



## **500 SECTION NATIONAL TEST STRUCTURE**

### **501 GENERAL REQUIREMENTS**

#### **501.1**

Test fees will be set by the Board each year, and will include the cost of a certificate. The ISAI will supply Clubs and coaches with a current list of fees. All costs incurred in the taking of any test will be the responsibility of the Club and/or skater concerned and shall not be the responsibility of the Association.

#### **501.2**

Test fees may not include the cost of ice time, this maybe an additional charge made by the rinks.

#### **501.3**

All candidates for tests conducted under the rules of the Association must be eligible members and hold current membership of ISAI.

#### **501.4**

All candidates must be put forward by a ISAI registered or licensed NTS coach.

#### **501.5**

A candidate training overseas must be put forward by a coach registered or licensed with another ISU member federation.

#### **501.6**

Applications with fees for tests are to be made by the candidates to the Test Coordinator no later than twenty-eight days prior to the proposed test date or such earlier time as agreed by the ISAI Test Committee.

#### **501.7**

All fees must be paid in full before a test is taken.

#### **501.8**

It is the responsibility of the Test Organiser or representative to arrange the ice time for the tests.

#### **501.9**

Additional tests may be taken (time permitting) at the discretion of the Test Organiser provided the completed test application and appropriate fees have been lodged with the ISAI.

#### **501.10**

A candidate failing a test will be required to wait a period of one calendar month before taking the test again except that in extenuating circumstances, the Test Coordinator may set a date less than one calendar month.



#### **501.11**

A candidate not appearing at the appointed time for their test without verbal notice to that effect will forfeit their test and must reapply.

#### **501.12**

A candidate who has given notice for not appearing at the appointed time for their test must send their reason for not appearing in writing to the Test Coordinator within seven days after the test date. Failure to supply a satisfactory explanation to the ISAI Test Organiser will necessitate the reapplication for the test plus another test fee.

#### **501.13**

No coaching or prompting may occur during any test level.

### **502 CONDITIONS OF ICE**

#### **502.1**

The Test Organiser or Judge may call off any test where the condition of the ice in their opinion is not satisfactory.

#### **502.2**

The Test Organiser or Judge may call off any test where in their opinion health and safety issues are not satisfactory.

#### **502.3**

The Test Organiser or Judge may stop any test due to rink side interference or distractions to skaters or judges. Once the interference or distractions are removed the test may continue from the point of interruption.

### **503 ORDER OF TESTS**

#### **503.1**

All tests are to be taken in numerical order starting with Pre Bronze.

#### **503.2**

A candidate cannot attempt a higher level if the previous test level has not been achieved in all parts.

### **504 PREVIOUS TESTING**

#### **504.1**

Skaters who move permanently to live in Ireland, and has passed tests of an overseas ISU Member country may be exempted from starting with lower level tests provided they submit proof of tests passed to the ISAI.



#### **504.2**

A skater may then enter for the test level he/she feels is appropriate to his/her standard.

#### **504.3**

In the event a skater fails the chosen test, he/she will have an opportunity to retest once more. The waiting period as set out in Rule 501.9 must be observed.

#### **504.4**

In the event a skater fails the first attempt at a test level he/she can not then choose to do a lower level test at the retest. The retest **MUST** be at the same level.

#### **504.5**

If on the second attempt the skater still fails to achieve a pass mark, the skater must enter the test structure at the entry level of Pre Bronze and follow the rules as any other skater would.

### **505 JUDGING OF TESTS**

#### **505.1**

All tests will use the 6.0 system to determine the outcome of the test with the exception of Element tests which will use a Pass or Fail result.

#### **505.2**

Marking must be in accordance with the rules applying to the particular level of skating and any particular rules set out in the test requirements. The closed marking system shall be used for all tests.

#### **505.3**

The ISAI shall appoint all judges for all tests.

#### **505.4**

It is the responsibility of the Test Organiser or representative to arrange the Judges.

#### **505.5**

On completion of the tests it shall be the responsibility of the Test Organiser to collect all Judges' sheets (including passes and failures) and hand these to the National Test Organiser or ISAI representative within seven days for the completion of a test summary form.

