

SKATING SKILLS JUDGING FORM

LEVEL 4

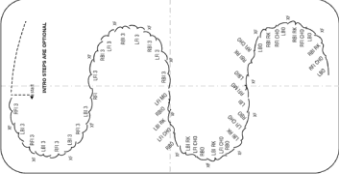
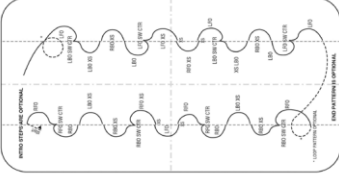
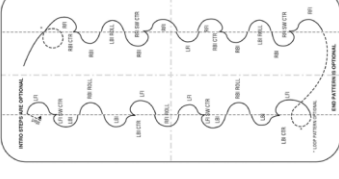
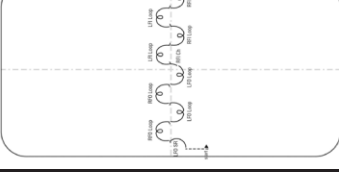
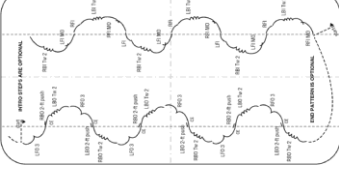


Candidate's Name _____ Member # _____

Candidate's Club / Province _____

Host Club _____ Date _____

The candidate must give a performance that is generally good. The preciseness of the footwork should be nearly faultless, the body motion well timed, and the flow and power very good. No major consistent errors should be evident.

PATTERNS	ELEMENTS TEST STANDARDS / EXPECTATIONS	MARK (-3 to +3)
	1. Inside Three-Turns / Rocker Choctaws <i>power, quickness</i> • Maintain or increase power throughout / Full ice coverage • Balanced, quick & quiet turns, neat footwork, precise rhythm (no toe pushing) • Correct carriage, good posture / Bilateral equality	
	2. Forward & Backward Outside Counters <i>edge quality, power</i> • Stable arc before and after turns with counter body action • Rhythm and power reflected in flowing deep edges • Common axis / Very good posture	
	3. Forward & Backward Inside Counters <i>edge quality, power</i> • Stable arc before and after turns with counter body action • Rhythm and power reflected in flowing deep edges • Common axis / Very good posture	
	4. Forward Loops <i>edge quality, continuous flow</i> • Loop placed at top of lobe / Bilateral symmetry • Sense of organisation in repetition: knee, upper body, free leg • Maintain controlled rhythmic loop action, continuous flow throughout	
	5. Backward Rocker Choctaw Sequence <i>edge quality, extension, power</i> • Closed choctaws on precise controlled edges • Sustained extension of all body lines on deep BO • Maintain strong power and flow throughout	
	6. Backward Twizzles <i>turn execution, continuous flow</i> • Effortless execution of Tw (traveling turns with uninterrupted turn action, not checked 3-turns) • Correct, controlled entry/exit edges with extension on Tw exits • Maintain: continuous flow, axis, lobe, body control / Full ice	

Two elements may be reskated at the end of the test, if necessary.	Circle Test Result	Retry -18 to -1	Pass 0 to +6	Honors +7 to +12	Distinction +13 to +18	Total	
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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	Inside Three-Turns / Rocker Choctaws			
2	Forward & Backward Outside Counters			
3	Forward & Backward Inside Counters			
4	Forward Loops			
5	Backward Rocker Choctaw Sequence			
6	Backward Twizzles			

Judge's Name _____

Signature _____