

LEVEL 1	LEVEL 2	LEVEL 3
Falls, Recovery		
Left & Right Knee Tap	looks left, right, behind, maintain stride and pace	recover in < 3 sec after a hit or fall
Double Knee Fall	Pacing in a Pack (variable speed, not falling or tripping)	
4-point Fall		
Skating Posture and Technique		
Stride is Steady, confident, fluid	Smooth Crossovers	180° clockwise & counter-clockwise
Use both feet to push on straight-aways	Both feet pushing during crossovers	360° either direction
Sticky skate (all 8 on floor)	1-foot glides on straight away & Turn	reverse direction crossovers (skating forwards but clockwise on the track)
		backwards skating (moderate pace, 3 laps/1 minute)
Agility		
Stand in place	Quick steps in place (only one skate on floor at a time)	Pack 4-10 at moderate pace, knee tap, fall at random, skaters must avoid fallen skaters
Stepping forwards + backwards	Shuffle (left, right)	
Stepping side-to-side	2-foot hop, over 6" object & 18" while skating forward	
One-foot glides on straightaways - Left - Right	Arm Whips & Hip Whips (inside, outside)	
	Give/Receive Pushes	
	Weaving thru Cones (<7sec, 10 cones)	
	Pace Line Weave	
	Stationary 30-sec one skate (left , right)	
Stops (important for safety!)		
T-Stop (Left & Right)	Quicker speed T-stop	Turn around toe stop: from brisk pace, less than 4 sec to stop
Plow Stops	Quicker speed Plow Stops	
Cuts		
n/a	2 on straightaway & 1.5 on turns	4 on straightaway & 3 on turns
Blocking		
n/a - Level 1 is non-contact.	Level 2 is light contact, slower speed Front-to-back Side-to-Side	Level 3 is full contact, full speed. Blocks Positional (posture, no loss of balance or focus) Contact: Giving (Legal, moderate to heavy force) Contact: Receiving (maintain focus, stable, fall small, no flailing, wheel checks, not a hazard)
Speed		
8 laps in 2 minutes	15 laps in 3 minutes	27 laps in 5 minutes
		1 lap in 13 seconds
Rules Knowledge		
Written Test (10 questions) 80% to pass	Written Test (20 questions) 80% to pass	Written Test (20 questions) 80% to pass
Typical Age Ranges		
Age 8-12	Age 10-17	Age 14+ and waivers are required for any skater under 14 years old