

## Skate Levels

### Tot 1

Pre School Beginner Who Has Never Skated

**Proper Way To Fall** In a standing position, stretch hands and arms higher than eye-level so you can see them. (Not so high that the pupil would tent to fall backwards.) Tuck chin to keep head forward. Bend knees and continue the falling down action as you would sit on a chair. Continue gently until skater falls on one cheek (bottom, that is), keeping the hands in position and off the ice.

**Proper Way to Get Up** Facing the instructor, get in the position of a puppy dog on hands and knees. Put one foot between hands, and then bring second foot between hands, keeping weight balanced on center of both feet. Rise, slowly, looking at the instructor, until skater is in proper standing position. Remain still for five seconds. Repeat falling and getting up two more times.

**Marching in Standing Position** With arms in front as in holding handlebars of a bicycle, lift alternate feet three times, remain still in proper position for five seconds. Repeat for a total of three times.

**Marching While Moving March**, counting 1, 2, 3; and then glide on two feet (feet parallel and comfortably apart but no farther out than hips). Repeat five times.

### Tot 2

**Two-Foot Jump In Place** While standing still with hands in handlebar position, bend knees, jump up, land, bend knees to almost teapot position, then stand up straight again. Repeat for a total of three times.

**Forward Swizzle Standing Still** Standing in proper position, put heels together forming a wide "V" position, then move toes together until touching. Repeat for a total of three times. Skater should remain stationary.

**Single Swizzle** Same as above, forming lemons, footballs, bubbles, etc. With heels together, feet forming a wide "V" position with weight on the heels, and knees bent. Slowly push toes outward using inside edges to form swizzle in forward motion, pull toes together until touching. Steps in between are required. Repeat three times.

**Beginning Two-Foot Glide** Must be performed for a distance at least equal to the skater's height on two feet after taking only three steps.

### Tot 3

**Push and Glide Stroking** From standing position (as described previously) bend both knees, push and glide on one foot. Sufficient length of glide equals one foot. Repeat for a total of six times, alternating feet, with a glide in between on two feet.

**Preparation for Snowplow Stop** From standing position (as previously described) with knees bent, use one foot on the inside edge and scrape to the side, creating snow. Bring foot back to starting position and repeat three times. Alternate to other foot and repeat three times.

**Dip** Push three times only, glide on two feet. Arms extended forward, bend knees to lower hips until slightly higher than the knees. Hold position for a count of five.

**Forward Swizzle** Same as the Single Swizzle in Tot 2 except two-foot glide in between swizzles is to be for a distance of at least one foot. Maneuver is to be done three times.

### Tot 4

**T-Position and Push (Right & Left)** Push from the inside edge of the back foot and glide on the forward foot in a straight line for a distance of at least the skater's height. Repeat on the other foot from standing still position.

**Backward Swizzle** (Also #5 in the Pre-Alpha test). A backward swizzle must be performed for a distance at least equal to one foot in three in-and-out movements.

**Two-Foot or One-Foot Snowplow Stop** (Also #4 in the Alpha test). A complete stop must be made in good balance using the inside edge of either or both skates for the skidding or stopping action. The skater must remain in that position for a count of three.

**Backward Wiggle** From standing position, feet comfortably apart (no farther out than hips) with weight on the balls of the feet, arms in handlebar position, knee bent, wiggle hips quickly. Skater must travel backward for at least ten feet.

### Tot Testing Suggestions

Testing may be facilitated (in view of the age level of this group) by group maneuvers in the form of games to encourage the tot to participate more freely.

ISI  
Pre-Alpha  
Alpha  
Beta  
Gamma  
Delta  
Ice Skating Tests

**General Rules for Posture**

These rules apply on all movements except where specifically noted otherwise.

1. The back must be straight from the hips to the head.
2. The knees must be slightly bent and flexed when bearing the weight of the body.
3. The free leg must be extended with the free foot turned out and pointed when required.
4. The arms must be carried no higher than the chest or lower than the hips in a soft curve. The elbows must not be pointed and the arms must not be stiff.
5. The hands must be held with the palms down and parallel with the ice about halfway between the front and the side of the body.

**Pre-Alpha Test**

**Two-Foot Glide** Must be performed for a distance at least equal to the skater's height on two feet after taking only three steps.

**One-Foot Glide** Must be performed for a distance at least equal to the skater's height on each foot after taking only three steps.

- a. Right Foot
- b. Left Foot

**Forward Swizzle** A forward swizzle must be performed for a distance at least equal to the skater's height in three in-and-out movements.

**Backward Wiggle** Must be performed for a distance at least equal to the skater's height in four zigzag movements.

**Backward Swizzle** A backward swizzle must be performed for a distance at least equal to the skater's height with three in-and-out movements.

## Alpha Test

**Forward Stroking** The push must be made with the inside edge of each foot, without use of the toe pick. Each stroke must be a distance at least equal to the skater's height with the free leg carried over the trailing edge. The stroke shall commence on the outside edge of the blade, changing to the inside prior to the feet coming close together for the beginning of the next stroke. At least six alternating strokes must be taken without interruption: each stroke must be at least equal to the skater's height.

**Forward Crossover's - Right Foot Over Left** The outside (right foot pushes with the inside edge, extends to the side back as it leaves the ice, and is crossed in front of the other and placed on the ice inside of the circle. The inside (left) foot pushes with the outside edge (not the toe pick), is extended to the outside of the circle with the foot off of the ice, and is then placed beside the skating foot. The outer (right) shoulder and arm must be held forward: the inner (left) shoulder and arm must be held to the back. At least ten strokes must be taken without interruption; each stroke must be at least equal to the skater's height.

**Forward Crossovers - Left Foot Over Right** The same maneuver must be performed with all movements reversed.

**One-Foot Snowplow Stop** A complete stop must be made in good balance using the inside edge of either the left or right foot for the skidding or stopping action. The entire maneuver must be performed in a straight line, and after stopping the skater must remain in that position for a count of three.

