

# SKATING SKILLS JUDGING FORM

## ADULT SILVER 50+ (50SVSS)

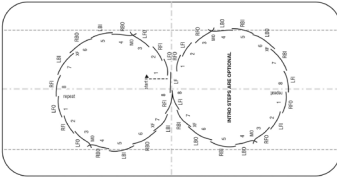
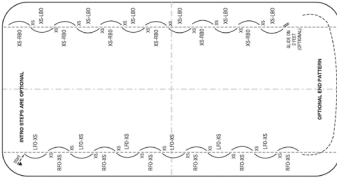
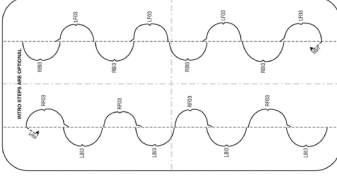
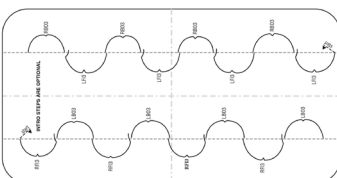
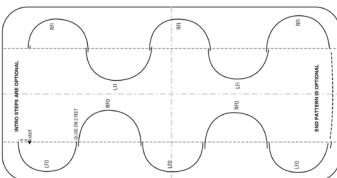
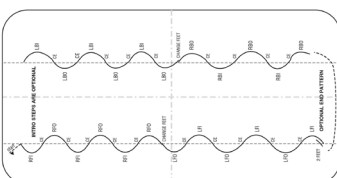


Candidate's Name \_\_\_\_\_ Member # \_\_\_\_\_

Candidate's Club \_\_\_\_\_

Host Club \_\_\_\_\_ Date \_\_\_\_\_

Expectations for adult 50+ candidates align with the preliminary skating skills test. The purpose of this test is to continue the encouragement of beginning adult skaters to learn the fundamentals of ice skating. The candidate must show knowledge of the steps and a sense of continuous flow and strength. Attention should be given to depth of edges and proper curvature of lobes (rules 5112 and 5034).

PATTERNS	ELEMENTS TEST STANDARDS / EXPECTATIONS				MARK (-3 to +3)	
	<p><b>1. Eight-Step Mohawk Sequence</b> <i>quickness, continuous flow &amp; strength</i></p> <ul style="list-style-type: none"> <li>Balanced, fairly neat placement of feet, steps 6,7,8 must be distinct</li> <li>Quick, clear march tempo (even cadence: 1-beat/step)</li> <li>6 strokes with strength / Circle shape must be maintained</li> </ul> <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><b>2. Fwd &amp; Bkwd Free Skate Cross Strokes</b> <i>continuous flow &amp; strength</i></p> <ul style="list-style-type: none"> <li>Impetus gained from the outside edge - ending w/ legs crossed above the knees</li> <li>Rhythmic action - good flow &amp; strength</li> <li>Good posture &amp; body control</li> </ul> <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><b>3. FO-BI Three-Turns in the Field</b> <i>edge quality</i></p> <ul style="list-style-type: none"> <li>Proper edge the moment the foot takes the ice</li> <li>Controlled flowing edges (no major sub curves)</li> <li>Control in/out of 3-turns / Common axis maintained</li> </ul> <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 &amp; strength of skater). End seq. opt. 2nd length on other foot.</i></p>					
	<p><b>4. FI-BO Three-Turns in the Field</b> <i>edge quality</i></p> <ul style="list-style-type: none"> <li>Proper edge the moment the foot takes the ice</li> <li>Controlled flowing edges (no major sub curves)</li> <li>Control in/out of 3-turns / Common axis maintained</li> </ul> <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 &amp; strength of skater). End seq. opt. 2nd length on other foot.</i></p>					
	<p><b>5. Consecutive Outside &amp; Inside Spirals</b> <i>extension, edge quality</i></p> <ul style="list-style-type: none"> <li>Controlled extension (hip level or higher) held for majority of arc</li> <li>Control after spirals, stepping on an axis (short 2-ft. transition)</li> <li>Some evidence of the development of good form</li> </ul> <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 &amp; strength of skater).</i></p>					
	<p><b>6. Fwd &amp; Bkwd Power Change of Edge Pulls</b> <i>continuous flow &amp; strength</i></p> <ul style="list-style-type: none"> <li>Rhythmic action / Flow maintained throughout</li> <li>Controlled upper body &amp; free leg</li> </ul> <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>Only one element may be reskated at the end of the test, if necessary.</p>	<p>Circle Test Result</p>	<p><b>Retry</b> -18 to -1</p>	<p><b>Pass</b> 0 to +6</p>	<p><b>Honors</b> +7 to +12</p>	<p><b>Distinction</b> +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) Three pre-silver or higher rank test judges certified to judge skating skills	Single-Judge Panel N/A
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