

PRELIMINARY 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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Candidate \_\_\_\_\_ Evaluator \_\_\_\_\_

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>(skater chooses direction)</small>	*Forward Straight Strokes, Crosscuts at ends					
	*Backward Straight Strokes, Crosscuts at ends					
Jumps	Bunny Hop					
	Waltz					
	Salchow					
	Flip					
	Loop					
Jump Combination	Toe Loop/Toe Loop					
Spins <small>(min. 2 rotations)</small>	Forward One-Foot Upright (or Corkscrew)					
	Backward One-Foot Upright (or Corkscrew)					
	Sit					
	Camel					
Field Movements	Right Forward Spiral (FO or FI)					
	Left Forward Spiral (FO or FI)					

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

<b>Total</b>	<b>/14</b>
<b>RESULT</b>	

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

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Candidate \_\_\_\_\_ Evaluator \_\_\_\_\_

**PART 2: PROGRAM (1:30 minutes ± 10 seconds)**

Technical Criteria		E	G	S	NI	COMMENTS
<b>JUMPS</b> Maximum of six jump elements. Must include at least one waltz jump. 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.					
<b>SPINS</b> Maximum of two spins. One must be in one position, not in combination, no change of foot. Max one combination spin, no change of foot.	1.					
	2.					
<b>STEP/ SPIRAL SEQUENCE</b>						

<b>Passing Requirement:</b> *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 3 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					

<b>Passing Requirement:</b> 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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<b>FINAL TEST RESULT:</b> 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