

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

Name \_\_\_\_\_ Date \_\_\_\_\_

Club \_\_\_\_\_ Art No \_\_\_\_\_ NZFRS No \_\_\_\_\_

<b>FREESKATING TEST 1</b>
---------------------------

Requirements – 2 minute routine including:

PASS/FAIL

- |   |       |
|---|-------|
| • <u>Any 2 foot spin</u> _____                        | _____ |
| • <u>Bunny Hop</u> _____                              | _____ |
| • <u>Waltz jump</u> _____                             | _____ |
| • <u>1 section primary footwork along</u> _____       |       |
| <u>a long axis straight line</u> _____                | _____ |
| • <u>Stroking: forward perimeter stroking -</u> _____ |       |
| <u>1 lap of the rink in both directions</u> _____     | _____ |
| • <u>Artistic impression</u> _____                    | _____ |
| _____   | _____ |
| _____   | _____ |

PASS/FAIL

JUDGE \_\_\_\_\_ REFEREE \_\_\_\_\_

## NZFRS STROKING

This forms part of  
Freeskating Test 1

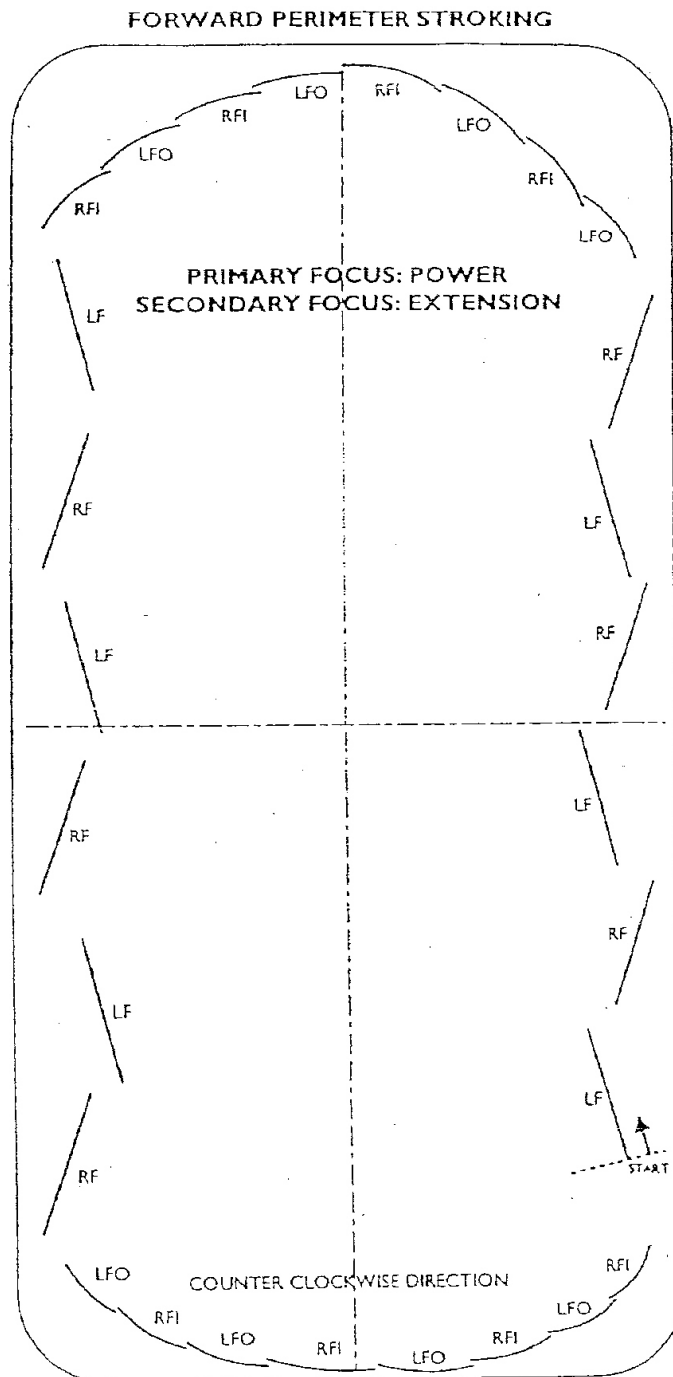
### FORWARD PERIMETER STROKING

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



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<b>FREESKATING TEST 2</b>
---------------------------

Requirements – 2 minute routine including:

PASS/FAIL

- |   |       |
|---|-------|
| • <u>IF upright spin</u>  | _____ |
| • <u>IB 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><br><u>a forward glide</u>                          | _____ |
| • <u>Stroking: forward crossovers in figure 8 pattern -</u><br><u>Two full figure eights are required</u> | _____ |
| • <u>Artistic Impression</u>  | _____ |

PASS/FAIL

JUDGE \_\_\_\_\_ REFEREE \_\_\_\_\_

## NZFRS STROKING

This forms part of  
Freeskating Test 2

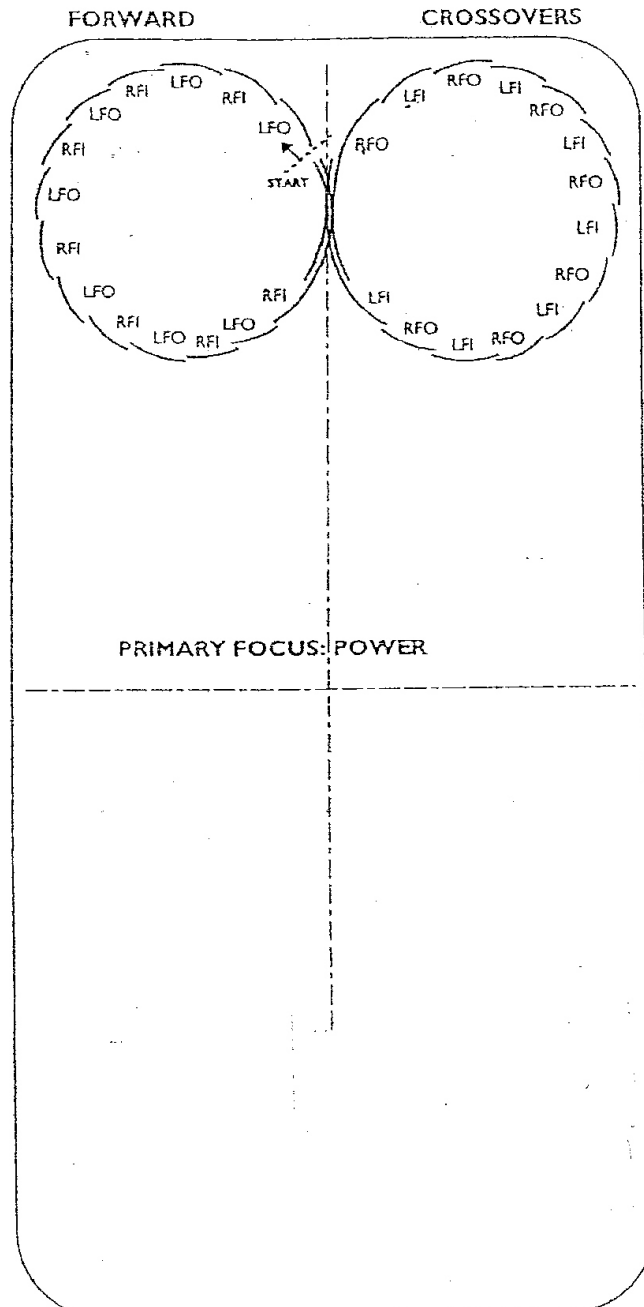
### FORWARD CROSSOVERS

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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<b>FREESKATING TEST 3</b>
---------------------------

Requirements. – 2 minute routine including:

PASS/FAIL

- |   |  |
|---|--|
| <ul style="list-style-type: none"> <li>• <u>Upright change upright spin</u> _____</li> <li>• <u>OB upright spin</u> _____</li> <li>• <u>Mapes</u> _____</li> <li>• <u>Salchow</u> _____</li> <li>• <u>Euler</u> _____</li> <li>• <u>1 section serpentine primary footwork including</u> _____<br/> <u>a backward glide</u> _____</li> <li>• <u>Stroking: consecutive outside and inside spiral sequence</u> _____</li> <li>• <u>Artistic impression</u> _____<br/>           _____</li> </ul> | _____<br>_____<br>_____<br>_____<br>_____<br>_____<br>_____<br>_____ |
|---|--|

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.