#### **505.6**

The judging panel's decision is final.

#### **505.7**

While it is possible to single panel judge, it is preferable for two judges to be appointed for all tests.



#### **505.8**

The judge panel is limited to a maximum of 3 judges.

#### **505.9**

The candidate must satisfy the judging panel appointed for the test.

#### **505.10**

A Judge or Referee shall not officiate at a test where any of the following circumstances exist:

1. When they are closely related (defined as husband, wife, defacto partner, mother, father, son, daughter, sister and brother) to the candidate.
2. When they have been a skating partner of the candidate during the past 24 months in a competition or test.
3. When they are closely related to either:
  - a coach of the candidate or
  - any person who has been a coach of the candidate during the preceding twelve months.
4. When they remunerate the coach of a candidate
5. Except in extenuating circumstances, members of the same family or close relatives shall not be permitted to serve as Referees or Judges in the same panel of any event at test, even if they represent different clubs.
6. When due to extenuating circumstances, an Official is required to officiate contrary to Rule 505.109(5), the Board members present must assume the responsibility to verify the procedures employed and/or the calculated results for the test where conflict exists.
7. For purpose of staffing at an event, the referee shall decide any issues raised at the test concerning conflicts of interest or other matters involving the applicability of ISU code of Ethics to the assigned officials.

#### **505.11**

The candidate's order of skating for each standard, when there is more than one skater, shall be drawn by the Test Organiser responsible for the test session.

### **506 RESULTS**

#### **506.1**

Results will be given to the skater by the judging panel immediately following the test.

#### **506.2**

Direct feedback will be given to the skater and their coach by the judging panel immediately following the test.

#### **506.3**

Certificates will be issued to the skater only for the test levels passed.

**506.4**

On completion of passing all parts of a test level, the skater will be awarded with the appropriate Test Medal.

**506.5**

Results and Certificates will be posted to the skater following the test.

**507 REQUIREMENTS FOR FIELD MOVES TESTS****507.1**

There are 5 tests in Field Moves.

**507.2**

The test will be judged as pass or fail with a minimum passing mark.

**507.3**

The Field Move Tests are basic skating moves skated with music at Pre Bronze medal and without music at all other levels.

**507.4**

The terms and judging standards applied are as for basic skating.

**507.5**

The elements in the Field Move Tests shall be skated in order as set out in these Test rules.

**507.6**

As basic skating elements, Field Move turns must be judged in accordance with the criteria set out in these Test Rules.

**507.7**

The time is to be taken from the moment the skater begins to move.

**507.8**

Field Moves must be commenced from a standing, stationary position with a minimum number of introductory steps.

**507.9**

If a skater starts a move on the wrong foot or skates a move other than that prescribed, the Judge must draw attention to the mistake as soon as possible. The mistake must be treated as a false start. A skater is only permitted one false start without penalty.

**507.10**

Skaters shall select the area on the ice surface for the Field Move Test as directed by the Judge.



### **507.11**

An effortless, flowing and graceful execution should be achieved. Within the limits of the following rules, complete freedom is allowed to the skater.

- a) The head should be carried in an upright position, relaxed and naturally held
- b) The upper body should be upright but not stiff
- c) The arms should be held gracefully
- d) The free leg should be extended with the toe pointed

The steps must be skated in accordance with the diagrams and descriptions. The number of steps must be skated as prescribed. Subject to a general conformity with the basic requirements, complete freedom is allowed to the skater with respect to arm and free leg positions.

Stroking must be skated with good edges, control, flow, extension, carriage and rhythm. An even speed and flow should be maintained throughout. Maximum utilisation of the ice surface is desirable. Ice coverage must not be obtained by the use of flat or shallow edges.

### **507.12**

Detailed instructions and patterns for all appropriate exercises are available from the ISAI office in a Test Booklet. These must be followed exactly.

## **508    FIELD MOVE TEST 1                    PRE BRONZE CERTIFICATE**

### **508.1**

The Pre Bronze test should be a well balanced routine skated in time to the music, although if 60% of the test is skated in time, this will be considered acceptable.

