

**NEW ZEALAND ARTISTIC SPORTS COMMITTEE
ACHIEVEMENT TEST JUDGES FORM**

Name _____ Date _____

Club _____ Art No _____ NZFRS No _____

INLINE FREESKATING TEST 1

Requirements – 2 minute routine including:

PASS/FAIL

- Any 2 foot spin _____
- Bunny Hop _____
- Waltz jump _____
- 1 section primary footwork along _____
a long axis straight line _____
- Stroking: forward perimeter stroking _____
in both directions _____
- Artistic impression _____

PASS/FAIL

JUDGE _____

REFEREE _____

NZFRS STROKING

This forms part of
Freeskating Test 1

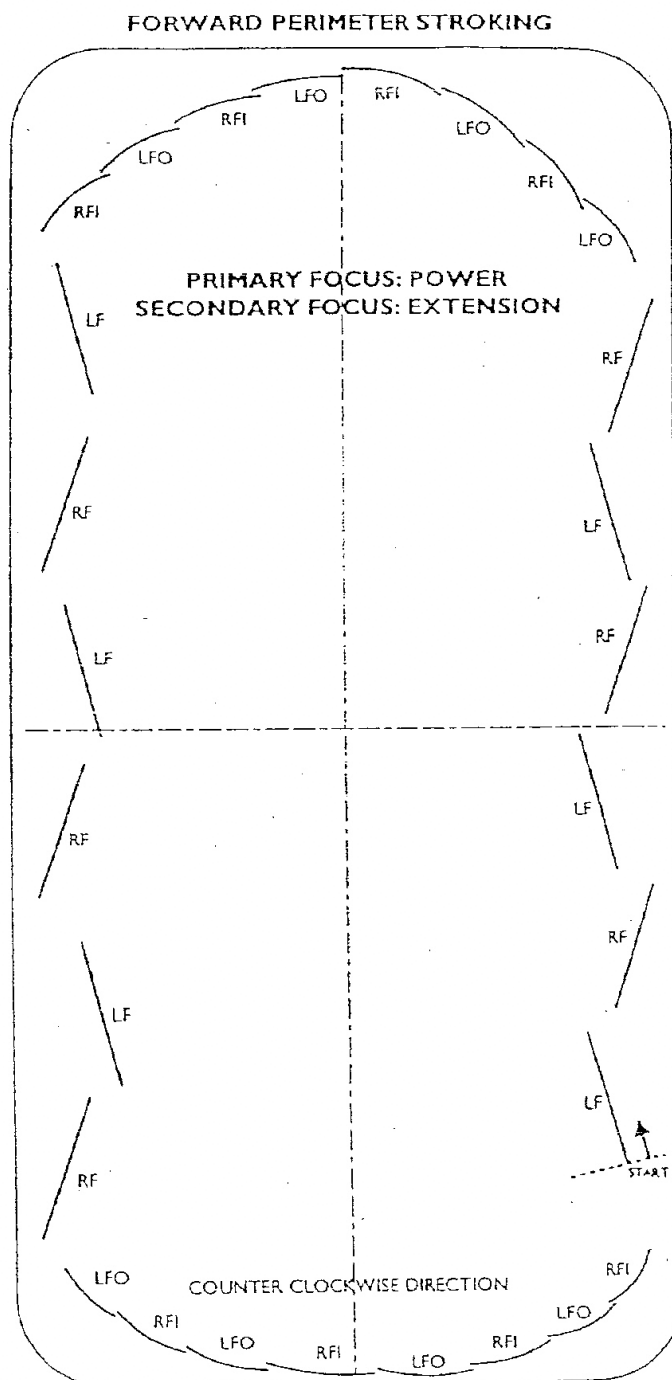
FORWARD PERIMETER STROKING

The skater will perform
four to eight straight
strokes, depending on the
size of the floor surface,
with forward skated
cross overs around the
ends, using full surface
for 1 lap of the rink in
BOTH directions.

Introductory steps are
optional

PRIMARY FOCUS:
Power

**SECONDARY
FOCUS:**
Extension



Although the steps are exact in their relation to the surface,
the diagrams are illustrations, not set patterns.

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Name _____ Date _____

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INLINE FREESKATING TEST 2

Requirements – 2 minute routine including:

PASS/FAIL

- | | |
|---|-------|
| • <u>Any upright spin</u> | _____ |
| • <u>Any toe assisted ½ rotation jump</u> | _____ |
| • <u>Combination of 2 jumps (at least 1 jump single rotation)</u> | _____ |
| • <u>1 section diagonal primary footwork including</u> | _____ |
| <u>a forward glide</u> | _____ |
| • <u>Stroking: forward crossovers in figure 8 pattern</u> | _____ |
| • <u>Artistic impression</u> | _____ |
| _____ | _____ |

