

MOVES IN THE FIELD

Move-By-Move Analysis—Common Errors and Test Standards

Reasons for Development

USFSA

Revised February 2002

MOVES IN THE FIELD TEST

The Moves in the Field Tests are basic skating moves skated without music. In particular, the Moves are designed to emphasize one or more of the following qualities: POWER, EDGE QUALITY, EXTENSION or LINE, and QUICKNESS or PRECISENESS OF SKATING MOVEMENT. Although all four qualities are simultaneously important, even critical, to good skating, the Moves are designed to allow the skater to focus on one or more specific qualities.

JUDGING MOVES IN THE FIELD TESTS

With the exception of the Pre-Preliminary Test, all Moves in the Field Tests are based on Passing Totals. It is **not** mandatory that all elements of these tests receive the Passing Average mark or higher. It is only mandatory that the Passing Total be attained in order for the test to pass. Accordingly, even if any given element is marked *below* the Passing Average, the Passing Total may still be achieved (and the test passed), provided one or more elements are marked *above* the Passing Average. This is exactly the same as the judging of all other tests.

Moves must be commenced from a standing, stationary position with a maximum of seven (7) introductory steps unless otherwise specified in Test Rules 41.00. If the candidate exceeds the introductory steps, a mandatory deduction of .1 shall be taken from the mark awarded for that move.

The reskate of one Move will be allowed if deemed necessary. If the element is satisfactorily completed on the second attempt, the skater shall pass the test. If the mark for the reskated attempt allows the skater to achieve the Passing Total, the test passes, even though the mark for the reskate could still be below the Passing Average.

Definitions

- **Power.** Power is the creation and maintenance of speed and flow without visible effort. It is developed by a continuous rise and fall of the skating knee together with the pressure of the edge of the blade against the ice. (The skater should demonstrate the ability to exert equal pressure against the surface of the ice on both the right and left foot.) End products of power are (1) velocity, speed or pace; (2) flow across the ice; and (3) acceleration.
- **Edge Quality.** Edge quality is initiated through proper body alignment over the skating foot, creating a stable arc that travels uninterrupted until a required transition takes place. Depth of edge refers to the acuteness of the arc and is created by the lean of the body and the angle of the blade when it takes the ice. Good edge quality results in a confident, sure and controlled movement.
- **Extension.** General carriage should be erect, characterized by an extended body line. The angle of the head follows naturally from the line of the back; the arms should be naturally extended with the shoulders down and back. The skater's hands should follow the line of the arms. The free leg should be turned out and carried in an unbroken line, the height of which would be determined by the type of movement being executed. The final extended position should be executed in a controlled manner and should achieve the maximum length of all body lines.
- **Quickness.** Quickness refers to foot speed. It is the precise, rapid and crisp execution of turns, changes of edge and transitions. Quickness does not refer to the overall pace at which the Move is skated, although in some Moves the foot speed will result in a brisk and continuous cadence. Refinements to acknowledge include quick movement that is quiet, fluid and continuous without disturbing the proper and erect carriage of the upper body or interrupting the established rhythm.
- **Posture/Carriage.** Posture and Carriage is the proper alignment of the hips, back, arms, shoulders and head over the skate. Unless the Move requires a variation, typically, the skater's back should be straight, with the spine and head perpendicular to the surface of the ice. The arms should be extended out from the shoulders and level and relaxed. The free leg should be extended in a straight line and slightly turned out from the free hip to the free toe.
- **Bilateral Movement.** Bilateral movement is the ability to execute movements on both sides of the body, clockwise and counterclockwise, forward and backward.

PRE-PRELIMINARY TEST

| ELEMENT | FOCUS (Test Standard) | COMMON ERRORS (CE), TEST STANDARDS (TS) |
|--|--|---|
| <p>Forward Perimeter Stroking</p> <p><u>Reasons for Development:</u> Incorporates stroking into the test structure. Beginning building block of skills for extension and balance over the skating side. Develops core body strength needed for advanced Moves.</p> <p>(Adult Pre-Bronze)</p> | <p>Power: Ability to generate and maintain enough power to sustain glide and complete proper pattern.</p> <p>Extension: An obvious effort to extend body lines and demonstrate some control of body positions.</p> | <p>CE: Toe pushing, weak posture, poor extension, weak clockwise direction crossovers, inability to properly use blade to stroke.</p> <p>TS: The judge should expect the following:</p> <ul style="list-style-type: none"> • stroking on edges (shallow edges with <u>occasional</u> flats are acceptable) • attempt to properly thrust from edges • sustained glide and extension of the free leg • minimum of 3 crossovers on the end • some evidence of good posture • skater should be balanced over the skating side <p>Adult: The following should be expected:</p> <ul style="list-style-type: none"> • stroking on edges (flats are acceptable) |
| <p>Basic Consecutive Edges</p> <p><u>Reasons for Development:</u> Foundation of sustained movement, control of body rotation and ability to balance over skating side while rotating. Develops ability to step perpendicular to an axis to create an edge.</p> <p>(Adult Pre-Bronze)</p> | <p>Edge Quality: Substantial steadiness with a minimum of subcurves.</p> | <p>CE: Slight toe pushing, failure to initiate edges perpendicular to axis, back edges weaker than forward, inability to control positions, weak control during second half of the back outside edge lobe, weak control on back inside edges, inability to check upper body rotation.</p> <p>TS: The judge should expect the following:</p> <ul style="list-style-type: none"> • no introductory steps or turns • steady complete <u>half</u> circles (4-6) with equal depth of lobe • initiating edge as close to perpendicular to axis as possible • fairly good control of body positions • some evidence of good posture <p>Adult: The following should be expected:</p> <ul style="list-style-type: none"> • BO/BI expect shallow edges • candidate may start with movement, including a 3-turn; maximum three steps • Equal depth of lobes <u>not</u> expected |

PRE-PRELIMINARY TEST (Continued)

| ELEMENT | FOCUS (Test Standard) | COMMON ERRORS (CE), TEST STANDARDS (TS) |
|---|---|--|
| <p>Forward Right and Left Foot Spirals</p> <p><u>Reasons for Development:</u> Develops skater's confidence to achieve an arabesque position while balancing on the skating foot for a brief sustained glide. Prepares the skater to progress to the more advanced spirals in the Preliminary Test, which are done on edges.</p> <p>(Adult Silver)</p> | <p>Extension: An obvious effort to extend body lines and demonstrate some control of body positions.</p> | <p>CE: Inability to balance on the skating foot in spiral position for the short sustained glide, difficulty in holding the free leg above the hip, lack strength to keep back arched and shoulders back.</p> <p>TS: The judge should expect the following:</p> <ul style="list-style-type: none"> • sustaining the glide on each foot for approximately four seconds • free leg in spiral position with leg at least hip level or higher • return to the balance position gliding on both feet, then transition to the next spiral position • spirals may be skated on very shallow edges or flats • substantial steadiness with no pronounced lapses in balance • reasonably good form <p>Adult: Same expectations as standard test</p> |
| <p>Waltz Eight</p> <p><u>Reasons for Development:</u> Teaches proper check positions for jump entries—3-turn for salchow, BO mohawk transition for stepping into waltz jump or axel. Beginning of symmetrical development of the body. Larger circles require development of increased core body strength.</p> | <p>Edge Quality: Substantial steadiness with a minimum of subcurves.</p> | <p>CE: Not skating the waltz 8 with an even rhythm or timing, back outside edge too short, not dividing circle into thirds, not checking after forward 3-turn, problems stepping forward after the back outside edge, difficulty controlling forward outside edge into center, inability to control upper body rotation and positions</p> <p>TS: The judge should expect the following:</p> <ul style="list-style-type: none"> • some control of all body positions and edges • awareness of rhythmic motion (waltz timing) • control after 3's and mohawks in a check position • circles should be larger than in figures • does not need to come back to same center • some evidence of good posture |
| <p>General Pre-Preliminary Test Standard: Skater should demonstrate a basic awareness of steps, edges, body control and posture. <i>Posture/Carriage Expectations</i>—Skater should show an introductory knowledge of vertical body alignment over the skate.</p> | | |
| <p>Note: Remember that this is an encouragement test. If the judge has some concerns, he or she may wish to discuss them with the skater's coach after the test.</p> | | |

