



EVENT: Adult Step Sequences

General event parameters:

1. Levels are based on the skaters' highest moves in the field test passed (standard, adult or adult 50+).
2. Music of skater's choice, including vocal music, not to exceed the maximum (less time is fine).
3. Skaters perform two different step sequences of their choice; any shape or pattern is permitted; however, skaters must make it clear when their first step sequence ends, and their second begins.
4. Each of the step sequences must include the required steps and/or turns listed for each level.
5. Each step sequence may, and is encouraged to, include additional steps or turns.
6. Each step sequence must utilize the full ice surface.
7. Skaters are encouraged to focus on edge quality, clarity of turns, multi-directional and one-foot skating.

Level	Highest MIF Test	Time	Required elements
Adult Pre-Bronze	Adult Pre-Bronze or Pre-Preliminary	1:00 max.	Each of the two step sequences must include: <ul style="list-style-type: none"> - Forward outside 3-turn - Inside mohawk - Demonstration of forward outside & forward inside edges
Adult Bronze	Adult Bronze or Preliminary	1:00 max.	Each of the two step sequences must include: <ul style="list-style-type: none"> - At least two consecutive forward outside power 3-turns - Forward inside 3-turn - At least one set of alternating 3-turns (outside or inside)
Adult Silver	Adult Silver or Pre-Juvenile	1:00 max.	Each of the two step sequences must include: <ol style="list-style-type: none"> 1. Backward inside 3-turns on each foot 2. Backward outside 3-turns on each foot 3. At least 2 consecutive power pulls (backward or forward)
Adult Gold	Adult Gold or Juvenile	1:30 max.	Each of the two step sequences must include: <ol style="list-style-type: none"> 1. Forward outside double 3 (either foot) 2. Forward inside double 3 (either foot) 3. At least 2 consecutive cross strokes (backward or forward)
Masters Intermediate	Intermediate	1:30 max.	Each of the two step sequences must include: <ol style="list-style-type: none"> 1. Choice of backward double 3 2. At least 2 different brackets with clear entry & exit edges 3. Forward inside 1 ½ twizzle 4. Forward outside 1 ½ twizzle
Masters Novice	Novice	2:00 max.	Each of the two step sequences must include: <ol style="list-style-type: none"> 1. At least 2 different counters with clear entry & exit edges 2. Forward outside & forward inside loop (either foot) 3. Backward outside double twizzle 4. Backward inside double twizzle
Masters Junior	Junior	2:00 max.	Each of the two step sequences must include: <ol style="list-style-type: none"> 1. At least 2 different rockers with clear entry & exit edges 2. At least 2 different choctaws 3. Backward outside & backward inside loop (either foot) 4. A combination of at least 3 different turns done on one foot

Masters Senior	Senior	2:00 max.	<p>Each of the two step sequences must include:</p> <ol style="list-style-type: none"> 1. At least 1 of each of the following turns: 3-turn, bracket, rocker, counter, choctaw, loop, and twizzle. 2. A combination of at least 3 different turns, to be selected from counter, rocker, bracket, twizzle and loop, done on one foot. 3. An upper body movement. <i>(Any movements of the arms, head and torso that have an effect on the balance of the main body core.)</i> <p><i>Note: If necessary, skaters may combine items 1 & 2. For example, performing 3 different consecutive turns on one foot may also count towards the requirement of demonstrating all seven of the listed turns/steps.</i></p>
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