

# Standard Solo Free Dance Test Requirements

This chart was updated July 8, 2024, to include the adult and adaptive singles test requirements, which are no longer in the rulebook.



Level	Edge Element	Solo Dance Spin	Step Sequences	Twizzle / Twizzle Series	Choreographic Character Step	One-Foot Turns Sequence	Notes
<b>Standard and Skate United Bronze</b>  1:40 maximum	<b>1</b> <b>short edge element</b>	<b>1</b> <b>solo dance spin</b>  change of foot not permitted  min. 3 revs on 1 foot	<b>1</b> <b>circular, midline or diagonal</b>  must include three-turns and mohawks (C steps)  must utilize full ice	<b>1</b> <b>twizzle (not a series)</b>  minimum 1 rev.	n/a	n/a	Extra elements may be added without penalty.  See rule 8375 for definitions and descriptions of elements.
<b>Standard and Skate United Pre-Silver</b>  2:00 maximum	<b>1</b> <b>short edge element</b>	<b>1</b> <b>solo dance spin</b>  change of foot not permitted  min. 3 revs on 1 foot	<b>1</b> <b>circular, midline or diagonal</b>  must include three-turns, mohawks (C steps) and brackets  must utilize full ice	<b>1</b> <b>twizzle series</b>  minimum 1 rev. on each foot	<b>1</b> <b>choreographic character step sequence</b>	n/a	Extra elements may be added without penalty.  See rule 8375 for definitions and descriptions of elements.
<b>Standard and Skate United Silver</b>  2:30 maximum	<b>2</b> <b>short edge elements</b>  Must have different positions	<b>1</b> <b>solo dance spin</b>  min. 3 revs on 1 foot	<b>1</b> <b>circular, midline or diagonal</b>  must include three-turns, mohawks (C steps), brackets and counters  must utilize full ice	<b>1</b> <b>twizzle series</b>  minimum 2 revs. in each twizzle  Twizzles must have a different entry edge and direction of rotation	<b>1</b> <b>choreographic character step sequence</b>	<b>1</b> <b>one-foot turns sequence</b>  must include rocker, bracket, counter and double twizzle in any order	Extra elements may be added without penalty.  See rule 8375 for definitions and descriptions of elements.

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<b>Standard and Skate United Pre-Gold</b>  3:10 maximum	<b>1 combo edge element or 2 different short edge elements</b>  short edge elements must have different positions, but positions within the combo edge element may be repeated	<b>1 solo dance spin</b>  min. 3 revs on 1 foot	<b>1 serpentine, circular, midline or diagonal</b>  must include brackets, counters, rockers and Choctaws (S steps)  must utilize full ice	<b>1 twizzle series</b>  minimum 2 revs. in each twizzle  twizzles must have a different entry edge and direction of rotation	<b>1 choreographic character step sequence</b>	<b>1 one-foot turns sequence</b>  must include rocker, bracket, counter and double twizzle in any order	Extra elements may be added without penalty.  See rule 8375 for definitions and descriptions of elements.
<b>Standard and Skate United Gold</b>  3:20 maximum	<b>1 combo edge element and 1 short edge element or 3 different short edge elements</b>  short edge elements must have different positions, but positions within the combo edge element may be repeated	<b>1 solo dance spin</b>  min. 3 revs on 1 foot	<b>1 serpentine, circular, midline or diagonal</b>  must include brackets, counters, rockers, Choctaws (S steps) and twizzles  must utilize full ice	<b>1 twizzle series</b>  minimum 2 revs. in each twizzle  twizzles must have a different entry edge and direction of rotation	<b>1 choreographic character step sequence</b>	<b>1 one-foot turns sequence</b>  must include rocker, bracket, counter and double twizzle in any order	Extra elements may be added without penalty.  See rule 8375 for definitions and descriptions of elements.

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<b>Adult Bronze</b>  1:50 maximum	<b>1</b> <b>short edge element</b>	<b>1</b> <b>solo dance spin</b>  change of foot not permitted  min. 3 revs on 1 foot	<b>1</b> <b>circular, midline or diagonal</b>  must include three-turns and mohawks (C steps)  must utilize full ice	<b>1</b> <b>twizzle (not a series)</b>  minimum 1 rev.	n/a	Extra elements may be added without penalty.  See rule 8375 for definitions and descriptions of elements.
<b>Adult Pre-Silver</b>  2:00 maximum	<b>1</b> <b>short edge element</b>	<b>1</b> <b>solo dance spin</b>  change of foot not permitted  min. 3 revs on 1 foot	<b>1</b> <b>circular, midline or diagonal</b>  must include three-turns, mohawks (C steps) and brackets  must utilize full ice	<b>1</b> <b>twizzle series</b>  minimum 1 rev. on each foot	<b>1</b> <b>choreographic character step sequence</b>	Extra elements may be added without penalty.  See rule 8375 for definitions and descriptions of elements.
<b>Adult Silver</b>  2:10 maximum	<b>2</b> <b>short edge elements</b>  Must have different positions	<b>1</b> <b>solo dance spin or combination spin</b>  min. 3 revs on 1 foot	<b>1</b> <b>circular, midline or diagonal</b>  must include three-turns, mohawks (C steps), brackets and counters  must utilize full ice	<b>1</b> <b>twizzle series</b>  minimum 2 revs. on each foot	<b>1</b> <b>choreographic character step sequence</b>	Extra elements may be added without penalty.  See rule 8375 for definitions and descriptions of elements.

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<b>Adult Pre-Gold</b>  2:30 maximum	<b>1</b> <b>combo edge element</b> <b>or</b> <b>2 different short edge elements</b>  short edge elements must have different positions, but positions within the combo edge element may be repeated	<b>1</b> <b>solo dance spin or combination spin</b>  min. 3 revs on 1 foot	<b>1</b> <b>serpentine, circular, midline or diagonal</b>  must include brackets, counters, rockers and Choctaws (S steps)  must utilize full ice	<b>1</b> <b>twizzle series</b>  minimum 2 revs. in each twizzle  twizzles must have a different entry edge and direction of rotation	<b>1</b> <b>choreographic character step sequence</b>	Extra elements may be added without penalty.  See rule 8375 for definitions and descriptions of elements.
<b>Adult Gold</b>  2:50 maximum	<b>1 combo edge element and 1 short edge element</b>  <b>or</b>  <b>3 different short edge elements</b>  short edge elements must have different positions, but positions within the combo edge element may be repeated	<b>1</b> <b>solo dance spin or combination spin</b>  min. 3 revs on 1 foot	<b>1</b> <b>serpentine, circular, midline or diagonal</b>  must include brackets, counters, rockers, Choctaws (S steps) and twizzles  must utilize full ice	<b>1</b> <b>twizzle series</b>  minimum 2 revs. in each twizzle  twizzles must have a different entry edge and direction of rotation	<b>1</b> <b>choreographic character step sequence</b>	Extra elements may be added without penalty.  See rule 8375 for definitions and descriptions of elements.