

**Test Refresh Q&A - Singles FS test elements aligned with WBP competition requirements**  
**Professional Skaters Association (PSA) webinar - 11/13/17 (updated 4/27/18)**

#	TOPIC	QUESTION	ANSWER
1	Jump Combinations - Added 4/27/18	Does a double flip, half loop, double Salchow meet the requirements on the novice free skate test for the two-jump or three-jump combination including two jumps with at least two rotations?	Yes. Per rule 4101 (B), a half-loop is considered as a listed jump with the value of a single loop when used in combinations/sequences, in between two listed jumps, for all levels. Also, the landing foot of the double flip is the take-off foot of the half-loop, and the landing foot of the half loop is the take-off foot of the double Salchow, keeping this within the definition of a jump combination (2F+1Lo+2S). The same is true if the third jump is a double flip (i.e. 2F+1Lo+2F). Also, the first jump can be any other double jump and it would still be a three-jump combination (for example: 2Lz+1Lo+2S or 2T+1Lo+1F). Although this question is about the novice free skate test, these definitions apply to any test that allows a three-jump combination.
2	Jump Combinations - Added 4/27/18	Why are we allowing skaters to do a three-jump combination such as double flip, half loop, double Salchow on tests, when the double/double combination has traditionally been one of the most challenging requirements.	Although the two double jumps do not immediately follow each other in a three-jump combination where a half-loop is the middle jump (such as 2F+1Lo+2S), this combination is equally difficult, as it is challenging to maintain enough flow through the half-loop to follow it with a strong double jump. These combinations are also important in the development of our skaters, as three-jump combinations with two triple jumps connected by a half-loop are very common in international competition at the highest levels and give skaters more options to maximize the number of triple jumps performed by allowing more flexibility in which two triple jumps they choose to repeat.
3	Jump Combinations - Added 4/27/18	Can a jump combination on a test contain two of the same jump, such as double toe loop, double toe loop (2T+2T) or single loop, single loop (1Lo+1Lo)?	Yes. Per rule 4101 (B), a jump combination may consist of the same jumps.

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4	Listed Jumps - Added 4/27/18	Can a walley be counted toward a required jump on a test where a single jump meets a requirement?	<p>No. In order to be counted as one of the required jumps, at least one listed jump must be included.</p> <p>Listed jumps are those listed in the Scale of Values - single, double, triple and quadruple Salchow, toe loop, loop, flip, Lutz and Axel - which is available on the U.S. Figure Skating website at <a href="http://www.usfigureskating.org/story?id=84109">http://www.usfigureskating.org/story?id=84109</a>.</p> <p>A list of jumps is also available on page 174 of the U.S. Figure Skating rulebook. Any element with a "-" in the "Code" column is a non-listed jump; except that half-loop is considered as a listed jump with the value of a single loop when used in combinations/sequences, in between two listed jumps, for all levels; and waltz jump, half flip and half Lutz would meet the requirements at levels where half jumps are allowed (pre-preliminary, preliminary, pre-juvenile, adult pre-bronze and adult bronze).</p>
5	*Required jumps may be performed as solo jumps, or as part of jump combinations or sequences.	For the intermediate free skate test, if skater does a single Axel +double toe-loop combination, does that count as two elements, an Axel and a double jump?	<p>No. Under Singles definitions in the Rulebook: Rule 4101 (p. 146) Jump element: An individual jump, a jump combination or a jump sequence. (Example: An individual jump is counted as one jump element; a jump combination is counted as one jump element; a jump sequence is counted as one jump element.)</p> <p>Therefore, a jump combination of a single Axel and double toe-loop (1A+2T) is one jump element and may count as meeting only one of the following jump element requirements:</p> <ul style="list-style-type: none"> <li>- single Axel,</li> <li>- double jump, or</li> <li>- jump combination - including at least one double jump</li> </ul> <p>If the skater does not perform another 1A in their test program, the 1A+2T jump element may be used for the 1A jump requirement. If the skater has a 1A jump element within their program and also performs a 1A+2T jump element, the 1A+2T jump element may be used for the required, "One two-jump or three-jump combination including at least one double jump or one triple jump." (Rule 4230, p. 159)</p> <p>Intermediate Free Skate Test form: <a href="http://www.usfigureskating.org/content/Intermediate-fs.pdf">http://www.usfigureskating.org/content/Intermediate-fs.pdf</a></p> <p>Note: Prior to 11/1/17, Free Skate test rules required some jumps to be performed as solo jumps, not in combination or sequence. Requirements for specific individual jumps may now be performed as solo jumps, or as part of the permitted jump combinations and sequences. The impetus for this change was to avoid taking extra ice time to reskate an element that the skater had successfully completed in their program. This also avoids the possibility of a serious error occurring on this reskated element, which would result in a mandatory 'Retry.'</p>

