

U.S. FIGURE SKATING MOVES IN THE FIELD JUDGING FORM PRELIMINARY (PM)



The purpose of this test is to continue the encouragement of beginning skaters to learn the fundamentals of ice skating. The candidates 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.

Candidate's Name _____ Member # _____

Candidate's Club _____

Host Club _____ Date _____

	MARK	COMMENTS		
Forward & Backward Crossovers Start with fwd crossovers in a figure 8 pattern-it is expected skater will perform transition between circles on one foot. 4-6 crossovers per circle are recommended. Upon completing forward figure 8, perform a swing roll & change of edge to an open mohawk in order to turn around and continue the figure 8 pattern with 4-6 backward crossovers per circle. Introductory steps are optional.		Focus: power		
Consecutive outside & inside spirals Rt & lft foot spirals. Outside edge spirals skated for first length of the arena. Optional fwd crossovers may be utilized at end of arena. Fwd inside edge spirals will be skated for second length of the arena. Exact number of spirals depends on size of arena and strength of skater. Minimum of 4 spirals down each length of arena. Extended leg should be at hip level or higher. Intro steps optional.		Focus: extension and edge quality		
Forward power three-turns Fwd outside 3-turns to a balance position followed by a bkwd crossover. 3-6 sets of 3-turns will be skated depending on length of ice. May begin move with rt or lft foot 3-turns. On second length of arena, 3-turns skated on the opposite foot. Intro steps & bkwd crossovers around end of arena are optional.		Focus: power		
Alternating forward three-turns From standing position, alternating fwd outside 3-turns for width of arena. Then fwd inside alternating 3-turns for second width of arena. Size of arena and strength of skater determines number of 3-turns skated. Move may start on either foot.		Focus: edge quality		
Forward circle 8 Begins w/ skater pushing from standing start onto a FO edge & completing one FO figure 8. Upon returning to center at completion of 2nd circle, a FI figure 8 by pushing onto FI, repeating previously skated circle. Circles should be equal in size & approx. 3 times skater's height. May mark center. Start on either foot		Focus: edge quality, continuous flow		
Alternating bkwd crossovers to bkwd outside edges Alternating bkwd crossovers to bkwd outside edges in consecutive 1/2 circles for one length of the rink. Four or five lobes should be skated. Introductory steps optional.		Focus: power, extension		
Total		<table border="1" style="width: 100%;"> <tr> <td style="width: 50%;">Pass</td> <td style="width: 50%;">Retry</td> </tr> </table>	Pass	Retry
Pass	Retry			

Passing Average 2.5

Passing Total 15.0

Only one element may be retried at the end of the test, if necessary.

Judge's Signature _____ Member # _____

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 judges who are certified to judge MIF tests.