

FREE SKATE TEST JUDGING FORM

ADAPTIVE SKATING

SILVER (SOSF)



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. A well-balanced program consists of free skating elements with an emphasis on spins, jumps and footwork. Requirements are the following seven elements:

REQUIRED ELEMENTS	EXECUTED	COMMENTS		
Waltz jump				
Salchow jump				
Toe loop jump				
Combination jump (waltz/toe loop)				
One-foot solo spin with only one position, no change of foot (CSp, SSp, LSp or USp) (min. 4 revs.)				
Upright back spin (min. 4 revs., any entry allowed)				
Straight line step sequence utilizing 1/2 of the ice				
Duration: 2:00 +/- 10 seconds <ul style="list-style-type: none"> • Program should also incorporate moves skills such as consecutive backward crossovers (left and right), consecutive forward outside and inside edges, consecutive backward outside and inside edges, forward inside three-turns (left and right), forward inside mohawks and simple footwork (mohawk step sequence, waltz three-step sequence, etc.). • The skills may be performed in any order. The skater will be judged on the quality of the performance and the content. • Any number of elements may be reskated at the request of the Judge-In-Charge. 			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