

SKATING SKILLS JUDGING FORM

ADULT GOLD 50+ (50GDSS)

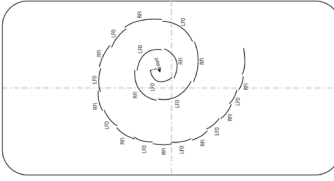
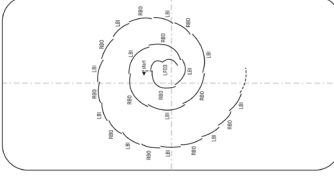
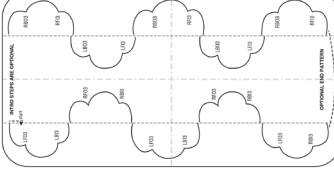
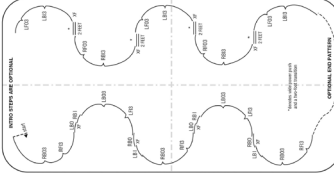
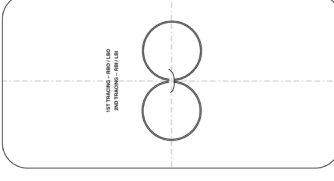
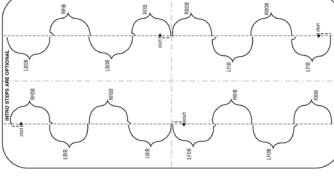


Candidate's Name _____ Member # _____

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, strength, extension and form are required and must be strongly emphasized (rules 5113 and 5034).

| PATTERNS | ELEMENTS TEST STANDARDS / EXPECTATIONS | | | | | MARK (-3 to +3) |
|---|--|-----------------------------------|--------------------------------|------------------------------------|--|--------------------|
|  | <p>1. Stroking: Forward Power Circle <i>continuous flow & strength</i></p> <ul style="list-style-type: none"> Increasing acceleration (not slow, then fast) / No toe pushing Angle of the body becomes more acute as the move progresses Circle size increases as skater accelerates <p><i>Standing start (CCW or CW) F Xovers progressively increasing in foot speed & acceleration, from a slow but gradually accelerated pace to fully accelerated Xovers (as skater accelerates, circle circumference increases). Recommended max. 15 Xovers ea. dir.</i></p> | | | | | |
|  | <p>2. Stroking: Backward Power Circle <i>continuous flow & strength</i></p> <ul style="list-style-type: none"> Increasing acceleration (not slow, then fast) / No toe scratching Angle of the body becomes more acute as the move progresses Circle size increases as skater accelerates <p><i>Standing start (CCW or CW) B Xovers progressively increasing in foot speed & acceleration, from a slow but gradually accelerated pace to fully accelerated Xovers (as skater accelerates, circle circumference increases). Recommended max. 15 Xovers ea. dir.</i></p> | | | | | |
|  | <p>3. Forward Double Three-Turns <i>edge quality</i></p> <ul style="list-style-type: none"> Control of arc between turns & after back 3-turns No sub curves after turns / Turns placed at 1/3 & 2/3 of lobe Proper open stroke required / Flow maintained <p><i>Intro steps opt. Consecutive F dbl 3-turns on 1/2 circles w/ alt. ft. (4-6 sets depends on size of ice & strength of skater) FO dbl 3-turns 1st length of ice surface, FI dbl 3-turns 2nd length (end patterns optional).</i></p> | | | | | |
|  | <p>4. Backward Double Three-Turns <i>edge quality, extension</i></p> <ul style="list-style-type: none"> Control throughout, no major sub-curves B 3-turn at top of lobe, F at 2/3 of lobe Gliding edge between turns w/ nicely extended free leg Flow maintained, full ice coverage w/ depth of pattern <p><i>Intro steps opt. Consecutive B dbl 3-turns on 1/2 circles w/ alt. feet (4-6 sets depends on size of ice & strength of skater), BO dbl 3-turns 1st length, BI dbl 3-turns 2nd length (end patterns optional).</i></p> | | | | | |
|  | <p>5. Backward Circle Eight <i>edge quality, continuous flow</i></p> <ul style="list-style-type: none"> Round circles, similar in size / Proper push Body control during position changes (sense of organization in repetition) <p><i>Standing start (R or L) may mark center, push onto a BO edge, one BO figure 8. Upon return to center at completion of 2nd circle, one BI figure 8 by pushing onto BI, repeating previously skated circle. Circles should be equal in size & approx. 3x skater's height.</i></p> | | | | | |
|  | <p>6. Brackets in the Field Sequence <i>edge quality</i></p> <ul style="list-style-type: none"> Proper edge at strike-off perpendicular to axis, even lobes Controlled brackets (not jumped) in/out on proper edge (no major sub curves) Maintain control of body alignment w/ sense of organization in repetition <p><i>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).</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 -18 to -1</p> | <p>Pass 0 to +6</p> | <p>Honors +7 to +12</p> | <p>Distinction +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) | Single-Judge Panel |
|------------------------|---|--------------------|
| | Three pre-silver or higher rank test judges certified to judge skating skills | N/A |