



**TEST SCHEDULE FOR FREE SKATING**

**(2013)**

**Elementary**

**Compulsory Elements**

1. Three Jump
2. Toe Loop
3. Back inside one foot spin
4. Simple Step Sequence
5. Arabesque in serpentine forwards

Four elements must be skated correctly (including 1, 2, 3 and 4) before the candidate can proceed to the free skating programme.

**2 minutes free skating programme**

**Preliminary**

**Compulsory Elements**

1. Salchow
2. Flip
3. Loop
4. Half Loop
5. Jump Combination (3 different 1 revolution jumps – no steps in-between)
6. Back outside Spin
7. Step Sequence (Diagonal or straight line)

Five Elements must be skated correctly (including 1 or 3, and 4 and 6) before the candidate can proceed to the free skating programme.

**2 minutes free skating programme**

**Inter-Bronze**

**Compulsory Elements**

1. Lutz
2. Axel
3. Jump Combination (3 different 1 revolution jumps – must include Lutz or Loop– no steps in-between)
4. Jump Combination (3-5 jumps maximum 1 rev.- no steps in-between)
5. Forward outside Spin
6. Back inside Sit Spin
7. Step Sequence (Diagonal or circular)

Five Elements must be skated correctly (including 1 or 2, 3 or 4 and 5 or 6) before the candidate can proceed to the free skating programme.

**2 minutes free skating programme**

**Bronze**

**Compulsory Elements**

1. Axel
2. Double Toe Loop
3. Jump Combination (3-5 different jumps– no steps in-between)
4. Jump Combination (3-5 jumps – must include Axel or Double toe loop– no steps in-between)
5. Forward Outside Parallel
6. Spin Combination (2 different edges and two different positions)
7. Step Sequence (Circular or Serpentine)

Five Elements must be skated correctly (including 1 or 2, 3 or 4 and 5 or 6) before the candidate can proceed to the free skating programme.

**3 minutes free skating programme**



### Inter-Silver

#### **Compulsory Elements**

1. Double Salchow
2. Double Flip
3. Jump Combination (3-5 jumps including Double Salchow or Double Flip–no steps in-between)
4. Jump Combination (3-5 jumps including 2 different 2 revolution jumps– no steps in-between)
5. Back Outside Parallel
6. Spin Combination (to include a parallel and a Sit Spin)
7. Step Sequence (Diagonal, Circular or Serpentine)

Five Elements must be skated correctly (including 1 or 2, 3 or 4 and 5 or 6) before the candidate can proceed to the free skating programme.

**3 or 4 minutes free skating programme**

### Silver

#### **Compulsory Elements**

1. Double Loop
2. Double Flip
3. Jump Combination (3-5 jumps including Double Flip or Double Lutz– no steps in-between)
4. Jump Combination (3-5 jumps including Double Lutz or Flip and Double Salchow– no steps)
5. Spin Class A (Layover, Broken Ankle, Inverted, Heel)
6. Spin Combination (2 parallels on two different edges)
7. Step Sequence (Diagonal, Circular or Serpentine)

Five Elements must be skated correctly (including 1 or 2, 3 or 4, and 5 or 6) before the candidate can proceed to the free skating programme.

**4 minutes free skating programme**

### Inter-Gold

#### **Compulsory Elements**

1. Double Lutz
2. Double Loop
3. Jump Combination (3-5 jumps including Double Lutz and Double Loop–no steps in-between)
4. Jump Combination (5 jumps to include 3 different 2 revolution jumps– no steps in-between)
5. Spin – Class A
6. Spin Combination (3 different positions must include one class A and a sit spin)
7. Step Sequence (Diagonal, Circular or Serpentine)

Five Elements must be skated correctly (including 1 or 2, 3 or 4 and 5 or 6) before the candidate can proceed to the free skating programme.