### **508.2**

This test is to be skated using any music with a waltz tempo (40-50 bars per minute) of the skaters own choice. Strict tempo ice dance music is not required.

### **508.3**

The length of the test should not exceed 1 minute 30 seconds. A combination of compulsory and choice elements should be linked to produce a short routine.

### **508.4**

The skater must demonstrate a good quality of forwards and backwards skating, both clockwise and counter clockwise. Special attention must be paid to carriage and style throughout the routine.

### **508.5**

Full or half ice coverage is permitted. No toe hops are permitted in the routine.



## **508.6**

Elements must include

### Compulsory

1. Forward and backward crossover, to be executed clockwise and counter clockwise, using a minimum of four crossovers on each side and in each direction.
- 2.
3. Forward spiral (outside or inside edge) on a bold curve. Spiral foot must be above the hip height and held for a minimum of 3 counts.

### Choice of 3 Elements

1. Cross Rolls or Swing rolls – forwards and backwards, twice on each foot (eight in total)
2. Forward and backward Chasses – open or closed, twice on each foot (eight in total)
3. Forward outside Three Turns – twice on each foot (four in total)
4. Forward inside Mohawks – open or closed, twice on each foot (four in total)

## **508.7**

No reskates are permitted

## **508.8**

A pass will be based on a minimum mark of 2.6.

## **509**    **FIELD MOVE TEST 2**            **BRONZE CERTIFICATE**

### **509.1**

Only one attempt at each exercise is permitted and the exercises must be skated in the order given.

### **509.2**

A maximum of two reskates will be permitted on completion of all six exercises and the same exercise may be reskated twice.

### **509.3**

- |            |   |
|------------|---|
| Exercise 1 | Simple forward outside curves           |
| Exercise 2 | Forward inside curves                   |
| Exercise 3 | Backward outside edges                  |
| Exercise 4 | Backward outside cross strokes          |
| Exercise 5 | Alternate backward inside short curves  |
| Exercise 6 | Consecutive forward outside cross rolls |

### **509.4**

A pass will be based on a minimum mark of 19.2.



## **510**    **FIELD MOVE TEST 3**                    **SILVER CERTIFICATE**

### **510.1**

Only one attempt at each exercise is permitted and the exercises must be skated in the order given.

### **510.2**

A maximum of two reskates will be permitted on completion of all six exercises and the same exercise may be reskated twice.

### **510.3**

- Exercise 1      Forward changes of edge
- Exercise 2      Progressive serpentine forward outside three turns
- Exercise 3      Progressive serpentine forward inside three turns with crossovers
- Exercise 4      Circular three turns with mohawks
- Exercise 5      Forward or backward one foot slalom
- Exercise 6      Consecutive backward outside cross rolls

### **510.4**

A pass will be based on a minimum mark of 20.4

## **511**    **FIELD MOVE TEST 4**                    **GOLD CERTIFICATE**

### **511.1**

Only one attempt at each exercise is permitted and the exercises must be skated in the order given.

### **511.2**

A maximum of two reskates will be permitted on completion of all six exercises and the same exercise may be reskated twice.

### **511.3**

- Exercise 1      Progressive serpentine forward double three turns
- Exercise 2      Circular three turns and double three turns
- Exercise 3      Circular back inside double three turns and crossovers
- Exercise 4      Double Mohawk serpentine step
- Exercise 5      Forward Choctaw and three turns
- Exercise 6      Alternate one foot double bracket with chasse

### **511.4**

A pass will be based on a minimum mark of 21.6



## **512 FIELD MOVE TEST 5 NOVICE CERTIFICATE**

### **512.1**

Only one attempt at each exercise is permitted and the exercises must be skated in the order given.

### **512.2**

A maximum of two reskates will be permitted on completion of all six exercises and the same exercise may be reskated twice.

