

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

Name _____ Date _____

Club _____ Art No _____ NZFRS No _____

FREESKATING TEST 1

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

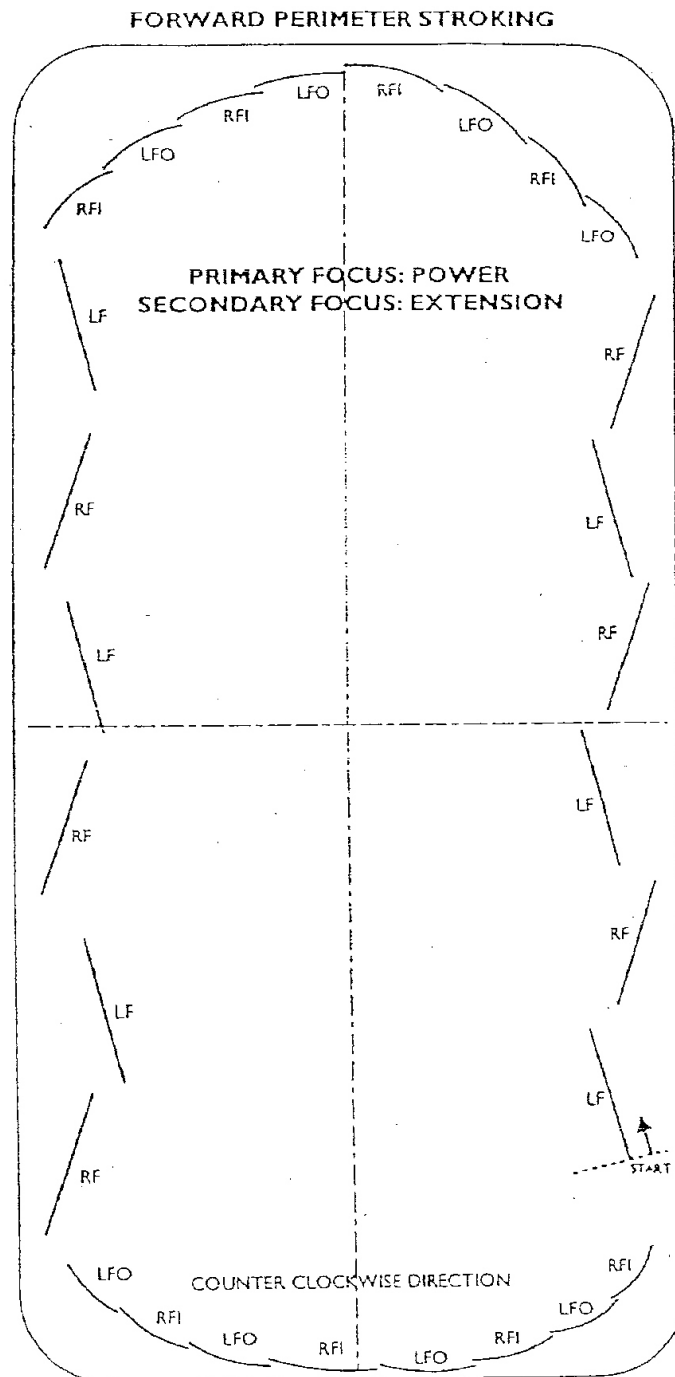
FORWARD PERIMETER STROKING

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



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

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FREESKATING TEST 2

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> | |
| <u>a forward glide</u> | _____ |
| • <u>Stroking: forward crossovers in figure 8 pattern -</u> | |
| <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

