

# N.Z.F.R.S

## NATIONAL ARTISTIC SPORTS COMMITTEE

### ACHIEVEMENT MEDAL TEST SCHEDULE

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# ACHIEVEMENT MEDAL TEST SCHEDULE

The NZFRS Artistic Roller Skating Achievement Medal Tests programme is designed to aid in the development of roller skating skills and assist in the measurement of progress in obtaining skating skills. The programme provides a stepping stone development from Elementary Patch Tests through the comprehensive skill building Achievement Medal Tests.

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## ELEMENTARY PATCH TESTS

**GENERAL:** The Elementary Patch Badge Tests are designed as an 'optional' achievement test programme to cater for the entry level and recreational skater.

**OFFICIALS:** Commissioned NZFRS officials/judges are NOT required for the Elementary Patch test programme.

**TEST CANDIDATES:** The candidate is NOT required to be a member of a NZFRS member club.

**TEST PROGRESSION:** The skater should start with Patch Test 1 and move progressively to Patch Test 6.

**PATCH BADGES:** These may be obtained from the Treasurer of the NZFRS Artistic Sports Committee at a cost of \$5.00 per badge.

## REQUIREMENTS FOR ELEMENTARY PATCH TESTS

BADGE#1	Skate across rink without falling.
BADGE#2	Stationary Push Offs: Form a 'T' with both feet to obtain the power for the skating stroke. Should be done left and right. Crouch (2 foot bob down) Chair (any foot)
BADGE#3	Runs. Progressive run movement to the left. Two foot jump (no turn). Glide. Shoot the duck.
BADGE #4	Skate Backward across rink without falling. Skate outside curves (edges) on alternate feet. PivotSpin.
BADGE #5	Turn from forward to backward in either direction. Skate inside curves (edges) on alternate feet. Two foot shuffle spin. Bunnyhop.
BADGE #6	Progressive run movements to the right. Two foot jump ½ revolution. Backward chair. Change of edge on alternate feet (outside to inside). Skate backwards on alternate feet.

## NZFRS ACHIEVEMENT MEDAL TESTS

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**GENERAL:** The Achievement Medal Tests Programme must be commenced with the first Bronze Test and progress from that point.

The medal tests are judged on competency (eg. Pass or Fail).

Please note change of names for the following jumps;

Mapes is now known as a Toe Loop

Eular is now known as a Thoren

**CANDIDATES:** The candidates **MUST** be registered members of the NZFRS and have purchased a registered Artistic number which must be worn for all tests.

**REGULATIONS:** The general regulations and rules applying to the judging of tests as set out in the NZFRS General Rules and Regulations 10.00, shall be strictly adhered to. Tests judged otherwise will not be recognised. (Club Secretary should check for changes in current rules).

**OFFICIALS:** Only currently registered commissioned judges may be used to officiate for the Achievement Medal Tests.

Use of an inactive or un-registered judge automatically invalidates the test taken.

The responsibility is with the Test Centre organiser to ensure the judges are currently active and registered judges.

### 10.00

#### GOLD MEDAL TESTS

- 1001 New Zealand Artistic Committee approval must be obtained for the appointment of judges for Gold Medal Tests. Written application must be made to the Secretary of the New Zealand Artistic Committee who will obtain the permission of either the Artistic Chairperson or the Convenor of the Artistic Officials Committee.
- 1002 Gold Medal Tests may be taken at New Zealand Championships, Area Championships, Regional Championships or at Regional Test centres only if facilities are considered of sufficient standard by the New Zealand Artistic Committee.

### 10.01

#### PROCEDURE FOR MEDAL TESTS

- 10.1.1 Candidates must be a registered member of the NZFRS and have purchased a registered Artistic number, which must be worn for all tests. It is the responsibility of the candidate's club secretary to ensure that all such registrations are complete, forms are correctly filled in and all fees paid prior to the taking of the test.
- 10.1.2 There are two forms, the judges test sheet (one for each judge) and the master sheet. Also, for Freeskating/Precision tests, copies of the Freeskating/Precision requirements for the referee and each judge for the test being taken. The club secretary should arrange for the correct number of judges and a referee to be present at the appropriate time by contacting the Judges and verifying with the Official Convener/s. Judges are entitled to travelling expenses if they come from another town or district. The result of the test must be advised to the candidate by the referee on completion of the test.
- 10.1.3 A skater wishing to take a Gold Medal Test will apply through the club secretary to the New Zealand Artistic Committee.
- 10.1.4 The master sheet of test results, together with the test fees shall be forwarded within 7 days to the New Zealand Artistic Committee Treasurer.
- 10.1.5 Where possible the same judges should be used for each level of test at a test centre.
- 10.1.6 All candidates must wear their registered Artistic number for the tests they are taking
- 10.1.7 The requirements of each figure or dance test will be skated in order as listed in the schedule
- 10.1.8 Once a test has commenced it will proceed within reason without stops until completion.
- 10.1.9 All figures in tests from Figure medal 2 upwards must be skated three (3) times on each foot.
- 10.1.10 Dance Pairs and Solo Dance tests are to be completed one candidate at a time. However, two skaters taking a Dance Couples test may be judged at the same time. They may be required by the judges to complete more than the maximum number of required sequences.
- 10.1.11 The minimum time for each dance is when all judges have awarded a pass or fail. Judges will signify the completion of their decision by turning their backs. The maximum time is, as per dance schedule. Judges may indicate that they have completed judging prior to the maximum number of sequences being completed.
- 10.1.12 Time limits for Freeskating, Free dance and Precision must be adhered to. A test less than the minimum time limit cannot obtain a pass.
- 10.1.13 Items of missed content cannot be executed in a re-skate.

- 10.1.14 On the instruction of the majority of judges, when a portion of a test is considered a fail the referee may give the candidate the option of stopping or finishing the test.
- 10.1.15 A fail decision in figures or dance does not preclude the candidate from having a re- skate. Any such re-skate will be at the discretion of the judges.
- 10.1.16 A judge may ask for a re-skate of part of a figure or dance test. Only two re-skates are allowed in any one test. In freeskating a judge may ask for a re-skate of any particular two items of content. All re- skates are to be conducted at the end of the candidate's test.
- 10.1.17 Precision tests are to be conducted as a team with each skater being individually judged, with at least the minimum number of skaters required for that test on the floor. The judges may ask for the routine to be skated up to four times to ensure uniformity within the whole team. The team is judged on unison and ability to perform to the standards required. Skaters are required to individually attain a Pass. Tests will be skated to music of the candidates' own choice.
- 10.1.18 At the conclusion of the test the referee will tell the candidate of any good points, or areas of concern that require more training that the judges have noted/highlighted concerning their test. The candidate may be accompanied by one other person while being given this information.
- 10.1.19 Skaters who fail a medal test may not re-sit the test at the same test centre in the same day.
- 10.1.20 Medal test forms are confidential and test organisers are reminded of the Privacy Act.

# FIGURE TESTS

## FIGURE TEST 1

Award: Bar inscribed <1> Figure Skating

Fee: \$10.00

2 Judges holding a Class 3 Commission or 1 holding a Class 3 and 1 holding a Class 4 commission, (one of whom will referee), with a pass mark from both judges.

Forward outside field edges

Forward inside field edges

The candidate should start from a stationary position, strike off correctly and may use a limited number of steps to gain momentum. About six steps should be taken on each listed edge. The candidate should finish on a forward edge stopping correctly. A good strong edge should be achieved, starting and stopping on an imaginary baseline.

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## FIGURE TEST 2

Award: Bar inscribed <2> Figure Skating

Fee: \$10.00

2 Judges holding a Class 3 Commission or 1 holding a Class 3 and 1 Holding a Class 4 commission, (one of whom will referee), with a pass mark from both judges.

1 RFO-LFO Circle Eight

1a RFOI-LFOI Half Eight

2 RFI-LFI Circle Eight

114 RFO-LFO Loop Circle

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## FIGURE TEST 3

Award: Bar inscribed <3> Figure Skating

Fee: \$10.00

2 Judges holding a Class 3 Commission, (one of whom will referee), with a pass from both judges.

Back outside field edges

5a RFOI-LFIO Change Eight

5b LFOI-RFIO Change Eight

7 RFO-LFO Three

115 RFI-LFI Loop Circle

For the Curve Back outside, the candidate may use a limited number of steps to gain momentum. About six steps should be taken. The candidate should come to a complete stop at the conclusion. A good strong edge should be achieved, starting and stopping on an imaginary baseline.

