



# *SUPER SKATER TEST*

## *Level 1 REQUIREMENTS*

*Effective January 1, 1999*

The candidate must perform and pass any three of the following five requirements to receive the Super Skater award pin.

### 1. **Stopping or Braking**

The skater must stop within 10 feet without falling. In-line: The skater must skate continuously at a comfortable speed make an emergency stop in a straight line by raising the toe of one skate and applying his or her brake. Or the skater may use the traditional "T" stop. Quad: Have the skater point the toe-stop of his or her free skate toward the floor and then let it drag the surface. Or the skater may use the traditional "T" stop.

### 2. **Maneuvering**

Set up 10 cones, 10 feet apart along a straight line 100 feet long. The skater skates at a comfortable speed, weaving in and out of the cones without knocking them down.

### 3. **Forward Crosspulls**

Skaters must perform one repetition in a circle. Use a figure circle or set up cones.

### 4. **Balancing on One Foot**

Skaters must skate a distance of 50 feet, balancing from one skate to the other for a slow count of three on each skate.

### 5. **Limbo**

The skater will perform one pass under the limbo pole without falling or touching the bar. (The height of the bar or pole is to be positioned at the skater's chest).

**Eligibility:** Anyone of any age may take this test.

**Judging:** All judges must be 15 years of age or older with knowledge of skating skills

**Fee:** The fee is \$3.00 per test, payable to the RSA office



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