

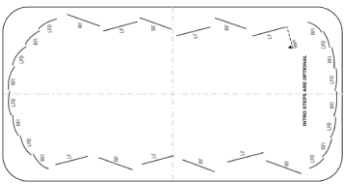
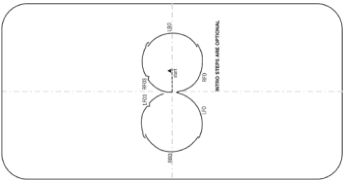
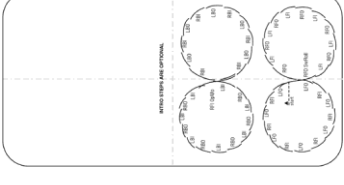
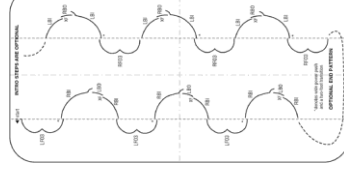
SKATING SKILLS JUDGING FORM

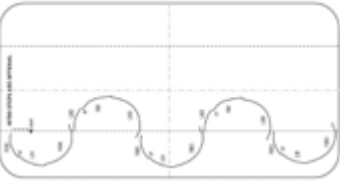
LEVEL 1



Candidate's Name _____ Member # _____
 Candidate's Club / Province _____
 Host Club _____ Date _____

The purpose of this test is to encourage beginning skaters to learn the fundamentals of ice skating. No great deal of technical ability, carriage or flow is expected. The candidate must show knowledge of the steps, fairly good edges and some evidence of good form.

PATTERNS	ELEMENTS TEST STANDARDS / EXPECTATIONS
	1. Forward Perimeter Stroking <i>power, extension</i> • Stroking (shallow edges with some flats OK) • Sustained glide with extension of free leg • Some evidence of good posture • Skater balanced over the skating foot
	2. Forward Right & Left Foot Spirals <i>extension</i> • Extended leg held (approx. 3 sec.) at hip level or higher • Back arched and good form • Steadiness - no pronounced lapses in balance
	3. Waltz Eight <i>edge quality</i> • Some control of positions & edges. • Control after 3-turns • Awareness of rhythmic motion (waltz timing) - circle approx. cut into thirds
	4. Forward & Backward Crossovers <i>power</i> • Ability to increase power - correct blade use through the push • Stroked not stepped - starting to see knee bend & rise • Good posture / Transition is important
	5. Forward Power Three-Turns <i>power</i> • 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

	6. Alternating Bkwd Crossovers to Bkwd Outside Edges <i>power, extension</i> • Good speed, posture & ice coverage (ability to accelerate) • Control during sustained extensions / Equal lobes • Some evidence of development of good form			
Only two elements may be reskated at the end of the test, if necessary.	Circle Test Result	Retry	Pass	Honours

The entire test will be marked on a “pass,” “pass with honours,” or “retry” basis only, and individual marks will not be awarded. The “pass,” “pass with honours” or “retry” will be arrived at by 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	Forward Perimeter Stroking			
2	Forward Right & Left Foot Spirals			
3	Waltz Eight			
4	Forward & Backward Crossovers			
5	Forward Power Three-Turns			
6	Alternating Bkwd Crossovers to Bkwd Outside Edges			

Judge’s Name _____

Signature _____