

2009-2010 TESTS BOOK

TR 1.10 Judges' Creed

The following Judges' Creed is established for the guidance of all judges of figure skating, ice dancing and synchronized skating:

I consider it an honor and a privilege to be a judge of figure skating, ice dancing, or synchronized skating.

I shall make my judgment to the best of my ability with all humility and then shall keep my own counsel unless questioned officially.

I shall free my mind of all former impressions, be cooperative and punctual, and do my best always to improve my knowledge and to uphold the dignity of the sport.

TR 1.20 Judges' Duties — Marking of Tests

TR 1.21 One method of marking figure skating is the 6.0 system, which is marked on a scale from 0 to 6, of which:

0 = not skated	-	4.0 = good
1.0 = very poor		5.0 = very good
2.0 = poor		6.0 = outstanding performance
3.0 = mediocre		

Decimals to one place are permitted as further intermediate values (e.g., 3.8, 4.4, 5.5).

TR 1.30 Marking of Moves in the Field

TR 1.31 Moves in the field will be marked on a scale of from 0 to 6 with the exception of the pre-preliminary and adult pre-bronze moves in the field tests, which will receive a "pass" or "retry" only. (see TR 1.21)

TR 1.40 Marking of Singles Free Skate Tests

TR 1.41 Two marks shall be awarded on a scale of 0 to 6, with the exception of the pre-preliminary and adult pre-bronze free skate tests, which will receive a "pass" or "retry" only. (see TR 1.21). The first mark shall be for technical merit and the second mark shall be for presentation.

TR 1.42 Illegal elements/movements (also applies to pairs tests):

- A. Lying and prolonged and/or stationary kneeling on both knees on the ice at the beginning, end and/or during the program.
- B. Somersault types of jumps.
- C. The penalty to be applied should be 0.1 in each mark for each forbidden element performed.

TR 1.50 Marking of Pairs Free Skate Tests

TR 1.51 Two marks shall be awarded on a scale of 0 to 6 (see TR 1.21). The first mark shall be for technical merit and the second mark shall be for presentation.

TR 1.60 Marking of Compulsory Dance Tests

TR 1.61 Two marks shall be awarded on a scale of 0 to 6, with the exception of the preliminary dance tests which will receive a "pass" or "retry" only. (see TR 1.21). The first mark shall be for technique and the second mark shall be for timing/expression.

TR 1.70 Marking of Free Dance Tests

TR 1.71 Two marks shall be awarded on a scale of 0 to 6 (see TR 1.21). The first mark shall be for technical merit and the second mark shall be for presentation.

Notice: Test rule changes become effective Sept. 2, 2009

TR 2.00 Qualifications to Take Tests

- TR 2.01** The official tests of U.S. Figure Skating may be taken by all figure skaters who are members of a member club, collegiate club members, individual members who are currently registered with U.S. Figure Skating and are otherwise qualified under these rules, as well as by members of a member association of the ISU. Each candidate must present a current registration card before taking a test.
- A.** To qualify for any adult test, the candidate must be 21 years of age or older and must have passed the preceding adult test within the classification unless otherwise specified within these rules.
 - B.** Skaters who have not tested in the United States but have tested or competed under ISU federations may apply to have their credentials evaluated for placement within the U.S. test and competition structure. Application should be made to the chairs of the Tests and Competitions Committees jointly.
- TR 2.02** A candidate shall not be eligible to take a higher-level test until all of the preceding tests in the same category have been passed or completed except as otherwise specified in these rules. A certificate or other satisfactory evidence of the highest test previously passed or completed shall be presented before taking a test.
- TR 2.03** All tests, when marked “retry,” shall not be retaken prior to the 27th day following the date of the original test. Example: A test taken on May 1 and marked “retry” may not be retaken before May 28, the 28th being the 27th day following the date of the original test. See TR 12.00
- TR 2.04** Skate Canada members who have passed the Canadian gold free skate, senior competitive pairs or gold dance tests may apply for permission to take the U.S. Figure Skating senior free skate test, senior/gold pairs test, gold dance test and/or senior free dance test, respectively, provided such candidates present permission in writing from their home club, a Skate Canada test registration card and a test certificate evidencing the fact that such candidates have passed the comparable Canadian test. Prior to taking the U.S. Figure Skating senior free skate or senior pairs tests candidates must first pass the U.S. Figure Skating senior moves in the field test. Prior to taking the U.S. Figure Skating senior free dance test candidates must first pass the U.S. Figure Skating gold dance test. The foregoing rule is based upon a reciprocal arrangement with Skate Canada.

TR 3.00 Procedure

- TR 3.01** Tests shall be held only under the auspices and control of a member club, the principal skating headquarters of which is defined as the address at which a club conducts the majority of its skating sessions. Tests may also be held by collegiate clubs provided they elect/appoint a test chair and adhere to all test rules.
- TR 3.02** If a member club desires to conduct tests at the principal skating headquarters of another member club, the prior consent of the latter is required (see MR 7.01 B).
- TR 3.03** The test chair or duly authorized representative of a member club shall establish the time schedule and order of skating for any test session conducted by the club, as well as any priorities to be followed by candidates desiring to take such tests, subject to the limitation that the privilege to take such tests shall not be unreasonably withheld from members in good standing with U.S. Figure Skating and with their home club (as defined in MR 8.05), if any, including members of U.S. Figure Skating clubs other than the club conducting the tests. The test chair or duly authorized representative of a member club shall also arrange for the judges required and shall make all other necessary arrangements pertaining to the tests.
- TR 3.04** All or any portion of any expenses incurred by a member club in conducting tests may be assessed by the club to the candidates taking such tests.
- TR 3.05** Candidates whose home club is conducting tests and who wish to take a test shall apply to their test chair or duly authorized representative. Candidates who are members of other member clubs, collegiate club members, individual members, members of a member association of the ISU, readmitted persons or ineligible persons who are members of U.S. Figure Skating shall apply to the test chair or duly authorized representative of a member club for supervision of their tests and the reporting of test results to U.S. Figure Skating Headquarters and to other required clubs or associations.
- TR 3.06** Candidates holding membership in more than one member club shall designate one of these as a home club and be governed by the test rules of that home club. See MR 8.05, 8.06 and 8.08.
- TR 3.07** Written certification of membership is required from candidates who are members of member associations of the ISU.
- TR 3.08** Candidates wishing to take a test at a club other than their home club shall obtain and present written permission from the test chair or duly authorized representative of their home club or the candidates will not be permitted to take the test, except in such cases where an agreement exists between clubs that written permission is not necessary. Written permission may only be withheld if the candidate either has an outstanding financial obligation to their home club or does not meet the qualifications to take tests contained in TR 2.00. (Standard Permission Form is available from U.S. Figure Skating Headquarters.)
- TR 3.09** Except as otherwise set forth herein, all tests shall be held only within the geographical jurisdiction of U.S. Figure Skating. However, subject to the general approval of Skate Canada, U.S. Figure Skating tests may also be held within the geographical jurisdiction of Skate Canada provided that such tests are sponsored and conducted by a member club in strict accordance with these rules.
- TR 3.10** U.S. Figure Skating shall send complimentary rulebooks and directories to test chairs upon request from their club.

TR 4.00 RESERVED

TR 5.00 Coaching

- TR 5.01** Skaters may receive coaching or instruction from the sidelines while on the ice during warm-up periods and may also leave the ice surface for that purpose, provided such coaching or instruction does not interfere with the judging of another skater. However, coaching or instruction is not permitted during the actual performance of the candidate before the judges, nor may the coach be on the ice with the skater in the warm-up area. The judging panel may bar from the rink anyone who disregards this rule and may disqualify any candidate who receives coaching or instruction in violation of this rule. For the purpose of this rule, coaching will be considered any communication between the candidate and an instructor, parent or any other person. For example, a skater may briefly speak with their coach between elements of a moves in the field test, but not while changing directions or feet of an element. Similarly, a skater may briefly speak with their coach between the partnered portion of a dance test and the solo portion.

TR 6.00 Conduct

- TR 6.01** Candidates are bound to obey implicitly the instructions of the officials in charge of the tests and must observe and comply with the Code of Ethics set forth in GR 1.01 at all times. Candidates who, directly or indirectly or in writing, express themselves in any improper manner regarding the officials or their decisions or the markings of the judges may be suspended or excluded from further tests.
- TR 6.02** Previous to each performance before the judges, the name of the candidate shall be called. Failure to appear within two minutes after their name has been called will cause that portion of the test for which candidates have been called to be marked as “not skated.” The judge-in-charge may, for good cause, modify the strict interpretation of this rule.
- TR 6.03** U.S. Figure Skating and its member clubs conducting tests undertake no responsibility for damages or injuries suffered by the candidates. As a condition of and in consideration of the acceptance of their applications, all candidates and their parents and/or guardians shall be deemed to have agreed to assume all risks of injury to the candidate’s person and property resulting from, caused by or connected with the conduct and management of the tests, and to release any and all claims which they may have against any officials, U.S. Figure Skating, the club hosting the tests and against their officers. Applications shall be accepted only on the foregoing conditions.

TR 7.00 Officials

- TR 7.01** Applicable judges’ rules, especially the Standard of Conduct (JR 1.01), shall apply to all tests.
- TR 7.02** Except as specified below, the judging panel for all tests shall consist of three judges.
- A.** Pre-preliminary and adult pre-bronze moves in the field tests may be judged by one moves in the field certified singles/pairs test judge or dance test judge of any level. (See TR 11.03 for Special Olympics test rules).
 - B.** Preliminary and adult bronze moves in the field tests may be judged by one moves in the field certified singles/pairs test judge or dance test judge of silver level or higher. (See TR 11.03 for Special Olympics test rules.)
 - C.** Pre-preliminary and adult pre-bronze free skate tests may be judged by one single/pairs test judge of any level.
 - D.** Preliminary and adult bronze free skate tests and the adult bronze pairs test may be judged by one singles/pairs test judge of silver level or higher
 - E.** Preliminary compulsory dance tests may be judged by one dance test judge of any level. (See TR 11.03 for Special Olympics test rules.)
 - F.** Pre-bronze (standard, adult and masters) compulsory dance tests; juvenile, intermediate and adult/masters pre-bronze and bronze free dance tests may be judged by one judge who is a silver dance judge or higher. (See TR 11.03 for Special Olympics test rules.)
 - G.** All solo dance track tests may be judged by one dance test judge of the appropriate level.
- TR 7.03** A judge-in-charge is to be chosen by the judges to assume charge of the conduct of the test.
- A.** The judge-in-charge may be one of the three test judges or a relief judge qualified to judge the test.
 - B.** The designated person in charge shall decide whether the ice and arena conditions are suitable for conducting a test.
- TR 7.04** None of the judges of a test or the judge-in-charge may be a parent, spouse, close relative or skating partner of the candidate or of the candidate's partner. A person shall be considered a skating partner who, in the preceding 12 months, has entered any sanctioned competition as a partner of the candidate.
- TR 7.05** Persons married or closely related to an instructor shall not be qualified to act as a judge or judge-in-charge of any test in which a pupil of such instructor is a candidate or is a partner. A person shall be considered a pupil for 12 months after the last day of instruction. See also JR 4.06.
- TR 7.06** Members of a judge’s immediate family may not serve on the same three judge panel. Exceptions would be permitted for the following reasons: sickness or travel delays/cancellations by a judge, or a schedule change. See JR 4.07.
- TR 7.07** The selection of an unofficial judge by a club test chair will, in the case of tests, result in the test being invalid; however, the strict application of this rule may be modified with the concurrence of the chairs of the Judges and Tests Committees. See JR 4.02.
- TR 7.08** Sufficient judges shall be provided to permit normal lunch and dinner hours and bi-hourly 15-minute breaks. Judging time shall be limited to eight hours per day per judge.
- TR 7.09** For all tests, the test chair or duly authorized representative of the member club conducting the tests shall select the judges from the current lists of qualified judges approved by the Judges Committee.
- TR 7.10** The judge-in-charge, after consultation with the test chair of the host club, shall be authorized to select a replacement judge if a judge who has commenced judging a test is unable to continue provided another qualified judge is available.
- TR 7.11** For the level and number of judges required for all tests, see specific test description/requirements at TR 25.00, 32.00, 39.00, 49.00 and 54.00. See also JR 6.00 and 7.00.
- TR 7.12** Judges shall not review their marks jointly before the results are checked and made official.
- TR 7.13** Judges or prospective judges shall apply in advance for permission to trial judge any test. Application shall be made to the test chair or duly authorized representative of the member club conducting the tests.
- TR 7.14** All authorized officials shall submit their expense reimbursement requests within 14 days to the host club’s test chair in accordance with GR 2.02. This expense may not exceed the limitations imposed by GR 2.02. Reimbursement to authorized officials shall be made as soon as possible but no later than 14 days following the submission of their expense forms.

TR 8.00 Records

- TR 8.01** The marks of all tests shall be recorded on official U.S. Figure Skating test judging and trial judging forms. Such forms may be photo copied from master sets obtained from U.S. Figure Skating Headquarters or downloaded from the U.S. Figure Skating web site.
- TR 8.02** The completion of test judging sheets shall be carried out by each judge as soon as possible after a test is completed, and no results shall be announced until the sheets have been verified by the test chair or duly authorized representative of the club hosting the test session and the results certified. The test judging sheets shall be made available as soon as possible after the completion of a test for review by candidates, their parents and instructors.
- TR 8.03** The test chair or duly authorized representative of any member club conducting tests shall make a report to U.S. Figure Skating Headquarters certifying whether such tests were passed or marked “retry” and shall either send it to U.S. Figure Skating Headquarters together with the appropriate fee for each test taken or register the test online. Checks shall be made payable to United States Figure Skating.
- A.** If a test session takes place on multiple days, a separate report is required for each day.
 - B.** The U.S. Figure Skating Test Report Form shall be used to report all moves in the field, free skate, pairs, compulsory dance and free dance tests.

TR 8.04 The report required by TR 8.03 shall contain the following information:

- A. Host club name and number;
- B. The date the tests were taken;
- C. Test chair's name, U.S. Figure Skating registration number, address, daytime phone and e-mail address;
- D. The name of each judge and U.S. Figure Skating registration number, if applicable, or status in the case of a Skate Canada judge;
- E. The name of each trial judge and U.S. Figure Skating registration number, if applicable;
- F. Each candidate's name, U.S. Figure Skating registration number and home club;
- G. The appropriate test code for each test taken;
- H. For each test reported, the total points awarded by each judge and trial judge, if applicable;
- I. An indication by the letter "P" or "R" as to whether the overall result of the test is a "pass" or "retry." See the sample test report forms following these rules.

TR 8.05 The report required by TR 8.03 shall be distributed as follows:

- A. The original report and test fees shall be sent to U.S. Figure Skating Headquarters. (See TR 9.01)
- B. A copy of the original report together with the individual test judging sheets is to be retained in the files of the club conducting the test for at least one year after the date of the test session.

TR 8.06 A complete test report must be forwarded within 21 days of the date of the tests. Reports forwarded after the 21 day period but within 45 days must be accompanied by a penalty fee of \$1.00 per test. An additional penalty of \$1.00 per test must be paid for every 30 day period thereafter. However, the maximum penalty for any late period will not exceed \$10.00.

- A. Fees are to be paid by the host club and clubs who fail to report tests within 90 days may be suspended from conducting further tests until penalties are paid.

TR 8.07 Clubs giving tests to members other than their own shall notify the candidate's home club of the date the test was taken, including the names of the judges and the marks awarded. The report shall be forwarded within two weeks after the date on which such tests were conducted.

TR 8.08 Trial judging sheets for visiting trial judges must be completed and sent to the trial judge's home club test chair or monitor within 21 days of the date of the test session.

TR 8.09 U.S. Figure Skating Headquarters will enter the test results into the personal record of each candidate reported, issue test certificates for successful candidates and forward the certificates to the test chair or duly authorized representative of the candidate's home club for distribution.

TR 9.00 Test Registration Fees

TR 9.01 The test chair or duly authorized representative of the member club shall collect and remit a standardized registration fee to U.S. Figure Skating Headquarters of \$4 per test if the test is registered online or \$6 per test if the test is manually submitted via the Test Report Form. In the case of pairs, compulsory dance and free dance tests, each candidate will be assessed the appropriate test fee.

TR 9.02 A candidate shall pay all test fees to the test chair or a duly authorized representative of the host club.

TR 9.03 Candidates who are members of member associations of the ISU (except Skate Canada) who are not members of U.S. Figure Skating or of a member club shall pay a fee of \$10, in addition to the regular test fees, for each U.S. Figure Skating free skate, pairs, moves in the field or class of dance tests taken at any one test period or session. The fee for members of Skate Canada who are not members of U.S. Figure Skating or of a member club shall be \$2 in addition to the regular test fee.

TR 10.00 Emblems

TR 10.01 The emblems available for tests can be found at www.usfigureskating.org.

TR 11.00 Special Olympics Test Rules

TR 11.01 A Special Olympics test may be given to any Special Olympics athlete who is registered with a Special Olympics program. Tests are to be judged on a "pass" or "retry" basis.

- A. Moves in the field tests may be given up to and including the novice test. Any number of elements may be reskated at the request of the judge-in-charge. There is no primary or secondary focus for any element.
- B. Free skate tests may be given up to and including the novice test. Any number of elements may be reskated at the request of the judge-in-charge.
- C. Dance tests may be given up to and including the gold dance test. Partners may be selected without regard to their dance test accomplishments. No solos are required.

TR 11.02 Guidelines and diagrams may be obtained from U.S. Figure Skating Headquarters.

TR 11.03 Special Olympics tests may be judged by one judge who must be of silver rank or higher in the respective discipline.

Moves in the Field Tests

TR 19.00 Classification of Moves in the Field Tests

TR 19.01 The standard moves in the field tests are divided into eight classes to be taken in the following order: pre-preliminary, preliminary, pre-juvenile, juvenile, intermediate, novice, junior and senior.

TR 19.02 The adult moves in the field tests are divided into four classes to be taken in the following order: pre-bronze, bronze, silver and gold.

- A. To qualify for any adult moves in the field test, the candidate must be 21 years of age or older and must have passed the preceding adult moves in the field test.

