

## Test Track 2010-11 (effective September 1, 2010)

Skaters may enter EITHER the new test track free skate program or the well-balanced track free skate program but **NOT** both during the same nonqualifying competition. Competitors will skate to music of their choice, vocal music permitted. The 6.0 judging system will be used for all Test Track events.

Deductions WILL be made for skaters including technical elements not permitted in the event description.

- 0.1 from EACH mark for each technical element included that is not permitted in the event description.
- 0.2 from the technical mark for each extra or lacking element.
- 0.1 for any spin with less than required revolutions.

LEVEL	Jumps	Spins	Steps	QUALIFICATIONS
<b>Limited Beginner</b> Time: 1:30 +/- 10	Jumps with not more than one-half rotation (front to back or back to front). Jump sequences are allowed. Maximum 5 jump elements.	Two upright spins, no change of foot (Min 3 revolutions)	Connecting moves and steps should be demonstrated throughout the program.	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests
<b>Beginner</b> Time: 1:30 +/- 10 ***	Jumps with not more than one-half rotation (front to back or back to front including half-loop) Single rotation jumps: Salchow and toe loop only. Jump combinations and sequences are allowed. Maximum 5 jump elements.	Two upright spins, change of foot optional (Min 3 revolutions)	Connecting moves and steps should be demonstrated throughout the program.	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests
<b>Pre-Preliminary Test</b> Time: 1:30 +/- 10 ***	Jumps with not more than one-half rotation (front to back or back to front including half-loop) Single rotation jumps: Salchow, toe loop and loop only. Jump combinations and sequences with the above jumps are allowed. Maximum 5 jump elements.	Two spins held in one position only of a different nature, no change of foot (Min 3 revolutions and no flying spins)	Connecting moves and steps should be demonstrated throughout the program.	Skaters may not have passed tests higher than U.S. Figure Skating pre-preliminary free skate test
<b>Preliminary Test</b> Time: 1:30 +/- 10	Jumps with not more than one rotation (no Axels). Jump combinations and sequences are allowed. Maximum 5 jump elements.	Two spins of a different nature, combination spins allowed (Min 3 revolutions each and no flying spins)	Connecting moves and steps should be demonstrated throughout the program.	Skaters must have passed at least the U.S. Figure Skating pre-preliminary free skate test but may not have passed tests higher than the preliminary free skate test

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<p><b>Pre-Juvenile Test</b></p> <p>Time: 2:00 +/-10</p>	<p>Jumps with not more than one rotation (no Axels). Jump combinations and sequences are allowed. Maximum 5 jumping elements.</p>	<p>Three spins in any position (Min 3 revolutions), One must be a combination spin with change of foot optional (Min 3 revolutions on each foot or 6 total revolutions and no flying spins).</p>	<p>One step sequence straight line, circular, or serpentine fully utilizing ice surface.</p>	<p>Skaters must have passed at least the U.S. Figure Skating preliminary free skate test but may not have passed tests higher than pre-juvenile free skate test</p>
<p><b>Juvenile Test</b></p> <p>Time: 2:15 +/-10</p> <p>***</p>	<p>Any single jumps and jump combinations with not more than 1 ½ rotations. (Axel permitted). Maximum 5 jumping elements.</p>	<p>Three spins in any position (Min 4 revolutions) One must be a combination spin with one change of foot (Min 4 revolutions on each foot). May include flying spins.</p>	<p>One step sequence straight line, circular, or serpentine fully utilizing ice surface.</p>	<p>Skaters must have passed at least the U.S. Figure Skating pre-juvenile free skate test but may not have passed tests higher than juvenile free skate test</p>
<p><b>Intermediate Test</b></p> <p>Time: 2:30 +/-10</p>	<p>Any single jumps. Double jumps may only be the double Salchow and double toe loop. Jump combinations and sequences allowed. Maximum 6 jumping elements.</p>	<p>Three spins in any position (Min 4 revolutions) One must be a combination spin with at least one change of foot (Min 4 revolutions on each foot). May include flying spins.</p>	<p>One step sequence straight line, circular, or serpentine fully utilizing ice surface.</p>	<p>Skaters must have passed at least the U.S. Figure Skating juvenile free skate test but may not have passed tests higher than intermediate free skate test</p>
<p><b>Novice Test</b></p> <p>Time: Ladies 3:00 +/-10 Men 3:30 +/-10</p>	<p>Any single jumps. Double jumps may only be the double Salchow, double toe loop and double loop. Jump combinations and sequences allowed. Maximum 7 jumping elements for men and 6 for ladies.</p>	<p>Three spins in any position (Min 6 revolutions) One must be a combination spin with at least one change of foot (Min 5 revolutions on each foot). May include flying spins.</p>	<p>One step or spiral sequence (see rule 3660 for description).</p>	<p>Skaters must have passed at least the U.S. Figure Skating intermediate free skate test but may not have passed tests higher than novice free skate test</p>

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<p><b>Junior Test</b></p> <p>Time: Ladies 3:30 +/-10 Men 4:00+/-10</p>	<p>Any single jumps. Double jumps may only be the double Salchow, double toe loop, double loop and double flip Jump combinations and sequences allowed. Maximum 8 jumping elements for men And 7 for ladies.</p>	<p>Three spins: One must be a spin in one position, one a flying spin, (6 revolutions each) one combination spin consisting of all three basic spin positions and one change of foot (Minimum 2 in each position and Minimum 5 revolutions on each foot).</p>	<p>One step sequence of advanced difficulty, covering the full ice surface.  (See rule 3650 for description)</p>	<p>Skaters must have passed at least the U.S. Figure Skating novice free skate test but may not have passed tests higher than junior free skate test</p>
<p><b>Senior Test</b></p> <p>Time: Ladies 4:00 +/-10 Men 4:30+/-10</p>	<p>At least four different double jumps One must be a double Lutz. Jump combinations and sequences allowed. Maximum 8 jumping elements for men and 7 for ladies.</p>	<p>Three spins: One must be a spin in one position, one a flying spin, (6 revolutions each) one spin combination consisting of all three basic spin positions and one change of foot (Minimum 2 in each position and Minimum 5 revolutions on each foot).</p>	<p>Men: Two different step sequences.  Ladies: One step sequence and one spiral sequence (see rule 3640 for description).</p>	<p>Skaters must have passed at least the U.S. Figure Skating junior free skate test</p>