from BI edge • Correct edges - after 3-turn stepping on a BI edge • Well formed lobes - ability to maintain axis <p><i>Intro step opt. (R or L start) FO 3 to a balance position followed by a B Xover (3-6 sets depending on size of ice & strength of skater) opt. B Xovers around end, second length of ice surface repeat on other foot.</i></p> | | | | | |
| | <p>4. Alternating Forward Three-Turns edge quality</p> <ul style="list-style-type: none"> • Push-off to new lobe close to perpendicular to axis • 3-turns placed at top of lobes / Control: 3-turn exits & transitions • Controlled, correct edges / lobes similar in size <p><i>Standing start (R or L) alt. FO 3-turns for width of ice surface, followed by FI 3-turns for second width of ice surface (# of 3-turns depends on size of ice & strength of skater).</i></p> | | | | | |
| | <p>5. Forward Circle Eight edge quality, continuous flow</p> <ul style="list-style-type: none"> • Round circles, similar in size / Edge push • Body control during position changes (sense of organization in repetition) <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 & approx. 3x skater's height.</i></p> | | | | | |
| | <p>6. Alternating Bkwd Crossovers to Bkwd Outside Edges power, extension</p> <ul style="list-style-type: none"> • Good speed, posture & ice coverage (ability to accelerate) • Control during sustained extensions / Equal lobes • Some evidence of development of good form <p><i>Into 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>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 One silver or higher rank test judge certified to judge skating skills |
|------------------------|---|--|
|------------------------|---|--|

SKATING SKILLS JUDGING FORM STANDARD PRE-BRONZE (PBSS)



Candidate's Name _____ Member # _____

Candidate's Club _____

Host Club _____ Date _____

The fundamentals of ice skating must be demonstrated, although not necessarily mastered. Good edges, flow, power, extension and posture are required and must be strongly emphasized (rule 5103).

| PATTERNS | ELEMENTS TEST STANDARDS / EXPECTATIONS | | | | | MARK (-3 to +3) |
|---|---|-----------------|--------------|------------------|------------------------|--------------------|
| | <p>1. Fwd & Bkwd Perimeter Power Stroking <i>power, F: extension, B: edge quality</i></p> <ul style="list-style-type: none"> All Xovers same quality - solid edge pushing / Good ice coverage Lobes on axis (strong FI & BI) / Weight shift push on BI 2-ft. transition <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>2. FO-BI Three-Turns in the Field <i>edge quality</i></p> <ul style="list-style-type: none"> Proper edge the moment the foot takes the ice Controlled flowing edges (no major sub curves) Control in/out of 3-turns / Common axis maintained <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 & strength of skater). End seq. opt. 2nd length on other foot.</i></p> | | | | | |
| | <p>3. FI-BO Three-Turns in the Field <i>edge quality</i></p> <ul style="list-style-type: none"> Proper edge the moment the foot takes the ice Controlled flowing edges (no major sub curves) Control in/out of 3-turns / Common axis maintained <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 & strength of skater). End seq. opt. 2nd length on other foot.</i></p> | | | | | |
| | <p>4. Forward & Backward Power Change of Edge Pulls <i>power</i></p> <ul style="list-style-type: none"> Rhythmic knee action / Maintaining or increasing speed Hear a sound of power being generated Controlled upper body & free leg <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>5. Backward Circle Eight <i>edge quality and continuous flow</i></p> <ul style="list-style-type: none"> Round circles, similar in size / Proper push Body control during position changes (sense of organization in repetition) <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 & approx. 3x skater's height.</i></p> | | | | | |
| | <p>6. Five-Step Mohawk Sequence <i>edge quality, extension</i></p> <ul style="list-style-type: none"> Good ice coverage / Steps fairly equal on lobe (even beat) Correct edges (incl. #4) with a nicely extended free leg Mohawks should be placed at approx. the 1/3 point on the lobe <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> | 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 STANDARD BRONZE (BZSS)