- B. Adult skaters who have passed the adult gold moves in the field test are permitted to take the standard intermediate moves in the field test without testing the standard pre-preliminary through juvenile moves in the field tests.

C. Adult skaters who have passed standard track moves in the field tests will not be required to take adult MIF tests per the table below.

<u>Standard MIF test passed</u>	<u>Adult MIF test not required</u>
Preliminary MIF	Adult pre-bronze MIF
Pre-juvenile MIF	Adult bronze MIF
Juvenile MIF	Adult silver MIF
Intermediate MIF	Adult gold MIF

Note: Moves in the field equivalencies are allowed in one direction only from the standard track to the adult track, not from the adult track to the standard track except as described in TR 19.02 B above.

TR 20.00 Requirements for Passing Moves in the Field Tests

TR 20.01 In order to pass a moves in the field test, a candidate shall have received a passing total or a “pass” for the entire test from a majority of the judges.

TR 20.02 In order for a moves in the field test to pass, no serious errors, following reskated elements (see TR 23.01), as defined below may be present.

A. Serious errors in moves in the field tests are:

1. A fall;
2. A touchdown of the hand or free foot needed to save the skater from falling;
3. Omission of an element.

B. Mandatory errors in moves in the field tests require a deduction of 0.1 and do not require a reskate of the element in question in order to pass the test. Mandatory errors are:

1. Exceeding the seven introductory steps;
2. Not starting from a standing, stationary position.

TR 21.00 Moves in the Field Test Rules

TR 21.01 Moves in the field tests may be taken and passed independently of the free skate, pairs, and dance tests. A skater may take and pass moves in the field tests higher than the corresponding free skate tests and still be qualified to compete in qualifying and nonqualifying competitions in free skating events at the level defined by the highest free skate test passed. Competitors should refer to test and age requirements for each event.

TR 21.02 For moves in the field tests the entire ice surface shall be available. The ice surface shall not be less than 125 feet by 75 feet (9375 square feet) in size.

TR 21.03 There are no restrictions on the use of painted lines or marks on the ice for moves in the field tests.

TR 21.04 Moves in the field tests shall be skated in the order set forth in the Schedule of Moves in the Field Tests (TR 25.00).

TR 22.00 Marking of Moves in the Field Tests

TR 22.01 Basic Rules — Moves in the Field

TR 22.02 Moves in the field are basic skating moves skated without music. The terms and judging standards applied to moves in the field are for basic skating.

A. The elements in the moves in the field tests shall be skated in the order as set forth in the schedule of tests.

B. As basic skating elements, moves in the field turns must be judged in accordance with the criteria set forth in the corresponding test rules.

C. Moves in the field must be commenced from a standing, stationary position with a maximum of seven introductory steps unless specified otherwise in TR 25.00.

D. If a skater starts a move on the wrong foot or skates a move other than that prescribed, the judge-in-charge must draw attention to the mistake as soon as possible. The mistake must be treated as a false start.

Such fresh start must be allowed only once without penalty; for a second fresh start, if incorrectly executed, the judges must deduct 0.1 from the mark that they would have otherwise given.

E. Directed by the judge-in-charge, skaters shall select the area on the ice surface for their moves in the field tests.

TR 22.03 An effortless, flowing and graceful execution should be achieved. Within the limits of the following rules, complete freedom is permitted to the skater:

A. The head should be carried in an upright position, relaxed and held naturally;

B. The upper body should be upright, but not stiff;

C. The arms should be held gracefully;

D. The free leg should be extended, with the toe pointed.

TR 22.04 The steps must be skated in general accordance with the diagrams and descriptions. Subject to a general conformity with the basic requirements, the skater is permitted complete freedom with respect to arm and free leg positions.

TR 22.05 Moves in the field must be skated with good edges, control, flow, extension, carriage and rhythm.

A. An even speed and flow should be maintained throughout.

B. Maximum utilization of the ice surface is desirable. Ice coverage must not be obtained by the use of flat or shallow edges.

TR 22.06 For all tests except the pre-preliminary and adult pre-bronze moves in the field tests the following information is listed:

A. Passing total: the total points which must be obtained for the test from an individual judge in order to obtain a “pass” from that judge.

B. Passing average: the mark that, if obtained in each division of a test would result in a passing total for the test.

TR 22.07 Moves in the field tests shall be marked by each judge on a scale from 0 to 6 in accordance with TR 1.20. However, the marking of the pre-preliminary and adult pre-bronze moves in the field test shall be on the basis of “pass” or “retry” for the entire test.

TR 22.08 In assigning marks, the following must be considered:

- A. Accuracy** - the correct start, steps and adherence to the general pattern.
- B. Edge quality** - 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.
- C. Turn quality** – the proper skill and technique of how the turn should be performed. The correct entry and exit edges are to be adequate and maintained throughout the turn for its identification.
- D. Extension** - the general carriage should be erect, characterized by an extended bodyline. 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 movement being executed. The final extended position should be executed in a controlled manner and should achieve the maximum length of all body lines.
- E. Quickness** - quickness refers to foot speed. It is 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.
- F. Power** - 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 right and left foot.) End products of power are (1) velocity, speed or pace; (2) flow across the ice; and (3) acceleration.
- G. Continuous flow** – the skater's ability to maintain a consistent and undisturbed running edge across the ice. Flow does not necessarily relate to the speed at which the skater is traveling as it is sometimes best recognized as the skater starts to slow.
- H. Posture/Carriage** - the proper alignment of the hips, back, arms and 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 in a straight line and slightly turned out from the free hip to the free toe.
- I. Bilateral movement** - the ability to execute movements on both sides of the body, clockwise and counterclockwise, forward and backward.

TR 23.00 Reskating Any Element of a Moves in the Field Test

TR 23.01 At the completion of any test and before any other test is conducted, the judge-in-charge shall ask the other two judges individually if they wish any element reskated before the judges turn in their judging sheets. Should the judges wish a reskate, they shall indicate to the judge-in-charge what they wish to be reskated. This shall be done privately without conference. If a majority of the panel requests a reskate, the judge-in-charge will direct the skater to reskate the agreed-upon element. If the judges do not agree on which element to reskate, the judge-in-charge shall decide. A brief rest and warm-up is permitted before the reskate is performed.

- A.** After a moves in the field test, only one element may be reskated. The reskate may consist of the entire element or a portion of the element.

TR 25.00 Schedule of Moves in the Field Tests

On September 2, 2010 changes to moves in the field tests will be implemented. New diagrams and video clips may be viewed on the U.S. Figure Skating web site at www.usfigureskating.org

TR 25.01 Pre-Preliminary Moves in the Field Test

The purpose of this test is to encourage beginning skaters to learn the fundamentals of ice skating. No great deal of technical ability, carriage or flow is expected. The candidate must show knowledge of the steps, fairly good edges and some evidence of good form.

- 1. Forward perimeter stroking**
The skater will perform four to eight straight strokes depending on the length of the ice, with crossovers around the ends, using the full ice surface and for one full lap of the arena (in both directions). Introductory steps are optional.
Primary focus: Power
Secondary focus: Extension
- 2. Basic consecutive edges:**
Forward outside edges
Forward inside edges
Backward outside edges
Backward inside edges
Starting from a standing position the skater will perform four to six half circles, alternating feet, using an axis line such as a hockey line.
Primary focus: Edge quality
- 3. Forward right and left foot spirals**
The skater will perform right foot and left foot spirals down the length of the arena maintaining a spiral position on each foot for approximately four seconds with extended leg held at the hip level or higher. The skater may be on flats. Introductory steps are optional.
Primary focus: Extension
- 4. Waltz Eight**
The skater will perform the Waltz Eight, using large circumference circles, completing two patterns on each foot, and performed with control. Introductory steps are optional.
Primary focus: Edge quality

The entire test shall be marked on a "pass" or "retry" basis only, and individual marks are not awarded. The "pass" or "retry" shall be arrived at by consideration of the composite of each element in relation to the whole. The judge-in-charge may request a reskate of only one element, upon request of a member of the panel should it change the overall evaluation of the test from a "retry" to a "pass."

Approximate time for test: eight minutes

Judging panel required: One or three bronze or higher rank singles/pairs or dance judges who are certified to judge MIF tests.

TR 25.02 Preliminary Moves in the Field Test

The purpose of this test is to continue the encouragement of beginning skaters to learn the fundamentals of ice skating. The candidate must show knowledge of the steps and a good sense of power (speed and flow). Attention should be given to depth of edges and proper curvature of lobes.

1. Forward and backward crossovers

- a. The skater will perform forward crossovers in a figure eight pattern. The skater may use hockey circles. Four to eight crossovers per circle are recommended. Two full figure eights are required. A one or two-foot glide may be utilized when changing circles. The skater has the option of performing the pattern either along the length or width of the arena. Introductory steps are optional.
- b. The skater will perform backward crossovers in a figure eight pattern. The skater may use hockey circles. Four to eight crossovers per circle are recommended. Two full figure eights are required. A one or two-foot glide may be utilized when changing circles. The skater has the option of performing the pattern either along the length or width of the arena. Introductory steps are optional.

Primary focus: Power

2. Consecutive outside and inside spirals

The skater will perform right foot and left foot spirals. The outside edge spirals will be skated for the first length of the arena. Forward crossovers may be utilized (optional) around the end of the arena. Forward inside edge spirals will be skated for the second length of the arena. The exact number of spirals will depend on the size of the arena and the strength of the skater, however a minimum of four spirals down each length of the arena must be skated. The extended leg in the spiral should be held at hip level or higher. Introductory steps are optional.

Primary focus: Extension

Secondary focus: Edge quality

3. Forward power three-turns

The skater will perform forward outside three-turns to a balance position followed by a backward crossover. Three to six sets of three-turns will be skated depending on the length of the ice surface. Skaters may begin this move with either right or left foot three-turns. On the second length of the arena, the three-turns will be skated on the opposite foot. Introductory steps and backward crossovers around the end of the arena are optional.

Primary focus: Power

4. Alternating forward three-turns

Starting from a standing position the skater will perform alternating forward outside three-turns for the width of the arena. The skater will then perform forward inside alternating three-turns for the second width of the arena. The size of the arena and strength of the skater will determine the number of three-turns skated.

Primary focus: Edge quality

5. Alternating backward crossovers to backward outside edges

The skater will perform alternating backward crossovers to backward outside edges in consecutive half circles around the full perimeter of the arena. Backward crossovers will be performed around the end of the arena. Introductory steps are optional.

Primary focus: Power

Secondary focus: Extension

One element may be retried, if necessary

Passing total: 12.5

Passing average: 2.5

(Approximate time for test: 10 minutes)

Judging panel required: Three bronze or higher rank singles/pairs or dance judges who are certified to judge MIF tests; or one silver or higher rank singles/pairs or dance judge who is certified to judge MIF tests.

TR 25.03 Pre-Juvenile Moves in the Field Test

The fundamentals of ice skating must be demonstrated, although not necessarily mastered. Good edges, flow, power, extension and posture are required and must be strongly emphasized.

1. Forward perimeter power crossover stroking

The skater will perform four power sets down the length of the arena, followed by at least three forward crossovers around both ends of the arena. The stroking will cover one full lap of the arena. Introductory steps are optional. Counterclockwise only.

Primary focus: Power

Secondary focus: Extension

2. Backward perimeter power crossover stroking

The skater will perform four power sets down the length of the arena followed by at least three backward crossovers around both ends of the arena. The stroking will cover one full lap of the arena. Introductory steps are optional. Two foot transitions should be used. Counterclockwise only.

Primary focus: Power

Secondary focus: Edge quality

3. FO-BI three-turns in the field

The skater will perform forward three-turns alternating to backward three-turns covering the length of the arena. One length of the arena will start with RFO-LBI three-turns. The number of sets of three-turns will depend on the length of the arena and the strength of the skater. On the second length of the arena, the skater will perform LFO-RBI three-turns. The end sequence and the introductory steps are optional.

Primary focus: Edge quality

4. FI-BO three-turns in the field

On the first length of the arena, the skater will perform RFI-LBO three-turns. On the second length of the arena, the skater will perform LFI-RBO three-turns. The number of sets of three-turns will depend on the length of the arena and the strength of the skater. The end sequence and the introductory steps are optional.

Primary focus: Edge quality

5. Forward and backward power change of edge pulls

The skater will perform consecutive power change of edge pulls - FIO to FOI - for the full length of the arena followed by backward change of edge pulls - BOI to BIO - for the second full length of the arena. The skater will change feet at the center of the arena. The end sequence and the introductory steps are optional.

Primary focus: Power

6. Five-step mohawk sequence

The skater will perform alternating forward inside mohawks, skated in consecutive half circles. Each series consists of a five step sequence. The skater will skate one full lap of the arena. The end sequence and the choice of introductory steps are optional.

Primary focus: Edge quality

Secondary focus: Extension

One element may be retried, if necessary.

Passing total: 16.2

Passing average: 2.7

(Approximate time for test: 12 minutes)

Judging panel required: Three bronze or higher rank singles/pairs or dance judges who are certified to judge MIF tests.

TR 25.04 Juvenile Moves in the Field Test

Candidates must skate the correct steps and turns on good edges, with good form, flow, power, and preciseness to their steps.

1. Eight-step mohawk sequence

a. The skater will perform an eight-step mohawk sequence counterclockwise on a large circumference circle. The skater will perform three sequences that may require approximately one and one-half circles to complete. Introductory steps are optional. Skater should utilize a march cadence (one beat per step) with even rhythm.

b. The sequence will be repeated in a clockwise manner.

Primary focus: Quickness

Secondary focus: Power

2. Forward and backward free skating cross strokes

The skater will perform free skating cross strokes the length of the ice surface. Forward cross strokes will be skated for one length of the arena and backward cross strokes skated for the second length of the arena. Introductory steps and end patterns are optional.

Primary focus: Power

3. Backward power three-turns

The skater will perform three to five backward power three-turns per circle in a figure eight pattern. One complete figure eight is required. A one or two-foot glide may be utilized when changing circles. Introductory steps are optional.

Primary focus: Power

4. Forward double three-turns

The skater will perform consecutive forward double three-turns on half circles, with alternating of feet. Four to six half circles will be skated depending on the length of the arena and strength of the skater. The sequence begins with FO double three-turns covering the first length of the arena. The FI double three-turns will cover the second length of the arena. Introductory steps and end patterns are optional.

Primary focus: Edge quality

One element may be retried, if necessary.

Passing total: 12.0

Passing average: 3.0

(Approximate time for test: 10 minutes)

Judging panel required: Three bronze or higher rank singles/pairs or dance judges who are certified to judge MIF tests.

TR 25.05 Intermediate Moves in the Field Test

Strong, true edges, smooth turns, correct posture and effortless flow are expected of the candidate.

1. Stroking: Forward power circle

Starting from a standing position, the skater will perform forward crossovers progressively increasing in foot speed and acceleration throughout the entire move, from a slow, but gradually accelerating pace to fully accelerated crossovers. As the skater accelerates, the circle circumference increases. Power circles are performed in both counterclockwise and clockwise directions. It is recommended that no more than 15 crossovers be utilized in completing this move.

Primary focus: Power

2. Stroking: Backward power circle

Starting from a standing position, the skater will perform backward crossovers progressively increasing in foot speed and acceleration throughout the entire move, from a slow, but gradually accelerating pace, to fully accelerated crossovers. As the skater accelerates, the circle circumference increases. Power circles are performed in both counter clockwise and clockwise directions. It is recommended that no more than 15 crossovers be utilized in completing this move.

Primary focus: Power

3. Backward perimeter power crossover stroking with backward power three-turns

The skater will perform four power sets down the length of the arena followed by backward power three-turns around both ends of the arena. This stroking sequence covers one full lap of the arena and is performed both counterclockwise and clockwise. Transitions will be with a wide step and on two feet. Introductory steps are optional.

Primary focus: Power

4. Backward double three-turns

The skater will perform consecutive backward double three-turns on half circles with alternating feet. Four to six half circles will be skated depending on the length of the arena and strength of the skater. The sequence begins with BO double three-turns covering the first length of the arena. The BI double three-turns will cover the second length of the arena. Introductory steps and end patterns are optional.

Primary focus: Edge quality

Secondary focus: Extension

5. Brackets in the field sequence

The skater will perform two sets of turns on half circles (RFO-LBI) down approximately half the length of the arena. Continuing down the remaining length of the arena the skater then will perform two sets of turns (LFO-RBI) with an optional step to transition to the LFO edge. Once completed, the entire sequence is repeated, performing two sets of turns (LFI-RBO) down approximately half the length of the arena. The skater then performs two sets of turns (RFI-LBO) down the remaining length of the arena with an optional step to transition to the RFI edge. Introductory steps are optional.

Primary focus: Edge quality

6. Inside slide chassé pattern

The skater will perform four alternating patterns of inside slide chasses preceded by backward power three-turns. Introductory steps are optional. The pattern should cover the entire length of the arena.

Primary focus: Edge quality

Secondary focus: Extension

One element may be retried, if necessary.

Passing total: 19.2

Passing average: 3.2

(Approximate time for test: 12 minutes)

Judging panel required: Three silver or higher rank singles/pairs or dance judges who are certified to judge MIF tests.

TR 25.06 Novice Moves in the Field Test

The candidate must give a performance that is generally good. The preciseness of the footwork should be nearly faultless, the body motion well timed and the flow and power very good. No major consistent errors should be in evidence.

1. Backward perimeter power stroking with back inside three-turns and forward inside three-turns

The skater will perform power stroking in both counterclockwise and clockwise directions. One full lap of the arena will be skated with backward inside three-turns and forward inside three-turns around both ends of the arena. Four power sets will cover the length of the arena, with eight to 10 three-turns around the ends of the arena. Introductory steps are optional.

Primary focus: Power

Secondary focus: Quickness

2. Forward perimeter power crossover stroking to a backward quick rocker-turn sequence

The skater will perform power crossover stroking in both counterclockwise and clockwise directions. One full lap of the arena will be skated with the rocker sequence repeated on both ends of the arena. Four power sets will cover the length of the arena with five to seven rocker sequences around the ends (quick). The end pattern may utilize open choctaw ends or closed choctaw ends. The introductory steps and the FI chassé are optional.