### **512.3**

- Exercise 1 Back outside change of edge into double three turns
- Exercise 2 Back inside change of edge into double three turns
- Exercise 3 Rocker and Choctaw serpentine
- Exercise 4 Two foot power rockers
- Exercise 5 Fast circular Mohawk and slip step
- Exercise 6 Continuous straight line choctaws

### **512.4**

A pass will be based on a minimum mark of 22.8

## **513 REQUIREMENTS FOR ELEMENTS SKATING TESTS**

### **513.1**

There are 5 tests in Elements skating.

### **513.2**

The elements are to be skated without music and can be performed in any order.

### **513.3**

Each element is allowed 2 attempts if required.

### **513.4**

A maximum of 2 separate elements may be reskated on completion of all the elements, but only one attempt per reskate is allowed.

### **513.5**

All elements must be skated with good speed, cleanness and sureness. All pushes on the forward stroking must be correctly executed using the inside edge of the blade, and together with the crossovers, must have free leg extended without toe pushing.

### **513.6**

Carriage should be upright, with little body and arm movement and minor noise during stroking.



### **513.7**

Jumps must be fully rotated and landed on a clean running edge. Great attention must be paid to correct take off edges and also to the positions on take off, in the air and on landing.

### **513.8**

Spins must demonstrate good rotational speed, style and stance.

### **513.9**

Flying spins must show correct take off edges and position in the air.

### **513.10**

Step sequences must fully utilise the ice surface, and can incorporate small jumps of not more than a half revolution as per ISU regulations.

### **513.11**

Overall PASS or FAIL assessment given at the completion of the test.

### **513.12**

All elements must receive a PASS mark to pass overall.

## **514 ELEMENT SKATE TEST 1**

## **PRE BRONZE CERTIFICATE**

### Elements

1. Forward perimeter stroking, with crossovers round the ends of the rink. To be skated clockwise and anti clockwise using a maximum of 6 strokes along each side.
2. Three Jump
3. Salchow Jump
4. Toe Loop Jump
5. Upright flat foot or cross toe spin, (minimum 6 revolutions in the chosen position).
6. Sit or Camel spin, (minimum 3 revolutions in the chosen position).
7. Forward Spiral, (outside or inside edge on bold curve)
8. Backward Spiral, (outside or inside edge on bold curve)

## **515 ELEMENT SKATE TEST 2**

## **BRONZE CERTIFICATE**

### Elements

1. Loop Jump
2. Toe Salchow Jump (Flip)
3. Lutz Jump
4. Simple jump combination consisting of any 2 jumps (half revolution jump and/or 1 revolution jump acceptable)
5. Sit spin (minimum 4 revolutions in the prescribed position)
6. Camel Spin (minimum 4 revolutions in the prescribed position)



7. Change foot Upright spin (minimum 4 revolutions on each foot, free foot must be crossed in front on back spin)
8. Straight line step sequence.

**516**    **ELEMENT SKATE TEST 3**                      **SILVER CERTIFICATE**

Elements

1. Perimeter power cross over stroking ( see test Booklet for pattern and prescribed steps)
2. Axel Paulsen
3. Double Salchow or Double Toe Loop Jump
4. A two jump combination consisting of 2 single jumps, one of which must be a lutz jump.
5. Either a change of foot camel spin or change foot sit spin (minimum of 4 revolutions in the chosen position on each foot)
6. A spin with one change of position, (minimum of 4 revolutions in each position, Sit/Camel/Upright variation)
7. A circular step sequence.

**517**    **ELEMENT SKATE TEST 4**                      **GOLD CERTIFICATE**

Elements

1. Double Salchow
2. Double Toe Loop
3. Double Loop or Double Flip
4. A two jump combination consisting of one double jump and single jump, free choice
5. A flying spin (free choice) with a minimum of 6 revolutions in the chosen landing position.
6. A combination spin with one change of foot and one change of basic position, with a minimum of 5 revolutions on each foot.
7. A serpentine step sequence fully utilising the ice surface.

**518**    **ELEMENT SKATE TEST 5**                      **NOVICE CERTIFICATE**

Elements

1. Double Salchow
2. Double Loop
3. Double Flip or Double Lutz
4. A two jump combination consisting of two double jump, free choice
5. A flying spin (free choice) with a minimum of 6 revolutions in the chosen landing position.
6. For men: A change of foot spin (camel/camel or sit/sit) with a minimum of 5 revolutions on each foot.