## FIGURE TEST 4

Award: Bar inscribed <4> Figure Skating  
Fee: \$10.00

2 Judges holding a Class 3 commission, (one of whom will referee), with a pass from both judges.

- |    |                      |      |                              |
|----|----------------------|------|------------------------------|
| 3  | RBO-LBO Circle Eight | 11   | RFI-LFI Double Three         |
| 9a | RFI-LBO Three        | 130a | RFOI-LFIO Change Loop Circle |
| 9b | LFI-RBO Three        | 130b | LFOI-RFIO Change Loop Circle |
- 

## FIGURE TEST 5

Award: Bar inscribed <5> Figure Skating  
Fee: \$15.00

2 Judges holding Class 2 Commission, (plus a Class 2 Referee), with a pass from both judges.

- |    |                      |     |                     |
|----|----------------------|-----|---------------------|
| 4  | RBI-LBI Circle Eight | 14  | RFO-LFO Loop        |
| 8a | RFO-LBI Three        | 15  | RFI-LFI Loop        |
| 8b | LFO-RBI Three        | 116 | RBO-LBO Loop Circle |
| 10 | RFO-LFO Double Three |     |                     |
- 

## FIGURE TEST 6

Award: Bar inscribed <6> Figure Skating  
Fee: \$15.00

2 Judges holding Class 2 Commission, (plus a Class 2 Referee), with a pass from both judges.

- |     |                      |     |                       |
|-----|----------------------|-----|-----------------------|
| 12  | RBO-LBO Double Three | 30a | RFOI-LFIO Change Loop |
| 13  | RBI-LBI Double Three | 30b | LFOI-RFIO Change Loop |
| 19a | RFI-LBO Bracket      | 117 | RBI-LBI Loop Circle   |
| 19b | LFI-RBO Bracket      |     |                       |
- 

## FIGURE TEST 7

Award: Bar inscribed <7> Figure Skating  
Fee: \$15.00

3 Judges holding Class 2 Commission, (one of whom will Referee), with a pass from the majority of judges.

- |     |                               |      |                               |
|-----|-------------------------------|------|-------------------------------|
| 18a | RFO-LBI Bracket               | 16   | RBO – LBO Loop                |
| 18b | LFO-RBI Bracket               | 17   | RBI-LBI Loop                  |
| 28a | RFOI-LFIO Change Double Three | 131a | RBOI-LBIO Change Loop Circles |
| 28b | LFOI-RFIO Change Double Three | 131b | LBOI-RBIO Change Loop Circles |
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## FIGURE TEST 8

Award: Bar inscribed <8> Figure Skating

Fee: \$15.00

3 Judges holding Class 2 Commission, (one of whom will Referee), with a pass from the majority of judges.

20b RFO-LBO Rocker

29a RBOI-LBIO Change Double Three

20a LFO-LBO Rocker

29b LBOI-RBIO Change Double Three

22a RFO-LBO Counter

31a RBOI-LBIO Change Loop

22b LFO-RBO Counter

31b LBOI-RBIO Change Loop

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## FIGURE TEST 9

Award: Gold Bar inscribed <9> Figure Skating

Fee: \$20.00 plus cost of bar

3 Judges holding Class 1 Commission, (plus a Class 1 Referee), with a pass from the majority of judges.

21a RFI-LBI Rocker

40a RFO-LFI Paragraph Bracket

21b LFI-RBI Rocker

40b LFO-RFI Paragraph Bracket

36a RFO-LFI Paragraph Double 3

38a RFO-LFI Paragraph Loop

36b LFO-RFI Paragraph Double 3

38b LFO-RFI Paragraph Loop

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## FIGURE TEST 10

Award: Gold Medallion

Fee: \$20.00 plus cost of gold medal

3 Judges holding Class 1 Commission, (plus a Class 1 Referee), with a pass from the majority of judges.

23a RFI-LBI Counter

41a RBO-LBI Paragraph Bracket

23b LFI-RBI Counter

41b LBO-RBI Paragraph Bracket

37a RBO-LBI Paragraph Double 3

39a RBO-LBI Paragraph Loop

37b LBO-RBI Paragraph Double 3

39b LBO-RBI Paragraph Loop

## DANCE COUPLES TESTS

All tests are to be skated with a partner, who may be of the same sex as the candidate.

### DANCE COUPLES TEST 1

Award: Bar inscribed <1> Dance  
Fee: \$10.00

2 Judges holding Class 3 Commission or 1 holding a Class 3 and 1 holding a Class 4 Commission, (one of whom will referee), with a pass from both judges.

Waltz Sequence	Tempo 120	2 circuits of rink
March Sequence (Edges & Runs)	Tempo 100	2 circuits of rink

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### DANCE COUPLES TEST 2

Award: Bar inscribed <2> Dance  
Fee: \$10.00

2 Judges holding Class 3 Commission or 1 holding a Class 3 and 1 holding a Class 4 Commission, (one of whom will referee), with a pass from both judges.

City Blues	Tempo 88	4 sequences minimum
Progressive Tango	Tempo 100	4 sequences minimum
Glide Waltz	Tempo 120	4 sequences minimum

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### DANCE COUPLES TEST 3

Award: Bar inscribes <3> Dance  
Fee: \$10.00

2 Judges holding Class 3 Commission, (one of whom will referee), with a pass from both judges.

Olympic Foxtrot	Tempo 104	4 sequences minimum
Canasta Tango	Tempo 100	4 sequences minimum
Skaters March	Tempo 100	4 sequences minimum

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## DANCE COUPLES TEST 4

Award: Bar inscribed <4> Dance

Fee: \$10.00

2 Judges holding a Class 3 Commission, (one of whom will referee), with pass from both judges.

Denver Shuffle	Tempo 100	4 sequences minimum
Schottische	Tempo 100	4 sequences minimum
Tudor Waltz	Tempo 144	4 sequences minimum

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## DANCE COUPLES TEST 5

Award: Bar inscribed <5> Dance

Fee: \$15.00

2 Judges holding Class 2 Commission, (plus a Class 2 Referee), with pass from both judges.

Southland Swing	Tempo 92	4 sequences minimum
Siesta Tango	Tempo 100	4 sequences minimum
Adams	Tempo 108	3 sequences minimum
Imperial Waltz	Tempo 120	4 sequences minimum

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## DANCE COUPLES TEST 6

Award: Bar inscribed <6> Dance

Fee: \$15.00

2 Judges holding Class 2 Commission, (plus a Class 2 Referee), with pass from both judges.

Keats Foxtrot	Tempo 96	4 sequences minimum (3 single)
Carroll Swing	Tempo 100	3 sequences minimum
Imperial Tango	Tempo 104	4 sequences minimum
14 Step	Tempo 108	4 sequences minimum

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## DANCE COUPLES TEST 7

Award: Bar inscribed <7> Dance

Fee: \$15.00

3 Judges holding Class 2 Commission, (one of whom will Referee), with a pass from the majority of judges.

Dench Blues	Tempo 88	4 sequences minimum (3 single)
Harris Tango	Tempo 100	3 sequences minimum
Rocker Foxtrot	Tempo 104	4 sequences minimum
European Waltz	Tempo 120	4 sequences minimum

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## DANCE COUPLES TEST 8

Award: Bar inscribed <8> Dance  
Fee: \$15.00

3 Judges holding Class 2 Commission, (one of whom will Referee), with a pass from the majority of judges.

Italian Foxtrot	Tempo 96	3 sequences maximum
Iceland Tango	Tempo 100	3 sequences minimum
Kilian	Tempo 108	4 sequences minimum
Westminster Waltz	Tempo 138	3 sequences minimum

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## DANCE COUPLES TEST 9

Award: Bar inscribed <9> Dance  
Fee: \$20.00 plus cost of gold bar

3 judges holding a Class 1 commission, (plus a Class 1 Referee), with a pass from the majority of judges.

Paso Doble	Tempo 112	3 sequences maximum
Argentine Tango	Tempo 96	3 sequences minimum
Viennese Waltz	Tempo 138	3 sequences minimum
Quickstep	Tempo 112	4 sequences minimum
Starlight Waltz	Tempo 168	3 sequences minimum

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## DANCE COUPLES TEST 10

Award: Gold Medal  
Fee \$20.00 plus cost of gold medal

3 judges holding a Class 1 commission, (plus a Class 1 Referee), with a pass from the majority of judges.

Freedance with tempo of own choice. Plus one dance to be drawn from tests 9,8,7,6,5,4 & 3 to be drawn in descending order but skated in ascending order. The tempo drawn from test 9 is removed from the draw from test 8 and so on until the draw is completed. This is to eliminate one tempo being skated in a majority. The draw is to take place on the same day the test is skated by one of the judges or referee.

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## FREEDANCE COUPLES TESTS

### FREEDANCE COUPLES TEST 1

Award: Bar inscribed <1> Freedance

Fee: \$10.00

Time: 2 – 2 1/2 minutes

2 Judges holding Class 3 Commission or 1 holding a Class 3 and 1 holding a Class 4 Commission, (one of whom will referee), with a pass from both judges.

In composing the programme the candidate should take note of the points set out in the Freedance rules and regulations. A minimum of Primary footwork throughout this programme should be used.

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### FREEDANCE COUPLES TEST 2

Award: Bar inscribed <2> Freedance

Fee: \$15.00

Time: 3 – 3 1/2 minutes

3 Judges holding Class 2 commission, (one of whom will Referee), with pass from the majority of judges.

In composing the programme the candidate should take note of the points set out in the Freedance rules and regulations. Secondary and/or advanced footwork should be used.

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### FREEDANCE COUPLES TEST 3

Award: Bar inscribed <3> Freedance

Fee: \$20.00 plus cost of bar

Time: 3 1/2 minutes (+/- 10 seconds)

3 judges holding a Class 1 commission, (plus a Class 1 Referee), with a pass from the majority of judges.

In composing the programme the candidate should take note of the points set out in the Freedance rules and regulations. Judging will be based on whether the programme in the judge's opinion meets international standards.

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# SOLO DANCE TESTS (without partner)

## SOLO DANCE TEST 1

Award: Bar inscribed <1> Dance Solo

Fee: \$10.00

2 Judges holding Class 3 commission or 1 holding a Class 3 and 1 holding a Class 4 Commission, (one of whom will referee), with a pass from both judges.