Primary focus: Power

Secondary focus: Quickness

3. Forward and backward outside counters

The skater will perform forward outside counters followed by two backward free skating cross strokes to a backward outside counter. Each backward counter is then followed by two forward free skating cross strokes to a forward outside counter. The skater has the option of starting the first length with either the right or left forward counter. The second length will be performed with forward and backward outside counters on the opposite foot. The introductory steps and complete loop are optional.

Primary focus: Edge quality

Secondary Focus: Power

4. Forward and backward inside counters

The skater will perform forward inside counters followed by two backward inside rolls to a backward inside counter. Each backward inside counter is then followed by two forward inside rolls to a forward inside counter. The skater has the option of starting the first length with either the right or left forward counter. The second length will be performed with forward and backward inside counters on the opposite foot. The introductory steps and the end patterns are optional.

Primary focus: Edge quality

Secondary focus: Power

5. Backward rocker choctaw sequence

The skater will perform a backward inside rocker-choctaw followed by a deep backward outside edge. This sequence is performed in six to eight consecutive half circles on alternating feet. The introductory steps are optional.

Primary focus: Edge quality and extension

Secondary focus: Power

6. Spiral sequence

The skater will perform a spiral sequence that is initiated with an RBO extension. Forward inside spirals and backward outside spirals will be skated. The introductory steps are optional.

Primary focus: Extension

Secondary focus: Edge quality

7. Bracket three bracket pattern

The skater will perform RFI bracket-three-bracket, change feet, and then perform LFO bracket-three-bracket. Entire pattern will then be repeated starting with the LFI bracket-three-bracket. No more than four patterns are necessary per length of the arena. The skater may be on flats. Introductory steps are optional.

Primary focus: Quickness

One element may be retried, if necessary.

Passing total: 24.5

Passing average: 3.5

(Approximate time for test: 14 minutes)

Judging panel required: Three silver or higher rank singles/pairs or dance judges who are certified to judge MIF tests.

TR 25.07 Junior Moves in the Field Test

The candidate must give a performance that is generally very good in all respects. Focus should be on power, flow, edge quality and line and footwork control.

1. Forward power circles

Starting from a standing position the skater will perform forward crossovers progressively increasing in foot speed and acceleration throughout the entire move, from a slow but gradually accelerating pace, to fully accelerated crossovers. The skater will exit the move with a forward diagonal glide to the end of the arena with an extended free leg held to the back. As the skater accelerates the circle circumference increases. Power circles are performed in both counterclockwise and clockwise directions. The two glides should be on different feet. It is recommended that no more than 15 crossovers be utilized in completing this move.

Primary focus: Power

Secondary focus: Extension

2. Backward power circles

Starting from a standing position the skater will perform backward crossovers progressively increasing in foot speed and acceleration throughout the entire move, from a slow but gradually accelerating pace, to fully accelerated crossovers. The skater will exit the move with a backward diagonal glide to the end of the arena with an extended free leg held to the back. As the skater accelerates the circle circumference increases. Power circles are performed in both counterclockwise and clockwise directions. The two glides should be on different feet. It is recommended that no more than 15 crossovers be utilized in completing this move.

Primary focus: Power

Secondary focus: Extension

3. Forward and backward outside rockers

The skater will perform forward outside rockers followed by a cross in front, then feet together and push to a back outside rocker. This backward outside rocker is followed by two forward outside crossrolls to a forward outside rocker. The skater has the option of starting the first length with either the right or left forward rockers. The second length will be performed with forward and backward outside rockers on the opposite foot. The introductory steps and end sequence of steps are optional. There should be two forward and two backward rockers.

Primary focus: Edge quality

Secondary focus: Power

4. Forward and backward inside rockers

The skater will perform forward inside rockers followed by backward inside rolls to a backward inside rocker. This backward inside rocker is followed by forward inside rolls to a forward inside rocker for the length of the arena. The skater has the option of starting the first length with either the right or left forward rockers. The second length will be performed with the forward and backward inside rockers on the opposite foot. The introductory steps and end sequence of steps are optional. There should be two forward and two backward rockers.

Primary focus: Edge quality

Secondary focus: Power

5. Power pulls

The skater will perform a sequence of three power pulls followed by two quick twisting rockers. This sequence is then repeated consecutively down the entire diagonal of the arena. It is then performed on the opposite diagonal of the arena on the other foot. There should be a total of three to four sequences per foot. The introductory and end steps are optional.

Primary focus: Power

Secondary focus: Quickness

6. Choctaw sequence

The skater will perform a choctaw sequence that covers the entire diagonal length of the arena and which is then repeated on the second diagonal. This sequence is performed with two consecutive Choctaws that are then performed in the opposite direction. Introductory steps are optional.

Primary focus: Edge quality

Secondary focus: Power

One element may be retried, if necessary.

Passing total: 24.0

Passing average: 4.0

(Approximate time for test: 12 minutes)

Judging panel required: Three gold singles/pairs or dance judges who are certified to judge MIF tests.

TR 25.08 Senior Moves in the Field Test

The candidate must give an excellent performance, displaying power, strong edge control and depth, extension, and precise footwork control.

1. Sustained edge step

The skater will powerfully perform a BI three-turn to a sustained swing change of edge followed by a FI rocker, stepping to a BI double three-turn. Backward crossover steps follow this sequence. This pattern is then repeated to cover the entire surface of the arena. The skater will then repeat this step in the opposite direction. Introductory steps are optional.

Primary focus: Edge Quality

Secondary focus: Power

2. Extension spiral step

This step begins with a BO spiral to a FI spiral. (The turn between the spirals is optional and may be a three-turn or a skid.) Backward crossovers follow this to a FI spiral and BO spiral. The skater then performs a step behind to three consecutive three-turns, followed by open and closed mohawks. The sequence ends with the BO to FI spiral sequence. This step will be skated in the opposite direction. Introductory steps are optional.

Primary focus: Extension

Secondary focus: Edge quality

3. Backward outside power double three-turns to power double rockers
The skater will perform BO power double three-turns, then complete a power pull to BI double rockers. These rockers are immediately followed by another power pull. This sequence is repeated consecutively down the entire diagonal of the arena. The skater will then perform the same step using the opposite foot down the opposite diagonal of the arena. Introductory steps are optional.
Primary focus: Power
Secondary focus: Quickness
4. Backward inside power double three-turns to power double outside rockers
The skater will perform BI power double three-turns, then complete a power pull to BO double rockers. These rockers are immediately followed by another power pull and the sequence is then repeated consecutively down the entire diagonal of the arena. The skater will then perform the same step using the opposite foot down the opposite diagonal of the arena. Introductory steps are optional.
Primary focus: Power
Secondary focus: Quickness
5. Quick edge step
The skater will perform these quick steps as follows: a backward three-turn open mohawk, backward double three-turn and another backward three-turn to a mohawk sequence and three BI steps. These are followed by a backward rocker mohawk and back inside bracket sequence to a step behind and bracket. A change of edge step continues to a choctaw sequence and ends with two quick twisting rockers. This entire step is done in a figure eight pattern. The skater has the option of starting in either direction. Introductory steps are optional.
Primary focus: Quickness
One element may be retried, if necessary.
Passing total: 22.5
Passing average: 4.5

(Approximate time for test: 12 minutes)

Judging panel required: Three gold singles/pairs or dance judges who are certified to judge MIF tests.

TR 25.09 Adult Pre-Bronze Moves in the Field

The purpose of this test is to encourage beginning adult skaters to learn the fundamentals of ice skating. No great deal of technical ability, carriage or flow is expected. Candidates must show knowledge of the steps, fairly good edges and some evidence of good form.

1. Forward perimeter stroking
The skater will perform four to eight straight strokes depending on the length of the ice, with crossovers around the ends, using the full ice surface and for one full lap of the arena (in both directions). Introductory steps are optional.
Primary focus: Continuous flow and strength
Secondary focus: Extension
2. Basic consecutive edges
Forward Outside Edges
Forward Inside Edges
Backward Outside Edges
Backward Inside Edges
Starting from a stand-still position, the skater will perform four to six half circles, alternating feet, using an axis line such as a hockey line.
Primary focus: Edge quality
3. Forward and backward crossovers
 - a. The skater will perform forward crossovers in a figure eight pattern.
The skater may use hockey circles. Four to eight crossovers per circle are recommended. Two full figure eights are required. A one or two-foot glide may be utilized when changing circles. The skater has the option of performing the pattern either along the length or width of the arena. Introductory steps are optional.
 - b. The skater will perform backward crossovers in a figure eight pattern.
The skater may use hockey circles. Four to eight crossovers per circle are recommended. Two full figure eights are required. A one or two-foot glide may be utilized when changing circles. The skater has the option of performing the pattern either along the length or width of the arena. Introductory steps are optional.
Primary focus: Continuous flow and strength
4. Waltz Eight
The skater will perform the Waltz Eight, using large circumference circles, completing two patterns on each foot, and performed with control. Introductory steps are optional.
Primary focus: Edge quality
5. Forward Three-turns
On the first length of the arena, the skater will perform RFI to LFO three-turn followed by a cross over and a step forward. For the second length of the arena, the skater will perform LFI to RFO three-turns followed by a cross over then a step forward. Four to six sets of three-turn lobes will be skated depending on the size of the arena. The end sequence and introductory steps are optional.
Primary focus: Edge quality
The entire test shall be marked on a "pass" or "retry" basis only and individual marks are not awarded. The "pass" or "retry" shall be arrived at by consideration of the composite of each element in relation to the whole. The judge-in-charge may request a reskate of only one element, upon request of a member of the panel should it change the overall evaluation of the test from a "retry" to a "pass."
(Approximate time for test: 10 minutes)

Judging panel required: One or three bronze or higher rank singles/pairs or dance judges who are certified to judge MIF tests.

TR 25.10 Adult Bronze Moves in the Field

The fundamentals of ice skating must be demonstrated although not necessarily mastered. Candidates must show knowledge of the steps and continuous flow and strength. Attention should be given to depth of edges and proper curvature of lobes.

1. Forward perimeter power crossover stroking

The skater will perform four power sets down the length of the arena, followed by at least three forward crossovers around both ends of the arena. The stroking will cover one full lap of the arena. Introductory steps are optional. Counterclockwise only.

Primary focus: Continuous flow and strength

Secondary focus: Extension

2. Backward perimeter power crossover stroking

The skater will perform four power sets down the length of the arena, followed by at least three backward crossovers around both ends of the arena. The stroking will cover one full lap of the arena. Introductory steps are optional. Two-foot transitions should be used. Counterclockwise only.

Primary focus: Continuous flow and strength

Secondary focus: Edge quality

3. Forward power three-turns

The skater will perform forward outside three-turns to a balance position followed by a backward crossover. Three to six sets of three-turns will be skated depending on the length of the ice surface. Skaters may begin this move with either right or left foot three-turns. On the second length of the arena, the three-turns will be skated on the opposite foot. Introductory steps and backward crossovers around the end of the arena are optional.

Primary focus: Continuous flow and strength

4. Alternating back crossovers to back outside edges

The skater will perform alternating backward crossovers to backward outside edges in consecutive half circles around the full perimeter of the arena. Backward crossovers will be performed around the end of the arena. Introductory steps are optional.

Primary focus: Continuous flow and strength

Secondary focus: Extension

5. Five-step mohawk sequence

The skater will perform alternating forward inside mohawks, skated in consecutive half circles. Each series consists of a five-step sequence. The skater will skate one full lap of the arena. The end sequence and the introductory steps are optional.

Primary focus: Edge quality

Secondary focus: Extension

One element may be retried, if necessary.

Passing total: 12.5

Passing average: 2.5

(Approximate time for test: 12 minutes)

Judging panel required: Three bronze or higher rank singles/pairs or dance judges who are certified to judge MIF tests; or one silver or higher rank singles/pairs or dance judge who is certified to judge MIF tests.

TR 25.11 Adult Silver Moves in the Field

Candidates must skate the correct steps and turns on good edges showing good form, continuous flow and strength, and preciseness to their steps.

1. Eight-step mohawk sequence

The skater will perform an eight-step mohawk sequence counterclockwise on a large circumference circle. The skater will perform three sequences that may require approximately one and one-half circles to complete. Introductory steps are optional. Skater should utilize a march cadence (one beat per step) with even rhythm. The sequence will be repeated in a clockwise manner.

Primary focus: Quickness

Secondary focus: Continuous flow and strength

2. Forward and backward free skating cross strokes

The skater will perform free skating cross strokes the length of the ice surface. Forward cross strokes will be skated for one length of the arena and backward cross strokes skated for the second length of the arena. Introductory steps and end patterns are optional.

Primary focus: Continuous flow and strength

3. FO-BI three-turns in the field

The skater will perform forward three-turns alternating to backward three-turns covering the length of the arena. One length of the arena will start with RFO-LBI three-turns. On the second length of the arena, the skater will perform LFO-RBI three-turns. The end sequence and the choice of introductory steps are optional.

Primary focus: Edge quality

4. FI-BO three-turns in the field

On the first length of the arena the skater will perform RFI-LBO three-turns. On the second length of the arena the skater will perform LFI RBO three-turns. The end sequence and the introductory steps are optional.

Primary focus: Edge quality

5. Forward right and left foot spirals

The skater will perform right foot and left foot spirals down the length of the arena maintaining a spiral position on each foot for approximately four seconds with extended leg held at the hip level or higher. The skater may be on flats. Introductory steps are optional.

Primary focus: Extension

6. Forward and backward power change of edge pulls

The skater will perform consecutive power change of edge pulls - FIO to FOI - for the full length of the arena followed by backward change of edge pulls - BOI to BIO - for the second full length of the arena. The skater will change feet at the center of the arena. The end sequence and the introductory steps are optional.

Primary Focus: Continuous flow and strength

One element may be retried, if necessary.

Passing total: 16.2

Passing average: 2.7

(Approximate time for test: 14 minutes)

Judging panel required: Three bronze or higher rank singles/pairs or dance judges who are certified to judge MIF tests.

TR 25.12 Adult Gold Moves in the Field

Candidates must give a strong performance showing strong true edges, smooth turns, correct posture and effortless flow.

1. Stroking: Forward power circle

Starting from a stand-still position, the skater will perform forward crossovers progressively increasing in foot speed and acceleration throughout the entire move, from a slow, but gradually accelerating pace to fully accelerated crossovers. As the skater accelerates, the circle circumference increases. Power circles are performed both in counterclockwise and clockwise directions. It is recommended that no more than 15 crossovers be utilized in completing this move.

Primary focus: Continuous flow and strength

2. Stroking: Backward power circle

Starting from a stand-still position, the skater will perform backward crossovers progressively increasing in foot speed and acceleration throughout the entire move, from a slow, but gradually accelerating pace to fully accelerated crossovers. As the skater accelerates, the circle circumference increases. Power circles are performed both in counterclockwise and clockwise directions. It is recommended that no more than 15 crossovers be utilized in completing this move.

Primary focus: Continuous flow and strength

3. Forward double three-turns

The skater will perform consecutive forward double three-turns on half circles, with alternating feet. Four to six half circles will be skated depending on the length of the arena and strength of the skater. The sequence begins with FO double three-turns covering the first length of the arena. The FI double three-turns will cover the second length of the arena. Introductory steps and end patterns are optional.

Primary focus: Edge Quality

4. Backward double three-turns

The skater will perform consecutive backward double three-turns on half circles, with alternating feet. Four to six half circles will be skated depending on the length of the arena and strength of the skater. The sequence begins with BO double three-turns covering the first length of the arena. The BI double three-turns will cover the second length of the arena. Introductory steps and end patterns are optional.

Primary focus: Edge quality

Secondary focus: Extension

5. Inside Slide Chassé Pattern

The skater will perform four alternating patterns of inside slide chasses preceded by backward power three-turns. Introductory steps are optional. The patterns should cover the entire arena.

Primary focus: Continuous flow and strength

6. Brackets in the field

The skater will perform two sets of turns on half circles (RFO-LBI) down approximately half the length of the arena. Continuing down the remaining length of the arena the skater then will perform two sets of turns (LFO-RBI) with an optional step to transition to the LFO edge. Once completed, the entire sequence is repeated, performing two sets of turns (LFI-RBO) down approximately half the length of the arena. The skater then performs two sets of turns (RFI-LBO) down the remaining length of the arena with an optional step to transition to the RFI edge. Introductory steps are optional.

Primary focus: Edge quality

One element may be retried, if necessary.

Passing total: 18.0

Passing average: 3.0

(Approximate time for test: 15 minutes)

Judging panel required: Three silver or higher rank singles/pairs or dance judges who are certified to judge MIF tests.

Singles Free Skate Tests

TR 26.00 Classification of Free Skate Tests

TR 26.01 The standard free skate tests are divided into eight classes to be taken in the following order: pre-preliminary, preliminary, pre-juvenile, juvenile, intermediate, novice, junior and senior. The standard moves in the field test of the same level is the prerequisite to a standard free skate test.

TR 26.02 The adult free skate tests are divided into four classes to be taken in the following order: pre-bronze, bronze, silver and gold.

A. To qualify for any adult free skate test, the candidate must be 21 years of age or older and must have passed the preceding adult free skate test. The adult moves in the field test of the same level is the prerequisite to an adult free skate test.

B. Adult skaters who have passed the adult gold free skate test are permitted to take the standard intermediate free skate test without testing the standard pre-preliminary through juvenile free skate tests. However, prior to taking the standard intermediate free skate test candidates must first pass the standard intermediate moves in the field test. See TR 26.01.

TR 27.00 Requirements for Free Skate Tests

TR 27.01 In order to pass a free skate test, a candidate shall have received a passing total or a “pass” for the entire test from a majority of the judges.

TR 27.02 In order for a free skate test to pass, no serious errors, following reskated elements (see TR 30.01), as defined below may be present. However, if only one serious error is present after the test has been skated, judges may have the option of using the second (presentation) mark, if warranted, to pass the test or of requesting a reskate.