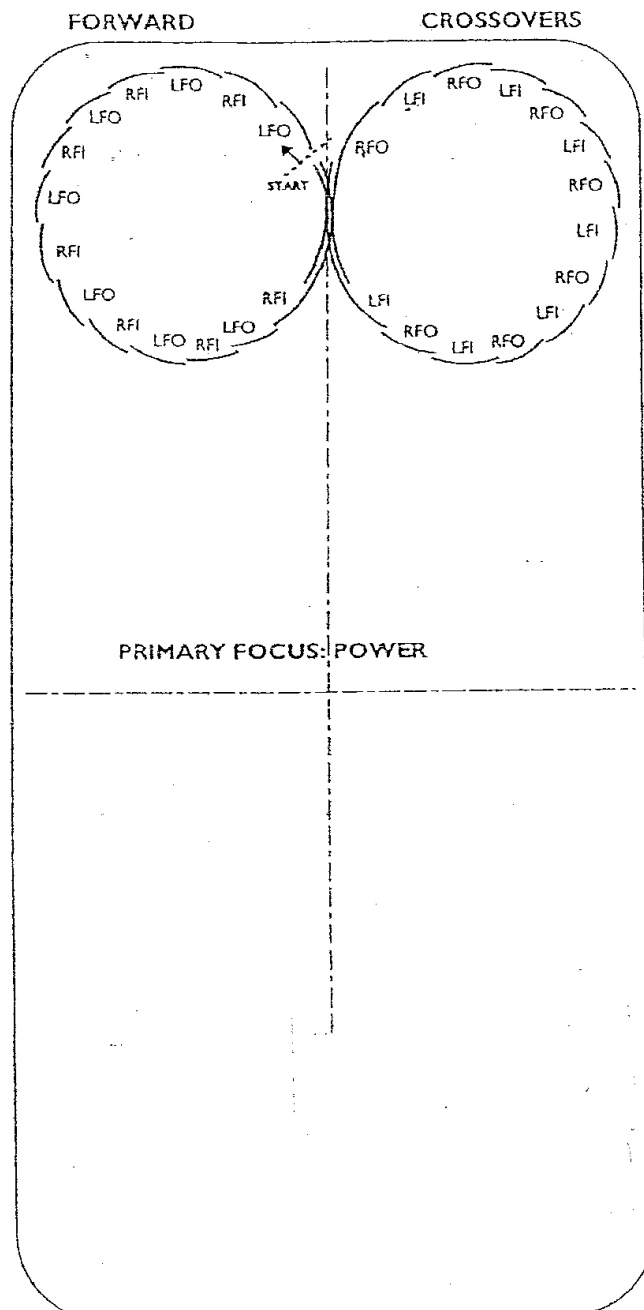
FORWARD CROSSOVERS

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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NEW ZEALAND ARTISTIC SPORTS COMMITTEE

ACHIEVEMENT TEST JUDGES FORM

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FREESKATING TEST 3

Requirements. – 2 minute routine including:

PASS/FAIL

- | | |
|---|-------|
| • <u>Upright change upright spin</u> | _____ |
| • <u>OB 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.

