

SENIOR BRONZE 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>(minimum one complete circuit of the rink for each exercise)</small>	*Russian Stroking (draw for direction)					
	*Forward Crosscut - Outside - Inside Change of Edge					
	*Backward Crosscut - Outside - Inside Change of Edge					
Jumps	Axel					
	Double Salchow					
	Double Toe Loop					
	Split Jump					
Jump Sequence	3 or more jumps at least 2 of one rotation or more					
Jump Combination	single Lutz plus single or double Toe Loop or Loop jump					
Spins <small>(min. 3 rotations)</small> <small>(min. 3 rotations on each foot; min. 2 rotations in each position)</small>	Flying Camel					
	Layback or Sideways Leaning or Camel/Sit					
	Combination - 2 positions - 1 change of foot					
Field Movements	Sequence of 2 moves chosen by the 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 (2:00 or 2:30 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 one double jump. 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. three revs/foot and min. two revs/position) One flying spin (min. three revs in basic position) One spin of any nature (min. four revs total)	1.					
	2.					
	3.					
STEP/ SPIRAL SEQUENCE						

Mandatory Pass Element: The program must include at least one double jump evaluated at Satisfactory or better†	<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 ≥ 2.25	G ≥ 2.00	S ≥ 1.50	NI < 1.50	COMMENTS
*Skating Skills					
Transitions					
*Performance/ Execution					
Choreography					
Interpretation					

Passing Requirement: 3/5 criteria must be Satisfactory or better including: *Skating Skills and *Performance/ Execution	/5	<input type="checkbox"/> YES <input type="checkbox"/> NO
FINAL TEST RESULT: 11/15 criteria must be Satisfactory or better and all three passing requirements must be successfully attained to pass the test	/6	<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