



FARS – Free Skating Test Schedule

Skaters can select the old or new schedule for their test up until 31st May 2009, and from 1st June 2009 the new schedule must be skated. **Skaters must indicate on their test application form which schedule they will skate, i.e. old / new**

Elementary

- **Compulsory Elements**

1. Three Jump
 2. Toe Loop
 3. BI One Foot Spin
 4. Simple Step Sequence (straight line at least $\frac{3}{4}$ of the length of the rink)
 5. Arabesque in Serpentine Forwards
- **4 Elements must be skated correctly, which must include :**
 - At least one Jump Element 1 or 2
 - A Spin Element No. 3
 - Step Sequence, Element No.4

These must be completed before the candidate can proceed to the Free Skating Programme.

- **2 Mins Free Skating Programme**

Preliminary

- **Compulsory Elements**

1. Salchow
 2. Flip
 3. Half Loop
 4. Loop
 5. Jump Combination of 3 Jumps from 1 - 4 above (no steps in between)
 6. Spin Back Inside Three Turn entry
 7. Spin Back Outside
 8. Step Sequence (diagonal or straight line – at least $\frac{3}{4}$ of the length of the rink)
- **5 elements must be skated correctly, which must include :**
 - Element 4
 - Element 5
 - Element 6

These must be completed before the candidate can proceed to the Free Skating Programme

- **2 mins Free Skating Programme**

Inter-Bronze

- **Compulsory Elements**

1. Axel
2. Half Loop Jump – 1 Revolution
3. Lutz
4. Flip
5. Jump Combination , 3 jumps from 1-4 above (no steps in between)
6. Spin Forward Outside
7. Spin Back Outside Parallel
8. Spiral (arabesque) Sequence length of rink forwards & backwards

- **6 elements must be skated correctly, which must include:**

- Element 5
- Element 6
- Element 8

- **2 mins Free Skating Programme**

Bronze

- **Compulsory Elements**

1. Axel
2. Double Toe Loop
3. Jump Combination – Axel, Half-Loop, Double Salchow (no steps in between)
4. Jump Combination – Axel, Loop, Double Toe Loop (no steps in between)
5. FO Parallel Spin
6. BO or BI Sit Spin
7. Spin combination – 2 different edges
8. Step sequence – straight line, diagonal or serpentine at least $\frac{3}{4}$ of the length of the rink
9. Double Salchow

- **6 elements must be skated correctly, which must include :**

- Element No 1
- One Jump Combination No. 3 or 4
- One Spin No. 5 or 6
- Step Sequence, No.8

- **3 mins Free Skating Programme**

Inter-Silver

- **Compulsory Elements**

1. Double Flip
2. Double Loop
3. Jump Combination – Axel, Half Loop, Double Flip (no steps in between)
4. Jump Combination 3 jumps including item 1 or 2 above
5. Spin Parallel forward outside
6. Sit Spin any edge
7. BI Parallel Spin
8. Spin Combination 3 positions, one of which must be a Sit Spin
9. Step sequence in Serpentine – turns in both directions – at least $\frac{3}{4}$ of the length of the rink

- **6 elements which must be skated correctly, which must include:**

- One Double Jump 1 or 2
- One Jump Combination, 3 or 4
- One Spin, No. 5 or 6
- Step Sequence No.9

- **3 mins Free Skating Programme**

Silver

- **Compulsory Elements**

1. Double Flip
2. Double Lutz
3. Double Loop
4. Jump Combination – starting with Double Lutz or Flip, (3 jumps) (no steps in between)
5. Jump Combination including 2 Double Jumps (min. 3 jumps) (no steps in between)
6. Spin Combination – Parallel 2 different edges
7. Spin – one class A from Layover, Camel, Broken Ankle
8. Step Sequence Circular to include turns in both directions

- **6 elements which must be skated correctly, must include:**

- Element 1
- Double Lutz or Double Loop 2 or 3
- One Jump Combination 4 or 5
- One Spin No. 6 or 7
- Step Sequence No.8

- **4 mins Free Skating Programme**

Inter-Gold

- **Compulsory Elements**

1. Double Axel
 2. Double Lutz
 3. Double Salchow
 4. Jump Combination – 5 Jumps to include 1 ½ rev. and 2 different two Rev. Jumps (no steps in between)
 5. Jump Combination – 3 Jumps to include 2 different 2 rev. Jumps (no steps in between)
 6. Spin Combination – Parallel, Sit, Parallel (3 revs minimum in each position)
 7. Spin one Position, of own choice, Inverted, Layover, Heel Camel, Broken Ankle
 8. Step sequence, Serpentine with turns in both directions – at least $\frac{3}{4}$ of the length of the rink
- **6 elements which must be skated correctly, must include:**
 - Element 1 Double Axel
 - One Double Jump 2 or 3.
 - One Jump Combination No. 4 or 5
 - One spin No. 6 or 7
 - Step Sequence No. 8

- **4 mins Free Skating Programme**

Gold

- **Compulsory Elements**

1. Double Axel
 2. Triple salchow
 3. Triple toe loop
 4. Jump combination – double loop, loop, double loop, double loop jumps (no steps in between)
 5. Jump combination – double axel, half loop, triple salchow (no steps in between)
 6. Spin – one position – heel left or right foot
 7. Spin combination – must include one of the following – Inverted, heel, broken ankle, layover
 8. Step sequence – free choice – turns in both directions – to cover at least $\frac{3}{4}$ of the length of the rink
- **6 elements which must be skated correctly to include :**
 - Element 1 Double Axel
 - One triple jump 2 or 3
 - One Jump Combination No. 4 or 5
 - One spin No. 6 or 7
 - Step Sequence No.8

- **4 mins free skating programme**

PLEASE NOTE:

All Single Jumps must be off the Foot and not the Toe Stop (unless it is a Toe Loop or similar).

Take-offs on the Toe Stops are allowed on Double Jumps and above, BUT this should be as the Skater takes off to Jump and NOT sliding along the floor on the Stop before Take Off. This means the Stop can go down on the actual point of Take Off.

For the Toe Assisted Jumps it is important that there is no more than a 90 degrees turn of the shoulder or employed foot before take off, whether it is Single, Double or Triple. (see drawing below)

A good landing with a Running Edge is necessary on all Jumps whether they are Single, Double, or Triple.

This schedule will come into effect on 1 June 2009. From now until that time Candidates can choose which Test Schedule they will apply for when filling in their Test Papers.

All Spins throughout the Tests must have at least 3 rotations in each position/each Edge, to be considered as correct.

Margaret Brooks – FARS Technical Officer

Please note diagrams below to make the restrictions on angle of take off clearer