## Beta Test

**Backward Stroking** The push must be made with the inside edge of each foot without use of the toe picks. Each stroke must be a distance at least equal to the skater's height with the free foot carried in front over the tracings. The stroke shall commence on the outside edge of the blade, changing to the inside prior to the feet coming close together for the beginning of the next stroke. At least six alternating strokes must be taken without interruption: each stroke must be at least equal to the skater's height.

**Backward Crossover Strokes - Right Foot Over Left** The outside (right) foot pushes with the inside edge, extends to the front as it leaves the ice, is crossed in front of the left foot, and placed on the ice inside of the circle. The inside (left) foot then pushes with the outside edge, is extended to the outside of the circle with the foot off the ice, and is then placed beside the skating foot. The outer (right) shoulder and arm must be held forward; the inner (left) shoulder and arm must be held to the back. At least ten strokes must be taken without interruption; each stroke must be at least equal to the skater's height. Cutbacks, where the outside foot remains on the ice as it crosses in front, are not permitted in this test!

**Backward Crossover - Left Foot Over Right** The same maneuver must be performed with all movements reversed.

**T-Stop - Right Foot Outside Edge** A complete stop must be made in good balance using the outer edge of the stopping foot (right) by placing it in back of the skating foot (left for the skidding or stopping action). The maneuver must be performed in a straight line, and the final stationary position must be held to a count of three.

**T-Stop - Left Foot Outside Edge** The same maneuver must be performed with all movements reversed.

### **Gamma Test**

**Right Forward Outside Three Turn (One Foot Turn)** The total length of the stroke must be at least twice the skater's height, with the turn being made from the right forward outside edge to the backward inside edge, halfway through the stroke. The curve of the entrance edge and the exit edge must be the same. The skating shoulder and arm (right) shall start in front; the free shoulder and arm (left) shall start in the back; the shoulders are then rotated into the circle prior to the hips turning. The skater's hips and shoulders twist in opposite directions during the turn. The skating shoulder and arm (right) should continue to be held in front after the turn; the free shoulder and arm (left) should continue to be held in the back after the turn. The free leg (left) must be held in back without touching the ice during the entire stroke. The backward inside edge should be held to the satisfaction of the examiner.

**Left Forward Outside Three Turn (One Foot Turn)** The same maneuver must be performed with all movements reversed.

**Right Forward Inside Open Mohawk Combination** There are two Mohawks in this combination, and a total of seven steps in this sequence. The forward inside Mohawk and the backward outside Mohawk shall consist of two steps each. Starting in a right T position (this is named for the foot that does the pushing not the gliding), the skater shall take three strokes prior to the right forward inside open Mohawk. Gliding on the right forward inside edge, the heel of the left foot is placed to the instep of the right, and placed on the ice backwards, to the inside of the circle. The right shoulder and arm are in front prior to the turn, and remain there after the turn in a "checked" position after the snap action of the turn. The free leg is extended to the back, and then placed beside the skating foot. The left foot then pushes and is extended to the front while the right foot glides on the backward outside edge. The skater's shoulders, arms, and hips turn to the outside prior to stepping onto the forward outside edge of the left foot. The last edge should be held to the satisfaction of the examiner. The right foot during the second Mohawk does not push. The diameter of each curve must be at least equal to twice the skater's height. Each curve must be of like size and speed. Each stroke must be a distance at least equal to the skater's height.

**Left Forward Inside Open Mohawk Combination** The same maneuver must be performed with all the movements reversed.

**Hockey Stop** A complete stop must be made in good balance using both feet (the inside edge of one foot and the outside edge of the other foot) for the skidding or stopping action. The feet must be kept parallel; the shoulders must be parallel to the feet at the conclusion of the stop, and the maneuver must be performed in a straight line. After stopping, the skater must remain in that position for a count of three.

### Delta Test

**Right Forward Inside Three Turn (One Foot Turn)** The total length of stroke must be at least twice the skater's height, with the turn being made from the right forward inside edge to the backward outside edge, halfway through the stroke. The curve of the entrance edge and the exit edge must be the same. The free shoulder and arm (left) shall start in front, the skating shoulder and arm shall start in the back, and the shoulders are then rotated into the circle prior to the hips turning. The skater's hips and shoulders twist in opposite directions during the turn. The free leg (left) must be held in back without touching the ice during the entire stroke. The backward outside edge should be held to the satisfaction of the examiner.

Left Forward Inside Three Turn (One Foot Turn) The same maneuver must be performed with all movements reversed.

### Forward Edges

a. **Forward Outside Edges** A series of at least four semi-circles must be performed on the forward outside edges. The skater must alternate feet within the series. (For example, if s/he performs the first semi-circle on the right foot, the next must be on the left foot, the third on the right foot, and the fourth on the left foot.) Each semi-circle should have a diameter at least equal to the skater's height, but no more than three times their height. The semi-circles must be lined up on an axis. Each push must be made from a clean inside edge; no pushing with the toe pick.

b. **Forward Inside Edges** A series of at least four semi-circles must be performed on the forward inside edge, with the other requirements the same as those for forward outside edges. In ISI competitions, two semi-circles must be performed on each skating edge consecutively, with no steps or turns between.

### Shoot-the-duck or Lunge (Choice of one)

a. **Shoot-The-Duck** The length of the glide must be at least a distance equal to four times the skater's height. The free leg must be extended to the front with the skater's height. The free leg must be extended to the front with the skating hip no higher than the skating knee. The buttock must not rest on the heel of the skating foot; the back must be straight with the hips leaning forward. The head position is optional. The

edge, flat, leg, or direction used is left to the discretion of the skater. The free leg must be straight, parallel to the ice during the glide, with the free foot slightly turned out and the toe pointed. Descending on either one or two feet is permissible; rising must be done on one foot. The arm position is optional; skaters are allowed to hold the free foot or blade.

b. **Lunge** The length of the glide must be at least a distance equal to four times the skater's height. The skating hip must not be higher than the skating knee. The free leg must be extended to the back with the free foot turned out and the toe pointed. During the lunge glide, the free foot touches the ice only at the side ball part of the skater's boot. The back must be straight; the head and arm positions are optional. The entire maneuver must be done in a forward direction with the descent and ascent being performed on the same foot and completed with a one foot glide on the same foot with the arms extended.