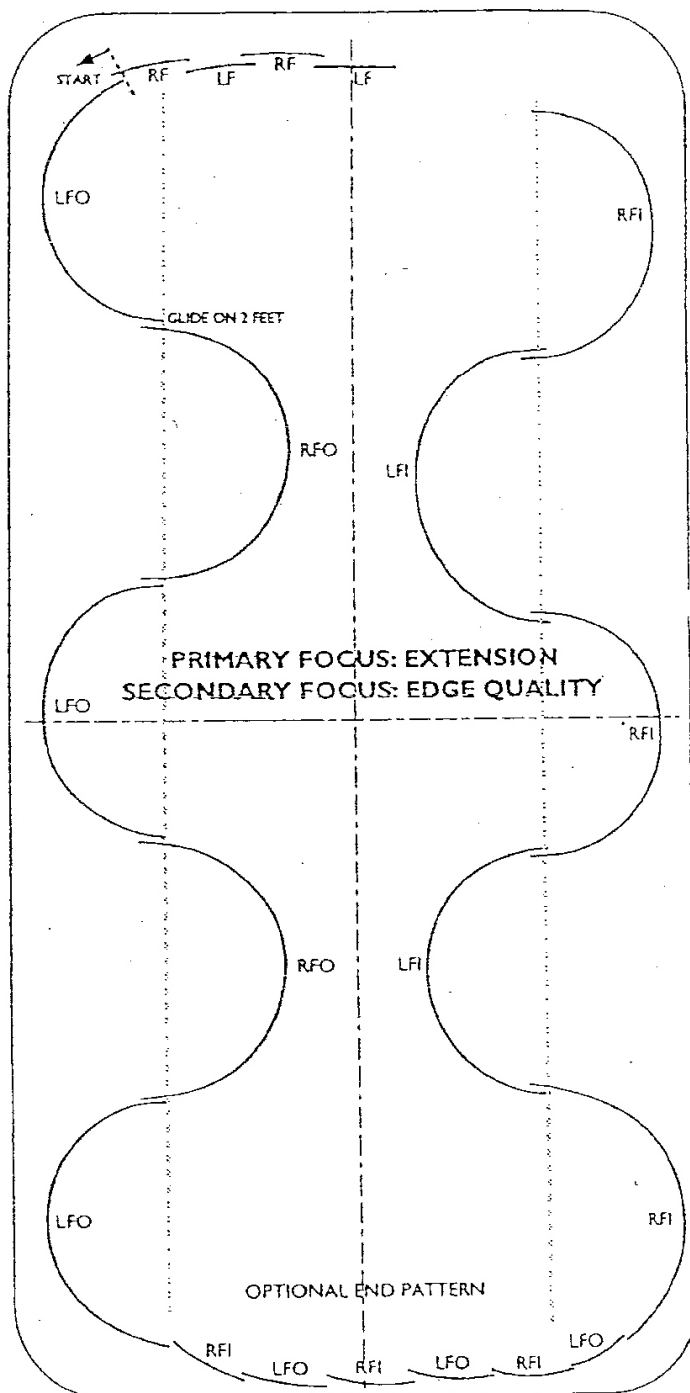
Forward inside edge
spirals will be skated for
the second length of the
rink.

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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FREESKATING TEST 4

Requirements. – 2 ½ minute routine including: _____

PASS/FAIL

- | | |
|--|--|
| <ul style="list-style-type: none">• <u>Upright combination spin</u> _____• <u>OF upright spin</u> _____• <u>Toe Walley</u> _____• <u>OB loop jump</u> _____• <u>Thoren - Salchow combination</u> _____• <u>1 section circular secondary footwork including</u> _____
<u>a spread eagle</u> _____• <u>Stroking: Backward crossovers in a figure 8 pattern -</u> _____
<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

