

SKATING SKILLS JUDGING FORM STANDARD PRE-GOLD (PGSS)



Candidate's Name _____ Member # _____

Candidate's Club _____

Host Club _____ Date _____

The candidate must give a performance that is generally very good in all respects. Focus should be on power, flow, edge quality, line, and footwork control (rule 5107).

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.)

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