

# MOVES IN THE FIELD JUDGING FORM STANDARD PRE-PRELIMINARY (PPM)



Candidate's Name \_\_\_\_\_ Member # \_\_\_\_\_  
Candidate's Club **COACH CRITIQUE ONLY!**

Host Club \_\_\_\_\_ Date \_\_\_\_\_

The purpose of this test is to encourage beginning skaters to learn the fundamentals of ice skating. No great deal of technical ability, carriage or flow is expected. The candidate must show knowledge of the steps, fairly good edges and some evidence of good form (rule 5101).

PATTERNS	ELEMENTS TEST STANDARDS / EXPECTATIONS			
	<p><b>1. Forward Perimeter Stroking</b></p> <ul style="list-style-type: none"> <li>Stroking (shallow edges w/ some flats OK) <b>Acceptable. To improve try to keep from being on too deep of an edge.</b></li> <li>Sustained glide w/ extension of free leg <b>Acceptable. To improve straighten out free leg. Knee is bent.</b></li> <li>Some evidence of good posture <b>Acceptable. Improve by using your core to pull in and keep back straight. Use knees and ankles to bend - not your back.</b></li> <li>Skater balanced over the skating foot <b>Yes.</b> <ul style="list-style-type: none"> <li>CCW <b>Try to cut down to 4 stokes each side. 3 Xovers one side, 2 other side - Be consistent. Minimum of 3 each side.</b></li> <li>CW <b>Equal to CCW.</b></li> </ul> </li> </ul> <p><b>* Watch your timing of the bend and rising of the knee. You're coming up too quickly. Rise only as you bring your extended leg in.</b></p> <p><i>Intro Steps optional, 4-8 straight strokes, Xovers around ends, full ice, 1 lap-both dir. Crossovers are very nice</i></p>			
	<p><b>2. Basic Consecutive Edges</b></p> <ul style="list-style-type: none"> <li>Complete 1/2 circles (4-6) w/ equal lobes <b>Not all lobes are equal. You could have done 5 instead of 6 to be consistent with lobe size.</b></li> <li>Starting edge close to perpendicular to axis <b>Yes.</b></li> <li>Some evidence of good posture &amp; body position <b>Yes.</b> <ul style="list-style-type: none"> <li>FO ✓</li> <li>FI ✓</li> <li>BO ✓</li> <li>BI <b>Fighting to control edge.</b></li> </ul> </li> </ul> <p><b>Hold toe to heel after the extension - too much like a swing roll. Try 2-seconds in each position.</b></p> <p><i>Standing start (R or L) 4-6 1/2 circles, alt. feet, using an axis line, in order listed.</i></p>			
	<p><b>3. Forward Right &amp; Left Foot Spirals</b></p> <ul style="list-style-type: none"> <li>Extended leg held (approx. 4 sec.) at hip level or higher ✓</li> <li>Back arched and good form <b>Keep shoulders square with both arms equally back instead of one in front.</b></li> <li>Steadiness - no pronounced lapses in balance           <ul style="list-style-type: none"> <li>R ✓</li> <li>L ✓</li> </ul> </li> </ul> <p><i>Intro steps opt. (R or L start) spirals down length of ice surface, maintaining a spiral position on ea. ft. for approx. 4 sec. w/ extended leg held at hip level or higher, may be on flats.</i></p>			
	<p><b>4. Waltz Eight</b></p> <ul style="list-style-type: none"> <li>Some control of positions &amp; edges / Control after 3-turn <b>Placing free foot down too early. Hold 3-turn exit edge for 3 beats before push.</b></li> <li>Awareness of rhythmic motion (waltz timing) - circle approx. cut into thirds <b>Improve Timing - see separate diagrams that I'm sending.</b></li> <li>R ✓</li> <li>L ✓</li> </ul> <p><i>Intro steps opt. (R or L start) may mark the center, using large circumference circles, completing 2 patterns on ea. ft., performed w/ control. ✓+</i></p>			
<p>Only one element may be reskated at the end of the test, if necessary.</p>	<p>Circle Test Result</p>	<p>Retry</p>	<p>Pass</p>	<p>Honors</p>

The entire test will be marked on a "pass," "pass with honors," or "retry" basis only, and individual marks will not be awarded. The "pass," "pass with honors" or "retry" will be arrived at by consideration of the composite of each element in relation to the whole.

Judge's Name \_\_\_\_\_ Mbr # \_\_\_\_\_  
(Your written/typed name constitutes your signature.)

Judging Panel Required	Three-Judge Panel (test result determined by majority)	Single-Judge Panel
	Three bronze or higher rank test judges certified to judge Moves in the Field II	One bronze or higher rank test judge certified to judge Moves in the Field II