

FREE SKATE TEST PRE-PRELIMINARY

The purpose of this test is to encourage beginning skaters to learn the fundamentals of free skating. No great deal of technical ability, carriage or flow is expected. The candidate must show knowledge of the elements, fairly good edges and some evidence of good form. As specified in rule 6481, the skater must successfully complete the following required elements, either as isolated elements or in a program (with or without music).

Jump elements (5)

One waltz jump or single Axel.

Four different jumps, two of which must be single jumps.

The remaining two jumps may be half jumps (half Lutz and half Flip), single jumps, or one of each.

Spins (2)

Two spins of a different character.

One of which may be a two foot spin
(minimum 3 revolutions each).

Steps

One step sequence: must utilize ½ the ice surface.

Duration: **1:40 maximum** (if a program is performed). Program duration in excess and/or inclusion of illegal elements rule 6106, no deductions but please note in comments.

Required jumps may be performed as solo jumps, or as part of the permitted jump combination or sequence, but no jump element may count for more than one of the jump requirements.

For this test only, a backward upright one-foot spin is considered of a different character than a forward one-foot upright spin so both may be performed. Both spins may change feet and/or positions and may start with a flying entry. 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 6103 (A).

If performed as a program, extra elements may be added without penalty.

Two different elements may be reskated, if necessary.

The entire test will be marked on a “pass”, pass with honors or “ retry” basis only, and individual marks will not be awarded. The pass or retry will be arrived at by consideration of the composite of each element in relation to the whole.