7. For Ladies: A layback or sideways spin with a minimum of 6 revolutions in position.
8. A combination spin with one change of foot and one change of basic position, with a minimum of 5 revolutions on each foot.
9. A serpentine step sequence fully utilising the ice surface.

## **519 REQUIREMENTS FOR FREE SKATING TESTS**

**519.1** There are seven tests in Freeskating.

### **519.2**

The test shall be marked accordingly with deductions given for errors as listed in ISU Communication 1086.

### **519.3**

If one element is not completed satisfactorily in the programme, this may be reskated once in isolation immediately afterwards at the judges' discretion (no practice allowed). The element must be reskated in the context of the programme, with the steps/movements immediately preceding and following it clearly demonstrated.

### **519.4**

All spins must contain the number of revolutions skated in the appropriate Element test.

### **519.5**

Vocal music is not allowed.

### **519.6**

The time is to be taken from the moment the skater begins to move.

## **520 FREE SKATE TEST 1      PRE BRONZE CERTIFICATE**

### **520.1**

A free programme of 1 minute 30(+/- 10 sec) seconds duration with music comprising simple linking steps and movements which must be in time and in character with the rhythm of the music chosen.

### **520.2**

#### Technical requirement

**Jumps**- a maximum of four jump elements including the following requirements

- a) Waltz Jump
- b) Salchow
- c) Toe Loop

**Spins** – maximum of two spins including the following requirements

- d) One foot spin (min 6 revs)
- e) Sit spin – in recognizable sit position (three revolutions)



### **Spirals**

f) At least 2 spirals (one forwards and one backwards) demonstrating correct leg and body alignment.

### **521.3**

A pass will be based on a minimum total mark of 5.5

## **521 FREE SKATE TEST 2 BRONZE CERTIFICATE**

### **521.1**

A free programme of 1 minute 30 (+/- 10 sec) seconds duration with music comprising linking steps and movements which must be in time and in character with the rhythm of the music chosen.

### **521.2**

#### Technical requirement

**Jumps-** a maximum of four jump elements including the following requirements

- a) Single Loop jump
- b) Single Flip
- c) Single Lutz

**Spins** – maximum of two spins including the following requirements

- d) Change foot Upright spin (minimum four revolutions on each foot, free foot must be crossed in front on back spin)

#### **Steps**

- f) Straight line step sequence fully utilizing the ice surface

### **521.3**

A pass will be based on a minimum total mark of 5.8

## **522 FREE SKATE TEST 3 SILVER CERTIFICATE**

### **522.1**

A free programme of 2 minutes (+/- 10 sec) duration with music comprising linking steps and movements which must be in time and in character with the rhythm of the music chosen.

### **522.2**

#### Technical requirement

**Jumps-** a maximum of five jump elements including the following requirements

- a) Axel Paulsen
- b) Double Sacchow or Double Toe Loop
- c) Any 2 jump combination consisting of 2 single jumps, one of which must be a lutz jump. (no turn or change of foot between jumps)

**Spins** – maximum of three spins including the following requirements



- d) Combination spin with one change of foot and one change of position (minimum five revolutions on each foot)
- e) Sit Spin (minimum four revolutions in required position)
- f) A combination spin with of one change of foot and one change of position, (minimum five revolutions on each foot)

**Steps**

- g) A circular step sequence fully utilising the ice surface.

**522.3**

A pass will be based on a minimum total mark of 6.0

**523    FREE SKATE TEST 4            GOLD CERTIFICATE**

**523.1**

A free programme of 2 minute 30 (+/- 10 sec) seconds duration with music comprising simple linking steps and movements of a more advanced nature, which must be in time and in character with the rhythm of the music chosen.

**523.2**

Technical requirement

**Jumps**- maximum of six jump elements including the following requirements

- a) Axel Paulsen
- b) Two different double jump,
- d) One jump combination consisting of one double jump and one single jump (no turn or change of foot between jumps).