**Bunny Hop** While gliding forward on one foot, the skater must leap forward, taking off from the toe pick of the skating foot and landing on the toe rack of the other foot, immediately returning to a forward glide on the take-off foot.

### **Pre-Alpha-Alpha-Beta-Gamma-Delta Testing**

At the beginning, skaters should be checked for proper fit and lacing of their skates and should be taught proper care of them.

1. When taking the Pre-Alpha, Alpha, Beta, Gamma, and Delta tests, the skater must pass each maneuver in order to pass the test.
2. In each test, the skater will be graded on both posture and required maneuvers.
3. The Pre-Alpha, Alpha, Beta, Gamma, and Delta tests are graded Pass/Incomplete. The skater must pass each maneuver in order to pass the test. If the skater fails to perform any of the compulsory maneuvers, either by omission or by unacceptable performance, then the test shall be considered incomplete and the entire test must be taken again. When skaters receive an incomplete on a test, they should be permitted to try again after they have had enough practice time to improve their skills (at the discretion of the examiner).
4. In ISI competitions two-foot snowplow stops are permissible at the Pre-Alpha level and are not judged or penalized.

## Hutchinson Figure Skating Association Levels

### Freestyle Level 1 - Freestyle Level 10

#### ISI Freestyle Ice Skating Tests

##### General Rules

The skater must have passed the Delta test.

1. The compulsory part of the test, consisting of the six maneuvers, must be taken first before the program portion of the test may be taken.
2. During the compulsory part of the test, each maneuver may be attempted twice, and the better performance will be graded. If the examiner is satisfied with the first attempt, no second attempts are needed.
3. If the skater fails to perform any of the compulsory maneuvers during the program, either by omission or by unacceptable performance, then the test shall be considered incomplete, and the entire program must be taken again, with the time between the tests left to the examiner's discretion. Skaters are limited to three attempts per required maneuver during their programs, and as always, the best attempt will be judged. If the skater attempts the maneuver a fourth time, it will not be judged. At the discretion of the Referee, a skater may be asked to restate one element.
4. In the compulsory portion of the test, each jump, and the first in a sequence of jumps, must be preceded by at least four continuous accelerating skating strokes with, where necessary, a one-foot or change-foot turn to prepare for the takeoff position. This refers only to the compulsory part of the test.
5. On all jumps, the landing strokes or edges must be a distance at least equal to the skater's height and the landing edge must be held a minimum of three seconds. This refers to the last jump in a combination only. This refers only to the compulsory part of the test.
6. The exit from all spins must be on a controlled edge on one foot for a minimum of three seconds for the distance equal to the skater's height. This refers only to the compulsory part of the test.
7. In all spins on one foot, the skater must not travel a distance exceeding three blade lengths from the point of the first revolution. In change-foot or jump spins, the distance of travel must not exceed the skater's height.
8. Pattern for required arabesques, excluding Freestyle 1, is optional as long as it is performed on an edge (i.e. FS 3 backward outside arabesque may be done in any pattern - spiral, semi-circle, circular, oval, etc).
9. No substitutions or omissions are permissible and any deviations from the listed requirements will render the test invalid.

10. The minimum passing standards are described in this book; credit should be given if standards are exceeded when grading maneuvers.

11. For all dance step sequences, emphasis should be placed on the correctness of the required turns. Remember, the required turns in the FS 4, FS 5, and FS 7 dance step sequences must be performed separately and in the dance step sequence pattern to show that the skater has proper edge control and posture.

12. The dance step sequence requirements in Freestyle 2,3,4,5,7 and 8 have mandatory patterns and may be performed in either direction for ISI testing and ISI competitions.

13. Timing for the program portion of the test begins with any action after the music begins. Timing stops when the skater stops moving completely.

### **Testing Sessions:**

1. Coaches will determine when a skater is ready to test and will sign the skater up for a test session based on availability.

2. Test sessions are regularly scheduled during the season with additional sessions added based on coach requests/needs. Dates are posted on the bulletin board and on the web page.

3. The coaches will decide the test order of the skaters.

4. Prior to the start of the testing session, the testing monitor will collect the non-refundable testing fee of \$10.00.

5. Testing skaters only allowed in box, **all spectators should be in bleachers.**

6. Skaters will be allowed a few minutes to warm up on the ice prior to the test session.

7. During the compulsory skill portion of the test, a coach will call out each element for the skater to complete. Skaters need to complete each element without additional instructions. If the skater passes the compulsory portion of the test after 2 attempts, he/she will be allowed to complete the program portion of the test.

8. Three coaches will be testing the skater. At least two coaches need to pass the skater.

## Freestyle Test 1

### A. Compulsory Maneuvers

**Forward Inside Pivot** The toe pick of one foot must remain in one place while the other foot moves around it on the inside edge in a forward direction for one and one-half consecutive revolutions without stopping or pumping, skater should bend the knee of the stationary leg and the feet should remain perpendicular during the pivot.

**Two-Foot Spin** Both feet must remain on the ice for a minimum of six consecutive non-stop revolutions. The skater must not travel more than three blade lengths from the starting point of the first revolution.

**Forward Arabesque (spiral)** A forward glide must be made in the arabesque position on one foot, either straight on the flat or on either ridge, for a distance equal to four times the skater's height (this refers to the compulsory part of the test only). The free leg must be extended behind the heel of the skating foot and held at least as high as the skating hip. The head should be held up and facing forward with the back arched. The arm position is optional, (knee or leg may be held). Holding the blade or the boot is considered an uncultured maneuver.

