



## Skating Skills Test

- Waltzing Three's
- Waltzing Mohawks
- Preliminary Circles

## Free Skating Test

### Part 1: *Elements (14 Elements in isolation)*

#### Stroking

- Forward Perimeter Stroking
- Backward Perimeter Stroking

#### Jumps

- Bunny Hop
- Waltz
- Salchow
- Flip
- Loop

#### Jump Combination

- Toe Loop / Toe Loop

#### Spins

- Forward One-Foot Upright
- Backward One-Foot Upright
- Sit Spin
- Camel Spin

#### Field Movements

- Right Forward Spiral (choice of edge)
- Left Forward Spiral (choice of edge)

### Part 2: The Program

- Duration: A program of 1.5 to 2.0 minutes (+/- 10 seconds)
- Elements: The program shall contain
- Jumps: A minimum of 3 different jumps of at least one rotation.
- Spins: A minimum of 2 different spins.

## Dance

- Dutch Waltz
- Canasta Tango
- Baby Blues



## Skating Skills Test

- Threes & Power Mohawks
- Power Circles I
- Change 3's

## Free Skating Test

### Part 1: Elements (14 Elements in isolation)

#### Stroking

- Forward Outside Edge Stroking with Crosscuts on End
- Forward Inside Edge Stroking with Crosscuts on End
- Backward Outside Edge Stroking with Crosscuts on End
- Backward Inside Edge Stroking with Crosscuts on End

#### Jumps

- Flip
- Lutz
- Axel or Walley
- Split

#### Jump Combination

- Salchow / Toe Loop
- Loop / Loop

#### Spins

- One-Foot Upright Spin: Backward
- Flying Spin
- Combination Spin

#### Field Movements

- Backward Spiral (choice of edge)

### Part 2: *Program*

- Duration: A program of 2.0 or 2.5 minutes (+/- 10 seconds)
- Elements: The program shall contain...
- Jumps: A minimum of 4 different jumps of at least one rotation.
- Spins: A minimum of 2 different spins.

## Dance

- Swing Dance
- Fiesta Tango
- Willow Waltz



## Skating Skills Test

- Forward Brackets
- Power Circles II
- Expanding Exercise

## Free skating Test

### Part 1: *Elements (14 Elements in isolation)*

#### Stroking

- Russian Stroking
- Forward Crosscut / Outside-Inside Change of Edge Exercise
- Backward Crosscut / Outside-Inside Change of Edge Exercise

#### Jumps

- Axel
- Double Salchow
- Double Toe Loop
- Split

#### Jump Sequence

- One jump sequence of 3 or more jumps.
- Jump Combination
- One jump combination consisting of a single Lutz plus a single or double toe loop or loop jump.

#### Spins

- Flying Camel (minimum 3 rotations)
- Layback or Sideways Leaning Spin or Camel/Sit (min 3 rotations)
- Combination Spin: Min 2 rotations/position, min 3 rotations/ foot, 2 positions and 1 change of foot.
- Camel Spin

#### Field Movements

- A sequence of 2 moves chosen by the candidate.

#### Step Sequence

- One Step Sequence-full length or width of ice/choice of pattern.

### Part 2: *Program*

- Duration: A program of 2.5 or 3.0 minutes (+/- 10 seconds)
- Elements: The program shall contain
- Jumps: A minimum of 5 different jumps: 4 jumps of at least one rotation and one double jump.
- Jump Sequence: A jump sequence containing at least three jumps.
- Jump Combination: A jump combination including at least one double
- Spins: 3 different spins including one combination.
- Step Sequence: A step sequence (straight line, circular, serpentine or spiral) using full length or width of ice.

## Dance

- Ten-Fox
- Fourteenstep
- European



## Skating Skills Test

- Multi Turns and Power Threes
- Snakes and Ladders
- Flying Choctaws

## Free Skating Test

### Part 1: *Elements (14 Elements in isolation)*

#### Stroking

- Circle Stroking Forwards/Backwards
- Figure Eight Stroking Forwards/Backwards

#### Jumps

- Axel
- One of:
  - Double Loop
  - Double Flip
  - Double Lutz
- Split / Split

#### Jump Sequence

- One jump sequence of 3 or more jumps including one double jump.

#### Jump Combination

- One jump combination consisting of 2 jumps of at least one rotation, second jump must be a double.

#### Spins

- Layback or Crossfoot with a minimum of at least 4 rotations.
- Sit Change Sit (minimum 4 rotations)
- Combination Spin: Min 2 rotations/position and min 4 rotations/foot, 3 positions and 1 change of foot.

