

## Tests and Skating Levels

Figure skating in the U.S. can be either competitive or recreational, and those learning to skate can choose either route. While competitive skaters are required to participate in the U.S. testing structure to eventually compete in qualifying competitions, recreational skaters can also opt to take tests in order to continually challenge themselves and their abilities.

The official tests of U.S. Figure Skating may be taken by all figure skaters who are members of a member club or collegiate club, individual members who are currently registered with the U.S. Figure Skating and are otherwise qualified under these rules, as well as by members of a member association of the ISU. Each candidate must present a current registration card before taking a test (see the 2007 U.S. Figure Skating Rulebook TR 2.01).

Tests can only be taken under the auspices of a member club. Fees are involved and vary by club. Sessions are organized and run under procedures outlined in the U.S. Figure Skating rulebook. Any person who is interested in participating in the U.S. Figure Skating testing structure is encouraged to purchase a rulebook. The rulebook addresses such questions as coaching and the conduct of candidates at test sessions.

Tests are marked on a "pass" or "retry" basis. Some tests have numeric marks associated with them that determine if the test is a "pass" or "retry." These are used to establish a "passing" average, and judges use this number as a basis for the quality of the test. Different tests have different standards for "pass" and "retry," along with different procedures for reskating elements in a test. For details, candidates should consult the rulebook for the particular test to be taken. If a test is marked "retry" a skater may not retake the test prior to the 27th following the date of the original test.

For all tests other than adult and masters tests, age is not a factor. To qualify for an adult test, the candidate must be 21 years of age or older. To qualify for masters tests, the candidate must be 50 years of age or older.

## Kinds of Tests

There are several classes of tests in the U.S. Figure Skating structure:

1. Moves in the field (standard track and adult)
2. Free skate (or free skating) (standard track and adult)
3. Pairs (standard track and adult)
4. Compulsory Dance (standard track, solo, adult and masters)
5. Free dance (standard track and masters)
6. Synchronized

The order in which tests are taken is important. According to TR 2.02 in the rulebook: A candidate shall not be eligible to take a higher-level test until all of the preceding tests in the same category have been passed or completed except as otherwise specified in these rules. A certificate or other satisfactory evidence of the highest test previously passed or completed shall be presented before taking a test.

In this section, we will provide very basic information on the elements required for each test. This information is provided only as an OVERVIEW of the tests; while the elements are mentioned, the detailed description and explanation of the elements is not. It is important to refer to the U.S. Figure Skating rulebook in order to understand all of the test rules and

expectations before testing. Further description of the elements of each test is available in the rulebook.

### **Tests and Competitions**

The skaters you see on TV or in other competitions at your local rink have all passed certain tests to compete at their current level. The chart below demonstrates which tests skaters must have passed in order to compete at a certain level in qualifying events.

### **Moves In the Field Tests**

The standard moves in the field tests are divided into eight classes to be taken in the following order: Pre-preliminary, preliminary, pre-juvenile, juvenile, intermediate, novice, junior and senior. Furthermore, there are also adult levels of the moves tests: pre-bronze, bronze, silver and gold.

As stated in TR 21.01 of the rulebook, moves in the field tests may be taken and passed independently of the free skate, pairs and dance tests. A skater may take and pass moves in the field tests higher than the corresponding free skate tests and still be qualified to compete in qualifying and nonqualifying competitions in free skate events at the level defined by the highest free skate test passed. Competitors should refer to test and age requirements in 3107 and 3730 in the rulebook.

#### **Pre-Preliminary Moves in the Field Test (PPM)**

The purpose of this test is to encourage beginning skaters to learn the fundamentals of ice skating. No great deal of technical ability, carriage or flow is expected. The candidate must show knowledge of the steps, fairly good edges and some evidence of good form.

- Forward Perimeter Stroking
- Basic Consecutive Edges
- Forward Right and Left Foot Spirals
- Waltz Eight

#### **Preliminary Moves in the Field Test (PM)**

The purpose of this test is to continue the encouragement of beginning skaters to learn the fundamentals of ice skating. The candidate must show knowledge of the steps and a good sense of power (speed and flow). Attention should be given to depth of edges and proper curvature of lobes.

- Forward and Backward Crossovers
- Consecutive Outside and Inside Spirals
- Forward Power 3-Turns
- Alternating Forward 3-Turns
- Alternating Backward Crossovers to Backward Outside Edges

#### **Pre-Juvenile Moves in the Field Test (PJM)**

The fundamentals of ice skating must be demonstrated, although not necessarily mastered. Good edges, flow, power, extension and posture are required and must be strongly emphasized.

