

# U.S. FIGURE SKATING FREE DANCE JUDGING FORM ADULT AND MASTERS GOLD



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

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

2nd Candidate's Name \_\_\_\_\_ Member # \_\_\_\_\_

2nd Candidate's Club \_\_\_\_\_

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

**Test is (circle one):** Adult (AGFD) or Masters (MGFD)

General requirements outlined for the adult and masters gold pattern 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 pattern dances executed with some sophistication and confidence. Original dance holds and maneuvers are encouraged. Good dance timing, expression and unison should be demonstrated. Full utilization of the ice is expected. Duration: not to exceed 3:10.

	MARK	COMMENTS		
Technical Merit				
Presentation				
Total		Pass	Retry	

Passing Average: Adult 4.2 / Masters 3.7

Duration: not to exceed 3:10

Passing Total: Adult 8.4 / Masters 7.4

The couple must demonstrate good to excellent knowledge of the following six required elements:

- \_\_\_ **Spin:** One dance spin selected from the following types:  
*Spin:* Minimum 3 revolutions on 1 foot by each partner;  
*Spin Combination:* Minimum 3 revolutions on 1 foot by each partner for each part of the spin. There is allowed up to 1/2 rotation on 2 feet while changing to the other foot simultaneously by each partner.
- \_\_\_ **Step Sequence:** One 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 four types:**

- \_\_\_ \_\_\_ **Lift:** One to three different types of lifts, but no more. A maximum of 1 combination lift (maximum 12 seconds) is allowed and can be chosen from any combination lift. The remaining lifts are to be selected from the list of short lifts (maximum 7 seconds). Those are stationary, straight line, curve or rotational. It is allowable to execute 3 short lifts only if they are different types.
- \_\_\_ **Spin:** One additional dance spin, different type from 1st performed (i.e. if the 1st was a spin combination, the 2nd must not change feet, or vice versa)
- \_\_\_ **Diagonal Step Sequence** in dance hold(s), fully utilizing the ice surface as much as possible from corner to corner.
- \_\_\_ **Twizzles:** One additional twizzle element, either synchronized twizzles or a series of synchronize 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. Two different elements may be retried, if necessary.

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

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