### Backward Edges

a. **Backward Outside Edges** A series of at least four semi-circles must be performed on the backward outside edges. The skater must alternate feet within the series. (For example, performing the first semi-circle on the right foot, the next on the left foot, the third on the right foot, and the fourth on the left foot.) Each semi-circle should have a diameter never less than equal to neither the skater's height nor more than three times his/her height. The semi-circles must be lined up on an axis. Each push must be made from a clean inside edge; no pushing with the toe pick.

b. **Backward Inside Edges** A series of at least four semi-circles must be performed on the backward inside edges, with the other requirements the same as those for Backward Outside Edges.

In ISI competitions, and in the program (See "B. Solo program" below), two semi-circles on each skating edge must be performed consecutively, with no steps or turns between. Axis can be lengthwise or widthwise on the ice.

**One-Half Flip** The takeoff must be from the backward inside edge of one foot and the toe of the other foot. A one-half rotation in the air to the side opposite the jumping toe must be made (i.e., if the skater uses the right toe, rotation must be to the left). The skater must land forward on the toe opposite the one used for takeoff and strike the forward inside edge immediately on the other foot.

**Waltz Jump** While gliding forward on one foot, the skater must jump from the forward outside edge, making a one-half rotation in the air in the direction of the takeoff foot and landing on the backward outside edge of the other foot.

## **B. Solo Program**

A continuous program including all the above maneuvers must be performed to music for one and one-half minutes, with a leeway of ten seconds over that time permitted.

### **Freestyle Test 2**

#### **A. Compulsory Maneuvers**

**Ballet Jump** The skater must perform the takeoff of the jump while gliding backward on one foot, on either edge or flat, extending the free leg back in the direction of travel and hopping on the toe of the free leg. While jumping on the toe, s/he must at the same time make a one-half rotation forward in the direction of the toe used, with the new free leg extended backward as high as the knee of the jumping foot. Landing on the second hop, s/he must then skate forward on the inside edge or the flat of the blade that was extended in back.

**One-Half Toe Walleye** The takeoff must be on the backward inside edge of one foot and the toe of the other foot. A one-half turn in the air must be made in the direction of the toe used (i.e. of the left toe is used the rotation is to the left). The landing must be made on the same toe as that which was used in the takeoff with an immediate push-off to the forward inside edge of the other foot. The skater's legs should be held straight and together in the air, not split.

**One-Half Lutz** The takeoff must be from the backward outside edge of one foot and the toe of the other foot. A one-half rotation in the air to the side opposite the jumping toe must be made (i.e., if the skater uses the right toe, rotation must be to the left). The skater must land forward on the toe opposite the one used for takeoff and strike the forward inside edge immediately on the other foot.

**One-Foot Spin** Making the approach from either two feet or from one foot forward, the skater must spin in an upright position for a minimum of six revolutions. The free leg position is optional. The spin may be performed on the flat or on a combination of the toe and flat of the blade.

**Two Forward Arabesques (Spirals)** Two forward patterns must be performed in the arabesque position on two different edges (i.e., a right forward outside and right forward inside, or a right forward outside and a left forward outside). Each pattern must be approached with a minimum of four skating strokes, and the arabesque position must be held for a distance equal to four times the skater's height (this refers to the compulsory part of the test only). The free leg must be extended behind the heel of the skating foot and held as high as the skating hip; the back is arched and head is up. The arm position is optional (knee or leg may be held). Holding the blade is considered an uncaptured maneuver. The two arabesques do not have to be performed consecutively.

**Dance Step Sequence** A mandatory pattern of ten steps must be performed in continuous flowing movement in either direction, including one Mohawk turn from backward to forward and one Mohawk turn from forward to backward.

## **B. Solo Program**

A continuous program, including all the above maneuvers, must be performed to music for one and one-half minutes, with a leeway of ten seconds over that time permitted.

## **Freestyle Test 3**

### **A. Compulsory Maneuvers**

**Backward Outside or Backward Inside Pivot (Choice of one)** The toe pick of one foot must remain stationary in the ice while the other foot progresses backwards on either edge for a minimum of one and one-half revolutions without stopping or pumping. Knee of stationary leg should be bent, while feet remain perpendicular.

**Salchow Jump** The takeoff must be from the backward inside edge of one foot. One rotation must be made in the air in the direction of the curve of the takeoff foot. The landing must be made on the backward outside edge of the other foot.

**Chang Foot Spin** Making the approach from a forward outside entry edge, the skater must spin fast in an upright position for a minimum of three revolutions, and return to the original foot for three revolutions, making a total of at least nine revolutions. The second spin may be in either a forward inside or backward outside direction. The spin is performed on the flat of the blade or a combination of the toe and flat. Free leg positions are optional.

**Backward Arabesque (Spiral)** A backward glide must be made in the arabesque position on one foot, on either edge, for a distance equal to 4 times the skater's height. The free leg must be extended behind the heel of the skating foot and held at least as high as the skating hip; the back is arched and the head is up. The arm position is optional (knee or leg may be held). Holding the blade or boot is considered an uncaptured maneuver. The skater may choose which foot and which edge to skate upon and must have sufficient speed to maintain the position for a distance equal to four times the skater's height. (This refers only to the compulsory part of the test.)

**Toe Loop Jump or Toe Walleye Jump (Choice of one)** The takeoff must be from the backward outside edge for the Toe Loop or the backward inside edge for the Toe Walleye and the toe of the other foot simultaneously to avoid rotating on the toe. The skater must make one rotation in the air in the direction of the picking foot and must land on the backward outside edge of the takeoff foot for both jumps.

**Dance Step Sequence** A mandatory pattern of nine steps must be performed in continuous flowing movement in either direction, including a forward outside open

Mohawk and a backward outside Mohawk. The mandatory pattern diagram for this requirement is illustrated in the Appendix.

## **B. Solo Program**

A continuous program including all the above maneuvers must be performed to music for one and one-half minutes with a leeway of ten seconds over that time permitted.

## **Freestyle Test 4**

### **A. Compulsory Maneuvers**

**Flip Jump** The takeoff must be from the backward inside edge of one foot and the toe of the other foot simultaneously. One rotation must be made in the air in the direction of the curve of the takeoff edge, and the landing must be made on the backward outside edge of the foot whose toe was used on the takeoff.

**Loop Jump** The takeoff must be from the backward outside edge of one foot. One rotation must be made in the air in the direction of the curve of the takeoff edge, and the landing must be made on the backward outside edge of the takeoff foot.

**Sit Spin** Making the approach from a forward outside entry edge, the spin must be performed for a minimum of six revolutions on one foot. For at least four of the revolutions the skating hip must be no higher than the skating knee. The free leg must be held in a forward position and not wrapped around the spinning foot; the back must be straight. The head position is optional. The skater must rise on one foot without touching the ice with the other foot.

**One-Half Loop Jump** The same takeoff and direction of rotation as specified for the loop jump must be used, but the skater must land backward on the inside edge of the foot opposite the takeoff foot. The skater must perform one rotation in the air and must not spin on the toe during the landing.

**Two Backward Arabesques (spiral)** While gliding backward, the skater must perform two patterns in the arabesque position, one on each foot on either edge. The free leg is extended behind the heel of the skating foot and held at least as high as the skating hip; the back is arched and the head is up. The arm position is optional (knee or leg may be held). Holding the blade or boot is considered an uncaptured maneuver. The skater may choose which edge to skate upon. Sufficient speed must be maintained to hold the position for a distance equal to four times the skater's height. (This refers to the compulsory part of the test only). The two arabesques do not have to be performed consecutively.

### **Backward Outside and Backward Inside Three Turns; Dance Step**

**Sequence** For the compulsory part of the test, the skater must demonstrate all four of the backward three turns and also the mandatory Dance Step Sequence.

a. **Right and Left Backward Outside Three Turns** The total length of the stroke must be twice the skater's height, with the turn being made from the backward outside edge to the forward inside edge, halfway through the stroke. The curve of the entrance edge and the exit edge must be the same. The forward inside edge should be held to the satisfaction of the examiner.

b. **Right and Left Backward Inside Three Turns** The total length of the stroke must be twice the skater's height with the turn being made from the backward inside edge to the forward outside edge, halfway through the stroke. The curve of the entrance edge and the exit edge must be the same. The forward outside edge should be held to the satisfaction of the examiner.

The skater must demonstrate the mandatory Dance Step Sequence, performed on the long axis of the rink, a series of steps in continuous flowing movement in either direction. During the sequence all of the basic three turns (i.e., right and left forward outside and inside, right and left backward outside and inside) must be performed.

## **B. Solo Program**

A continuous program including all the above maneuvers must be performed to music for two minutes, with a leeway of ten seconds over that time permitted.

## **Freestyle Test 5**

### **A. Compulsory Maneuvers**

**Lutz Jump** The takeoff must be from the backward outside edge of one foot and the toe of the other foot. One rotation must be made in the air in the direction opposite the curve of the takeoff edge, and the landing must be made on the backward outside edge of the foot whose toe was used in the takeoff.

**Axel Jump** The takeoff must be from the forward outside edge of one foot. The skater must rotate one and one-half times in the direction of the curve of the takeoff edge and must land on the backward outside edge of the opposite foot.

**Camel Spin** Making the approach from a forward outside entry edge, the skater must spin on one foot for a minimum of six revolutions. For at least four of the revolutions the skater must be in the camel position, i.e., the free leg extended behind the heel of the skating foot and held at least as high as the skating hip, with the arms extended, the back arched, and the head held erect.

**Camel-Sit-Upright Spin** Making the approach from a forward outside entry edge, the skater must spin in the camel position for a minimum of three revolutions, changing to the sit spin position for a minimum of three revolutions, changing again to the upright position for a minimum of three revolutions. No change of foot is permitted.

**Fast Back Scratch Spin** Making the approach from a forward inside entry edge, the skater must spin fast (this refers to the compulsory part of the test only) in a backward outside direction in an upright position for a minimum of nine revolutions. At the final position of the spin the free foot is crossed in front of the spinning foot. The exit of the spin may be done on either foot. During the program, or in ISI competitions, the spin entry is optional.

**Left Forward Outside Open Swing Choctaw, Left Forward Inside Open Choctaw, Left Forward Outside Bracket, Right forward Inside Bracket; Dance Step Sequence** For the compulsory part of the test, the skater must demonstrate all of the turns separately and also the mandatory Dance Step Sequence.

a. **Left Forward Outside Open Swing Choctaw** A change foot turn from LFO to RBI, where the free foot moves forward past the skating foot before being brought back to the inner side of the skating foot for the turn to backward inside. The skater rotates in the direction opposite the curve of the entry edge. Entry and exit edges must be held at least two times the skater's height.

b. **Left Forward Inside Open Choctaw** A change foot turn from LFI to RBO, in which the heel of the free foot moves to the inner edge side of the skating foot before the turn to backward outside, while the skater is rotating in the direction of the curve of the entry edge. Entry and exit edges must be at least one time the skater's height for this LFI open Choctaw turn only.

c. **Left Forward Outside Bracket** A turn from LFO to LBI, with the skater rotating in the direction opposite the curve of the entry edge. Entry and exit edges must be at least one time the skater's height.

d. **Right Forward Inside Bracket** A turn from RFI to RBO, with the skater rotating in the direction opposite the curve of the entry edge. Entry and exit edges must be at least two times the skater's height.

The skater must demonstrate the mandatory Dance Step Sequence, a series of steps in continuous flowing movement that may be performed in either direction. During the sequence all of the above listed turns must be made at least once.

