

中華民國滑冰協會花式滑冰各級步法檢定評分表

CHINESE TAIPEI SKATING UNION MOVES IN THE FIELD JUDGING FORM



花式一級、幼兒 B 組 Freestyle 1、Basic Juvenile

選手姓名：_____

檢定日期：_____

本級數檢定目的在於鼓勵花式滑冰初學者了解滑冰的根基。檢定著重的內容不在於技術能力、流暢度；而著重於滑冰基本知識、步法認知及對踩刀的了解。

PPM Pattern 2(Page 9), PPM Pattern 3(Page 10),	評語		
Basic Consecutive Edges(PPM Pattern 2) 基礎連續弧線踩刀滑行 Starting form a standing position, four to six half circles, alternating feet, using an axis line. 從起點站姿開始，以軸心線為基準，雙腳交替推刀，並連續滑出四至六個半圓。	檢定重點：踩刀的品質		
	(前進外刀)		
	(前進內刀)		
	(後退外刀)		
Forward Right & Left foot Spirals (PPM Patten 3) 前進左、右腳飛燕滑行 Spirals to be skated down the length of the arena and held for approximately 4 seconds with extended leg held at hip level or higher. Skater may be flats. Introductory steps optional. 飛燕的自由足須延伸，其高度至少須與臀部同高，並維持約四秒鐘。飛燕的壓刀可以為平刀；選手可自選加速度的步法。	檢定重點：整體的延伸		
	(右腳)		
	(左腳)		
檢定結果	通過	未通過	

The entire test shall be marked on a "Pass" or "Retry" basis only, and individual marks are not awarded.

The "Pass" or "Retry" shall be arrive at by consideration of the composite of each element in relation to the whole. At the end of these moves only one element may be retried, if necessary.

整個檢定的結果只會給予"通過"或"未通過"，並不會給予其他個別標記。將依據檢定者整體的表現給予"通過"或"未通過"，在動作執行中若有失敗，僅能有一個動作有第二次執行的機會。

檢定執行人員簽名：_____

中華民國滑冰協會花式滑冰各級步法檢定評分表

CHINESE TAIPEI SKATING UNION MOVES IN THE FIELD JUDGING FORM



花式二級、幼兒 A 組 Freestyle 2、Advanced Juvenile

選手姓名：_____

檢定日期：_____

本級數檢定目的在於能持續鼓勵花式滑冰初學者了解滑冰的根基。檢定著重的內容在於滑冰基本知識、滑行的速度與流暢性。選手務必於滑行壓刃中將踩刃的圓弧及深度充分展現。

PM Pattern 2(Page14), PM Pattern 3(Page 15), PM Pattern 6(Page 18)	評分	評語		
<p>Consecutive Outside And Inside Spirals 連續外刃及內刃飛燕滑行</p> <p>Right and Left Spirals. Outside edge spirals skated for first length of the arena. Forward inside edge spirals will be skated for second length of the arena. Minimum of 4 spirals down each length of arena. Extended leg should be at hip level or higher. Introductory steps optional. 以外刃飛燕起始，接著做內刃飛燕。最少做到四個飛燕。飛燕的自由足須延伸，其高度至少須與臀部同高。選手可自選加速度的步法。</p>		檢定重點：整體的延伸及踩刃的品質		
<p>Forward Power Three-Turns 有力量的前滑轉三</p> <p>Forward outside 3-turns to a balance position follow by the backward crossovers. 3-6 sets of 3-turns will be skated depending on length of ice. May begin move with right or left foot 3-turns. On second length of arena, 3-turns skated on the opposite foot. Intro steps & backward crossovers around end of the arena are optional. 前進外刃轉三完，接續後退剪冰。組數將依據冰場大小，約做 3-6 組左右。</p>		檢定重點：速度與力量		
<p>Alternating Backward Crossovers To Backward Outside Edges 後剪冰與後退外刃交替步法</p> <p>Alternating Backward Crossovers To Backward Outside Edges in consecutive 1/2 circles for one length of the rink. 4-5 lobes should be skated. Introductory steps optional. 後剪冰與後退外刃交替步法，須連續執行 4-5 組</p>		檢定重點：速度與力量及整體的延伸		
檢定結果		通過	未通過	

每項步法平均成績須達 2.5 分以上；總分須達 7.5 以上，才算通過。

Only one element may be retried, if necessary.