**Spins** – maximum of three spins including the following requirements

- e) Flying spin (free choice with a minimum six revolutions in the chosen landing position)
- f) A combination spin consisting of one change of foot and one change of basic position, with a minimum of five revolutions on each foot.

**Steps-**

- g) A serpentine step sequence fully utilising the ice surface.

**523.3**

A pass will be based on a minimum total mark of 6.5

**524    FREE SKATE TEST 5            NOVICE CERTIFICATE**

**524.1**

A free programme of 3 minutes for Ladies and 3 minutes and 30 seconds (+/- 10 sec) duration for men with music comprising linking steps and movements of a more advanced nature, which must be in time and in character with the rhythm of the music chosen. Great attention must be paid to this aspect of the programme.



## **524.2**

Technical requirement for Ladies:

**Jumps**- maximum of seven jump elements for men and six jump elements for ladies including the following requirements

- a) Double Salchow
- b) Double Toe Loop
- c) Double Loop
- d) One jump combination consisting of two double jumps (no turn or change of foot between jumps)

**Spins** – maximum of three spins including the following requirements

- e) For men: A change of foot spin (camel/camel or sit/sit) with a minimum of 5 revolutions on each foot.
- f) For Ladies: A layback or sideways spin with a minimum of 6 revolutions in position.
- g) A combination spin with one change of foot and one change of basic position, with a minimum of 5 revolutions on each foot.
- h) A flying spin (free choice) with a minimum of 6 revolutions in the chosen landing position.

**Steps:**

- i) One step sequence, straight line, circular or serpentine or one spiral sequence fully utilizing the ice surface

## **524.3**

A pass will be based on a minimum total mark of 7.0

## **525    FREE SKATE TEST 6            JUNIOR CERTIFICATE**

### **525.1**

As per ISU technical free programme requirements.

### **525.2**

A pass will be based on a minimum total mark of 7.5

## **526    FREE SKATE TEST 7            SENIOR CERTIFICATE**

### **526.1**

As per ISU technical free programme requirements.

### **526.2**

A pass will be based on a minimum total mark of 8.0



## **527 REQUIREMENTS FOR ADULT FIELD MOVE TESTS**

### **527.1**

There are 4 tests in Field Moves.

### **527.2**

The test will be judged as pass or fail with a minimum passing mark.

### **527.3**

The Field Move Tests are basic skating moves skated without music at all other levels.

### **527.4**

The terms and judging standards applied are as for basic skating.

### **527.5**

The elements in the Field Move Tests are to be skated without music and can be performed in any order.

### **527.6**

As basic skating elements, Field Move turns must be judged in accordance with the criteria set out in these Test Rules.

### **527.7**

Field Moves must be commenced from a standing, stationary position with a minimum number of introductory steps.

### **527.8**

Skaters shall select the area on the ice surface for the Field Move Test as directed by the Judge.

### **527.9**

If a skater starts a move on the wrong foot or skates a move other than that prescribed, the Judge must draw attention to the mistake as soon as possible. The mistake must be treated as a false start. A skater is only permitted one false start without penalty.

### **527.10**

An effortless, flowing and graceful execution should be achieved. Within the limits of the following rules, complete freedom is allowed to the skater.

- a) The head should be carried in an upright position, relaxed and naturally held
- b) The upper body should be upright but not stiff
- c) The arms should be held gracefully
- d) The free leg should be extended with the toe pointed

The steps must be skated in accordance with the diagrams and descriptions. The number of steps must be skated as prescribed. Subject to a general conformity with the basic requirements, complete freedom is allowed to the skater with respect to arm and free leg positions.



Stroking must be skated with good edges, control, flow, extension, carriage and rhythm. An even speed and flow should be maintained throughout. Maximum utilisation of the ice surface is desirable. Ice coverage must not be obtained by the use of flat or shallow edges.

**527.11**

Detailed instructions and patterns for all appropriate exercises are available from the ISAI office in a Test Booklet.

**527.12**

All exercises must be skated with good speed, cleanness and sureness. All pushes on the forward stroking must be correctly executed using the inside edge of the blade, and together with the crossovers, must have free leg extended without toe pushing.