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6	*Required jumps may be performed as solo jumps, or as part of jump combinations or sequences.	In regards to not having to isolate a jump, will a double-double jump combination count for a double-double requirement, and one of the required double jumps? In other words, would a double-double jump combination fulfill two requirements	No. The double-double jump combination would only fulfill one jump element requirement - either a required jump combination or a required double jump. See answer above for additional information.
7	*Required jumps may be performed as solo jumps, or as part of jump combinations or sequences.	Can six jumps can be done in less than six jump elements since the required jumps can be done in combinations or sequences?	<p>No.</p> <p>Under Singles definitions in the Rulebook:            Rule 4101 (p. 146) Jump element: An individual jump, a jump combination or a jump sequence.            (Example: An individual jump is counted one jump element; a jump combination is counted as one jump element; a jump sequence is counted as one jump element.)</p> <p>Based on this definition, each jump element can only fill one “jump box” (i.e. jump requirement) on a test.</p> <p>The asterisk allowing “*Required jumps [to] be performed as solo jumps, or as part of jump combinations or sequences.” was added to avoid taking extra ice time to reskate an element that the skater had successfully completed in their program. This also avoids the possibility of a serious error occurring on this reskated element which would result in a mandatory ‘Retry.’</p>
8	Additional Jump Element	The Jr free used to have 3 doubles including the double flip. Can the double flip be used again in the additional double jump box?	<p>There are no specific requirements for additional jump elements (the remaining jump elements for meeting the listed number of jump elements per test level); therefore, they may include any number of rotations (within WBP requirements) and may be performed as a solo jump or as a jump combination/sequence.</p> <p>Following this Junior Free Skate test example, a second double flip may be used as a jump element to meet the number of jumps for the Junior Free Skate test (Ladies-7, Men-8). Repeated double jumps (both executed as solo jumps) are not restricted under Junior WBP requirements. (Rule 4210, p. 152)</p> <p>Junior Free Skate Test form:  <a href="http://www.usfigureskating.org/content/Junior-fs.pdf">http://www.usfigureskating.org/content/Junior-fs.pdf</a></p>

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9	Additional Jump Element	A novice skater takes a test and completes three doubles, a double-double combination and a single Axel. For the sixth element, the skater chooses a fourth double but lands on two feet. Will they have to reskate this element?	<p>Novice Ladies Free Skate test (rule 4220, pp. 156-57) — Jump elements (Ladies-6, Men-7)</p> <p>Double jump            Double jump            Double jump            Double jump + Double jump combination            Single Axel            [Additional jump element*] - Double jump (w/ two foot landing)</p> <p>The technical merit mark is the composite of the difficulty and quality of all elements (jumps, spins, step sequence) in reference to the expectations for the Novice Free Skate test. If the judge thinks the test meets the passing standard for the novice level, they do not need to request a reskate of this element (If only one serious error is present after the test has been skated, judges have the option of using the second (presentation) mark to pass the test, if warranted, or of requesting a reskate (TR 29.02, p 273), if necessary (effective through September 1, 2018).</p> <p><a href="http://www.usfigureskating.org/content/Novice-fs.pdf">http://www.usfigureskating.org/content/Novice-fs.pdf</a></p>
10	Jump element	My novice tester is very excited she won't have to test 2T. Is that going to be true? Or will the judges use a reskate to see that particular element?	<p>True. For the Novice Free Skate test, other than 'one single, double or triple Axel', the remaining jump elements are not specified by name ('Three different double or triple jumps*', 'One two-jump or three-jump combination including two jumps with at least two rotations'). Furthermore, per Rule TR 30.01 (B): "Upon a request for a reskate, the skater may choose to complete any element that fulfills the stated requirement."</p>

