

U.S. FIGURE SKATING FREE SKATE TEST JUDGING FORM JUNIOR (JRF)



Candidate's Name _____ Member # _____

Candidate's Club _____

Host Club _____ Date _____

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. As specified in rule 4210, the following elements are required:

REQUIRED ELEMENTS		EXECUTED	COMMENTS	
JUMP ELEMENTS (7)	One single, double or triple Axel*			
	Four different double, triple or quadruple jumps, one of which must be a double flip, double Lutz, triple or quadruple jump*			
	One two-jump or three-jump combination including two jumps with at least two rotations			
	One additional jump element must include at least one listed jump, which may be any single, double, triple or quad jump(s) and may be the same as a jump(s) already performed*			
	One spin combination with at least one change of position (minimum 10 revolutions)**			
SPINS (3)	One flying spin or spin with a flying entry (minimum 6 revolutions)**			
	One spin with only one position (minimum 6 revolutions)**			
	One step sequence – must be visible and identifiable and use almost the full ice surface			
STEPS			MARK	
Duration: 3:30 +/- 10 seconds Passing Average: 4.0 Passing Total: 8.0			Technical Merit	
*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. **All spins may have a flying entry and/or change feet and must be of a different character.			Presentation	
- Extra elements may be added without penalty. - Two different elements may be reskated, if necessary.			Total	
			PASS	RETRY

Judge's Signature _____ Member # _____

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