在動作執行中若有失敗，僅能有一個動作有第二次執行的機會。

檢定執行人員簽名：_____

中華民國滑冰協會花式滑冰各級步法檢定評分表

CHINESE TAIPEI SKATING UNION MOVES IN THE FIELD JUDGING FORM



花式三級、花式四級、兒童 B 組 Freestyle 3、Freestyle 4、Basic Pre-Novice

選手姓名：_____

檢定日期：_____

選手儘管不能充分掌握及展現滑冰的技巧，但必須充分了解滑冰的基本原理。在學習的過程中須強調完整的壓刃、流暢性、力量、延展性及體態的正確。

PJM Pattern 1(Page 20), PJM Pattern 2(Page 21), PJM Pattern 3(Page 22)	評分	評語		
<p>Forward and Backward Perimeter Power Stroking 前進及後退有力量與速度的推刃滑行</p> <p>The move begins with the skater performing four alternating forward crossovers separated by strong FI edge transitions. The end pattern consists of two forward crossovers followed by a LFO open stroke; then a RFI open Mohawk followed by one or two backward crossovers. All end pattern steps should be performed with an even cadence except the LFO open stroke, which should be held two counts. The second side of the pattern resumes with four backward crossovers separated by two-foot transitions, also known as a power push. Skaters should take care to perform the transitions on two solid inside edges. The second end pattern consists of 3-5 backward crossovers.</p>		檢定重點：前後滑行有力量與速度、整體的延伸及踩刃的品質		
<p>FO-BI Three-Turn in the field 前外刃-後內刃轉三步法</p> <p>The skater will perform forward three-turns alternating to backward three-turns covering the length of the arena. One length of the arena will start with right forward outside-left back inside three-turns. On the second length of the arena, the skater will perform left forward outside-right back inside three-turns.</p>		檢定重點：踩刃的品質		
<p>FI-BO Three-Turn in the field 前內刃-後外刃轉三步法</p> <p>On the first length of the arena, the skater will perform right forward inside-left back outside three-turns. On the second length of the arena, the skater will perform left forward inside-right back outside three-turns. The number of sets of three-turns will depend on the length of the arena and the strength of the skater.</p>		檢定重點：踩刃的品質		
檢定結果		通過	未通過	

每項步法平均成績須達 2.7 分以上；總分須達 8.1 以上，才算通過

Only one element may be retried, if necessary.

在動作執行中若有失敗，僅能有一個動作有第二次執行的機會。

檢定執行人員簽名：_____

中華民國滑冰協會花式滑冰各級步法檢定評分表

CHINESE TAIPEI SKATING UNION MOVES IN THE FIELD JUDGING FORM



花式五級、兒童 A 組 Freestyle 5 、Advanced Pre-Novice

選手姓名：_____

檢定日期：_____

選手務必以流暢、有力道的深刃展現出正確的圖形與步法。

JM Pattern 3(Page 29), JM Pattern 5(Page 31), JM Pattern 6(Page 32)	評分	評語
<p>Eight-Step Mohawk Sequence 八步摩合克連續步法</p> <p>Move begins with skater performing two eight-step Mohawk sequence counterclockwise. Step order is: forward crossover into LFO Mohawk, followed by LBI, RBO, LBI cross forward and RFI. Skater should maintain a march cadence (one beat per step). Between the circles is 2-beat left/right foot transition. The repeated twice in the opposite direction.</p>		檢定重點：速度與力量
<p>Backward Power Three-Turns 有力量的後退轉三</p> <p>Skater will perform three to five backward power three-turns per circle in figure eight pattern. One complete figure eight is required. One or two-foot glide may be utilized when changing circles. Introductory steps optional. Move may start in either direction.</p>		檢定重點：速度與力量
<p>Forward Double Three-Turns 前進雙轉三</p> <p>Skater will perform consecutive forward double three-turn on 1/2 circles, with alternating of feet. Four to six half circles will be skated depending on the length of the arena and strength of the skater. The sequence begins with forward outside double three-turns covering the first length of the arena. The FI double three-turns will cover the second length of the arena. Introductory steps and end patterns are optional.</p>		檢定重點：踩刃的品質
檢定結果		通過 未通過

