

Guide to Beginners'



Tests

If you have never tested before, then this is the guide for you!

- Pre-Preliminary Moves in the Field
- Adult Pre-Bronze Moves in the Field
- Pre-Preliminary Free Skating
- Adult Pre-Bronze Free Skating
- Preliminary Dance (Rhythm Blues, Canasta Tango, Dutch Waltz)
- Solo Preliminary Dance (Solo Rhythm Blues, Solo Canasta Tango, Solo Dutch Waltz)





Introduction

Our club will host US Figure Skating test sessions, where judges come and evaluate skaters who have learned a certain set of moves. The tests are grouped into six categories: **Moves in the Field, Free Skating, Pairs, Compulsory dance, Free Dance, and Synchronized Skating**. The elements required for each test and all the dance patterns are listed in the US Figure Skating rulebook (you will be able to order one online if you sign in the "Members Only" section of www.usfsa.org). Competition levels are determined by the tests that the skater has passed.

This guide provides you with information for the beginning tests.

Note: you **MUST** be a member of US Figure Skating in order to test.

Contents

~ What are the Beginning Figure Skating Tests?

~ The US Figure Skating Testing "Picture"

~ Moves in the Field + Patterns

~ Free Skating

~ Ice Dance + Patterns



What Are the Beginning US Figure Skating Tests?

All of these beginning tests are marked Pass / Retry by 1 or 3 judges. If you have 3 judges, you need at least 2 judges to give you Pass marks in order to Pass.

Beginners' US Figure Skating Moves in the Field tests:

Pre-Preliminary Moves in the Field (for any age), or

Adult Pre-Bronze Moves in the Field (for ages 21+ only)

Beginners' US Figure Skating Free Skating tests (must take corresponding Moves in the Field test before taking the Free Skating test):

Pre-Preliminary Free Skating (for any age), or

Adult Pre-Bronze Free Skating (for ages 21+ only)

Beginners' US Figure Skating Ice Dance tests (can be taken separately in any order):

- completing all 3 of these compulsory dance tests with any partner of the opposite gender is the **Preliminary Dance Test**, and completing them without a partner is the **Solo Preliminary Dance Test**
 - **Rhythm Blues**
 - **Canasta Tango**
 - **Dutch Waltz**



The US Figure Skating Testing “Picture”

Why test? Tests are not required for enjoying skating. But if you want to compete or just have a record of your progress, you should consider testing. One club coach says, “Lots of people (myself included) think they don't want to test, but testing can improve your skating because preparing for a test focuses your practices on improving skating elements which really do improve your overall skating technique.” Tests are regulated and recorded by US Figure Skating. (New this year—get badges for passing tests!)

Moves in the Field and Free Skating tests

A skater must pass the Moves in the Field test before taking the same level Free skating test. The converse is not true: a skater could take all the moves tests and not take a single free skating test.

Standard track test levels are: Pre-Preliminary, Preliminary, Pre-Juvenile, Juvenile, Intermediate, Novice, Junior, Senior.

Adult track test levels (for those over 21 years old) are: Pre-Bronze, Bronze, Silver, Gold; and after an adult passes Adult Gold, he / she can take the standard track Intermediate test next.

Compulsory Dance tests

The Compulsory dance tests have set patterns with specific steps the skaters must perform. There are three compulsory dance tests in each test level, and it is possible to test with a partner (the standard track), solo, in the adult track (ages 21+), or in the masters track (50+). The three dances in each level can be tested in any order, but all three dances must be passed in order to move up to the next level.

