



# Grunnpróf / Basic Test ÍSS

Dómaraviðmið í mynstrum / Criteria for judging patterns

## Definitions

The following criteria are judged in the basic tests. The criteria judged for each test is indicated on the judge's sheets.

<b>Speed-Flow-Rythm</b>	<b>Correct Knee Action</b>	<b>Correct Foot Placement</b>	<b>Carriage and Clarity</b>
Good controlled speed over the ice with continuous flow and rhythmic execution.	Good controlled, rhythmic and continuous knee action when executing the pattern.	Precision of foot placement to the edge (from the skater's push off centre), without toe pushing or wide stepping.	Good carriage (posture and poise), upright but not stiff with the head held up. All movement should be clear and precise.
<b>Edge Quality</b>	<b>Pattern</b>	<b>Crossovers</b>	<b>Mohawks</b>
Clean <u>continuous</u> edges with good control throughout the pattern (without skipping or scraping).	Correct placement of the steps/turns on the pattern in accordance to the pattern sheet as well as a consistent size of the pattern.	Clean crossovers (backwards or forwards) with both curves on edge and a smooth transition between the curves (without skipping or scraping).	Clean mohawks (outside to outside or inside to inside without change of edge, jump, skid or scrape) with equal curves and edges, good control throughout the turn (including exit edge) and smooth transition from first foot to the second.
<b>Three Turns</b>	<b>Change of Edge</b>	<b>Choctaws</b>	<b>Counters</b>
Clean three turn (outside to inside or inside to outside without change of edge, jump, skid or scrape) with equal curves and edges and good control throughout the turn (including exit edge).	Clean change from the first edge to the second (without a flat edge in between) with equal curves on both edges and good control throughout.	Clean choctaw (outside to inside or inside to outside without change of edge, jump, skid or scrape) with equal curves and edges, good control throughout the turn (including exit edge) and smooth transition from first foot to the second.	Clean counter turn (outside to outside or inside to inside without change of edge, skid, jump or scrape) with equal curves and edges and good control throughout the turn (including exit edge).
<b>Rockers</b>	<b>Brackets</b>	<b>Loops</b>	<b>Twizzles</b>
Clean rocker turn (outside to outside or inside to inside without change of edge, jump, skid or scrape) with equal curves and edges and good control throughout the turn (including exit edge).	Clean bracket turn (outside to inside or inside to outside without change of edge, jump, skid or scrape) with equal curves and edges and good control throughout the turn (including exit edge).	Clean loop turn (inside or outside edge held for the whole shape of the turn, loop shape size within acceptable range) with good control throughout the turn (including exit edge).	Clean and smooth twizzle turn (smooth rotations without clear changes of edge/three turns) with good control throughout the turn (including exit edge).

## Scale

All criteria are judged on the following scale.

-3	-2	-1	0	+1	+2	+3
Extremely Poor	Poor	Weak	Fair	Good	Very Good	Outstanding