

## **Skautasamband Íslands**

Basic Test - Free Skating Elements

The current criteria for judging GOE in free skating elements

ELEMENT - JUMPS	-3	-2	-1	0	+1	+2	+3
Four phases:  (a) preparation (b) take-off (c) rotation (flight) (d) landing	Minor problems In three or more Phases described in (-1) or major problems in two or more phases described in (-2) or any of the following individual errors: -fall -severe change of edge on take-off in flip or lutz	Minor problems in two phases described in (-1) or major problem in one phase of the jump e.g slightly underrotated either on take-off or landing (1/4 turn or less) - moderate change of edge on take - off of flip or lutz - touch with two hands - step out of landing - land on two feet	Minor problem in One phase of the Jump e.gtouch down with one foot or one hand - long entry phase (telegraphed) - short change of edge in take off of flip or lutz - weak landing (land on wrong edge or toe etc.)	All jump phases Completed Satisfactorily - i.e. average Length Preparation Phase, adequate Height and Distance, organised / vertical air position completed revolution, clean landing, sufficient flow in and out	Good technique on at least three phases of the jump described in base value or  - a jump of base value with varied position in the air or delay in the rotation	Good or very good technique and execution in all phases of the jump	Superior in all jump phases (e.g. unexpected or difficult entry phase, great height/distance, strong flow in and out and superior extension on landing).
ELEMENT . JUMP COMBINATION  Eight phases: (a) preparation (b) take-off (c) rotation (flight) (d) landing (e) transition into second jump (f) take off (g) rotation (flight) (h) landing of second jump	Minor problems In three or more phases or major problems in two or more phases of the combination or any of the individual errors noted in -3 on both jumps	Minor problems in two phases or major problem in one phase of any jump as noted in jumps (-2) or fall after the second jump	Minor problem in one phase of any jump as noted in jumps (-1) or hesitation or loss of flow between the jumps or turn on one foot in between the jumps	All jumps completed as noted in jumps (base value) with rhythmic timing between jumps	Good technique in the majority of phases of both jumps or very good in one jump and the other jump completed at base value with no loss of flow between jumps	Superior in one jump and good in other or very good in all jump phases of all of the jumps	Superior quality technique and execution in all phases of all of the jumps

	-3	-2	-1	0	+1	+2	+3
ELEMENT - SPIN  Four phases:  (a) preparation (b) entry (c) rotation (d) exit	Spin contains two or more major errors or one of the following individual errors: -spin is incomplete (missing more than three revolutions or position not executed) - fall in any segment	Spin contains two minor errors or one of the following major errors: - poor positions - travels moderately - short by more than one revolution - spinning on incorrect edges by reason of technical inability - touch down free foot with weight transfer	Spin contains one of the following minor errors: - weak or inconsistent quality of positions - inconsistent speed of rotation (e.g. slows down) - travels slightly - short by one revolution or less -touch down with free foot or hand (no weight transfer)	All phases of the spin completed satisfactorily i.e. controlled entry and exit, distinct positions, balanced rotations done with consistent speed  - the spin meets requirements for the number of rotations / positions.	Good technique and execution of at least three phases of spin described in the base value	Good or very good technique and execution of all phases of spin, may demonstrate one superior phase combined with good and/or very good in other phases and - executes more than required revolutions	Superior technique and execution in all phases of spin e.g. may demonstrate exceptional positions, ability to maintain speed or accelerate during spin and - executes more than required revolutions