Waltz Sequence	Tempo 120	2 circuits of rink
March Sequence (Edges & Runs)	Tempo 100	2 circuits of rink

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## SOLO DANCE TEST 2

Award: Bar inscribed <2> Dance Solo

Fee: \$10.00

2 Judges holding Class 3 Commission or 1 holding a Class 3 and 1 holding a Class 4 Commission, (one of whom will referee), with a pass from both judges.

City Blues	Tempo 88	4 sequences minimum
Progressive Tango	Tempo 100	4 sequences minimum
Glide Waltz	Tempo 120	4 sequences minimum

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## SOLO DANCE TEST 3

Award: Bar inscribed <3> Dance Solo

Fee: \$10.00

2 Judges holding Class 3 Commission, (one of whom will referee), with a pass from both judges.

Academy Blues	Tempo 92	4 sequences minimum
Canasta Tango	Tempo 100	4 sequences minimum
Skaters March	Tempo 100	4 sequences minimum

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## SOLO DANCE TEST 4

Award: Bar inscribed <4> Dance Solo

Fee: \$10.00

2 Judges holding Class 3 Commission, (one of whom will referee), with a pass from both judges.

Rhythm Blues	Tempo 92	4 sequences minimum
Tara Tango	Tempo 100	4 sequences minimum
Denver Shuffle	Tempo 100	4 sequences minimum

## SOLO DANCE TEST 5

Award: Bar inscribed <5> Dance Solo

Fee: \$15.00

2 judges holding Class 2 commission, (plus a Class 2 Referee), with a pass from both judges.

Southland Swing	Tempo 92	4 sequences minimum
Casino March	Tempo 100	4 sequences minimum
Tudor Waltz	Tempo 144	4 sequences minimum

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## SOLO DANCE TEST 6

Award: Bar inscribed <6> Dance Solo

Fee: \$15.00

2 Judges holding Class 2 Commission, (plus a Class 2 Referee), with a pass from both judges.

Fascination Foxtrot	Tempo 92	4 sequences minimum
Cha-Cha	Tempo 100	4 sequences minimum
Association Waltz	Tempo 132	3 sequences minimum

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## SOLO DANCE TEST 7

Award: Bar inscribed <7> Dance Solo

Fee: \$15.00

3 Judges holding Class 2 Commission, (one of whom will Referee), with a pass from the majority of judges.

Dench Blues	Tempo 88	4 sequences minimum (3 if single pattern)
Imperial Tango	Tempo 104	4 sequences minimum
Flirtation Waltz	Tempo 120	3 sequences minimum

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## SOLO DANCE TEST 8

Award: Bar inscribed <8> Dance Solo

Fee: \$15.00

3 judges holding a Class 2 commission, (one of whom will Referee), with pass from majority of judges.

Harris Tango	Tempo 100	3 sequences minimum
Rocker Foxtrot	Tempo 104	4 sequences minimum
14 Step Plus	Tempo 108	3 sequences minimum

Solo Freedance as per international requirements

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## SOLO DANCE TEST 9

Award: Gold bar inscribed <9>Dance Solo

Fee: \$20.00 plus cost of bar

3 judges holding a Class 1 commission, (plus a Class 1 Referee), with a pass from the majority of judges.

Westminster Waltz	Tempo 138	3 sequences minimum
Italian Foxtrot	Tempo 96	3 sequences minimum
Iceland Tango	Tempo 100	3 sequences minimum
Viennese Waltz	Tempo 138	3 sequences minimum

Solo Freedance as per international requirements

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## SOLO DANCE TEST 10

Award: Gold Medal

Fee: \$20.00 plus cost of gold medal

3 judges holding a Class 1 commission, (plus a Class 1 Referee), with a pass from the majority of judges.

Starlight Waltz	Tempo 168	3 sequences minimum
Paso Doble	Tempo 112	3 sequences minimum
Quickstep	Tempo 112	4 sequences minimum
Argentine Tango	Tempo 96	3 sequences minimum

Solo Freedance as per international requirements

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## FREESKATING PAIRS TESTS

## GENERAL INFORMATION

- The medal tests are judged on competency (eg.Pass or Fail), no mark is credited.
- Content may be repeated within the time limits of the test.
- The order of completing items in the routine is optional and all content is compulsory.
- Routine music can be + or – 5 seconds.
- Straight Line, Diagonal and Serpentine Footwork must cover 75% of the length of the skating surface, Circular footwork must cover 75% of the width of the skating surface.
- The entry to spins is optional.
- Spins must contain a minimum of three rotations in each position.
- Technical Merit and Artistic Impression will be considered.
- Please note change of names for the following jumps;  
Mapes is now known as a Toe Loop  
Eular is now known as a Thoren

## FREESKATING PAIRS TEST 1

Award: Bar inscribed<sup>1</sup> Freeskating Pairs

Fee: \$10.00

Time: 2-2.30 minutes

2 judges holding Class 3 or 4 Commission, (one of whom will referee), with a pass from both judges.

1 sequence primary footwork (shadow) in circular pattern

1 sequence primary footwork (contact) in figure 8 pattern

Any upright shadow spin

Any pivot (pull round Spiral) spin

A toe-jump combination (shadow)

Any half turn contact jump

Two changes of tempo in music required. Main emphasis being on unison of movement.

## FREESKATING PAIRS TEST 2

Award: Bar inscribed<sup>2</sup> Freeskating Pairs

Fee: \$10.00

Time: 2-2.30 minutes

2 judges holding Class 3 Commission, (one of whom will referee), with a pass from both judges.

1 sequence primary footwork (shadow)

Back cross pulls (contact) in figure 8 pattern

1 contact upright spin any edge

1 shadow spin from following Upright combination, OF Upright

Upright change upright, OB upright

Any 3 jump combination (shadow). Must include 2 one revolution jumps.

Any lift or carry

Two changes of tempo in music are required. Main emphasis being on unison of movement.

### FREESKATING PAIRS TEST 3

Award: Bar inscribed<3> Freeskating Pairs

Fee: \$15.00

Time: 2-2.30 minutes

2 Judges holding Class 2 Commission, (plus a Class 2 Referee), with a pass from both judges.

1 sequence primary and secondary footwork (shadow) in figure 8 form

Any (contact) sequence footwork in circular pattern

Any sit spin (shadow)

Any contact camel spin

Any one revolution contact jump

Any one or one & 1/2 revolution lift

Two changes of tempo in music are required. Important feature of the test are unison of movement, control, good style, correct use of music and accuracy of content.

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### FREESKATING PAIRS TEST 4

Award: Bar inscribed<4> Freeskating Pairs

Fee: \$15.00

Time: 2-2.30 minutes

3 Judges holding Class 2 Commission, (one of whom will Referee), with a pass from the majority of judges.

1 sequence advanced and secondary footwork (contact)

1 sequence advanced and secondary footwork (shadow) in figure 8 form

Any contact sit spin

Any contact spin with one change (must include sit or camel)

Any shadow camel

Any one, or one and a half, or two revolution lift

A hip axel, axel passover or axel lift

A two jump combination (contact) must include at least 1 revolution jump

A three jump combination (shadow) must include at least 1 & 1/2 revolution jump

Three changes of tempo in music are required. The important features of the test are unison of movement, control, good style, correct use of music and accuracy of content.

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### FREESKATING PAIRS TEST 5

Award: Bar inscribed <5>Freeskating Pairs

Fee \$20.00

Time: 3-4 minutes

3 judges holding a Class 1 commission, (plus a Class 1 Referee), with a pass from the majority of judges.

1 sequence advanced & secondary footwork (shadow) in serpentine pattern

1 sequence advanced footwork (contact) in figure 8 form

1 sequence advanced footwork of own choice.

Any three change contact spin. Must include sit.

Any contact spin.

1 shadow spin from following: Camel change camel, sit change sit.  
Camel change camel, camel combination.  
Camel camel combination, sit sit combination.

Any 3 jump combination (contact. Must include at least two 1 revolution jumps.

Any 3 jump combination (shadow). Must include one double revolution jump.

Any overhead lift.

Any two or three revolution recognised jump type lift.

Three changes of tempo of music. Particular emphasis must be placed on musical interpretation, rhythm unison, execution and accuracy of content.



# FREESKATING SINGLES TESTS

## GENERAL INFORMATION

- The medal tests are judged on competency (eg. Pass or Fail), no mark is credited.
- Content may be repeated within the time limits of the test.
- The order of completing items in the routine is optional and all content is compulsory.
- Routine music can be + or – 5 seconds.
- Straight Line, Diagonal and Serpentine Footwork must cover 75% of the length of the skating surface, Circular footwork must cover 75% of the width of the skating surface.
- Any half jumps must be landed on one foot rolling forward.
- The entry to spins is optional.
- Spins must contain a minimum of three rotations in each position.
- Technical Merit and Artistic Impression will be considered.
- Stroking must be completed in its entire form as one item within a test and not split into two items with another item of content performed in between.
- Please note change of names for the following jumps;  
Mapes is now known as a Toe Loop  
Eular is now known as a Thoren

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## FREESKATING TEST 1

Award: Bar inscribed <1> Freeskating

Fee: \$10.00

2 judges holding a Class 3 Commission or 1 holding a Class 3 and 1 holding a Class 4 commission, (one of whom will referee), with a pass from both judges.

Time: 2 minutes

- |   |              |
|---|--------------|
| • Any 2Foot Spin  | • Bunny Hop  |
| • One section of Primary Footwork along a Long Axis Straight Line | • Waltz Jump |
| • Artistic Impression   |              |
| • Stroking: Forward perimeter stroking in both directions         |              |

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## FREESKATING TEST 2

Award: Bar inscribed <2> Freeskating

Fee: \$10.00

2 judges holding a Class 3 commission or 1 holding a Class 3 and 1 holding a Class 4 commission, (one of whom will referee), with a pass from both judges.