**527.13**

Carriage should be upright, with little body and arm movement and minor noise during stroking.

**527.14**

Candidates must have reached the age of 18 years.

**528 ADULT FIELD MOVE SKATE TEST 1  
ADULT PRE BRONZE CERTIFICATE**

**528.1**

Only one attempt at each exercise is permitted and the exercises must be skated in the order given.

**528.2**

A maximum of two reskates will be permitted on completion of all six exercises and the same exercise may be reskated twice.

**528.3**

Exercises

1. Forward Perimeter Crossover Stroking (in one direction only) with crossovers around the end of the rink. To be skated in either direction using a maximum of 6 strokes along each side of the rink
2. A minimum of eight Basic Consecutive Edges, (Fi to Fi, Fo to Fo, Bo to Bo, Bi to Bi)
3. Forward Crossovers in a figure of eight pattern
4. Backward Crossovers in a figure of eight pattern
5. Alternating Forward 3-Turns



#### **528.4**

A pass will be based on a minimum mark of. 11

### **529 ADULT FIELD MOVE SKATE TEST 2 ADULT BRONZE CERTIFICATE**

#### **529.1**

Only one attempt at each exercise is permitted and the exercises must be skated in the order given.

#### **529.2**

A maximum of two reskates will be permitted on completion of all six exercises and the same exercise may be reskated twice.

#### **529.3**

##### Exercises

1. Forward Perimeter Crossover Stroking (in one direction only). Must cover at least 1/2 of standard Olympic ice surface
2. Backward Perimeter Crossover Stroking (In one direction only) Must cover at least 1/2 of standard Olympic ice surface
3. Forward Power 3-Turns
4. Alternating Backward Crossovers to Backward Outside Edges. Back edges should be held similar to landing position for a count of 2
5. Any five(5) step sequence with an minimum of two variant steps

#### **529.4**

A pass will be based on a minimum mark of. 12.5

### **530 ADULT FIELD MOVE SKATE TEST 3 ADULT SILVER CERTIFICATE**

#### **530.1**

Only one attempt at each exercise is permitted and the exercises must be skated in the order given.

#### **530.2**

A maximum of two reskates will be permitted on completion of all six exercises and the same exercise may be reskated twice.

#### **530.3**

##### Exercises

1. Any eight (8) - step sequence with a minimum of three variant steps and covering at least 1/2 of standard Olympic ice surface
2. Forward & Backward Free Skating Cross Strokes



3. Forward Outside/Back Inside 3-Turns in the field, with linking steps or in transition to facilitate both feet
4. Forward Inside/Back Outside 3-Turns in the field, with linking steps or in transition to facilitate both feet
5. Forward Right & Left Foot Spirals
6. Adult Silver Step Pattern
  - Simple forward outside curves (see manual for pattern)

**OR**

  - Backward outside edges (see manual for pattern)

#### **530.4**

A pass will be based on a minimum mark of. 16

### **531 ADULT FIELD MOVE SKATE TEST 4 ADULT GOLD CERTIFICATE**

#### **531.1**

Only one attempt at each exercise is permitted and the exercises must be skated in the order given.

#### **531.2**

A maximum of two reskates will be permitted on completion of all six exercises and the same exercise may be reskated twice.

#### **531.3**

##### Exercises

1. Stroking: Forward Power Circle in each directions
2. Stroking: Backward Power Circle in both directions
3. Forward Double 3-Turns on each foot (Inside or Outside 3 turns are applicable)
4. Backward Double 3-Turns on each foot (Inside or Outside 3 turns are applicable)
5. Backward Perimeter Power Stroking with Back Inside 3-Turns and Forward Inside 3-Turns
6. Adult Gold Step Pattern
  - Forward changes of edge (see manual for pattern)

**OR**

  - Progressive serpentine forward inside three turns with crossovers (see manual for pattern)

#### **531.4**

A pass will be based on a minimum mark of. 19



## **532 REQUIREMENTS FOR ADULT FREE SKATING TESTS**

### **532.1**

There are four tests in Free Skating.