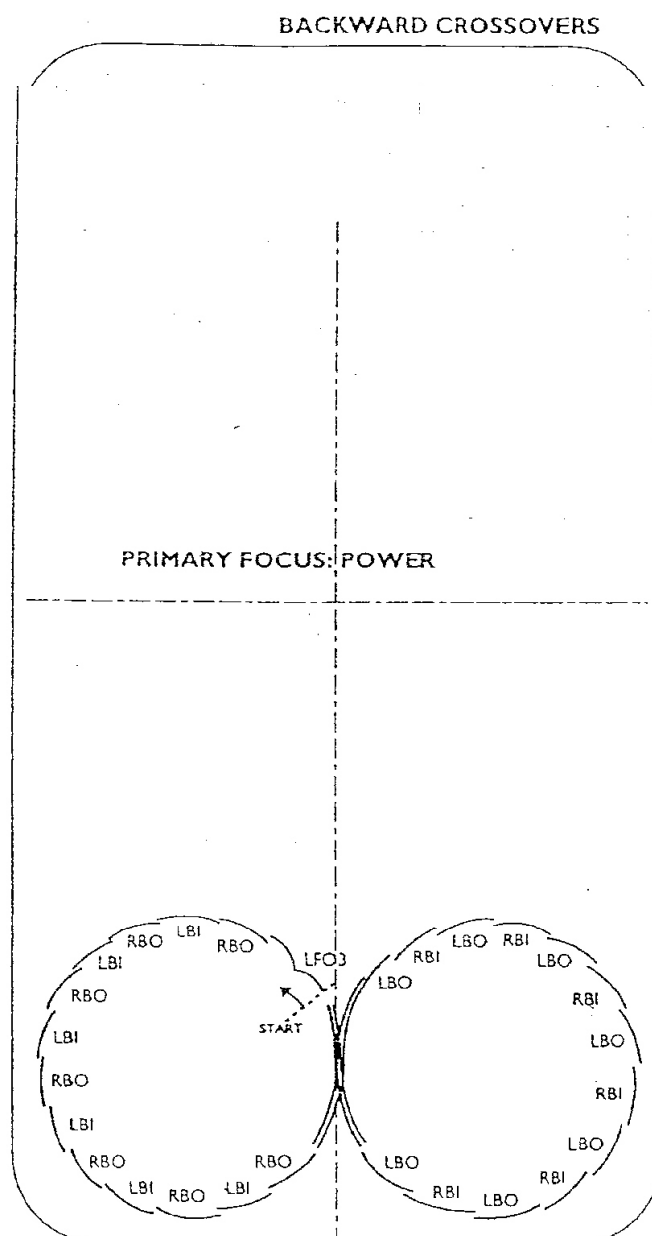
The skater will perform
backward crossovers in a
figure 8 pattern. Five to
eight crossovers per
circle are recommended.
Two full figure eights are
required.

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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Name _____ Date _____

