

SKATING SKILLS JUDGING FORM STANDARD PRELIMINARY (PRSS)



Candidate's Name _____ Member # _____

Candidate's Club _____

Host Club _____ Date _____

The purpose of this test is to continue the encouragement of beginning skaters to learn the fundamentals of ice skating. The candidate must show knowledge of the steps and a good sense of power (speed and flow). Attention should be given to depth of edges and proper curvature of lobes (rule 5102).

| PATTERNS | ELEMENTS TEST STANDARDS / EXPECTATIONS | | | | | | MARK (-3 to +3) |
|---|---|-----------------------------------|--------------------------------|------------------------------------|--|--------------|--------------------|
| | <p>1. Forward & Backward Crossovers power</p> <ul style="list-style-type: none"> • Ability to increase power - correct blade use through the push • Stroked not stepped - starting to see knee bend & rise • Good posture / Transition is important <p><i>Intro steps opt. (CCW or CW start). F Xovers in a figure 8 pattern, transition between F circles on one ft. (4-6 Xovers per circle recommended). F to B circle transition: SR, CE, opMo followed by B Xovers in a figure 8 pattern (4-6 B Xovers per circle).</i></p> | | | | | | |
| | <p>2. Consecutive Outside & Inside Spirals extension, edge quality</p> <ul style="list-style-type: none"> • Controlled extension (hip level or higher) held for majority of arc • Control after spirals, stepping on an axis (short 2-ft. transition) • Some evidence of the development of good form <p><i>Intro steps opt. (R or L start) FO spirals first length of ice surface, opt. fwd Xovers around end, FI spirals second length, (min. of 4 spirals ea. length) extended leg should be at hip level or higher (# of spirals depends on size of ice & strength of skater).</i></p> | | | | | | |
| | <p>3. Forward Power Three-Turns power</p> <ul style="list-style-type: none"> • Basic flow & power, weight shift push on transitions - power from BI edge • Correct edges - after 3-turn stepping on a BI edge • Well formed lobes - ability to maintain axis <p><i>Intro step opt. (R or L start) FO 3 to a balance position followed by a B Xover (3-6 sets depending on size of ice & strength of skater) opt. B Xovers around end, second length of ice surface repeat on other foot.</i></p> | | | | | | |
| | <p>4. Alternating Forward Three-Turns edge quality</p> <ul style="list-style-type: none"> • Push-off to new lobe close to perpendicular to axis • 3-turns placed at top of lobes / Control: 3-turn exits & transitions • Controlled, correct edges / lobes similar in size <p><i>Standing start (R or L) alt. FO 3-turns for width of ice surface, followed by FI 3-turns for second width of ice surface (# of 3-turns depends on size of ice & strength of skater).</i></p> | | | | | | |
| | <p>5. Forward Circle Eight edge quality, continuous flow</p> <ul style="list-style-type: none"> • Round circles, similar in size / Edge push • Body control during position changes (sense of organization in repetition) <p><i>Standing start (R or L) may mark center, pushing onto a FO edge, one FO figure 8. Upon returning to center at completion of 2nd circle, a FI figure 8 by pushing onto FI, repeating previously skated circle. Circles should be equal in size & approx. 3x skater's height.</i></p> | | | | | | |
| | <p>6. Alternating Bkwd Crossovers to Bkwd Outside Edges power, extension</p> <ul style="list-style-type: none"> • Good speed, posture & ice coverage (ability to accelerate) • Control during sustained extensions / Equal lobes • Some evidence of development of good form <p><i>Intro steps opt. alt. B Xovers to BO edges in consecutive 1/2 circles for one length of 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 | Three-Judge Panel (test result determined by majority) | Single-Judge Panel |
|------------------------|--|---|
| | <p>Three bronze or higher rank test judges certified to judge skating skills</p> | <p>One silver or higher rank test judge certified to judge skating skills</p> |