PASS/FAIL

JUDGE _____

REFEREE _____

NZFRS STROKING

This forms part of
Freeskating Test 2

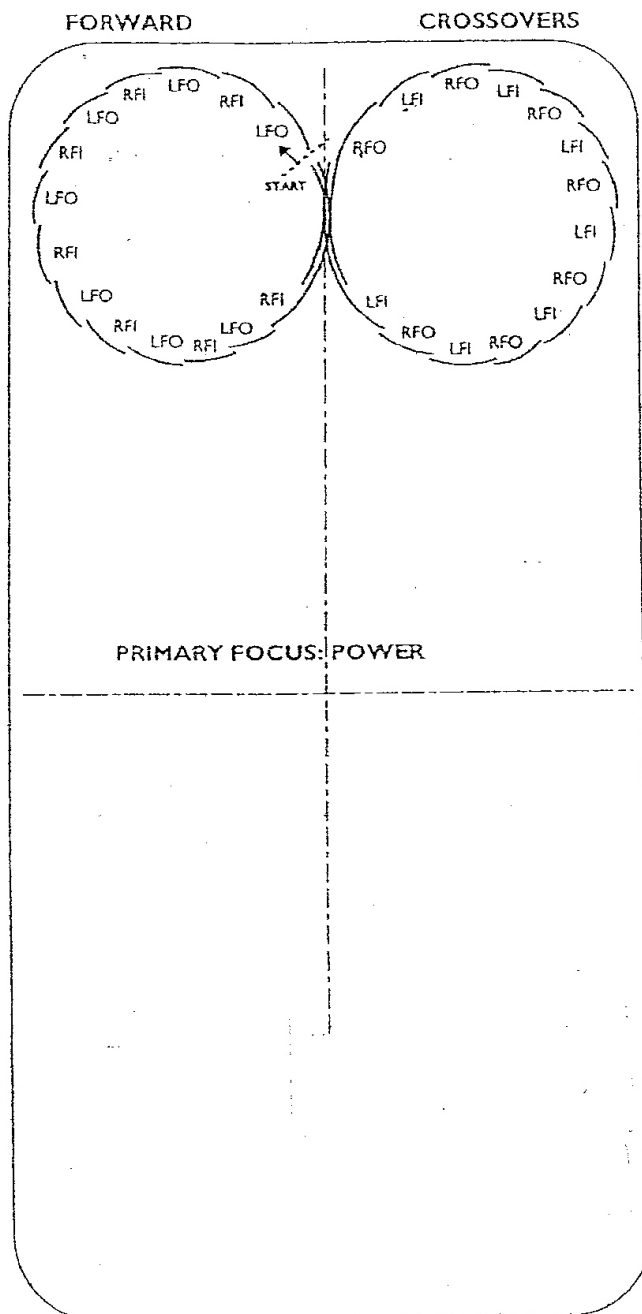
FORWARD CROSSTOVERS

The skater will perform
forward crossovers in a
figure 8 pattern. Five to
eight crossovers per
circle are recommended.
Two full figure eights are
required.

The skater may roll on
one or two feet when
changing circles.
Introductory steps are
optional.

PRIMARY FOCUS:
Power

**SECONDARY
FOCUS:**
Upper body control



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Name _____ Date _____

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INLINE FREESKATING TEST 3

Requirements. – 2 minute routine including:

PASS/FAIL

- | | |
|---|-------|
| • <u>IB upright spin</u> | _____ |
| • <u>Toe Loop</u> | _____ |
| • <u>Salchow</u> | _____ |
| • <u>Thoren</u> | _____ |
| • <u>1 section serpentine primary footwork including</u> | _____ |
| <u>a backward glide</u> | _____ |
| • <u>Stroking: consecutive outside and inside spiral sequence</u> | _____ |
| • <u>Artistic impression</u> | _____ |
| _____ | _____ |

PASS/FAIL

JUDGE _____

REFEREE _____

NZFRS STROKING

This forms part of
Freeskating Test 3

CONSECUTIVE OUTSIDE AND INSIDE SPIRALS (One foot glides)

The skater will perform
right foot and left foot
spirals (glides on an
edge).

The outside edge spirals
will be skated for the
first length of the rink.
Forward crossovers may
be utilised (optional)
around the end of the
rink.

