

ADULT SKATING

Adult Moves in the Field Revisions

These revisions will align Adult Moves in the Field with proposed standard track Moves in the Field revisions. The revised MIF structure is designed to benefit skaters by covering a broad range of basic skills and involves five adult MIF tests/patterns. This will be effective Sept. 2, 2010.

The full text of the changes will include descriptions of the new elements. Video clips of the new and revised moves and diagrams of all moves may be viewed at <http://www.usfigureskating.org/Shell.asp?sid=42287>.

Adult Pre Bronze Moves in the Field Test

1. Forward perimeter stroking
2. Basic consecutive edges
3. Forward and backward crossovers – combined figure eight pattern
4. Waltz eight
5. Forward three turns

Adult Bronze Moves in the Field

1. Forward and backward perimeter power stroking
2. Forward power threeturns
3. Alternating back crossovers to back outside edges – one length of the rink
4. Forward circle eight
5. Fivestep mohawk sequence – condensed pattern

Adult Silver Moves in the Field

1. Eightstep mohawk sequence – figure eight pattern
2. Forward and backward free skating cross strokes
3. FOBI threeturns in the field
4. FIBO threeturns in the field
5. Forward right and left foot spirals
6. Forward and backward power change of edge pulls