Time: 2 minutes

- |  |   |
|--|---|
| • IF Upright Spin  | • Any Toe Assisted ½ rotation Jump        |
| • IB Upright Spin  | • Combination of 2 Jumps                  |
| • One section of Diagonal Primary Footwork (including a Forward Glide) | (at least 1 Jump must be single rotation) |
| • Artistic Impression  |   |
| • Stroking: Forward Cross Overs in a figure 8 pattern                  |   |

### FREESKATING TEST 3

Award: Bar inscribed <3> Freeskating

Fee: \$10.00

2 judges holding a Class 3 commission, (one of whom will referee), with a pass from both judges.

Time: 2 minutes

- Upright change Upright Spin
- OB Upright Spin
- One section of Serpentine Primary Footwork (including a Backward Glide)
- Artistic Impression
- Stroking: Consecutive Outside and Inside Spiral Sequence
- Toe Loop
- Salchow
- Thoren

---

### FREESKATING TEST 4

Award: Bar inscribed <4> Freeskating

Fee: \$10.00

2 judges holding a Class 3 commission, (one of whom will referee), with a pass from both judges.

Time: 2.30 minutes

- Upright Combination Spin
- OF Upright Spin
- One section of Circular Secondary Footwork (including a Spread Eagle)
- Artistic Impression
- Stroking: Backward Cross Overs in a figure 8 pattern
- Toe Walley
- OB Loop Jump
- Thoren/ Salchow Combination

---

### FREESKATING TEST 5

Award: Bar inscribed <5> Freeskating

Fee: \$15.00

2 judges holding a Class 2 commission, (plus a Class 2 Referee), with a pass from both judges.

Time: 2.30 minutes

- IB Sit Spin
  - OB Camel Spin
  - One section of Diagonal Secondary Footwork (including Mohawk Turns)
  - Artistic Impression
  - Stroking: Forward Power Three Turns
  - Flip
  - Lutz
  - Combination of 3 OB Loop Jumps
-

## FREESKATING TEST 6

Award: Bar inscribed <6> Freeskating

Fee: \$15.00

2 judges holding a Class 2 commission, (plus a Class 2 Referee), with a pass from both judges.

Time: 3 minutes

- Sit change Sit Spin
  - OF Camel Spin
  - Camel – Sit Combination Spin
  - One section of Serpentine Advanced Footwork (including Three Turns and Bracket Turns)
  - Artistic Impression
  - Stroking: Forward Perimeter Power Crossovers
  - Axel
  - Double Toe Loop
  - Axel– Loop– Double Toe Loop Combination
- 

## FREESKATING TEST 7

Award: Bar inscribed <7> Freeskating

Fee: \$15.00

3 judges holding a Class 2 commission, (one of whom will Referee), with a pass from the majority of judges.

Time: 3.30 minutes

- Camel Combination Spin
  - Sit change Camel Spin OR Camel change Sit Spin
  - Layover Camel Spin (any edge)
  - One section of Circular Advanced Footwork (including Loops)
  - Artistic Impression
  - Stroking: Backward Perimeter Power Crossovers
  - Double Toe Walley
  - Double Flip
  - Combination of 3 Jumps (including an Axel and a Double rotation Jump)
- 

## FREESKATING TEST 8

Award: Bar inscribed <8> Freeskating

Fee: \$15.00

3 judges holding a Class 2 commission, (one of whom will Referee), with a pass from the majority of judges.

Time: 3.30 minutes

- Camel – Sit change Camel Spin OR Camel change Camel - Sit Spin
  - Camel Combination change Camel Spin
  - Camel - Sit Combination Spin
  - Two sections of Advanced Footwork (one Circular and one Diagonal pattern)
  - Artistic Impression
  - Stroking: Five Step Mohawk Sequence
  - Double Lutz
  - Combination of 3 Jumps (including 2 Double rotation Jumps)
  - Combination of 5 Jumps (including 3 Double rotation Jumps)
-

## FREESKATING TEST 9

Award: Gold Medallion

Fee: \$20.00 plus cost of gold medal

3 judges holding a Class 1 commission, (plus a Class 1 Referee), with a pass from a majority of judges.

Time: 4 minutes

- Camel – Sit jump change Sit Spin
  - Camel – Camel – Sit Combination Spin
  - Inverted Camel Spin or Heel Camel Spin
  - Two sections of Advanced Footwork (one Circular and one Serpentine pattern)
  - Artistic Impression
  - Stroking: Bracket-Three-Bracket Sequence
  - Double OB Loop
  - Combination of 3 Jumps (including a Double Lutz)
  - Combination of 5 Jumps (including 3 different Double rotation Jumps)
- 

## FREESKATING TEST 10

Award: Gold Star

Fee: \$20.00 plus cost of gold star

3 judges holding a Class 1 commission, (plus a Class 1 Referee), with a pass from a majority of judges.

This test shall consist of a short programme which will include the compulsory content for the Senior World Championships as set for that year.

This will be followed by a 4 minute (long) programme with content of the skater's choice and judging will be based on whether the programme in the judge's opinion meets International standards. Content must be at least equal to that of Freeskating test 9.

# INLINE FREESKATING SINGLES TESTS

## GENERAL INFORMATION

- The medal tests are judged on competency (eg. Pass or Fail), no mark is credited.
- Content may be repeated within the time limits of the test.
- The order of completing items in the routine is optional and all content is compulsory.
- Routine music can be + or – 5 seconds.
- Straight Line, Diagonal and Serpentine Footwork must cover 75% of the length of the skating surface, Circular footwork must cover 75% of the width of the skating surface.
- Any half jumps must be landed on one foot rolling forward.
- The entry to spins is optional.
- Spins must contain a minimum of three rotations in each position.
- Technical Merit and Artistic Impression will be considered.
- Stroking must be completed in its entire form as one item within a test and not split into two items with another item of content performed in between.
- Please note change of names for the following jumps;  
Mapes is now known as a Toe Loop  
Eular is now known as a Thoren

---

## INLINE FREESKATING TEST 1

Award: Bar inscribed <1> Inline Freeskating

Fee: \$10.00

2 judges holding a Class 3 Commission or 1 holding a Class 3 and 1 holding a Class 4 commission, (one of whom will referee), with a pass from both judges.

Time: 2 minutes

- Any 2 Foot Spin
- One section of Primary Footwork along a Long Axis Straight Line
- Artistic Impression
- Stroking: Forward perimeter stroking in both directions
- Bunny Hop
- Waltz Jump

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## INLINE FREESKATING TEST 2

Award: Bar inscribed <2> Inline Freeskating

Fee: \$10.00

2 judges holding a Class 3 commission or 1 holding a Class 3 and 1 holding a Class 4 commission, (one of whom will referee), with a pass from both judges.

Time: 2 minutes

- Any Upright Spin
- One section of Diagonal Primary Footwork (including a Forward Glide)
- Artistic Impression
- Stroking: Forward Cross Overs in a figure 8 pattern
- Any Toe Assisted ½ rotation Jump
- Combination of 2 Jumps (at least 1 Jump must be single rotation)

### INLINE FREESKATING TEST 3

Award: Bar inscribed <3> Inline Freeskating

Fee: \$10.00

2 judges holding a Class 3 commission, (one of whom will referee), with a pass from both judges.

Time: 2 minutes

- IB Upright Spin
  - One section of Serpentine Primary Footwork (including a Backward Glide)
  - Artistic Impression
  - Stroking: Consecutive Outside and Inside Spiral Sequence
  - Toe Loop
  - Salchow
  - Thoren
- 

### INLINE FREESKATING TEST 4

Award: Bar inscribed <4> Inline Freeskating

Fee: \$10.00

2 judges holding a Class 3 commission, (one of whom will referee), with a pass from both judges.

Time: 2.30 minutes

- OB Upright Spin
  - IF or OF Upright Spin
  - One section of Circular Secondary Footwork Combination (including a Spread Eagle)
  - Artistic Impression
  - Stroking: Backward Cross Overs in a figure 8 pattern
  - Toe Walley
  - OB Loop Jump
  - Thoren – Salchow
- 

### INLINE FREESKATING TEST 5

Award: Bar inscribed <5> Inline Freeskating

Fee: \$15.00

2 judges holding a Class 2 commission, (plus a Class 2 Referee), with a pass from both judges.

