

Skater:

Date:

Trainer/s:

Skater must score a minimum of 2 points on all areas to pass!**Speed and endurance**

Skater must complete as many laps of a regulation size track as possible in 2 minutes. From a standing start.

0 Points	Skater does not attempt or completes less than 9 laps.
1 Point	Skater Completes 9 laps
2 Points	Skater completes 10 laps
3 Points	Skater completes 11 or more laps

Speed Control

Slowing another skater down. The skater must position themselves in front of another skater and using whatever means they can legally slow that skater down, whilst they are pushed.

0 Points	Skater does not attempt, or falls, or trips the other skater over.
1 Point	Skater positions themselves in front of other skater but is unable to slow them down, or unable to maintain their balance.
2 Points	Skater positions themselves and is able to maintain their balance but does not noticeably slow the other skater down.
3 Points	Skater positions themselves and is able to maintain their balance while slowing the other skater down.

Using a plough stop in a pack. Perform a plough stop effectively within a pack safely without tripping anyone.

0 Points	Skater does not attempt, or falls during plough stop.
1 Point	Skater performs the plough but trips another skater over.
2 Points	Skater performs the plough, does not trip anyone but is unable to maintain their balance.
3 Points	Skater performs the plough stop successfully and does not impact anyone else.

Cuts

Skater must move easily and fluidly from one side of the track to the other, completing at least four cuts on the straight and three on the turns, whilst remaining in bounds .

0 Points	Skater does not attempt or cannot perform a cut.
1 Point	Skater cannot perform minimum number of cuts, or skates off the track.
2 Points	Skater perform minimum number of cuts but they are not smooth, skater stops and turns during cuts.
3 Points	Skater perform minimum number of smooth, quick and controlled cuts.

Transitions

Skater turns 360 degrees without breaking stride, maintaining a moderate pace.

0 Points	Skater does not attempt or cannot perform a turn.
1 Point	Skater performs in two movements but cannot keep momentum.
2 Points	Skater performs turn but is done in two stages rather than one.
3 Points	Skater performs turn in one movement.

High speed stop

Skater performs a HIGH SPEED stop of their choice within 2m, if necessary trainer to demonstrate speed required.

0 Points	Skater does not attempt or cannot stop.
1 Point	Skater performs the stop but falls or does not stop within 2m.
2 Points	Skater performs the stop within 2m but is unbalanced or unstable.
3 Points	Skater performs the stop within 2m and maintains balance and stability.

Backwards Skating

Skater must skate backwards around the track, maintaining their line and momentum, whilst staying within track boundaries.

0 Points	Skater does not attempt or cannot skate backwards at all.
1 Point	Skater attempts and can skate backwards unbalanced for less than a lap.
2 Points	Skater skates backwards but cannot maintain consistent speed or line for more than 1 lap.
3 Points	Skater can skate backwards at a moderate speed and consistent line around the entire track for 2 laps or more.

Whips

Hip Whips, skater gives and receives a hip whip, maintaining balance and transferring momentum to other skater when giving and absorbs momentum given when receiving.

0 Points	Skater does not attempt
1 Point	Skater gives and receives the whip, but they lose their balance.
2 Points	Skater gives and receives the whip, they maintain their balance when receiving and only transfer minimal momentum when giving.
3 Points	Skater gives and receives the whip, maintain they're balance both giving and receiving and transfer their momentum to the other skater and absorb momentum when receiving.

Arm Whips, skater gives and receives a hip whip, maintaining balance and transferring momentum to other skater when giving and absorbs momentum given when receiving.

0 Points	Skater does not attempt
1 Point	Skater gives and receives the whip, but they lose their balance.
2 Points	Skater gives and receives the whip, they maintain their balance when receiving and only transfer minimal momentum when giving.
3 Points	Skater gives and receives the whip, maintain they're balance both giving and receiving and transfer their momentum to the other skater and absorb momentum when receiving

Unexpected obstacles

Hops over an object at least 15 cm in height without touching the object or losing balance, while skating at a moderate pace and staying in bounds.

0 Points	Skater does not attempt
1 Point	Skater attempts hop but falls on landing or skates off the track
2 Points	Skater hops over object but either loses balance on landing but does not fall and stays in bounds.
3 Points	Skater hops over object cleanly, maintaining balance and speed.

Jumps over an object at least 15 cm in height without touching the object or losing balance, while skating at a moderate pace and staying in bounds. Must take off with both feet simultaneously, but does not have to land with both feet simultaneously.

0 Points	Skater does not attempt
1 Point	Skater attempts jump but falls on landing or skates off the track
2 Points	Skater jumps over object but either loses balance on landing or does not take off with two feet simultaneously.
3 Points	Skater jumps over object cleanly, maintaining balance, speed and takes off with two feet simultaneously.