## **B. Solo Program**

A continuous program including all the above maneuvers must be performed to music for two minutes, with a leeway of ten seconds over that time permitted.

## Freestyle Test 6

### A. Compulsory Maneuvers

**Serpentine Dance Step Sequence** A series of steps in continuous flowing movement may be performed in either direction. The pattern includes all four basic edges and at least one each of the following: Three turns, brackets, rocker, and counter. The mandatory pattern must be performed in the exact sequence.

**Split Jump** The takeoff must be from the backward inside or outside edge of one foot and the toe of the other foot. The jump must be a one-half rotation in the air in the direction opposite the jumping toe (i.e., if the skater uses the right toe, rotation must be to the left). While the skater is in the air, the landing foot must be extended forward and the opposite foot extended so that the angle created by the two legs is at least equal to or more than 90 degrees with both feet equal distant from the ice. The skater must land forward on the toe opposite the one used for takeoff and strike forward immediately on the opposite foot. A Russian split jump may be accepted as an alternate to a regular split jump.

**Split Falling Leaf Jump** While gliding backward on the outside edge of one foot with the opposite foot extended either in front or in back of the skating foot, the skater must jump in the direction of the curve of the takeoff edge making a one half rotation in the air. While the skater is in the air, the free leg must be extended forward and the takeoff leg extended backward to form an angle of at least or more than 90 degrees with both feet equal distant from the ice. The landing must be forward on the toe of the foot opposite the takeoff foot, immediately stepping forward on the takeoff foot.

**Jump Combination** The following jumps must be taken in the exact order as listed below with no additional steps or turns in between the required jumps.

a. **Axel** The takeoff must be from the forward outside edge of one foot. The skater must rotate one and one-half times in the direction of the curve of the takeoff edge and must land on the backward outside edge of the opposite foot.

b. **One-Half Loop Jump** The takeoff must be from the backward outside edge of one foot. One rotation must be made in the air in the direction of the curve of the takeoff edge. The landing must be made backward on the inside edge of the opposite foot. The skater must not spin on the toe during the landing.

c. **Flip Jump** The takeoff must be from the backward inside edge of one foot and the toe of the other foot simultaneously. One rotation must be made in the air in the direction of the curve of the takeoff edge. The landing must be made on the backward outside edge of the foot whose toe was used in the takeoff.

**Double Sal chow Jump** The takeoff must be from the backward inside edge of one foot. Two rotations must be made in the air in the direction of the curve of the takeoff edge. The landing must be made on the backward outside edge of the other foot.

### **Cross-Foot Spin, Layback Spin, or Sit-Change-Sit Spin** (Choice of one)

a. **Cross-Foot Spin** Making the approach from a forward outside entry edge, the spin must be performed on the flat of both blades with the feet crossed (right foot to the left of the left foot in a counter clockwise direction, left foot to the right of the right foot in a clockwise direction) for a minimum of six revolutions.

b. **Layback Spin** Making the approach from a forward outside entry edge, this one-foot spin must be performed with the free leg extended in back and the back arched. The shoulders do not have to be parallel to the ice, but the head must be below the shoulders for a minimum of six revolutions. Arm positions are optional - blade or leg may be held.

c. **Sit-Change-Sit Spin** Making the approach from a forward outside entry edge, this one-foot spin must be performed on the flat of the blade or on a combination of the toe and flat. (i.e., with the free leg extended in front of the skating foot, the hips no higher than the skating knee, and the back straight). The skater must perform a minimum of three revolutions on one foot, changing to the other foot for a minimum of three revolutions in the same position, and then returning to the original foot for a minimum of three revolutions, for a total of at least nine revolutions in the sitting position.

**Spin Combination with change of Foot and Position** Making the approach from a forward outside entry edge, the skater must complete a spin with a minimum of three body positions and at least one change of foot. Each body position must be held for a minimum of three revolutions. The skater cannot use spins from a higher test level (i.e., Flying Camel, Flying Sit) as part of his/her spin combination. (By changing feet, it is considered a different body position, i.e., the sit, back sit, and /or broken leg are considered different body positions). Examples include: Camel-Sit-Back Sit and Camel-Back Camel-Back Sit, etc. Credit should be given if the skater exceeds the minimum requirements.

### **B. Solo Program**

A continuous program including all the above maneuvers must be performed to music for two and one-half minutes, with a leeway of ten seconds over that time permitted.

## Freestyle Test 7

### A. Compulsory Maneuvers

**Double Toe Loop or Double Toe Walley Jump** (Choice of one) The takeoff must be from the backward outside edge for the toe loop or the backward inside edge for the toe Walley and the toe of the other foot simultaneously to avoid rotation on the toe. The skater must make two rotations in the air in the direction of the picking foot and must land on the backward outside edge of the takeoff foot for both jumps.

**Two Walley Jumps in Sequence** The takeoff must be from the backward inside edge of one foot. One rotation must be made in the air (to the left if the takeoff is on the right foot, to the right if the takeoff is on the left foot). The landing must be made on the backward outside edge of the takeoff foot. Without touching the other foot to the ice, the skater must change from the outside edge of the landing foot to the inside edge and then repeat the jump.

**Flying Camel Spin** The skater must perform a jump in the air during which the skater's body position is near horizontal, with both legs extended above the hips one at a time. The landing must be made on the foot opposite the takeoff foot, and must be followed immediately by at least six continuous revolutions in the camel spin position, during which the extended free leg must remain higher than the hip.

**One-Foot Axel into One-Quarter Flip into Axel** The first jump must be made from the forward outside edge of one foot. The skater must rotate one and one-half times in the air in the direction of the curve of the takeoff edge and must land on the backward inside edge of the takeoff foot, immediately executing a one-quarter flip must be executed from the backward inside edge of one foot and the toe of the other foot with a one-half rotation in the air in the direction opposite the jumping toe (i.e., if the skater uses the right toe, rotation must be to the left). The skater lands forward on the same toe used for tapping, and then must execute an Axel. It also is acceptable for the skater to perform a one-half flip after the one-foot Axel (landing left toe and right forward inside edge; step on left forward outside edge for Axel takeoff-no three turns before takeoff). This jump combination should demonstrate continuous rhythm between jumps.