每項步法平均成績須達 3.0 分以上；總分須達 9.0 以上，才算通過。

Only one element may be retried, if necessary.

在動作執行中若有失敗，僅能有一個動作有第二次執行的機會。

檢定執行人員簽名：_____

中華民國滑冰協會花式滑冰各級步法檢定評分表

CHINESE TAIPEI SKATING UNION MOVES IN THE FIELD JUDGING FORM



少年 B 組低齡組、少年 B 組大齡組 Basic Novice A、Basic Novice B

選手姓名：_____

檢定日期：_____

選手要能展現力量與速度、紮實的踩刃技巧、流暢的轉體、正確姿態以及輕鬆滑行能力。

IM Pattern 1(Page34), IM Pattern 3(Page 36), IM Pattern 4(Page 37)	評分	評語
<p>Backward double three-turns 後退雙轉三</p> <p>Skater will perform consecutive backward double 3-turns on 1/2 circles w/ alternating of feet. 4-6 half circles skated depending on length of arena & strength of skater. Sequence begins with BO double 3-turns covering first length of arena. BI double 3-turns will cover second length of the arena. Intro steps & end patterns are optional.</p>		檢定重點： 整體的延伸、踩刃的品質
<p>Brackets in the Field (FO-BI & FI-BO) 括弧步法</p> <p>The skater will perform two sets of turns on half circles(RFO-LBI) down approximately one half to two-thirds the length of the arena. Continuing down the remaining length of the arena the skater then will perform two sets of turns(LFO-RBI) with an optional step to transition to the LFO edge. Once completed, the entire sequence is repeated, performing two sets of turns (LFI-RBO) down approximately one half to two-thirds the length of arena. The skater then performs two sets of turns (RFI-LBO) down the remaining length of the arena, with an optional step to transition to the RFI edge.</p>		檢定重點： 踩刃的品質
<p>Forward Twizzles 前進捻轉步法</p> <p>Outside: The move begins from a standing start with a LFO roll, forward cross stroke to a RFO twizzle which ends on RBI after 1-1/2 revolutions. The skater shall then step LFO to complete the 'set.' Inside: The second part of the move begins from a standing start with a LFI roll to RFI twizzle which ends on RBO after 1-1/2 revolutions. The skater shall then step LFI to complete the 'set.'</p> <p>Both: Three twizzle sets are to be repeated across the width or down the length of the rink, and they should be repeated on the opposite foot in the same manner.</p>		檢定重點： 捻轉步法的確實度、不間斷的滑行技巧
檢定結果		通過 未通過

每項步法平均成績須達 3.2 分以上；總分須達 9.6 以上，才算通過。

Only one element may be retried, if necessary.

