

# SKATING SKILLS JUDGING FORM

## ADULT SENIOR 21+ (21SRSS)

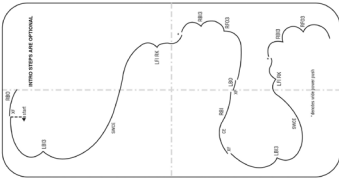
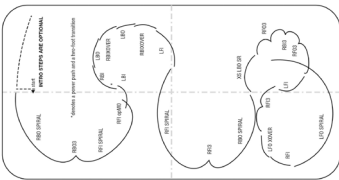
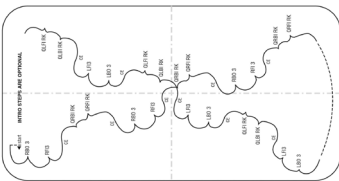
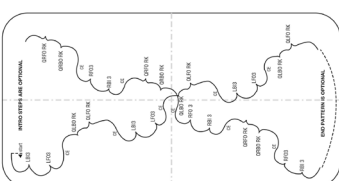
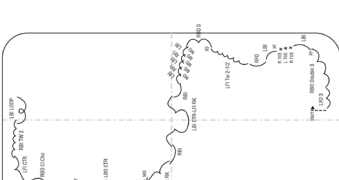


Candidate's Name \_\_\_\_\_ Member # \_\_\_\_\_

Candidate's Club \_\_\_\_\_

Host Club \_\_\_\_\_ Date \_\_\_\_\_

Expectations for adult 21+ candidates align with the pre-gold skating skills test. 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 (rules 5034 and 5107).

PATTERNS	ELEMENTS TEST STANDARDS / EXPECTATIONS					MARK (-3 to +3)
	<p><b>1. Sustained Edge Step</b> <span style="float: right;">edge quality, power</span></p> <ul style="list-style-type: none"> <li>• Mastery of edges w/ depth of lobe, acuteness of arc &amp; body lean / Rk (not 3-turn)</li> <li>• Bilateral power - subtle use of knees / Full ice coverage</li> <li>• Full mastery of all body positions - maximum stretch of body lines</li> <li>• Refined flow, presentation and performance skills</li> </ul> <p><i>Intro steps opt. (R or L start), powerfully perform: BI 3, sustained sw CE, FI Rk, wide power push to BI dbl 3, B Xover, CE, XF, repeat to cover full ice (repeat in opposite direction).</i></p>					
	<p><b>2. Spiral Sequence</b> <span style="float: right;">extension, edge quality</span></p> <ul style="list-style-type: none"> <li>• Excellence of all body lines / Sustained free leg position clearly above hip level</li> <li>• Mastery of edge control w/ bold lobes and full ice coverage</li> <li>• Refined presentation, effortless flow w/ confident edges throughout</li> </ul> <p><i>Intro steps opt. (R or L start), series of spirals: BO spiral-BO 3 (BO 3 parallel to long barrier) FI spiral-FI opMo, wide power-push 2ft. trans., 2 B Xovers, FI, FI spiral-FI 3-BO spiral, B XS, BO SR, FO triple 3 FI, FI 3, F Xover, FO spiral (spirals should be sustained w/ extended free leg). Pattern repeated in opposite direction.</i></p>					
	<p><b>3. BO Power Dbl 3-Turns to Power Dbl Inside Rockers</b> <span style="float: right;">power, quickness</span></p> <ul style="list-style-type: none"> <li>• Balanced, quick &amp; clear foot speed - uninterrupted rhythm (Rk's quicker than 3's)</li> <li>• Mastery of the generation of speed at a refined pace</li> <li>• Must maintain a diagonal axis / Equal depth of lobes</li> <li>• Refined presentation &amp; performance skills / Effortless</li> </ul> <p><i>Intro steps opt. (R or L start) BO power dbl 3, power pull CE QBI Rk-QFI Rk-power pull CE. Sequence repeated consecutively full ice-diagonal. (Repeat other foot, opposite diagonal, end pattern opt.)</i></p>					
	<p><b>4. BI Power Dbl 3-Turns to Power Dbl Outside Rockers</b> <span style="float: right;">power, quickness</span></p> <ul style="list-style-type: none"> <li>• Balanced, quick &amp; clear foot speed - uninterrupted rhythm (Rk's quicker than 3's)</li> <li>• Mastery of the generation of speed at a refined pace</li> <li>• Must maintain a diagonal axis / Equal depth of lobes</li> <li>• Refined presentation &amp; performance skills / Effortless</li> </ul> <p><i>Intro steps opt. (R or L start) BI power dbl 3, power pull CE QBO Rk-QFO Rk-power pull CE. Sequence repeated consecutively full ice-diagonal. (Repeat other foot, opposite diagonal, end pattern opt.)</i></p>					
	<p><b>5. Serpentine Step Sequence</b> <span style="float: right;">edge quality, continuous flow</span></p> <ul style="list-style-type: none"> <li>• Mastery of each element / clean execution of all turns</li> <li>• Maintain serpentine pattern, full ice, deep edges, tight lobes</li> <li>• Refined performance &amp; strong body positions</li> <li>• Effortless execution &amp; presentation</li> </ul> <p><i>Intro steps opt. (R or L start) FO 3, BO dbl 3, XF BI, 3 toe steps XF BI, FO, FI Tw 2½ to BO XS, BO 3, 5 quick consecutive FI &amp; BI Mo, quick BI, BI Ctr to FI Rk, BI, step wide to BI Rk, FI Mo, BI Br seq. (simultaneously XB rev. arm position), FI Bk-BO Ctr, FO XR, XB, FI OpCho, BO CCho, FI Ctr, BI Tw 2, BI loop. (Optional steps to repeat opposite direction w/o stopping.)</i></p>					
<p>Only one element may be reskated at the end of the test, if necessary.</p>	Circle Test Result	Retry -15 to -1	Pass 0 to +5	Honors +6 to +10	Distinction +11 to +15	Total

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