**Jump In The Opposite Direction** The skater must perform only one of the following jumps in the opposite direction.

a. **Flip Jump** The takeoff must be from the backward inside edge of one foot and the toe of the other foot simultaneously. One rotation must be made in the air in the direction of the curve of the takeoff edge, and the landing must be made on the backward outside edge of the foot whose toe was used in the takeoff.

b. **Loop Jump** The takeoff must be from the backward outside edge of one foot. One rotation must be made in the air in the direction of the curve of the takeoff edge, and the landing must be made on the backward outside edge of the takeoff foot.

c. **Lutz Jump** The takeoff must be from the backward outside edge of one foot and the

toe of the other foot. One rotation must be made in the air in the direction opposite the curve of the takeoff edge, and the landing must be made on the backward outside edge of the foot whose toe was used in the takeoff.

**Combination Spin** A combination spin that includes a flying spin and at least four different body positions with at least one change of foot. Each body position must be held for a minimum of three revolutions.

**Examples:**

Flying Camel - Back Sit- Front Sit- Upright

Camel - Back Sit-Jump Sit - Upright

Flying Camel-Back Sit-Back Scratch - Front Scratch

**Right Forward Outside Rocker, Right Forward Inside Counter, Left Forward Inside Counter, Left Back Inside Rocker; Dance Step Sequence** For the compulsory part of the test, the skater must demonstrate all of the turns separately and also the mandatory Dance Step Sequence.

a. **Right Forward Outside Rocker** A one-foot turn from RFO to RBO, with the skater rotating in the direction of the curve of the entry edge. Entry and exit edges must be held at least twice the height of the skater.

b. **Right Forward Inside Counter** A one-foot turn from RFI to RBI, with the skater rotating in the direction opposite the curve of the entry edge. Entry and exit edges must be held at least twice the height of the skater.

c. **Left Forward Inside Counter** A one-foot turn from LFI to LBI, with the skater rotating in the direction opposite the curve of the entry edge. Entry and exit edges must be held at least twice the height of the skater.

d. **Left Backward Inside Rocker** A one-foot turn from LBI to LFI, with the skater rotating in the direction of the curve of the entry edge. Entry and exit edges must be held at least twice the height of the skater.

The skater must demonstrate the mandatory Dance Step Sequence, a series of steps in continuous flowing movement in either direction. During the sequence all of the above listed turns must be made at least once.

**B. Solo Program**

A continuous program including all the above maneuvers must be performed to music for three minutes, with a leeway of ten seconds over that time permitted. This test must be graded by three examiners and may be included on your district Freestyle testing program.

## Freestyle Test 8

### A. Compulsory Maneuvers

**Double Loop Jump** The takeoff must be from the backward outside edge of one foot. Two rotations must be made in the air in the direction of the curve of the takeoff edge. The landing must be made on the backward outside edge of the takeoff foot.

**Split Lutz Jump** The takeoff must be from the backward outside edge of one foot and the toe of the other foot. One rotation must be made in the air in the direction opposite the curve of the takeoff edge. During the jump the skater must extend the legs so that the angle created by them is at least equal to or more than 90 degrees with both feet equal distant from the ice. The landing must be made on the backward outside edge of the foot whose toe was used in the takeoff. (A Russian Split Lutz is acceptable for this requirement.)

### Flying Sit Spin or Axel Sit Spin (Choice of one)

a. Flying **Sit Spin** The skater must take off on the forward outside edge and perform a minimum of one rotation in the air with the takeoff foot pulled up towards the body close to the sit spin position. Landing on the takeoff foot, the skater must then spin for at least six revolutions in the sit spin position. (For description of the sit spin position see Freestyle Test 4.)

b. Open **Axel Sit Spin (Flying Back Sit)** The skater must perform an open Axel jump of at least one and one-half rotation, landing in a sit spin position. The skater must then spin for at least six revolutions backward outside. (For description of the sit spin position see Freestyle 4.)

**One and One-Quarter Flip into One and One-Quarter Flip into Double Salchow** The flip jump must be performed with one and one-half rotations in the air so that the skater lands forward on the toe of the tapping foot, stepping immediately on the opposite foot, performing a three turn to backward. The skater must then execute the second one and one-quarter flip jump. Landing forward on the toe of the tapping foot, the skater must again step immediately onto the opposite foot for that take off of the double Salchow. No additional strokes, pushes, or steps in between the three jumps are permitted.

### Illusion or Camel--Jump-Camel Spin (Choice of one)

a. Illusion Making the approach from a forward inside entry edge, the skater must make at least one revolution, after which the skater's free leg swings up in back as if in a split. The minimum height of the free leg should be at least a foot above the hip. The skater's torso should bend forward so that from head to free foot the body resembles a straight line or ideally, a candlestick position. (The tracing will show an inside three turn.) During the program or in ISI competitions, the entry is optional.

b. Camel-**Jump-Camel Spin** Making the approach from a forward outside entry edge,

the skater must spin on one foot for a minimum of six revolutions in the camel position. While still rotating, the skater must jump to the opposite foot for at least six more revolutions, maintaining the camel position and turning in the same direction.

**Double Flip Jump** The takeoff must be from the backward inside edge of one foot and the toe of the other foot simultaneously. Two rotations must be performed in the air in the direction of the curve of the takeoff edge. The landing must be made on the backward outside edge of the foot whose toes were used in the takeoff.