在動作執行中若有失敗，僅能有一個動作有第二次執行的機會。

檢定執行人員簽名：_____

中華民國滑冰協會花式滑冰各級步法檢定評分表

CHINESE TAIPEI SKATING UNION MOVES IN THE FIELD JUDGING FORM



少年 A 組、青年 B 組 Advanced Novice、Basic Junior、Basic Senior

選手姓名：_____

檢定日期：_____

選手在步法的表現上要能在水準上，身體要能搭配步法的節奏，並展現出流暢性及力量。在展現步法的過程中不能有重大錯誤。

NM Pattern 2(Page 41), NM Pattern 3(Page 42), NM Pattern 5(Page 44), NM Pattern 6(Page 45)	評分	評語		
<p>Forward & Backward Outside Counters 前進及後退外刃外勾</p> <p>Fwd outside counters followed by 2 bkwd free skating cross strokes to bkwd outside counter. Each bkwd counter is followed by 2 fwd free skating cross strokes to forward outside counter. Option of starting first length with either right or left fwd counter. Second length performed with fwd & bkwd outside counters on opposite foot. Intro steps & complete loop optional.</p>		檢定重點：踩刃的品質、速度與力量		
<p>Forward & Backward Inside Counters 前進及後退內刃外勾</p> <p>Fwd inside counters followed by 2 bkwd inside rolls to bkwd outside counter. Each bkwd inside counter is followed by 2 fwd inside rolls to forward inside counter. Option of starting first length with either right or left fwd counter. Second length performed with fwd & bkwd inside counters on opposite foot. Intro steps & complete loop optional.</p>		檢定重點：踩刃的品質、速度與力量		
<p>Backward Rocker Choctaw Sequence 後退內勾與查克特系列步法</p> <p>Skater will perform a backward inside rocker-choctaw followed by a deep backward outside edge. This sequence is performed in 6-8 consecutive half circles on alternating feet.</p>		檢定重點：踩刃的品質、整體的延展、速度與力量		
<p>Backward Twizzles 後退捻轉步法</p> <p>OUTSIDE: Begins with RFO 3-turn, changing edge into RBO double twizzle with 2-foot push to assist rotation. Then forward into LFO 3-turn, changing edge into LBO double twizzle completing a 'twizzle set'. INSIDE: Begins with RFI mohawk whose exit edge is entry for LBI double twizzle. Then steps on RFI edge into LFI Mohawk whose exit edge is entry for RBI double twizzle completing a 'twizzle set'. Each set 3x down length of arena. Move may start on either foot.</p>		檢定重點：捻轉步法的確實度、不間斷的滑行技巧		
檢定結果		通過	未通過	

每項步法平均成績須達 3.5 分以上；總分須達 14.0 以上，才算通過。

Only one element may be retried, if necessary.

在動作執行中若有失敗，僅能有一個動作有第二次執行的機會。

檢定執行人員簽名：_____

中華民國滑冰協會花式滑冰各級步法檢定評分表

CHINESE TAIPEI SKATING UNION MOVES IN THE FIELD JUDGING FORM



青年組 Junior

選手姓名：_____

檢定日期：_____

選手在步法各方面要能有非常好的表現。在檢定過程中要著重在滑行的速度與力量、流暢度、踩刃的品質、弧線及步法的控制。

JRM Pattern 1(Page 47), JRM Pattern 2(Page 48), JRM Pattern 4a,4b(P 50-51), JRM Pattern 6a,6b(P 53-54)	評分	評語
<p>Forward & Backward Outside Rockers 前進及後退外刃內勾</p> <p>Fwd outside rockers followed by 2 bkwd cross strokes to bkwd outside rocker. Bkwd outside rocker is followed by 2 fwd cross strokes to forward outside rocker. Option of starting first length with either right or left fwd rocker. Second length performed with fwd & bkwd outside rockers on opposite foot. End sequence is optional. There should be 2 fwd & 2 bkwd rockers.</p>		檢定重點：踩刃的品質、速度與力量
<p>Forward & Backward Inside Rockers 前進及後退內刃內勾</p> <p>Fwd inside rockers followed by bkwd inside rolls to bkwd inside rocker. Bkwd inside rocker is followed by fwd inside rolls to forward inside rocker for length of arena. Option of starting first length with either right or left fwd rocker. Second length performed with fwd & bkwd inside rockers on opposite foot. Intro steps & end sequence are optional. There should be 2 fwd & 2 bkwd rockers.</p>		檢定重點：踩刃的品質、速度與力量
<p>Choctaw Sequence 查克特系列步法</p> <p>Choctaw sequence that covers entire diagonal length of arena & then repeated on second diagonal. Sequence performed with two consecutive choctaws that are then performed in opposite direction. Introductory steps are optional.</p>		檢定重點：踩刃的品質、速度與力量
<p>Straight Line Step Sequence A & B 直線系列步法</p> <p>Begins from standing start w/ 2 open strokes R & L RFO rocker & cross fwd to LBI rocker immediately to LFI counter. RBO double twizzle to LFO chasse to LFO swing counter. Cross in front in RBI followed by 3 clockwise toe steps & another cross in front RBI. Fwd to LFI & changes lobe w/ 1 1/2 revolution RFI twizzle followed immediately by edge pull to change edge to RBI double 3. Pushes to LBI rocker followed by LFI rocker then RBI loop. Sequence repeated starting on other foot. Move may start on either foot.</p>		檢定重點：刃的品質、不間斷的滑行技巧
檢定結果		通過 未通過

