

SKATING SKILLS JUDGING FORM

ADULT BRONZE 50+ (50BZSS)

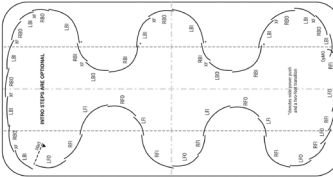
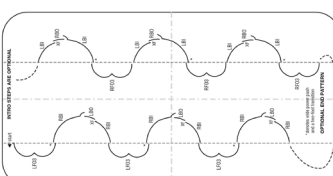
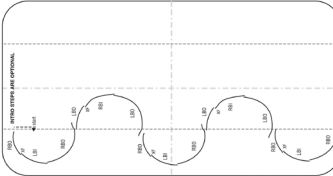
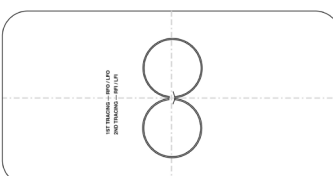
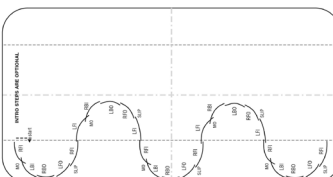


Candidate's Name _____ Member # _____

Candidate's Club _____

Host Club _____ Date _____

Expectations for adult 50+ candidates align with the pre-preliminary skating skills test. The purpose of this test is to encourage beginning adult skaters to learn the fundamentals of ice skating. No great deal of technical ability, carriage or flow is expected. Candidates must show knowledge of the steps, fairly good edges and some evidence of good form (rules 5111 and 5034).

PATTERNS	ELEMENTS TEST STANDARDS / EXPECTATIONS					MARK (-3 to +3)
	<p>1. Fwd & Bkwd Perimeter Power Stroking <i>continuous flow & strength</i></p> <ul style="list-style-type: none"> All Xovers same quality - solid edge pushing / Good ice coverage Lobes on axis (strong FI & BI) / Weight shift push on BI 2-ft. transition <p><i>Intro steps opt. 4 alt. F Xovers separated by strong FI transitions, end pattern (even cadence): 2 F Xovers, LFO (2 counts) opS RFI opMo, 1-2 B Xovers, 2nd side: 4 alt. B Xovers separated by 2-ft. transitions (power push) on 2 solid BI edges (2nd end: 3-5 B Xovers).</i></p>					
	<p>2. Forward Power Three-Turns <i>continuous flow & strength</i></p> <ul style="list-style-type: none"> Basic flow & strength, weight shift push on transitions - strength from BI edge Correct edges - after 3-turn stepping on a BI edge Well formed lobes - ability to maintain axis <p><i>Intro step opt. (R or L start) FO 3 to a balance position followed by a B Xover (3-6 sets depends on size of ice & strength of skater) opt. B Xovers around end, second length of ice surface repeat on other foot.</i></p>					
	<p>3. Alternating Bkwd Crossovers to BO Edges <i>continuous flow & strength</i></p> <ul style="list-style-type: none"> Good speed, posture & ice coverage (ability to accelerate) Control during sustained extensions / Equal lobes Some evidence of development of good form <p><i>Intro steps opt. alt. B Xovers to BO edges in consecutive 1/2 circles for one length of ice surface (4-5 lobes)</i></p>					
	<p>4. Forward Circle Eight <i>edge quality, continuous flow</i></p> <ul style="list-style-type: none"> Round circles, similar in size / Edge push Body control during position changes (sense of organization in repetition) <p><i>Standing start (R or L) may mark center, pushing onto a FO edge, one FO figure 8. Upon returning to center at completion of 2nd circle, a FI figure 8 by pushing onto FI, repeating previously skated circle. Circles should be equal in size & approx. 3x skater's height.</i></p>					
	<p>5. Five-Step Mohawk Sequence <i>edge quality, extension</i></p> <ul style="list-style-type: none"> Good ice coverage / Steps fairly equal on lobe (even beat) Correct edges (incl. #4) with a nicely extended free leg Mohawks should be placed at approx. the 1/3 point on the lobe <p><i>Intro steps opt., alt. FI Mo in consecutive 1/2 circles, ea. series consists of a 5-step sequence for one length of the ice surface (4-5 lobes).</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.)

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 One gold or higher rank test judge certified to judge skating skills
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