

SENIOR BRONZE FREE SKATING TEST EVALUATION SHEET



Day	Month	Year
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HOME CLUB COPY

Club Holding Test \_\_\_\_\_  
 Candidate \_\_\_\_\_  
 Home Club of Candidate \_\_\_\_\_  
 Signature of Evaluator \_\_\_\_\_

Coach \_\_\_\_\_  
 Evaluator \_\_\_\_\_

PART 1: ELEMENTS	
Pass <input type="checkbox"/>	Retry <input type="checkbox"/>

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Candidate \_\_\_\_\_ Evaluator \_\_\_\_\_

E = EXCELLENT	G = GOOD	S = SATISFACTORY	NI = NEEDS IMPROVEMENT
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**PART 1: COMPULSORY ELEMENTS IN ISOLATION (14)** A maximum of four elements can be reskated if necessary.

CANDIDATE'S COPY

		E	G	S	NI	COMMENTS
Stroking <small>(minimum one complete circuit of the rink for each exercise)</small>	*Russian Stroking (draw for direction)					
	*Forward Crosscut - Outside - Inside Change of Edge					
	*Backward Crosscut - Outside - Inside Change of Edge					
Jumps	Axel					
	Double Salchow					
	Double Toe Loop					
	Split Jump					
Jump Sequence	3 or more jumps at least 2 of one rotation or more					
Jump Combination	single Lutz plus single or double Toe Loop or Loop jump					
Spins (min. 3 rotations)  <small>(min. 3 rotations on each foot; min. 2 rotations in each position)</small>	Flying Camel					
	Layback or Sideways Leaning or Camel/Sit					
	Combination - 2 positions - 1 change of foot					
Field Movements	Sequence of 2 moves chosen by the candidate					
Step/Spiral Sequence	(Straight line, circular, serpentine or spiral)					

*Passing Requirement: 12/14 Elements including \*Stroking Exercises must be Satisfactory or better*

Total	/14
RESULT	