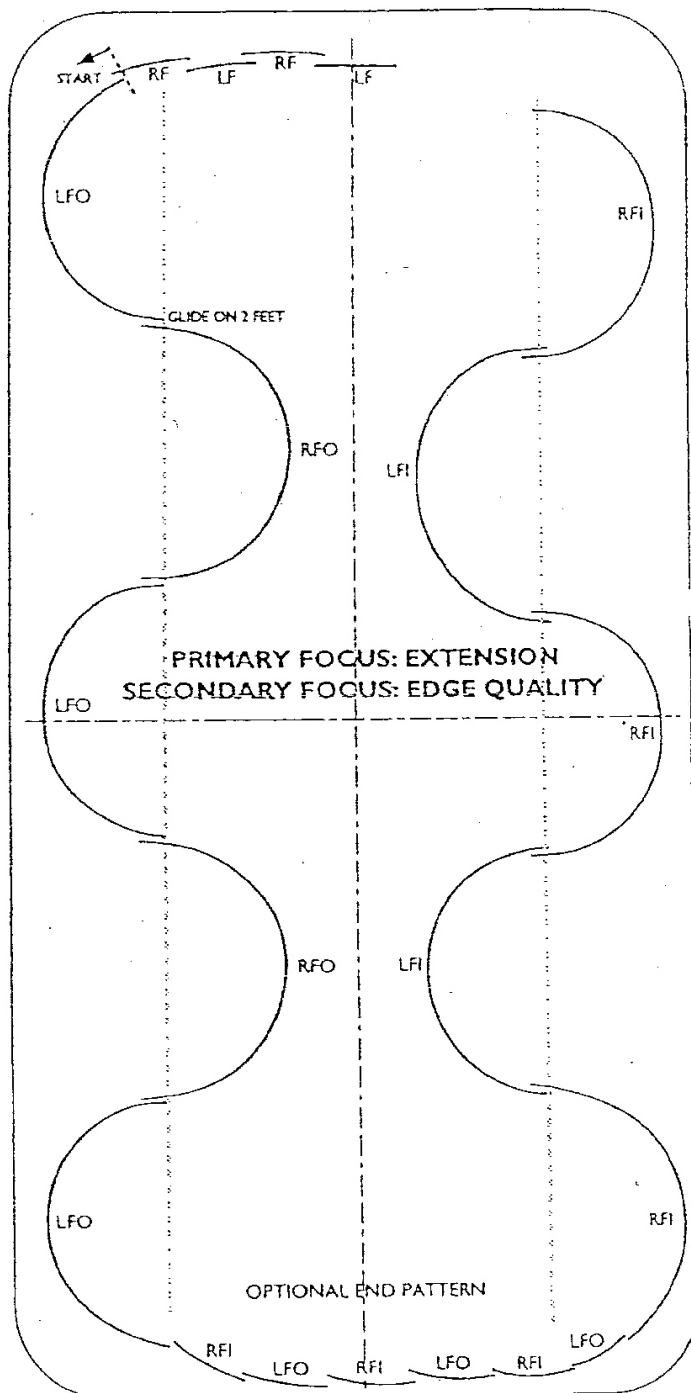
Forward inside edge
spirals will be skated for
the second length of the
rink.

The exact number of
spirals will depend on
the size of the rink and
the strength of the skater.
The extended leg and
foot in the spiral should
be held at hip level or
higher.

PRIMARY FOCUS:
Extension

**SECONDARY
FOCUS:**
Edge Quality

CONSECUTIVE OUTSIDE AND INSIDE SPIRALS



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Name _____ Date _____

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INLINE FREESKATING TEST 4

Requirements. – 2 ½ minute routine including: _____

PASS/FAIL

- | | |
|---|-------|
| • OB Upright spin _____ | _____ |
| • IF or OF upright spin _____ | _____ |
| • Toe Walley _____ | _____ |
| • OB loop jump _____ | _____ |
| • Thoren - Salchow combination _____ | _____ |
| • 1 section circular secondary footwork including _____
a spread eagle _____ | _____ |
| • Stroking: Backward crossovers in a figure 8 pattern _____ | _____ |
| • Artistic impression _____ | _____ |
| _____ | _____ |

PASS/FAIL

JUDGE _____

REFEREE _____

NZFRS STROKING

This forms part of
Freeskating Test 4

BACKWARD CROSSOVERS

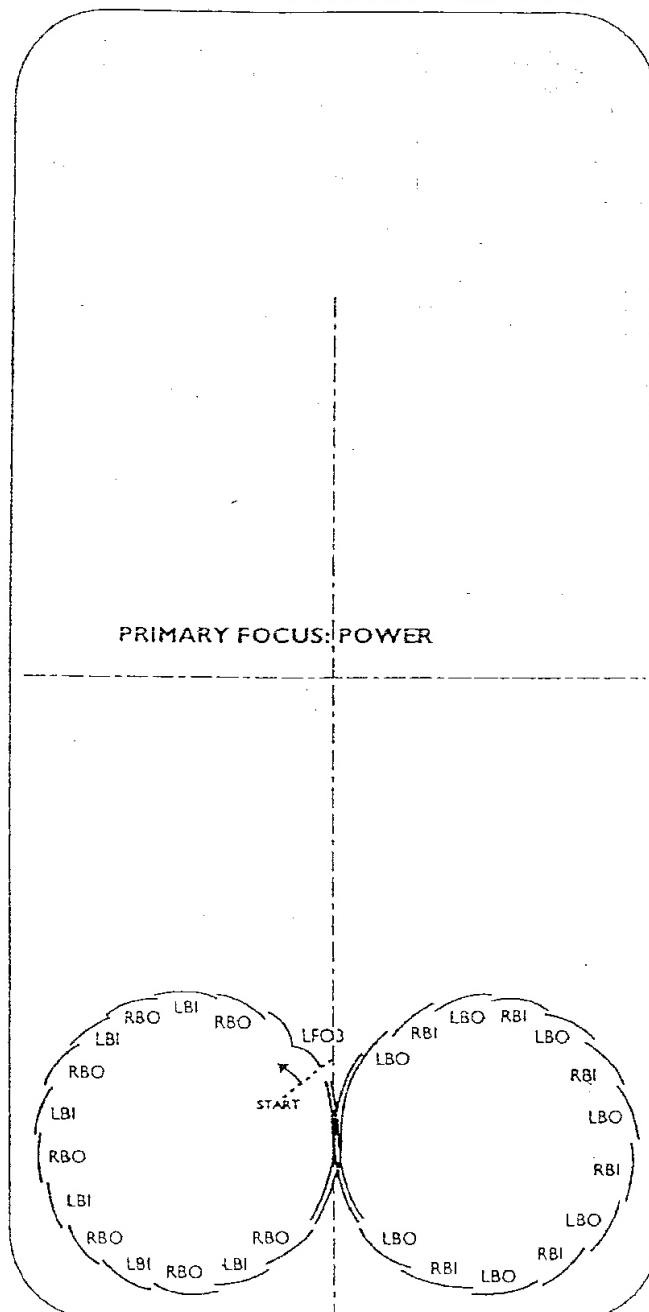
The skater will perform
backward crossovers in a
figure 8 pattern. Five to
eight crossovers per
circle are recommended.
Two full figure eights are
required.

