

SKATING SKILLS JUDGING FORM STANDARD PRE-BRONZE (PBSS)



Candidate's Name _____ Member # _____

Candidate's Club _____

Host Club _____ Date _____

The fundamentals of ice skating must be demonstrated, although not necessarily mastered. Good edges, flow, power, extension and posture are required and must be strongly emphasized (rule 5103).

PATTERNS	ELEMENTS TEST STANDARDS / EXPECTATIONS					MARK (-3 to +3)
	<p>1. Fwd & Bkwd Perimeter Power Stroking <i>power, F: extension, B: edge quality</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. FO-BI Three-Turns in the Field <i>edge quality</i></p> <ul style="list-style-type: none"> Proper edge the moment the foot takes the ice Controlled flowing edges (no major sub curves) Control in/out of 3-turns / Common axis maintained <p><i>Intro steps opt. (R or L start) FO 3-turns alt. to BI 3-turns the length of ice surface (# of sets depends on size of ice & strength of skater). End seq. opt. 2nd length on other foot.</i></p>					
	<p>3. FI-BO Three-Turns in the Field <i>edge quality</i></p> <ul style="list-style-type: none"> Proper edge the moment the foot takes the ice Controlled flowing edges (no major sub curves) Control in/out of 3-turns / Common axis maintained <p><i>Intro steps opt. (R or L start) FI 3-turns alt. to BO 3-turns the length of ice surface (# of sets depends on size of ice & strength of skater). End seq. opt. 2nd length on other foot.</i></p>					
	<p>4. Forward & Backward Power Change of Edge Pulls <i>power</i></p> <ul style="list-style-type: none"> Rhythmic knee action / Maintaining or increasing speed Hear a sound of power being generated Controlled upper body & free leg <p><i>Intro steps opt. (R or L start) consecutive power CE pulls FIO to FOI, full length of ice surface (chg. feet center ice, end seq. opt.). 2nd full length: B CE pulls BOI to BIO.</i></p>					
	<p>5. Backward Circle Eight <i>edge quality and continuous flow</i></p> <ul style="list-style-type: none"> Round circles, similar in size / Proper push Body control during position changes (sense of organization in repetition) <p><i>Standing start (R or L) may mark center, push onto a BO edge, one BO figure 8. Upon return to center at completion of 2nd circle, one BI figure 8 by pushing onto BI, repeating previously skated circle. Circles should be equal in size & approx. 3x skater's height..</i></p>					
	<p>6. 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 -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 bronze or higher rank test judges certified to judge skating skills</p>	<p>N/A</p>