

# U.S. FIGURE SKATING FREE SKATE TEST JUDGING FORM ADULT GOLD (GFR)



Candidate's Name \_\_\_\_\_ Member # \_\_\_\_\_

Candidate's Club \_\_\_\_\_

Host Club \_\_\_\_\_ Date \_\_\_\_\_

Expectations for this test reflect a passing average that aligns with the juvenile free skate test. The candidate must skate the selected elements (jumps, spins and connecting steps) on good edges, with good form, continuous flow, strength and preciseness. The candidate must also skate to the music and utilize the ice surface. As specified in rule 4570, the following elements are required:

REQUIRED ELEMENTS		EXECUTED	COMMENTS	
JUMP ELEMENTS (5)	<b>Four different single or allowable** double jumps</b> two of which must be chosen from single Lutz, single Axel, double toe loop or double Salchow*			
	<b>One two-jump or three-jump combination</b> including two jumps with at least one rotation			
SPINS (3)	<b>Three spins of a different character</b> - Minimum 4 revolutions on each foot for spin with change of foot - Minimum 4 revolutions total for spin with no change of foot			
	<b>One step sequence (may include moves in the field and spirals)</b> – must be visible and identifiable and use almost the full ice surface			
STEPS				
<b>Duration: 2:40 maximum</b> <b>Passing Average: 3.0</b> <b>Passing Total: 6.0</b>			<b>MARK</b>	
*May be performed as solo jumps, or as part of jump combinations or sequences, but no jump element may count for more than one of the jump requirements. **Allowable double jumps are double toe loop and double Salchow.  - Extra elements may be added without penalty. - Two different elements may be reskated, if necessary.			Technical Merit	
			Presentation	
			Total	
			PASS	RETRY

Judge's Signature \_\_\_\_\_ Member # \_\_\_\_\_

Judging Panel Required	Three-Judge Panel (test result determined by majority)	Single-Judge Panel
	Three bronze or higher rank singles test judges	N/A