

SKATING SKILLS JUDGING FORM

ADULT NOVICE 21+ (21NVSS)

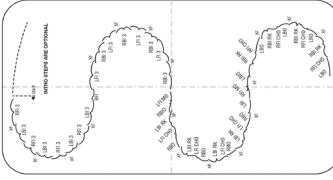
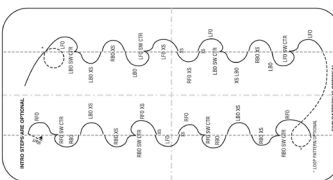
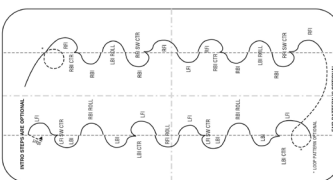
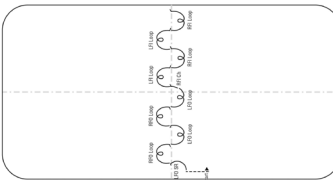
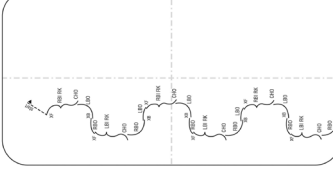
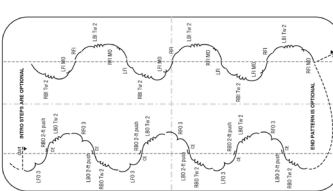


Candidate's Name _____ Member # _____

Candidate's Club _____

Host Club _____ Date _____

Expectations for adult 21+ candidates align with the pre-silver skating skills test. Strong, true edges, smooth turns, correct posture and effortless flow are expected of the candidate (rules 5034 and 5105).

PATTERNS	ELEMENTS TEST STANDARDS / EXPECTATIONS					MARK (-3 to +3)
	<p>1. Inside Three-Turns / Rocker Choctaws <i>power, quickness</i></p> <ul style="list-style-type: none"> Maintain or increase power throughout / Full ice coverage Balanced, quick & quiet turns, neat footwork, precise rhythm (no toe push) Correct carriage, good posture / Bilateral equality <p><i>Intro steps opt. (CCW or CW start) 4 semi-circles down long axis. 1st 2 lobes: FI & BI 3- turns, 2nd half: Rk-Cho sequences (4-5 sets of ea. turn/lobe recommended). Transitions: BI-3, FI, FI-3; BI-3 to FI Mo-CE-BO XF; FI Mo-CE-BO XF.</i></p>					
	<p>2. Forward & Backward Outside Counters <i>edge quality, power</i></p> <ul style="list-style-type: none"> Stable arc before and after turns w/ counter body action Rhythm and power reflected in flowing deep edges Common axis / Very good posture <p><i>Intro steps opt. (R or L start) FO swCtr, 2 B Free Skate XS, BO swCtr, 2 F Free Skate XS (2 sets, complete loop and end pattern optional). Repeat other foot 2nd length.</i></p>					
	<p>3. Forward & Backward Inside Counters <i>edge quality, power</i></p> <ul style="list-style-type: none"> Stable arc before and after turns w/ counter body action Rhythm and power reflected in flowing deep edges Common axis / Very good posture <p><i>Intro steps opt. (R or L start) FI swCtr, 2 BI rolls, BI Ctr, 2 FI rolls (2 sets, complete loop and end pattern optional). Repeat other foot 2nd length.</i></p>					
	<p>4. Forward Loops <i>edge quality, continuous flow</i></p> <ul style="list-style-type: none"> Loop placed at top of lobe / Bilateral symmetry Sense of organization in repetition: knee, upper body, free leg Maintain controlled rhythmic loop action, continuous flow throughout <p><i>Standing start (R or L) FO SR, FO loop alt. ft. for 4 sets. FI-Ch, FI loop alt. ft. for 4 sets (may be skated across the short or long axis).</i></p>					
	<p>5. Backward Rocker Choctaw Sequence <i>edge quality, extension, power</i></p> <ul style="list-style-type: none"> Closed choctaws on precise controlled edges Sustained extension of all body lines on deep BO Maintain strong power and flow throughout <p><i>Intro steps opt. (R or L start) BI Rk-Cho, deep BO edge (6-8 consecutive 1/2 circles, alternate foot).</i></p>					
	<p>6. Backward Twizzles <i>turn execution, continuous flow</i></p> <ul style="list-style-type: none"> Effortless execution of Tw (traveling turns w/ uninterrupted turn action, not checked 3-turns) Correct, controlled entry/exit edges w/ extension on Tw exits Maintain: continuous flow, axis, lobe, body control / Full ice <p><i>Intro steps opt. (R or L start) FO 3-turn CE 2-ft push BO Tw 2, rpt. other ft. 3 sets 1st length (end pattern opt.). (R or L start) FI Mo - BI Tw 2, FI, rpt. other ft. 3 sets 2nd length.</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	<p>Three-Judge Panel (test result determined by majority)</p>	<p>Single-Judge Panel</p>
	<p>Three silver or higher rank test judges certified to judge skating skills</p>	<p>N/A</p>