



SOUTH AFRICAN FIGURE SKATING ASSOCIATION

LEVEL 3 SKATING SKILLS TEST EVALUATION SHEET

Province holding test: _____ Coach: _____

Candidate: _____ Evaluator Name: _____

SAFSA Number: _____ Evaluator Signature: _____

Test Date

Level 3 Skating Skills Test Result: **Pass** or **Retry**

LEVEL 3 SKATING SKILLS TEST EVALUATION SHEET

Candidate: _____ Evaluator: _____ Date:

Exercise 3a (1)	First Attempt		Re-skate Attempt	
	Pass	Retry	Pass	Retry
Forward and backward brackets				
Comments:				
Exercise 3a (2)	First Attempt		Re-skate Attempt	
	Pass	Retry	Pass	Retry
Forward and backward brackets				
Comments:				
Exercise 3b	First Attempt		Re-skate Attempt	
	Pass	Retry	Pass	Retry
Twizzle, toe-runs and loop exercise				
Comments:				
Exercise 3c	First Attempt		Re-skate Attempt	
	Pass	Retry	Pass	Retry
Landing position and rocker exercise				
Comments:				
Exercise 3d	First Attempt		Re-skate Attempt	
	Pass	Retry	Pass	Retry
Hydroblading				
Comments:				
Exercise 3e	First Attempt		Re-skate Attempt	
	Pass	Retry	Pass	Retry
Blues, Step sequence and Free skating moves (Any 2 of the following must be performed: Outside spread eagle, outside Ina Bauer, spiral with variation).				
Comments:				

Total Pass after the re-skates: ____/5

NB Only 2 exercises allowed to be re-skated. All 5 elements must be passed