Test Level	Dances
Preliminary	Dutch Waltz, Canasta Tango, Rhythm Blues
Pre Bronze	Swing Dance, Cha-Cha, Fiesta Tango
Bronze	Hickory Hoedown, Willow Waltz, Ten-Fox
Pre Silver	Fourteenstep, European Waltz, Foxtrot
Silver	American Waltz, Tango, Rocker Foxtrot
Pre Gold	Kilian, Blues, Paso Doble, Starlight Waltz
Gold	Viennese Waltz, Westminster Waltz, Quickstep, Argentine Tango
International	Rhumba, Silver Samba, Tango Romantica, Yankee Polka, Austrian Waltz, Cha Cha Congelado, Golden Waltz, Ravensburger Waltz, Midnight Blues



Moves in the Field



Pre-Preliminary Moves in the Field test elements:

1. Forward Perimeter Stroking
2. Basic Consecutive edges (Forward outside, forward inside, back outside, back inside)
3. Forward Right and Left Foot Spirals
4. Waltz Eight

Adult Pre-Bronze Moves in the Field test elements:

1. Forward Perimeter Stroking (Pre-Preliminary MIF Pattern 1)
2. Basic Consecutive edges (Forward outside, forward inside, back outside, back inside) - (Pre-Preliminary MIF Pattern 2)
3. Waltz Eight (Pre-Preliminary MIF Pattern 4)
4. Forward 3-Turn Pattern

Additional Notes:

- During the test, you must skate these elements in the order listed. You are allowed to have rest time in between elements (to blow your nose, drink some water, etc). It's not a big deal if you forget the order, though: you can even post the elements on the rink door if you want!
- The judge(s) may ask you to "reskate" an element- this gives you another chance at that one element. For example, if you fell on a spiral or didn't make it all the way to the other end of the rink, you can try it again the judge will mark your second time skating it.
- If you are 21 or over, you can take both the Pre-Preliminary Moves in the Field test and the Pre-Bronze Moves in the Field test on the same day (if you want...)!
- If you get a "Retry" mark for the whole test, you can retake the test 27 days later at a club with a test session.
- Approximate time for the entire test is 8-10 minutes



Free Skating

Pre-Preliminary Free Skating test elements:

1. Waltz Jump
2. Salchow
3. $\frac{1}{2}$ Flip - land on either foot
4. $\frac{1}{2}$ Lutz- land on either foot
5. One foot spin - minimum 3 revolutions, optional free leg position toward knee level

Adult Pre-Bronze Free Skating test elements:

1. Forward Crossovers, either direction
2. Backward Crossovers, either direction
3. Lunge or Spiral
4. Two different jumps (1/2 or full revolution)
5. 1 Foot Upright Spin- minimum 3 revolutions in position
6. 2 Foot Upright Spin- minimum 3 revolutions in position



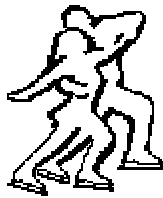
Additional Notes:

- During the test, you must skate these elements in the order listed. You are allowed to have rest time in between elements (to blow your nose, drink some water, etc). It's not a big deal if you forget the order, though: you can even post the elements on the rink door if you want!
- The judge(s) may ask you to "reskate" up to two elements- this gives you another chance at those two elements. For example, if you fell on your waltz jump and had only 2 revolutions in your upright spin, you can try those again the judge will mark your second time skating them.
- You can take the Pre-Preliminary Moves in the Field / Adult Pre-Bronze Moves in the Field tests on the same day, as long as you have passed them BEFORE taking the Free Skating tests.
- If you are 21 or over, you can take both the Pre-Preliminary Free Skating test and the Pre-Bronze Free Skating test on the same day (if you want...)! You could also take the Pre-Preliminary
- If you get a "Retry" mark for the whole test, you can retake the test 27 days later at a club with a test session.
- Approximate time for the entire test is less than 5 minutes
- Higher level Free Skating tests require skating a program to music, but this test does not.



Ice Dance

You can take these dance tests one at a time (or all of them at the same time), with or without a partner. Three patterns of the dance are skated one and a half times around the rink. Watch out for the placement of the patterns in the rink, pay attention to timing of the dance to the music, and make sure you are on the correct edges!



Preliminary Dance Test (with any partner of the opposite gender)

- Rhythm Blues
- Canasta Tango
- Dutch Waltz

Solo Preliminary Dance Test

- Solo Rhythm Blues
- Solo Canasta Tango
- Solo Dutch Waltz

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for use by
members of the

