

Junior Moves in the Field

The candidate must give a performance that is generally very good in all respects. Focus should be on power, flow, edge quality and line and footwork control.

Candidate's Name _____ USFSA # _____

Host Club _____ Date _____

OFFICIAL JUDGES				T R I A L	COMMENTS			
					Primary Focus: Power Secondary Focus: Extension			
Stroking: Forward Power Circles Starting from a standing position, forward crossovers progressively increasing in foot speed and acceleration throughout entire move, from a slow but gradually accelerating pace to fully accelerated crossovers, followed by a forward diagonal glide to end of arena with an extended free leg held to back. The 2 glides should be on different feet. Performed in both counterclockwise and clockwise directions. No more than 15 crossovers recommended.					Primary Focus: Power Secondary Focus: Extension			
Stroking: Backward Power Circles Starting from a standing position, backward crossovers progressively increasing in foot speed and acceleration throughout entire move, from a slow but gradually accelerating pace to fully accelerated crossovers, followed by a backward diagonal glide to end of arena with an extended free leg held to back. The 2 glides should be on different feet. Performed in both counterclockwise and clockwise directions. No more than 15 crossovers recommended.					Primary Focus: Edge Quality Secondary Focus: Power			
Forward and Backward Outside Rockers FO rockers followed by a cross in front, then feet together and push to a BO rocker followed by 2 FO crossrolls to a FO rocker. Skater may start the first length with either the right or the left forward rockers. The second length will be performed on the opposite foot. There should be 2 forward and 2 backward rockers. Introductory steps, end sequence optional.					Primary Focus: Edge Quality Secondary Focus: Power			
Forward and Backward Inside Rockers FI rockers followed by BI rolls to a BI rocker, followed by FI rolls to a FI rocker for length of arena. Skater may start the first length with either the right or left forward rockers. The second length will be performed on the opposite foot. There should be 2 forward and 2 backward rockers. Introductory steps optional.					Primary Focus: Power Secondary Focus: Quickness			
Power Pulls The skater will perform a sequence of three power pulls followed by two quick twisting rockers. This sequence is then repeated consecutively down the entire diagonal of the arena. It is then performed on the opposite diagonal of the arena on the other foot. There should be a total of 3-4 sequences per foot. Introductory and end steps are optional.					Primary Focus: Edge Quality Secondary Focus: Power			
Choctaw Sequence Sequence covers entire diagonal length of arena and then repeated on 2nd diagonal. Sequence performed with 2 consecutive choctaws which are then performed in opposite direction. Introductory steps optional.					Primary Focus: Edge Quality Secondary Focus: Power			
Total					Pass	Retry	Judge-in-Charge overwrite Total in ink	

Judge-in-Charge Signature _____ USFSA # _____

Passing Average: 4.0 **Only one element may be retried at the end of the test, if necessary.** Passing Total: 24.0

Trial Judge's Signature _____ USFSA# _____

Trial Judge's Club _____ Current Judging Status _____