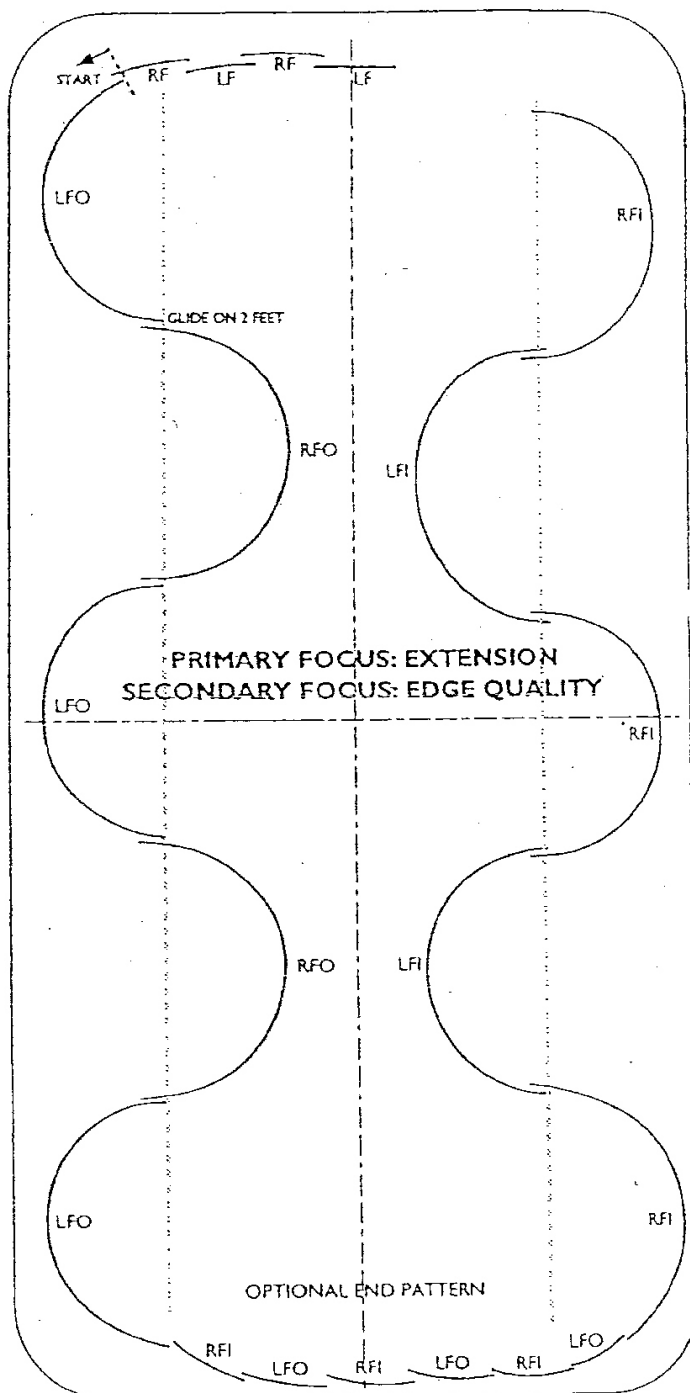
Forward inside edge  
spirals will be skated for  
the second length of the  
rink.

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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<b>FREESKATING TEST 4</b>
---------------------------

Requirements. – 2 ½ minute routine including: \_\_\_\_\_

PASS/FAIL

- |  |       |
|--|-------|
| • <u>Upright combination spin</u> _____  | _____ |
| • <u>OF upright spin</u> _____   | _____ |
| • <u>Toe Walley</u> _____  | _____ |
| • <u>OB loop jump</u> _____  | _____ |
| • <u>Euler - Salchow combination</u> _____   | _____ |
| • <u>1 section circular secondary footwork including</u> _____<br><u>a spread eagle</u> _____                      | _____ |
| • <u>Stroking: Backward crossovers in a figure 8 pattern -</u><br><u>Two full figure eights are required</u> _____ | _____ |
| • <u>Artistic impression</u> _____   | _____ |

PASS/FAIL

JUDGE \_\_\_\_\_ REFEREE \_\_\_\_\_

## NZFRS STROKING

This forms part of  
Freeskating Test 4

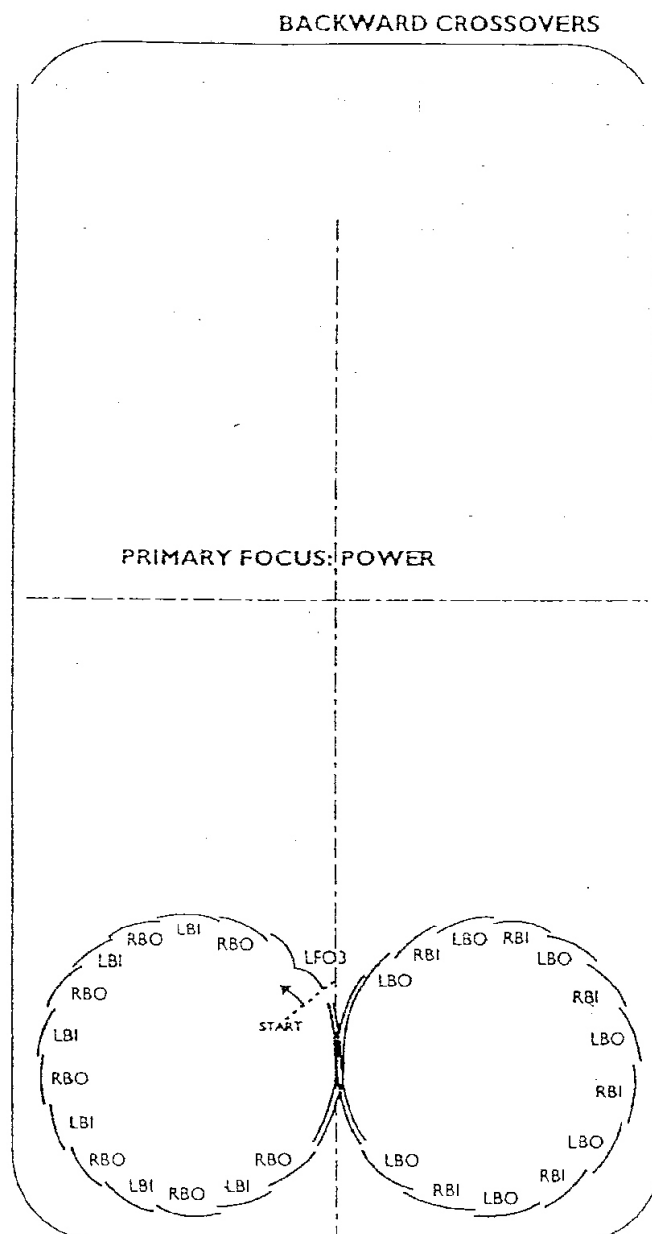
### BACKWARD CROSSOVERS

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



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<b>FREESKATING TEST 5</b>
---------------------------

Requirements. – 2 ½ minutes routine including:

PASS/FAIL

- |  |       |
|--|-------|
| • <u>IB sit spin</u> _____                                     | _____ |
| • <u>OB 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  
Freeskating 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

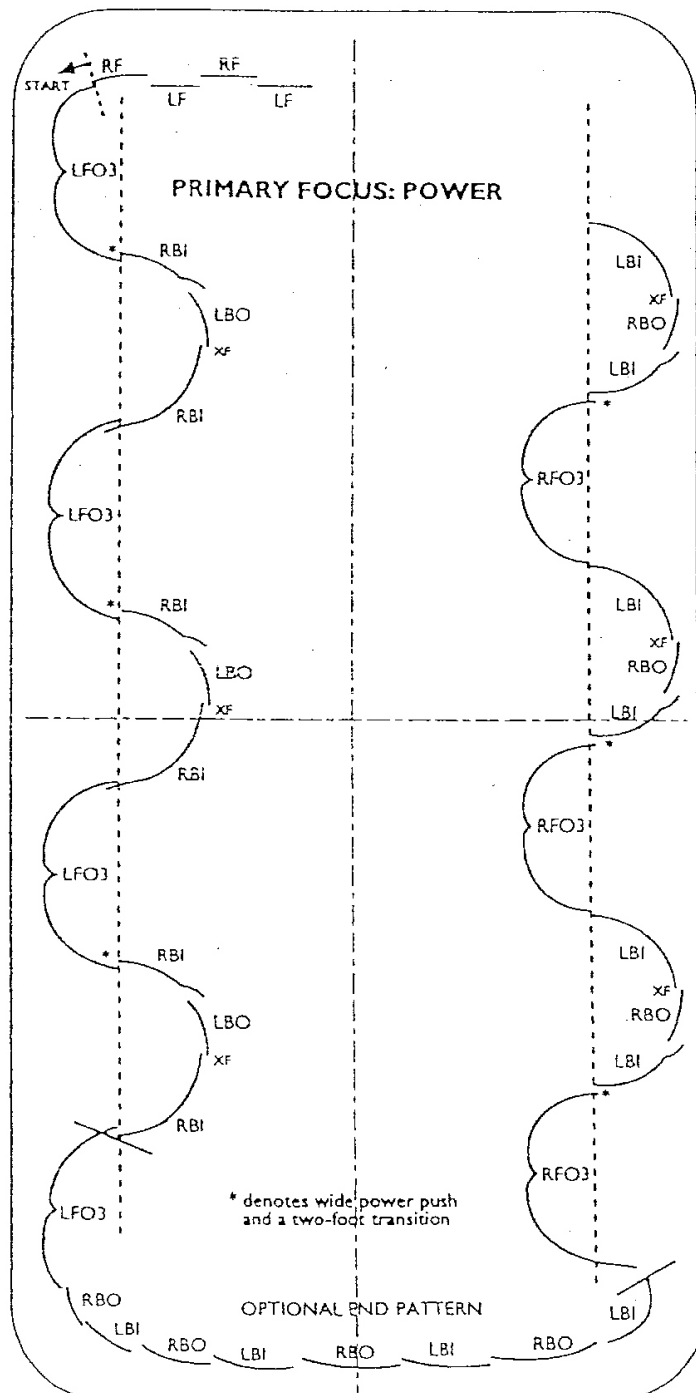
## PRIMARY FOCUS

Power

## SECONDARY FOCUS

Extension  
Body control  
Smoothness

FORWARD POWER 3-TURNS



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<b>FREESKATING TEST 6</b>
---------------------------

Requirements. – 3 minute routine including:

PASS/FAIL

- |   |       |
|---|-------|
| • <u>sit change sit</u>   | _____ |
| • <u>OF camel spin</u>  | _____ |
| • <u>Camel sit combination</u>                                  | _____ |
| • <u>Axel</u>   | _____ |
| • <u>Double mapes</u>   | _____ |
| • <u>Axel – loop – double mapes 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.

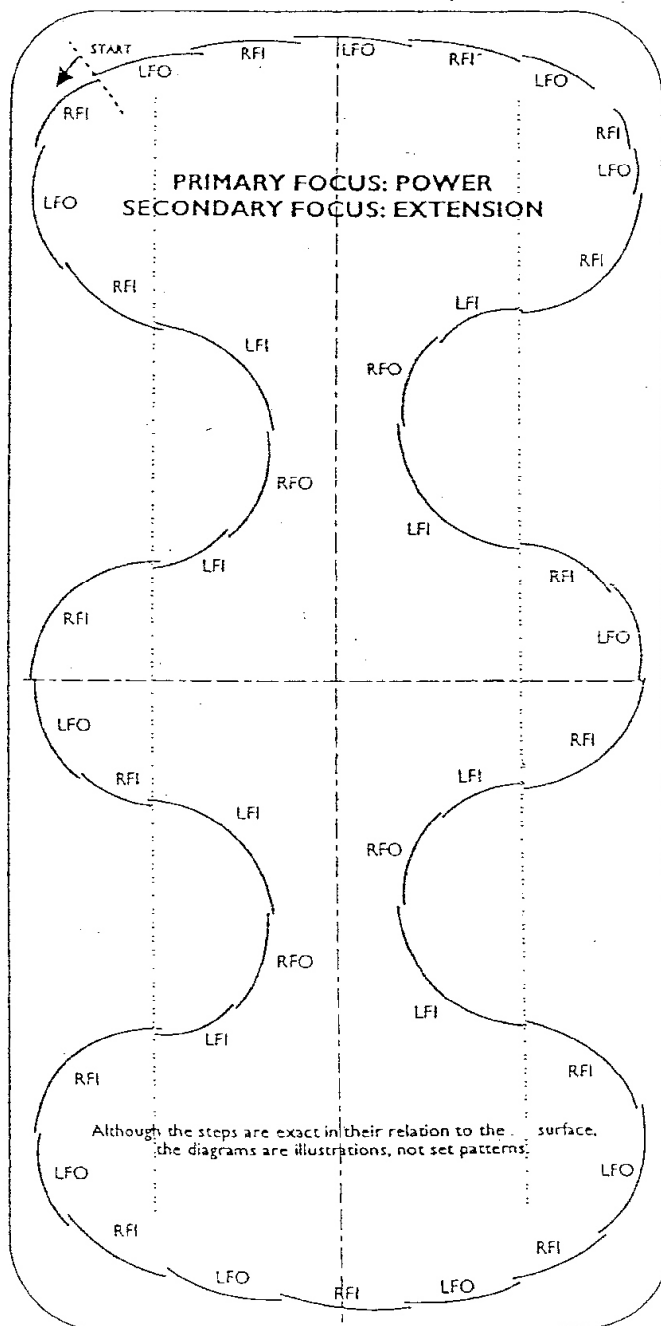
The stroking will cover  
one full lap of the rink.  
Introductory steps are  
optional.