PRELIMINARY TEST

| ELEMENT | FOCUS (Test Standard) | COMMON ERRORS (CE), TEST STANDARDS (TS) |
|--|--|---|
| <p>Forward and Backward Crossovers</p> <p><u>Reasons for Development:</u> Further refinement of stroking technique—develops efficiency of stroke, ability to push with equal power clockwise and counterclockwise, and capacity to get down into the knees and skate on an angle.</p> <p>(Adult Pre-Bronze)</p> | <p>Power: Ability to accelerate with proper skating techniques.</p> | <p>CE: Slight toe pushing or incorrect use of blade to stroke, forward crossovers weaker than back crossovers, clockwise direction of the forward crossovers weaker than counterclockwise, incomplete second stroke on both forward and backward crossovers, up and down motion throughout the crossovers, insufficient ability to create power at all or to create it equally from strokes or edges, poor posture.</p> <p>TS: The judge should expect the following:</p> <ul style="list-style-type: none"> • good posture • demonstrate some ability to increase power with each crossover • <u>no consistent</u> toe pushing <p>Adult: The following should be expected:</p> <ul style="list-style-type: none"> • adequate posture • maintain power • some toe pushing acceptable <p>Note: Additional credit should be given when skated in a larger pattern with proper curvature, which generally indicates more power (although pattern size may also be dependent on the size of the skater). Pattern placement optional.</p> |
| <p>Consecutive Outside and Inside Spirals</p> <p><u>Reasons for Development:</u> Increases skater’s flexibility, a key element in injury prevention. Develops balance over the skating side (on the inside edge in particular). Assists development of camel spins, spiral step sequences and presentation mark components.</p> | <p>Extension: Some evidence of the development of good form.</p> <p>Edge Quality: Ability to sustain glide and control edges with proper transitions, depth of lobe and curvature.</p> | <p>CE: Free leg not high enough (hip level or higher), not stepping on the axis, bent free leg, hunchback instead of an arched back, lack of control after the spiral, spiral not held for the full arc, forward inside spiral weaker, incorrect shape of arcs on both outside and inside edges.</p> <p>TS: The judge should expect the following:</p> <ul style="list-style-type: none"> • controlled extension of the free leg at least hip level or higher • <u>no</u> variations of the free leg position (such as holding the knee, blade, etc.) • expect slightly weaker spirals on the FI edges, slight toe pushing and a two-foot transition between spirals (approximately 2 feet)—gliding on two feet will generally occur slightly more on forward inside spirals than outside spirals • a minimum of four spirals down each length of the arena • male and female athlete will be judged on the same standard <p>Note: A spiral should be judged on entire body position beginning with the position of the head, through the arched back and continuing through to the line of the free foot.</p> |

PRELIMINARY TEST (Continued)

| ELEMENT | FOCUS (Test Standard) | COMMON ERRORS (CE), TEST STANDARDS (TS) |
|---|--|---|
| <p>Forward Power 3-Turns</p> <p><u>Reasons for Development:</u> Promotes ability to execute transitions and gain power by shifting weight—BI to FO edge (choctaws)—and pushing off the back inside edges. Develops increased knee action and an ability to execute checked 3-turns at greater velocity.</p> <p>(Adult Bronze)</p> | <p>Power: Ability to accelerate with proper skating techniques.</p> | <p>CE: After the forward 3-turn as the skater is changing feet, he/she will shift onto a back outside edge instead of a back inside edge; inability to create power from the BI edge with the weight shift into the back crossover; uneven timing; too noisy (use of toepicks instead of the edges to stroke); lack of control of free leg and upper body; poor posture.</p> <p>TS: The judge should expect the following:</p> <ul style="list-style-type: none"> • basic flow and power throughout • correct edges throughout (for example, in the steps after the 3-turns, the skater will execute a momentary two-foot transition to set the back inside edge) • ability to maintain an axis throughout the move <p>Adult: The following should be expected:</p> <ul style="list-style-type: none"> • adequate power with consistent speed • expect lobes to be more shallow than those of standard testers, not perpendicular to axis • basic concept of lobing shown • general maintenance of axis <p>Note: 3-turn lobe may be smaller than back crossover lobe.</p> |

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| <p>Alternating Forward 3-Turns</p> <p><u>Reasons for Development:</u> Develops ability to step on correct edges perpendicular to the axis with feet close together under the center of gravity—necessary for balance and power. Develops ability to execute quicker lobes, which leads to greater agility. FI 3's lead to preparation for toe loop take off. Completes the introduction to all backward to forward transitions (choctaws).</p> <p>(Adult Pre-Bronze)</p> | <p>Edge Quality: Ability to sustain glide and control edges with proper transitions, depth of lobe and curvature.</p> | <p>CE: 3-turns placed too early, lack of control after the 3's and after the transition from backward to forward (resulting in subcurves), incorrect placement of the blade in relation to the axis, lobes too large, poor flow, weak FI 3-turns.</p> <p>TS: The judge should expect the following:</p> <ul style="list-style-type: none"> • turns should be close to the top of the lobes • strike should be initiated as close to perpendicular to the axis as possible • equal depth of lobes • show controlled edges with proper transitions <p>Adult: The following should be expected:</p> <ul style="list-style-type: none"> • cross-over before stepping forward is optional • optional to have short two-foot prior to stepping forward <p>Note: Give additional credit when skated with an extended free leg or if the skater demonstrates good control after the transition.</p> |
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PRELIMINARY TEST (Continued)

| ELEMENT | FOCUS (Test Standard) | COMMON ERRORS (CE), TEST STANDARDS (TS) |
|--|--|--|
| <p>Alternating Backward Crossovers to Backward Outside Edges</p> <p><u>Reasons for Development:</u> Instills muscle memory for landing positions by requiring extension of free leg at full velocity. Also prepares skater for the more advanced BO spirals in the Novice Test. (Adult Bronze)</p> | <p>Power: Ability to accelerate with proper skating techniques.</p> <p>Extension: Some evidence of the development of good form.</p> | <p>CE: Poor flow and extension, unequal lobes, poor posture, inability to extend equally on both legs.</p> <p>TS: The judge should expect the following:</p> <ul style="list-style-type: none"> • good speed, posture and ice coverage • good control during sustained extensions <p>Adult: The following should be expected:</p> <ul style="list-style-type: none"> • adequate speed and posture • momentary balance on two feet after edge before next cross-over permissible <p>Note: Pattern will not usually cross the center axis of the rink, however, give additional credit when the pattern is on larger lobes and executed with proper curvature, although pattern size may also be dependent on the size of the skater.</p> |
| <p>General Preliminary Test Standard: Demonstration of a sense of axis and a knowledge of steps, edges, pattern and body extension. <i>Posture/Carriage Expectations</i>—Skater should demonstrate an ability to maintain erect carriage while bending and rising in the skating knee.</p> | | |

PRE-JUVENILE TEST

| ELEMENT | FOCUS (Test Standard) | COMMON ERRORS (CE), TEST STANDARDS (TS) |
|--|---|---|
| <p>Forward Perimeter Power Stroking</p> <p><u>Reasons for Development:</u> Elevates the level of crossover proficiency by introducing bold crossovers in transition with continuous ice coverage. This is the progression of the power foundation for all perimeter crossover stroking and a building block to handle quickness in the more advanced Moves. Promotes bilateral development of movement and efficiency in stroke production in a program.</p> <p>(Adult Bronze)</p> | <p>Power: Bilateral ability to pushoff with equal and even strength from solid edges with flexible skating knees.</p> <p>Extension: Bilateral ability to maintain control of body alignment.</p> | <p>CE: Incomplete second stroke on forward crossovers, lack of power onto FI edge, poor extension on FI edge, stepping too diagonally onto the axis for the FI edge, use of toepicks, poor posture and ice coverage, general difficulty in creating power and skating correct pattern.</p> <p>TS: The judge should expect the following:</p> <ul style="list-style-type: none"> • all crossovers of the same quality • good ice coverage with solid edge pushing • stepping on the axis to set up for proper curvature of the lobes • to create proper lobing, the extension step must be on an inside edge • progressive-style crossovers <p>Adult: The following should be expected:</p> <ul style="list-style-type: none"> • general maintenance of axis to set up for proper curvature of lobes • crossovers of similar quality |
| <p>Backward Perimeter Power Crossover Stroking</p> <p><u>Reasons for Development:</u> Elevates development of back crossovers—a progression of the power foundation pattern for the more advanced Moves, such as power 3's. Promotes bilateral proficiency—the ability to demonstrate identical and indistinguishable ability no matter which crossover is being executed.</p> <p>(Adult Bronze)</p> | <p>Power: Bilateral ability to pushoff with equal and even strength from solid edges with flexible skating knees.</p> <p>Edge Quality: Bilateral ability to control turns and skate on flowing edges.</p> | <p>CE: Incomplete second stroke during crossovers, poor lobing, poor use of a continuous axis, inability to maintain a smooth or level shift of weight on <u>proper edges</u>, inability to create power or demonstrate equal power in both directions on back crossovers.</p> <p>TS: The judge should expect the following:</p> <ul style="list-style-type: none"> • both crossovers of the same quality • good ice coverage • correct use of the two-foot transition as a momentary hold to set an <u>inside</u> edge prior to the power push • stepping on the axis to set up for proper curvature of the lobes <p>Adult: The following should be expected:</p> <ul style="list-style-type: none"> • general maintenance of axis to set up for proper curvature of lobes • both crossovers of similar quality |