Skater must deal with a pack of eight skaters who fall unexpectedly, using different avoidance techniques (eg side stepping, jumping, hopping), whilst stying in bounds.

0 Points	Skater does not attempt
1 Point	Skater attempts, but falls over people or skates out of bounds.
2 Points	Skater avoids obstacles, but only uses one technique or loses balance.
3 Points	Skater avoids obstacles using several methods and maintains balance.

Hits

Reverse Block

Skater performs and receives a reverse block correctly and legally, maintain balance and form while giving the hit, if they lose balance while taking a hit they must recover quickly within 3 seconds.

0 Points	Skater does not attempt
1 Point	Skater gives and receives the hit and falls unsafely or do not recover within 3 seconds.
2 Points	Skater gives and receives the hit , they don't have any impact on opponent but maintain form while giving the hit, if they fall receiving the hit they do so safely and recover within 3 seconds.
3 Points	Skater gives and receives the hit and stays upright at all times while receiving and is able to move their opponent by giving the hit.

Can Opener

Skater performs and receives a can opener correctly and legally, maintain balance and form while giving the hit, if they lose balance while taking a hit they must recover quickly within 3 seconds.

0 Points	Skater does not attempt
1 Point	Skater gives and receives the hit and falls unsafely or do not recover within 3 seconds.
2 Points	Skater gives and receives the hit , they don't have any impact on opponent but maintain form while giving the hit, if they fall receiving the hit they do so safely and recover within 3 seconds.
3 Points	Skater gives and receives the hit and stays upright at all times while receiving and is able to move their opponent by giving the hit.

Smear

Skater performs and receives a smear correctly and legally, maintain balance and form while giving the hit, if they lose balance while taking a hit they must recover quickly within 3 seconds.

0 Points	Skater does not attempt
1 Point	Skater gives and receives the hit and falls unsafely or do not recover within 3 seconds.
2 Points	Skater gives and receives the hit , they don't have any impact on opponent but maintain form while giving the hit, if they fall receiving the hit they do so safely and recover within 3 seconds.
3 Points	Skater gives and receives the hit and stays upright at all times while receiving and is able to move their opponent by giving the hit.

Surge Block

Skater performs and receives a surge block correctly and legally, maintain balance and form while giving the hit, if they lose balance while taking a hit they must recover quickly within 3 seconds.

0 Points	Skater does not attempt
1 Point	Skater gives and receives the hit and falls unsafely or do not recover within 3 seconds.
2 Points	Skater gives and receives the hit , they don't have any impact on opponent but maintain form while giving the hit, if they fall receiving the hit they do so safely and recover within 3 seconds.
3 Points	Skater gives and receives the hit and stays upright at all times while receiving and is able to move their opponent by giving the hit.

Fitness

Side Plank – 30 seconds each side

0 points	Does not attempt or holds for less than 15 seconds on either side.
1 point	Holds plank with good form for 15-19 seconds each side.
2 points	Holds plank with good form 20-29 seconds each side.
3 points	Holds plank with good form for 30 seconds each side.

Front Plank – 30 seconds

0 points	Does not attempt or holds for less than 30 seconds.
1 point	Holds plank with good form for 30-44 seconds.
2 points	Holds plank with good form for 45-59 seconds.
3 points	Holds plank with good form for 60 seconds.

Push ups – 20 push ups in sets of ten with 20 seconds break in between each set (must be on toes)

0 points	Does not attempt or cannot complete with good form
1 point	Can complete 10 push ups with good form, or 15 push ups with poor form
2 points	Can complete 15 push ups with good form, or 20 push ups with poor form
3 points	Can complete 20 push ups with good form

Crunches– 20 sit ups in sets of ten with 20 seconds break in between each set

0 points	Does not attempt or cannot complete with good form
1 point	Can complete 10 crunches with good form, or 15 sit ups with poor form.
2 points	Can complete 15 crunches with good form, or 20 sit ups with poor form.
3 points	Can complete 20 crunches with good form.

Wall Sit

0 points	Does not attempt or cannot complete with good form
1 point	Holds wall sit with good form for less than 44 seconds
2 points	Holds wall sit with good form for 45-59 seconds
3 points	Holds wall sit with good form for 60 seconds.

Static Squats – 3 x 30 second sets (20 second break in between)

0 points	Does not attempt or cannot complete with good form
1 point	Holds 1 set of static squats with good form, or 2 sets with poor form.
2 points	Holds 2 sets of static squats with good form, or 3 sets with poor form.
3 points	Holds 3 sets of static squats with good form

Totals:

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In order to pass, a skater must score a minimum of two points for all sections

If a skater scores one (1) point in no more than **two** sections of this test, they will be permitted to re-test on those sections two (2) weeks following the original test.

Re-test permitted? YES / NO

Total Score: /66

PASS / RETEST / FAIL

Training Committee member signature: