

Component 3		
Name	Skating Skills	
Focus	The technique of skating and movement.	
Definition	The ability of the skater to execute the repertoire of steps, turns and skating movements with blade and body control.	
Criteria	For rulebook	Explanation
1	Variety of edges, steps, turns, movements and directions.	Diversity in the use of edges, steps, turns, body movements, and direction of skating: forwards, backwards, clockwise, counter-clockwise.
2	Clarity of edges, steps, turns, movements and body control	Ability to execute each edge, step, turn, and body movement precisely and completely. Clarity is the quality and the precision of execution. Edges must be precise from the moment the blade touches the ice. Core control facilitates movement regardless of the plane.
3	Balance and Glide.	Ability of the blade to glide on the ice without friction. Equilibrium over the blade resulting in control of the blade and movement and in the easy and smooth movement of the blade on the ice. Predominance of one foot skating, however can be on 2-feet. Speed is maintained because of balance, control, and lack of friction of the blade on the ice. Gliding on long, deep edges is more difficult than short, flat edges.
4	Flow.	Ability of the whole body to move smoothly, harmoniously and effortlessly, starting from a fluid knee-ankle action. Fluid and effortless transition from one movement to another or from a combination of movements to others.
5	Power and speed	The ability to display energy and to get speed when stepping from one foot to the other (dynamic stroking). The ability to display energy of movement, acceleration and deceleration, and the execution of the skating repertoire with speed and ease.