PRE-JUVENILE TEST (Continued)

| ELEMENT | FOCUS (Test Standard) | COMMON ERRORS (CE), TEST STANDARDS (TS) |
|--|--|---|
| <p>3-Turns in the Field (PJM Patterns 3 and 4)</p> <p><u>Reasons for Development:</u> Trains every 3-turn (8 of them), as well as every edge push. Develops balance and strength necessary to hold a sustained edge until the moment of the turn. Prepares skater for back power threes—strength of position required to add velocity.</p> <p>(Adult Silver)</p> | <p>Edge Quality: Bilateral ability to control turns and skate on flowing edges.</p> | <p>CE: Toe pushing, incorrect blade placement in relation to the long axis, early 3-turn placement, inability to control entry into back 3-turns, lack of control after the 3-turns, two foot skating after the back pushes, lobes uneven, difficulty maintaining flow.</p> <p>TS: The judge should expect the following:</p> <ul style="list-style-type: none"> • proper edge the moment the foot takes the ice • ability to maintain control of body alignment throughout • controlled, flowing edges (no major subcurves) • controlled 3-turns in and out • adherence to a common or continuous axis <p>Adult: The following should be expected:</p> <ul style="list-style-type: none"> • maintain reasonable control of the body • controlled edges with minimal subcurves • reasonable control of turns in and out • some variance of posture allowed • general adherence to common or continuous axis <p>Note: Give additional credit when skated at greater speed with control.</p> |
| <p>Forward and Backward Power Change of Edge Pulls</p> <p><u>Reasons for Development:</u> First introduction to serpentine change of edges, accentuating rise and fall of knee and ankle pressure to generate power—edge pressure push without extension or change of foot. Teaches rhythmic knee action. Ankle pressure introduces jumping flexation. Works the abductor and adductor muscles to help the leg stay in during double and triple rotation jumps and spins.</p> | <p>Power: Bilateral ability to pushoff with equal and even strength from solid edges with flexible skating knees.</p> | <p>CE: Disguising power with too many introductory steps, shallow changes, too much upper body movement, poor posture, swinging free leg wildly, inability to create power, incorrect use of skating knee.</p> <p>TS: The judge should expect the following:</p> <ul style="list-style-type: none"> • hear the “rip” (the solid sound of edge cutting the ice – edge pressure makes the sound) • rhythmic knee action • maintaining or increasing speed throughout the Move <p>Note: A judge will not be able to hear the ripping sound of the edge unless he/she is near the ice surface. A smaller skater may be difficult to hear. A decrease in speed in this Move is a serious error.</p> |

PRE-JUVENILE TEST (Continued)

| ELEMENT | FOCUS (Test Standard) | COMMON ERRORS (CE), TEST STANDARDS (TS) |
|--|--|---|
| <p>5-Step Mohawk Sequence</p> <p><u>Reasons for Development:</u> Trains all FI mohawks and BO mohawks and develops ability to turn inside and outside of the lobes bilaterally. Enhances footwork skills and requires the skater to skate much more powerfully with controlled foot speed.</p> <p>(Adult Bronze)</p> | <p>Edge Quality: Bilateral ability to control turns and skate on flowing edges.</p> <p>Extension: Bilateral ability to maintain control of body alignment.</p> | <p>CE: Incorrect edge on step #4 (FO), wide stepping (wider than hip width), uneven timing, poor extension and edge quality, inability to create power for correct pattern, difficulty in keeping an even beat.</p> <p>TS: The judge should expect the following:</p> <ul style="list-style-type: none"> • expect good ice coverage • each step should be fairly equal on each lobe with an even beat throughout • correct edges with a nicely extended free leg • mohawks should be placed at approximately the 1/3 point in the lobe • open mohawks <p>Adult: The following should be expected:</p> <ul style="list-style-type: none"> • reasonable ice coverage • each step should be reasonably equal • correct edges with even extension throughout • mohawks should be place at approximately 1/3 point in the lobe |

General Pre-Juvenile Test Standard: Demonstration of a basic understanding of axis and the ability to execute prescribed bilateral movements with balanced proficiency. *Posture/Carriage Expectations*—Skater should demonstrate bilateral ability to control upper body while creating power and executing turns and rotational movements.

JUVENILE TEST

| ELEMENT | FOCUS (Test Standard) | COMMON ERRORS (CE), TEST STANDARDS (TS) |
|---|---|---|
| <p>Eight Step Mohawk Sequence</p> <p><u>Reasons for Development:</u> Introduces outside mohawks—all mohawks have now been learned. The athlete is learning to stay over skating side, keeping body lean and weight into the circle. Develops counter rotation to the circle—preparation for brackets. Balance behind the skate over the skating side trains skills such as the balance into a lutz. Difficult check maneuver builds abdominal and core body strength—abs, gluts, erector muscles along the spine—and strengthens the body’s internal gyroscope. Move develops the quick rhythm necessary for jumps. Trains the muscles symmetrically by requiring clockwise and counterclockwise execution.</p> <p>(Adult Silver)</p> | <p>Quickness: Ability to execute controlled, rhythmic movement.</p> <p>Power: Ability to increase speed with solid control.</p> | <p>CE: Circle size too small, warped circle shape, uneven timing, scratchy, wide stepping (wider than hip width), blatant and early change of edge on the mohawk, weak in one direction (usually clockwise), difficulty in completing a full 1 ½ circle, inability to sustain a quick march tempo.</p> <p>TS: The judge should expect the following:</p> <ul style="list-style-type: none"> • fairly neat placement of footwork • footwork is actually a combination of a march and glide action • open mohawks • circle shape must be maintained throughout the circle—diameter of the circle must be equal to the distance between the two continuous axi as indicated in the diagram in the rulebook • skater should be close to completing 1 ½ revolutions of a circle • sequence of step 6, 7, 8 must be distinct steps <p>Adult: The following should be expected:</p> <ul style="list-style-type: none"> • circular shape reasonably maintained throughout • diameter of circle should be larger than hockey circle in middle of the rink • skater should complete more than one revolution of the circle <p>Note: Shallow edges in mohawk is not a mandatory failure—speed may affect depth of edges of the turn.</p> |
| <p>Forward and Backward Cross Strokes</p> <p><u>Reasons for Development:</u> Increases knowledge and competency to push powerfully from outside edge. All power pushes to this point have been predominately inside edges. Excellent skill for footwork development. Power off of outside edges for the double/triple loop and lutz jumps. Contributes to added development of abductive and adductive muscles.</p> <p>(Adult Silver)</p> | <p>Power: Ability to increase speed with solid control.</p> | <p>CE: Toe pushing, stepping onto toepicks rather than back edge, weak posture, shallow edges, poor use of knees, sloppy free leg, inability to create power, problems stroking from an outside edge.</p> <p>TS: The judge should expect the following:</p> <ul style="list-style-type: none"> • <u>no toe</u> pushing • need to push off outside edges • listen for “rip” (edge pressure makes the sound) • cross steps are not acceptable (review definition of cross-stroke in Rulebook glossary) <p>Adult: The following should be expected:</p> <ul style="list-style-type: none"> • toe pushing should be generally avoided • need to push off outside edges • listen for “rip” (edge pressure makes the sound) • cross steps should be avoided |

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| | | Note: Slightly shallow edges, with the forward usually weaker than the backward, is not a mandatory failure. |
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JUVENILE TEST (Continued)

| ELEMENT | FOCUS (Test Standard) | COMMON ERRORS (CE), TEST STANDARDS (TS) |
|---|--|--|
| <p>Backward Power 3-Turns</p> <p><u>Reasons for Development:</u> Develops ability to create speed and power without doing crossover stroking. Adds ability to check rotation at greater speeds—demands greater strength from the athlete. Learning to push efficiently in the mohawk, stroking inside to inside. Prepares free foot alignment for jumps and spins.</p> | <p>Power: Ability to increase speed with solid control.</p> | <p>CE: Circle sizes too small, lack of control after the back 3-turn, uneven timing, turns done too quickly without increase in power, two foot turns, weaker left back turns (clockwise direction), lacking in ability to increase power with each turn, inadequate control throughout Move.</p> <p>TS: The judge should expect the following:</p> <ul style="list-style-type: none"> • an increase in power with each turn • both left and right 3's should be of equal quality, exhibiting good control before and after the turn, with turns done on one foot • even timing throughout • length of edges into and out of 3's and mohawks should be of equal length • one or two foot glide between circles is acceptable <p>Note: Larger circle executed with proper curvature generally equals more power and should receive extra credit, although pattern size may also be dependent on the size of the skater.</p> |
| <p>Forward Double 3-Turns</p> <p><u>Reasons for Development:</u> Provides foundation for more advanced footwork, such as triple 3's in Senior Extension Spiral Move. Develops continued control of entries into and exits from turns. Demands balance of the body on the skating side.</p> <p>(Adult Gold)</p> | <p>Edge Quality: Good control and sustained edges, with equal lobes and no major subcurves.</p> | <p>CE: Skated too slowly, subcurves between the two turns, lack of control after the back 3-turn, poor placement of the turns (too close together), toe pushing, weaker forward inside double 3's, inability to maintain flow throughout.</p> <p>TS: The judge should expect the following:</p> <ul style="list-style-type: none"> • control of the arc between the forward turn and the back turn • no subcurves after the turns (subcurves are to be distinguished from <u>slight</u> wobbles) • proper open stroke is required • turns should be placed close to the thirds of the lobe <p>Adult: The following should be expected:</p> <ul style="list-style-type: none"> • reasonable control of arc between forward turn and back turn • minimal subcurves after turns • turns should be placed close to the thirds of the lobe <p>Note: Give additional credit for controlled extended free leg, good flow and control.</p> |

General Juvenile Test Standard: Demonstration of an acquired understanding of accuracy in pattern, a good sense of body rhythm, an accomplished stroke execution and controlled lobes. *Posture/Carriage Expectations*—Skater must be able to maintain erect posture while executing various free leg extensions and transitions, regardless of speed.

INTERMEDIATE TEST

| ELEMENT | FOCUS (Test Standard) | COMMON ERRORS (CE), TEST STANDARDS (TS) |
|---|---|--|
| <p>Forward Power Circles</p> <p><u>Reasons for Development:</u> Introduces ability to change the tempo, style and pace of crossovers in a program, as well as the ability to keep angles of knees and acute pressure of ankles to the ice consistent as tempo (speed of beat) of stroke increases. Ability to vary speed prepares skater to skate at a pace in accordance with the tempo of the music—a component of the second mark in a free skating program. Early development of quick knee action.</p> <p>(Adult Gold)</p> | <p>Power: Continuous flow, maintaining speed through the transitions and the ability to increase speed effortlessly.</p> | <p>CE: Inability to increase acceleration progressively—Move is often skated slow then fast, with no gradual acceleration in between; unequal power from both edges; clockwise direction weaker; improper use of edges to stroke; inability to obtain a consistently soft knee action on sustained crossovers into increasingly accelerating crossovers; and poor control of upper body and posture.</p> <p>TS: The judge should expect the following:</p> <ul style="list-style-type: none"> • increasing acceleration as power increases • Move progressively increases in footspeed and acceleration from a slow, but gradually accelerating pace, to fully accelerated crossovers at the conclusion of the Move— it is not correct to demonstrate only two speeds—slow, then fast • the circle size increases like an unwinding corkscrew as the skater accelerates—the angles of the body (hip, knee and ankle bend) will also become more acute as the Move progresses • no toe pushing • number of steps is not limited, but it is recommended that no more than fifteen total steps be utilized <p>Adult: The following should be expected:</p> <ul style="list-style-type: none"> • full acceleration will not be as fast as standard test • no toe pushing • circle size will increase <p>Note: While watching the glide after the crossovers during the power circles, notice the amount of power that has been created.</p> |

INTERMEDIATE TEST (Continued)

| ELEMENT | FOCUS (Test Standard) | COMMON ERRORS (CE), TEST STANDARDS (TS) |
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| <p>Backward Power Circles</p> <p><u>Reasons for Development:</u> Introduces ability to change the tempo, style and pace of crossovers in a program, as well as the ability to keep angles of knees and acute pressure of ankles to the ice consistent as tempo (speed of beat) of stroke increases. Ability to vary speed prepares skater to skate at a pace in accordance with the tempo of the music—a component of the presentation mark in a free skating program. Early development of quick knee action.</p> <p>(Adult Gold)</p> | <p>Power: Continuous flow, maintaining speed through the transitions and the ability to increase speed effortlessly.</p> | <p>CE: Inability to increase acceleration progressively—Move often skated slow then fast with no gradual acceleration in between, unequal power from both edges, weak posture and control of upper body.</p> <p>TS: The judge should expect the following:</p> <ul style="list-style-type: none"> • increasing acceleration as power increases • Move progressively increases in footspeed and acceleration from a slow, but gradually accelerating pace, to fully accelerated crossovers at the conclusion of the Move— it is not correct to demonstrate only two speeds—slow, then fast • the circle size increases like an unwinding corkscrew as the skater accelerates—the angles of the body (hip, knee and ankle bend) will also become more acute as the Move progresses • no toe scratching • number of steps is not limited, but it is recommended that no more than fifteen total steps be utilized <p>Adult: The following should be expected:</p> <ul style="list-style-type: none"> • full acceleration will not be as fast as standard test • no toe pushing • circle size will increase <p>Note: While watching the glide after the crossovers during the power circles, notice the amount of power that has been created. Also note that the skater will be on two feet during the first part of each back crossover.</p> |
| <p>Back Perimeter Power Crossover Stroking with Backward Power 3-Turns</p> <p><u>Reasons for Development:</u> Combines back power 3's and perimeter stroking while requiring the skater to cover the full ice surface. Develops ability to execute 3's more powerfully (at greater velocity) and to exert stronger control of rotation in both directions. Helps timing into jumps.</p> | <p>Power: Continuous flow, maintaining speed through the transitions and the ability to increase speed effortlessly.</p> | <p>CE: Inability to increase power, lack of control of back 3's, 3's rushed, turns skated on two feet, skill not equally strong in both directions, poor body alignment, inability to control end section, inability to hit the prescribed back inside edge after the power push.</p> <p>TS: The judge should expect the following:</p> <ul style="list-style-type: none"> • strong generation of power and maintenance of speed • equal power in both directions • correct use of the two-foot transition as a momentary hold to set an <u>inside</u> edge prior to the power push • even timing throughout the end section that will consist of 3 to 5 sets of power 3's • increased pattern development and power from the previous level |

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| | | Note: 3-turns with increase in power indicate more skill. |
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INTERMEDIATE TEST (Continued)

| ELEMENT | FOCUS (Test Standard) | COMMON ERRORS (CE), TEST STANDARDS (TS) |
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| <p>Backward Double 3-Turns</p> <p><u>Reasons for Development:</u> Greater extension requires more strength and range of motion from the athlete—the greater the extension, the greater the range of motion, the greater the power. Also improves quadriceps strength. Teaches the athlete to move through space and time efficiently. Works balance over the skating side and free leg control over full ice surface. Prepares skater for power double 3-turns to power double rockers in the Senior test.</p> <p>(Adult Gold)</p> | <p>Edge Quality: Increased implementation of knee/ankle flexibility and body lean to achieve full ice coverage with depth of pattern.</p> <p>Extension: Clear technique and coordinated extension of all body lines.</p> | <p>CE: 3's skated too closely together, lack of control between the turns, improper turn placement, inability to maintain flow throughout the Move, lack of total extension during all phases of the Move.</p> <p>TS: The judge should expect the following:</p> <ul style="list-style-type: none"> • good control throughout • no major subcurves • back 3 placed at the top of lobe and forward 3 placed at two-thirds (see pattern) • controlled gliding edge between the turns with nicely extended free leg <p>Adult: The following should be expected:</p> <ul style="list-style-type: none"> • reasonable control of arc between back turn and forward turn • minimal subcurves after turns • turns should be placed close to the thirds of the lobe <p>Note: A larger pattern executed with proper curvature generally indicates an increase in the quality of the skating, although pattern size may also be dependent on the size of the skater.</p> |
| <p>Brackets in the Field</p> <p><u>Reasons for Development:</u> Trains every bracket (8 of them). Develops skater's counter rotation ability utilizing all bracket turns. Preparation for the bracket-three-bracket on the Novice test and the quick rockers on the Junior and Senior tests—increases strength needed to hold position at increased velocity. Also diversifies the skater's turn repertoire to add variety to footwork sequences in short and long programs.</p> <p>(Adult Gold)</p> | <p>Edge Quality: Increased implementation of knee/ankle flexibility and body lean to achieve full ice coverage with depth of pattern.</p> | <p>CE: Toe pushing, incorrect blade placement in relation to the long axis, early bracket placement, scraping due to incorrect weight on the blade during the turns, inability to control entry into back brackets, lack of control after the brackets, two foot skating after the back pushes, lobes uneven, difficulty maintaining flow, lack of upper body control during turns.</p> <p>TS: The judge should expect the following:</p> <ul style="list-style-type: none"> • proper edge the moment the foot takes the ice • adherence to a common or continuous axis with strikes perpendicular to the axis • controlled brackets in and out on proper edges—a minimum of scraping, no jumped turns and consistent ability to execute all turns with almost equal ability • Move skated with even lobes • ability to maintain control of body alignment throughout • controlled, flowing edges (no major subcurves) <p>Adult: The following should be expected:</p> <ul style="list-style-type: none"> • reasonable control of turn, body alignment and edges • minimal subcurves • adherence to common or continuous axis |

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| | | Note: Give additional credit when skated at greater speed with control. |
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INTERMEDIATE TEST (Continued)

| ELEMENT | FOCUS (Test Standard) | COMMON ERRORS (CE), TEST STANDARDS (TS) |
|--|--|--|
| <p>Inside Slide Chassé Pattern</p> <p><u>Reasons for Development:</u> Slide chassés introduced for FI power edging—sustaining energy through rhythmic body movement. This is an important addition to more advanced footwork. Requires “stylish” body alignment over the skating side—an opportunity to develop a component of the mark for presentation. Continues development of methods to attain speed and power without crossover stroking. Preparation for more advanced sustained sliding movement.</p> <p>(Adult Silver)</p> | <p>Edge Quality: Increased implementation of knee/ankle flexibility and body lean to achieve full ice coverage with depth of pattern.</p> <p>Extension: Clear technique and coordinated extension of all body lines.</p> | <p>CE: Lack of control after the back turn, lobes too small due to lack of power, shallow FI edges during the slide chassés, poor extension, incorrect pattern.</p> <p>TS: The judge should expect the following:</p> <ul style="list-style-type: none"> • listen for the "rip" during slide chassés • even flow throughout • good posture and body alignment over curving edges • even cadence <p>Adult: The following should be expected:</p> <ul style="list-style-type: none"> • reasonable posture • even flow throughout • pattern will be smaller than standard test • listen for “rip” sound of edge during chasses <p>Note: Give credit for increased ice coverage executed with proper curvature—indicates better edge quality and power.</p> |

General Intermediate Test Standards: Demonstration of a consistent accurate pattern and turn placement, good balance, clean stroke execution and a heightened awareness of rhythmic body movement. *Posture/Carriage Expectations*—Skater should demonstrate ability to maintain proper upper body position and alignment while executing checking or cross-checking movements, as well as during sustained or extended steps.

NOVICE TEST

| ELEMENT | FOCUS (Test Standards) | COMMON ERRORS (CE), TEST STANDARDS (TS) |
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| <p>Backward Perimeter Power Stroking with Backward Inside 3-Turns and Forward Inside 3-Turns</p> <p><u>Reasons for Development:</u> Introduces FI and BI threes performed at an increased speed. Develops foot work agility.</p> <p>(Adult Gold)</p> | <p>Power: Strong ability to generate and maintain speed from beginning to end without interruption.</p> <p>Quickness: Strong control of foot speed with precise rhythm</p> | <p>CE: End section too bouncy and scratchy, breaking at the waist throughout the end section, not quick enough on the 3's, unequal tempo, generally weaker clockwise direction, problems stroking from the blade for FI 3, difficulties in setting up and preparing for end pattern, inability to hit the prescribed back inside edge after the power push.</p> <p>TS: The judge should expect the following:</p> <ul style="list-style-type: none"> • maintain (or increase) power throughout • correct use of the two-foot transition as a momentary hold to set an <u>inside</u> edge prior to the power push • level upper body carriage, good posture • both directions of equal quality • full ice coverage • should see an increase in pattern development and power from previous level <p>Adult: The following should be expected:</p> <ul style="list-style-type: none"> • clockwise will not be of same quality as counter-clockwise • full ice coverage • maintain power throughout • correct use of two-foot transition as a momentary hold to set an <u>inside</u> edge prior to the power push • level body carriage • good posture • increase in pattern development and power from previous level |

NOVICE TEST (Continued)

| ELEMENT | FOCUS (Test Standards) | COMMON ERRORS (CE), TEST STANDARDS (TS) |
|---|--|---|
| <p>Forward Perimeter Power Crossover Stroking to a Backward Quick Rocker Turn Sequence</p> <p><u>Reasons for Development:</u> Promotes agility of and isolation of body checking. Develops an advanced level of proficiency in twisting action while accelerating.</p> | <p>Power: Strong ability to generate and maintain speed from beginning to end without interruption.</p> <p>Quickness: Strong control of foot speed with precise rhythm.</p> | <p>CE: Decrease in power during back rockers, lack of foot speed, too noisy, sloppy legs, incorrect pattern and/or incomplete ice coverage, difficulties generally in clockwise direction, inability to maintain quickness and power on back rockers, difficulty in placement of swing rocker in preparation for end pattern, swing rocker skated with incorrect edges, problems executing required choctaw.</p> <p>TS: The judge should expect the following:</p> <ul style="list-style-type: none"> • maintain (or increase) power throughout Move utilizing edge push in choctaw • equal quality in both directions with level body carriage and neat footwork • demonstrate proper pattern for FO rocker • end pattern utilizes either <i>open</i> or closed choctaws • increase in pattern development and power from previous level with full ice coverage • chassés are optional |
| <p>Forward and Backward Outside Counters</p> <p><u>Reasons for Development:</u> Introduces outside counter turns to create a greater repertoire of skating movement and versatility in skating elements. This move takes rhythm to a higher level. Continues development of cross strokes and more challenging exercises in bilateral development.</p> | <p>Edge Quality: Strong, consistent, precise edge control and flow in accordance with the pattern.</p> <p>Power: Strong ability to generate and maintain speed from beginning to end without interruption.</p> | <p>CE: Skated too slowly—resembling a figure, lack of control after the counter, lack of edge quality during the connecting steps, obvious or blatant change of edge before the turn, weak cross strokes or connecting steps, lack equal proficiency in back counters, weak cross strokes after the first back turn.</p> <p>TS: The judge should expect the following:</p> <ul style="list-style-type: none"> • no obvious or blatant change of edge before the counter turn (blatant change of edge is a curve that distorts the natural circle) • turns pointed up ice, but placed on the continuous axis • entry angle of turns is greater than a 45° angle • turns and connecting steps should maintain a common axis • knee rhythm, upper body carriage and posture should be very good • look for counter body action • power should be reflected in flowing deep edges and knee action, rather than in the rate of speed the skater moves from one end of the ice to the other <p>Note: Give additional credit when skated with powerful deep edges and when optional circle is held.</p> |