### **532.2**

The test shall be marked accordingly with deductions given for errors as listed in ISU Communication 1086.

### **532.3**

If one element is not completed satisfactorily in the programme, this may be reskated once in isolation immediately afterwards at the judges' discretion (no practice allowed). The element must be reskated in the context of the programme, with the steps/movements immediately preceding and following it clearly demonstrated.

### **532.4**

All spins must contain the number of revolutions prescribed.

### **532.5**

Vocal music is not allowed.

### **532.6**

The time is to be taken from the moment the skater begins to move.

### **532.7**

Candidates must have reached the age of 18 years.

## **533 ADULT FREE SKATE TEST 1      ADULT PRE BRONZE CERTIFICATE**

### **533.1**

A free programme of 1 minute 30 seconds (+/- 10 sec) duration with music comprising simple linking steps and movements which must be in time and in character with the rhythm of the music chosen.

### **533.2**

#### Technical requirement

1. 2 Different jumps from waltz-jump, salchow and toe loop
2. One- foot upright spin (3 revs in position)
3. Two-foot upright spin (3 revs in position)
4. Crossovers - forward and backward (either direction)
5. Lunge or spiral
6. Simple step sequence covering at least half of standard Olympic ice surface

### **533.3**

A pass will be based on a minimum total mark of 4.5



## **534    ADULT FREE SKATE TEST 2            ADULT BRONZE CERTIFICATE**

### **534.1**

A free programme of 1 minute 30 seconds (+/- 10 sec) duration with music comprising linking steps and movements which must be in time and in character with the rhythm of the music chosen.

### **534.2**

#### **Technical requirement**

1. Three different single jumps; of which one must be toe-loop and one must be loop
2. 1 jump combination: waltz-toe loop
3. One foot upright spin (4 revs in position)
4. One foot back spin, entry optional (3 revs in position)
5. Sit spin (3 revs in a recognisable position)
6. connecting moves, steps and edges throughout program

### **534.3**

A pass will be based on a minimum total mark of 5.0

## **535    ADULT FREE SKATE TEST 3            ADULT SILVER CERTIFICATE**

### **535.1**

A free programme of 2 minutes (+/- 10 sec) duration with music comprising linking steps and movements which must be in time and in character with the rhythm of the music chosen.

### **535.2**

#### **Technical requirement**

1. Three different single jumps of which one must be loop and one must be flip
2. 1 jump combination with single revolution jumps
3. 1 jump sequence with half or single revolution jumps
4. Camel spin (3 revs in a recognisable position)
5. One spin from layback, attitude, or sit (4 revs in a recognisable position)
6. Combination spin with (only 1 change of position); change of foot is optional (3 revs per position)
7. connecting moves consisting of spirals, strong edges, fair use of music, and full utilization of ice surface

### **535.3**

A pass will be based on a minimum total mark of 5.5



## **536 ADULT FREE SKATE TEST 4      ADULT GOLD CERTIFICATE**

### **536.1**

A free programme of 2 minutes 30 seconds (+/- 10 sec) duration with music comprising linking steps and movements which must be in time and in character with the rhythm of the music chosen.

### **536.2**

#### **Technical requirement**

1. Four different single jumps of which one must be Axel and one must be Lutz
2. 1 jump combination with two different single jumps
3. One jump from: split, stag, falling leaf, half loop, star jump
4. Two different solo spins (with a minimum of 4 revolutions in each spin)
5. Combination spin with (only 1 change of foot) and (at least 1 change of position) (There must be at least 4 revs in each position and on each foot)
6. One step sequence - either straight line or circular. Must use full, standard Olympic size ice surface
7. Connecting moves consisting of spirals, strong edges, good use of music and full utilization of ice surface

### **536.3**

A pass will be based on a minimum total mark of 6.0

## **537 REQUIREMENTS FOR ICE DANCING TESTS**

*Under development and review.*

## **538 REQUIREMENTS FOR SCYNCHRONISED TESTS**

*Under Development and review.*

## **539 REQUIREMENTS FOR PAIR SKATING TESTS**

*Under development and review.*