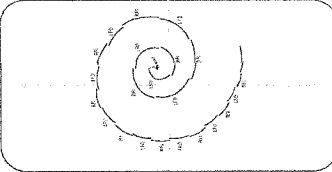
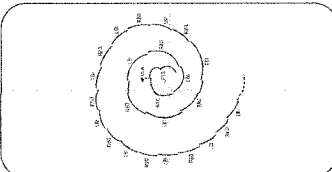
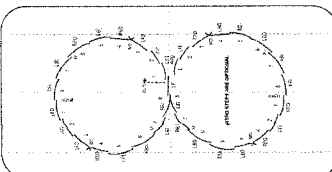
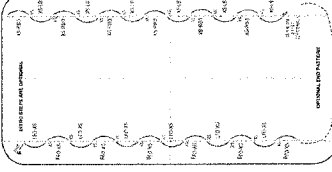
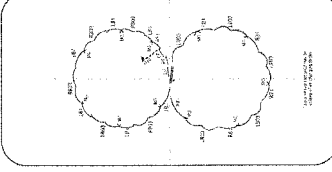
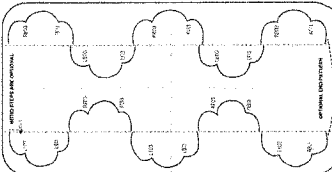


Candidate's Name _____ Member # _____

Candidate's Club _____

Host Club _____ Date _____

Candidates must skate the correct steps and turns on good edges, with good form, flow, power and preciseness to their steps (rule 5104).

| PATTERNS | ELEMENTS TEST STANDARDS / EXPECTATIONS | | | | | MARK (-3 to +3) |
|--|--|--------------------|-----------------|---------------------|---------------------------|--------------------|
|  | <p>1. Stroking: Forward Power Circle power</p> <ul style="list-style-type: none"> Increasing acceleration (not slow, then fast) / No toe pushing Angle of the body becomes more acute as the move progresses Circle size increases as skater accelerates <p><i>Standing start (CCW or CW) F Xovers progressively increasing in foot speed & 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>2. Stroking: Backward Power Circle power</p> <ul style="list-style-type: none"> Increasing acceleration (not slow, then fast) / No toe scratching Angle of the body becomes more acute as the move progresses Circle size increases as skater accelerates <p><i>Standing start (CCW or CW) B Xovers progressively increasing in foot speed & 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>3. Eight-Step Mohawk Sequence quickness, power</p> <ul style="list-style-type: none"> Balanced, fairly neat placement of feet, steps 6,7,8 must be distinct Quick, clear march tempo (even cadence: 1-beat/step) 6 power strokes / Circle shape must be maintained <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>4. Forward & Backward Free Skate Cross Strokes power</p> <ul style="list-style-type: none"> Impetus gained from the outside edge - ending w/ legs crossed above the knees Hear a sound of power being generated Rhythmic action, good posture & body control <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>5. Backward Power Three-Turns power</p> <ul style="list-style-type: none"> Sense of organization in repetition: even timing, equal length in/out of turns An increase of power w/ ea. turn / Control throughout Circles equal in size (not small) / Bilateral equality <p><i>Intro steps opt. (CCW or CW start) 3-5 B power 3-turns per circle in one complete figure 8 pattern (1 or 2 ft. glide to change circles).</i></p> | | | | | |
|  | <p>6. Forward Double Three-Turns edge quality</p> <ul style="list-style-type: none"> Control of arc between turns & after back 3-turns No sub curves after turns / Turns placed at 1/3 & 2/3 of lobe Proper open stroke required / Flow maintained <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 & strength of skater) FO dbl 3-turns 1st length of ice surface, FI dbl 3-turns 2nd length (end patterns optional).</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) | Single-Judge Panel |
|------------------------|---|--------------------|
| | Three bronze or higher rank test judges certified to judge skating skills | N/A |

SKATING SKILLS JUDGING FORM STANDARD PRE-SILVER (PSSS)

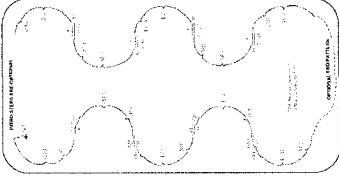
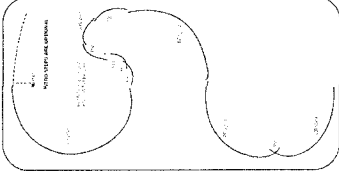
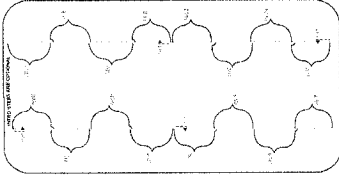
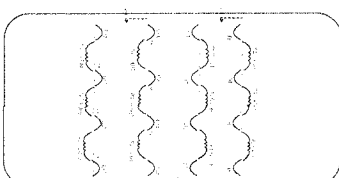
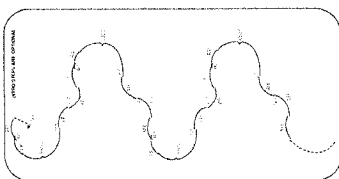