**Dance Step Sequence** A series of steps in continuous flowing movement may be performed in either direction. The pattern includes all four basic edges and at least one each of the following: three turn, bracket, rocker, and counter. **Continuous circular pattern.**

## **B. Solo Program**

A continuous program including all the above maneuvers must be performed to music for three and one-half minutes, with a leeway of 10 seconds over the prescribed times. This test must be videotaped and sent to the ISI International Office for judging, unless your district is participating in the district Freestyle testing program.

## **Freestyle Test 9**

### **Compulsory Maneuvers**

**Double Lutz Jump** The takeoff must be from the backward outside edge of one foot and the toe of the other foot. Two rotations must be made in the air in the direction opposite the curve of the takeoff edge. The landing must be made on the backward outside edge of the foot whose toe was used in the takeoff.

**Arabesque/Bauer/Spread Eagle sequence** that covers the entire ice surface in a serpentine pattern that demonstrates grace, creativity, speed and flow.

**Axel-Double Loop Jump Combination** The skater must perform an Axel jump (as described in Freestyle Test 5) and immediately take off for a double loop jump (as described in Freestyle Test 8) with no steps or turns permitted between the two jumps.

### **Axel Jump In The Opposite Direction or Double Axel Jump (Choice of one)**

a. **Axel Jump in the Opposite Direction** of the skater's normal jumping. (See Freestyle 5 for description)

b. **Double Axel Jump** The takeoff must be from the forward outside edge of one foot. Two and one-half rotations must be made in the air in the direction of the curve of the takeoff edge. The landing must be made on the backward outside edge of the foot opposite the takeoff foot.

**Three Jumps Performed in This Exact Sequence** No steps permitted between the jumps. (Examples: RBI to FRI counter jump, RFI three turn into double toe loop into

double loop; LBI counter, double flip, double loop; LFO rocker double Lutz, double loop.)

a. **Rocker or Counter Jump** A rocker or counter turn takeoff forward or backward, must be performed in the air.

b. **Double Toe Air Rotation Jump** A jump in which the free toe is used to assist the takeoff must be performed with two rotations in the air.

c. **Double Loop Jump** The takeoff must be from the backward outside edge of one foot. Two rotations must be made in the air in the direction of the curve of the takeoff edge. The landing must be made on the backward outside edge of the takeoff foot.

**Flying Camel Spin into a Jump Sit Spin** The skater must take off from one foot and perform a jump of at least one rotation in the air during which both legs must be extended higher than the hips one at a time. S/he must land on the opposite foot in the camel spin position and make at least four revolutions. S/he then must jump from the back camel spin position onto the opposite foot into the forward sit spin position and make at least four more revolutions.

**Dance Step Sequence** The skater must choose one of the 2 mandatory patterns described below.

a. **Straight line path** (extra RFI step permitted for skaters jumping in clockwise direction, for inside Axel at end of sequence.)

b. **Serpentine pattern** (i.e., in a path that forms three alternating continuous semi-circles.)

## **B. Solo Program**

A continuous program including all the above listed requirements must be performed to music for four minutes, with a leeway of ten seconds over the prescribed times.

## **Freestyle Test 10**

### **A. Compulsory Maneuvers**

**Double Axel/Double Toe Loop Jump Combination** The takeoff must be from the forward outside edge of one foot. Two and one-half rotations must be made in the air in the direction of the curve of the takeoff edge. The landing must be made on the backward outside edge of the foot opposite other takeoff foot. The skater must immediately takeoff for a double toe loop jump (see FS 7 for description) with no steps or turns permitted in between.

**Triple Edge Jump (of the skater's choice)** The takeoff must be from a moving edge of one foot. Three rotations must be made in the air, and landing must be made on the edge of one foot.

**Death Drop** The skater must perform a jump with at least one rotation in the air during which each leg must be extended above the hips; the skaters body position is near

horizontal. The skater must then drop from this horizontal body position (free foot permitted to tap down on landing) into a back sit spin on the opposite foot and spin for a minimum of six revolutions.

**Four Alternating Axels in Sequence or Triple Toe Assisted Jump (Choice of one)**

a. **Four Alternating Axels in Sequence** The skater must perform four Axel jumps, alternating the takeoff from the right foot to the left foot with no more than two steps between jumps, including the landing and takeoff strokes, and alternating the direction of the air rotation with each jump.

b. **Triple Toe Assisted Jump** The takeoff must be from one foot assisted by the toe of the other foot. Three rotations must be made in the air, and the landing must be made on the edge of one foot.

**Double Jump to the Right and Double Jump to the Left (not in sequence) or Triple Toe Assisted Jump/Double Loop Jump Combination**

a. **Double Jump to the Right and Double Jump to the Left** The skater must perform a jump in which there are two rotations in the air to the right, and the same jump in which there are two rotations in the air to the left.

b. **Triple Toe Assisted Jump/Double Loop Combination** The skater must perform a triple toe assisted jump with three rotations in the air: the landing must be made on the edge of one foot. The skater must immediately takeoff for a double loop (see FS 8 for description) with no steps or turns permitted between the jumps.

**Three Arabian Cartwheels or Butterfly Jumps (Choice of one)** The three jumps must be performed in sequence with no more than three strokes between any two jumps.

a. **Arabian Cartwheel** The skater's body must be upside down in an angle that is closer to vertical than horizontal. The takeoff foot must be moving in a forward direction at the moment it leaves the ice.

b. **Butterfly Jump** During the takeoff, the skater's torso passes through a horizontal position. While in the air, the arms and legs are extended and execute a scissoring movement higher than the hips. The takeoff is from a short backward inside edge that rolls to the toe rack thus creating the upward thrust for the jump.

**B. Solo Program**

A continuous program containing superior artistry while performing all the above maneuvers. **In addition, a choice of one double loop, double flip, double Lutz, and a choice of one axel sit spin, flying sit spin, or flying camel spin must be performed** to music for four minutes, with a leeway of 10 seconds over the prescribed times.

This test must be graded by five examiners selected by ISI.