**4 minute free skating programme**

### Gold

#### **Compulsory Elements**

1. Double Axel
2. Triple Toe Loop
3. Triple Salchow
4. Jump Combination (3-5 jumps - Triple Salchow + 1 other 2 revolution jump– no steps in-between)
5. Jump Combination (Double Axel or Triple Toe Loop + 2 different 2 revolution jumps– no steps)
6. Spin – (Heel Left or Right)
7. Spin Combination (3 positions - must include inverted or heel)
8. Step Sequence (Diagonal, Circular or Serpentine)

Five Elements must be skated correctly (including 1, 2 or 3, and 6 or 7) before the candidate can proceed to the free skating programme.

**4 minute free skating programme**



**TEST SCHEDULE FOR FIGURES**

**(2013)**

<b>Elementary Figures</b>	(1)	RFO
	(2)	RFI
<b>Preliminary Figures</b>	(3)	RBO
	(5 a & b)	FO Change
<b>Inter-Bronze Figures</b>	(4)	RBI
	(8 a & b)	FO Three
	(9 a & b)	FI Three
<b>Bronze Figures</b>	(6 a & b)	BO Change
	(10)	RFO Double Three
	(11)	RFI Double Three
	(27 a & b)	FI Change Three
<b>Inter-Silver Figures</b>	(18 a & b)	FO Bracket
	(19 a & b)	FI Bracket
	(14)	RFO Loop
	(15)	RFI Loop
	(28 a & b)	FO Change Double Three
<b>Silver Figures</b>	(16)	RBO Loop
	(17)	RBI Loop
	(20 a & b)	FO Rocker
	(21 a & b)	FI Rocker
	(22 a & b)	FO Counter
	(23 a & b)	FI Counter
<b>Inter-Gold Figures</b>	(29 a & b)	BO Change Double Three
	(30 a & b)	FO Change Loop
	(31 a & b)	BO Change Loop
	(34 a & b)	FO Paragraph Three
	(40 a & b)	FO Paragraph Bracket
<b>Gold Figures</b>	(36 a & b)	FO Paragraph Dbl Three
	(37 a & b)	BO Paragraph Dbl Three
	(38 a & b)	FO Paragraph Loop
	(39 a & b)	BO Paragraph Loop
	(41 a & b)	BO Paragraph Bracket



**TEST SCHEDULE FOR SOLO DANCE**

**(2013)**

<b>Elementary Solo Dance</b>	Glide Waltz	120
	Olympic Foxtrot	104
	Skaters March	100
<b>Preliminary Solo Dance</b>	Canasta Tango	100
	Rhythm Blues	92
	Swing Foxtrot	104
<b>Inter-Bronze Solo Dance</b>	Denver Shuffle	100
	Kleiner Waltz	138
	Collegiate	92
	Siesta Tango	100
<b>Bronze Solo Dance</b>	14 Step	108
	Tudor Waltz	138
	Association Waltz	132
	Keats Foxtrot	96
	Kent Tango	100
<b>Inter-Silver Solo Dance</b>	Kilian	108
	European Waltz	120
	Federation Foxtrot	96
	Blues	88
	Imperial Tango	104
<b>OSP 2 full pattern sequences or Free Dance 2½ minutes</b>		
<b>Silver Solo Dance</b>	14 Step Plus	108
	Flirtation Waltz	120
	Terenzi Waltz	168
	Rocker Foxtrot	104
	Harris Tango	100
<b>Free Dance 2½ minutes</b>		
<b>Inter-Gold Solo Dance</b>	Quickstep	112
	Westminster Waltz	138
	Italian Foxtrot	96
	Argentine Tango	96
One dance drawn on the day of the test from:- Elementary, Preliminary, Inter-Bronze or Bronze Dance Tests		
<b>Free Dance 2½ minutes</b>		
<b>Gold Solo Dance</b>	Paso doble	112
	Viennese Waltz	138
	Starlight Waltz	168
	Iceland Tango	100
One dance drawn on the day of the test from:- Inter-Silver, Silver and Inter-Gold Dance Tests		
<b>Free Dance 2½ minutes</b>		