

GRADING PROCEDURES

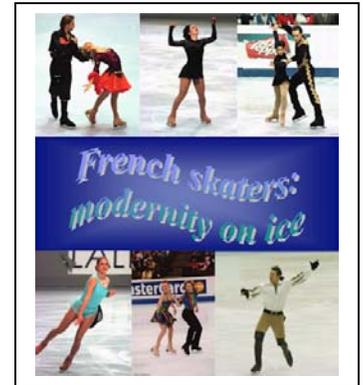
Cadets are assessed in the following three areas:

1) Daily Instructor Evaluation – 130 point (possible 10 points per day): Lesson 2-14

Daily Grade 10 points per skill
1. Forward Stroke to 2. Snow Plow Stop
3. Two Foot Turn to 4. Backward Stroke
5. Forward Stroke to T Stop
6. Forward Stroke to Hockey Stop
7. Right Front Crossovers or Scooter
8. Left Front Crossovers or Scooter
9. Right Back Crossovers or Scooter
10. Left Back Crossovers or Scooter
11. Back to Front Step Turn
12. Serpentine
13. Two Foot Spin: 2 pts. Per Rev.
IOCT
Free Program

2) Skill Test Points (Obstacle Course) – 70

3) Optional Figures: Bonus points awarded for Free Program Skating. Student has an option to perform 5 different figure patterns in continuation for 5 points. This routine can be done Solo, Pairs, or Team Precision Style.



OBSTACLE COURSE **& DAILY SKILLS TEST CRITERIA**

FORWARD STROKE (5 POINTS)

1. Start position: Feet in T-Position, arms wide, knees flexed, weight over the glide foot – 1 point.
2. Weight Shift and slight Push to side with inside edges (no toe picks) – 1 point
3. Recovery: bring feet close together, 2 foot glide – 1 point
4. Stroke length: equal to or greater than the height of the skater – 1 point
5. Head and eyes: up and forward – 1 point

SNOW PLOW STOP (5 POINTS)

1. Pressure even on inside edges – 2 points
2. Control: Full 3 second stop/hold at designated spot – 2 points
3. Body position: knees flexed and slight forward lean of the body – 1 point

FORWARD RIGHT CROSSOVER (5 POINTS)

1. Step into circle with Left Skate, push on inside edge of right skate – 1 point
2. Step in front and over Left foot with Right Skate – 2 points
3. Push with outside edge of left skate – 1 point
4. Body position: hold the circle, shoulders turned in – 1 point

FORWARD LEFT CROSSOVER (5 POINTS)

1. Step into circle with Right Skate, push on inside edge of Left skate – 1 point
2. Step in front and over Right foot with Left skate– 2 points
3. Push with outside edge of right skate – 1 point
4. Body position: hold the circle, shoulders turned in – 1 point

T STOP (5 POINTS)

1. Edges: glide foot flat, back on outside edge – 2 points
2. Control: stop/hold at designated spot – 2 points
3. Body position: flexed knees, shift of body weight – 1 point

HOCKEY STOP (5 POINTS)

1. Weight on balls of feet, dip and pivot sliding to a stop – 2 points
2. Control: stop/hold at designated spot – 2 points
3. Body position: knees flexed with arms to side for balance – 1 point

SERPENTINE (12 POINTS)

1. T-Start Position with Left Arm and Right foot leading. - 3pts
2. Push off to Front **Cross-over Step** pattern at the apex (height) of the circle – 3 pts
3. **Forward Stroke** patterns between the cones – 3 points
4. **Foot Change Step-in Stroke** preparation for Front Crossover pattern – 3 points

TWO FOOT TURN (3 POINTS)

1. Body position: knees flexed, head and eyes up 1 point
2. Edges: on correct edges for direction of turn – 1 point
3. Smooth Transition into backward stroke, crossover – 1 point

BACKWARD LEFT CROSSOVER (10 POINTS, 7.5 pts. max for Scooters)

1. Step into the circle with right foot – 2 points
2. Step or scull over with left foot – 4 points
3. Push away with right outside edge – 2 points
4. Body position: knees flexed, arms holding the circle – 2 points

BACKWARD RIGHT CROSSOVER (10 POINTS 7.5 pts. max for Scooters)

1. Step into the circle with left foot – 2 points
2. Step or scull over with right foot – 4 points
3. Push away with left outside edge – 2 points
4. Body position: knees flexed, arms holding the circle – 2 points

BACKWARD STROKE (5 POINTS)

1. Weight shift and opposite skate lift, extending the leg forward – 2 points
2. Body position: knees flexed with head and eyes up, arms out – 1 point
3. Recovery: bring feet together – 1 point
4. Stroke length: approximately the height of the skater – 1 point

FINAL GRADE CALCULATION

1) Total Available Course Points – 200

2) Percentage of Total Raw Point determines Grade

- a) 95 - 100% = A+
- b) 92.0 - 94.9% = A
- c) 89.0 - 91.9% = A-
- d) 86.0 – 88.9% = B+
- e) 83.0 – 85.9% = B
- f) 80.0 – 82.9% = B-
- g) 77.0 – 79.9% = C+
- h) 74.0 – 76.9% = C
- i) 71.0 – 73.8% = C-
- j) 65.0 – 70.9% = D
- k) 64.9% = F

3) Daily instructional grade is calculated using the following point structure.

- a) 10.0 – 9.5 = A+
- b) 9.4 – 9.2 = A
- c) 9.1 – 8.9 = A-
- d) 8.6 – 8.8 = B+
- e) 8.3 – 8.5 = B
- f) 8.0 – 8.2 = B-
- g) 7.7 – 7.9 = C+
- h) 7.4 – 7.6 = C
- i) 7.1 – 7.3 = C-
- j) 6.5 – 7.0 = D
- k) 6.4 = F