Time: 2.30 minutes

- Upright change upright Spin
  - Any Camel Spin
  - One section of Diagonal Secondary Footwork
  - Artistic Impression
  - Stroking: Forward Power Three Turns
  - Flip
  - Lutz
  - Combination of 3 OB Loop Jumps (including Mohawk Turns)
-

## INLINE FREESKATING TEST 6

Award: Bar inscribed <6> Inline Freeskating

Fee: \$15.00

2 judges holding a Class 2 commission, (plus a Class 2 Referee), with a pass from both

Time: 3 minutes

- Any Sit Spin
- Sit change Camel or Camel change Sit Spin
- One section of Serpentine Advanced Footwork
- Axel
- Double Toe Loop
- Axel– Loop– Double Toe Loop Combination (including Three Turns and Bracket Turns)
- Artistic Impression
- Stroking: Forward Perimeter Power Crossovers

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## INLINE FREESKATING TEST 7

Award: Bar inscribed <7> Inline Freeskating

Fee: \$15.00

3 judges holding a Class 2 commission, (one of whom will Referee), with a pass from the majority

Time: 3.00 minutes

- Camel change Camel Spin
- IB Camel Spin
- One section of Circular Advanced Footwork (including Loops)
- Artistic Impression
- Stroking: Backward Perimeter Power Crossovers
- Double Toe Walley
- Double Flip
- Combination of 3 Jumps (including an Axel and a Double rotation Jump)

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## INLINE FREESKATING TEST 8

Award: Bar inscribed <8> Inline Freeskating

Fee: \$15.00

3 judges holding a Class 2 commission, (one of whom will Referee), with a pass from the majority

Time: 3.30 minutes

- OB Camel spin
- IB Camel – IB Sit Combination Spin
- Two sections of Advanced Footwork Jumps) (one Circular and one Diagonal pattern)
- Artistic Impression
- Stroking: Five Step Mohawk Sequence
- Double Lutz
- Combination of 3 Jumps (including 2 Double rotation)
- Combination of 5 Jumps (including 3 Double rotation)

## INLINE FREESKATING TEST 9

Award: Gold Medallion

Fee: \$20.00 plus cost of gold medal

3 judges holding a Class 1 commission, (plus a Class 1 Referee), with a pass from a majority.

Time: 3.30 minutes

- Camel – Sit change Camel Spin
- Camel/Heel – Camel – Sit Combination Spin
- Sit change sit spin
- Two sections of Advanced Footwork (one Circular and one Serpentine pattern)
- Artistic Impression
- Stroking: Bracket-Three-Bracket Sequence
- Double OB Loop
- Combination of 3 Jumps (including a Double Lutz)
- Combination of 5 Jumps (including 3 different Double rotation Jumps)

---

## INLINE FREESKATING TEST 10

Award: Gold Star

Fee: \$20.00 plus cost of gold star

3 judges holding a Class 1 commission, (plus a Class 1 Referee), with a pass from a majority.

This test shall consist of a short programme which will include the compulsory content for the Inline World Championships.

This will be followed by a 3 1/2 minute (long) programme with content of the skater's choice and judging will be based on whether the programme in the judge's opinion meets International standards. Content must be at least equal to that of Inline Freeskating test 9.

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## NZFRS STROKING

This forms part of  
Freeskating Test 1

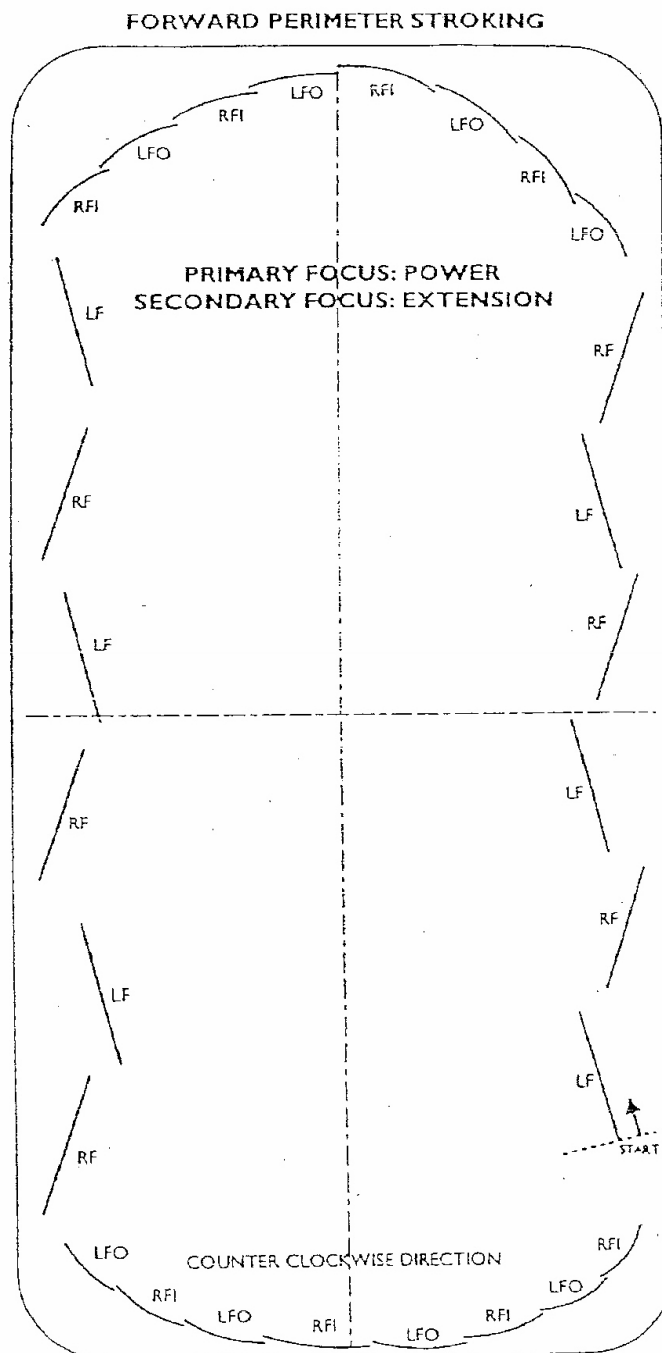
### FORWARD PERIMETER STROKING

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.

## NZFRS STROKING

This forms part of  
Freeskating Test 2

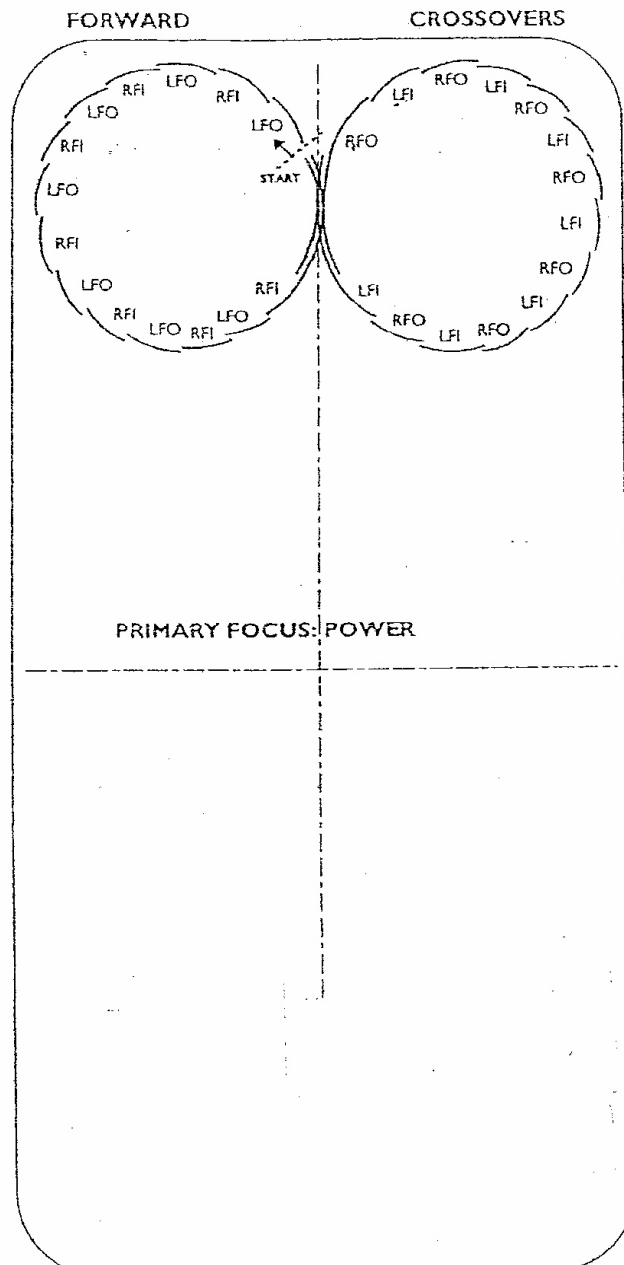
### FORWARD CROSSOVERS

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



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

## NZFRS STROKING

This forms part of  
Freestyle 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.