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FREESKATING TEST 5

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 _____

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

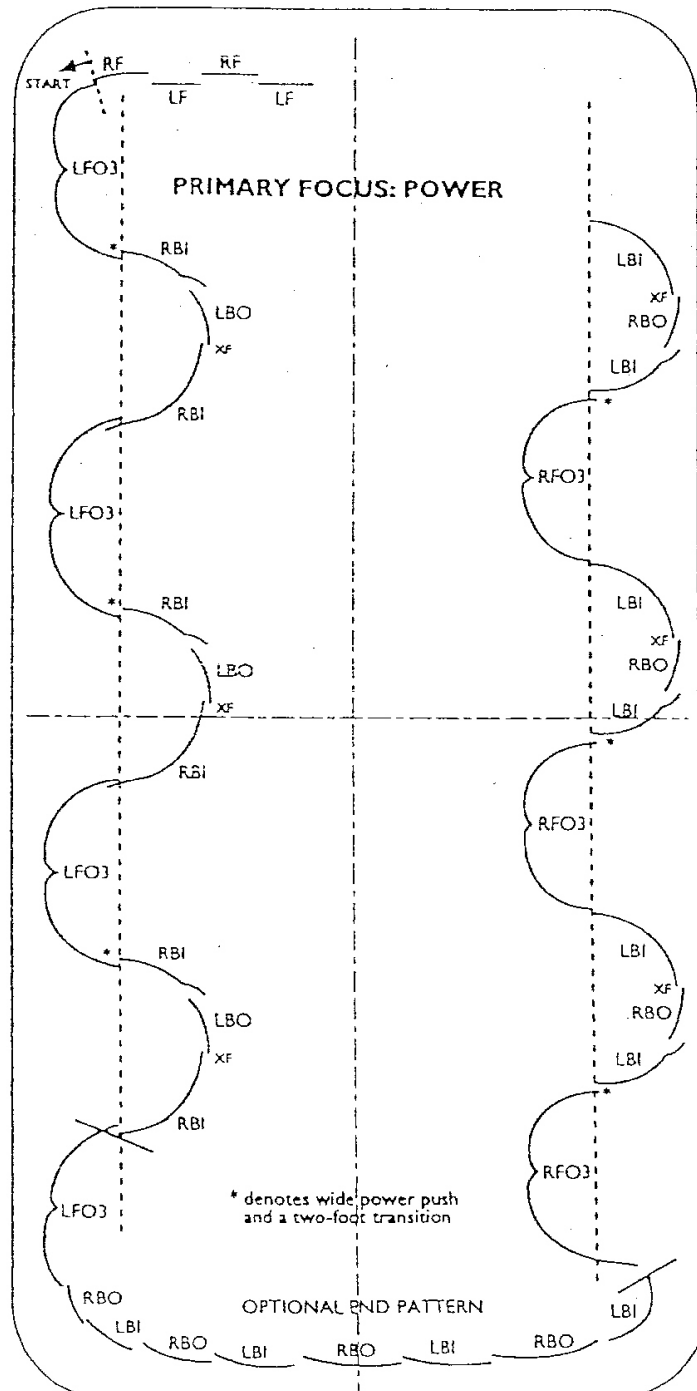
PRIMARY FOCUS

Power

SECONDARY FOCUS

Extension
Body control
Smoothness

FORWARD POWER 3-TURNS



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Name _____ Date _____

Club _____ Art No _____ NZFRS No _____

FREESKATING TEST 6

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 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.

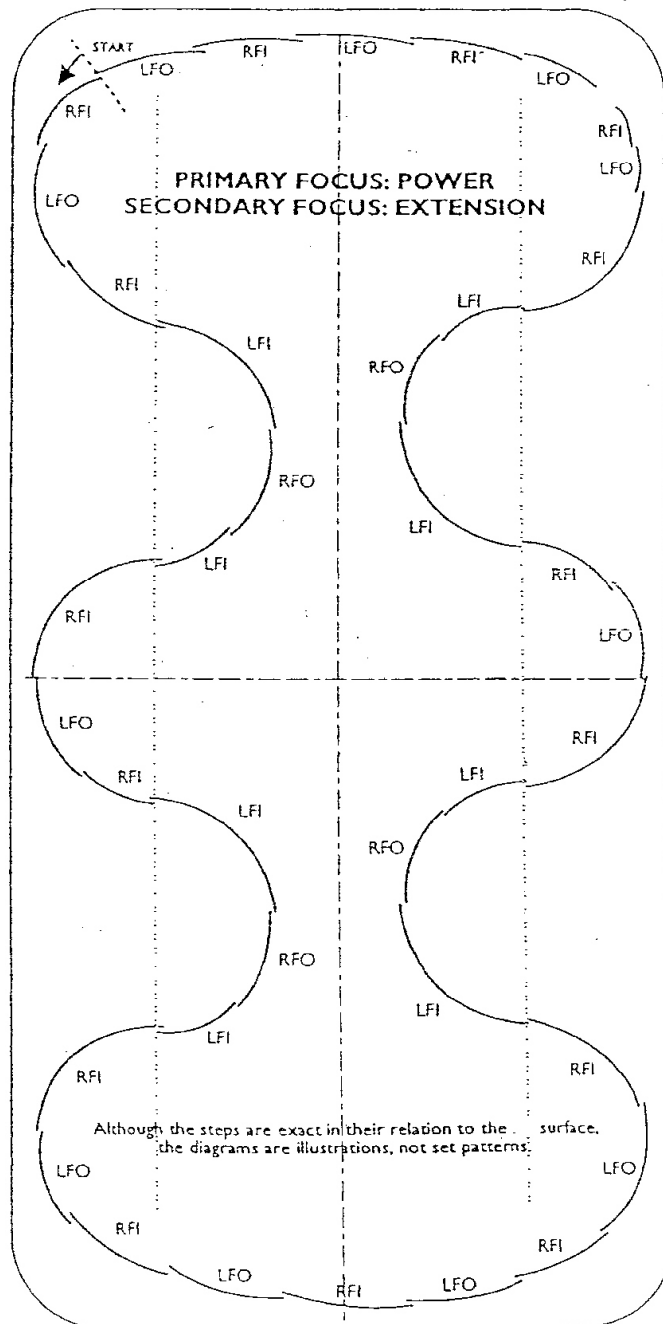
The stroking will cover
one full lap of the rink.
Introductory steps are
optional.