Candidate's Name _____ Member # _____

Candidate's Club _____

Host Club _____ Date _____

Strong, true edges, smooth turns, correct posture and effortless flow are expected of the candidate (rule 5105).

| PATTERNS | ELEMENTS TEST STANDARDS / EXPECTATIONS | | | | | MARK (-3 to +3) |
|--|---|-----------------------------------|--------------------------------|------------------------------------|--|--------------------|
|  | <p>1. Backward Double Three-Turns edge quality, extension</p> <ul style="list-style-type: none"> • Control throughout, no major sub-curves • B 3-turn at top of lobe, F at 2/3 of lobe • Gliding edge between turns w/ nicely extended free leg • Flow maintained, full ice coverage w/ depth of pattern <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 & strength of skater), BO dbl 3-turns 1st length, BI dbl 3-turns 2nd length (end patterns optional).</i></p> | | | | | |
|  | <p>2. Spiral Sequence extension, edge quality</p> <ul style="list-style-type: none"> • Edge control & flow in accordance w/ pattern • Free leg must be hip level or higher during spirals • Awareness of extension of all body lines / Full ice coverage <p><i>Intro steps opt. (R or L start) FO spiral held until long axis, FI opMo, wide-step 2 ft. power push to B Xover, BO spiral held until long axis, FI spiral, FI Mo, BI spiral held until long axis (opt. steps to rpt. pattern in opposite dir.). Spirals sustained w/ ext. free leg for form/flexibility.</i></p> | | | | | |
|  | <p>3. Brackets in the Field Sequence edge quality</p> <ul style="list-style-type: none"> • Proper edge at strike-off perpendicular to axis, even lobes • Controlled brackets (not jumped) in/out on proper edge (no major sub curves) • Maintain control of body alignment w/ sense of organization in repetition <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>4. Forward Twizzles turn execution, continuous flow</p> <ul style="list-style-type: none"> • Traveling turns w/ uninterrupted turn action (not checked 3-turns), correct entry/exit edges • Continuous flow (no toe pushing on XS) • Strong core and body alignment / Control throughout <p><i>Standing start (R or L) FO roll, F XS, FO 1 1/2 Tw to BI, FO (3 sets ea.) Standing start (R or L) FI roll, FI 1 1/2 Tw to BO, FI (3 sets ea.) (3 twizzle sets rpt. across short or long axis & rpt. on the other ft. in the same manner).</i></p> | | | | | |
|  | <p>5. Inside Slide Chassé Pattern edge quality, extension</p> <ul style="list-style-type: none"> • Hear a sound of power being generated during slide chassés • Good posture & body alignment / Control after BO 3 • Body lean over deep curving edges, good-sized lobes • Even cadence and flow <p><i>Intro steps opt. 4 alt. patterns of: FI Mo, B power 3-turn, two inside slide chassés. Pattern should cover full length of ice surface.</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 |
| | Three silver or higher rank test judges certified to judge skating skills | N/A |

SKATING SKILLS JUDGING FORM

STANDARD SILVER (SVSS)

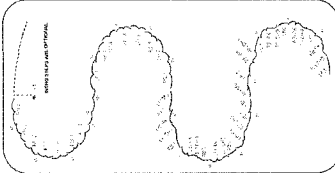
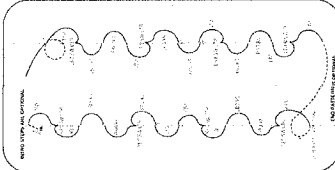
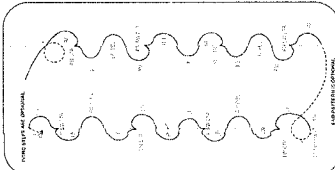
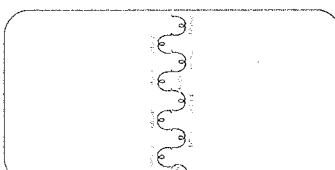
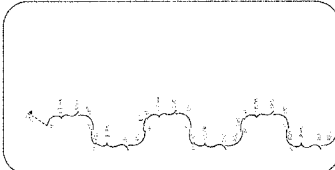
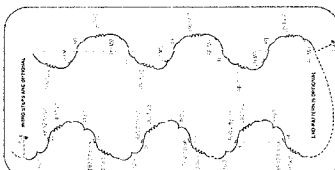