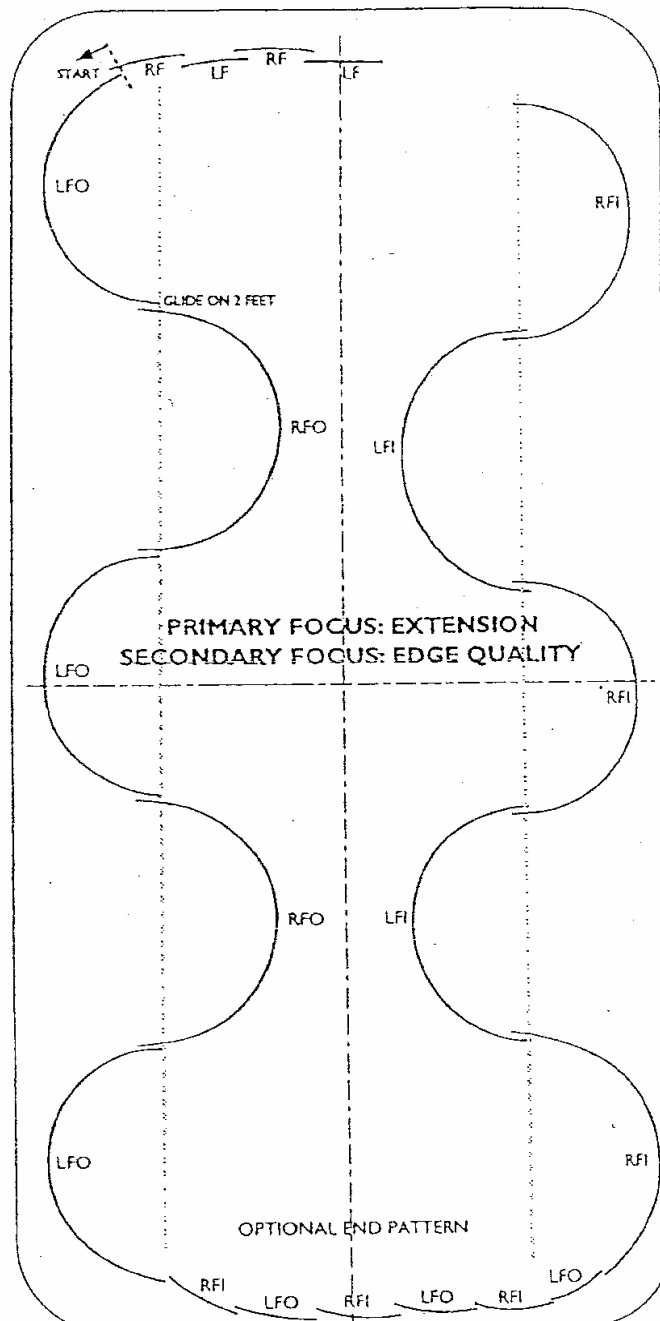
Forward inside edge  
spirals will be skated for  
the second length of the  
rink.

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



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

## NZFRS STROKING

This forms part of  
Freeskating Test 4

### BACKWARD CROSSOVERS

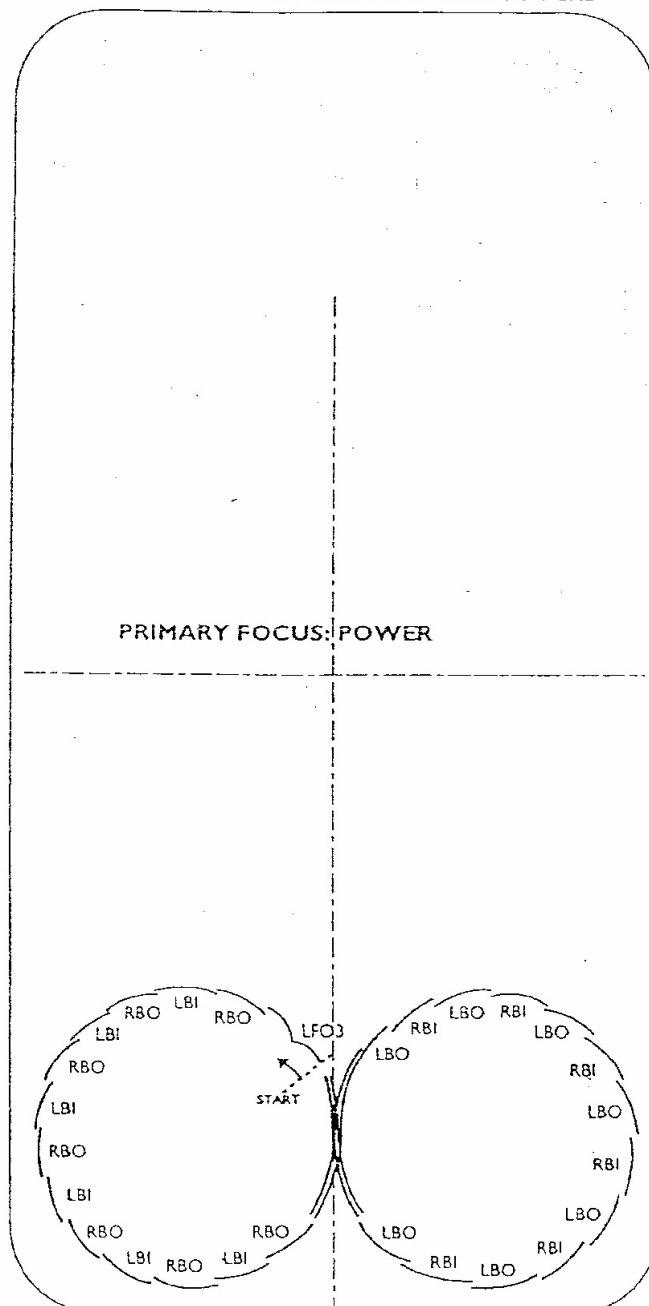
The skater will perform  
backward crossovers in a  
figure 8 pattern. Five to  
eight crossovers per  
circle are recommended.  
Two full figure eights are  
required.

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



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



## NZFRS STROKING

This forms part of  
Freeskating 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.

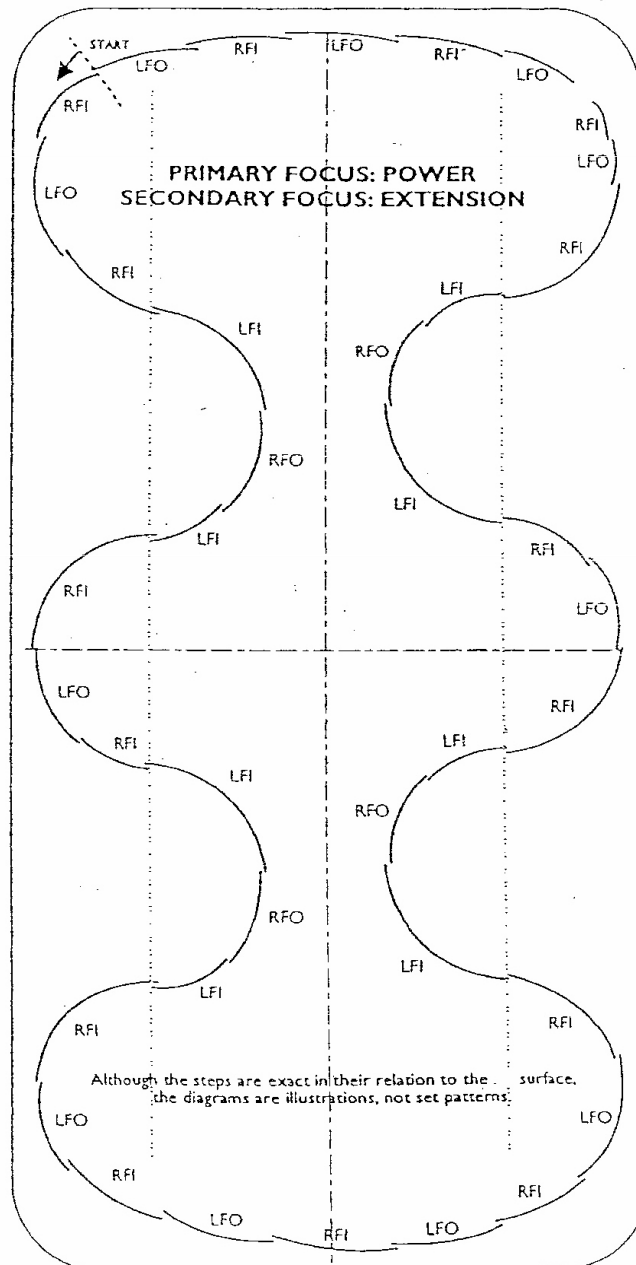
The stroking will cover  
one full lap of the rink.  
Introductory steps are  
optional.

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



## 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.

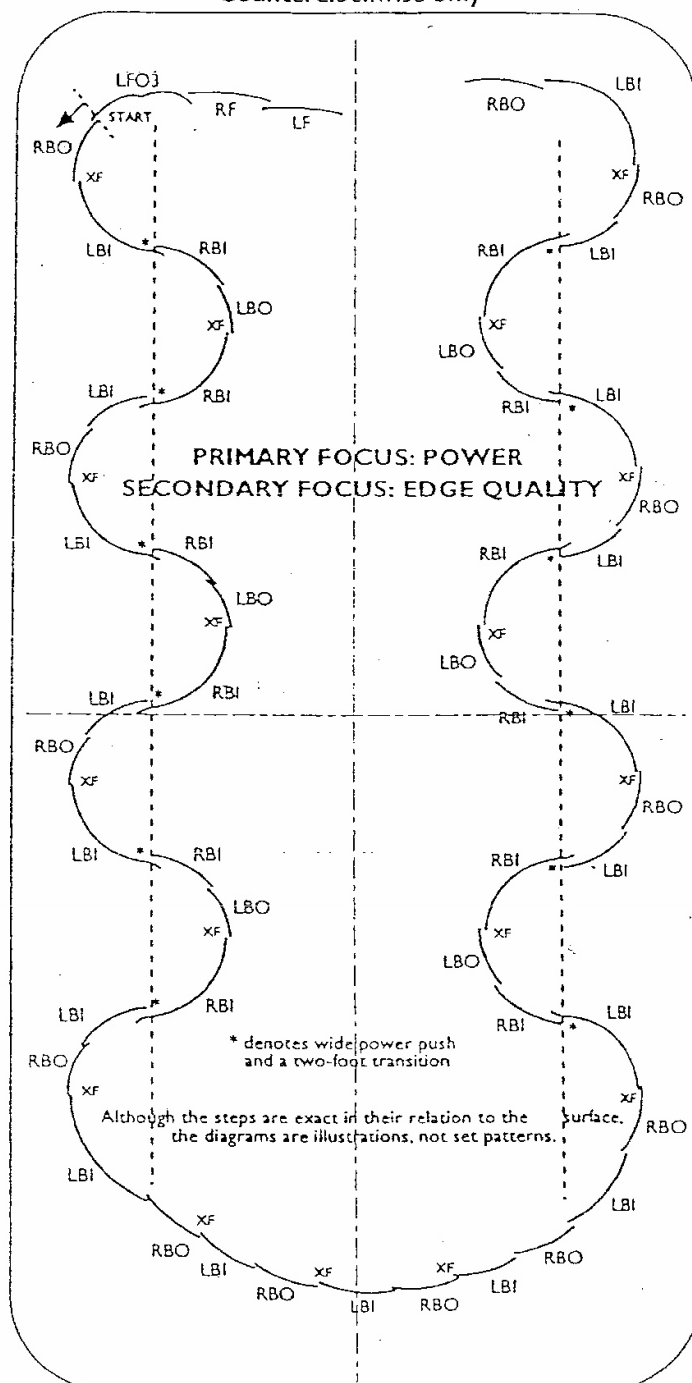
The exact number of  
steps in the pattern will  
depend on the size of the  
arena and the strength of  
the skater.