NOVICE TEST (Continued)

| ELEMENT | FOCUS (Test Standards) | COMMON ERRORS (CE), TEST STANDARDS (TS) |
|--|--|--|
| <p>Forward and Backward Inside Counters</p> <p><u>Reasons for Development:</u> Introduces inside counter turns to create a greater repertoire of skating movement and versatility in skating elements. This move takes rhythm to a higher level. Continues development of more challenging exercises in bilateral development. For pair skaters, this Move helps rotational body training of foot, hips and shoulders in preparation for FI death spiral.</p> | <p>Edge Quality: Strong, consistent, precise edge control and flow in accordance with the pattern.</p> <p>Power: Strong ability to generate and maintain speed from beginning to end without interruption.</p> | <p>CE: Skated too slowly—resembling a figure, lack of control after the counter, lack of edge quality during connecting steps, obvious or blatant change of edge before the turn, weak connecting steps, problems with restarting after first back counter, inability to create power throughout sequence.</p> <p>TS: The judge should expect the following:</p> <ul style="list-style-type: none"> • no obvious or blatant change of edge before the counter turn (blatant change of edge is a curve that distorts the natural circle) • turns need to be pointed up ice but should be placed on the continuous axis • entry angle of turns is greater than a 45° angle • turns and connecting steps should maintain a common axis • knee rhythm, upper body carriage and posture should be very good • look for counter body action • power should be reflected in flowing deep edges and knee action, rather than in the rate of speed the skater moves from one end of the ice to the other <p>Note: Give additional credit when skated with powerful deep edges and/or when optional circle is held.</p> |
| <p>Backward Rocker Choctaw Sequence</p> <p><u>Reasons for Development:</u> Move created for development of acute back outside edge with free leg extended in front of body. First Move to require skater to extend the free leg in front and hold the extension until he/she changes to the other side—develops abdominal and quadriceps strength. Extension with free leg in front is designed for artistic presentation. Dance development—Foxtrot, Rocker, Blues, Rhumba. Pair development—death spirals. Continues to emphasize sustained movement.</p> | <p>Edge Quality: Strong, consistent, precise edge control and flow in accordance with the pattern.</p> <p>Extension: Strong presentation of fully stretched body lines.</p> <p>Power: Strong ability to generate and maintain speed from beginning to end without interruption.</p> | <p>CE: Inability to maintain or increase power, lack of edge quality, lack of quality choctaws, poor extension and body lines, loss of control after the choctaw, problems sustaining free leg extension in front following choctaw, difficulty maintaining and increasing power throughout entire Move, problems checking the choctaw, difficulty in using the choctaw to sustain and maintain speed/flow.</p> <p>TS: The judge should expect the following:</p> <ul style="list-style-type: none"> • closed choctaws on precise controlled edges • maintaining strong flow throughout the Move • good sustained extension following choctaws • ability to hold extension with free foot in front until ready to change to other side • equal extension abilities on both sides with fully stretched body lines |

NOVICE TEST (Continued)

| ELEMENT | FOCUS (Test Standards) | COMMON ERRORS (CE), TEST STANDARDS (TS) |
|--|---|---|
| <p>Spiral Sequence</p> <p><u>Reasons for Development:</u> Develops the strength, extension and balance needed for spiral sequences in short programs in all disciplines, as well as for advanced camel positions in pair and solo spinning. Promotes enhanced flexibility for injury prevention. Requires control of sustained movement on a curve in preparation for Senior Extension Spiral.</p> | <p>Extension: Strong presentation of fully stretched body lines.</p> <p>Edge Quality: Strong, consistent, precise edge control and flow in accordance with the pattern.</p> | <p>CE: Poor extension on FI spirals, difficulties maintaining flow throughout, poor edge quality on transitions, difficulty stepping onto FI spiral.</p> <p>TS: The judge should expect the following:</p> <ul style="list-style-type: none"> • good extension and quality lines on both legs • all transitions are to be done without two foot skating • ability to cover full ice surface with flow • no flats or forced edges • true spiral position with no variations (example—holding onto blade or knee) |
| <p>Bracket-Three-Bracket Pattern</p> <p><u>Reasons for Development:</u> Brackets are building blocks for the power rocker sequences at the Junior and Senior level, requiring crisp reverse of shoulders and hips coordinated with soft knee action. This Move teaches upper half and lower half isolation and cross-checking upper body checking against lower body rotation. Useful in jump preparations and creating the type of counter rotation utilized in counter and rocker turns. Develops footwork agility.</p> | <p>Quickness: Strong control of foot speed with precise rhythm.</p> | <p>CE: Scraping due to incorrect weight on the blade during the turns, inability to maintain an even cadence, lack of upper body control during turns, inability to maintain a consistent flow throughout the entire move, inability to obtain quickness and an even beat.</p> <p>TS: The judge should expect the following:</p> <ul style="list-style-type: none"> • skater may be on flats • Move can be skated on a straighter line than indicated in the rulebook • Skated with an even, precise rhythm, although there may be a break in the rhythm during the transition steps • skater should skate <u>at least</u> one pattern and not more than two • skater should utilize the full length of ice (example—red dot to red dot) <p>Note: Give credit when skated with more power and speed.</p> |
| <p>General Novice Test Standard: Demonstration of a consistent ease of performance, with utilization of the full ice surface, a knowledge of rhythmic body movement and an efficiency of energy and body extension. <i>Posture/Carriage Expectations</i>—Skater should demonstrate strong progress toward a total integration of skating carriage and controlled bilateral movement, both fast and slow.</p> | | |

JUNIOR TEST

| ELEMENT | FOCUS (Test Standards) | COMMON ERRORS (CE), TEST STANDARDS (TS) |
|--|---|---|
| <p>Forward Power Circles</p> <p><u>Reasons for Development:</u> Develops ability to perform advanced power crossovers and get quickly up to maximum acceleration. This skill, started from a stand-still, generates velocity with efficiency, utilizing few steps. Develops ability to vary tempo in stroking to reflect variations in the tempo of the music—a component of the second mark for presentation. Promotes the ability to get quickly up to speed for jumps and lifts in programs.</p> | <p>Power: Accomplished implementation of effortless acceleration and flow.</p> <p>Extension: Accomplished and mature level of stretch and body lines, with clarity of movement and ease of extension.</p> | <p>CE: Inability to progress in tempo and acceleration, circles fail to increase in size commensurate with level of acceleration, poor posture, choppy movement, inability to skate with equal strength in both directions (usually clockwise), improper use of edges to stroke, inability to obtain a consistently soft knee action on sustained crossovers into quick accelerating crossovers, lack of solid control of upper body and posture.</p> <p>TS: The judge should expect the following:</p> <ul style="list-style-type: none"> • Move progressively increases in footspeed and acceleration from a slow, but gradually accelerating pace, to fully accelerated crossovers at the conclusion of the Move— it is not correct to demonstrate only two speeds—slow, then fast • the circle size increases like an unwinding corkscrew as the skater accelerates—the angles of the body (hip, knee and ankle bend) will also become more acute as the Move progresses • no toe pushing • straight line exit edge should maintain effortless flow with an accomplished and mature extension and stretch of body lines with free leg held in back • the two glides at the conclusion of the Move should be on different feet • number of steps is not limited, but it is recommended that no more than fifteen total steps be utilized |

JUNIOR TEST (Continued)

| ELEMENT | FOCUS (Test Standards) | COMMON ERRORS (CE), TEST STANDARDS (TS) |
|---|---|---|
| <p>Backward Power Circles</p> <p><u>Reasons for Development:</u> Develops ability to perform advanced power crossovers and get quickly up to maximum acceleration. This skill generates velocity with efficiency, utilizing few steps. Develops ability to vary tempo in stroking to reflect variations in the tempo of the music—a component of the mark for presentation. Promotes the ability to get quickly up to speed for jumps in programs.</p> | <p>Power: Accomplished implementation of effortless acceleration and flow.</p> <p>Extension: Accomplished and mature level of stretch and body lines, with clarity of movement and ease of extension.</p> | <p>CE: Inability to progress in tempo and acceleration, circles fail to increase in size commensurate with level of acceleration, poor posture, choppy movement, inability to skate with equal strength in both directions (usually clockwise), improper use of edges to stroke, inability to obtain a consistently soft knee action on sustained crossovers into quick accelerating crossovers, lack of solid control of upper body and posture.</p> <p>TS: The judge should expect the following:</p> <ul style="list-style-type: none"> • Move progressively increases in footspeed and acceleration from a slow, but gradually accelerating pace, to fully accelerated crossovers at the conclusion of the Move— it is not correct to demonstrate only two speeds—slow, then fast • the circle size increases like an unwinding corkscrew as the skater accelerates—the angles of the body (hip, knee and ankle bend) will also become more acute as the Move progresses • no toe pushing • straight line exit edge should maintain effortless flow with an accomplished and mature extension and stretch of body lines with free leg held in back • the two glides at the conclusion of the Move should be on different feet • number of steps is not limited, but it is recommended that no more than fifteen total steps be utilized <p>Note: The skater will be on two feet during the first part of each back crossover.</p> |