The skater may roll on
one or two feet when
changing circles.
Introductory steps are
optional.

PRIMARY FOCUS:
Power

**SECONDARY
FOCUS:**
Upper body control

BACKWARD CROSSOVERS



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**NEW ZEALAND ARTISTIC SPORTS COMMITTEE
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Name _____ Date _____

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INLINE FREESKATING TEST 5

Requirements. – 2 ½ minutes routine including:

PASS/FAIL

- | | |
|--|-------|
| • <u>Upright change upright spin</u> | _____ |
| • <u>Any camel spin</u> | _____ |
| • <u>Flip</u> | _____ |
| • <u>Lutz</u> | _____ |
| • <u>Combination 3 OB Loop jumps</u> | _____ |
| • <u>1 section Diagonal secondary footwork including</u> | _____ |
| <u>Mohawk turns</u> | |
| • <u>Stroking: Forward power three turns</u> | _____ |
| • <u>Artistic impression</u> | _____ |
| _____ | _____ |

PASS/FAIL

JUDGE _____

REFEREE _____

NZFRS STROKING

This forms part of
Freestyle Test 5

FORWARD POWER THREE TURNS

The skater will perform
forward outside 3 turns
to a balance position
followed by a crossover.

Three to six sets of 3
turns will be skated
depending on the length
of the rink surface.

Skaters may begin this
movement with either the
right or left foot 3 turns.

