

# U.S. FIGURE SKATING FREE DANCE JUDGING FORM NOVICE (NFD)



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

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

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

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

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

General requirements outlined for the pre-silver pattern dance test apply equally to the novice free dance test. The program presented must conform to the rules for free dance. While technically a basic program demonstrating fundamental dance moves, it should have good edges and flow, good timing, some expression and display good form and unison. A refined presentation is not expected.

	MARK	COMMENTS		
Technical Merit				
Presentation				
Total		Pass	Retry	

Passing Average 3.5

Duration: 3:00 +/- 10 sec

Passing Total 7.0

The following elements are required:

**LIFTS:** \_\_\_\_\_ Either one combination lift or two different types of short lifts (maximum 7 seconds), but no more. The combination lift (maximum 12 seconds) can be chosen from any combination lift. The short lifts (maximum 7 seconds) can be chosen from stationary, straight line, curve or rotational.

**SPINS:** \_\_\_\_\_ One dance spin, but no more, selected from the following types:  
**Spin:** Minimum three revolutions on one foot by each partner;  
**Spin Combination:** Minimum three revolutions on one foot by each partner for each part of the spin. There is allowed up to one-half rotation on two feet while changing to the other foot simultaneously by each partner.

**STEP SEQUENCE:**

- \_\_\_\_\_ One sequence (in hold) from the following: circular, midline, diagonal or serpentine. The sequence must fully cover the ice. It should include a variety of steps and turns and must include three-turns, mohawks, brackets and counters executed by both partners.
- \_\_\_\_\_ An additional step sequence (in hold or not touching) is permitted and may be performed before or after the required step sequence in hold.

**SYNCHRONIZED TWIZZLES:**

- \_\_\_\_\_ One combined set of synchronized twizzles, minimum two revolutions in each twizzle by both partners.

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 bronze or higher rank dance test judges	N/A