

SKATING SKILLS JUDGING FORM

LEVEL 3



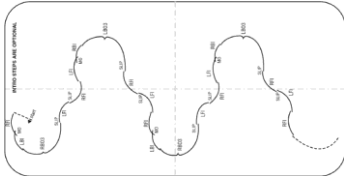
Candidate's Name _____ Member # _____

Candidate's Club _____

Host Club _____ Date _____

Strong, true edges, smooth turns, correct posture and effortless flow are expected of the candidate.

PATTERNS	ELEMENTS TEST STANDARDS / EXPECTATIONS	MARK (-3 to +3)
	1. Backward Double Three-Turns <i>edge quality, extension</i> - Control throughout, no major sub-curves - Back 3-turn at top of lobe, forward at 2/3 of lobe - Gliding edge between turns with nicely extended free leg - Flow maintained, full ice coverage with depth of pattern	
	2. Spiral Sequence <i>extension, edge quality</i> - Edge control & flow in accordance with pattern - Free leg must be hip level or higher during spirals - Awareness of extension of all body lines - Full ice coverage	
	3. Brackets in the Field Sequence <i>edge quality</i> - Proper edge at strike-off perpendicular to axis, even lobes - Controlled brackets (not jumped) in/out on proper edge (no major sub curves) - Maintain control of body alignment with sense of organisation in repetition	
	4. Forward Twizzles <i>turn execution, continuous flow</i> - Traveling turns with uninterrupted turn action (not checked 3-turns), correct entry/exit edges - Continuous flow (no toe pushing) - Strong core and body alignment - Control throughout	

	5. Inside Slide Chassé Pattern edge quality, extension • Hear a sound of power being generated during slide chassés • Good posture & body alignment / Control after BO 3 • Body lean over deep curving edges, good sized lobes • Even cadence and flow						
Only two elements may be reskated at the end of the test, if necessary.	Circle Test Result	Retry -15 to -1	Pass 0 to +5	Honors +6 to +10	Distinction +11 to +15	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	Backward Double Three-Turns			
2	Spiral Sequence			
3	Brackets in the Field Sequence			
4	Forward Twizzles			
5	Inside Slide Chassé Pattern			

Judge’s Name _____ Signature _____