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



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<b>FREESKATING TEST 7</b>
---------------------------

Requirements. – 3 ½ minute routine including:

PASS/FAIL

- |   |       |
|---|-------|
| • <u>Camel combination</u>  | _____ |
| • <u>Sit change camel or camel change sit</u>                               | _____ |
| • <u>Layover camel spin (any edge)</u>                                      | _____ |
| • <u>Double toe walley</u>  | _____ |
| • <u>Double Flip</u>  | _____ |
| • <u>Combination of 3 jumps (including axel and a double rotation jump)</u> | _____ |
| • <u>1 section circular advanced footwork including loops</u>               | _____ |
| • <u>Stroking: Backward perimeter power crossovers</u>                      | _____ |
| • <u>Artistic impression</u>  | _____ |
| _____   | _____ |

PASS/FAIL

JUDGE \_\_\_\_\_ REFEREE \_\_\_\_\_

## NZFRS STROKING

This forms part of  
Freeskating Test 7

### BACKWARD PERIMETER POWER CROSSOVER STROKING Counterclockwise only

#### BACKWARD PERIMETER POWER CROSSOVERS (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

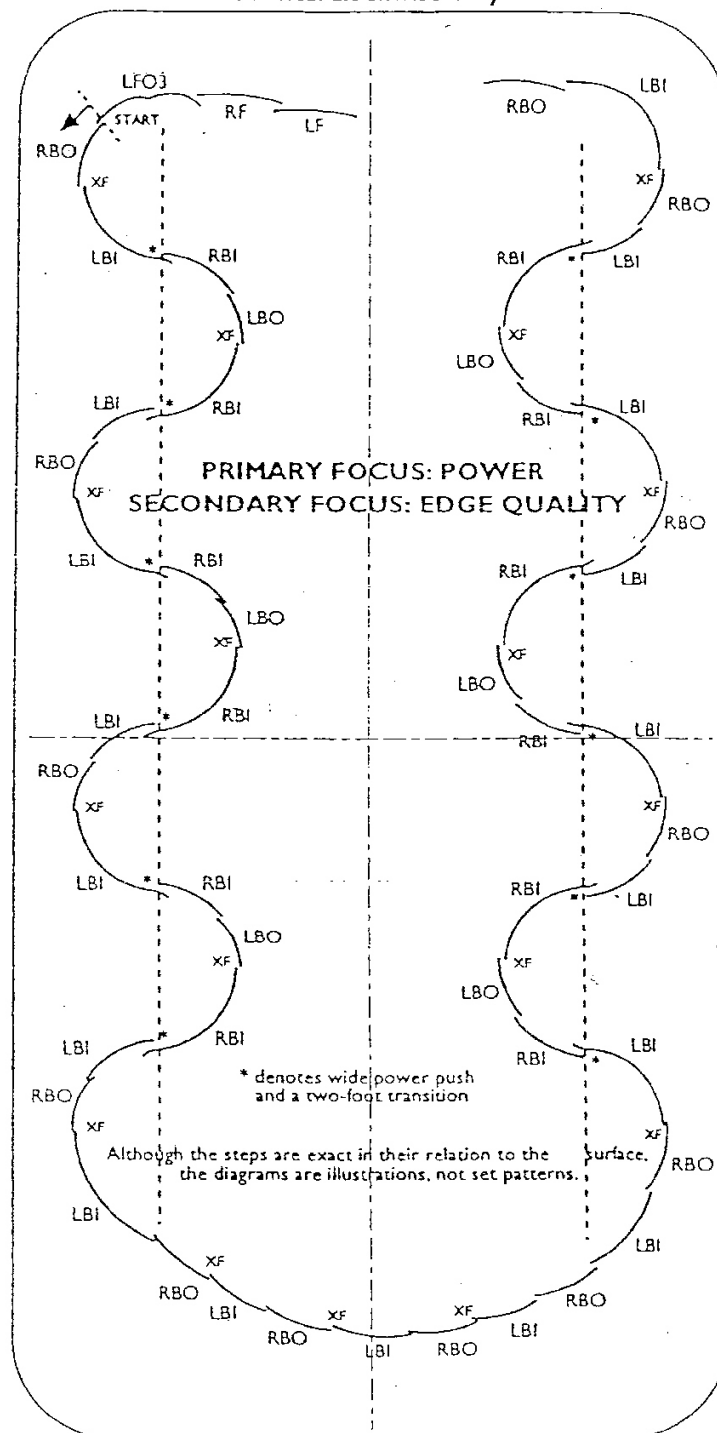
#### PRIMARY FOCUS

Power

#### SECONDARY FOCUS

Edge Quality

Use of soft/bent knees  
Upper body control



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### FREESKATING TEST 8

Requirements. – 3 ½ minute routine including:

PASS/FAIL

- Camel- sit change camel or Camel change camel - sit \_\_\_\_\_
- Camel combination change camel \_\_\_\_\_
- Camel sit combination \_\_\_\_\_
- Double Lutz \_\_\_\_\_
- Combination of 3 jumps (including 2 double rotation jumps) \_\_\_\_\_
- Combination of 5 jumps (including 3 double rotation jumps) \_\_\_\_\_
- 2 sections of advanced footwork – 1 circular \_\_\_\_\_
- 1 diagonal \_\_\_\_\_
- Stroking: five step Mohawk sequence \_\_\_\_\_
- Artistic impression \_\_\_\_\_
- \_\_\_\_\_

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.

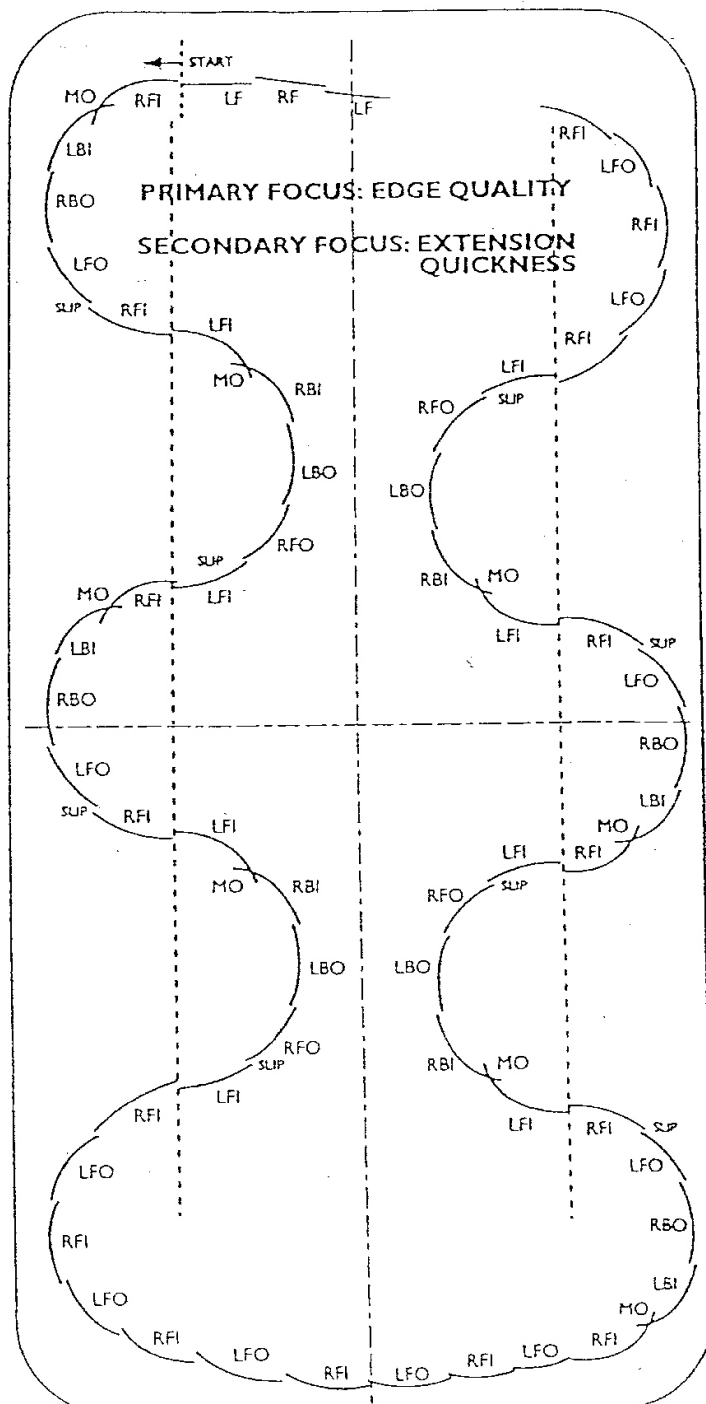
The end sequence and  
the choice of  
introductory steps are  
optional

**PRIMARY FOCUS**  
Edge Quality

**SECONDARY FOCUS**  
(a) Quickness of steps

(b) Quickness of  
extension

### FIVE STEP MOHAWK SEQUENCE



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<b>FREESKATING TEST 9</b>
---------------------------

Requirements. - 4 minute routine including:

PASS/FAIL

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

PASS/FAIL

JUDGE \_\_\_\_\_ REFEREE \_\_\_\_\_

## NZFRS STROKING

This forms part of  
Freestyle 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.