Backward crosspulls
around the end of the rink
are optional

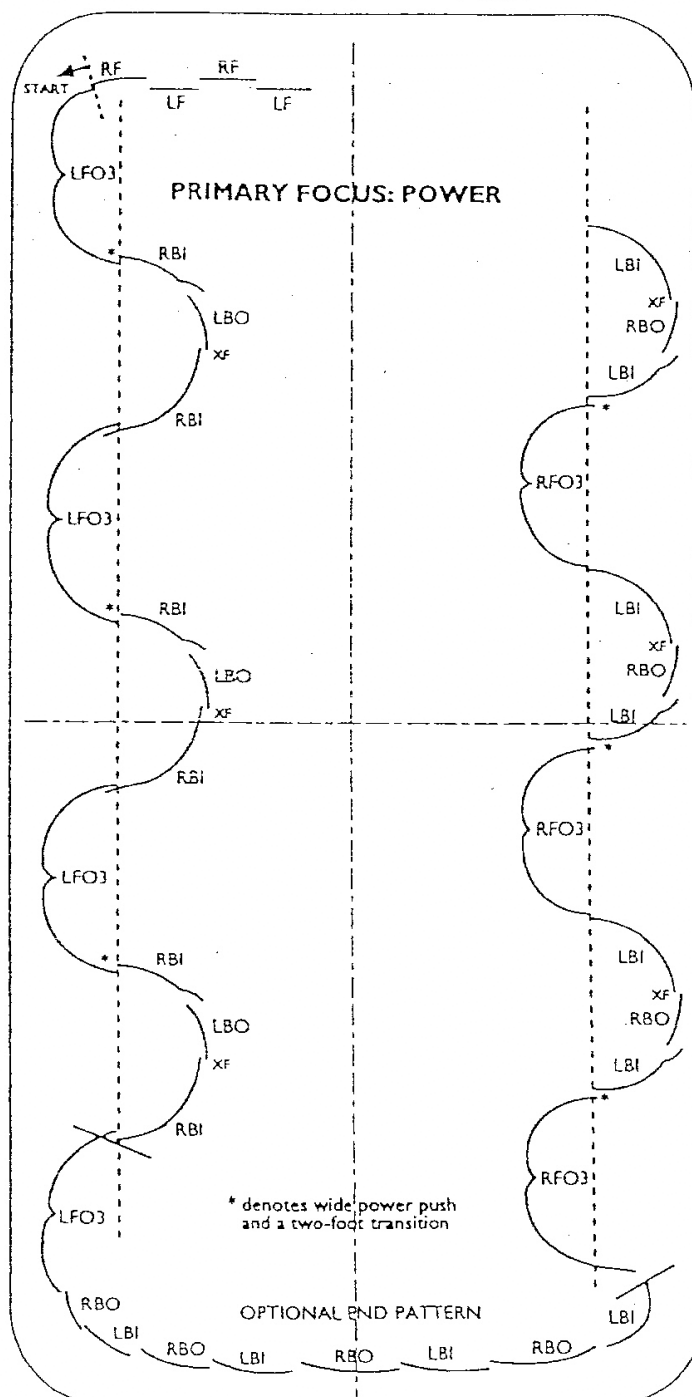
PRIMARY FOCUS

Power

SECONDARY FOCUS

Extension
Body control
Smoothness

FORWARD POWER 3-TURNS



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**NEW ZEALAND ARTISTIC SPORTS COMMITTEE
ACHIEVEMENT TEST JUDGES FORM**

Name _____ Date _____

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INLINE FREESKATING TEST 6

Requirements. – 3 minute routine including:

PASS/FAIL

- | | |
|---|-------|
| • <u>Any sit spin</u> | _____ |
| • <u>Sit change camel or camel change sit</u> | _____ |
| • <u>Axel</u> | _____ |
| • <u>Double toe loop</u> | _____ |
| • <u>Axel – loop – double toe loop combination</u> | _____ |
| • <u>1 section serpentine advanced footwork including three</u> | _____ |
| <u>Turns and bracket turns</u> | |
| • <u>Stroking: Forward perimeter power crossovers</u> | _____ |
| • <u>Artistic impression</u> | _____ |
| _____ | _____ |

PASS/FAIL

JUDGE _____

REFEREE _____

NZFRS STROKING

This forms part of
Freestyle Test 6

FORWARD PERIMETER POWER CROSSOVER STROKING

(Counterclockwise only)

The skater will perform
four to six lobes covering
each length of the rink,
followed by forward
crossovers around the
ends of the rink.

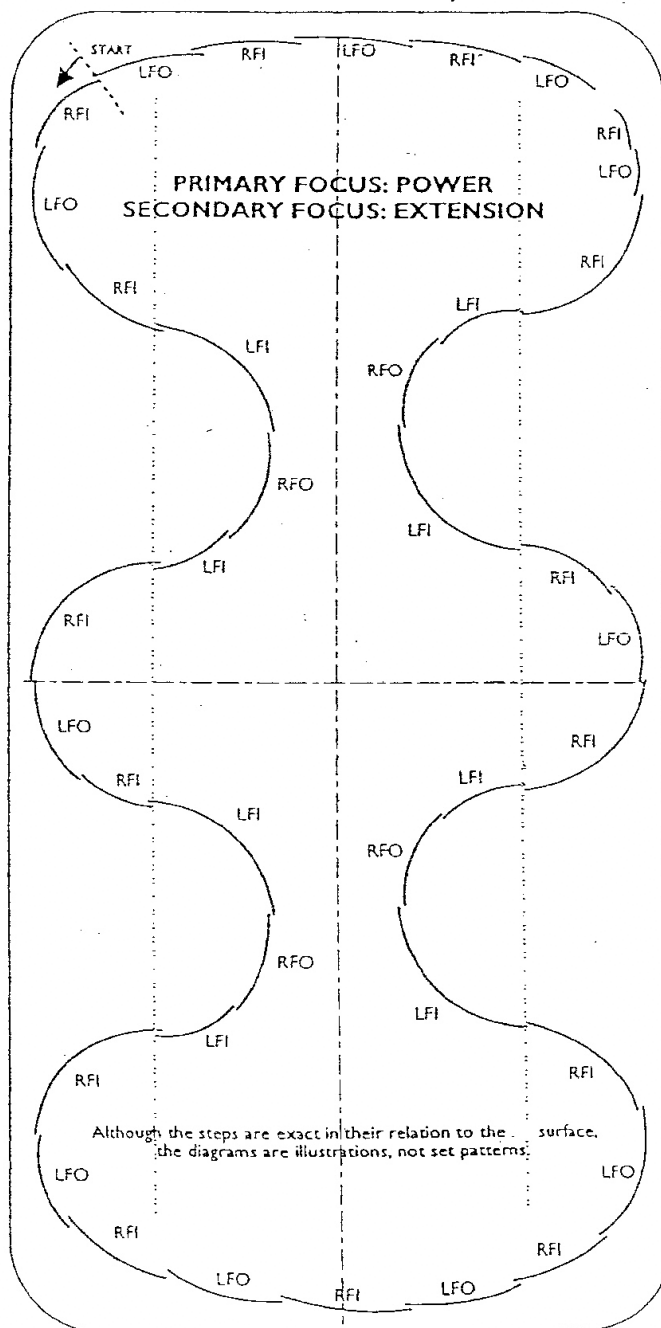
The stroking will cover
one full lap of the rink.
Introductory steps are
optional.

The exact number of
steps in the stroking
patterns will depend on
the size of the rink and
the strength of the skater.