A. Serious errors in free skate tests are:

1. A fall;
2. Incomplete rotation of a jump, either on the landing or the takeoff;
3. Two-footed landing on jumps;

4. A touchdown of the hand or free foot needed to save the skater from falling;
 5. A blatant change of edge before a jump (such as turning a Lutz into a flip);
 6. When a combination jump is required, a turn between the two jumps of that combination;
 7. Failure to hold spins for the required revolutions or to attain the required position(s) in the spin(s). See TR 27.02 (B)(5);
 8. Omission of a required element.
- B.** Quality errors for free skate tests not necessitating failure of the test:
1. Incidental touchdown of the free foot;
 2. Improper change of edge shortly before the takeoff of a required jump (very short change of edge);
 3. Turns after the landing of a required jump or similar difficulties in holding the landing;
 4. Traveling in required spins;
 5. Spins short less than 1 revolution.

TR 28.00 Free Skate Test Rules

TR 28.01 Prior to taking standard free skate tests, candidates must have taken and passed at least the equivalent level standard moves in the field test. Prior to taking adult free skate tests, candidates must have taken and passed at least the equivalent level standard or adult moves in the field test as shown in the following chart.

Prerequisite	Adult free skate test
Preliminary MIF or adult pre-bronze MIF	Adult pre-bronze FS
Pre-juvenile MIF or adult bronze MIF	Adult bronze FS
Juvenile MIF or adult silver MIF	Adult silver FS
Intermediate MIF or adult gold MIF	Adult gold FS

A. An adult skater who has passed the standard free skate test may cross over to the adult track as follows:

Standard FS test passed	Must then pass either	To take this adult test
Pre-preliminary FS	Preliminary MIF or adult pre-bronze MIF	Adult pre-bronze FS
Preliminary FS	Pre-juvenile MIF or adult bronze MIF	Adult bronze FS
Pre-juvenile FS	Juvenile MIF or adult silver MIF	Adult silver FS
Juvenile FS	Intermediate MIF or adult gold MIF	Adult gold FS

TR 28.02 Free skate tests shall be skated in the order set forth in the Schedule of Free Skate Tests (TR 32.00).

TR 28.03 For free skate tests the entire ice surface shall be available. The ice surface shall not be less than 125 feet by 75 feet (9,375 square feet) in size except in the case of the pre-preliminary free skate test and the adult pre-bronze free skate test where enough ice must be at the disposal of the candidate to permit the execution of the required moves.

TR 28.04 For free skate tests vocal music with lyrics is permitted.

TR 28.05 In the event of a substantive change to any required singles technical element(s) by the ISU, the chair of the Singles Committee will revise the affected free skate test(s) to include such change(s) as soon as practical. The chair will notify the chairs of the Judges, Rules and Tests committees, and U.S. Figure Skating will post the change on the official web site, notify club test chairs and ensure test forms are modified accordingly.

TR 29.00 Marking of Free Skate Tests

TR 29.01 The rules governing the manner of performance and the marking of figure skating and ice dancing shall apply to all free skate tests.

TR 29.02 For all tests except the pre-preliminary and adult pre-bronze free skate tests the following information is listed:

- A.** Passing total: the total points which must be obtained for the test from an individual judge in order to obtain a "pass" from that judge.
- B.** Passing average: the mark which, if obtained in each division of a test would result in a passing total for the test.

TR 29.03 Free skate tests shall be marked by each judge for technical merit and presentation each on a scale from 0 to 6 in accordance with 2040. However, the marking of the pre-preliminary free skating and adult pre-bronze free skate tests shall be on the basis of "pass" or "retry" only for the entire test and all of the elements of the test must be evaluated before the mark is given.

TR 29.04 Skaters are allowed to finish a free skate test program within 10 seconds plus or minus of the required time. If a skater fails to finish a free skate test program within the time duration allowed in TR 32.00, a 0.1 deduction should be taken in both marks for up to every 10 seconds lacking or in excess of the prescribed range.

TR 30.00 Reskating Any Element of a Free Skate Test

TR 30.01 At the completion of any test and before any other test is conducted, the judge-in-charge shall ask the other two judges individually if they wish any element reskated before the judges turn in their judging sheets. Should the judges wish a reskate, they shall indicate to the judge-in-charge what they wish to be reskated. This shall be done privately without conference. If a majority of the panel requests a reskate, the judge-in-charge will direct the skater to reskate the agreed-upon element. If the judges wish a reskate and do not agree on which elements to reskate, the judge-in-charge shall decide. A brief rest and warm-up is permitted before the reskate is performed.

- A.** After a free skate test, only two different elements may be reskated.
- B.** Upon a request for a reskate, the skater may choose to complete any element that fulfills the stated requirement.
- C.** A skater that omitted a required element or substituted for a required element in the test may use one of their reskates to fulfill the stated requirement.

TR 32.00 Schedule of Free Skate Tests

TR 32.01 Pre-Preliminary Free Skate Test

The purpose of this test is to encourage beginning skaters to learn the fundamentals of free skating. No great deal of technical ability, carriage or flow is expected. The candidate must show knowledge of the elements, fairly good edges and some evidence of good form. The skater shall successfully complete the following technical elements:

Jumps:

1. Waltz jump
2. Salchow
3. Toe loop
4. 1/2 flip — land on either foot
5. 1/2 Lutz — land on either foot

Spins:

1. One foot spin (minimum 3 revolutions) optional free leg position toward knee level.

The entire test shall be marked on a “pass” or “retry” basis only and individual marks are not awarded. The “pass” or “retry” shall be arrived at by consideration of the composite of each element in relation to the whole. The judge-in-charge may request a retry of two different elements, if necessary, upon the request of a member of the panel should it change the overall evaluation of the test from a “retry” to a “pass.”

Judging panel required: One or three bronze or higher rank singles/pairs judges.

TR 32.02 Preliminary Free Skate Test

The purpose of this test is to continue the encouragement of beginning skaters to learn the fundamentals of free skating. The candidate must demonstrate knowledge of the elements and a good sense of power (speed/flow). A relationship with the music should be attempted in the program. The following elements are required:

Jumps: Maximum of five:

1. Waltz jump
2. Salchow
3. Loop
4. Flip
5. One jump combination consisting of a single toe loop and one of the jumps listed above (no turn or change of foot between jumps)

Spins: Maximum of two:

1. One-foot backspin — entry optional (3 revolutions)
2. Sit spin — in recognizable sit position (3 revolutions)

Steps: Connecting moves and steps should be demonstrated throughout the program

Extra elements may be added without penalty.

Duration: Ladies and Men — 1:30 to music of the skater’s choice.

Two different elements may be retried, if necessary.

Passing total: 5.0

Passing average: 2.5

Judging panel required: Three bronze or higher rank singles/pairs judges; or one silver or higher rank singles/pairs judge.

TR 32.03 Pre-Juvenile Free Skate Test

The fundamentals of free skating must be demonstrated, although not necessarily mastered. Good edges, flow, power, extension and posture are required for all of the elements of free skating (jumps, spins, as well as connecting moves). The program should utilize the ice surface and demonstrate some relationship with the music. The following elements are required:

Jumps: Maximum of six jumping elements including the following requirements:

1. Loop
2. Flip
3. Lutz
4. One jump combination — choice of above with a loop jump (no turn or change of foot between jumps). The loop jump must be the 2nd jump.

Spins: Maximum of three spins including:

1. One camel spin (minimum 3 revolutions)
2. One combination spin: camel spin to sit spin. No change of foot (minimum 6 revolutions combined in positions)
3. Front scratch to back scratch — exit on spinning foot (minimum 4 revolutions on each foot)

Steps: One step sequence, straight line, circular or serpentine, fully utilizing the ice surface.

Extra elements may be added without penalty.

Duration: Ladies and Men — 2:00 to music of the skater’s choice.

Two different elements may be retried, if necessary.

Passing total: 5.4

Passing average: 2.7

Judging panel required: Three bronze or higher rank singles/pairs judges.

TR 32.04 Juvenile Free Skate Test

The candidate must skate the selected elements (jumps, spins, as well as connecting steps) on good edges, with good form, flow, power and preciseness. The candidate must also skate to the music and utilize the ice surface. The following elements are required:

Jumps: Maximum six jumping elements including the following requirements:

1. One Axel jump
2. Three different single or double jumps
3. One jump combination consisting of two single jumps (no turn or change of foot between jumps)
4. In addition to the listed jumps at least one of the following must also be included: split jump, stag jump, falling leaf or half loop. This element, while required, does not count toward the maximum jump allowance.

Spins: Maximum of three spins including:

1. Forward sit spin (minimum 4 revolutions in position)
2. Ladies: Layback or attitude spin (minimum 4 revolutions in position)
Men: Forward camel spin (minimum 4 revolutions in position)
3. One spin with one change of foot, change of position optional (minimum 4 revolutions each foot). Must include one of the following positions: camel, sit or attitude.

Steps: One step sequence, straight line, circular or serpentine, fully utilizing the ice surface.

Extra elements may be added without penalty.

Duration: Ladies and Men — 2:15 to music of the skater's choice.

Two different elements may be retried, if necessary.

Passing total: 6.0

Passing average: 3.0

Judging panel required: Three bronze or higher rank singles/pairs judges.

TR 32.05 Intermediate Free Skate Test

Strong, smooth edges and turns, combined with correct posture and effortless flow, utilizing the music and the ice surface are expected of the candidate in all types of free skating elements (jumps, spins, as well as connecting steps). The following elements are required:

Jumps: Maximum six jumping elements including the following requirements:

1. One Axel jump
2. One double jump: double Salchow or double toe loop
3. One jump combination consisting of two single jumps (no turn or change of foot between jumps)
4. One jump combination consisting of either one single and one double jump or two double jumps (no turn or change of foot between jumps)

Spins: Maximum of three spins including the following requirements:

1. Flying spin (minimum 5 revolutions in position)
2. Spin combination consisting of at least one change of foot and at least one change of position (minimum 4 revolutions on each foot)

Steps: One step sequence straight line, circular or serpentine fully utilizing the ice surface.

Extra elements may be added without penalty.

Duration: Ladies and Men — 2:30 to music of the skater's choice.

Two different elements may be retried, if necessary.

Passing total: 6.4

Passing average: 3.2

Judging panel required: Three silver or higher rank singles/pairs judges.

TR 32.06 Novice Free Skate Test

The candidate must give a performance that is generally good. The preciseness of the footwork should be nearly faultless; body motions well timed with the music, and the flow and power very good in all free skating elements (jumps, spins, as well as connecting steps). The program should fully utilize the ice surface and no major or consistent errors should be in evidence. The following elements are required:

Jumps: Maximum of seven jumping elements for men and six jumping elements for ladies, including the following requirements:

1. Double Salchow
2. Double toe loop
3. Double loop
4. One jump combination consisting of two double jumps (no turn or change of foot between jumps)

Spins: Maximum of three spins including the following requirements:

1. Choice of camel spin, sit spin or layback spin (minimum 6 revolutions in position)
2. Flying spin (minimum 5 revolutions in position)
3. Spin combination consisting of at least one change of foot and at least one change of position (minimum 5 revolutions on each foot)

Steps:

1. One step sequence or spiral sequence. See Rule 3643 (G) and (I) for description.

Extra elements may be added without penalty.

Duration: Ladies — 3:00; Men — 3:30 to music of the skater's choice.

Two different elements may be retried, if necessary.

Passing total: 7.0

Passing average: 3.5

Judging panel required: Three silver or higher rank singles/pairs judges.

TR 32.07 Junior Free Skate Test

The candidate must give a performance that is generally very good in all respects. Focus should be on power, flow, edge quality, line and footwork control. The program should demonstrate a good, harmonious composition that is skated to the music with rhythm and expression, while utilizing the full ice surface. The following elements are required:

Jumps: Maximum of eight jumping elements for men and seven jumping elements for ladies, including the following requirements:

1. At least three different double jumps, one of which must be a double flip
2. One jump combination consisting of two double jumps (no turn or change of foot between jumps)
3. One jump sequence consisting of small jumps, followed by any double jump
4. An Axel type jump

Spins: Maximum of three spins including the following requirements:

1. Flying spin (minimum 6 revolutions in position)
2. Spin in one position (minimum 6 revolutions in position)
3. Spin combination consisting of all three positions and one change of foot (minimum of 2 revolutions in each position and minimum of 5 revolutions on each foot and a minimum of 10 revolutions total).

Steps:

1. One step sequence of advanced difficulty, covering the full ice surface. See Rule 3643 (G) for description

Extra elements may be added without penalty.

Duration: Ladies — 3:30; Men — 4:00, to music of the skater's choice.

Two different elements may be retried, if necessary.

Passing total: 8.0

Passing average: 4.0

Judging panel required: Three gold singles/pairs judges.

TR 32.08 Senior Free Skate Test

The candidate must give an excellent performance displaying power, strong edge control and depth, extension and precise footwork control in all aspects of the selected elements. The program should fully utilize the ice surface, have a change of pace and superbly express the mood and rhythm of music. Harmonious steps and connecting movements in time to the music should be maintained throughout the program. The following elements are required:

Jumps: Maximum of eight jumping elements for men and seven jumping elements for ladies, including the following requirements:

1. Four different double or triple jumps, one of which must be a double Lutz. If the skater elects to perform triple jumps, only one may be repeated in combinations or jump sequences.
2. Two different jump combinations consisting of two double jumps or a double and a triple jump (no turn or change of foot between jumps)
3. An Axel type jump

Spins: Maximum of three spins including the following requirements:

1. One must be a flying spin (minimum of 6 revolutions in position).
2. Spin combination consisting of all three positions and one change of foot (minimum of 2 revolutions in each position and minimum of 5 revolutions on each foot and a minimum of 10 revolutions total).
3. Spin in one position (minimum of 6 revolutions in position).

Steps:

1. **Men** - Two different step sequences of advanced difficulty, covering the full ice surface. See Rule 3643 (G) for description.
Ladies - One step sequence and one spiral sequence, covering the full ice surface. See Rule 3643 (G) and (I) for description.

Extra elements may be added without penalty.

Duration: Ladies — 4:00; Men — 4:30, to music of the skater's choice.

Two different elements may be retried, if necessary.

Passing total: 9.0

Passing average: 4.5

Judging panel required: Three gold singles/pairs judges.

TR 32.09 Adult Pre-Bronze Free Skate Test

The purpose of this test is to encourage beginning adult skaters to learn the fundamentals of free skating. No great deal of technical ability, carriage or flow is expected. The candidate must show knowledge of the elements, fairly good edges and some evidence of good form. The following technical elements are to be skated individually, without music.

Jumps:

1. Two different jumps, either one-half or one full revolution

Spins:

1. A one-foot upright spin (minimum 3 revolutions in position)
2. A two-foot upright spin (minimum 3 revolutions in position)

Steps:

1. Crossovers — forward and backward (either direction)
2. Lunge or spiral.

The entire test shall be marked on a "pass" or "retry" basis only and individual marks are not awarded. The "pass" or "retry" shall be arrived at by consideration of the composite of each element in relation to the whole. The judge-in-charge may request a retry of two different elements, if necessary, upon the request of a member of the judging panel should it potentially change the overall evaluation of the test from a "retry" to a "pass."

Judging panel required: One or three bronze or higher rank singles/pairs judges.

TR 32.10 Adult Bronze Free Skate Test

The candidate must give a reasonably good performance showing a command of the following technical elements, a sense of speed, flow and depth of edge. The fundamentals of free skating must be demonstrated, although not necessarily mastered.

Jumps:

1. At least three different single jumps of which one must be a Salchow and one must be a toe loop
2. One jump combination consisting of a waltz jump and a toe loop (no turn or change of foot between jumps).

Spins:

1. One-foot upright spin (minimum 4 revolutions in position)
2. One-foot backspin - entry optional (minimum 3 revolutions in position)
3. Sit spin (minimum 3 revolutions in position).

Steps: Connecting moves, steps and edges throughout the program.

Extra elements may be added without penalty.

Duration: Ladies and Men - Not to exceed 1:50 to music of the skater's choice.

Two different elements may be retried, if necessary

Passing total: 5.0

Passing average: 2.5

Judging panel required: Three bronze or higher rank singles/pairs judges, or one silver or higher rank singles/pairs judge.

TR 32.11 Adult Silver Free Skate Test

The candidate must give a good performance and demonstrate a command of the following technical elements, showing good form, edges, continuous flow and strength, and extension.

Jumps:

1. At least three different single jumps of which one must be a loop and one must be a flip
2. One jump combination consisting of two single jumps (no turn or change of foot between jumps)
3. One jump sequence consisting of one-half or single revolution jumps

Spins:

1. One camel spin (minimum 3 revolutions in position)
2. One layback, attitude or sit spin (minimum 4 revolutions in position)
3. One combination spin with only one change of position — change of foot is optional — (minimum 3 revolutions in each position)

Steps: Connecting moves consisting of spirals, strong edges, fair use of the music and full utilization of the ice surface.

Extra elements may be added without penalty.

Duration: Ladies and Men — Not to exceed 2:10 seconds to music of the skater's choice.

Two different elements may be retried, if necessary.

Passing total: 5.4

Passing average: 2.7

Judging panel required: Three bronze or higher rank singles/pairs judges.

TR 32.12 Adult Gold Free Skate Test

A candidate must give a strong performance and demonstrate a command of the following technical elements, showing very good form and carriage, strong true edges, effortless flow and a preciseness of steps.

Jumps:

1. Axel jump
2. Lutz jump
3. Two additional different single jumps
4. One jump from the following: split jump, stag jump, falling leaf, half loop
5. One jump combination consisting of two different single jumps (no turn or change of foot between jumps)

Spins:

1. Two different solo spins (minimum 4 revolutions in position)
2. One combination spin consisting of only one change of foot and at least one change of position (minimum 4 revolutions on each foot)

Steps:

1. One step sequence - either straight line or circular
2. Connecting moves consisting of spirals, strong edges, good use of the music and full utilization of the ice surface

Extra elements may be added without penalty.

Duration: Ladies and Men - Not to exceed 2:40 to music of the skater's choice.

Two different elements may be retried, if necessary.

Passing total: 6.0

Passing average: 3.0

Judging panel required: Three silver or higher rank singles/pairs judges.

