

GOLD FREE SKATING TEST EVALUATION SHEET



Day	Month	Year
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HOME CLUB COPY

Club Holding Test _____
 Candidate _____
 Home Club of Candidate _____
 Signature of Evaluator _____

Coach _____
 Evaluator _____

PART 1: ELEMENTS	
Pass <input type="checkbox"/>	Retry <input type="checkbox"/>

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E = EXCELLENT	G = GOOD	S = SATISFACTORY	NI = NEEDS IMPROVEMENT
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PART 1: COMPULSORY ELEMENTS IN ISOLATION (14) A maximum of four elements can be reskated if necessary.

CANDIDATE'S COPY

		E	G	S	NI	COMMENTS
Stroking <small>(draw for direction)</small>	*Forward Russian with forward inside 3 turns on end					
	*Forward Russian with hip twist sequence on end					
	*Forward Russian with backward outside 3 turns/mohawk sequence on end					
Jumps	Axel					
	Double Toe Loop					
	Double Salchow					
	Double Loop					
	Double Flip					
	Double Lutz or Double Axel					
Jump Sequence	3 or more jumps (two doubles)					
Jump Combination	2 doubles					
Spins <small>(min. 5 rotations)</small>	Layback or Sideways Leaning Spin or Upright Variation					
	Combination - 3 positions <small>(min. 5 rotations on each foot) (min. 2 rotations in each position)</small> min. 1 change of foot					
	Flying Sit Spin (optional foot of landing - 5 rotations)					
Field Movements	a sequence of moves utilizing full ice surface					
Step/Spiral Sequence	one (optional pattern)					

*Passing Requirement: 12/14 Elements including *Stroking Exercises must be Satisfactory or better*

Total	/14
RESULT	

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PART 2: PROGRAM	
Pass <input type="checkbox"/>	Retry <input type="checkbox"/>

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PART 2: PROGRAM (3:00 to 4:00 minutes ± 10 seconds)

Technical Criteria		E (+)	G (0)	S (-1)	NI (-2/-3)	COMMENTS
JUMPS Women: Maximum of six jump elements. Men: Maximum of seven jump elements. Must include at least one Axel type jump (waltz or Axel) and four different double jumps. Max. three combinations or sequences. Jump combinations may contain no more than two jumps. No jump included more than twice and if a jump is repeated it must be in combination or sequence. *Note: one additional jump element may be included if it is an attempted 2A or triple. Such attempt will not negatively impact the outcome of the test.	1.					
	2.					
	3.					
	4.					
	5.					
	6.					
	7. (men only)					
	Attempted 2A or triple					
SPINS Maximum of three spins. One combination spin, change of foot mandatory (min. six revs/foot and min. two revs/position) One flying spin in one position with no change of foot (min. six revs in basic position) One spin of any nature (min six revs total)	1.					
	2.					
	3.					
STEP/ SPIRAL SEQUENCE						

Mandatory Pass Element: The program must include at least four different double jumps evaluated at Satisfactory or better†	<input type="checkbox"/> YES <input type="checkbox"/> NO
Passing Requirement: 8/10 (women) or 9/11 (men) criteria must be Satisfactory or better including: *5 jump criteria (women) / 6 jump criteria (men) *2 spin criteria	/10 (women) /11 (men) <input type="checkbox"/> YES <input type="checkbox"/> NO

Program Component Criteria	E 3.25 +	G 3.00 +	S 2.75 +	NI < 2.75	COMMENTS
*Skating Skills					
Transitions					
*Performance/ Execution					
Choreography					
Interpretation					

Passing Requirement: 4/5 criteria must be Satisfactory or better including: *Skating Skills and *Performance/ Execution	/5 <input type="checkbox"/> YES <input type="checkbox"/> NO
FINAL TEST RESULT: 12/15 (women) or 13/16 (men) criteria must be Satisfactory or better and all three passing requirements must be successfully attained to pass the test	/15 (women) /16 (men) <input type="checkbox"/> PASS <input type="checkbox"/> RETRY

† Note – a double jump executed (with no more than ¼ rotation lacking) as the first jump in a combination or sequence with errors on the second jump will count as meeting the requirement of the double jump evaluated at satisfactory or better regardless of the evaluation of the element

CANDIDATE'S COPY