Candidate's Name _____ Member # _____

Candidate's Club _____

Host Club _____ Date _____

The candidate must give a performance that is generally good. The preciseness of the footwork should be nearly faultless, the body motion well timed, and the flow and power very good. No major consistent errors should be in evidence (rule 5106).

| PATTERNS | ELEMENTS TEST STANDARDS / EXPECTATIONS | | | | | MARK (-3 to +3) |
|--|---|----------------------------|-------------------------|-----------------------------|-----------------------------------|--------------------|
|  | <p>1. Inside Three-Turns / Rocker Choctaws <i>power, quickness</i></p> <ul style="list-style-type: none"> Maintain or increase power throughout / Full ice coverage Balanced, quick & quiet turns, neat footwork, precise rhythm (no toe push) Correct carriage, good posture / Bilateral equality <p><i>Intro steps opt. (CCW or CW start) 4 semi-circles down long axis. 1st 2 lobes: FI & BI 3- turns, 2nd half: Rk-Cho sequences (4-5 sets of ea. turn/lobe recommended). Transitions: BI-3, FI, FI-3; BI-3 to FI Mo-CE-BO XF; FI Mo-CE-BO XF.</i></p> | | | | | |
|  | <p>2. Forward & Backward Outside Counters <i>edge quality, power</i></p> <ul style="list-style-type: none"> Stable arc before and after turns w/ counter body action Rhythm and power reflected in flowing deep edges Common axis / Very good posture <p><i>Intro steps opt. (R or L start) FO swCtr, 2 B Free Skate XS, BO swCtr, 2 F Free Skate XS (2 sets, complete loop and end pattern optional). Repeat other foot 2nd length.</i></p> | | | | | |
|  | <p>3. Forward & Backward Inside Counters <i>edge quality, power</i></p> <ul style="list-style-type: none"> Stable arc before and after turns w/ counter body action Rhythm and power reflected in flowing deep edges Common axis / Very good posture <p><i>Intro steps opt. (R or L start) FI swCtr, 2 BI rolls, BI Ctr, 2 FI rolls (2 sets, complete loop and end pattern optional). Repeat other foot 2nd length.</i></p> | | | | | |
|  | <p>4. Forward Loops <i>edge quality, continuous flow</i></p> <ul style="list-style-type: none"> Loop placed at top of lobe / Bilateral symmetry Sense of organization in repetition: knee, upper body, free leg Maintain controlled rhythmic loop action, continuous flow throughout <p><i>Standing start (R or L) FO SR, FO loop alt. ft. for 4 sets. FI-Ch, FI loop alt. ft. for 4 sets (may be skated across the short or long axis).</i></p> | | | | | |
|  | <p>5. Backward Rocker Choctaw Sequence <i>edge quality, extension, power</i></p> <ul style="list-style-type: none"> Closed choctaws on precise controlled edges Sustained extension of all body lines on deep BO Maintain strong power and flow throughout <p><i>Intro steps opt. (R or L start) BI Rk-Cho, deep BO edge (6-8 consecutive 1/2 circles, alternate foot).</i></p> | | | | | |
|  | <p>6. Backward Twizzles <i>turn execution, continuous flow</i></p> <ul style="list-style-type: none"> Effortless execution of Tw (traveling turns w/ uninterrupted turn action, not checked 3-turns) Correct, controlled entry/exit edges w/ extension on Tw exits Maintain: continuous flow, axis, lobe, body control / Full ice <p><i>Intro steps opt. (R or L start) FO 3-turn CE 2-ft push BO Tw 2, rpt. other ft. 3 sets 1st length (end pattern opt.). (R or L start) FI Mo - BI Tw 2, FI, rpt. other ft. 3 sets 2nd length.</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 | <p>Three-Judge Panel (test result determined by majority)</p> <p>Three silver or higher rank test judges certified to judge skating skills</p> | <p>Single-Judge Panel</p> <p>N/A</p> |
|------------------------|---|---|

SKATING SKILLS JUDGING FORM STANDARD PRE-GOLD (PGSS)



Candidate's Name _____ Member # _____

Candidate's Club _____

Host Club _____ Date _____

The candidate must give a performance that is generally very good in all respects. Focus should be on power, flow, edge quality, line, and footwork control (rule 5107).