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11	Jump element - non-listed	Recently, a judge at a test session said that a stag may be considered as a required additional jump element on the junior free skate test. Is this true?	<p>This is not true.</p> <p>A stag is a 'non-listed jump' (rule 4101 E.) and a 'non-listed element' (rule 1071 (A)(1)(d), meaning that it is not included in the ISU Scale of Values.</p> <p>"Non-listed elements that are not otherwise illegal, must be evaluated as transitions/linking movements by the judges" (rule 1071 (A)(1)(d)) and therefore would not be a jump element.</p> <p>That being said, judges take the composite of the difficulty and quality of all elements - jumps, spins, step sequences - into consideration along with the overall presentation of the program. For this example, if a skater has clearly met the expectations for the Junior Free Skate test but has one serious error having omitted a required additional jump element, judges have the option of using the second (presentation) mark to pass the test, if warranted, or of requesting a reskate (TR 29.02, p 273), if necessary (effective through September 1, 2018).</p>
12	Jump repetition	If a skater falls on the single Axel but performs it successfully in a combination, the single Axel from the combination will then get credit. Is this correct?	<p>Correct. The single Axel will get credit as it was successfully performed in the jump combination*; yet by doing so, this jump element will not also give credit for a required jump combination.</p> <p><i>*Required jumps may be performed as solo jumps, or as part of jump combinations or sequences.</i></p> <p>The asterisk allowing "<i>*Required jumps [to] be performed as solo jumps, or as part of jump combinations or sequences.</i>" was added to avoid taking extra ice time to reskate an element that the skater had successfully completed in their program. This also avoids the possibility of a serious error occurring on this reskated element which would result in a mandatory 'Retry.'</p>
13	Jump repetition	At test sessions, can a skater repeat the same jump more than twice without penalty?	<p>In a Free Skate test, a skater may choose to repeat the same jump two or more times (possibly to successfully complete a required jump element); however, this has a negative effect on marking, as performing three or more of the same jump doesn't show variety.</p> <p>This concept is similar to competition rules (WBP - jump repeat restrictions (rule 4101 (D)(2)) if both executions of the same jump are as solo jumps (penalty of 70% of the second jump's original base value).</p>

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14	Jump repetition	There are restrictions on repeating jump elements on well-balanced programs. How will this affect tests?	<p>In a Free Skate test, a skater may choose to repeat the same jump two or more times (possibly to successfully complete a required jump element); however, this has a negative effect on marking, as performing three or more of the same jump doesn't show variety.</p> <p>This concept is similar to competition rules (WBP - jump repeat restrictions (rule 4101 (D)(2)) if both executions of the same jump are as solo jumps (penalty of 70% of the second jump's original base value).</p> <p><i>Note - in Free Skate tests, "Extra elements may be added without penalty" ('extra' elements are not 'repeated' elements).</i></p>
15	Jump repetition	I understand that no double jump can be repeated in a novice free skate, but in a novice test could a skater do a 2Lo+2Lo as their jump combination and a 2Lo as a solo double jump?	<p>WBP competition repeat restrictions (rule 4220, pp. 156-57):</p> <p>"There is no limit to the number of different double jumps that may be repeated, but no double or triple jump may be included more than twice."</p> <p>In competition, the third 2Lo (solo jump) would receive an asterisk; however, in test, the third 2Lo (solo jump) would be recognized. That said, performing three or more of the same jump does not show variety and has a negative effect on marking.</p>
17	Spin Revolutions - Added 4/27/18	I am unclear on the number of revolutions required for the spin combination in the juvenile free skate test	<p>Per rule 4240, the spin combination on the juvenile free skate test must have at least one change of position with a minimum of eight revolutions. This requirement pertains to the entirety of the spin. Per rule 4103, the minimum number of revolutions must be counted from the entry of the spin until its exit (except the final wind-up in spins in one position and flying spins). For example, if a skater does a forward camel into a forward sit spin into a forward upright, the total revolutions in those three positions combined must be at least eight.</p> <p>This same logic would apply to other levels and other spin elements. Please see question 17 (below) in this document for additional information on spin revolutions.</p>

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16	Spins	In tests where a spin combination is required, does each position need to have a minimum number of revolutions?	<p>Required combination spins on juvenile and pre-juvenile free skate tests do <u>not</u> require a specific number of revolutions in any position. The only requirement is for the total number of revolutions. The only reason to ask for a reskate or retry a test at these levels for a specific position not being held for enough revolutions in a spin combination is if the skater only attempts two positions, and one of those positions is not attained – which is a serious error (rule TR 29.02 (A)(8)).</p> <p>For intermediate and above free skate tests, well-balanced program rules do require a position to be held for a minimum of two revolutions to be counted. Failure to do so would still not constitute a serious error but could be reflected in the assessment of the quality of the element.</p>
18	Step Sequence	In a preliminary free skate test, is a step sequence required?	Yes. Effective 11/1/17, both the Pre-Preliminary and Preliminary Free Skate tests require a step sequence which must utilize one-half the ice surface (rule 4260, 4270, pp. 162-163).
19	Test: Pre-Preliminary FS	If the pre-preliminary free skate test is taken as an element test, can the judge instruct the skaters to perform specific spins?	No. The skater can perform any two spins they choose as long as they are different and must be given the option to choose which spins they would like to perform. The same would be true for the jump elements.
20	Test: Pre-Preliminary / Preliminary FS	In the preliminary free skate test, do you have to do a spin combination?	<p>No. For the Preliminary Free Skate test (rule 4260, p. 162), the two required spin elements must be of a different character, and both spins may change feet and/or positions and may start with a flying entry. Therefore, it is not required to have a change of foot or a change of position within either of the two required spins.</p> <p><i>If a skater performs a sit spin or a camel spin, the position must be recognizable but does NOT need to achieve a basic position as defined in rule 4103 (A).</i></p>
21	Test: Juvenile FS	Can a skater perform a forward sit / upright scratch spin as their combination spin?	<p>Yes. Rule 4240 (p. 160) - Spins:</p> <ul style="list-style-type: none"> <li>- “One must be a spin combination with at least one change of position and a minimum of eight revolutions”</li> <li>- “In the spin combination, the change of foot is optional”</li> </ul> <p>A change of position occurs between a sit and an upright. If there is a minimum of eight revolutions, this spin meets the requirements of a spin combination on the Juvenile Free Skate test (change of foot is optional).</p>

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22	Test: Junior FS	In the junior free skate test, for the flying spin with no change of foot or position, can a skater do a flying camel with 3 revolutions, then catch foot for 3 revolutions, or does it have to be 6 revolutions in camel position?	<p>If the skater chooses to perform a flying spin (no change of foot or position) in a camel position with a difficult variation (such as a camel forward, camel up or camel side), this variation is still in a camel position. If total spin has a minimum of 6 revolutions, this would meet requirements.</p> <p>Junior Free Skate test (Rule 4210, pp. 153-154) requires:            One flying spin or spin with a flying entry (minimum 6 revolutions)**</p> <p>**All spins may have a flying entry and/or change feet and must be of a different character.</p>
23	Judges' education	Are the judges going to have training on the new test forms and rules?	<p>For Singles Free Skate tests, other than the e-blasts sent by the Judges Committee, no formal training is planned. There have been many updates to required elements over the years with no formal training given to judges. Each judge is responsible for knowing what elements are required on a test before they go to a test session and for knowing how to identify those elements. The Judges Committee is working on providing feedback and guidance to judges as needed.</p> <p>For the revised marking of tests (effective September 2, 2018), formal training will be available.</p>
24	Webinar	You said "if a skater chooses to test with the old tests rules". Does that end next year?	The new Singles Free Skate test requirements (effective November 1, 2017 and located in rules: 4200-4270, 4570-4600) are the only current rules in effect.
25	Webinar	How can Test track skaters take the prior standard free skate tests with the rules that were in affect prior to November 1, 2017?	The new Singles Free Skate test requirements (effective November 1, 2017 and located in rules: 4200-4270, 4570-4600) are the only current rules in effect.