#### Field Movements:

- A sequence of two moves chosen by the candidate.

#### Step Sequence:

- One Step Sequence-full length or width of ice with choice of pattern.

### Part 2: *Program*

- Duration: A program of 3.0 or 3.5 minutes (+/- 10 seconds)
- Elements: The program shall contain
- Jumps: Min 6 different jumps, 4 jumps of at least one rotation and 2 doubles.
- Jump Sequence: Sequence containing at least 3 jumps including one double jump.
- Jump Combination: A jump combination including at least one double jump.
- Spins: Three different spins including one combination.
- Step Sequence: Using full length or width of ice with choice of pattern.

## Dance

- Keats Foxtrot
- Harris Tango
- American Waltz
- Rocker Foxtrot



## Skating Skills Test

- Rockers and Choctaws
- Multi-Circle Threes & Brackets
- Expanding Exercise

## Free Skating Test

### Part 1: *Elements (14 Elements in isolation)*

#### Stroking

- Forward Russian Stroking with Forward Inside / Backward Inside Three Turns
- Forward Russian Stroking with Hip Twists
- Forward Russian Stroking with Backward Outside Three / Inside Open Mohawks

#### Jumps

- Axel
- Double Toe Jump
- Two of:
  - Double Loop
  - Double Flip
  - Double Lutz

#### Jump Sequence

- One jump sequence consisting of 3 or more jumps including two double jumps.

#### Jump Combination

- One jump combination consisting of 2 double jumps.

#### Spins

- Camel Change Camel with a minimum of 5 rotations.
- Flying Camel / Back Sit with a minimum of 5 rotations
- Combination Spin: Min 2 revs/position and min 5 revs/foot, 3 positions-1 foot change

#### Field Movements

- A sequence of at least 3 moves chosen by the candidate.

#### Step Sequence

- One Step Sequence using full length or width of ice with choice of pattern.

### Part 2: *Program*

- Duration: A program of 3.5 or 4.0 minutes (+/- 10 seconds)
- Elements: The program shall contain
- Jumps: 3 different edge jumps & 3 different toe jumps: 3 must be different doubles
- Jump Sequence: A jump sequence containing at least 3 jumps, 2 shall be doubles
- Jump Combination: A jump combination consisting of two double jumps.
- Spins: Three different spins including:
  - Combination spin demonstrating all 3 positions with at least 5 rotations/foot
  - Flying spin (5 rotations)
  - Any other spin of skater's choice
- Step Sequence: Using full length or width of ice with choice of pattern.

## Dance

- Paso Doble
- Cha Cha Congelado
- Blues
- Kilian
- Starlight Waltz



## Skating Skills Test

- Counters and Three Change Threes
- Multi-Circle Double Threes and Mohawks
- Expanding Exercise

## Free skating Test

### Part 1: *Elements (14 Elements in isolation)*

#### Stroking

- Forward Russian Stroking with Forward Inside / Backward Inside Three Turns
- Forward Russian Stroking with Hip Twists
- Forward Russian Stroking with Backward Outside Three / Inside Open Mohawks

#### Jumps

- Axel
- Double Toe Loop
- Double Salchow
- Double Loop
- Double Flip
- Double Lutz or Double Axel

Jump Sequence: One jump sequence with 3 or more jumps including two double jumps.

Jump Combination: One jump combination consisting of 2 double jumps.

#### Spins:

- Layback or Upright Variation with a minimum of 5 rotations.
- Combination Spin: 5 revs/foot: min 2 revs/position, 3 positions, 1 change of foot.
- Flying Sit Spin

Field Movement: A sequence of moves utilizing the full ice surface

Step Sequence: One step sequence using full length or width of ice choice of pattern.

### Part 2: *Program*

- Duration
- Ladies: 3.5 or 4.0 minutes (+/- 10 sec) Men: 4.0 or 4.5 minutes (+/- 10 sec)
- Jumps: At least 4 double jumps
- Jump Sequence: A jump sequence with at least 3 jumps, 2 shall be double jumps.
- Jump Combination: A jump combination consisting of two double jumps.
- Spins
  - Combination spin demonstrating all 3 positions with at least 5 rotations/foot
  - Flying spin (5 rotations)
  - Any 2 other spins of the skater's choice
- Step Sequence: One step sequence using full length or width of ice surface (Men - 2 sequences)
- Field Movements: 1 sequence of field moves including spirals and/or movements such as turns, arabesques, spread eagles, etc. fully utilizing the ice surface. (Ladies only)

## Dances

- Viennese Waltz
- Westminster Waltz
- Argentine Tango
- Quickstep
- Silver Samba