| PATTERNS | ELEMENTS TEST STANDARDS / EXPECTATIONS | | | | | | MARK (-3 to +3) |
|---|---|----------------------------|-------------------------|-----------------------------|-----------------------------------|--------------|--------------------|
| | <p>1. Forward & Backward Outside Rockers edge quality, power</p> <ul style="list-style-type: none"> Balanced, sure edges before and after turns (on axis) / Rocker body action Excellent rhythm and upper body carriage / Bilateral equality Power reflected in flowing deep edges <p><i>Intro steps opt. (R or L start) FO swRk, 2 B XS, BO Rk, 2 F XS (2 sets w/ 2 F & 2 B rockers) Repeat other foot 2nd length (end sequence of steps optional).</i></p> | | | | | | |
| | <p>2. Forward & Backward Inside Rockers edge quality, power</p> <ul style="list-style-type: none"> Balanced, sure edges before and after turns (on axis) / Rocker body action Excellent rhythm and upper body carriage / Bilateral equality Power reflected in flowing deep edges <p><i>Intro steps opt. (R or L start) FI Rk, 2 BI rolls, BI Rk, 2 FI rolls (2 sets w/ 2 F & 2 B rockers) Repeat other foot 2nd length (end sequence of steps optional).</i></p> | | | | | | |
| | <p>3. Power Pulls power, quickness</p> <ul style="list-style-type: none"> Hear a sound of power being generated - maintain flow, no loss of speed Balanced, quick, rhythmic turns / Curvature of lobes distinct Accomplished technique w/o visible effort <p><i>Intro steps opt. (R or L start) sequence of: 3 power pulls BO-BI-BO, CE, QBI Rk-QFI Rk, 3 power pulls BI-BO-BI, CE, QBO Rk-QFO Rk (repeat full ice diagonal 3-4 seq.). Repeat other foot on opposite diagonal (end steps optional).</i></p> | | | | | | |
| | <p>4. Choctaw Sequence edge quality, power</p> <ul style="list-style-type: none"> Clean, quiet Cho on correct edges, even rhythm, no loss of speed - full ice diagonal Accomplished control, undisturbed upper body carriage Ease of performance w/o visible effort <p><i>Intro steps opt. (R or L start) 2 consecutive sets: BO wide clCho, FI wide opCho. BU XF (alt. ft. repeat full ice diagonal). Repeat on other foot, opposite diagonal (end pattern opt.).</i></p> | | | | | | |
| | <p>5. Backward Loop Pattern edge quality, continuous flow</p> <ul style="list-style-type: none"> Consistent loop action w/ CE entry and exit / Bilateral symmetry Sense of organization in repetition: knee, upper body, free leg Rhythmic edges w/ continuous flow & axis / Lobes similar in size <p><i>Standing start (R or L FO3): 3 BI rolls, CE, BO loop, CE (alt. ft. 4 sets) Standing start (R or L FI3): 3 BO XS, CE, BI loop, CE (alt. ft. 4 sets)</i></p> | | | | | | |
| | <p>6. Straight Line Step Sequence edge quality, continuous flow</p> <ul style="list-style-type: none"> Accomplished execution of all turns / Bilateral equality Mature maintenance of speed through rhythmic movement Strong use of knee & ankle / Control of upper body throughout <p><i>Standing start (R or L) 2 opS: FO Rk, XF, BI Rk-FI Ctr, BO Tw 2, FO, FI Ch, FO-swCtr, XF BI 3 toe steps, XF BI, FI, FI Tw 1½, edge pull, CE, BI dbl 3, push to BI Rk-FI Rk, push to BI loop (sequence repeated on other foot).</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) | Single-Judge Panel |
| | Three gold test judges certified to judge skating skills | N/A |

SKATING SKILLS JUDGING FORM STANDARD GOLD (GDSS)

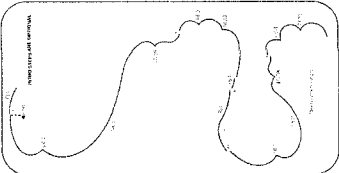
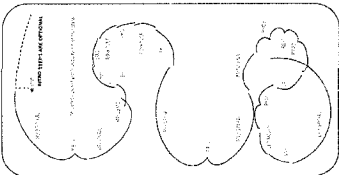
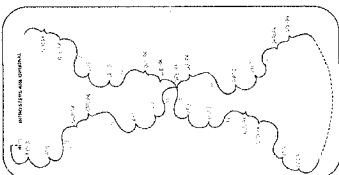
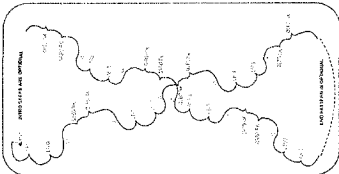
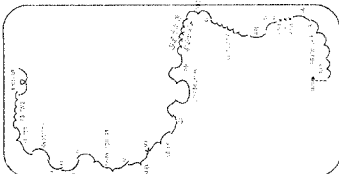