JUNIOR TEST (Continued)

| ELEMENT | FOCUS (Test Standards) | COMMON ERRORS (CE), TEST STANDARDS (TS) |
|--|---|--|
| <p>Forward and Backward Outside Rockers</p> <p><u>Reasons for Development:</u> Increases the repertoire of skating turns during powerful edges. Develops an increased ability to check, while enhancing rhythmic knee action and foot work. This is also a good exercise to prepare for straight line footwork.</p> | <p>Edge Quality: Accomplished implementation of flowing, deep, rhythmic edges with excellent control throughout.</p> <p>Power: Accomplished implementation of effortless acceleration and flow.</p> | <p>CE: Skated too slowly—resembling a figure, lack of control after the rocker, lack of edge quality during connecting steps, obvious or blatant change of edge before or after the turn, weak cross strokes or connecting steps, problems with cross strokes after first back turn, and problems executing back turns.</p> <p>TS: The judge should expect the following:</p> <ul style="list-style-type: none"> • no obvious or blatant change of edge before or after the rocker turn (blatant change of edge is a curve that distorts the natural circle) • turns need to be pointed up ice, but should be placed on the continuous axis • entry angle of turns should be greater than 45° angle • turns and transitions should maintain a common axis • knee rhythm, upper body carriage and posture should be excellent • look for rocker body action • power should be reflected in flowing deep edges and knee action, rather than in the rate of speed the skater moves from one end of the ice to the other <p>Note: Give additional credit when skated with powerfully deep edges and when optional circle is held.</p> |

JUNIOR TEST (Continued)

| ELEMENT | FOCUS (Test Standards) | COMMON ERRORS (CE), TEST STANDARDS (TS) |
|--|---|--|
| <p>Forward and Backward Inside Rockers</p> <p><u>Reasons for Development:</u> Increases the repertoire of skating turns on powerful edges. Develops an increased ability to check, while enhancing rhythmic knee action and foot work. This is also a good exercise to prepare for straight line footwork.</p> | <p>Edge Quality: Accomplished implementation of flowing, deep, rhythmic edges with excellent control throughout.</p> <p>Power: Accomplished implementation of effortless acceleration and flow.</p> | <p>CE: Skated too slowly—resembling a figure, lack of control after the rocker, lack of edge quality during connecting steps, obvious or blatant change of edge before the turn, weak cross strokes or connecting steps, problems with cross strokes after first back turn, problems executing back turns, difficulty executing FI rolls after the first back turn.</p> <p>TS: The judge should expect the following:</p> <ul style="list-style-type: none"> • no obvious or blatant change of edge before the rocker turn (blatant change of edge is a curve that distorts the natural circle) • turns need to be pointed up ice, but should be placed on the continuous axis • entry angle of turns should be greater than 45° angle • turns and transitions should maintain a common axis • FI rolls should be open strokes, not slip steps (slide chassés) • knee rhythm, upper body carriage and posture should be excellent • look for rocker body action • power should be reflected in flowing deep edges and knee action, rather than in the rate of speed the skater moves from one end of the ice to the other <p>Note: Give additional credit when skated with powerfully deep edges and when optional circle is held.</p> |
| <p>Power Pulls</p> <p><u>Reasons for Development:</u> Contrasts two types of movement—moving through the change of edge and quick twisting rockers. Increases agility and proprioception (body’s internal “gyroscope”). Develops a more advanced method of gaining speed without crossovers. Strengthens quadriceps and abdominal muscles necessary for strong jump landings.</p> | <p>Power: Accomplished implementation of effortless acceleration and flow.</p> <p>Quickness: Accomplished control of foot speed and maintenance of uninterrupted rhythm.</p> | <p>CE: Shallow edges, slow turns, noisy, poor posture, inability to maintain flow, loss of diagonal axis, poor upper body control, sloppy free leg, difficulty with quick rocker turns.</p> <p>TS: The judge should expect the following:</p> <ul style="list-style-type: none"> • maintain flow with no loss of speed upon completion • quick turns with accomplished control of foot speed • all turns with equal level of competency • equal power on both legs • accomplished technique throughout the Move without visible effort • pattern should not flatten out—curvature of edges should be distinct • rhythm of the Move: pull, pull, pull, set, turn, turn |

JUNIOR TEST (Continued)

| ELEMENT | FOCUS (Test Standards) | COMMON ERRORS (CE), TEST STANDARDS (TS) |
|---|---|---|
| <p>Choctaw Sequence (JRM Patterns 5 and 6)</p> <p><u>Reasons for Development:</u> Enhances ability to perform more advanced footwork and increases agility and flexibility. This Move requires bilateral movement and advanced balance skills.</p> | <p>Edge Quality: Accomplished implementation of flowing, deep, rhythmic edges with excellent control throughout.</p> <p>Power: Accomplished implementation of effortless acceleration and flow.</p> | <p>CE: Inability to maintain flow, lots of scraping and skidding during the choctaws, poor posture, skating on mohawks rather than choctaws, inability to obtain an even rhythm and quickness, difficulty maintaining flow throughout the Move.</p> <p>TS: The judge should expect the following:</p> <ul style="list-style-type: none"> • clean choctaws on correct edges are expected although often the skater will be stronger on one side than the other • complete required sets as stated in the Rulebook • demonstrate an even rhythm throughout with no loss of speed • accomplished control and an undisturbed upper body carriage, particularly the arms |
| <p>General Junior Test Standard: Demonstration of an accomplished performance, with sureness of presentation, a mature and consistent maintenance of speed through rhythmic movement, a clarity of body movement and a strong flow through use of the knee and ankle. <i>Posture/Carriage Expectations</i>—Skater should demonstrate an accomplished and undisturbed upper body control regardless of rhythm or movement of the lower body; total integration of skating carriage.</p> | | |

SENIOR TEST

| ELEMENT | FOCUS (Test Standards) | COMMON ERRORS (CE), TEST STANDARDS (TS) |
|---|--|--|
| <p>Sustained Edge Step</p> <p><u>Reasons for Development:</u> Final Exam: Demands that the skater's body weight is perfectly aligned over the skating side and that the he/she utilizes power subtly generated by the pressure and release of the edge against the ice. This Move incorporates all the beautiful moving turns and demands effortless coverage of the ice and mastery of all technical elements, all in a performance mode.</p> | <p>Edge Quality: Mastery of clean, sure, quiet edges with depth of lobe, an acuteness of arc and body lean, refined flow and balance, skated comfortably and confidently.</p> <p>Power: Mastery of the generation of speed, acceleration and control, all at a refined pace.</p> | <p>CE: Inability to maintain flow throughout, incomplete ice coverage, poor upper body line, 3-turn instead of a rocker, poor extension, inability to create power throughout.</p> <p>TS: The judge should expect the following:</p> <ul style="list-style-type: none"> • full mastery of all body positions • maximum stretch of all body lines within stable and clear positions • equal power in both directions, with effective, but subtle, use of the knees • performing a rocker (not a 3-turn) • refined presentation and performance skills |
| <p>Extension Spiral Step</p> <p><u>Reasons for Development:</u> Final Exam: Requires the skater to take all the flexibility skills developed in the earlier Moves and compound those skills to demonstrate a mastery of efficient use of power, ultimate balance, sustained flowing edges and attention to the maximum extension of all body lines throughout the Move. Demands effortless coverage of the ice and mastery of all technical elements, all in a performance mode.</p> | <p>Extension: Maximum stretch of all body lines with stability and clarity in all positions.</p> <p>Edge Quality: Mastery of clean, sure, quiet edges with depth of lobe, an acuteness of arc and body lean, refined flow and balance, skated comfortably and confidently.</p> | <p>CE: Inability to maintain flow and extension throughout Move; incorrect pattern; incomplete ice coverage; loss of control in open and closed mohawks; spirals not sustained on clean, sure edges; problems with the second half of the pattern; difficulties in checking the choctaw after the triple three's.</p> <p>TS: The judge should expect the following:</p> <ul style="list-style-type: none"> • a mastery of the symmetric ability of extension with a pleasing presentation and position in the basic spiral position (no variations such as holding the knee or the blade) • powerful open mohawks demonstrating quick, clean foot speed with complete control • entire Move should be effortless, with deep edges and flow maintained throughout • refined presentation and performance skills |

