

FREE SKATE TEST JUDGING FORM ADULT GOLD (GFR)



Candidate's Name _____ Member # _____

Candidate's Club _____

Host Club _____ Date _____

Expectations for this test align with the juvenile free skate test. The candidate must skate the selected elements (jumps, spins and connecting steps) on good edges, with good form, continuous flow, strength and preciseness. The candidate must also skate to the music and utilize the ice surface. As specified in rule 6531, the following elements are required:

REQUIRED ELEMENTS		EXECUTED	COMMENTS			
JUMP ELEMENTS (5)	Four different single or allowable** double jumps two of which must be chosen from single Lutz, single Axel, double toe loop or double Salchow*					
	One two-jump or three-jump combination** including two jumps with at least one rotation					
SPINS (3)	Three spins of a different character -Minimum 4 revolutions each spin -If spin has a change of foot: minimum 4 revs. on each foot					
	One step sequence (may include moves in the field and spirals) must be visible and identifiable and use almost the full ice surface					
Duration: 2:40 maximum - For up to every 10 sec in excess: penalty of one point (-1) deduction (rule 6233) - For each illegal element/movement: penalty of one point (-1) deduction (rule 6233) *Required jumps may be performed as solo jumps, or as part of jump combinations or sequences, but no jump element may count for more than one of the jump requirements. **Allowable double jumps are double toe loop and double Salchow. - Extra elements may be added without penalty. - Two different elements may be reskated, if necessary.						
			Elements			
			Skating			
			Program			
			DED			
Circle Test Result	Retry -9 to -1	Pass 0 to +3	Honors +4 to +6	Distinction +7 to +9	Total	

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	N/A