PRIMARY FOCUS
Power

SECONDARY FOCUS
Extension
Body control

FORWARD PERIMETER POWER CROSSOVER STROKING Counterclockwise only



**NEW ZEALAND ARTISTIC SPORTS COMMITTEE
ACHIEVEMENT TEST JUDGES FORM**

Name _____ Date _____

Club _____ Art No _____ NZFRS No _____

INLINE FREESKATING TEST 7

Requirements. – 3 minute routine including:

PASS/FAIL

- | | |
|--|-------|
| • Camel change camel spin _____ | _____ |
| • IB camel spin _____ | _____ |
| • Double toe walley _____ | _____ |
| • Double Flip _____ | _____ |
| • Combination of 3 jumps (including axel and a double rotation jump) _____ | _____ |
| • 1 section circular advanced footwork including loops _____ | _____ |
| • Stroking: Backward perimeter power crossovers _____ | _____ |
| • Artistic impression _____ | _____ |
| _____ | _____ |

PASS/FAIL

JUDGE _____

REFEREE _____

NZFRS STROKING

This forms part of
Freeskating Test 7

BACKWARD PERIMETER POWER CROSSOVER STROKING Counterclockwise only

BACKWARD PERIMETER POWER CROSSEVERS (CROSSPULLS) STROKING

Counter Clockwise Only

The skater will perform
three to six sets of lobes
covering each length of
the rink.

Backward crosspulls are
skated around the ends
of the rink.

The stroking will cover
one full lap of the arena.

Introductory steps are
optional.

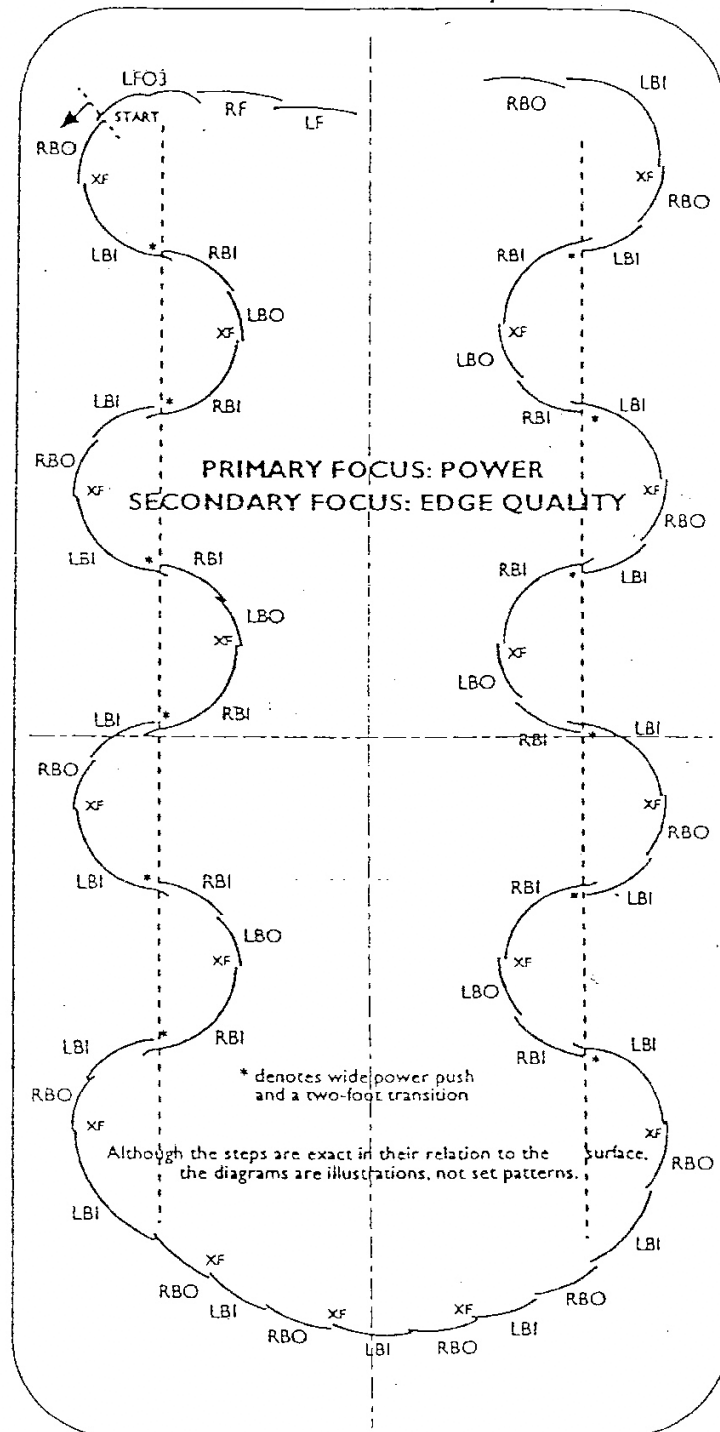
The exact number of
steps in the pattern will
depend on the size of the
arena and the strength of
the skater.