Pairs Tests

TR 33.00 Classification of Pairs Tests

TR 33.01 The standard pairs tests are divided into six classes to be taken in the following order: pre-juvenile, juvenile, intermediate, novice, junior and senior/gold. The standard moves in the field test of the same level is the prerequisite to a standard pairs test.

TR 33.02 The adult pairs tests are divided into three classes to be taken in the following order: bronze, silver and gold.

A. To qualify for any adult pairs test, the candidate must be 21 years of age or older. Prior to taking adult pairs tests, candidates must have taken and passed at least the equivalent level standard or adult moves in the field test as shown in the following chart:

<u>Prerequisite</u>	<u>Adult pairs test</u>
Pre-juvenile MIF or adult bronze MIF	Adult bronze pairs
Juvenile MIF or adult silver MIF	Adult silver pairs
Intermediate MIF or adult gold MIF	Adult gold pairs

B. An adult skater who has passed the standard pairs test may cross over to the adult track as follows:

<u>Standard pairs test passed</u>	<u>Must then pass either</u>	<u>To take this adult test</u>
Preliminary pairs	Pre-juvenile MIF or	Adult bronze pairs
(Prior to Sept. 1, 2008)	adult bronze MIF	
Pre-juvenile pairs	Juvenile MIF or adult	Adult silver pairs
(Prior to Sept. 1, 2008)	silver MIF	
Juvenile pairs	Intermediate MIF or	Adult gold pairs
	adult gold MIF	

C. Adult skaters who have passed the adult gold pairs test are permitted to take the standard intermediate pairs test without testing the standard pre-juvenile and juvenile pairs tests. However, prior to taking the standard intermediate pairs test, candidates must first pass the standard intermediate moves in the field test. See TR 33.01.

TR 34.00 Requirements for Passing Pairs Tests

TR 34.01 In order to pass a pairs test, a candidate shall have received a passing total or a "pass" for the entire test from a majority of the judges.

TR 34.02 In order for a pairs test to pass, no serious errors, following reskated elements (see TR 37.01), as defined below may be present. However, if only one serious error is present after the test has been skated, judges may have the option of using the second (presentation) mark, if warranted, to pass the test or of requesting a reskate.

A. Serious errors for pairs tests are:

- 1.** Lifts:
 - a.** A fall;
 - b.** Collapsed lift;
 - c.** Lift does not go up;
 - d.** No catch on twist lifts.
- 2.** Death spirals:
 - a.** A fall;
 - b.** Man does not attain a pivot position;
 - c.** Lady's foot collapses.
- 3.** Pairs or solo spins:
 - a.** A fall;
 - b.** Either partner does not perform the spin;
 - c.** Fewer than the required revolutions.
- 4.** Singles elements such as jumps, spins, footwork:
 - a.** The same as for the singles free skate test in TR 27.02 A (1–8).

B. Quality errors for pairs tests not necessitating failure are:

- 1.** The same as for the singles free skate test in TR 27.02 B (1–5).

C. The serious errors outlined above require reskates by both partners.

TR 34.03 In all pairs tests, the pair shall be judged and shall “pass” or “retry” as a pair. A partner in such tests who has already passed the test being tried shall not be affected if a subsequent attempt of the same test with a different partner has been marked “retry.”

TR 35.00 Pairs Test Rules

TR 35.01 Each pair shall consist of a lady and a man.

TR 35.02 The candidate(s) in a pairs test shall have passed the preceding test with either the same or a different partner.

TR 35.03 Prior to taking standard pairs tests, candidates must have taken and passed at least the equivalent level standard moves in the field test. Prior to taking adult pairs tests candidates must have taken and passed at least the equivalent level adult moves in the field test or standard moves in the field test per TR 33.02.

TR 35.04 Pairs tests shall be skated in the order set forth in the Schedule of Pairs Tests (TR 39.00).

TR 35.05 For pairs tests, the entire ice surface shall be available.

TR 35.06 For pairs tests vocal music with lyrics is permitted.

TR 35.07 In the event of a substantive change to any required pairs technical element(s) by the ISU, the chair of the Pairs Committee will revise the affected pairs test(s) to include such change(s) as soon as practical. The chair will notify the chairs of the Judges, Rules and Tests committees, and U.S. Figure Skating will post the change on the official web site, notify club test chairs and ensure that test forms are modified accordingly.

TR 36.00 Marking of Pairs Tests

TR 36.01 The rules governing the manner of performance and the marking of figure skating and ice dancing shall apply to all pairs tests.

TR 36.02 For all tests the following information is listed:

- A.** Passing total: the total points which must be obtained for the test from an individual judge in order to obtain a “pass” from that judge.
- B.** Passing average: the mark that, if obtained in each division of a test would result in a passing total for the test.

TR 36.03 Pairs tests shall be marked by each judge for technical merit and presentation each on a scale from 0 to 6 in accordance with TR 1.20.

TR 36.04 Skaters are allowed to finish a pairs test program within 10 seconds plus or minus of the required time. If the skaters fail to finish a skating program within the range of time allowed under TR 39.00 a 0.1 deduction should be taken in both marks for up to every 10 seconds lacking or in excess of the prescribed range.

TR 37.00 Reskating Any Element of a Pairs Test

TR 37.01 At the completion of any test and before any other test is conducted, the judge-in-charge shall ask the other two judges individually if they wish any element reskated before the judges turn in their judging sheets. Should the judges wish a reskate, they shall indicate to the judge-in-charge what they wish to be reskated. This shall be done privately without conference. If a majority of the panel requests a reskate, the judge-in-charge will direct the skater to reskate the agreed-upon element. If the judges wish a reskate and do not agree on which element to reskate, the judge-in-charge shall decide. A brief rest and warm-up is permitted before the reskate is performed.

- A.** After a pairs test, only two different elements may be reskated.
- B.** Upon a request for a reskate the pair may choose to complete any element that fulfills the stated requirement.
- C.** A couple that omitted a required element or substituted for a required element in the test may use one of their reskates to fulfill the stated requirement.

TR 39.00 Schedule of Pairs Tests

TR 39.01 Pre-Juvenile Pairs Test

The pre-juvenile pairs test shall consist of a variety of skating moves and connecting steps skated to music. Pairs must demonstrate good form with some degree of unison, especially in stroking and footwork. The following elements are required:

- a. One lift from Group 1 or the waist loop lift from Group 2
- b. One throw jump, single, optional
- c. One solo jump, single
- d. One jump combination or jump sequence, single jumps only
- e. One pairs spin, minimum 3 revolutions, no change of foot or position
- f. One solo spin, minimum 3 revolutions, no change of foot or position
- g. One death or pivot spiral, no minimum requirements, optional
- h. Stroking forward and backward, clockwise and counterclockwise
- i. Footwork and connecting moves (spirals, spread eagles) utilizing one-half of the ice surface

Extra elements may be added without penalty.

Duration: 2:00 to music of the skaters' choice.

Two different elements may be retried, if necessary.

Passing total: 5.4

Passing average: 2.7

Judging panel required: Three bronze or higher rank singles/pairs judges

TR 39.02 Juvenile Pairs Test

The juvenile pairs test shall consist of a program with a variety of moves and connecting steps skated to the music. The pair must utilize the ice surface, with some degree of unison in good form while demonstrating the fundamentals of pairs skating. The following elements are required:

- a. Two lifts from Group 1 or one lift may be the waist loop lift from Group 2, minimum 1 revolution of the man
- b. One throw jump, single
- c. One solo jump, single or double
- d. One jump combination or jump sequence, consisting of single or double jumps
- e. One pairs spin, minimum 4 revolutions, optional change of position (minimum 2 revolutions in each position), no change of foot
- f. One solo spin or combination spin, minimum 5 revolutions, optional change of position (minimum 2 revolutions in each position), no change of foot
- g. One death or pivot spiral, minimum one-half revolution by the man in pivot position
- h. One straight line, circular or serpentine step sequence, fully utilizing the ice surface

Extra elements may be added without penalty.

Duration: 2:30 to music of the skaters' choice.

Two different elements may be retried, if necessary.

Passing total: 6.0

Passing average: 3.0

Judging panel required: Three bronze or higher rank singles/pairs judges.

TR 39.03 Intermediate Pairs Test

The intermediate pairs test shall consist of a program skated rhythmically and in harmony with the music. The pair must show a moderate degree of pairs unison, with good form and flow, while fully utilizing the ice surface. It is also expected that the pair will demonstrate some of the more advanced fundamentals of pairs skating including intermediate-based moves in the field in mirror and/or shadow skating. The following elements are required:

- a. Two different lifts to be chosen from the following:
 - Group 1 lifts
 - Waist loop lift
 - The forward press, two-handed star or platter lift (only one of these may be done)
- b. One twist lift, single
- c. One throw jump, single or double
- d. One solo jump, single or double
- e. One jump combination or jump sequence consisting of single or double jumps
- f. One pairs spin, minimum 5 revolutions, at least one change of position by each partner, either together or separately (minimum 2 revolutions in each position) no change of foot
- g. One solo spin combination, minimum 5 revolutions, at least one change of position by each partner (minimum 2 revolutions in each position), no change of foot
- h. One death spiral, minimum one-half revolution by the man in pivot position
- i. One straight line, circular or serpentine step sequence, fully utilizing the ice surface

Extra elements may be added without penalty.

Duration: 3:00 minutes to music of the skaters' choice.

Two different elements may be retried, if necessary.

Passing total: 6.4

Passing average: 3.2

Judging panel required: Three silver or higher rank singles/pairs judges.

TR 39.04 Novice Pairs Test

The novice pairs test shall consist of a program with connecting moves and footwork. The pair must demonstrate basic pairs unison and good form and flow. The program should utilize the full ice surface and be skated with expression in time to the music. The following elements are required:

- a. Two different lifts, at least one lift must be from Group 3 or Group 4, minimum 1 revolution of the man, full extension of the lifting arms
- b. One twist lift, single or double
- c. Two different throw jumps, single or double
- d. One solo jump, selected from single Axel or any double jump
- e. One jump combination or jump sequence, at least one jump must be double
- f. One pairs spin combination, minimum 6 revolutions, each partner must change feet and position at least one time (either together or separately) minimum 2 revolutions in each position
- g. One solo spin combination, minimum 6 revolutions, at least one change of position by each partner (minimum 2 revolutions in each position), change of foot optional, if performed, minimum 3 revolutions on each foot
- h. One death spiral, minimum one full revolution by the man in pivot position
- i. One sequence of spirals fully utilizing the ice surface, number of spirals optional but balanced between the partners, all spirals held for a minimum of 3 seconds

Extra elements may be added without penalty.

Duration: 3:30 minutes to music of the skaters' choice.

Two different elements may be retried, if necessary

Passing total: 7.0

Passing average: 3.5

Judging panel required: Three silver or higher rank singles/pairs judges.

TR 39.05 Junior Pairs Test

The junior pairs test shall consist of a program of good, harmonious composition skated to the music with rhythm and expression. The program should have a change of pace, utilize the full ice surface and be skated in good form with very good flow. The pair must demonstrate good partner relationship and show a good degree of pairs unison. The following elements are required:

- a. Two different lifts, at least one lift must be from Group 3 or Group 4, minimum 1 revolution of the man, full extension of the lifting arms
- b. One twist lift, double
- c. Two different throw jumps, both double
- d. One solo jump, double
- e. One jump combination or jump sequence, at least one jump must be double and different from the solo jump
- f. One pairs spin combination, minimum 8 revolutions, each partner must change feet and position at least one time (either together or separately), minimum 2 revolutions in each position
- g. One solo spin combination, each partner must change feet and position at least one time (minimum 2 revolutions in each position), minimum 4 revolutions on each foot
- h. One death spiral performed on a forward edge, minimum 1 full revolution by the man in pivot position
- i. One straight line, circular or serpentine step sequence, fully utilizing the ice surface or one sequence of spirals fully utilizing the ice surface, number of spirals optional, but must be balanced between the partners; all spirals must be held for a minimum of 3 seconds

Extra elements may be added without penalty.

Duration: 4:00 minutes to music of the skaters' choice.

Two different elements may be retried, if necessary.

Passing total: 8.0

Passing average: 4.0

Judging panel required: Three gold singles/pairs judges.

TR 39.06 Senior Pairs Test

The senior/gold pair must give an excellent performance. Both partners should move together in complete harmony showing a marked degree of pairs unison, good form and excellent flow. The program should fully utilize the ice surface, have a change of pace and superbly express the mood and rhythm of music. Harmonious steps and connecting movements in time to the music should be maintained throughout the program. The following elements are required:

- a. Three different lifts, at least one lift must be from Group 3 or Group 4, and at least one lift must be from Group 5, minimum 1 revolution of the man, full extension of the lifting arms
- b. One twist lift, double
- c. Two different throw jumps, both double
- d. One solo jump, selected from double flip, double Lutz or double Axel
- e. One jump combination or jump sequence, two jumps must be double of a like or different nature, both must be different from the solo jump
- f. One pairs spin combination, minimum 8 revolutions, each partner must change feet and position at least one time (either together or separately) demonstrating all three basic positions, minimum 2 revolutions in each position
- g. One solo spin combination, each partner must change feet once and change position at least two times, demonstrating all three basic positions (minimum 2 revolutions in each position), minimum 5 revolutions on each foot
- h. One death spiral performed on a backward edge, minimum 1 full revolution by the man in pivot position
- i. One straight line, circular or serpentine step sequence, fully utilizing the ice surface or one sequence of spirals fully utilizing the ice surface, number of spirals optional but must be balanced between the partners; all spirals must be held for a minimum of 3 seconds

Extra elements may be added without penalty.
Duration: 4:30 minutes to music of the skaters' choice.
Two different elements may be retried, if necessary.

Passing total: 9.0
Passing average: 4.5

Judging panel required: Three gold singles/pairs judges.

TR 39.07 Adult Bronze Pairs Test

The adult bronze pairs test shall consist of a program with a variety of moves and connecting steps skated to music, in good form with some degree of pairs unison. The pair must utilize the ice surface while demonstrating the basic moves of pairs skating. The following elements are required:

Jumps:

1. One jump (single);
2. One jump combination or sequence of jumps (half and single jumps).

Spins:

1. One pairs spin with no changes of position or change of foot such as an upright pairs spin or a pairs camel spin (minimum 3 revolutions in position);
2. One solo spin (minimum 3 revolutions in position).

Lifts:

1. One lift such as a waltz or half flip (no overhead).

Pivot spiral:

1. One pivot spiral in which the man attains the pivot position while the lady circles around him in a spiral position (hand hold and pivot positions are optional).

Steps:

1. Stroking in unison, both forward and backward, clockwise and counterclockwise;
2. Footwork and connecting moves such as spirals, spread eagles, etc., utilizing at least one-half the ice surface.

Extra elements may be added without penalty.

Duration: 2:00 minutes to music of the skaters' choice.

Two different elements may be retried, if necessary.

Passing total: 5.0
Passing average: 2.5

Judging panel required: Three bronze or higher rank singles/pairs judges; or one silver or higher rank singles/pairs judge.

TR 39.08 Adult Silver Pairs Test

The adult silver pairs test shall consist of a program skated rhythmically and in harmony with the music. The pair should show a moderate degree of pairs unison with good form and flow, while fully utilizing the ice surface. The pair is expected to demonstrate the fundamentals of pairs skating including synchronized connecting movements, mirror and/or shadow skating. The following elements are required:

Jumps:

1. One jump (single), synchronized;
2. One jump combination or sequence synchronized (half and single jumps). No Axel or multi-rotation jumps.

Spins:

1. One pairs spin with no change of position or change of foot (minimum 3 revolutions in position);
2. One solo spin with one change of position (minimum 4 revolutions total).

Lifts:

1. Two different lifts such as a waist loop, Lutz or waltz (no overheads).

Death or pivot spiral:

1. One death-type spiral (hand hold, pivot and lady's edge are optional), or pivot spiral in which the man attains a pivot position while the lady circles around him in spiral position.

Steps:

1. Stroking in unison illustrating mirror and/or shadow skating, footwork, connecting moves such as turns in the field, spirals, pivots and basic dance steps;
2. One serpentine, circular or straight line step sequence or spiral sequence.

Extra elements may be added without penalty.

Duration: 2:30 minutes to music of the skaters' choice.

Two different elements may be retried, if necessary.

Passing total: 5.4
Passing average: 2.7

Judging panel required: Three bronze or higher rank singles/pairs judges.

TR 39.09 Adult Gold Pairs Test

The adult gold pairs test shall consist of a program with connecting moves and footwork to be skated rhythmically and in harmony to the music. The pair should demonstrate partner relationship, unison, good flow and form. The program should utilize the full ice surface and be skated with expression in time to the music. The following elements are required:

Jumps:

1. One single or double jump, synchronized;
2. One jump combination or sequence utilizing single or multi-rotation jumps, synchronized.

Spins:

1. One pairs spin such as pairs sit, pairs camel or pairs combination spin (minimum 4 revolutions in position);
2. One solo spin combination with change of foot and/or change of position (minimum 5 revolutions total), synchronized.

Lifts:

1. Three different lifts — all lifts may be selected from Group 1; however one lift may be selected from Groups 2–4, and one may be a single twist lift.

Death spiral:

1. One death-type spiral with the pivot position attained by the man (lady's edge optional). Hand hold should be a regular one-hand hold.

Throw:

1. One throw single jump

Steps:

1. Connecting moves, moves-in-the-field, footwork, stroking in good unison and mirror and/or shadow skating;
2. One serpentine, circular or straight-line step sequence or spiral sequence.

Extra elements may be added without penalty.

Duration: 3:00 minutes to music of the skaters' choice.

Two different elements may be retried, if necessary.

Passing total: 6.0

Passing average: 3.0

Judging panel required: Three silver or higher rank singles/pairs judges.

