

ROLLER HOCKEY TEST REQUIREMENTS

The following skills are set up to create a way for an individual to measure his/or her performance in the sport of roller hockey. The skills can be applied to all divisions of hockey.

All tests must be skated in their entirety before any other test is skated. The only exception is when there is more than one skater taking the same hockey test. All the skaters may be judged on one skill before skating the next, and so on.

The tests are set up to create greater accuracy in the individual as one progresses through the test structure. All tests may be taken using a ball or puck. Tests #1 through #4 are set up to increase one's accuracy in skating, dribbling, passing, receiving and shooting. Tests #5 through #8 continue to reinforce the basics learned in the first four tests; and, at the same time create and develop offensive and defensive strategies.

The test courses are designed to be set-up on regulation size floor. The skaters taking tests #1 through #3 will be required to have one partner to assist them in the performance of the tests. The skaters taking tests #7 and #8 will be required to have two partners to assist them in the performance of the tests. The partner's skill will have no bearing on the performance of the test candidate, except if the partner is the cause of errors. Then the official has the authority to ask for another partner(s).

To run a hockey test, the officials required are to be USARS certified Roller Hockey officials and must be in current standing.

No one shall officiate at test of any person who is a relative. No one shall officiate at a test of any person who is a team member or has been a team member during the past three consecutive years. No one who has taken private or class instruction at a skating center may officiate a test of any instructor (professional/coach) from that skating center.

The judge will score each skill with a pass/fail. If the judge requires it, a skater may be asked to repeat (only once) any part of the test. If the test is canceled for any reason, the test fee will be returned to the skater and the 30-day waiting period waived.

All skills required for a test must be skated within one hour to qualify as passing. Skills must be skated in the order printed in this book.

The skater's age must be verified before the test is taken. Skater's age shall be determined by January 1st. Age can be verified by birth certificate, driver's license, or any other official means.

Chewing gum, handkerchiefs, hats and other headgear (other than authorized helmets) are not permitted. Candidates may tie back their hair with a ribbon or rubber band type device.

Judge Commission Requirements - Roller Hockey

Roller Hockey		
Test Levels	Commission Required	# of Judges
1 - 3	USARS 1 Hockey	One or Three
4 - 5	USARS 2 Hockey	Three
6 - 7	USARS 3B Hockey	Three
8 (Gold)	USARS 3A	Three

ROLLER HOCKEY TESTS

#1 Bronze Hockey Test - cost \$7.00

Dribbling

Skaters ages 13 and above set up 16 pylons, eight down each side of the floor, spaced equally apart, to cover the area between the penalty areas on each end (figure 2). For skaters 12 and under, you will need 10 pylons with five per side.

Skaters 13 and above must dribble the ball/puck through the cones from one end around the goal cage at the other end and back to the beginning in 30 seconds or less. For skaters ages 12 and under the passing time is 40 seconds or less.

Passing and Receiving

The skater and his/her partner position themselves one in front and one behind of the Penalty Area. The skater and his/her partner must complete five forehand passes and catches without having to skate after the ball/puck.

Shooting

Placing the ball/puck on the penalty spot, the skater must, using ONLY push shots, take two shots in succession on the opposite sides of the goal cage. The skater must repeat this procedure using backhand wrist shots. NO SLAP SHOTS WILL BE ALLOWED!

#2 Bronze Hockey Test - cost \$7.00

Dribbling

Skaters ages 13 and above set up 16 pylons, eight down each side of the floor, spaced equally apart, to cover the area between the penalty areas on each end (figure 2). For skaters ages 12 and under, you will need 10 pylons with five per side.

Skaters 13 and above must dribble the ball/puck through the cones from one end around the goal cage at the other end and back to the beginning in 25 seconds or less. For skaters ages 12 and under the passing time is 35 seconds or less.

Passing and Receiving

The skater and his/her partner position themselves one in front and one behind of the Penalty Area. The skater and his/her partner must complete five backhand passes and catches without having to skate after the ball/puck.

Shooting

Placing the ball/puck on the penalty spot, the skater must take two forehand push shots in the air into opposite sides of the goal cage. The skater must also take two backhand wrist shots in the air into opposite sides of the goal cage. NO SLAP SHOTS WILL BE ALLOWED!

ROLLER HOCKEY TESTS (continued)

#3 Bronze Hockey Test - cost \$8.00

Dribbling

Skaters ages 13 and above set up 16 pylons, eight down each side of the floor, spaced equally apart, to cover the area between the penalty areas on each end (figure 2). For skaters ages 12 and under, you will need 10 pylons with five per side.

Skaters 13 and above must dribble the ball/puck through the cones from one end around the goal cage at the other end and back to the beginning in 20 seconds or less. For skaters ages 12 and under the passing time is 30 seconds or less.

