

Junior Test – Backward Loops

BACKWARD OUTSIDE LOOPS:

The move begins from a standing start with a LFO3 into three BI rolls. The last BI roll is followed by a RBIO change of edge into a RBO loop.

The skater then performs a change of edge to push LBI into three more BI rolls followed by a L BIO change of edge into a LBO loop.

This sequence should be repeated twice down the length of the arena.

BACKWARD INSIDE LOOPS:

This side of the move begins from a standing start with a RFI3 into three backward outside cross strokes. The third cross stroke is immediately connected to a LBO-LBI change of edge into a LBI loop.

The skater then performs a change of edge to push into three more BO cross strokes, beginning with RBO. The third cross stroke is immediately connected to a RBO-RBI change of edge into a RBI loop.

This sequence should be repeated twice down the length of the arena.

NOTE: This element may start in either direction.

TR 22.08 Assigning Marks

Focus Points:

Accuracy - Pattern

Edge quality

Turn quality

Extension

Quickness - Tempo

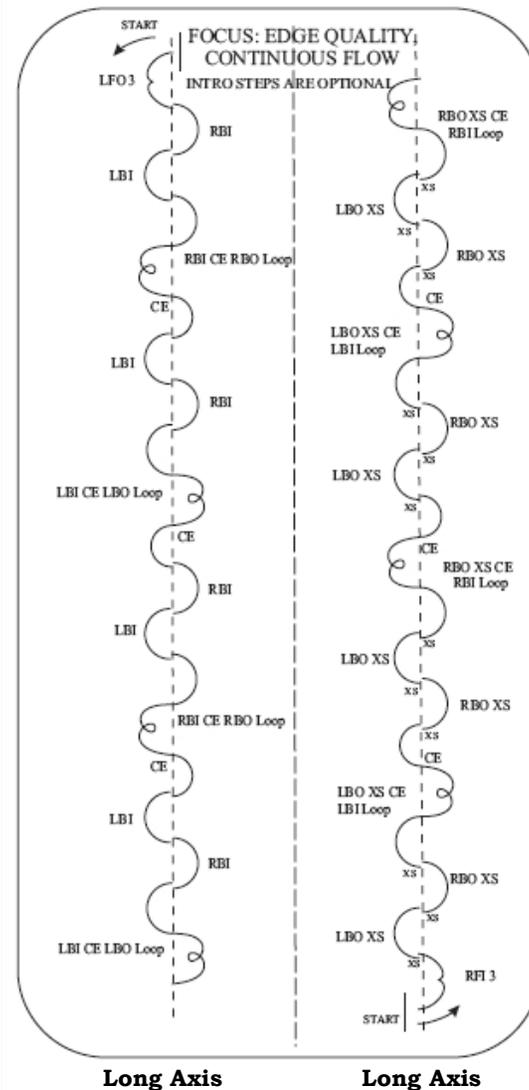
Power - Acceleration

Continuous flow

Posture/Carriage – Core Body

Bilateral movement

The diagram shows clockwise and counterclockwise lobe. *See Notes for additional comments.*



USFS Test Book source of MITF diagram and element description

Judging Considerations:

The size and shape of each lobe should be consistent – equal size and shape with the sides lined up conforming to the concept of the long axis bisecting the lobes.

The return to center should split the two lobes without crossing the short axis. Diagonal and retrogressed strikes would receive a negative GOE.

A skater who develops and maintains continuous forward flow in CW and CCW directions with good posture and technical skills should receive a positive GOE +1 to +3 for the element.

Hands should be at or close to waist/hip level, not at shoulder height. Back and forward extensions should be equal height.

The following technical errors would receive a negative GOE of -1 to -3:

- Not returning to center and failure to start the next loop's lobe at the long axis
- Toe pushing - Inability to push equally CCW & CW
- Retrogressing or diagonal center
- Poor core body position – bent forward at waist and shoulders elevated
- Lacking bilateral technical skill development and power as expected for test level
- Free leg on back inside loop trailing (touching ice)
- Lack of free leg to perform a loop action in the air
- Wobbles and subcurves returning to center
- Lack of smooth upper body lean and control

Notes: A correctly skated loop has equal shoulders. The size of a loop when skating figures was measure by the skater's blade length. The ratio was 1 1/2 long by 1 wide.

When skating figures the circle was the height of the skater, but in actuality it was performed on circle that was 3/4 the height of the skater.

Judges will deduct if the loops are too large, too small, or not performed. Additional deductions will be taken if the loops are turned off axis.