



AUSTRALIA TECHNICAL PATTERN SKILLS

Ice Rink Alterations

Ice Rink Pattern Alterations for (60m x 26m)/(56m x 26m)
Ice Rink Pattern Alteration for (55m x 25m) - *see note at bottom of page

PRELIMINARY:

- Current ISA RULEBOOK - Section 4 - Rule 409 (Preliminary Level only)

ELEMENTARY:

- ALTERNATING FORWARD AND BACKWARD THREE TURNS (INSIDE & OUTSIDE EDGES) - *refer to pattern pg.*
- FORWARD AND BACKWARD PERIMETER POWER STROKING - *refer to pattern pg.*
- ALTERNATING BACKWARD CROSSOVERS TO BACKWARD OUTSIDE EDGES - *refer to pattern pg.*
- FORWARD AND BACKWARD CROSS STROKES - *refer to pattern pg.*

PRE-PRIMARY:

- FORWARD AND BACKWARD POWER CHANGE OF EDGE PULLS - *refer to pattern pg.*
- FORWARD DOUBLE THREE-TURNS (OUTSIDE & INSIDE) - *refer to pattern pg.*
- BACKWARD DOUBLE THREE-TURNS (OUTSIDE & INSIDE) - *refer to pattern pg.*
- STROKING: FORWARD POWER CIRCLE (CW & CCW) - *refer to pattern pg.*

PRIMARY:

- STROKING: BACKWARD POWER CIRCLE (CW & CCW) - *no alterations*
- EIGHT STEP MOHAWK (CW & CCW) - *no alterations*
- BRACKETS IN THE FIELD (FO/BI/FI/BO) - *brackets skated as pattern, but will cross over the red line and backtrack in order to get all the required brackets in the pattern.*
- ROTATIONAL CHOCTAW DRILL - *refer to pattern pg.*

NOVICE:

- FORWARD AND BACKWARD OUTSIDE COUNTERS - *full pattern is possible. No alteration needed to pattern.*
- FORWARD AND BACKWARD INSIDE COUNTERS - *full pattern is possible. No alteration needed to pattern.*
- BACKWARD ROCKER CHOCTAW SEQUENCE - *refer to pattern pg.*
- FORWARD LOOP PATTERN WITH TWIZZLE - *full pattern is possible. No alteration needed to pattern.*

JUNIOR:

- FORWARD AND BACKWARD OUTSIDE ROCKERS - *full pattern is possible. No alteration needed to pattern.*
- FORWARD AND BACKWARD INSIDE ROCKERS - *full pattern is possible. No alteration needed to pattern.*
- BRACKET/ BACK LOOP PATTERN - *full pattern is possible. No alteration needed to pattern.*
- BACKWARD TWIZZLES - *refer to pattern pg.*
- SPIRAL SEQUENCE - *full pattern is possible. Overlapping is acceptable if necessary.*

SENIOR:

- BACKWARD OUTSIDE POWER DOUBLE THREE-TURNS TO POWER DBL INSIDE ROCKERS - *full pattern is possible if edges are not too stretched out.*
- BACKWARD INSIDE POWER DOUBLE THREE-TURNS TO POWER DBL OUTSIDE ROCKERS - *full pattern is possible if edges are not too stretched out.*
- SUSTAINED EDGE STEP - *full pattern is possible. Overlapping is acceptable if necessary.*
- SERPENTINE STEP SEQUENCE (A & B) - *altering the pattern at the red line and backtracking is acceptable if necessary.*
- CHOCTAW, TWIZZLE AND ROCKER SEQUENCE - *If necessary, the 1-1/2 Twizzle, ce, Rocker/Choctaw, XB, XF, BI edge at end of pattern can finish around the corner and up side of the rink.*

****Note: 55m x 25m Ice Rink Pattern Alterations should refer to the above list for the 56m x 26m ice rink size. Some patterns may need to overlap more to fit on ice surface.**



AUSTRALIA TECHNICAL PATTERN SKILLS

Ice Rink Alterations

Ice Rink Pattern Alterations for (52m x 22m)

PRELIMINARY:

- Current ISA RULEBOOK - Section 4 - Rule 409 (Preliminary Level only)

ELEMENTARY:

- ALTERNATING FORWARD AND BACKWARD THREE TURNS (INSIDE & OUTSIDE EDGES) - *full pattern skated, with the exception of backtracking as needed when changing feet/edge for three-turns at red line.*
- FORWARD AND BACKWARD PERIMETER POWER STROKING - *approximately 3 lobes each side skated.*
- ALTERNATING BACKWARD CROSSOVERS TO BACKWARD OUTSIDE EDGES - *approximately 3-4 lobes.*
- FORWARD AND BACKWARD CROSS STROKES - *three to four sets of cross strokes.*

PRE-PRIMARY:

- FORWARD AND BACKWARD POWER CHANGE OF EDGE PULLS - *3-4 power pulls before changing feet.*
- FORWARD DOUBLE THREE-TURNS (OUTSIDE & INSIDE) - *4 half circles each side.*
- BACKWARD DOUBLE THREE-TURNS (OUTSIDE & INSIDE) - *4 half circles each side.*
- STROKING: FORWARD POWER CIRCLE (CW & CCW) - *no alterations.*

PRIMARY:

- STROKING: BACKWARD POWER CIRCLE (CW & CCW) - *no alterations.*
- EIGHT STEP MOHAWK (CW & CCW) - *no alterations.*
- BRACKETS IN THE FIELD (FO/BI/FI/BO) - *brackets skated as pattern, but will cross over the red line and backtrack in order to get all the required brackets in the pattern.*
- ROTATIONAL CHOCTAW DRILL - *2 sets of Open Choctaw/Back Three-Turns per side.*

NOVICE:

- FORWARD AND BACKWARD OUTSIDE COUNTERS - *1-1/2 sets each side of ice rink for each foot.*
- FORWARD AND BACKWARD INSIDE COUNTERS - *1-1/2 sets each side of ice rink for each foot.*
- BACKWARD ROCKER CHOCTAW SEQUENCE - *4-5 half circles on alternating feet.*
- FORWARD LOOP PATTERN WITH TWIZZLE - *two sets on each foot. Backtracking more at red line acceptable when changing feet for two sets each foot to fit length of ice rink.*

JUNIOR:

- FORWARD AND BACKWARD OUTSIDE ROCKERS - *1-1/2 sets each side of ice rink for each foot.*
- FORWARD AND BACKWARD INSIDE ROCKERS - *1-1/2 sets each side of ice rink for each foot.*
- BRACKET/BACK LOOP PATTERN - *pattern as drawn, without very last forward bracket on each foot.*
- BACKWARD TWIZZLES - *two sets performed without last back twizzle each side of pattern.*
- SPIRAL SEQUENCE - *Overlapping is acceptable and will be necessary.*

SENIOR:

- BACKWARD OUTSIDE POWER DOUBLE THREE-TURNS TO POWER DBL INSIDE ROCKERS - *two sets per foot.*
- BACKWARD INSIDE POWER DOUBLE THREE-TURNS TO POWER DBL OUTSIDE ROCKERS - *two sets per foot.*
- SUSTAINED EDGE STEP - *Overlapping is acceptable and will be necessary.*
- SERPENTINE STEP SEQUENCE (A & B) - *altering the pattern at the red line and backtracking is acceptable and will be necessary.*
- CHOCTAW, TWIZZLE AND ROCKER SEQUENCE - *the pattern will end with the second wide closed Choctaw on each diagonal. The 1-1/2 Twizzle, ce, Rocker/Choctaw, XB, XF, BI edge can finish around corner and up side of rink.*