Two-foot transitions
should be used

PRIMARY FOCUS Power

SECONDARY FOCUS Edge Quality

Use of soft/bent knees
Upper body control



NEW ZEALAND ARTISTIC SPORTS COMMITTEE

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Name _____ Date _____

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INLINE FREESKATING TEST 8

Requirements. – 3 ½ minute routine including: _____

PASS/FAIL

- | | |
|---|-------|
| • <u>OB camel spin</u> _____ | _____ |
| • <u>IB camel – IB sit combination spin</u> _____ | _____ |
| • <u>Double Lutz</u> _____ | _____ |
| • <u>Combination of 3 jumps (including 2 double rotation jumps)</u> _____ | _____ |
| • <u>Combination of 5 jumps (including 3 double rotation jumps)</u> _____ | _____ |
| • <u>2 sections of advanced footwork – 1 circular</u> _____ | _____ |
| <u>1 diagonal</u> _____ | _____ |
| • <u>Stroking: five step Mohawk sequence</u> _____ | _____ |
| • <u>Artistic impression</u> _____ | _____ |
| _____ | _____ |

PASS/FAIL

JUDGE _____

REFEREE _____

NZFRS STROKING

This forms part of
Freeskating Test 8

FIVE STEP MOHAWK SEQUENCE

The skater will perform alternating forward inside mohawks skated in consecutive half circles.

Each series consist of a five step sequence.

The skater will skate one full lap of the rink.

The end sequence and the choice of introductory steps are optional

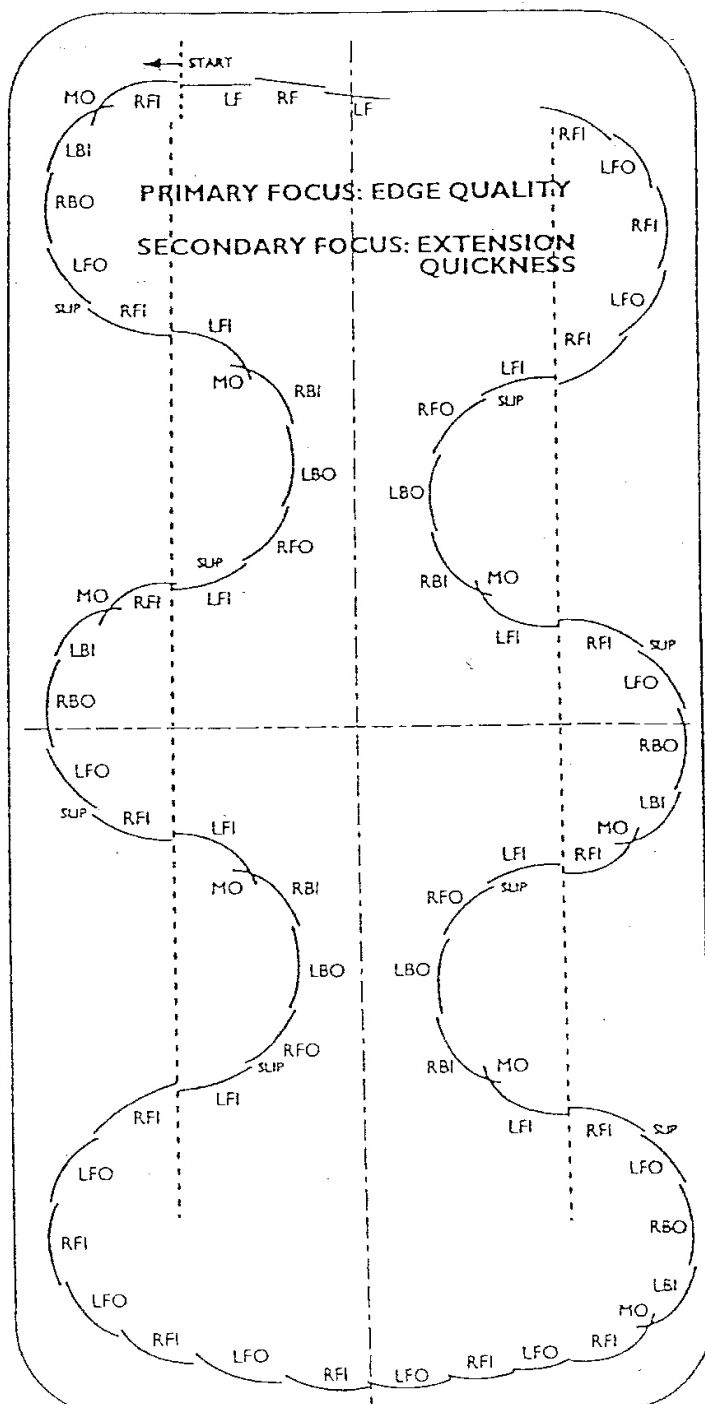
PRIMARY FOCUS

Edge Quality

SECONDARY FOCUS

- (a) Quickness of steps
(b) Quickness of extension

FIVE STEP MOHAWK SEQUENCE



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ACHIEVEMENT TEST JUDGES FORM

