

SKATING SKILLS JUDGING FORM STANDARD GOLD (GDSS)

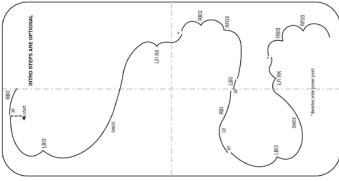
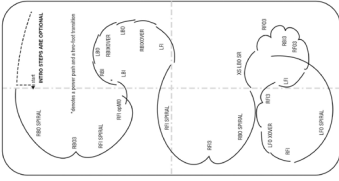
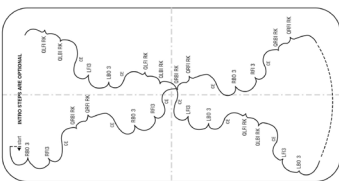
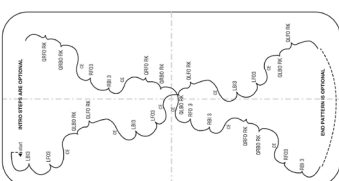
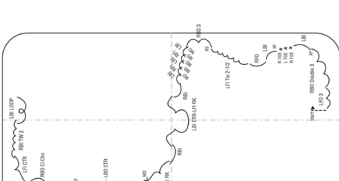


Candidate's Name _____ Member # _____

Candidate's Club _____

Host Club _____ Date _____

The candidate must give an excellent performance, displaying power, strong edge control and depth, extension and precise footwork control (rule 5108).

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.)

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