Two-foot transitions  
should be used

#### PRIMARY FOCUS Power

#### SECONDARY FOCUS Edge Quality

Use of soft/bent knees  
Upper body control



## 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.

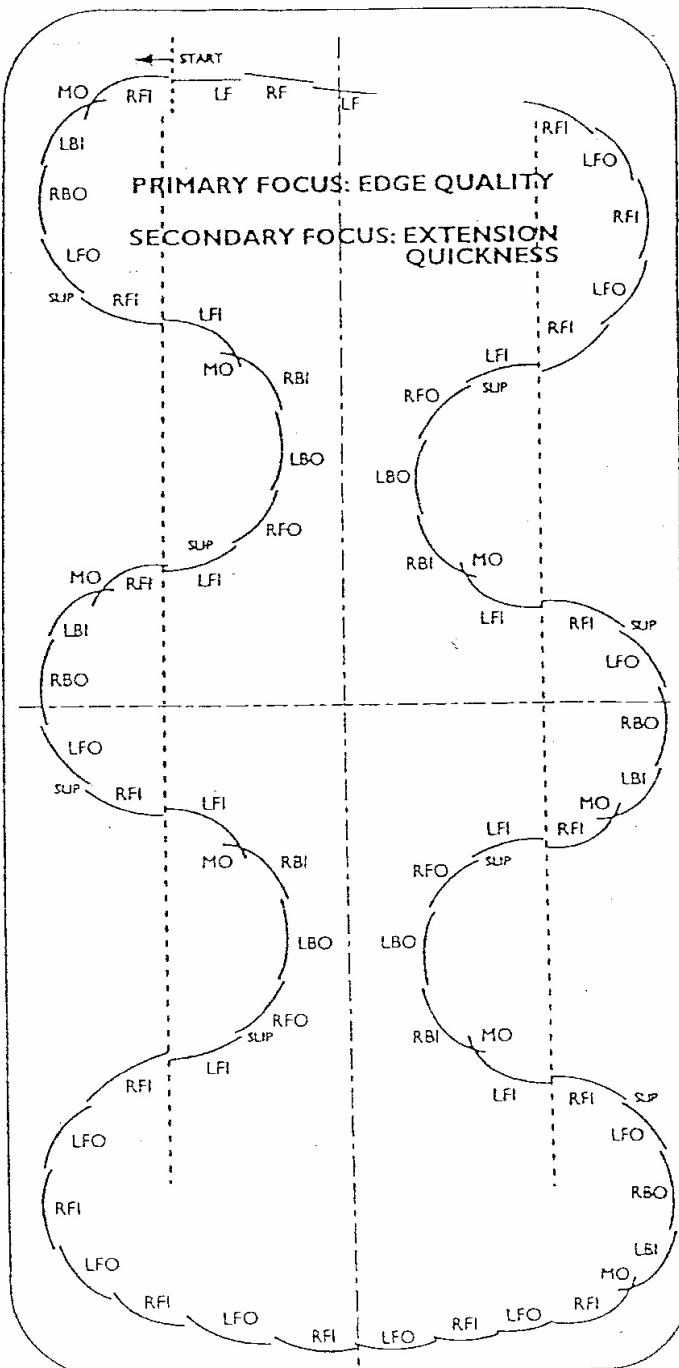
The end sequence and the choice of introductory steps are optional

**PRIMARY FOCUS**  
Edge Quality

## SECONDARY FOCUS

- (b) Quickness of extension

## FIVE STEP MOHAWK SEQUENCE



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



## 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.

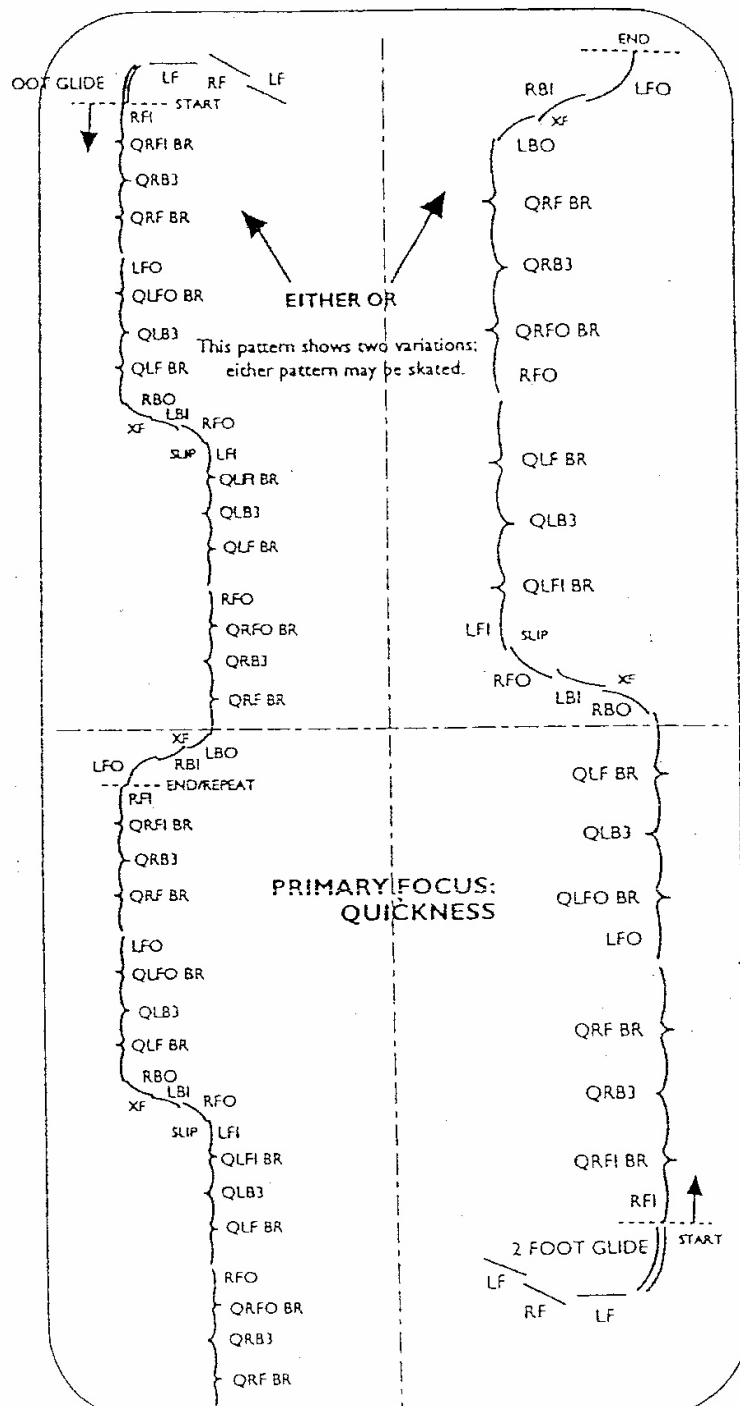
### PRIMARY FOCUS

Quickness of steps

### SECONDARY FOCUS

Upper Body Control

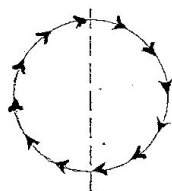
### BRACKET-THREE-BRACKET PATTERN



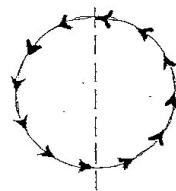
Although the steps are exact in their relation to the surface,  
the diagrams are illustrations, not set patterns.