- Forward Perimeter Power Crossover Stroking - Counterclockwise only
- Backward Perimeter Power Crossover Stroking - Counterclockwise only

- FO-BI 3-Turns in the Field
- FI-BO 3-Turns in the Field
- Forward and Backward Power Change of Edge Pulls
- Five Step Mohawk Sequence

### **Juvenile Moves in the Field Test (JM)**

Candidates must skate the correct steps and turns on good edges, with good form, flow, power, and preciseness to their steps.

- Eight Step Mohawk Sequence
- Forward and Backward Free Skating Cross Strokes
- Backward Power 3-Turns
- Forward Double 3-Turns

### **Intermediate Moves in the Field Test (IM)**

Strong, true edges, smooth turns, correct posture and effortless flow are expected of the candidate.

- Stroking: Forward Power Circle
- Stroking: Backward Power Circle
- Backward Perimeter Power Crossover Stroking with Backward Power 3-Turns
- Backward Double 3-Turns
- Brackets in the Field Sequence
- Inside Slide Chassé Pattern

### **Novice Moves in the Field Test (NM)**

The candidate must give a performance that is generally good. The preciseness of the footwork should be nearly faultless, the body motion well timed and the flow and power very good. No major consistent errors should be in evidence.

- Backward Perimeter Power Stroking with Back Inside 3-Turns and Forward Inside 3-Turns
- Forward Perimeter Power Crossover Stroking to a Backward Quick Rocker-Turn Sequence
- Forward and Backward Outside Counters
- Forward and Backward Inside Counters
- Backward Rocker Choctaw Sequence
- Spiral Sequence
- Bracket Three Bracket Pattern

### **Junior Moves in the Field Test (JRM)**

The candidate must give a performance that is generally very good in all respects. Focus should be on power, flow, edge quality and line and footwork control.

- Forward Power Circles
- Backward Power Circles
- Forward and Backward Outside Rockers
- Forward and Backward Inside Rockers
- Power Pulls
- Choctaw Sequence

### **Senior Moves in the Field Test (SRM)**

The candidate must give an excellent performance, displaying power, strong edge control and depth, extension, and precise footwork control.

- Sustained Edge Step
- Extension Spiral Step
- Backward Outside Power Double 3-Turns to Power Double Inside Rockers
- Backward Inside Power Double 3-Turns to Power Double Outside Rockers
- Quick Edge Step

### **Free Skate Tests**

The standard free skate tests are divided into eight classes to be taken in the following order: pre-preliminary, preliminary, pre-juvenile, juvenile, intermediate, novice, junior and senior. The standard moves in the field test of the same level is the prerequisite to a standard free skate test.

There are also four classes of adult free skate tests to be skated in the following order: pre-bronze, bronze, silver and gold.

### **Pre-Preliminary Free Skate Test (PPF)**

The purpose of this test is to encourage beginning skaters to learn the fundamentals of free skating. No great deal of technical ability, carriage or flow is expected. The candidate must show knowledge of the elements, fairly good edges and some evidence of good form. The skater shall successfully complete the following required elements:

#### Jumps

- Waltz jump
- Salchow
- Toe loop
- 1/2 flip - land on either foot
- 1/2 Lutz - land on either foot

#### Spins

- One-foot spin (minimum 3 revolutions) optional free leg position toward knee level

### **Preliminary Free Skate Test (PF)**

The purpose of this test is to continue the encouragement of beginning skaters to learn the fundamentals of free skating. The candidate must demonstrate knowledge of the elements and a good sense of power (speed/flow). A relationship with the music should be attempted in the program. The following elements are required:

#### Jumps

- Waltz jump
- Salchow
- Loop
- Flip

- One jump combination - Waltz jump, toe loop (no turn or change of foot between jumps)

#### Spins

- One-foot upright spin, optional free foot (3 revolutions)
- One-foot backspin - entry optional (3 revolutions)
- Sit spin - in recognizable sit position (3 revolutions)

#### Steps

- Connecting moves and steps should be demonstrated throughout the program

Duration: Ladies and Men – 1 1/2 minutes to music of the skater's choice

### **Pre-Juvenile Free Skate Test (PJF)**

The fundamentals of free skating must be demonstrated, although not necessarily mastered. Good edges, flow, power, extension and posture are required for all of the elements of free skating (jumps, spins, as well as connecting moves). The program should utilize the ice surface and demonstrate some relationship with the music. The following elements are required:

#### Jumps

- Loop
- Flip
- Lutz
- One jump combination - choice of above with a loop jump (no turn or change of foot between jumps). The loop jump must be the second jump.

