

**U.S. FIGURE SKATING
SPECIAL OLYMPICS/THERAPEUTIC SKATING
SILVER MOVES IN THE FIELD TEST (SOSM)**



Candidate's Name _____ Member # _____

Candidate's Club _____

Host Club _____ Date _____

A Special Olympics/Therapeutic Skating test may be given to any Special Olympics or therapeutic skating athlete who is registered with a Special Olympics or therapeutic skating program. A Special Olympics or therapeutic skating athlete may be assisted during the test by a coach or another athlete from the boards or on the ice. The purpose of this test is to continue encouragement, with fundamentals of ice skating being demonstrated. Good edges, flow, extension and posture are emphasized, although not necessarily mastered.

		COMMENTS	
<p>Perimeter Power Stroking 4 alternating fw crossovers separated by strong forward inside edge transitions. End pattern consists of 2 fw crossovers followed by a LFO open stroke; then a RFI open mohawk, followed by 1 or 2 backward crossovers. End pattern steps should have even cadence except LFO open stroke, which should be 2 counts. 2nd side of pattern resumes with 4 bw crossovers separated by two-foot transitions (power push). Should perform transitions on 2 solid inside edges. 2nd end pattern consists of 3 to 5 bw crossovers. Introductory steps are optional.</p>			
<p>Five-Step Mohawk Sequence Alternating fw inside mohawks, skated in consecutive half circles. Each series consists of a five-step sequence. Performed on one length of the ice with 4 or 5 lobes. Introductory steps are optional.</p>			
<p>Forward Circle Eight Push from a standing start onto a FO edge and complete 1 FO figure eight. Upon returning to center at the completion of the 2nd circle, skater will perform a FI figure eight by pushing onto a FI edge, repeating the previously skated circle. Circles should be equal in size and approximately 3 times the skater's height. May mark the center. May start on either foot.</p>			
<p>Circular Sequence Skater will perform a left fw crossover, to a LFO edge, to a RFI mohawk, to a right bw crossover, to a RFI edge. Must be repeated twice and performed left and right. Introductory steps are optional. May start in either direction.</p>		Left	
		Right	
<p>Waltz Three-Step Sequence Performed in a figure eight pattern. A two-step introduction may be added. Skater will perform a minimum of 3 RFO three-turn to LBO edge sequences, followed by a step fw to a RFO edge and a glide on 2 feet back to center. Skater will then perform a minimum of 3 LFO three-turn to RBO edge sequences, to a step forward to a LFO edge and glide on 2 feet back to center.</p>			
Result		Pass	Retry

The entire test will be marked on a "pass" or "retry" basis only, and individual marks will not be awarded. The "pass" or "retry" will be arrived at by consideration of the composite of each element in relation to the whole. Any number of elements may be reskated at the request of the Judge-In-Charge.

Judge's Signature _____ Member # _____

Judging Panel Required	Three-Judge Panel (test result determined by majority)	Single-Judge Panel
		Three bronze or higher rank singles/pairs or dance test judges who are certified to judge moves in the field II