Candidate's Name _____ Member # _____

Candidate's Club _____

Host Club _____ Date _____

The candidate must give an excellent performance, displaying power, strong edge control and depth, extension and precise footwork control (rule 5108).

| PATTERNS | ELEMENTS TEST STANDARDS / EXPECTATIONS | | | | | | MARK (-3 to +3) |
|--|---|-----------------------------------|--------------------------------|------------------------------------|--|--------------|--------------------|
|  | <p>1. Sustained Edge Step edge quality, power</p> <ul style="list-style-type: none"> • Mastery of edges w/ depth of lobe, acuteness of arc & body lean / Rk (not 3-turn) • Bilateral power - subtle use of knees / Full ice coverage • Full mastery of all body positions - maximum stretch of body lines • Refined flow, presentation and performance skills <p><i>Intro steps opt. (R or L start), powerfully perform: BI 3, sustained sw CE, FI Rk, wide power push to BI dbl 3, B Xover, CE, XF, repeat to cover full ice (repeat in opposite direction).</i></p> | | | | | | |
|  | <p>2. Spiral Sequence extension, edge quality</p> <ul style="list-style-type: none"> • Excellence of all body lines / Sustained free leg position clearly above hip level • Mastery of edge control w/ bold lobes and full ice coverage • Refined presentation, effortless flow w/ confident edges throughout <p><i>Intro steps opt. (R or L start), series of spirals: BO spiral-BO 3 (BO 3 parallel to long barrier) FI spiral-FI opMo, wide power-push 2ft. trans., 2 B Xovers, FI, FI spiral-FI 3-BO spiral, B XS, BO SR, FO triple 3 FI, FI 3, F Xover, FO spiral (spirals should be sustained w/ extended free leg). Pattern repeated in opposite direction.</i></p> | | | | | | |
|  | <p>3. BO Power Dbl 3-Turns to Power Dbl Inside Rockers power, quickness</p> <ul style="list-style-type: none"> • Balanced, quick & clear foot speed - uninterrupted rhythm (Rk's quicker than 3's) • Mastery of the generation of speed at a refined pace • Must maintain a diagonal axis / Equal depth of lobes • Refined presentation & performance skills / Effortless <p><i>Intro steps opt. (R or L start) BO power dbl 3, power pull CE QBI Rk-QFI Rk-power pull CE. Sequence repeated consecutively full ice-diagonal. (Repeat other foot, opposite diagonal, end pattern opt.)</i></p> | | | | | | |
|  | <p>4. BI Power Dbl 3-Turns to Power Dbl Outside Rockers power, quickness</p> <ul style="list-style-type: none"> • Balanced, quick & clear foot speed - uninterrupted rhythm (Rk's quicker than 3's) • Mastery of the generation of speed at a refined pace • Must maintain a diagonal axis / Equal depth of lobes • Refined presentation & performance skills / Effortless <p><i>Intro steps opt. (R or L start) BI power dbl 3, power pull CE QBO Rk-QFO Rk-power pull CE. Sequence repeated consecutively full ice-diagonal. (Repeat other foot, opposite diagonal, end pattern opt.)</i></p> | | | | | | |
|  | <p>5. Serpentine Step Sequence edge quality, continuous flow</p> <ul style="list-style-type: none"> • Mastery of each element / clean execution of all turns • Maintain serpentine pattern, full ice, deep edges, tight lobes • Refined performance & strong body positions • Effortless execution & presentation <p><i>Intro steps opt. (R or L start) FO 3, BO dbl 3, XF BI, 3 toe steps XF BI, FO, FI Tw 2½ to BO XS, BO 3, 5 quick consecutive FI & BI Mo, quick BI, BI Ctr to FI Rk, BI, step wide to BI Rk, FI Mo, BI Br seq. (simultaneously XB rev. arm position), FI Bk-BO Ctr, FO XR, XB, FI OpCho, BO ClCho, FI Ctr, BI Tw 2, BI loop. (Optional steps to repeat opposite direction w/o stopping.)</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 | <p>Three-Judge Panel (test result determined by majority)</p> <p>Three gold test judges certified to judge skating skills</p> | <p>Single-Judge Panel</p> <p>N/A</p> |
|------------------------|--|---|