

Adult Pre-Bronze Moves in the Field Test

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

1. Forward perimeter stroking
2. Basic consecutive edges
3. Forward and backward crossovers
4. Waltz eight
5. Forward right and left foot spirals

The entire test will be marked on a "pass" or "retry" basis only, 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 reskate of only one element, upon request of a member of the panel, should it change the overall evaluation of the test from "retry" to "pass."

Adult Bronze Moves in the Field Test

The fundamentals of ice skating must be demonstrated although not necessarily mastered. Candidates must show knowledge of the steps and continuous flow and strength. Attention should be given to depth of edges and proper curvature of lobes.

1. Forward and backward perimeter power stroking
2. Forward power three-turns
3. Alternating backward crossovers to backward outside edges
4. Forward circle eight
5. Five-step mohawk sequence

Adult Silver Moves in the Field Test

Candidates must skate the correct steps and turns on good edges showing good form, continuous flow and strength and preciseness to their steps.

1. Eight-step mohawk sequence
2. Forward and backward free skating cross strokes
3. FO-BI three-turns in the field
4. FI-BO three-turns in the field
5. Consecutive outside and inside spirals
6. Forward and backward power change of edge pulls

Adult Gold Moves in the Field Test

Candidates must give a strong performance showing strong true edges, smooth turns, correct posture and effortless flow.

1. Stroking: Forward power circle
2. Stroking: Backward power circle
3. Forward double three-turns
4. Backward double three-turns
5. Backward circle eight
6. Brackets in the field