

SENIOR TECHNICAL PATTERN SKILLS TEST

Candidate:

Venue:

Date:

Number of Judges Required:

Two (2) Singles/Pair or Dance Judges

The following considerations in evaluating the patterns should be used:

| Requirements | Pattern | GOE | Comments/Repeats |
|--|---------|-----|------------------|
| <p>Pattern #1 Backward Outside Power Double Three Turns to Power Double Inside Rocker ___ Mastery of each singular element ___ Clean execution of all turns ___ Must maintain diagonal axis ___ Rockers should be quicker than 3 turns ___ Change of edge executed with deep edges ___ Entire pattern should be effortless ___ Refined performance & strong body positions</p> | | | |
| <p>Pattern #2 Backward Inside Power Double Three Turns to Power Double Outside Rocker ___ Mastery of each singular element ___ Clean execution of all turns ___ Must maintain diagonal axis ___ Rockers should be quicker than 3 turns ___ Change of edge executed with deep edges ___ Entire pattern should be effortless ___ Refined performance & strong body positions</p> | | | |
| <p>Pattern #3 Sustained Edge Step – Right & Left ___ Maximum stretch of body lines ___ Stable and clear positions ___ Bilateral power ___ Clear, controlled, correct Rocker turns ___ Mastery of each singular element ___ Clean execution of all turns ___ Refined performance & strong body positions ___ Full ice coverage ___ Effortless execution and presentation</p> | | | |
| <p>Pattern #4 Part A Serpentine Step Sequence A ___ Mastery of each singular element ___ Clean execution of all turns ___ Maintain serpentine patten ___ Refined performance & strong body positions ___ Full ice coverage ___ Effortless execution & presentation</p> | | | |
| <p>Pattern #4 Part B Serpentine Step Sequence B ___ Mastery of each singular element ___ Clean execution of all turns ___ Maintain serpentine patten ___ Refined performance & strong body positions ___ Full ice coverage ___ Effortless execution & presentation</p> | | | |
| <p>Pattern #5 Choctaw, Twizzle and Rocker Sequence ___ Mastery of each singular element ___ Clean execution of all turns & steps ___ Even timing maintained throughout ___ Excellent edge quality ___ Refined performance/ strong body position ___ Lobes throughout skated on deep edges ___ Full ice coverage ___ Effortless execution & presentation</p> | | | |



Repeats:

In the case of a fall in any one of the patterns, the entire pattern or half of the pattern where the fall occurred may be repeated at the Judges' discretion. A maximum of one entire pattern or two half patterns (from any of the patterns skated) may be repeated once at the judges discretion in order for the skater to obtain the minimum overall GOE of Base Value (0) for the respective individual pattern.

Pass Mark: Each Technical Pattern is evaluated individually.

All patterns must receive a minimum overall GOE of Base Value (0) for the overall test to Pass. Patterns can contain -GOE sections and +GOE sections as long as the final GOE is at least Base Value (0).

Test Result

Pass

Fail

Judge's Name: (please print) _____

State: _____

Judge's Signature: _____

Probationary Judge Assessment:

(Please tick appropriate box)

Poor

Fair

Good

Very Good

Excellent

Test Referee's Signature: _____

SENIOR TECHNICAL PATTERN SKILLS TEST

GENERAL TEST STANDARD and COMMON ERRORS

General Senior Test Standard: Demonstration of a masterful and refined performance, with efficiency of energy, seamless flow, effortless rhythmic movement, and an ability to execute all required movements in a true bilateral fashion with a graceful carriage.

Posture/Carriage Expectations: Skater should demonstrate a mastery of proper carriage and posture integrated seamlessly into all required elements, creating an aura of a Gold Medal presence on the ice. Innovative upper body movements which compliment or enhance the various Senior Technical Pattern Skills, but do not hamper their masterful execution, would be an optional opportunity for personal expression by the skater.

| Common Errors | Turn Diagram | Turn Diagrams/Definitions | Notes |
|---|---|---|-------|
| <p>Pattern #1 Backward Outside Power Double Three Turns to Power Double Inside Rocker <i>X Inability to accelerate and maintain flow and edge quality throughout</i> <i>X Shallow changes of edge</i> <i>X Loss of upper body control</i> <i>X Loss of diagonal axis</i> <i>X Scraping of turns</i></p> | <p>3-TURN</p> | <p>ROCKER</p> <p style="text-align: right; font-size: small;">FIGURE SKATING GALLERY</p> | |
| <p>Pattern #2 Backward Inside Power Double Three Turns to Power Double Outside Rocker <i>X Inability to accelerate and maintain flow and edge quality throughout</i> <i>X Shallow changes of edge</i> <i>X Loss of upper body control</i> <i>X Loss of diagonal axis</i> <i>X Scraping of turns</i></p> | <p>3-TURN</p> <p style="text-align: right; font-size: small;">FIGURE SKATING GALLERY</p> | <p>ROCKER</p> <p style="text-align: right; font-size: small;">FIGURE SKATING GALLERY</p> | |
| <p>Pattern #3 Sustained Edge Step – Right & Left <i>X Inability to maintain flow and edge quality throughout</i> <i>X Incomplete ice coverage</i> <i>X Poor upper body line and extension</i> <i>X Incorrect edges before or after rocker turns (thus doing 3 turns)</i> <i>X Inability to create power</i> <i>X Inability to skate both directions of equal quality</i></p> | <p>3-TURN</p> <p style="text-align: right; font-size: small;">FIGURE SKATING GALLERY</p> | <p>ROCKER</p> <p style="text-align: right; font-size: small;">FIGURE SKATING GALLERY</p> | |
| <p>Pattern #4 Part A/Pattern # 4 Part B Serpentine Step Sequence A and B <i>X Inability to maintain flow and edge quality throughout</i> <i>X Loss of upper body control</i> <i>X Incorrect edges on turns and steps</i> <i>X Twizzles becoming double 3-turns</i> <i>X Inability to skate both directions of equal quality</i></p> | <p>ROCKER</p> <p style="text-align: right; font-size: small;">FIGURE SKATING GALLERY</p> | <p>BRACKET</p> <p style="text-align: right; font-size: small;">FIGURE SKATING GALLERY</p> | |
| <p>Pattern #5 Choctaw, Twizzle and Rocker Sequence <i>X Lack of flow during sequence</i> <i>X Lack of body control during the change of edge</i> <i>X Inability to maintain flow & edge quality throughout</i> <i>X Inability to maintain the diagonal pattern</i> <i>X Loss of upper body control</i> <i>X Incorrect edges on turns and steps</i> <i>X Twizzles becoming double three turns</i> <i>X Inability to skate both directions of equal quality</i></p> | <p>CHOCTAW</p> <p style="text-align: right; font-size: small;">FIGURE SKATING GALLERY</p> | <p>ROCKER</p> <p style="text-align: right; font-size: small;">FIGURE SKATING GALLERY</p> | |