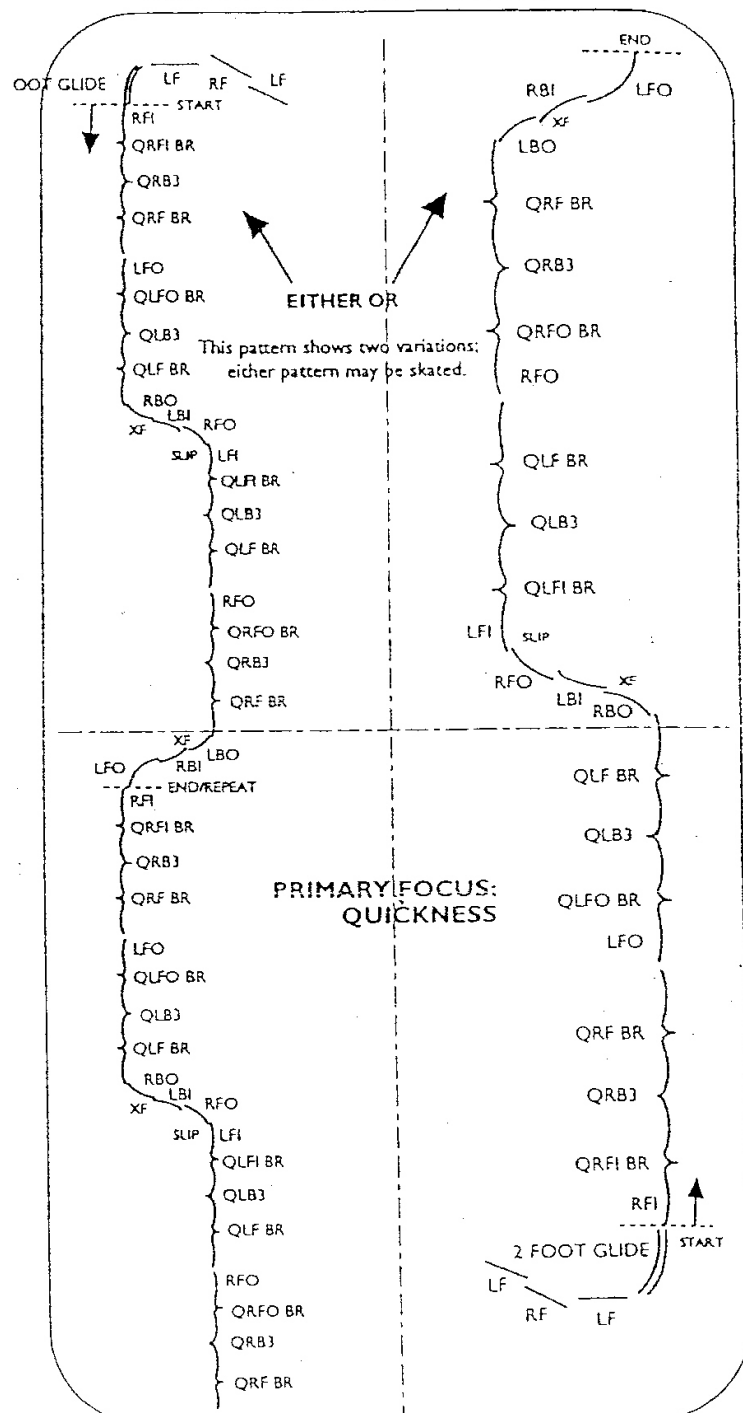
### PRIMARY FOCUS

Quickness of steps

### SECONDARY FOCUS

Upper Body Control

### BRACKET-THREE-BRACKET PATTERN



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<b>FREESKATING TEST 10</b>
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Requirements.

PASS/FAIL

- 2 ¼ minute programme includes compulsory content for the \_\_\_\_\_  
Senior World Champs as set by CIPA for that year
- 4 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  
Freeskating test 9.

\_\_\_\_\_

PASS/FAIL

JUDGE \_\_\_\_\_ REFEREE \_\_\_\_\_