

SKATING SKILLS JUDGING FORM

LEVEL 5

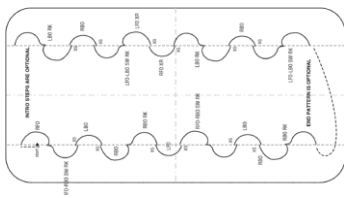
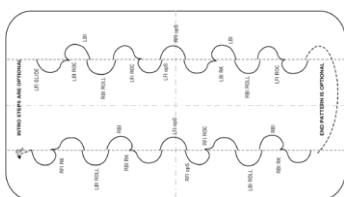
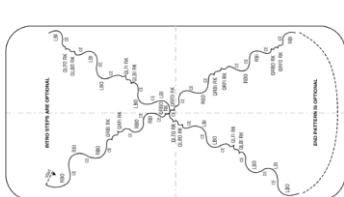
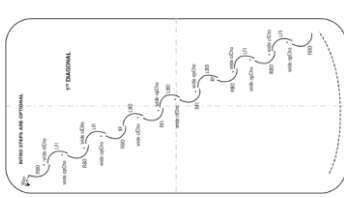
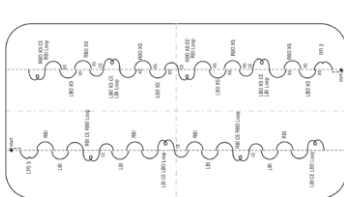
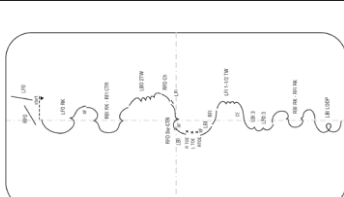


Candidate's Name _____ Member # _____

Candidate's Club / Province _____

Host Club _____ Date _____

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.

PATTERNS	ELEMENTS TEST STANDARDS / EXPECTATIONS		MARK (-3 to +3)				
	1. Forward & Backward Outside Rockers edge quality, power - Balanced, sure edges before and after turns (on axis) / Rocker body action - Excellent rhythm and upper body carriage / Bilateral equality - Power reflected in flowing deep edges						
	2. Forward & Backward Inside Rockers edge quality, power - Balanced, sure edges before and after turns (on axis) / Rocker body action - Excellent rhythm and upper body carriage / Bilateral equality - Power reflected in flowing deep edges						
	3. Power Pulls power, quickness - Hear a sound of power being generated - maintain flow, no loss of speed - Balanced, quick, rhythmic turns / Curvature of lobes distinct - Accomplished technique without visible effort						
	4. Choctaw Sequence edge quality, power - Clean, quiet Choctaws on correct edges, even rhythm, no loss of speed - full ice diagonal - Accomplished control, undisturbed upper body carriage - Ease of performance without visible effort						
	5. Backward Loop Pattern edge quality, continuous flow - Consistent loop action with change of edge entry and exit / Bilateral symmetry - Sense of organisation in repetition: knee, upper body, free leg - Rhythmic edges with continuous flow & axis / Lobes similar in size						
	6. Straight Line Step Sequence edge quality, continuous flow - Accomplished execution of all turns / Bilateral equality - Mature maintenance of speed through rhythmic movement - Strong use of knee & ankle / Control of upper body throughout						
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	Honors +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	Forward & Backward Outside Rockers			
2	Forward & Backward Inside Rockers			
3	Power Pulls			
4	Choctaw Sequence			
5	Backward Loop Pattern			
6	Straight Line Step Sequence			

Judge's Name _____

Signature _____