Passing and Receiving

The skater and his/her partner must be moving down the floor at a distance of 20 feet apart. The skater must pass and catch five forehand passes.

Shooting

The skater must be moving parallel to the cage from outside the Penalty Area. The skater must shoot two forehand push shots and two backhand wrist shots to the opposite sides of an open cage. NO SLAP SHOTS WILL BE ALLOWED!

#4 Silver Hockey Test - cost \$9.00

Dribbling

Set up 16 pylons, for skaters ages 13 and above, eight down each side of the floor, spaced equally apart, to cover the area between the penalty areas on each end (figure 2). For skaters ages 12 and under, you will need 10 pylons with five per side. Also, a 2x4 board (approximately two feet long) is to be placed on the 2" side edge half way through the course (figure2). The skater must pick the ball/puck up and over the 2x4 while he/she is skating the course. This 2x4 is only used in skaters ages 13 and above. The skater must complete the course in a maximum of 15 seconds. For skaters ages 12 and under, the passing time is a maximum of 25 seconds.

Passing and Receiving

The skater and his/her partner must be moving down the floor at a distance of 20 feet apart. The skater must catch and receive five backhand passes.

Shooting

The skater must be moving parallel to the cage from outside the Penalty Area. The skater must shoot two forehand slap shots and two backhand slap shots to the opposite sides of an open cage.

ROLLER HOCKEY TESTS (continued)

#5 Silver Hockey Test - cost \$11.00

Passing and Receiving

The skater and his/her partner must be moving down the floor at a distance of 30 feet apart. The skater must catch and receive four forehand passes and four backhand passes in one complete trip up and down the floor.

Defenses

The skater must defend his/her partner from scoring on an open cage. The skater's partner will be allowed five attempts from which the skater must stop at least two.

Offense

The skater must score while his/her partner defends the open cage. The skater will be allowed five attempts from which the skater must score at least two.

Shooting

The skater must shoot from the outside of the Penalty Area. A practice board (figure 1) will be attached to the front of the cage. The skater will be allowed four attempts of a forehand push shot, and four attempts of a backhand wrist shot. The skater must score at least two of each shot.

#6 Silver Hockey Test - cost \$11.00

Passing and Receiving

The skater and his/her partner must skate up and down the floor once, crossing in the center. The skater must complete three passes in each direction with at least one drop pass in the center when they cross.

Defense:

The skater will defend an open cage from his/her partner. The skater's partner will be allowed six attempts from which the skater must stop at least three.

Offense

The skater will try to score while the skater's partner will defend an open cage. The skater will be allowed six attempts from which the skater must score at least three.

Shooting

The skater must shoot from outside the Penalty Area. A practice board (Figure 1) will be attached to the front of an open cage. The skater will be allowed six attempts from which the skater must score at least three.

ROLLER HOCKEY TESTS (continued)

#7 Gold Hockey Test - cost \$15.00

Passing and Receiving

The skater and his/her partner will be skating a figure-8 pattern using ONLY one half of the floor. The skater must catch and receive four forehand and four backhand passes skating forward. Also, the skater must catch and receive four backhand passes while skating backward.

Defense

The skater will defend an open cage while his/her partner will be allowed six attempts to score. The skater will then defend an open cage against two partners. The skater's partners will be allowed a total of five attempts to score. The skater must stop at least two.

Offense

The skater's partner will defend an open cage. The skater will be allowed six attempts to score. The skater must score at least three. The skater will then have one partner and the skater's other partner will defend an open cage. The skater and his/her partner will be allowed a total of five attempts to score. The skater and his/her partner must score at least two.

Shooting

The skater must shoot from 25 feet from the cage. A practice board (figure 1) will be attached to the front of an open cage. The skater will be allowed five attempts of a forehand slap shot, and five attempts of a backhand slap shot. The skater must score at least three of each shot.

#8 Gold Hockey Test - cost \$22.00

Passing and Receiving

The skater and his/her partner will be skating a figure-8 pattern using ONLY one half of the floor. The skater must pass and catch four forehand and four backhand passes, two of which must be in the air.

Defense

The skater will defend an open cage from his/her partner. The skater's partner will be allowed six attempts to score. The skater must stop at least four. The skater will then defend an open cage from two partners. The skater's partners will be allowed a total of six attempts to score. The skater must stop at least three.

Offense

The skater's partner will defend open cage from the skater. The skater will be allowed six attempts to score. The skater must score at least four. The skater's partner will then defend an open cage from the skater and one other partner. The skater and his/her partner will be allowed a total of six attempts to score. The skater and his/her partner must score at least three.

Shooting

The skater must shoot from outside the Penalty Area. A practice board (figure 1) will be attached to the front of an open cage. The skater will be allowed seven shots of any type. The skater must score at least five shots.