

U.S. FIGURE SKATING MOVES IN THE FIELD JUDGING FORM NOVICE



Circle one: Standard (NM), Adult Candidate (ANM), Masters Candidate (MNM)

The candidate must give a performance that is generally good. The preciseness of the footwork should be nearly faultless, the body motion well timed and the flow and power very good. No major consistent errors should be in evidence.

Candidate's Name _____ Member # _____

Candidate's Club _____

Host Club _____ Date _____

	MARK	COMMENTS
<p>Inside 3-turns / rocker-choctaw sequence</p> <p>Move should be skated across 4 semi-circles down long axis. First 2 lobes - FI & BI 3-turns, 2nd half is rocker/choctaw sequences. 4-5 'sets' of each turn per lobe are recommended. Move begins w/ RFI3-LBI3 sets repeated 4-5 times. After last LBI3 skater should step RFI & begin 2nd lobe with LFI3-RBI3 set & repeat. Transition to rocker/choctaw perform LFI mohawk & change edge to RBO crossing in front. 3rd lobe begins with LBI rocker/LFI closed choctaw set repeated 4-5 times. After last choctaw & cross front, step RFI & perform RFI mohawk & change edge to LBO cross forward. 4th lobe RBI rocker/RFI closed choctaw sets repeated 4-5 times. Move may start on either foot.</p>		Focus: power, quickness
<p>Fwd & Bkwd outside counters</p> <p>Fwd outside counters followed by 2 bkwd free skating cross strokes to bkwd outside counter. Each bkwd counter is followed by 2 fwd free skating cross strokes to forward outside counter. Option of starting first length with either right or left fwd counter. Second length performed with fwd & bkwd outside counters on opposite foot. Intro steps & complete loop optional.</p>		Focus: edge quality, power
<p>Fwd & Bkwd inside counters</p> <p>Fwd inside counters followed by 2 bkwd inside rolls to bkwd inside counter. Each bkwd inside counter is followed by 2 fwd inside rolls to forward inside counter. Option of starting first length with either right or left fwd counter. Second length performed with fwd & bkwd inside counters on opposite foot. Intro steps and complete loop optional.</p>		Focus: edge quality, power
<p>Forward loops</p> <p>May be skated across the short or long axis of rink & begins from standing start. Move begins with skater performing a LFO swing roll to prepare for first RFO loop. Then pushes into LFO loop when returning to axis - repeated twice. After last LFO loop a RFI chasse to prepare for a LFI loop followed by push into RFI loop. These loops are also repeated twice to complete move. Move may start on either foot.</p>		Focus: edge quality, continuous flow
<p>Backward rocker choctaw sequence</p> <p>Skater will perform a backward inside rocker-choctaw followed by a deep backward outside edge. This sequence is performed in 6-8 consecutive half circles on alternating feet.</p>		Focus: edge quality, extension, power
<p>Backward twizzles</p> <p>OUTSIDE: Begins w/ RFO 3-turn, changing edge into RBO double twizzle w/ 2-foot push to assist rotation. Then forward into LFO 3-turn, changing edge into LBO double twizzle completing a 'twizzle set'. INSIDE: Begins w/ RFI mohawk whose exit edge is entry for LBI double twizzle. Then steps on RFI edge into LFI mohawk whose exit edge is entry for RBI double twizzle completing a 'twizzle set'. Each set 3x down length of arena. Move may start on either foot.</p>		Focus: turn execution, continuous flow
Total		Pass Retry

Only one element may be retried at the end of the test, if necessary.

	Passing Average	Passing Total
Standard	3.5	21.0
Adult	3.3	19.8
Masters	3.1	18.6

Judge's Signature _____ Member # _____

Judging panel required: Three silver or higher rank singles/pairs or dance judges who are certified to judge MIF tests.