

SKATING SKILLS JUDGING FORM

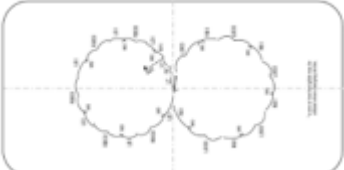
LEVEL 2



Candidate's Name _____ Member # _____
 Candidate's Club / Province _____
 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 emphasised.

PATTERNS	ELEMENTS TEST STANDARDS / EXPECTATIONS	MARK (-3 to +3)
	<p>1. 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>2. 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>3. 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>4. 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 with a nicely extended free leg • Mohawks should be placed at approx. the 1/3 point on the lobe 	
	<p>5. Stroking: Forward Power Circle <i>power</i></p> <ul style="list-style-type: none"> • Increasing acceleration (not slow, then fast) / No toe pushing • Angle of the body becomes more acute as the move progresses • Circle size increases as skater accelerates 	

	6. Backward Power Three-Turns <i>power</i> <ul style="list-style-type: none"> • Sense of organisation in repetition: even timing, equal length in/out of turns • An increase of power with each turn • Control throughout • Circles equal in size (not small) / Bilateral equality 						
Only two elements may be reskated at the end of the test, if necessary.	Circle Test Result	Retry -18 to -1	Pass 0 to +6	Honours +7 to +12	Distinction +13 to +18	Total	

Mandatory Deductions (if any):

Exceeding the seven introductory steps	
Not starting from a standing, stationary position when required	
Incorrect execution of a second fresh start	

The test result will be determined by the consideration of the composite of each element in relation to the whole.

If the result is a "Retry", please mark with "X" in the table below:

	Element	Pass	Retry	Bank
1	FO-BI Three-Turns in the Field			
2	FI-BO Three-Turns in the Field			
3	Forward & Backward Power Change of Edge Pulls			
4	Five-Step Mohawk Sequence			
5	Stroking: Forward Power Circle			
6	Backward Power Three-Turns			

Judge's Name _____

Signature _____