

FREE SKATE TEST PRELIMINARY

The purpose of this test is to continue the encouragement of beginning skaters to learn the fundamentals of free skating. The candidate must demonstrate knowledge of the elements and a good sense of power (speed/flow). A relationship with the music should be attempted in the program. As specified in rule 6471, the following elements are required:

Jump elements (5)

Three different single or allowable double jumps.

One two-jump or three-jump combination selected from:

- two single jump.
- one single jump and one allowable double jump (in either order).
- two allowable double jumps.

Spins (2)

Two different spins (minimum 3 revolutions each).

Steps

One Step Sequence

Must be visible and identifiable and should use almost the full ice surface.

Duration: **2:00 +/- 10 seconds**

For up to every +/- 10 sec lacking or in excess: penalty of one point (-1) deduction 6234 (A).

For each illegal element/movement: penalty of one point (-1) deduction 6324 (B).

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

Allowable double jumps are double Salchow, double toe loop and double loop.

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).

Extra elements may be added without penalty, two different elements may be reskated, if necessary.