

Adult Pre-Bronze Free Skate Test

The purpose of this test is to encourage beginning adult 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 following technical elements are to be skated individually, without music.

Jumps: Two different jumps, either one-half or one full revolution

Spins:

1. A one-foot upright spin (minimum three revolutions in position)
2. A two-foot upright spin (minimum three revolutions in position)

Steps:

1. Forward and backward crossovers (either direction)
2. Lunge or spiral

The entire test will be marked on a "pass" or "retry" basis and individual marks will not be awarded. The "pass" or "retry" will be arrived at by consideration of the composite of each element in relation to the whole. The judge-in-charge may request a retry of two different elements, if necessary, upon the request of a member of the judging panel, should it potentially change the overall evaluation of the test from a "retry" to a "pass."

Adult Bronze Free Skate Test

The candidate must give a reasonably good performance showing a command of the following technical elements, a sense of speed, flow and depth of edge. The fundamentals of free skating must be demonstrated, although not necessarily mastered.

Jumps:

1. At least three different single jumps of which one must be a Salchow and one must be a toe loop
2. One jump combination consisting of a waltz jump and a toe loop (no turn or change of foot between jumps)

Spins:

1. One-foot upright spin (minimum four revolutions in position)
2. One-foot backspin, entry optional (minimum three revolutions in position)
3. Sit spin (minimum three revolutions in position)

Steps: Connecting moves, steps and edges throughout the program

Extra elements may be added without penalty.

Duration: Ladies and Men — Not to exceed 1:50 to music of the skater's choice.

Adult Silver Free Skate Test

The candidate must give a good performance and demonstrate a command of the following technical elements, showing good form, edges, continuous flow and strength, and extension.

Jumps:

1. At least three different single jumps of which one must be a loop and one must be a flip
2. One jump combination consisting of two single jumps (no turn or change of foot between jumps)
3. One jump sequence consisting of one-half or single revolution jumps

Spins:

1. One camel spin (minimum three revolutions in position)
2. One layback, attitude or sit spin (minimum four revolutions in position)
3. One combination spin with only one change of position (minimum three revolutions in each position). Change of foot is optional.

Steps: Connecting moves consisting of spirals, strong edges, fair use of the music and full utilization of the ice surface

Extra elements may be added without penalty.

Duration: Ladies and Men — Not to exceed 2:10 to music of the skater's choice.

Adult Gold Free Skate Test

A candidate must give a strong performance and demonstrate a command of the following technical elements, showing very good form and carriage, strong true edges, effortless flow and precise steps.

Jumps:

1. Axel jump
2. Lutz jump
3. Two additional different single jumps
4. One jump from the following: split jump, stag jump, falling leaf, half loop
5. One jump combination consisting of two different single jumps (no turn or change of foot between jumps)

Spins:

1. Two different solo spins (minimum four revolutions in position)
2. One combination spin consisting of only one change of foot and at least one change of position (minimum four revolutions on each foot)

Steps:

1. One step sequence — either straight line or circular
2. Connecting moves consisting of spirals, strong edges, good use of the music and full utilization of the ice surface

Extra elements may be added without penalty.

Duration: Ladies and Men — Not to exceed 2:40 to music of the skater's choice.