Compulsory Dance Tests

TR 40.00 Classification of Compulsory Dance Tests

TR 40.01 The standard, adult and masters categories of compulsory dance tests are divided into eight classes to be taken in the following order, except as otherwise provided herein:

1. Standard preliminary (no separate category for adult or masters)
2. Standard, adult or masters pre-bronze
3. Standard, adult or masters bronze
4. Standard, adult or masters pre-silver
5. Standard, adult or masters silver
6. Standard, adult or masters pre-gold
7. Standard, adult or masters gold
8. Standard, adult or masters international
 - A. To qualify for any adult dance test, the candidate must be 21 years of age or older and must have passed the preceding dance test, adult or standard. The passing of a lower level adult dance test does not qualify the candidate to take the next higher level standard dance test.
 - B. To qualify for any masters dance test, the candidate must be 50 years of age or older and must have passed the preceding dance test, masters, adult or standard. The passing of a lower level masters dance test does not qualify the candidate to take the next higher level adult or standard dance test.

TR 40.02 The standard, adult and masters categories of solo dance track tests are divided into seven classes to be taken in the following order, except as otherwise provided herein:

1. Standard preliminary (no separate category for adult or masters)
2. Standard, adult or masters pre-bronze
3. Standard, adult or masters bronze
4. Standard, adult or masters pre-silver
5. Standard, adult or masters silver
6. Standard, adult or masters pre-gold
7. Standard, adult or masters gold
 - A. Solo dance track tests (standard, adult and masters) are a separate series of tests and are not related to dance tests skated with a partner. Therefore, the passing of a lower level solo dance track test (standard, adult or masters) does not qualify the candidate to take the next higher level standard, adult or masters partnered dance test. These tests do not meet the requirements for the dance competition levels of senior down through pre-juvenile per rules 4300–4440.
 - B. To qualify for any adult solo dance track test, the candidate must be 21 years of age or older
 - C. To qualify for any masters solo dance track test, the candidate must be 50 years of age or older.

TR 41.00 Qualification to Take Compulsory Dance Tests

TR 41.01 Moves in the field tests are not required as a prerequisite for compulsory dance tests, however, prior to entering dance competitions, competitors must have taken and passed at least the equivalent level moves in the field test. This rule does not apply to adult dance competitors.

TR 41.02 All of the dances in a dance test need not be taken at the same test session. Those dances that are passed shall be credited towards the completion of the test.

TR 41.03 Candidates shall not take any dances in a higher test level until they have passed all of the dances in the preceding test level. See exceptions below.

- A. After passing the pre-gold dance test, dancers may take the following compulsory dance tests in any order: gold dance test or international dance test.
- B. Standard, adult and masters dancers may take the international dance tests. There are no solo dance track tests for the international dances.
- C. A candidate who completed the preliminary dance test prior to Oct. 1, 1990, may bypass the Rhythm Blues but must take the Swing Dance again at the pre-bronze level.
- D. A candidate who completed the pre-bronze dance test prior to Oct. 1, 1990, may bypass the Fiesta Tango but must take the Hickory Hoedown again at the bronze level.

- E. A candidate who completed the bronze dance test prior to Oct. 1, 1990, may bypass the Hickory Hoedown and continue with the pre-silver dance test.
- F. A candidate who passed at least one bronze dance test prior to Oct. 1, 1989, is not required to take and pass the pre-bronze dance test.
- G. A candidate who passed the pre-gold dance test prior to Sept. 1, 2003 is not required to take and pass the Starlight Waltz.

TR 42.00 Requirements for Passing Compulsory Dance Tests

- TR 42.01** In order to pass a test, a candidate shall have received a passing total or a “pass” for the entire test from a majority of the judges.
- TR 42.02** All international dance tests may be taken and judged as a couple or as a single test candidate. If the test is taken as a couple, both candidates must be paid and registered candidates for the test.
- TR 42.03** In dance tests, credit shall be given for each individual dance as it is passed and such dances need not be subsequently reskated in completing a test.

TR 43.00 Standard/Adult/Masters Compulsory Dance Requirements

- TR 43.01** The preliminary, pre-bronze, bronze, pre-silver, and international dance tests are danced with a partner only.
- TR 43.02** The silver, pre-gold and gold dance tests shall be danced first with a partner and then solo.
- TR 43.03** For all dance tests, legally blind or deaf dance candidates may apply for a waiver of the solo requirements of TR 43.02 and 44.00. The candidate’s home club shall make such application to the chair of the Tests Committee.
- TR 43.04** All adult dance tests and all masters dance tests shall be danced only with a partner.
- TR 43.05** When taking a compulsory dance test, the candidate shall be required to dance the following number of patterns or rounds based on the Dance Diagrams. See Glossary.
 - A. With a partner:
 - 1. Preliminary through silver dance tests: Two patterns of the Swing Dance (twice around the ice surface); Dutch Waltz, Canasta Tango, Rhythm Blues, Cha Cha, Fiesta Tango, Willow Waltz, Hickory Hoedown and Ten Fox; European Waltz, American Waltz and Tango (once around the ice surface); all other dances (including the Fourteenstep): three dance patterns;
 - 2. Pre-gold dance tests: Two patterns of the Paso Doble and Starlight Waltz, three patterns of the Blues, four patterns of the Kilian (twice around the ice surface);
 - 3. Gold and international dance tests: Three patterns of the Quickstep and Rhumba; all other dances: Two dance patterns.
 - B. Solo (when required as part of standard dance tests): Two dance patterns.
 - C. Where the ice surface measures less than 197 feet in length, the ISU European Waltz and American Waltz patterns may be shortened by deleting steps 4-9 in both dances, and for the pattern starting on the short axis for the European Waltz, steps 13–18, and for the American Waltz, steps 11-16, respectively, may be deleted; thus, only one semicircular lobe is danced towards the longitudinal axis of the ice surface. In such instance, four dance patterns shall be danced with a partner and, when required, three dance patterns shall be danced solo.
 - D. For compulsory dance tests of the European Waltz and the American Waltz only, the skater may begin the dance on the short axis of the rink. For both the European Waltz and the American Waltz, the first step of the dance for both partners is step 6 as diagrammed for IJS – see DD 3.11a & b and DD 3.13a & b
- TR 43.06** In all dances to be danced both with a partner and the required solo, the judge-in-charge may specify the side of the ice surface on which such dance shall be started, both with a partner and solo.
- TR 43.07** Compulsory dance music for all tests may be either vocal or orchestral and shall conform with the type and tempo specified in the description of the dance. For compulsory dance tests, the introductory period may be up to eight measures of music with an unlimited number of steps provided they do not exceed the length of the introduction specified for each dance.

TR 44.00 Partners for Compulsory Dance Tests

- TR 44.01** Each candidate shall select a partner where appropriate in accordance with the provisions of these rules, including the specific rules for each test. A different partner may, if the candidate so desires, be selected for each individual dance taken.
 - A. It is preferred that a couple be composed of a lady and a man. However, compulsory dance tests may be taken with a same gender partner, provided that the partner is the test skater’s same gender coach.
- TR 44.02** Partners for all compulsory dance tests may be selected from dancers without regard to dance test accomplishments or eligibility status.

TR 45.00 Solo Dance Track Test Requirements

- TR 45.01** Skaters may take solo dance track tests at the level that they have completed in the partnered tests or they may go back to the beginning of the solo dance track tests
- TR 45.02** Solo dance track tests require the same number of patterns as TR 43.05 A (1–3).

TR 46.00 Marking of Compulsory Dance Tests

- TR 46.01** The following must be observed during the skating of compulsory dances:
 - A. **Technique:**
 - 1. **Accuracy:** The steps, dance positions, timing and movement of the dances must be in accordance with the dance diagrams and descriptions. Subject to general conformity with the basic requirements, some latitude is given to allow a couple to demonstrate their own individual style. This is usually accomplished by the use of a variety of arm and/or leg movements. Footwork must be neat and deep edges should be skated with speed and flow. Obvious two-footed skating must be avoided. On chassés and progressives the feet should be lifted as small a distance from the ice as is consistent with the making of a clean stroke. The skater must carry the weight over the skating foot.
 - 2. **Placement:** The steps of the dances must be skated in accordance with the dance diagrams and descriptions. Maximum utilization of the ice surface is desirable, which requires deep edges and good flow. There should be no apparent struggle for speed. Ice coverage

must not be obtained by the use of flat or shallow edges. In a regulation-size arena (100 x 200 ft.) for compulsory dances, the couples may not cross the center line of the rink. In arenas less than regulation size, the couple may cross the center line proportionally to the width of the ice surface.

3. **Style:** Carriage should be upright but not stiff with the head up. All actions should be easy and flowing. Speed should not be obtained at the expense of good style. The knee of the skating leg should be flexible with a rhythmic rise and fall. The free leg and foot should be turned out and extended with the knee slightly relaxed and the toe pointed downward.
4. **Unison:** The dance couple should skate as close together as possible, with their movements in unison without apparent effort. The dance holds should be firm and the fingers neither spread nor clenched. Dance positions must be in accordance with the dance descriptions. Arm and hand movements or positions which differ from those specified in the descriptions of the required dance holds are permitted provided that the leading hand of the man remains in the prescribed position. Should a couple be completely out of position, it should be reflected in the marks awarded. The man should show his ability to lead and the lady to follow. Body movements such as leg swings, knee bends and lean should be equal. All movements and changes of position of a couple must be well-coordinated.

Note: The unison requirement does not apply to solo dance tests.

B. Timing/expression

1. **Timing:** The dances must be skated in strict time to the music with the start of the dance commencing with a major accent. All movement must be coordinated with the rhythm of the music so that all steps are completed without any break in continuity.
2. **Expression:** The dance must be skated smoothly and rhythmically with the character of the music being correctly interpreted. Such interpretation shall be shown by variations in the execution of the dance movements which reflect the patterns in the music. The overall effect should be such that each compulsory dance has a distinct flavor.

TR 46.02 For all tests except the preliminary dance and solo dance track preliminary dance the following information is listed:

- A. Passing total: the total points which must be obtained for the test from an individual judge in order to obtain a “pass” from that judge.
- B. Passing average: the mark that, if obtained in each division of a test would result in a passing total for the test.

TR 46.03 Dance tests shall be marked as follows:

- A. Compulsory dance tests shall be marked by each judge for technique and timing/expression, each on a scale of 0 to 6 in accordance with TR 1.20 and TR 46.01. Each judge shall record marks for the divisions in each test. However, the marking of the preliminary and solo dance track preliminary dance tests by each judge shall be on the basis of “pass” or “retry.” A “pass” in each division is required to pass each preliminary and solo dance track preliminary dance test.

TR 46.04 When the candidate dances the required solo portion in the standard silver, pre-gold and gold dance tests, it is not necessary to record an additional set of marks. The purpose for the required solo at the silver level is to check the candidate’s knowledge of the steps and ability to keep time with the music. For the required solo at the pre-gold and gold levels, the judges shall note, in addition to those aspects of the silver solo, the ability to dance with such assurance as to give evidence of the dance expression and ability to keep an approximate pattern.

TR 46.05 RESERVED

TR 46.06 For adult tests, the candidate should display the same level of achievement in expression, carriage, unison, knowledge of the steps, correct edges, timing, rhythm and musical interpretation as expected from the standard candidate. A clear understanding of the correct pattern should be demonstrated, although a pattern that is slightly smaller than the one expected at the standard level is acceptable. Flow, speed, depth of edge, extension, and quality of turns should be at least equivalent to that of a standard candidate at one test level below.

TR 46.07 For masters tests, knowledge of steps and basic timing must equal that required of standard candidates for the level being tested. Although a large pattern is not required, the shape of the lobes and their relation to each other should be approximately correct. Expression must at least meet the standard for the level below. Strong development of extension, carriage, unison, flow/speed and depth of edge will not be demanded. However, basic balance, form and skating skills must be adequate to achieve comfortable performance of the required steps and partner positions at every level.

TR 47.00 Reskating a Compulsory Dance Test

TR 47.01 The judge-in-charge or a majority of the panel may require candidates to reskate any dance for which they have just been judged with the same or another partner after a suitable rest period. The judge-in-charge shall appoint a new partner without regard to test or eligibility status but subject to the provisions of TR 7.04. The reskate must be skated in the same session at which the test was given. See also TR 47.03. If the test in question is a solo dance track test, the judge-in-charge or a majority of the panel may ask for a reskate of the solo dance track test.

TR 47.02 If a candidate is required to perform additional patterns of a dance, either with the same or another partner (see TR 47.01) on the required solo or the solo dance track tests, the judge-in-charge shall request the candidate to dance two patterns of the dance after such period of rest as the judge-in-charge shall determine.

TR 47.03 When a solo is required in a dance test and the judge-in-charge requests the candidate to skate with the same or a different partner, the solo shall take place immediately after the candidate has skated with the original partner.

TR 49.00 Schedule of Compulsory Dance Tests

TR 49.01 Preliminary Dance Test and Solo Preliminary Dance Test

The purpose of this test is to encourage beginning dancers to learn the fundamentals of dancing. No great degree of technical ability, expression, carriage, unison or flow is expected. The candidate must show knowledge of the steps, fairly good edges, ability to keep time with the music and some evidence of good form. Unison does not apply to the solo dance track test. The test is marked only “pass” or “retry” in each division and in the final result. No numerical marks are awarded. If any one division is marked “retry” by a judge, the final result must also be marked “retry” by that judge. To pass the test, a majority of the judges must award a “pass” in the final result.

■DANCES: Dutch Waltz , Canasta Tango, Rhythm Blues.

Technique	Timing/Expression	Result
Pass or retry	Pass or retry	Pass or retry

Judging panel required: Standard and solo dance track tests — One or three bronze or higher rank dance judges.

TR 49.02 Pre-Bronze Dance Test: Standard, Adult, Masters and all Solos

The candidate must demonstrate knowledge of the steps and correct timing of the dance. Attention should be given to depth of edges and proper curvature of lobes, although complete accuracy is not expected. The dance should be skated with some degree of expression. (For masters and adult categories, see TR 46.06 and TR 46.07.)

■DANCES: Swing Dance, Cha Cha, Fiesta Tango.

	Technique	Timing/Expression	Total
Standard Passing average	2.5	2.5	5.0
Masters Passing average	2.3	2.3	4.6
Adult Passing average	2.4	2.4	4.8

Judging panel required: Standard, adult and masters — Three bronze or higher rank dance judges; or one silver or higher rank dance judge. Solo dance track tests — One or three bronze or higher rank dance judge(s).

TR 49.03 Bronze Dance Test: Standard, Adult, Masters and all Solos

The fundamentals of dancing must be demonstrated but need not necessarily be mastered. Correct steps and turns, accurate basic timing, good edges and flow on at least the easy parts of the dances, erect carriage and a reasonably well placed pattern are required. Little expression, some difficulty with the hard parts of the dances and little attention to the details of unison are expected. Unison does not apply to the solo dance track test. (For masters and adult categories see TR 46.06 and TR 46.07.)

■DANCES: Hickory Hoedown, Willow Waltz, Ten-Fox.

	Technique	Timing/Expression	Total
Standard Passing average	2.7	2.7	5.4
Masters Passing average	2.4	2.4	4.8
Adult Passing average	2.6	2.6	5.2

Judging panel required: Standard, adult and masters — Three bronze or higher rank dance judges. Solo dance track tests — One or three bronze or higher rank dance judge(s).

TR 49.04 Pre-Silver Dance Test: Standard, Adult, Masters and all Solos

The candidate must dance the correct steps and turns on strong edges, in good form, in good rhythm and with some degree of expression and partner unison. It is not expected that all details will be well-done, but no consistent major errors should be evident. Unison does not apply to the solo dance track test. (For masters and adult categories, see TR 46.06 and TR 46.07.)

■DANCES: Fourteenstep, European Waltz, Foxtrot.

	Technique	Timing/Expression	Total
Standard Passing average	3.0	3.0	6.0
Masters Passing average	2.6	2.6	5.2
Adult Passing average	2.8	2.8	5.6

Judging panel required: Standard, adult and masters — Three bronze or higher rank dance judges. Solo dance track tests — One or three bronze or higher rank dance judge(s).

TR 49.05 Silver Dance Test: Standard, Adult, Masters and all Solos

The candidate must give a performance that is, generally, good. Strong, true edges, good rhythm, smooth turns, correct carriage and effortless flow are expected. Musical interpretation and unison should be moderately good. The solo (not required in the adult test or masters test) at this level is required only to observe the candidate's knowledge of the steps and ability to keep time with the music. Unison does not apply to the solo dance track test. (For masters and adult categories, see TR 46.06 and TR 46.07.)

■DANCES: American Waltz, Tango, Rocker Foxtrot.

	Technique	Timing/Expression	Total
Standard Passing average	3.5	3.5	7.0
Masters Passing average	2.8	2.8	5.6
Adult Passing average	3.2	3.2	6.4

Judging panel required: Standard, adult and masters — Three silver or higher rank dance judges. Solo dance track tests — One or three silver or higher rank dance judge(s).

TR 49.06 Pre-Gold Dance Test: Standard, Adult, Masters and all Solos

The candidate must give a performance that is, generally, very good. Basic timing must be nearly faultless, body motions well timed, flow, unison and musical interpretation very good. No major errors and no consistent error of any kind should be evidenced, but occasional faults may be expected. In the solo (not required in the adult test or masters test), the candidate must not only demonstrate knowledge of the steps and ability to keep time to the music, but also an ability to dance with such assurance as to give evidence of dance expression and the ability to keep to an approximate pattern. Unison does not apply to the solo dance track test. (For masters and adult categories, see TR 46.06 and TR 46.07.)

■DANCES: Kilian, Blues, Paso Doble, Starlight Waltz.

	Technique	Timing/Expression	Total
Standard Passing average	4.0	4.0	8.0
Masters Passing average	3.2	3.2	6.4
Adult Passing average	3.7	3.7	7.4

Judging panel required: Standard, adult and masters — Three silver or higher rank dance judges. Solo dance track tests — One or three silver or higher rank dance judge(s).

TR 49.07 Gold Dance Test: Standard, Adult, Masters and all Solos

The candidate must give a performance that is excellent in all respects. Absolute perfection is not expected; however, only a very limited amount of error will be acceptable. In the solo (not required in the adult test or masters test), the candidate must demonstrate the same degree of skill when skating solo as with a partner. Unison does not apply to the solo dance track test. (For masters and adult categories, see TR 46.06 and TR 46.07.)

