

SKATING SKILLS JUDGING FORM

ADULT JUNIOR 21+ (21JRSS)



Candidate's Name _____ Member # _____

Candidate's Club _____

Host Club _____ Date _____

Expectations for the adult 21+ 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. Forward & Backward Outside Rockers edge quality, power</p> <ul style="list-style-type: none"> Balanced, sure edges before and after turns (on axis) / Rocker body action Excellent rhythm and upper body carriage / Bilateral equality Power reflected in flowing deep edges <p><i>Intro steps opt. (R or L start) FO swRk, 2 B XS, BO Rk, 2 F XS (2 sets w/ 2 F & 2 B rockers) Repeat other foot 2nd length (end sequence of steps optional).</i></p>						
	<p>2. Forward & Backward Inside Rockers edge quality, power</p> <ul style="list-style-type: none"> Balanced, sure edges before and after turns (on axis) / Rocker body action Excellent rhythm and upper body carriage / Bilateral equality Power reflected in flowing deep edges <p><i>Intro steps opt. (R or L start) FI Rk, 2 BI rolls, BI Rk, 2 FI rolls (2 sets w/ 2 F & 2 B rockers) Repeat other foot 2nd length (end sequence of steps optional).</i></p>						
	<p>3. Power Pulls power, quickness</p> <ul style="list-style-type: none"> Hear a sound of power being generated - maintain flow, no loss of speed Balanced, quick, rhythmic turns / Curvature of lobes distinct Accomplished technique w/o visible effort <p><i>Intro steps opt. (R or L start) sequence of: 3 power pulls BO-BI-BO, CE, QBI Rk-QFI Rk, 3 power pulls BI-BO-BI, CE, QBO Rk-QFO Rk (repeat full ice diagonal 3-4 seq.). Repeat other foot on opposite diagonal (end steps optional).</i></p>						
	<p>4. Choctaw Sequence edge quality, power</p> <ul style="list-style-type: none"> Clean, quiet Cho on correct edges, even rhythm, no loss of speed - full ice diagonal Accomplished control, undisturbed upper body carriage Ease of performance w/o visible effort <p><i>Intro steps opt. (R or L start) 2 consecutive sets: BO wide clCho, FI wide opCho. BO XF (alt. ft. repeat full ice diagonal). Repeat on other foot, opposite diagonal (end pattern opt.).</i></p>						
	<p>5. Backward Loop Pattern edge quality, continuous flow</p> <ul style="list-style-type: none"> Consistent loop action w/ CE entry and exit / Bilateral symmetry Sense of organization in repetition: knee, upper body, free leg Rhythmic edges w/ continuous flow & axis / Lobes similar in size <p><i>Standing start (R or L FO3): 3 BI rolls, CE, BO loop, CE (alt. ft. 4 sets) Standing start (R or L FI3): 3 BO XS, CE, BI loop, CE (alt. ft. 4 sets)</i></p>						
	<p>6. Straight Line Step Sequence edge quality, continuous flow</p> <ul style="list-style-type: none"> Accomplished execution of all turns / Bilateral equality Mature maintenance of speed through rhythmic movement Strong use of knee & ankle / Control of upper body throughout <p><i>Standing start (R or L) 2 opS: FO Rk, XF, BI Rk-FI Ctr, BO Tw 2, FO, FI Ch, FO-swCtr, XF BI 3 toe steps, XF BI, FI, FI Tw 1½, edge pull, CE, BI dbl 3, push to BI Rk-FI Rk, push to BI loop (sequence repeated on other foot).</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 gold test judges certified to judge skating skills	N/A