每項步法平均成績須達 4.0 分以上；總分須達 16.0 以上，才算通過。

Only one element may be retried, if necessary.

在動作執行中若有失敗，僅能有一個動作有第二次執行的機會。

檢定執行人員簽名：_____

中華民國滑冰協會花式滑冰各級步法檢定評分表

CHINESE TAIPEI SKATING UNION MOVES IN THE FIELD JUDGING FORM



成年組 Senior

選手姓名：_____ 檢定日期：_____

選手在步法各方面要能有極度出色的表現。能在過程中展現滑行的速度與力量、高品質的踩刃技巧(控制技巧與深刃)、身體的延展及步法的控制。

SRM Pattern 1(Page56), SRM Pattern 3(Page 58), SRM Pattern 4(Page 59), SRM Pattern 5a,5b(P 60-61)	評分	評語
<p>Sustained Edge Step 刃的延展步法</p> <p>Skater will powerfully perform a BI 3-turn to sustained swing change of edge followed by FI rocker, stepping to BI double 3-turn. Backward crossover steps follow sequence. Pattern repeated to cover entire surface of arena. Skater will then repeat in opposite direction. Introductory steps optional.</p>		檢定重點：踩刃的品質、速度與力量
<p>Backward Outside Power Double 3-turns to Power Double Inside Rockers 有速度與力向的後退外刃雙轉三接續 有速度與力量的內刃雙內勾</p> <p>BO power double 3-turns then power pull to BI double rockers immediately followed by power pull. Sequence repeated consecutively down entire diagonal of arena. Then same step using opposite foot down opposite diagonal. Intro steps are optional.</p>		檢定重點：踩刃的品質、速度與力量
<p>Backward Inside Power Double 3-turns to Power Double Outside Rockers 有速度與力向的後退內刃雙轉三接續 有速度與力量的外刃雙內勾</p> <p>BI power double 3-turns then power pull to BO double rockers immediately followed by power pull. Sequence repeated consecutively down entire diagonal of arena. Then same step using opposite foot down opposite diagonal. Intro steps are optional.</p>		檢定重點：踩刃的品質、速度與力量
<p>Serpentine Step Sequence A & B S 型踩刃步法</p> <p>RFO3 followed by LBO double-3. Free leg crosses in front for RBI edge followed by 3 clockwise toe steps & cross in front RBI. Step fwd LFO & perform a 2 1/2 revolution RFI twizzle ending with LBO cross stroke behind 3-turn. Turn will initiate series of quick Mohawk turns followed by quick LBI. RBI counter to RFI rocker. LBI then a step wide to RBI rocker, RFI Mohawk. LBI bracket sequence. Simultaneously cross behind & reverse arm position to RFI bracket to RBO counter followed by LFO cross front. RFI cross behind. Final part of sequence is open RFI closed LBO Choctaw sequence followed immediately by RFI counter then push to LBI double twizzle & finishes with RBI loop. Option of starting 1st sequence in either direction with intro steps optional. Optional steps take sktr to repeat of sequence in opposite direction without stopping.</p>		檢定重點：踩刃的品質、不間斷的滑行技巧
檢定結果		通過 未通過

每項步法平均成績須達 4.5 分以上；總分須達 18.0 以上，才算通過。

Only one element may be retried, if necessary.

在動作執行中若有失敗，僅能有一個動作有第二次執行的機會。

檢定執行人員簽名：_____