

# SKATING SKILLS JUDGING FORM

## ADULT PRE-BRONZE (APBSS)

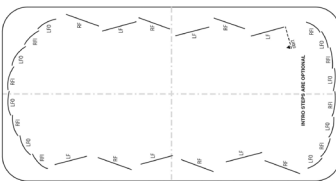
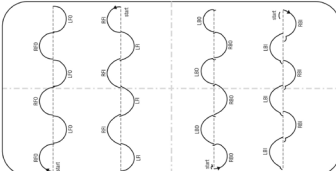
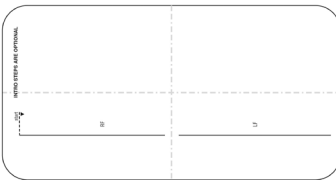
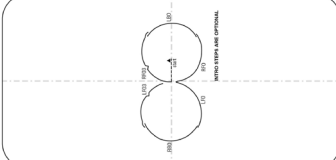
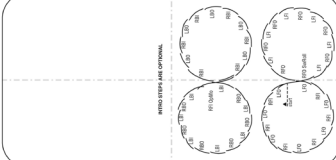


Candidate's Name \_\_\_\_\_ Member # \_\_\_\_\_

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;"><i>continuous flow &amp; strength, extension</i></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;"><i>edge quality</i></span></p> <ul style="list-style-type: none"> <li>• Complete ½ 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 ½ 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;"><i>extension</i></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;"><i>edge quality</i></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;"><i>continuous flow &amp; strength</i></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)	Single-Judge Panel
	Three pre-silver or higher rank test judges certified to judge skating skills	One pre-silver or higher rank test judge certified to judge skating skills