

# SKATING SKILLS JUDGING FORM STANDARD BRONZE (BZSS)

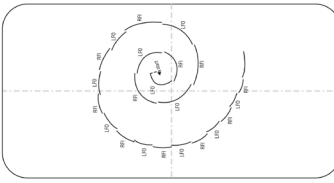
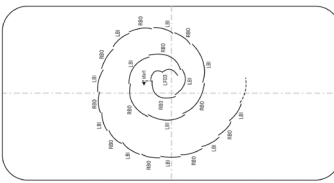
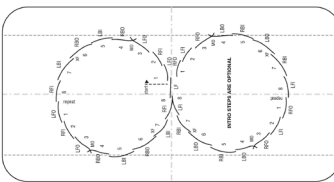
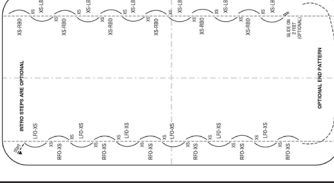
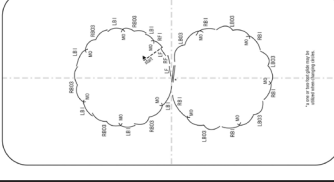
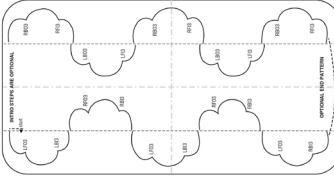


Candidate's Name \_\_\_\_\_ Member # \_\_\_\_\_

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

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

Candidates must skate the correct steps and turns on good edges, with good form, flow, power and preciseness to their steps (rule 5104).

PATTERNS	ELEMENTS TEST STANDARDS / EXPECTATIONS						MARK (-3 to +3)
	<p><b>1. Stroking: Forward Power Circle</b> <span style="float: right;">power</span></p> <ul style="list-style-type: none"> <li>Increasing acceleration (not slow, then fast) / No toe pushing</li> <li>Angle of the body becomes more acute as the move progresses</li> <li>Circle size increases as skater accelerates</li> </ul> <p><i>Standing start (CCW or CW) F Xovers progressively increasing in foot speed &amp; 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><b>2. Stroking: Backward Power Circle</b> <span style="float: right;">power</span></p> <ul style="list-style-type: none"> <li>Increasing acceleration (not slow, then fast) / No toe scratching</li> <li>Angle of the body becomes more acute as the move progresses</li> <li>Circle size increases as skater accelerates</li> </ul> <p><i>Standing start (CCW or CW) B Xovers progressively increasing in foot speed &amp; 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><b>3. Eight-Step Mohawk Sequence</b> <span style="float: right;">quickness, power</span></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 power strokes / 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>4. Forward &amp; Backward Free Skate Cross Strokes</b> <span style="float: right;">power</span></p> <ul style="list-style-type: none"> <li>Impetus gained from the outside edge - ending w/ legs crossed above the knees</li> <li>Hear a sound of power being generated</li> <li>Rhythmic action, 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>5. Backward Power Three-Turns</b> <span style="float: right;">power</span></p> <ul style="list-style-type: none"> <li>Sense of organization in repetition: even timing, equal length in/out of turns</li> <li>An increase of power w/ ea. turn / Control throughout</li> <li>Circles equal in size (not small) / Bilateral equality</li> </ul> <p><i>Intro steps opt. (CCW or CW start) 3-5 B power 3-turns per circle in one complete figure 8 pattern (1 or 2 ft. glide to change circles).</i></p>						
	<p><b>6. Forward Double Three-Turns</b> <span style="float: right;">edge quality</span></p> <ul style="list-style-type: none"> <li>Control of arc between turns &amp; after back 3-turns</li> <li>No sub curves after turns / Turns placed at 1/3 &amp; 2/3 of lobe</li> <li>Proper open stroke required / Flow maintained</li> </ul> <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 &amp; strength of skater) FO dbl 3-turns 1st length of ice surface, FI dbl 3-turns 2nd length (end patterns optional).</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)	Single-Judge Panel
	Three bronze or higher rank test judges certified to judge skating skills	N/A