

SENIOR SILVER 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.

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					
	Two of: Double Loop Double Flip Double Lutz					
Jump Sequence	3 or more jumps (two doubles)					
Jump Combination	2 double jumps					
Spins <small>(min. 5 rotations) (min. 2 rotations in each position)</small>	Camel Change Camel					
	Flying Camel/Back Sit					
	<small>(min. 5 rotations on each foot) (min. 2 rotations in each position)</small> Combination - 3 positions; 1 change of foot					
Field Movements	a sequence of three moves chosen by candidate					
Step/Spiral Sequence	(Straight line, circular, serpentine or spiral)					

*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 or 3:30 minutes ± 10 seconds)

Technical Criteria		E (+)	G (0)	S (-1)	NI (-2/-3)	COMMENTS
JUMPS Maximum of six jump elements. Must include at least one Axel type jump (waltz or Axel) and three 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.	1.					
	2.					
	3.					
	4.					
	5.					
	6.					
SPINS Maximum of three spins. One combination spin, change of foot mandatory (min. five revs/foot and min two revs/position) One flying spin in one position with no change of foot (min. five 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 three different double jumps evaluated at Satisfactory or better†	/10	<input type="checkbox"/> YES <input type="checkbox"/> NO
Passing Requirement: 8/10 criteria must be Satisfactory or better including: *5 jump criteria *2 spin criteria	/10	<input type="checkbox"/> YES <input type="checkbox"/> NO

Program Component Criteria	E 3.00 +	G 2.75 +	S 2.50 +	NI < 2.50	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 criteria must be Satisfactory or better and all three passing requirements must be successfully attained to pass the test	/15	<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