

DESCRIPTION OF THE COMPETITION LEVEL TEST

Element 1:

Forward Perimeter Stroking

Explanation:

Four (4) to eight (8) strokes with crossovers around ends for one (1) full lap of the arena.

The direction is only counter-clockwise.

Two (2) to four (4) introductory steps are optional.

Comments:

1) **Focus is power:**

Ability to generate and maintain enough power to sustain glide and complete proper pattern.

- What means power:

1)Acceleration: powerful, steady

2)Speed: maintained

2) **Focus is extension:**

Obvious effort to extend body lines and demonstrate some control of body positions.

- What means extension:

1)Free leg: extended, turned out

2)Upper body: upright

3)Head position: upright

Common errors (are reasons for not passing the test):

- Toe pushing
- Weak posture or poor extension
- Inability to properly use the blade

Element 2:

Forward crossovers in an eight form

Explanation:

The skater will perform forward crossovers in an eight form in the length of the ice rink.

One full figure eight is required, circles must be round and with a minimum of eight (8) meters diameter or a maximum of twelve (12) meters diameter.

One foot glide must be utilized when changing circles.

- *For example short forwards outside edge*

Two (2) to four (4) introductory steps are optional.

Comments:

1) **Focus is Power:**

Ability to accelerate with proper techniques.

Correct blade use through the push.

Ability to increase speed.

2) **Focus is good glide:**

Stroked not stepped.

Want to start to see knee bend and rise.

Good posture.

Transition is important.

Common errors (are reasons for not passing the test):

- *Toe pushing or incorrect use of blade to stroke.*
- *Clockwise weaker than counter-clockwise or vice versa.*
- *Up and down motion throughout crossovers.*
- *Insufficient ability to create power.*
- *Poor posture.*

Element 3:

Backward crossovers in an eight form

Explanation:

The skater will perform backward crossovers in an eight form in the length of the ice rink.

One full figure eight is required, circles must be round and with a minimum of eight (8) meters diameter or a maximum of twelve (12) meters diameter.

One foot glide must be utilized when changing circles.

- *For example: short backwards outside edge*

Two (2) to four (4) introductory steps are optional.

Comments:

1) Focus is Power:

Ability to accelerate with proper techniques.

Correct blade use through the push.

Ability to increase speed.

2) Focus is good glide:

Stroked not stepped.

Want to start to see knee bend and rise.

Good posture.

Transition is important.

Common errors (are reasons for not passing the test)::

- *Toe pushing or incorrect use of blade to stroke.*
- *Clockwise weaker than counter-clockwise or vice versa.*
- *Up and down motion throughout crossovers.*
- *Insufficient ability to create power.*
- *Poor posture.*

Element 4:

Waltz threes in an eight form

Explanation:

The skater will perform waltz threes in an eight form in the length of the ice rink. A Waltz three is a forward outside three turn.

One full figure eight is required, circles must be round and with a minimum of eight (8) meters diameter or a maximum of twelve (12) meters diameter.

One foot glide must be utilized when changing circles.

- For example short forwards outside edge

Two (2) to four (4) introductory steps are optional.

Comments:

1) Focus is edge quality:

Ability to sustain glide and control edges.

2) Focus is good rhythm and timing:

Start to see knee bend and rise in a rhythm of a waltz movement.

Good posture.

Transition is important.

Common errors (are reasons for not passing the test):

- Toe pushing on three-turns.
- Scratchy three-turns.
- Jumped three-turns.
- Inconsistent rhythm.
- Poor sub curves.
- Can't hold edge before and/or after the three-turn.
- Poor posture.
- Clockwise weaker than counter-clockwise or vice versa.

GENERAL REMARKS:

- *All elements are skated after each other. The skater needs to wait on a signal from the referee to start the next element.*
- *There will be warm-up groups of six (6) skaters and the warm-up period will be four (4) minutes.*
- *After the conclusion of each group, the skaters of that group come towards the referee to obtain their results.*
- *Only one (1) element can be reskated. A fall during the test means an immediate reskate of the element.*
- *Each element becomes one (1) point.*
- *All elements need to be passed to pass the competition level test.*