■DANCES: Viennese Waltz, Westminster Waltz, Quickstep, Argentine Tango

	Technique	Timing/Expression	Total
Standard Passing average	4.5	4.5	9.0
Masters Passing average	3.7	3.7	7.4
Adult Passing average	4.2	4.2	8.4

Judging panel required: Standard, adult and masters — Three gold dance judges. Solo dance track tests — One or three gold dance judge(s).

TR 49.08 International Dance Test: Standard, Adult and Masters

The candidate must give a superior performance displaying accurate timing, appropriate style and expression, excellent unison and precise technique. While absolute perfection is not required, the candidate will be expected to give a performance of very high quality and only a limited amount of error will be acceptable. (For masters and adult categories, see TR 46.06 and TR 46.07.)

■DANCES: Austrian Waltz, Cha Cha Congelado, Finnstep, Golden Waltz, Midnight Blues, Ravensburger Waltz, Rhumba, Silver Samba, Tango Romantica and Yankee Polka

	Technique	Timing/Expression	Total
Standard Passing average	4.8	4.8	9.6
Masters Passing average	4.2	4.2	8.4
Adult Passing average	4.5	4.5	9.0

Judging panel required: Standard, adult and masters — Three gold dance test judges who are certified to judge international dance tests.

Free Dance Tests**TR 50.00 Classification of Free Dance Tests**

TR 50.01 The standard free dance tests are divided into five classes to be taken in the following order, except as provided in TR 50.01 (C), below:

Free dance test

Juvenile free dance
Intermediate free dance
Novice free dance
Junior free dance
Senior free dance

Prerequisite

Complete preliminary dance test
Complete bronze compulsory dance and juvenile free dance test
Complete pre-silver compulsory dance test and intermediate free dance test
Complete silver compulsory dance test and novice free dance test
Complete gold compulsory dance test and junior free dance test

- A. Any free dance test may be taken only after the candidate has completed the required prerequisite compulsory dance test (standard or adult) and free dance test as shown above. No free dance test is a prerequisite to any compulsory dance test.
- B. A candidate who completed the preliminary free dance test and no higher prior to Sept. 2, 2000, may bypass the juvenile free dance test and continue with the intermediate free dance test.
- C. A candidate who has completed the prerequisite compulsory dances per TR 50.01 may bypass the lower level free dance test and begin their free dance testing at the novice free dance test or higher. In the case of a skater who has already begun free dance testing but wishes to test at a level that is both higher than intermediate and more than one level higher than the highest free dance test they have passed, the skater may bypass those lower free dance tests. Test requirements remain unchanged for competition eligibility.

TR 50.02 The adult and masters free dance tests are divided into four classes each to be taken in the following order, except as otherwise provided herein.

Free dance test

Adult pre-bronze free dance
Adult bronze free dance
Adult silver free dance
Adult gold free dance
Masters pre-bronze free dance
Masters bronze free dance
Masters silver free dance
Masters gold free dance

Prerequisite

Complete preliminary dance test
Adult pre-bronze free dance test plus one bronze dance (standard or adult)
Adult bronze free dance test plus one pre-silver dance (standard or adult)
Adult silver free dance test plus one pre-gold dance (standard or adult)
Complete preliminary dance test
Masters or adult pre-bronze free dance test plus one bronze dance (standard, adult or masters)
Masters or adult bronze free dance test plus one pre-silver dance (standard, adult or masters)
Masters or adult silver free dance test plus one pre-gold dance (standard, adult or masters)

- A. Any adult or masters free dance test may be taken only after the candidate has completed the required prerequisite compulsory dance test (standard, adult or masters) and free dance test as shown above. No free dance test is a prerequisite to any compulsory dance test.
- B. Adult/masters skaters who have passed standard track free dance tests and/or the standard track free dance tests at the masters passing average may enter the adult/masters free dance structure as indicated below without taking the lower level adult/masters free dance tests. The skater is not relieved from any requirements related to the compulsory dances tests.

Standard free dance test passed

Juvenile free dance (or preliminary free dance) and no higher prior to September 2, 2000)

May test the adult/masters level

Adult or masters silver free dance

Intermediate free dance or higher

Adult or masters gold free dance

- C. To qualify for any masters free dance test, the candidate must be 50 years of age or older and must have passed the preceding dance test, masters or adult. To qualify for any adult free dance test, the candidate must be 21 years of age or older and must have passed the preceding adult free dance test. The passing of a lower level masters free dance test does not qualify the candidate to take the next higher level adult free dance test.

TR 51.00 Requirements for Free Dance Tests

TR 51.01 For free dance testing, a couple must be composed of a lady and a man.

TR 51.02 All free dance tests shall be danced as a couple and shall “pass” or be marked “retry” as a couple. A partner in such tests who has already passed the test being tried shall not be affected if a subsequent attempt of the same test with a different partner has been marked “retry.”

TR 51.03 In order to pass a test, a candidate shall have received a passing total or a “pass” for the entire test from a majority of the judges.

TR 51.04 Partners for free dance tests may be selected from dancers without regard to their eligibility status or dance test accomplishments.

TR 51.05 All free dance tests are governed by the following: Basic Dance Rules (4210), Music (4220), Free Dance Rules-General Requirements (4271), Illegal Elements/Movements (4272) and the Dance Glossary.

TR 51.06 The technical requirements for all free dance tests are described in TR 54.00. In the event of a substantive change to any required technical element(s), by the ISU Dance Technical Committee, the chair of the Dance Committee shall revise the affected free dance test(s) to include such change(s) as soon as practical. The chair also will issue notification of such change to U.S. Figure Skating and to the chairs of the Judges, Rules and Tests Committees. U.S. Figure Skating shall post the change on the U.S. Figure Skating web site and ensure test forms are modified accordingly.

TR 52.00 Marking of Free Dance Tests

TR 52.01 Free dance tests shall be marked by each judge for technical merit and presentation on a scale from 0 to 6 in accordance with TR 1.20 and TR 1.21.

TR 52.02 For all free dance tests except the adult/masters pre-bronze free dance test, the following information is listed:

A. Passing total: the total points which must be obtained for the test from an individual judge in order to obtain a “pass” from that judge.

B. Passing average: the mark that, if obtained in each division of a test, would result in a passing total for the test.

TR 52.03 In a free dance test, a fall or other error(s) in a required element does not indicate a mandatory retry of the test.

TR 52.04 Requirements for Passing Free Dance Tests

In order for a free dance test to pass, no serious errors following reskated elements (see TR 53.50) as defined below may be present. However, if only one serious error is present after the test has been skated, judges may have the option of using the second mark, if warranted, to pass the test or of requesting a reskate.

A. Serious errors for free dance tests are:

1. All required elements:

a. Omission of a required element

b. A fall or stumble entering into or during a required element causing any portion of the element to be missing or the element not to be completed

c. A touchdown of the free foot or hand needed to save the skater from falling

2. Lifts

a. Collapse of a lift

b. Lift fails to go up

c. Incorrect type of lift

d. Same type of lift repeated

3. Spins:

a. Collapse of a spin

b. Execution on two feet by test candidate(s) upon entering the spin or after the commencement of the spin

c. Fewer than required rotations if short by 1 or more rotations

d. Unequal number of rotations (greater than 1 rotation)

e. Re-centers spin completely (combination spin)

4. Synchronized Twizzles:

- a. Unequal number of rotations; greater than 1 rotation
- b. Execution of turn incorrect (junior and above)

Note: Item b.) provides acknowledgement that twizzles are a developmental element. Juvenile and intermediate competitors are not always competent with these turns. We would be over penalizing a test skater by asking for proficiency of a turn that is probably too early in their development to master.

5. Step Sequences:

- a. Pattern incomplete

6. A serious error by the testing and/or non-testing partner requires a reskate of the element by both partners

B. Quality errors for free dance tests not necessitating failure are:

- 1. Awkward pose(s) within lift or spin
- 2. Speed lacking or diminishing within element(s)
- 3. Little variety in dance holds (taking into consideration test level)
- 4. More than three steps in between synchronized twizzles
- 5. Incidental touchdown of free foot during spin or twizzle
- 6. Fewer than required number of rotations in spin if less than 1 revolution
- 7. Unequal number of rotations within a spin if less than 1 revolution
- 8. Unequal number of rotations during a twizzle if less than 1 rotation
- 9. Execution of twizzle incorrect (novice and below)

C. Illegal element(s) – An illegal element is not grounds for a test to fail. However, if there is a predominance of illegal elements within a free dance test, the judge is required to determine if the program meets the definition of a free dance or is more closely aligned to a pairs, adagio or exhibition program.

TR 53.50 Reskating of Any Element of a Free Dance Test

TR 53.51 At the completion of any free dance test and before any other test is conducted, the judge-in-charge shall ask the other two judges individually if they wish any required element reskated before the judges turn in their marking sheets. Should the judges wish a reskate, they shall indicate to the judge-in-charge what they wish reskated. This shall be done privately without conference. If a majority of the panel requests a reskate, the judge-in-charge will direct the skater to reskate the agreed-upon element. If the judges wish a reskate and do not agree on which element(s) to reskate, the judge-in-charge shall decide. A brief rest and warm-up period is permitted before the reskate is performed.

- A. After a free dance test, up to two different elements may be reskated.
- B. Upon a request for a reskate, the dance couple may choose to complete any element that fulfills the stated requirement.
- C. A couple that omitted or substituted for a required element in the test may use one of their reskates to fulfill the stated requirement.

TR 54.00 Schedule of Free Dance Tests

TR 54.01 Juvenile Free Dance Test

The purpose of this test is to encourage beginning dancers to learn the fundamentals of free dance. The use of varied dance positions and holds to be included are Kilian, Foxtrot (open), Waltz (closed), cross arm. In addition, basic maneuvers such as layover/drape, pull through legs, side pull, front drop and other original dance moves may be used. A juvenile free dance must include the following required elements:

Lifts: One to two different types of short lifts (not to exceed six seconds), but no more, from the following: stationary lift, straight line lift, curve lift or rotational lift. Long lifts (not to exceed 12 seconds) of the following types are not allowed: reverse rotational lift, serpentine lift or combination lift.

Spins: One dance spin but no more selected from the following types:

Spin: Minimum **3** revolutions on one foot for each partner;

Spin Combination: Minimum **3** revolutions on one foot for each partner for each part of the spin. There is allowed up to one-half rotation on two feet while changing to the other foot simultaneously by each partner.

Step Sequence: One sequence from the following list: circular, midline and diagonal fully covering the ice. The sequence should include a variety of steps and turns and must include three-turns and Mohawks executed by both partners;

Synchronized Twizzles: One synchronized twizzle, minimum 1 revolution by both partners.

Duration: 2:15 +/-10

Passing total: 6.0

Passing average: 3.0

Judging panel required: Three bronze or higher rank dance judges; or one silver or higher rank dance judge.

TR 54.02 Intermediate Free Dance Test

General requirements outlined for the bronze compulsory dance test apply equally to the intermediate free dance test. The program presented must conform to the rules for free dance. The program should display fairly good edges and some evidence of good form. An intermediate free dance program must include the following required elements:

Lifts: Two different types of short lifts (not to exceed six seconds), but no more, selected from the following: stationary lift, straight line lift, curve lift or rotational lift. Long lifts (not to exceed 12 seconds) are not allowed. They are reverse rotational lift, serpentine lift or combination lift.

Spins: One dance spin but no more selected from the following types:

Spin: Minimum **3** revolutions on one foot for each partner;

Spin Combination: Minimum **3** revolutions on one foot for each partner for each part of the spin. There is allowed up to one-half rotation on two feet while changing to the other foot simultaneously by each partner.

Step Sequence: One sequence from the following list: circular, midline and diagonal fully covering the ice. The sequence should include a variety of steps and turns and must include three-turns, mohawks and brackets executed by both partners;

Synchronized Twizzles: One synchronized twizzle, minimum 1 revolution by both partners.

Duration: 2:30 +/-10

Passing total: 6.4

Passing average: 3.2

Judging panel required: Three bronze or higher rank dance judges, or one silver or higher rank dance judge.

TR 54.03 Novice Free Dance Test

General requirements outlined for the pre-silver compulsory dance test apply equally to the novice free dance test. The program presented must conform to the rules for free dance. While technically a basic program demonstrating fundamental dance moves, it should have moderately good edges and flow, good timing, some expression and display moderately good form and unison. A refined presentation is not expected. A novice free dance program must include the following required elements:

Lifts: Three different types of lifts, but no more. A maximum of one long lift (not to exceed 12 seconds) is allowed and can be chosen from the following: reverse rotational lift, serpentine lift or combination lift. The remaining lifts are to be selected from the list of short lifts (not to exceed six seconds). They are stationary lift, straight line lift, curve lift or rotational lift.

Spins: One dance spin but no more selected from the following types:

Spin: Minimum 3 revolutions on one foot for each partner;

Spin Combination: Minimum 3 revolutions on one foot for each partner for each part of the spin. There is allowed up to one-half rotation on two feet while changing to the other foot simultaneously by each partner.

Step Sequence: One sequence from the following list: circular, midline, diagonal, or serpentine fully covering the ice. The sequence should include a variety of steps and turns and must include three-turns, mohawks, brackets and counters executed by both partners;

Synchronized Twizzles: One set of synchronized twizzles, minimum 2 revolutions each twizzle by both partners.

Duration: 3:00 +/-10

Passing total: 7.0

Passing average: 3.5

Judging panel required: Three bronze or higher rank dance judges.

TR 54.04 Junior Free Dance Test

General requirements outlined for the silver compulsory dance test apply equally to the junior free dance test. The program presented must conform to the rules set forth for free dance. It must be moderately difficult, contain a good variety of movements, and be well composed and well placed on the ice surface. A junior free dance program must include the following required elements:

Lifts: Three different types of lifts, but no more. A maximum of one long lift (not to exceed 12 seconds) is allowed and can be chosen from the following: reverse rotational lift, serpentine lift or combination lift. The remaining lifts are to be selected from the list of short lifts (not to exceed six seconds). They are stationary lift, straight line lift, curve lift or rotational lift.

Spins: One dance spin but no more selected from the following types:

Spin: Minimum 3 revolutions on one foot for each partner;

Spin Combination: Minimum 3 revolutions on one foot for each partner for each part of the spin. There is allowed up to one-half rotation on two feet while changing to the other foot simultaneously by each partner.

Step Sequence: Two different types of sequences from the following list: circular, midline, diagonal, serpentine or not touching midline (without sequential twizzles) fully covering the ice. The sequence should include a variety of steps and turns and must include brackets, counters, rockers and choctaws executed by both partners;

Synchronized Twizzles: One set of synchronized twizzles, minimum 2 revolutions each twizzle by both partners.

Duration: 3:30 +/-10

Passing total: 8.0

Passing average: 4.0

Judging panel required: Three silver or higher rank dance judges.

TR 54.05 Senior Free Dance Test

General requirements outlined for the gold compulsory dance test apply equally to the senior free dance test. The program presented must conform to the rules set forth for free dance. It must be difficult, varied and display originality. Choreography, expression and utilization of space must be excellent. A senior free dance test must include the following required elements:

Lifts: Four different types of lifts. A fifth optional lift is permissible but not required and will be considered in the presentation mark. A maximum of two long lifts (not to exceed 12 seconds) are allowed and can be chosen from the following: reverse rotational lift, serpentine lift or combination lift. The remaining lifts are to be selected from the list of short lifts (not to exceed six seconds). They are stationary lift, straight line lift, curve lift or rotational Lift.

Spins: One or two dance spins but no more selected from the following types:

Spin: Minimum 3 revolutions on one foot for each partner;

Spin Combination: Minimum 3 revolutions on one foot for each partner for each part of the spin. There is allowed up to one-half rotation on two feet while changing to the other foot simultaneously by each partner.

Note: If more than one spin is executed, it must be different than the first. So if the first spin is a combination spin, then the second spin must be a dance spin. The same logic follows with the spins being executed in opposite order.

Step Sequence: Two different types of sequences from the following list: circular, midline, diagonal, serpentine or not touching midline (without sequential twizzles) fully covering the ice. The sequence should include a variety of steps and turns and must include brackets, counters, rockers, choctaws and twizzles executed by both partners;

Synchronized Twizzles: One or two sets of synchronized twizzles but no more. If more than one set is executed, the second set must be different than the first set. Minimum 2 revolutions each twizzle by each partner.

Duration: 4:00 +/-10

Passing total: 9.0

Passing average: 4.5

Judging panel required: Three gold dance judges.

TR 54.06 Adult Pre-Bronze Free Dance Test and Masters Pre-Bronze Free Dance Test

The adult and masters pre-bronze free dance tests serve as an introduction to the fundamentals of free dance. The free dance should incorporate a variety of holds, steps and turns from the preliminary and pre-bronze compulsory dance tests. Original dance holds and maneuvers are permitted. General requirements outlined for the preliminary compulsory dance test apply equally to the adult and masters pre-bronze free dance tests. The couple must demonstrate a basic knowledge of the following two required elements:

Spin: One dance spin (hold and position optional) with a minimum of 2 revolutions. Either one or both partners may be on two feet.

Step sequence: A diagonal step sequence in dance hold covering at least one-half of the ice surface. The sequence should include a variety of steps and turns and must include three-turns and mohawks executed by both partners.

Extra elements may be added without penalty.

The test is marked only “pass” or “retry” in each division and in the final result. No numerical marks are awarded. If any one division is marked “retry” by a judge, the final result must also be marked “retry” by that judge. To pass the test a majority of the judges must award a “pass” in the final result.

Duration: Not to exceed 1:40. Vocals permitted.

Judging panel required: Three bronze or higher rank dance judges; or one silver or higher rank dance judge.

TR 54.07 Adult Bronze Free Dance Test and Masters Bronze Free Dance Test

General requirements outlined for the standard and masters bronze compulsory dance test apply equally to the adult and masters bronze free dance test, respectively. The program presented must conform to the rules for free dance. The free dance should incorporate a variety of holds, steps and turns from the pre-bronze and bronze compulsory dance tests. Very basic unison and dance timing will be expected. Original dance holds and maneuvers are permitted. The couple must demonstrate fair knowledge of the following four required elements:

Spin: One dance spin (hold and position optional) with a minimum of 2 revolutions on one foot for each partner simultaneously;

Step Sequence: A diagonal step sequence in dance hold covering at least three quarters of the ice surface. The sequence should include a variety of steps and turns and must include three-turns and mohawks executed by both partners.