#### Spins

- One camel spin (minimum 3 revolutions)
- One combination spin: camel spin to sit spin. No change of foot (minimum 6 revolutions in positions)
- Front scratch to back scratch - exit on spinning foot (minimum 4 revolutions on each foot)

#### Steps

- Connecting moves and steps should be demonstrated throughout the program

Duration: Ladies and Men - 2 minutes to music of the skater's choice

### **Juvenile Free Skate Test (JF)**

The candidate must skate the selected elements (jumps, spins, as well as connecting steps) on good edges, with good form, flow, power and preciseness. The candidate must also skate to the music and utilize the ice surface. The following elements are required:

#### Jumps

- Three different single jumps, one of which must be an Axel
- One jump from the following: Split jump, stag jump, falling leaf, half loop jump
- One jump combination consisting of two single jumps (no turn or change of foot between jumps)

#### Spins

- Forward sit spin (minimum 4 revolutions in position)
- Ladies: Layback or attitude spin (minimum 4 revolutions in position). Men: Forward camel spin (minimum 4 revolutions in position)
- One spin with one change of foot, change of position optional (minimum 4 revolutions each foot). Must include one of the following positions: camel, sit or attitude.

#### Steps

- Connecting moves consisting of spirals, strong edges etc. should be demonstrated throughout the program

Duration: Ladies and Men – 2 1/4 minutes to music of the skater's choice

### **Intermediate Free Skate Test (IF)**

Strong, smooth edges and turns, combined with correct posture and effortless flow, utilizing the music and the ice surface are expected of the candidate in all types of free skating elements (jumps, spins, as well as connecting steps). The following elements are required:

#### Jumps

- Single loop, flip and Lutz
- Axel
- One double jump: double Salchow, double toe loop, or double toe Walley
- One jump combination consisting of two single jumps (no turn or change of foot between jumps)
- One jump combination consisting of either one single and one double jump or consisting of two double jumps (no turn or change of foot between jumps)

#### Spins

- Sit spin to change foot sit spin (minimum 4 revolutions on each foot in position)
- Flying camel spin (minimum 5 revolutions in position)
- Spin combination consisting of one change of foot and one change of position (minimum 4 revolutions on each foot)

#### Steps

- Connecting moves consisting of spirals, spread eagles, etc., should be demonstrated throughout the program

Duration: Ladies and Men – 2 1/2 minutes to music of the skater's choice

### **Novice Free Skate Test (NF)**

The candidate must give a performance that is generally good. The preciseness of the footwork should be nearly faultless; body motions well timed with the music, and the flow and power very good in all free skating elements (jumps, spins, as well as connecting steps). The program should fully utilize the ice surface and no major or consistent errors should be in evidence. The following elements are required:

#### Jumps

- Double Salchow
- Double toe loop
- Double loop
- One jump combination consisting of two double jumps (no turn or change of foot between jumps)

#### Spins

- Choice of camel spin, sit spin or layback spin (minimum 6 revolutions in position)
- Camel spin to backward camel spin (minimum 4 revolutions on each foot in position)
- Spin combination consisting of one change of foot and one change of position (minimum 5 revolutions on each foot)

#### Steps

- One straight-line step sequence consisting of steps and turns in the field such as threes, brackets, spirals and spread eagles, etc.
- Connecting moves and steps should be demonstrated throughout the program

Duration: Ladies - 3 minutes, Men - 3 1/2 minutes to music of the skater's choice

### **Junior Free Skate Test (JRF)**

The candidate must give a performance that is generally very good in all respects. Focus should be on power, flow, edge quality, line and footwork control. The program should demonstrate a good, harmonious composition that is skated to the music with rhythm and expression, while utilizing the full ice surface. The following elements are required:

#### Jumps

- At least three different double jumps, one of which must be a double flip
- One jump combination consisting of two double jumps (no turn or change of foot between jumps)
- One jump sequence consisting of small jumps, followed by any double jump

#### Spins

- Flying sit spin or flying change (reverse) sit spin (minimum 6 revolutions in position)
- Layback or crossfoot spin (minimum 6 revolutions in position)
- Spin combination consisting of three positions and one change of foot (minimum 5 revolutions on each foot)

#### Steps

- One circular step sequence of advanced difficulty, covering the ice surface, consisting of steps and turns in the field such as spread eagles, spiral combinations, three turns, brackets, etc.
- Connecting moves and steps should be demonstrated throughout the program

Duration: Ladies – 3 1/2 minutes, Men - 4 minutes, to music of the skater's choice