

JUNIOR BRONZE FREE SKATING TEST EVALUATION SHEET



SKATECANADA

Day	Month	Year			

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>	*FO Edges/Crosscuts at Ends					
	*FI Edges/Crosscuts at Ends					
	*BO Edges/Crosscuts at Ends					
	*BI Edges/Crosscuts at Ends					
Jumps	Flip					
	Lutz					
	Axel or Walley					
	Split Jump					
Jump Combination	Salchow/Toe Loop					
	Loop/Loop					
Spins <small>(min. 3 rotations)</small>	Back Corkscrew					
	Flying Spin					
<small>(min. 4 rotations in total)</small>	Combination: 2 positions optional change of foot					
Field Movements: Backward spiral (Choice of edge)						

*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 (1:30 or 2:00 minutes ± 10 seconds)

Technical Criteria		E	G	S	NI	COMMENTS
JUMPS Maximum of six jump elements. Must include at least one Axel-type jump (Waltz or Axel). Max. two 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 two spins. Max. one flying spin. One spin of any nature.	1.					
	2.					
STEP/ SPIRAL SEQUENCE						

Passing Requirement: *Program Composition must be Satisfactory or better. In order to achieve a Satisfactory or better all required technical elements must be included (a minimum of 4 different jumps of at least one rotation and a minimum of 2 different spins). The elements do not have to be successfully executed.	/1	<input type="checkbox"/> YES <input type="checkbox"/> NO
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Program Component Criteria	E ≥ 2.00	G ≥ 1.50	S ≥ 1.00	NI < 1.00	COMMENTS
*Skating Skills					
Transitions					
*Performance/ Execution					
Choreography					
Interpretation					

Passing Requirement: 2/5 criteria must be Satisfactory or better including: *Skating Skills and *Performance/ Execution	/5	<input type="checkbox"/> YES <input type="checkbox"/> NO
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FINAL TEST RESULT: 3/6 criteria must be Satisfactory or better and both passing requirements must be successfully attained to pass the test	/6	<input type="checkbox"/> PASS <input type="checkbox"/> RETRY
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CANDIDATE'S COPY