Name _____ Date _____

Club _____ Art No _____ NZFRS No _____

INLINE FREESKATING TEST 9

Requirements. - 3 ½ minute routine including: PASS/FAIL

- | | |
|--|-------|
| • Camel- sit change camel spin _____ | _____ |
| • Camel/ heel – Camel – sit combination spin _____ | _____ |
| • Sit change sit spin _____ | _____ |
| • Double OB Loop _____ | _____ |
| • Combination of 3 jumps (including a double Lutz) _____ | _____ |
| • Combination of 5 jumps (including 3 different double rotation jumps) _____ | |
| • 2 sections of advanced footwork – 1 circular _____ | _____ |
| 1 serpentine _____ | _____ |
| • Stroking: Bracket – three – bracket sequence _____ | _____ |
| • Artistic impression _____ | _____ |
| _____ | _____ |

PASS/FAIL

JUDGE _____ REFEREE _____

NZFRS STROKING

This forms part of
Freeskating Test 9

BRACKET-THREE-BRACKET PATTERN

The skater will perform
RFI bracket – three –
bracket, change feet, and
then perform LFO
bracket – three – bracket.

The step can be repeated
until the length of the rink
is covered.

No more than four
patterns are necessary
per length of the rink.

The skater may be on
flats.

Introductory steps are
optional.

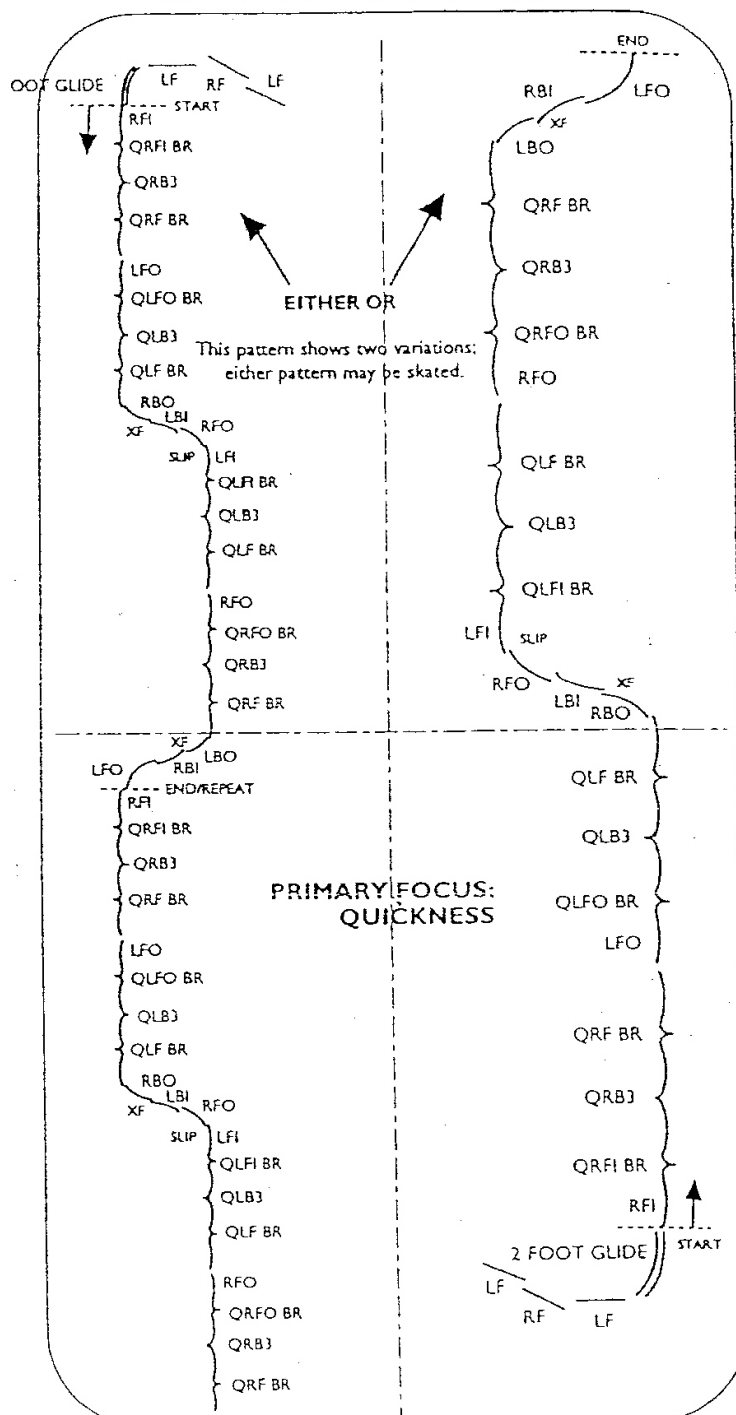
PRIMARY FOCUS

Quickness of steps

SECONDARY FOCUS

Upper Body Control

BRACKET-THREE-BRACKET PATTERN



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Name _____ Date _____

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INLINE FREESKATING TEST 10

Requirements.

PASS/FAIL

- 2 ¼ minute programme includes compulsory content for the

Inline World Champs for that year

- 3 ½ minute programme with content of skaters choice.

Judging based on whether the programme in the judges opinion meets

International standards . Content must be at least equal to that of Inline

Freeskating test 9.

PASS/FAIL

JUDGE _____

REFEREE _____