

SKATING SKILLS JUDGING FORM

ADULT SENIOR 50+ (50SRSS)

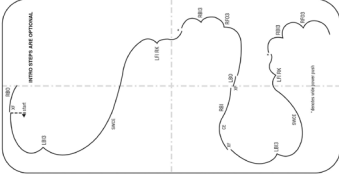
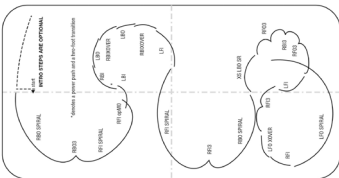
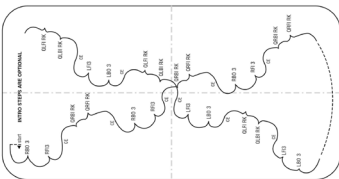
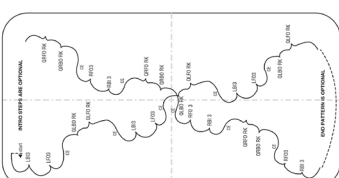
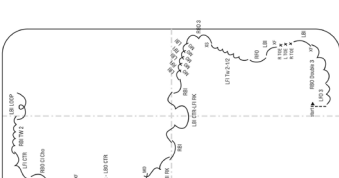


Candidate's Name _____ Member # _____

Candidate's Club _____

Host Club _____ Date _____

Expectations for adult 50+ candidates align with the silver skating skills test. 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 (rules 5034 and 5106).

PATTERNS	ELEMENTS TEST STANDARDS / EXPECTATIONS					MARK (-3 to +3)
	<p>1. Sustained Edge Step edge quality, power</p> <ul style="list-style-type: none"> • Mastery of edges w/ depth of lobe, acuteness of arc & body lean / Rk (not 3-turn) • Bilateral power - subtle use of knees / Full ice coverage • Full mastery of all body positions - maximum stretch of body lines • Refined flow, presentation and performance skills <p><i>Intro steps opt. (R or L start), powerfully perform: BI 3, sustained sw CE, FI Rk, wide power push to BI dbl 3, B Xover, CE, XF, repeat to cover full ice (repeat in opposite direction).</i></p>					
	<p>2. Spiral Sequence extension, edge quality</p> <ul style="list-style-type: none"> • Excellence of all body lines / Sustained free leg position clearly above hip level • Mastery of edge control w/ bold lobes and full ice coverage • Refined presentation, effortless flow w/ confident edges throughout <p><i>Intro steps opt. (R or L start), series of spirals: BO spiral-BO 3 (BO 3 parallel to long barrier) FI spiral-FI opMo, wide power-push 2ft. trans., 2 B Xovers, FI, FI spiral-FI 3-BO spiral, B XS, BO SR, FO triple 3 FI, FI 3, F Xover, FO spiral (spirals should be sustained w/ extended free leg). Pattern repeated in opposite direction.</i></p>					
	<p>3. BO Power Dbl 3-Turns to Power Dbl Inside Rockers power, quickness</p> <ul style="list-style-type: none"> • Balanced, quick & clear foot speed - uninterrupted rhythm (Rk's quicker than 3's) • Mastery of the generation of speed at a refined pace • Must maintain a diagonal axis / Equal depth of lobes • Refined presentation & performance skills / Effortless <p><i>Intro steps opt. (R or L start) BO power dbl 3, power pull CE QBI Rk-QFI Rk-power pull CE. Sequence repeated consecutively full ice-diagonal. (Repeat other foot, opposite diagonal, end pattern opt.)</i></p>					
	<p>4. BI Power Dbl 3-Turns to Power Dbl Outside Rockers power, quickness</p> <ul style="list-style-type: none"> • Balanced, quick & clear foot speed - uninterrupted rhythm (Rk's quicker than 3's) • Mastery of the generation of speed at a refined pace • Must maintain a diagonal axis / Equal depth of lobes • Refined presentation & performance skills / Effortless <p><i>Intro steps opt. (R or L start) BI power dbl 3, power pull CE QBO Rk-QFO Rk-power pull CE. Sequence repeated consecutively full ice-diagonal. (Repeat other foot, opposite diagonal, end pattern opt.)</i></p>					
	<p>5. Serpentine Step Sequence edge quality, continuous flow</p> <ul style="list-style-type: none"> • Mastery of each element / clean execution of all turns • Maintain serpentine pattern, full ice, deep edges, tight lobes • Refined performance & strong body positions • Effortless execution & presentation <p><i>Intro steps opt. (R or L start) FO 3, BO dbl 3, XF BI, 3 toe steps XF BI, FO, FI Tw 2½ to BO XS, BO 3, 5 quick consecutive FI & BI Mo, quick BI, BI Ctr to FI Rk, BI, step wide to BI Rk, FI Mo, BI Br seq. (simultaneously XB rev. arm position), FI Bk-BO Ctr, FO XR, XB, FI OpCho, BO CCho, FI Ctr, BI Tw 2, BI loop. (Optional steps to repeat opposite direction w/o stopping.)</i></p>					
<p>Only one element may be reskated at the end of the test, if necessary.</p>	<p>Circle Test Result</p>	<p>Retry -15 to -1</p>	<p>Pass 0 to +5</p>	<p>Honors +6 to +10</p>	<p>Distinction +11 to +15</p>	<p>Total</p>

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

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