Two additional required elements are to be chosen from the following:

- a.) **Lift:** One short lift (not to exceed six seconds) from the following: stationary lift, straight line lift, curve lift or rotational lift. Long lifts (not to exceed 12 seconds) of the following types are not allowed: reverse rotational lift, serpentine lift or combination lift.;
- b.) **Circular step sequence** in dance hold(s). The sequence must be a complete circle utilizing the full width of the ice surface (on the short axis of the rink). The circle must be complete and closed;
- c.) **Twizzles:** Either synchronized twizzles or a series of synchronized twizzles, minimum 1 revolution by both partners simultaneously

Extra elements may be added without penalty.

Duration: Not to exceed 2:25. Vocals permitted.

	Passing Average	Passing Total
Adult	2.6	5.2
Masters	2.4	4.8

Judging panel required: Three bronze or higher rank dance judges; or one silver or higher rank dance judge.

TR 54.08 Adult Silver Free Dance Test and Masters Silver Free Dance Test

General requirements outlined for the adult and masters silver compulsory dance test apply equally to the adult and masters silver free dance test, respectively. The program presented must conform to the rules for free dance. The free dance should incorporate a variety of holds, steps and turns from the pre-silver and silver compulsory dance tests. Original dance holds and maneuvers are encouraged. While demonstrating fundamentals of basic ice dance, it should have fair to good edges and flow, good timing, some dance expression and display moderately good form and unison. A refined presentation is not expected. The couple must demonstrate fair to good knowledge of the following five required elements:

Spin: One dance spin selected from the following types:

- a.) **Spin:** Minimum 2 revolutions on one foot for each partner;
- b.) **Spin Combination:** Minimum 2 revolutions on one foot for each partner for each part of the spin. There is allowed up to one-half rotation on two feet while changing to the other foot simultaneously by each partner;

Step Sequence: A diagonal step sequence in dance hold fully utilizing the ice surface from corner to corner. The sequence should include a variety of steps and turns and must include three-turns and mohawks executed by both partners.

Three additional required elements are to be chosen from the following:

- a.) **Lifts:** One or two different types of short lifts (not to exceed six seconds), but no more from the following: stationary lift, straight line lift, curve lift or rotational lift. Long lifts (not to exceed 12 seconds) of the following types are not allowed: reverse rotational lift, serpentine lift or combination lift;
- b.) **Circular step sequence** in dance hold(s). The sequence must be a complete circle utilizing the full width of the ice surface (on the short axis of the rink). The circle must be closed and complete;
- c.) **Twizzles:** One or two twizzle elements, either synchronized twizzles or a series of synchronized twizzles, minimum 1 revolution by both partners simultaneously. If two twizzle elements are chosen, they must differ either in the number or direction of rotations and/or in the entry edge.

Extra elements may be added without penalty.

Duration: Not to exceed 2:40. Vocal music permitted.

	Passing Average	Passing Total:
Adult	3.2	6.4
Masters	2.8	5.6

Judging panel required: Three bronze or higher rank dance judges.

TR 54.09 Adult Gold Free Dance Test and Masters Gold Free Dance Test

General requirements outlined for the adult and masters gold compulsory dance test apply equally to the adult and masters gold free dance test, respectively. The program presented must conform to the rules for free dance. It must show difficulty with a variety of holds, steps and turns from the pre-gold and gold compulsory dances executed with some sophistication and confidence. Original dance holds and maneuvers are encouraged. Good dance timing, expression and unison should be demonstrated. Full ice utilization is expected. The couple must demonstrate good to excellent knowledge of the following six required elements:

Spin: One dance spin selected from the following types:

- a.) **Spin:** Minimum 3 revolutions on one foot for each partner;
- b.) **Spin Combination:** Minimum 3 revolutions on one foot for each partner for each part of the spin. There is allowed up to one-half rotation on two feet while changing to the other foot simultaneously by each partner.

Step Sequence: Circular step sequence, in dance hold(s). The sequence must be a complete circle utilizing the full width of the ice surface (on the short axis of the rink). The sequence should include a variety of steps and turns and must include three-turns, mohawks and brackets executed by both partners;

Synchronized Twizzles: Either synchronized twizzles or a series of synchronized twizzles, minimum 1 revolution by both partners simultaneously for each twizzle.

Three additional required elements are to be chosen from the following:

- a.) **Lifts:** One to three different types of lifts, but no more. A maximum of one long lift (not to exceed 12 seconds) is allowed and can be chosen from the following: reverse rotational lift, serpentine lift or combination lift. The remaining lifts are to be selected from the list of short lifts (not to exceed six seconds). They are stationary lift, straight line lift, curve lift or rotational lift. It is allowable to execute three short lifts only as long as they are of different types.
- b.) **Spin:** One additional dance spin, different type from the first performed, i.e., if the first was a combination spin, the second must not change feet or vice versa;
- c.) **Diagonal step sequence** in dance hold(s), fully utilizing ice surface as much as possible from corner to corner;
- d.) **Twizzle:** One additional twizzle element, either synchronized twizzles or a series of synchronized twizzles, minimum 1 revolution by both partners simultaneously. Must differ either in the number or direction of rotations and/or in the entry edge from the required twizzle element performed.

Extra elements may be added without penalty.

Duration: Not to exceed 3:10. Vocal music permitted.

	Passing Average	Passing Total
Adult	4.2	8.4
Masters	3.7	7.4

Judging panel required: Three silver or higher rank dance judges.

Computer Codes for Tests

MOVES IN THE FIELD	
Test	Code
Pre-Preliminary	PPM
Preliminary	PM
Pre-Juvenile	PJM
Juvenile	JM
Intermediate	IM
Novice	NM
Junior	JRM
Senior	SRM
Adult Pre-Bronze	APBM
Adult Bronze	ABM
Adult Silver	ASM
Adult Gold	AGM
FREE SKATE	
Test	Code
Pre-Preliminary	PPF
Preliminary	PF
Pre-Juvenile	PJF
Juvenile	JF
Intermediate	IF
Novice	NF
Junior	JRF
Senior	SPF
Adult Pre-Bronze	PBF
Adult Bronze	BFR
Adult Silver	SFR
Adult Gold	GFR
PAIRS	
Test	Code
Pre-Juvenile	PJVP
Juvenile	JVP
Intermediate	IPR
Novice	NPR
Junior	JPR
Senior	GPR
Adult Bronze	ABP
Adult Silver	ASP
Adult Gold	AGP

FREE DANCE	
Test	Code
Juvenile	JFD
Intermediate	IFD
Novice	NFD
Junior	JRFD
Senior	SRFD
Adult Pre-Bronze	APBFD
Adult Bronze	ABFD
Adult Silver	ASFD
Adult Gold	AGFD
Masters Pre-Bronze	MPBFD
Masters Bronze	MBFD
Masters Silver	MSFD
Masters Gold	MGFD
FIGURES	
Test	Code
Preliminary	PRE
First	1
Second	2
Third	3
Fourth	4
Fifth	5
Fifth part A or B	5A - 5B
Sixth	6
Sixth part A or B	6A - 6B
Seventh	7
Seventh part A or B	7A - 7B
Eighth	8
Eighth part A or B	8A - 8B
Adult Bronze	BFI
Adult Silver	SFI
Adult Gold	GFI

Computer Codes for Dance Tests

Category	Dance	Solo Track Code	Solo Track Code	Adult Code	Adult Solo Track Code	Masters Code	Masters Solo Track Code
Preliminary	Dutch Waltz	DW	ZDW	Use standard or solo dance track code			
	Canasta Tango	CT	ZCT				
	Rhythm Blues	RB	ZRB				
Pre Bronze	Swing Dance	SD	ZSD	ASD	AZSD	MSD	MZSD
	Cha Cha	CC	ZCC	ACC	AZCC	MCC	MZCC
	Fiesta Tango	FIT	ZFI	AFI	AZFI	MFI	MZFI
Bronze	Hickory Hoedown	HH	ZHH	AHH	AZHH	MHH	MZHH
	Willow Waltz	WIW	ZWI	AWI	AZWI	MWI	MZWI
	Ten Fox	TF	ZTF	ATF	AZTF	MTF	MZTF
Pre Silver	Fourteenstep	14S	Z14	A14	AZ14	M14	MZ14
	European Waltz	EW	ZEW	AEW	AZEW	MEW	MZEW
	Foxtrot	FT	ZFT	AFT	AZFT	MFT	MZFT
Silver	American Waltz	AW	ZAW	AAW	AZAW	MAW	MZAW
	Tango	T	ZT	AST	AZST	MST	MZST
	Rocker Foxtrot	RF	ZRF	ARF	AZRF	MRF	MZRF
Pre Gold	Kilian	K	ZK	AK	AZK	MK	MZK
	Blues	BL	ZBL	ABL	AZBL	MBL	MZBL
	Paso Doble	PD	ZPD	APD	AZPD	MPD	MZPD
	Starlight Waltz	SW	ZSW	ASW	AZSW	MSW	MZSW
Gold	Viennese Waltz	VW	ZVW	AVW	AZVW	MVW	MZVW
	Westminster Waltz	WW	ZWW	AWW	AZWW	MWW	MZWW
	Quickstep	QS	ZQS	AQS	AZQS	MQS	MZQS
	Argentine Tango	AT	ZAT	AAT	AZAT	MAT	MZAT
International	Austrian Waltz	AUS		AAU		MAU	
	Cha Cha Congelado	CON		ACO		MCO	
	Golden Waltz	GW		AGW		MGW	
	Midnight Blues	MB		AMB		MMB	
	Ravensburger Waltz	RW		ARW		MRW	
	Rhumba	R		AR		MR	
	Silver Samba	SAM		ASA		MSA	
	Tango Romantica	TR		ATR		MTR	
	Yankee Polka	YP		AYP		MYP	
	Finnstep	FS		AFS		MFS	

LIST OF JUMPS

Definitions:

Half revolution jump – any jump of one-half (180 degrees) revolution in the air
 Single jump – any jump of 1 or more, but less than 2, revolutions in the air
 Double jump – any jump of 2 or more, but less than 3, revolutions in the air
 Triple jump – any jump of 3 or more, but less than 4, revolutions in the air
 Quadruple jump – any jump of 4 or more, but less than 5, revolutions in the air

Comments:

f – forward

b – backward

o – outside

i – inside

T – rotation as in a 3-turn (natural rotation)

C – rotation as in a counter turn (counter rotation)

! – toe push

^ – split position in air

Description	Name	Code
fo ½ Tbo	Three jump (waltz jump)	-
fo 1 ½ Tbo	Axel	1A
fo 2 ½ Tbo	Double Axel	2A
fo 3 ½ Tbo	Triple Axel	3A
fo 1 ½ Tbi	One-foot Axel	1A
fo 2 ½ Tbi	Double one-foot Axel	2A
fi 1 ½ Tbo	Inside Axel	-
fi 2 ½ Tbo	Double Inside Axel	-
bi 1 Tbo	Salchow	1S
bi 2 Tbo	Double Salchow	2S
bi 3 Tbo	Triple Salchow	3S
bi 4 Tbo	Quadruple Salchow	4S
bi! ½ T!fi	Half Flip (half toe Salchow)	-
bi! 1 Tbo	Flip (toe Salchow)	1F
bi! 2 Tbo	Double flip (double toe Salchow)	2F
bi! 3 Tbo	Triple flip (triple toe Salchow)	3F
bi! 4 Tbo	Quadruple flip	4F
bo 1 Tbi	Half loop (Thoren)	-
bo 1 Tbo	Loop (Rittberger)	1Lo
bo 2 Tbo	Double loop	2Lo
bo 3 Tbo	Triple loop	3Lo
bo 4 Tbo	Quadruple loop	4Lo
bo! 1 Tbo	Toe loop	1T
bo! 2 Tbo	Double toe loop	2T
bo! 3 Tbo	Triple toe loop	3T
bo! 4 Tbo	Quadruple toe loop	4T
bi! ½ ^ T!fi	Split	-
bi! 1 ^ Tbo	Split flip (split toe Salchow)	1F
bo! 1 Cbo	Lutz	1Lz
bo! 2 Cbo	Double Lutz	2Lz
bo! 3 Cbo	Triple Lutz	3Lz
bo! 4 Cbo	Quadruple Lutz	4Lz
bo! 1 ^ Cbo	Split Lutz	1Lz
bo! 2 ^ Cbo	Split double Lutz	2Lz
bi 1 Cbo	Walley	-
bi! 1 Cbo	Toe Walley	1T
bi! 2 Cbo	Double toe Walley	2T
bi! 3 Cbo	Triple toe Walley	3T
bi! 4 Cbo	Quadruple toe Walley	4T

List of Pairs Lifts

Pairs lifts are organized into groups based on the hold positions of the partners at the beginning of the lifting motion. Lifts are typically named after the lady's solo jump takeoff and the hold position of the partners. The groups are arranged in ascending order of difficulty, however, Groups 3 and 4 are of the same difficulty. In any Group one hand hold may increase the difficulty of the lift.

<p>Group 1 Armpit hold position</p> <p>1Li</p>	<ul style="list-style-type: none"> • Lutz Lift • Flip Lift • Axel Lift 	<p>The man places one hand under one arm in the armpit of the lady. The lady may place her hand on the man's shoulder. The man holds the lady's other hand with one hand to assume the hold. The man may also support the lady with both his hands placed under both her armpits. The lady is lifted from a Lutz, flip, loop, Axel or toe jump takeoff. During the lift the lady may assume a simple split or cross split position, and she may release the hand on the shoulder or release both hands when supported under both armpits. Both partners should exit the lift on one foot.</p>
<p>Group 2 Waist hold position</p> <p>2Li</p>	<ul style="list-style-type: none"> • Waist Lift • Twist Lift 	<p>The waist loop lift begins with both partners skating backward. The man places both hands on the lady's waist and she places both hands on his wrists. The lady must take off in a loop jump position on one foot, but the lady's position in the air is free. Full extension of the man's lifting arms is not mandatory unless specified. Both partners should exit the lift on one foot. In the twist lift, the man places both hands on the lady's waist and she places both hands on his wrists. As the man lifts, the lady executes a flip/Lutz toe pick takeoff (twist lifts may also begin from an Axel or toe loop takeoff by the lady, but are less common). At the top of the lift, the lady completes a twist, rotating freely in air. While the lady is rotating, the man turns a half turn to catch the lady at the waist for an assisted landing. The lady's rotation may be preceded by a split and may include multiple revolutions. Both partners should exit the lift on one foot.</p>
<p>Group 3 Hand-to-hip position</p> <p>3Li</p>	<ul style="list-style-type: none"> • Cartwheel lift • Star/toe loop hip lift • Platter/swan lift/table top lift 	<p>Both partners begin the star and cartwheel lifts skating backward. The man places one hand on the lady's hip and holds the lady's opposite hand with his free hand. The lady's other hand is on the man's shoulder. The lady picks as in a toe loop jump and the man turns together with the lady. The lady may assume a stag, split or closed leg position. Unlike the star lift, a cartwheel lift consists of only a half rotation by both partners. Both partners should exit the lift on one foot. The platter lift begins with both partners facing each other. The man places his hands on the lady's hips, and the lady may place her hands on the man's wrists or shoulders. The lady must take off on one foot, and her full extension position should be arched or parallel to the ice. Both partners should exit the lift on one foot.</p>
<p>Group 4 Hand-to-hand position Press lift type</p> <p>4Li</p>	<ul style="list-style-type: none"> • Press lift • Loop press/back press 	<p>In the starting position the partners may face each other (press lift) or follow each other (loop press). Both hands of the man and lady are clasped. The lady must take off on one foot, but the lady's position in the air is free. There is no rotation on the part of the lady prior to the support position in hand-to-hand press type lifts. Both partners should exit the lift on one foot.</p>
<p>Group 5 Hand-to-hand position Lasso lift type</p> <p>5ALi 5SLi 5TLi 5RLi</p>	<ul style="list-style-type: none"> • Lasso/Axel (edge) lift • Step up lasso/step overhead lift • Toe lasso/tap overhead lift • Reverse lasso (backward edge) lift 	<p>The difference between hand-to-hand press lifts and hand-to-hand lasso type lifts is that in the press lifts there is no rotation of the lady on her way to the top, while in the lasso lifts the lady does rotate on the way up. There are four different entries into lasso type lifts: toe entry, step entry, Axel edge entry and reverse entry. Both partners should exit the lift on one foot. The toe entry, the step entry and the reverse lasso backward edge entry require a half rotation turn by the lady on takeoff. The Axel or "true" lasso lift requires a full rotation by the lady on the takeoff. Both partners should exit the lift on one foot.</p>

Clarification of "carries" in pairs free skating

Carry lift (senior and junior only):

- A carry lift consists of the simple carrying of a partner without rotation of the carried partner. Only one-half rotation by the man is allowed on the takeoff and/or exit of the carry.
- All holds in the carry lift are unrestricted.
- The carrying of one partner by the other on the back, shoulders or knees is allowed in the carry lift.
- The carry lift shall not be counted in the number of overhead lifts, nor does it count in the technical mark. It is assessed by the judges as a transition and receives no technical points.
- A carry lift does not need to be fully extended although most carries do have full extension.
- Carry lifts are unrestricted in number for the senior and junior pairs free skate program.
- Teams below the junior level are not allowed to perform carry lifts.

Carries in a lift (senior and junior only):

- "Carries in a lift" are lift elements which contain a carry. The lift must have a legal hold and must rotate according to the rules (the lady must rotate two times the man must rotate at least 1 revolution continuously, but not more than 3-1/2 revolutions in total).
- One of the maximum allowed three lifts in the junior or senior free skate may, at the option of the skaters, contain a carry, but no more than one.
- A carry in a lift may happen before the man rotates, in the middle of his rotations or at the end of the lift.
- While the carry in the lift may occur at any point in the lift, to receive consideration for enhanced difficulty, the carry portion of the lift should occur once the lift has reached full extension