

# SKATING SKILLS JUDGING FORM STANDARD SILVER (SVSS)

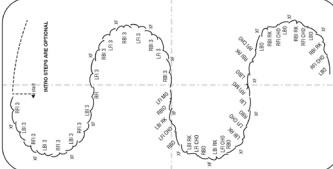
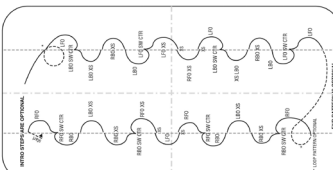
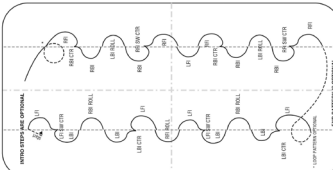
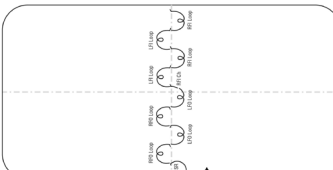
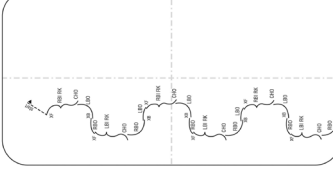
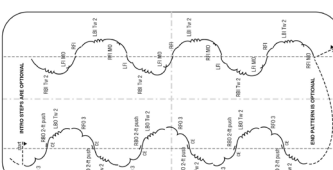


Candidate's Name \_\_\_\_\_ Member # \_\_\_\_\_

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><b>1. Inside Three-Turns / Rocker Choctaws</b> <span style="float: right;"><i>power, quickness</i></span></p> <ul style="list-style-type: none"> <li>• Maintain or increase power throughout / Full ice coverage</li> <li>• Balanced, quick &amp; quiet turns, neat footwork, precise rhythm (no toe push)</li> <li>• Correct carriage, good posture / Bilateral equality</li> </ul> <p><i>Intro steps opt. (CCW or CW start) 4 semi-circles down long axis. 1st 2 lobes: FI &amp; 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><b>2. Forward &amp; Backward Outside Counters</b> <span style="float: right;"><i>edge quality, power</i></span></p> <ul style="list-style-type: none"> <li>• Stable arc before and after turns w/ counter body action</li> <li>• Rhythm and power reflected in flowing deep edges</li> <li>• Common axis / Very good posture</li> </ul> <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><b>3. Forward &amp; Backward Inside Counters</b> <span style="float: right;"><i>edge quality, power</i></span></p> <ul style="list-style-type: none"> <li>• Stable arc before and after turns w/ counter body action</li> <li>• Rhythm and power reflected in flowing deep edges</li> <li>• Common axis / Very good posture</li> </ul> <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><b>4. Forward Loops</b> <span style="float: right;"><i>edge quality, continuous flow</i></span></p> <ul style="list-style-type: none"> <li>• Loop placed at top of lobe / Bilateral symmetry</li> <li>• Sense of organization in repetition: knee, upper body, free leg</li> <li>• Maintain controlled rhythmic loop action, continuous flow throughout</li> </ul> <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><b>5. Backward Rocker Choctaw Sequence</b> <span style="float: right;"><i>edge quality, extension, power</i></span></p> <ul style="list-style-type: none"> <li>• Closed choctaws on precise controlled edges</li> <li>• Sustained extension of all body lines on deep BO</li> <li>• Maintain strong power and flow throughout</li> </ul> <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><b>6. Backward Twizzles</b> <span style="float: right;"><i>turn execution, continuous flow</i></span></p> <ul style="list-style-type: none"> <li>• Effortless execution of Tw (traveling turns w/ uninterrupted turn action, not checked 3-turns)</li> <li>• Correct, controlled entry/exit edges w/ extension on Tw exits</li> <li>• Maintain: continuous flow, axis, lobe, body control / Full ice</li> </ul> <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><b>Retry</b> <b>-18 to -1</b></p>	<p><b>Pass</b> <b>0 to +6</b></p>	<p><b>Honors</b> <b>+7 to +12</b></p>	<p><b>Distinction</b> <b>+13 to +18</b></p>	<p>Total</p>

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

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