

Test Track 2009-10 (effective September 1, 2009)

Skaters may enter EITHER the new test track free skate program or the well-balanced track free skate program but **NOT** both during the same nonqualifying competition. Competitors will skate to music of their choice, vocal music permitted. The 6.0 judging system will be used for all Test Track events.

Deductions **WILL** be made for skaters including technical elements not permitted in the event description.

- from EACH mark for each technical element included that is not permitted in the event description.
- from the technical mark for each extra or lacking element.
- for any spin with less than required revolutions.

| LEVEL | Jumps | Spins | Steps | QUALIFICATIONS |
|---|--|--|---|---|
| Limited Beginner Time: 1:40 max | Jumps with not more than one-half rotation (front to back or back to front). Jump sequences are allowed. Maximum 5 jump elements. | Two upright spins, no change of foot (Min 3 revolutions) | Connecting moves and steps should be demonstrated throughout the program. | Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests |
| Beginner Time: 1:40 max | Jumps with not more than one-half rotation (front to back or back to front) Single rotation jumps: Salchow and toe loop only. Jump combinations and sequences are allowed. Maximum 5 jump elements. | Two upright spins, change of foot optional (Min 3 revolutions) | Connecting moves and steps should be demonstrated throughout the program. | Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests |
| Pre-Preliminary Test Time: 1:40 max | Jumps with not more than one rotation (no Axels). Jump combinations or sequences using only a waltz jump, toe loop, and Salchow are permitted. Maximum 5 jump elements. | Two spins held in one position only of a different nature, no change of foot (Min 3 revolutions and no flying spins) | Connecting moves and steps should be demonstrated throughout the program. | Skaters may not have passed tests higher than U.S. Figure Skating pre-preliminary free skate test |
| Preliminary Test Time: 1:30 +/- 10 | Jumps with not more than one rotation (no Axels). Jump combinations and sequences are allowed. Maximum 5 jump elements. | Two spins of a different nature, combination spins allowed (Min 3 revolutions each and no flying spins) | Connecting moves and steps should be demonstrated throughout the program. | Skaters must have passed at least the U.S. Figure Skating pre-preliminary free skate test but may not have passed tests higher than the preliminary free skate test |
| Pre-Juvenile Test Time: 2:00 +/-10 | Jumps with not more than one rotation (no Axels). Jump combinations and sequences are allowed. Maximum 5 jumping elements. | Three spins in any position (Min 3 revolutions), One must be a combination spin with change of foot optional (Min 3 revolutions on each foot or 6 total revolutions and no flying spins). | One step sequence straight line, circular, or serpentine fully utilizing ice surface. | Skaters must have passed at least the U.S. Figure Skating preliminary free skate test but may not have passed tests higher than pre-juvenile free skate test |

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| LEVEL | Jumps | Spins | Steps | QUALIFICATIONS |
|--|--|--|---|---|
| Juvenile Test Time: 2:15 +/-10 | Any single jumps and jump combinations with not more than 1 1/2 rotations. (Axel permitted). Maximum 6 jumping elements. | Three spins in any position (Min 4 revolutions) One must be a combination spin with one change of foot (Min 4 revolutions on each foot). May include flying spins. | One step sequence straight line, circular, or serpentine fully utilizing ice surface. | Skaters must have passed at least the U.S. Figure Skating pre-juvenile free skate test but may not have passed tests higher than juvenile free skate test |
| Intermediate Test Time: 2:30 +/-10 | Any single jumps. Double jumps may only be the double Salchow and double toe loop. Jump combinations and sequences allowed. Maximum 6 jumping elements. | Three spins in any position (Min 4 revolutions) One must be a combination spin with at least one change of foot (Min 4 revolutions on each foot). May include flying spins. | One step sequence straight line, circular, or serpentine fully utilizing ice surface. | Skaters must have passed at least the U.S. Figure Skating juvenile free skate test but may not have passed tests higher than intermediate free skate test |
| Novice Test Time: Ladies 3:00 +/-10 Men 3:30 +/-10 | Any single jumps. Double jumps may only be the double Salchow, double toe loop and double loop. Jump combinations and sequences allowed. Maximum 7 jumping elements for men and 6 for ladies. | Three spins in any position (Min 6 revolutions) One must be a combination spin with at least one change of foot (Min 5 revolutions on each foot). May include flying spins. | One step or spiral sequence (see rule 3660 for description). | Skaters must have passed at least the U.S. Figure Skating intermediate free skate test but may not have passed tests higher than novice free skate test |
| Junior Test Time: Ladies 3:30 +/-10 Men 4:00 +/-10 | Any single jumps. Double jumps may only be the double Salchow, double toe loop, double loop and double flip Jump combinations and sequences allowed. Maximum 8 jumping elements for men And 7 for ladies. | Three spins: One must be a spin in one position, one a flying spin, (6 revolutions each) one combination spin consisting of all three positions and one change of foot (Minimum 2 in each position and Minimum 5 revolutions on each foot). | One step sequence of advanced difficulty, covering the full ice surface. (See rule 3650 for description) | Skaters must have passed at least the U.S. Figure Skating novice free skate test but may not have passed tests higher than junior free skate test |
| Senior Test Time: Ladies 4:00 +/-10 Men 4:30 +/-10 | At least four different double jumps One must be a double Lutz. Jump combinations and sequences allowed. Maximum 8 jumping elements for men and 7 for ladies. | Three spins: One must be a spin in one position, one a flying spin, (6 revolutions each) one spin combination consisting of all three positions and one change of foot (Minimum 2 in each position and Minimum 5 revolutions on each foot). | Men: Two different step sequences. Ladies: One step sequence and one spiral sequence (see rule 3640 for description). | Skaters must have passed at least the U.S. Figure Skating junior free skate test |