

# SKATING SKILLS JUDGING FORM

## ADULT INTERMEDIATE 50+ (50INSS)

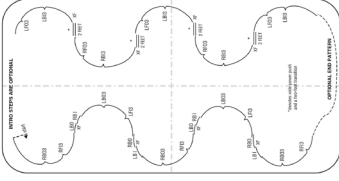
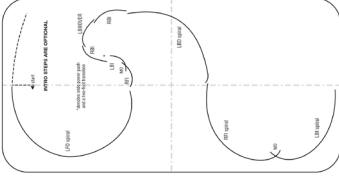
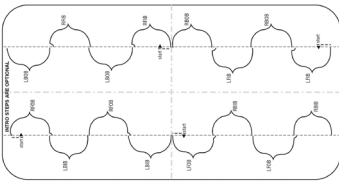
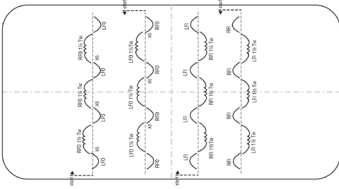
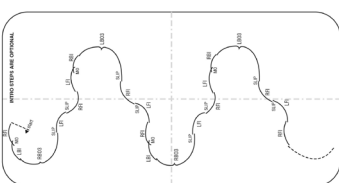


Candidate's Name \_\_\_\_\_ Member # \_\_\_\_\_

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, power, extension and posture are required and must be strongly emphasized (rules 5034 and 5103).

PATTERNS	ELEMENTS TEST STANDARDS / EXPECTATIONS					MARK (-3 to +3)
	<p><b>1. Backward Double Three-Turns</b> <span style="float: right;">edge quality, extension</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>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).</p>					
	<p><b>2. Spiral Sequence</b> <span style="float: right;">extension, edge quality</span></p> <ul style="list-style-type: none"> <li>Edge control &amp; flow in accordance w/ pattern</li> <li>Free leg must be hip level or higher during spirals</li> <li>Awareness of extension of all body lines / Full ice coverage</li> </ul> <p>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.</p>					
	<p><b>3. Brackets in the Field Sequence</b> <span style="float: right;">edge quality</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>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).</p>					
	<p><b>4. Forward Twizzles</b> <span style="float: right;">turn execution, continuous flow</span></p> <ul style="list-style-type: none"> <li>Traveling turns w/ uninterrupted turn action (not checked 3-turns), correct entry/exit edges</li> <li>Continuous flow (no toe pushing on XS)</li> <li>Strong core and body alignment / Control throughout</li> </ul> <p>Standing start (R or L) FO roll, F XS, FO 1/2 Tw to BI, FO (3 sets ea.)            Standing start (R or L) FI roll, FI 1/2 Tw to BO, FI (3 sets ea.)            (3 twizzle sets rpt. across short or long axis &amp; rpt. on the other ft. in the same manner).</p>					
	<p><b>5. Inside Slide Chassé Pattern</b> <span style="float: right;">edge quality, extension</span></p> <ul style="list-style-type: none"> <li>Hear a sound of power being generated during slide chassés</li> <li>Good posture &amp; body alignment / Control after BO 3</li> <li>Body lean over deep curving edges, good-sized lobes</li> <li>Even cadence and flow</li> </ul> <p>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.</p>					
<p>Only one element may be reskated at the end of the test, if necessary.</p>	Circle Test Result	Retry -15 to -1	Pass 0 to +5	Honors +6 to +10	Distinction +11 to +15	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 pre-silver or higher rank test judges certified to judge skating skills	N/A