

# Protocol for Video Examination

## Practice Exam - Windsurfing - X-Over



Name, Surname:

Video submitted on:  Examiner:

### Video creation guideline:

- the video must be uncut – you ride all techniques without a break or cut
- if possible, don't film against the sun
- Video starts with a close up of the examinee, introducing himself
- naming the file: x-over\_ws\_name of the rider → e.g. x-over\_ws\_robby\_naish
- the file format must be a common, volume saving one
- please send your video to the examiner of your x-over-course

All criteria of the guideline were met:  yes  no

If there are deficiencies, the following needs to be improved:

### Examination criteria:

- the order of the maneuvers is flexible
- execution of the maneuvers must be clean and controlled
- wind speed must be at least 8 knots
- no unintentional water contact with the rig
- free, condition-adapted equipment selection

Content of the exam	Passed		Comments <i>(if not passed)</i>
	yes	no	
Heli-Tack <i>(bearing away standing leewards)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
Push-Tack	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
Donut <i>(Upwind 360)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
Clew-First <u>and</u> Fin-First Jibe <i>(everything executed in one maneuver)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
Slam-Jibe	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>

**RESULT:**  PASSED  FAILED

Signature of examiner: \_\_\_\_\_