

SKATING SKILLS JUDGING FORM

ADULT NOVICE 50+ (50NVSS)

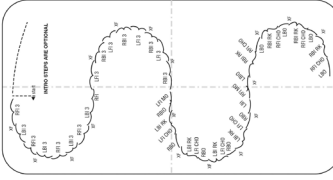
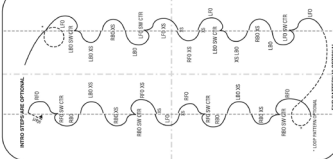
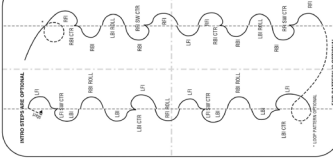
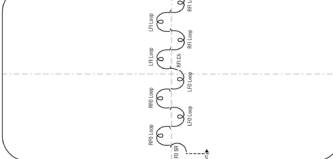
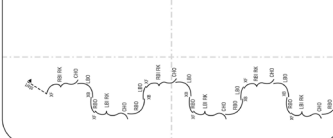
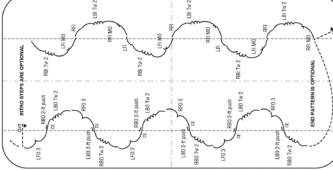


Candidate's Name _____ Member # _____

Candidate's Club _____

Host Club _____ Date _____

Expectations for adult 50+ candidates align with the bronze skating skills test. Candidates must skate the correct steps and turns on good edges, with good form, flow, power and preciseness to their steps (rules 5034 and 5104).

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>	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 gold or higher rank test judges certified to judge skating skills	N/A