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



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Name _____ Date _____

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FREESKATING TEST 7

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

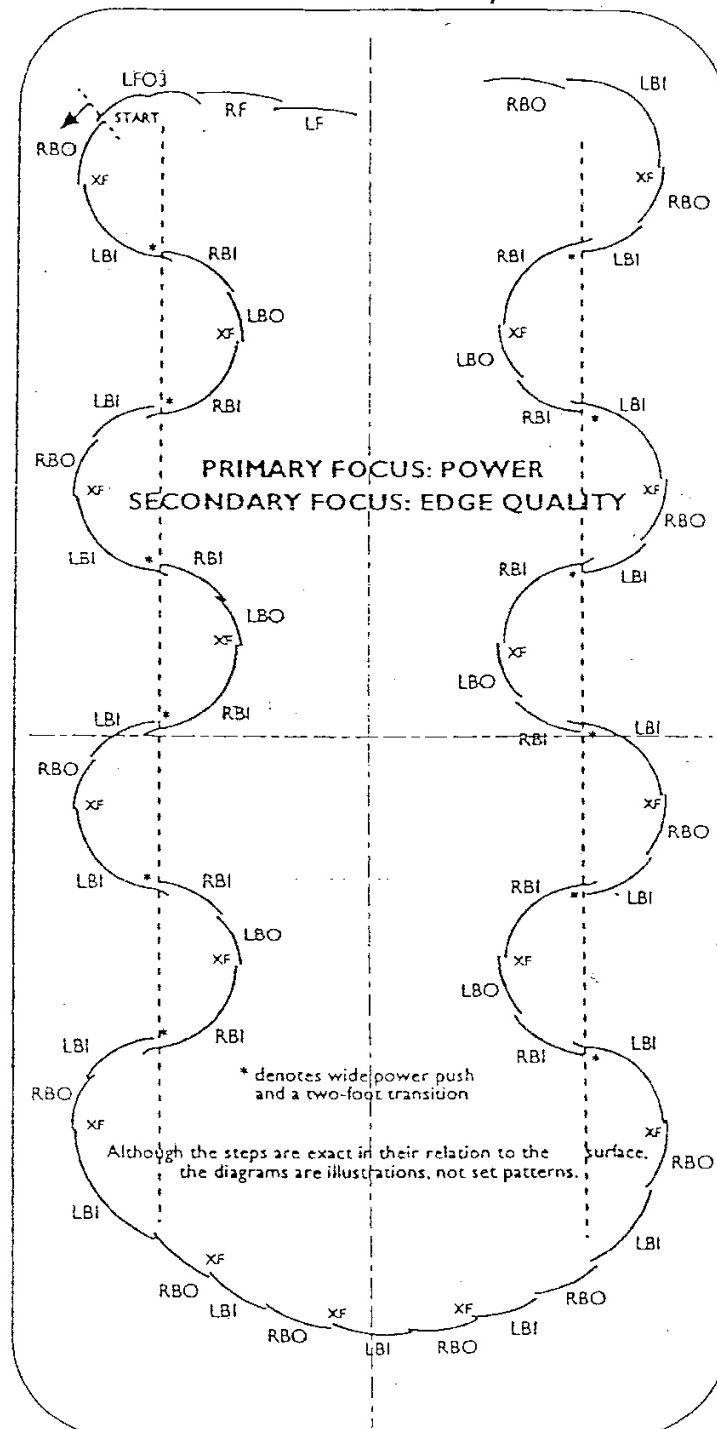
PRIMARY FOCUS

Power

SECONDARY FOCUS

Edge Quality

Use of soft/bent knees
Upper body control



**NEW ZEALAND ARTISTIC SPORTS COMMITTEE
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Name _____ Date _____

Club _____ Art No _____ NZFRS No _____

FREESKATING TEST 8

Requirements. – 3 ½ minute routine including:

PASS/FAIL

- | | |
|---|-------|
| • <u>Camel- sit change camel or Camel change camel - sit</u> | _____ |
| • <u>Camel combination change camel</u> | _____ |
| • <u>Camel sit combination</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.