SENIOR TEST (Continued)

| ELEMENT | FOCUS (Test Standards) | COMMON ERRORS (CE), TEST STANDARDS (TS) |
|--|--|---|
| <p>Backward Outside Power Double 3-Turns to Power Double Inside Rockers</p> <p><u>Reasons for Development:</u> Final Exam: Requires skater to combine the concept of B paragraph double 3's and paragraph brackets in a sustained action with lateral velocity and quick twisting movements—the ultimate efficiency in movement is required. Demands effortless coverage of the ice and mastery of all technical elements, all in a performance mode.</p> | <p>Power: Mastery of the generation of speed, acceleration and control, all at a refined pace.</p> <p>Quickness: Mastery of quick and clear foot speed with complete body control throughout the performance, all with uninterrupted rhythm and tempo.</p> | <p>CE: Loss of flow during the move, shallow changes of edge, loss of control of upper body and diagonal axis, inability to generate adequate power throughout the Move, inability to accelerate and maintain flow, unequal depth of lobes, scraping during turns, not all turns equally proficient, problems with proper layout of turns in relation to the axis.</p> <p>TS: The judge should expect the following:</p> <ul style="list-style-type: none"> • rocker turns should have a quicker foot speed than the 3's • must maintain diagonal axis • the double 3 lobe will generally show more depth of pattern than the double rocker lobe (the double rockers will flatten the top of the lobe slightly) • no more than three sets for the entire length of the arena as per the pattern in the Rulebook • entire Move should effortlessly cover the ice • refined presentation and performance skills |
| <p>Backward Inside Power Double 3-Turns to Power Double Outside Rockers</p> <p><u>Reasons for Development:</u> Final Exam: Requires skater to combine the concept of B paragraph double 3's and paragraph brackets in a sustained action with lateral velocity and quick twisting movements—the ultimate efficiency in movement is required. Demands effortless coverage of the ice and mastery of all technical elements, all in a performance mode.</p> | <p>Power: Mastery of the generation of speed, acceleration and control, all at a refined pace.</p> <p>Quickness: Mastery of quick and clear foot speed with complete body control throughout the performance, all with uninterrupted rhythm and tempo.</p> | <p>CE: Loss of flow during the move, shallow changes of edge, loss of control of upper body and diagonal axis, inability to generate adequate power throughout the Move, inability to accelerate and maintain flow, unequal depth of lobes, scraping during turns, not all turns equally proficient, problems with proper layout of turns in relation to the axis.</p> <p>TS: The judge should expect the following:</p> <ul style="list-style-type: none"> • rocker turns should have a quicker foot speed than the 3's • must maintain diagonal axis • the double 3 lobe will generally show more depth of pattern than the double rocker lobe (the double rockers will flatten the top of the lobe slightly) • no more than three sets for the entire length of the arena as per the pattern in the Rulebook • entire Move should effortlessly cover the ice • refined presentation and performance skills |

SENIOR TEST (Continued)

| ELEMENT | FOCUS (Test Standards) | COMMON ERRORS (CE), TEST STANDARDS (TS) |
|---|--|--|
| <p>Quick Edge Step</p> <p><u>Reasons for Development:</u> Final Exam: Integrates all of the components of every turn in a very difficult pattern, symmetrically developed. Demands coordination of an advanced skating ability, as well as proficiency on both sides of the body, to execute the steps and maintain a rhythmic cadence. Demands effortless coverage of the ice and mastery of all technical elements, all in a performance mode.</p> | <p>Quickness: Mastery of quick and clear foot speed with complete body control throughout the performance, all with uninterrupted rhythm and tempo.</p> | <p>CE: Inability to maintain an even beat and clear foot speed, clockwise direction usually weaker, circle size too small and/or warped, not returning to a common center, loss of flow during the Move, loss of upper body control, scraping during the Move, difficulty in executing the quick open and closed mohawks, problems with the third section of the Move (back inside edges, back inside rocker, mohawk, bracket), inability to maintain flow and edge quality throughout.</p> <p>TS: The judge should expect the following:</p> <ul style="list-style-type: none"> • an even uninterrupted tempo • both directions should be equal in performance quality and circle structure • skated with refined speed and effortlessly executed • refined presentation and performance skills |
| <p>General Senior Test Standards: Demonstration of a masterful and refined performance, with efficiency of energy, seamless flow, effortless rhythmic movement, and an ability to execute all required movements in a true bilateral fashion with a graceful carriage. <i>Posture/Carriage Expectations</i>— Skater should demonstrate a mastery of proper carriage and posture integrated seamlessly into all required elements, creating the aura of a Gold Medal presence on the ice. Innovative upper body movements which compliment the various senior MIFs, but do not hamper their masterful execution, would be an <i>optional</i> opportunity for personal expression by the skater.</p> | | |

| FOCUS: Power | Awareness | Acquisition | Implementation | Consistent Application | Refinement |
|--|--|---|--|---|--|
| Pre-Preliminary Adult Pre-Bronze P/F | Ability to generate and maintain enough power to sustain glide and complete proper patterns. | | | | |
| Preliminary Adult Bronze 2.5 | Ability to accelerate with proper skating techniques. | | | | |
| Pre-Juvenile Adult Silver 2.7 | | Bilateral ability to pushoff with equal and even strength from solid edges with flexible skating knees. | | | |
| Juvenile Adult Gold 3.0 | | Ability to increase speed with solid control. | | | |
| Intermediate 3.2 | | | Continuous flow, maintaining speed through the transitions and the ability to increase speed effortlessly. | | |
| Novice 3.5 | | | | Strong ability to generate and maintain speed from beginning to end without interruption. | |
| Junior 4.0 | | | | Accomplished implementation of effortless acceleration and flow. | |
| Senior | | | | | Mastery of the generation of speed, acceleration and control, all at a |

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| 4.5 | | | | | refined pace. |
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| FOCUS: Edge Quality | Awareness | Acquisition | Implementation | Consistent Application | Refinement |
|---|--|---|--|--|---|
| Pre-Preliminary Adult Pre-Bronze P/F | Substantial steadiness with a minimum of subcurves. | | | | |
| Preliminary Adult Bronze 2.5 | Ability to sustain glide and control edges with proper transitions, depth of lobe and curvature. | | | | |
| Pre-Juvenile Adult Silver 2.7 | | Bilateral ability to control turns and skate on flowing edges. | | | |
| Juvenile Adult Gold 3.0 | | Good control and sustained edges, with equal lobes and no major sub-curves. | | | |
| Intermediate 3.2 | | | Increased implementation of knee/ankle flexibility and body lean to achieve full ice coverage with depth of pattern. | | |
| Novice 3.5 | | | | Strong, consistent, precise edge control and flow in accordance with the pattern. | |
| Junior 4.0 | | | | Accomplished implementation of flowing, deep rhythmic edges with excellent control throughout. | |
| Senior | | | | | Mastery of clean, sure, quiet edges with depth of lobe, an acuteness of arc ad body lean, refined |

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| 4.5 | | | | | flow and balance, skated comfortably and confidently. |
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| FOCUS: Extension | Awareness | Acquisition | Implementation | Consistent Application | Refinement |
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| Pre-Preliminary Adult Pre-Bronze P/F | An obvious effort to extend body lines and demonstrate some control of body positions. | | | | |
| Preliminary Adult Bronze 2.5 | Some evidence of the development of good form. | | | | |
| Pre-Juvenile Adult Silver 2.7 | | Bilateral ability to maintain control of body alignment. | | | |
| Juvenile Adult Gold 3.0 | | Ability to sustain extension of arms and legs. | | | |
| Intermediate 3.2 | | | Clear technique and coordinated extension of all body lines. | | |
| Novice 3.5 | | | | Strong presentation of fully stretched body lines. | |
| Junior 4.0 | | | | Accomplished and mature level of stretch and body lines, with clarity of movement and ease of extension. | |
| Senior | | | | | Maximum stretch of all body lines with |

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| 4.5 | | | | | stability and clarity in all positions. |
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| FOCUS: Quickness | Awareness | Acquisition | Implementation | Consistent Application | Refinement |
|--|---|--|---|---|---|
| Pre-Preliminary Adult Pre-Bronze P/F | An introductory knowledge of the timing of the steps. | | | | |
| Preliminary Adult Bronze 2.5 | A basic working knowledge of the timing of the steps. | | | | |
| Pre-Juvenile Adult Silver 2.7 | | Bilateral ability to achieve basic rhythmic movements. | | | |
| Juvenile Adult Gold 3.0 | | Ability to execute controlled, rhythmic movement. | | | |
| Intermediate 3.2 | | | Implementation of precise, controlled foot speed. | | |
| Novice 3.5 | | | | Strong control of foot speed with precise rhythm. | |
| Junior 4.0 | | | | Accomplished control of foot speed and maintenance of uninterrupted rhythm. | |
| Senior | | | | | Mastery of quick, clear foot speed with complete body |

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| 4.5 | | | | | control throughout the performance and uninterrupted rhythm and tempo. |
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