

# FREE SKATE TEST JUDGING FORM

## ADAPTIVE SKATING

### GOLD (SOGF)



Candidate's Name \_\_\_\_\_ Member # \_\_\_\_\_

Candidate's Club \_\_\_\_\_

Host Club \_\_\_\_\_ Date \_\_\_\_\_

An adaptive skating test may be given to any Special Olympics or adaptive skating athlete who is registered with a Special Olympics or adaptive skating program. A Special Olympics or adaptive skating athlete may be assisted during the test by a coach or another athlete from the boards or on the ice. This is an advanced freestyle program. A well-balanced program consists of free skating elements with emphasis placed on spins, spin combinations, advanced jumps, jump combinations and footwork. Requirements are the following eight elements:

REQUIRED ELEMENTS	EXECUTED	COMMENTS
Salchow jump		
Toe loop jump		
Single loop, flip or Lutz jump (choice of skater)		
Combination jump (1S, 1T, 1Lo, 1F or 1Lz with 1T or 1Lo)		
Combination jump with different first jump (1S, 1T, 1Lo, 1F or 1Lz with 1T or 1Lo)		
One-foot solo spin with only one position, no change of foot (CSp, SSp, LSp or USp) (min. 5 revs.)		
One-foot CCoSp with only one change of position and one change of foot (min. 6 revs., min. 3 revs. per foot)		
Straight line step sequence utilizing at least 3/4 of the ice		

<b>Duration: 2:30 +/- 10 seconds</b>  <ul style="list-style-type: none"> <li>• Program should also incorporate moves skills.</li> <li>• The skills may be performed in any order. The skater will be judged on the quality of the performance and the content.</li> <li>• Any number of elements may be reskated at the request of the Judge-In-Charge.</li> </ul>	RESULT	
	PASS	RETRY

The entire test will be marked on a "pass" or "retry" basis only, and individual marks will not be awarded. The "pass" or "retry" will be arrived at by consideration of the composite of each element in relation to the whole.

Judge's Signature \_\_\_\_\_ Name \_\_\_\_\_ Mbr # \_\_\_\_\_

Judging Panel Required	Three-Judge Panel (test result determined by majority)	Single-Judge Panel
	Three bronze or higher rank singles test judges	One bronze or higher rank singles test judge