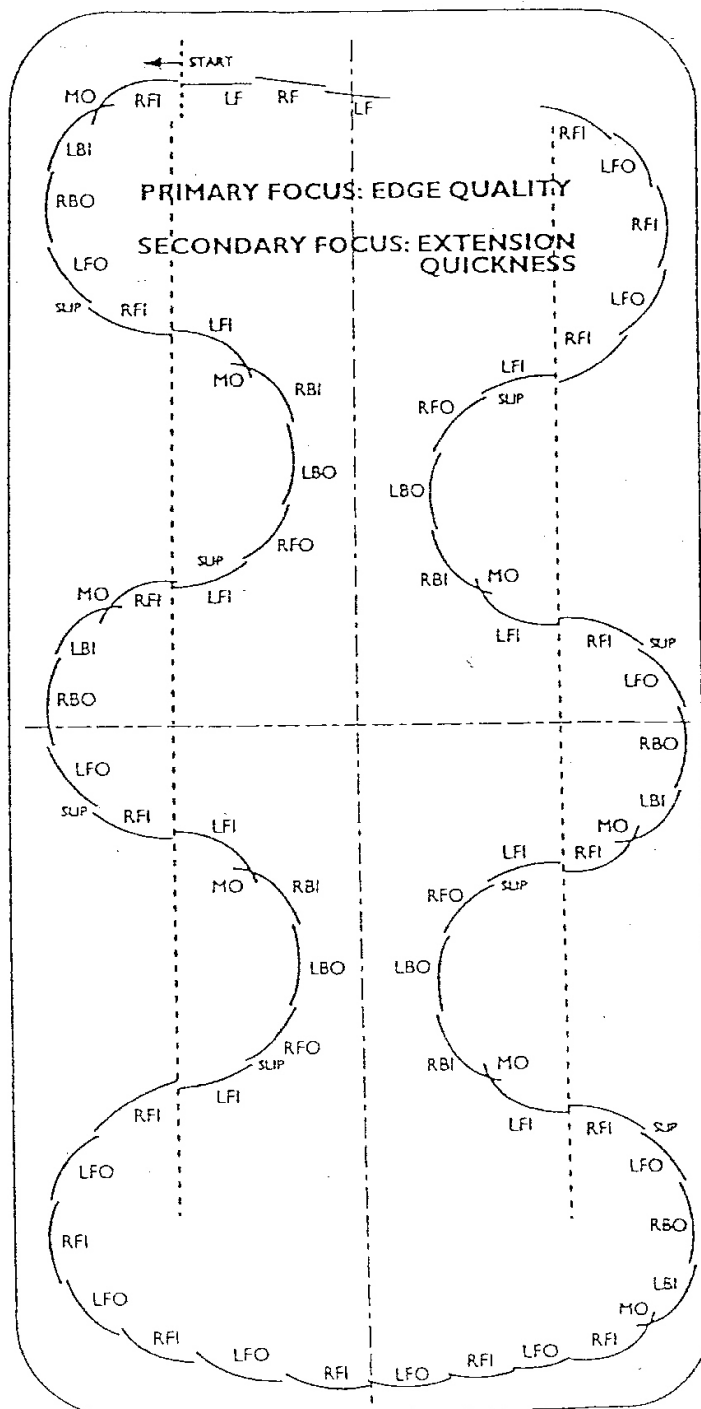
The end sequence and
the choice of
introductory steps are
optional

PRIMARY FOCUS
Edge Quality

SECONDARY FOCUS
(a) Quickness of steps

(b) Quickness of
extension

FIVE STEP MOHAWK SEQUENCE



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FREESKATING TEST 9

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.

