ELEMENTARY PATTERN SKILLS TEST

Candidate: **Venue:** **Date:**

Number of Judges Required: Two (2), or One (1) National Senior Test or Championship Single/Pair or Dance Judge (By-Law 208.2(b))

The following criteria should be skated at a minimum base (0) level:

Requirements	Pattern	GOE	Comments/Repeats
Pattern #1 Alternating Forward & Backward Three Turns (inside & outside edges) • *Correct entry and entry edges* • *Ability to maintain correct edges* • *Ability to maintain control of body* • *Control into and out of 3-turns* • *Even lobes* • *1 Foot skating throughout* • *Skate a common, continuous axis*			
Pattern #2 Forward & Backward perimeter Power Stroking • *All crossovers of same quality* • *Good ice coverage* • *Solid edge pushing* • *Stepping close to the axis* • *Extension step on an inside edge* • *Correct carriage/Good posture*			
Pattern #3 Alternating Backward Crossovers to Backward Outside Edges • *Good speed and ice coverage* • *Control during extension* • *Good body control and posture* • *Proper use of blade during push* • *Sense of organization in technical repetition*			
Pattern #4 – Power Forward & Backward Cross Strokes • *Need to push off an outside edge* • *Hear ripple of edge* • *Cross strokes, not cross steps* • *Control of body* • *Good carriage*			
Pattern #5 – Forward & Backward Power Change of Edge Pulls • *Hear ripple of edge* • *Rhythmic knee action* • *Maintain or increase speed* • *Clear demonstration of control, flow, and power*			

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 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 Name: (please print) _____   State: _____

Judge Signature _____

Probationary Judge Assessment:
(Please tick appropriate box)

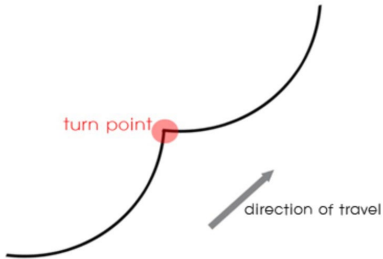| Poor	Fair	Good	Very Good	Excellent
☐	☐	☐	☐	☐

Test Referee Signature: _____

ELEMENTARY PATTERN SKILLS TEST

GENERAL TEST STANDARD and COMMON ERRORS

General Elementary Test Standard: Demonstration of basic understanding of axis and the ability to execute prescribed bilateral movements with balanced proficiency.

Posture/Carriage Expectations: Skater should demonstrate bilateral ability to control upper body while creating power and executing turns and rotational movements.

Common Errors	Turn Diagram	Turn Diagrams/Definitions	Notes
Pattern #1 Alternating Forward & Backward Three Turns (inside & outside edges) ⊗ *Excessive wobbling off of edges* ⊗ *Toe pushing* ⊗ *Early 3-turns* ⊗ *Lack of control after 3 turns* ⊗ *Uneven lobes* ⊗ *Difficulty maintaining flow* ⊗ *2-footed skating*	3-TURN turn point direction of travel		
Pattern #2 Forward & Backward perimeter Power Stroking ⊗ *Incomplete second stroke during crossovers* ⊗ *FI edge lacks power/extension* ⊗ *Backwards – uneven shift of weight on proper edges* ⊗ *Stepping diagonally on axis* ⊗ *Use of toe picks*			
Pattern #3 Alternating Backward Crossovers to Backward Outside Edges ⊗ *Poor flow and extension* ⊗ *Unequal lobes* ⊗ *Poor posture* ⊗ *Inability to extend equally on both legs* ⊗ *Toe pushing*			
Pattern #4 – Power Forward & Backward Cross Strokes ⊗ *Toe pushing* ⊗ *Weak posture* ⊗ *Poor use of knees, sloppy free leg* ⊗ *Inability to create power* ⊗ *Problems stroking from outside edge* ⊗ *Shallow edges* ⊗ *Moving quickly, but not displaying power*			

Common Errors	Turn Diagram	Turn Diagrams/Definitions	Notes
Pattern #5 Forward & Backward Power Change of Edge Pulls ⊗ *Disguising power with intro steps* ⊗ *Shallow edges* ⊗ *Too much upper body movement* ⊗ *Poor posture* ⊗ *Swinging free leg widely* ⊗ *Inability to create power* ⊗ *Incorrect use of skating knee*			