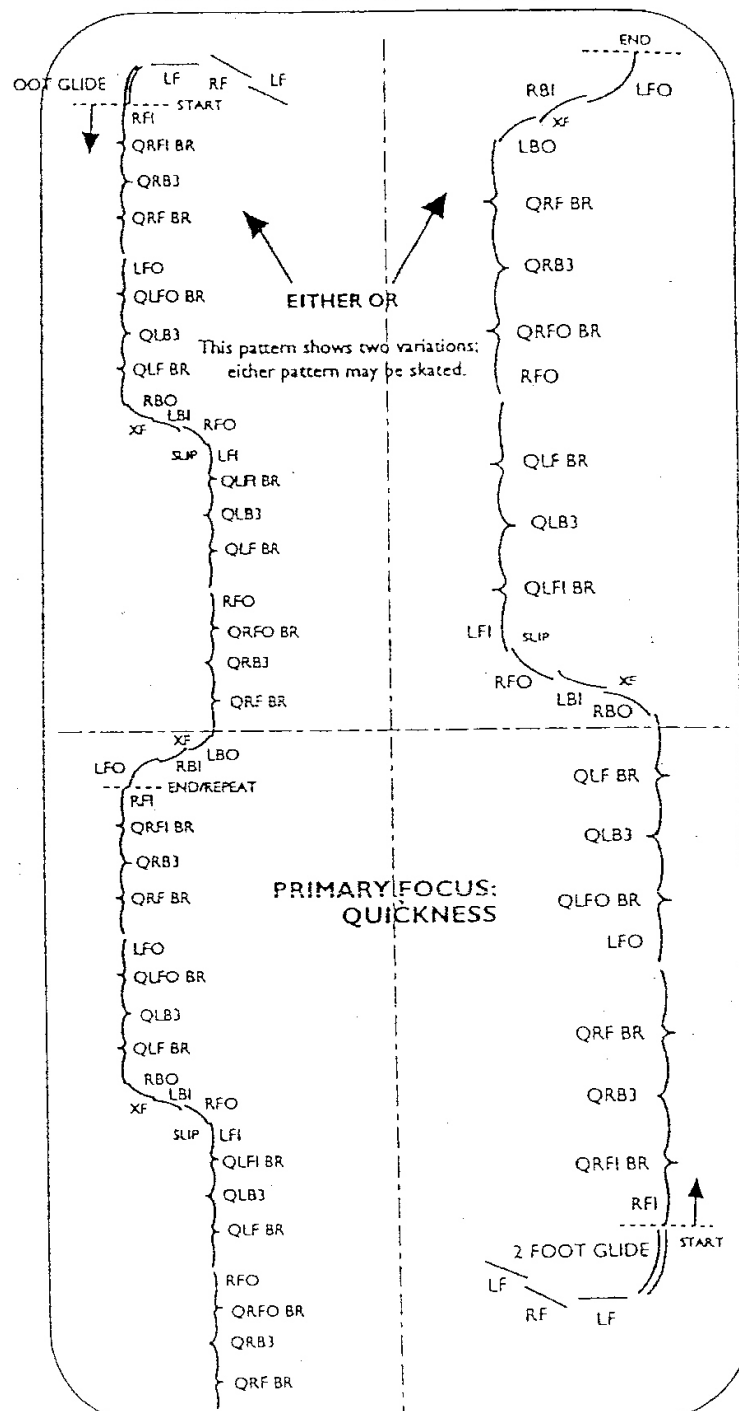
PRIMARY FOCUS

Quickness of steps

SECONDARY FOCUS

Upper Body Control

BRACKET-THREE-BRACKET PATTERN



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Name _____ Date _____

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FREESKATING TEST 10

Requirements.

PASS/FAIL

- Short programme includes compulsory content for the _____
Senior World Champs as set 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 _____