### Circle Patterns "A" or "B"

Skated on a complete circle or oval utilizing at least three quarters (3/4) of the full width of the skating surface,



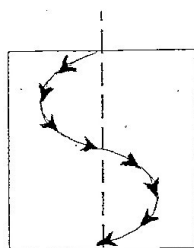
"A" Pattern



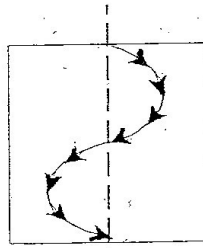
"B" Pattern

### Serpentine Footwork Step Sequence "A" or "B"

Starting at any end of the skating floor and progress in at least two (2) Bold Curves of not less than one-half (1/2) of the width of the skating floor and ends at the opposite end of the skating floor



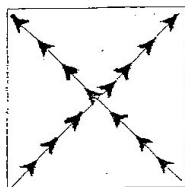
"A" Pattern



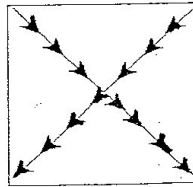
"B" Pattern

### Diagonal Pattern "A" or "B" Straight Line Footwork Step Sequence

Start at one end corner of the skating floor and ends near the diagonal opposite corner of the skating floor. To cover at least three quarters (3/4) of the floor

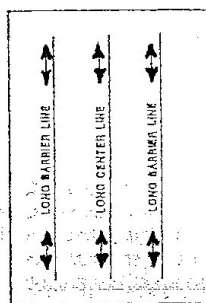


"A" Pattern



"B" Pattern

### Straight Line Pattern Long Axis



# PRECISION TESTS

## PRECISION TEST 1

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Cost \$10.00

Time: up to 2.30 minutes

Minimum number of skaters - 4

2 Precision Judges, one may be a probationary judge, (one of whom will referee), with a pass from both.

Kickline—demonstrating outside and inside field edges, minimum 2 of each on each foot. To be done as one element using both inside and outside edges (see diagram 1-A)

Intersection—forward pass through, plain skating, either shoulder hold or hand to hand hold, skaters may roll on two feet at point of intersection.

Wheel—3 or 4 spoke, forward chasses, shoulder hold, minimum of 2 revolutions

Circle—forward chasses, shoulder hold, minimum two revolutions

Block—forward, primary footwork, 75% of the long axis, no change of axis or configuration

Additional requirement—Forward Perimeter Skating (see diagram 1-B) to be performed by each skater separately in addition to the test programme.

---

## PRECISION TEST 2

Cost \$10.00

Time: up to 2.30 minutes

Minimum number of skaters - 4

2 Precision Judges, one may be a probationary judge, (one of whom will referee), with a pass from both.

Kickline—forward, at least 3 types of primary footwork, shoulder hold, long axis 75%

Intersection—forward splice, plain skating, either shoulder hold or hand to hand hold, skaters may roll on two feet at point of intersection

Wheel—3 or 4 spoke, backward chasses, shoulder hold, minimum of 2 revolutions

Circle(1)—forward, at least 3 types of primary footwork, two different holds, and minimum two revolutions

Block—forward, primary footwork, at least one change of axis, no change of configuration.

Circle(2)—forward power crossovers to be done hand to hand, in both clockwise and counter clockwise directions. May be done as one element or two separate elements. Minimum of 2 revolutions in each direction. (see diagram 2-A)

Transitions—at least one, consisting of a minimum of two elements of primary footwork each (other than plain skating).

Demonstrating skating between the elements/formations and covering at least 25% of the floor (see test notes for further clarification)

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### PRECISION TEST 3

Cost \$10.00

Time: up to 3 minutes

Minimum number of skaters = 4

2 Precision Judges, (one of whom will referee), with a pass from both

Kickline – forward, at least 3 types of primary footwork, basket weave hold plus at least one other hold, long axis 75%

Intersection – backward pass through, plain skating, either shoulder hold or hand to hand hold, skaters may roll on two feet at point of intersection

Wheel – 2 spoke, backward chasses, shoulder hold, minimum of 2 revolutions

Circle(1) – Backward chasses, shoulder hold, minimum two revolutions

Circle(2) – backward crossovers to be done hand to hand. Both clockwise and counter clockwise directions. May be done as one element or two separate elements. Minimum 2 revolutions in each direction (see diagram 3-A) \_\_\_\_\_

Block(1) – Backward, primary footwork, shoulder hold, no change of axis or configuration

Block(2) – Forward Perimeter Power Crossover Stroking, optional hold, all skaters are expected to use deep edges to create ½ circles (see diagram 3-B)

Transitions – at least two, consisting of primary footwork. Demonstrating skating between the elements/formations and covering at least 25% of the floor. (see test notes for further clarification)

Additional requirement – consecutive outside and inside glide edges (see diagram 3-C) to be performed by each skater separately in addition to the test programme.

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### PRECISION TEST 4

Cost \$15.00

Time: up to 3.00 minutes

Minimum number of skaters = 6

2 Precision Judges, (one of whom will referee), with a pass from both

Kickline – backward, chasses and plain skating, shoulder hold, long axis 75%

Intersection – backward splice, optional footwork, either shoulder hold or hand to hand hold, skaters may roll on two feet at point of intersection

Wheel – ‘S’, backward chasses, shoulder hold, minimum of 2 revolutions

Circle – backward travelling a distance of at least 50% of the long axis, optional footwork, shoulder or basket weave hold

Block(1) – Backward, primary footwork, including Backward Power Change of Edge Pulls (see diagram 4-A), and at least one change of axis, no change of configuration

Block(2) – Backward Perimeter Power Crossover Stroking, optional hold, all skaters are expected to use deep edges to create ½ circles (see diagram 4-B)

Transitions – at least two, consisting of secondary footwork and at least one change of hold in each. Demonstrating skating between the elements/formations and covering at least 25% of the floor. (see test notes for further clarification)

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## PRECISION TEST 5

Cost \$15.00

Time: up to 3.30 minutes

Minimum number of skaters - 6

3 Precision Judges (one of whom will Referee), with a pass from the majority of judges

Kickline(1) – backward, at least 3 types of primary footwork, at least 2 different holds, long axis 75%

Kickline(2) – demonstrating Forward And Backward Cross Strokes (see diagram 5-A). To be done across the short axis and moving down the long axis, arm hold is optional

Intersection – forward pass through either triangle or square, plain skating, either shoulder hold or hand to hand hold, skaters may roll on two feet at point of intersection

Wheel – travelling 3 or 4 spoke, backward, optional hold

Circle(1) – incorporating secondary footwork, at least 2 different holds, minimum two revolutions

Circle(2) – with change of direction demonstrating Five Step Mohawk Sequence (see diagram 5-B) minimum 2 sequences in each direction, optional connecting steps between sequences and to change direction

Block – incorporating secondary footwork and at least 2 different holds, 75% of the long axis, no change of axis or configuration

Transitions – at least two, consisting of secondary footwork and at least one change of hold in each. Demonstrating skating between the elements/formations and covering at least 25% of the floor. (See test notes for further clarification).

Additional Requirement

Forward power three turns (diagram 5-C) to be performed by each skater separately in addition to the test programme.

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## PRECISION TEST 6

Cost \$15.00

Time: up to 3.30 minutes

Minimum number of skaters - 6

3 Precision Judges (one of whom will Referee), with a pass from the majority of judges

Kickline – incorporating at least 3 types of secondary footwork, at least 2 different holds, long axis 75%

Intersection – backward pass through either triangle or square, plain skating, either shoulder hold or hand to hand hold, skaters may roll on two feet at point of intersection

Wheel – 3 or 4 spoke, incorporating secondary footwork, at least 2 different holds, minimum of 2 revolutions

Circle(1) – incorporating secondary footwork and a change of direction, at least 2 different holds, minimum two revolutions in each direction

Circle(2) with change of direction demonstrating backward power three turns (see diagram 6-A) minimum 3 sequences in each direction, optional connecting steps between sequences and to change direction. Optional hold

Block(1) – incorporating secondary footwork and at least 2 different holds, at least two changes of axis, no change of configuration

Block(2) – demonstrating forward inside double 3 turns in both directions. Skaters are expected to show correct edges during the turns and the turns are to be distinct from each other (ie NOT a twizzle)

Transitions – at least two, consisting of secondary footwork each. Demonstrating skating between the elements/formations and covering at least 25% of the floor. (See test notes for further clarification).

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## PRECISION TEST 7

Cost: \$20.00 plus cost of Gold Bar

Time: up to 4.00 minutes

Minimum number of skaters – 8

Three precision judges, plus a referee, with a pass from the majority of judges.

Kickline – advanced footwork, at least 2 different holds, long axis 75%

Intersection – optional pass through or splice, incorporating turn from forwards to backwards at point of intersection

Wheel 3 or 4 spoke, incorporating secondary footwork and a change of direction, at least 2 different holds, minimum of 2 revolutions in each direction

Circle(1) – advanced footwork and a portion of travel equal to 25% of long axis, basketweave and at least one other hold

Circle(2) – with change of direction demonstrating Eight Step Mohawk Sequence (see diagram 7-A) minimum 2 sequences in each direction, optional introductory steps and change of direction steps. Optional hold.

Block(1) – incorporating secondary footwork and at least 2 changes of axis, at least two different holds, no change of configuration

Block(2) – incorporating secondary footwork, at least 2 different holds, and 1 change of configuration

Transitions – at least two, consisting of advanced footwork and at least one change of hold in each. Demonstrating skating between the elements/formations and covering at least 25% of the floor (see test notes for further clarification)

Additional Requirement

Three Turns in the Field (see diagram 7-B) to be performed by each skater separately in addition to the test programme. All skaters to perform RFO-LBI turns, LFO-RBI turns, RFI-LBO turns and LFI-RBO turns. Connecting steps between lengths of the rink are optional.

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## PRECISION TEST 8

Cost: \$20.00 + cost of Gold Medallion

Time: up to 5.00 minutes

Minimum number of skaters – 8

Three precision judges, plus a referee, with a pass from the majority of judges.

Kickline – advanced footwork including at least one double 3 turn sequence, at least 3 different holds, long axis 75%

Intersection – multi-line splice ie two lines through two lines, or one line through 2 lines

Wheel – 3 or 4 spoke with advanced footwork, at least 2 different holds minimum of 2 revolutions

Circle(1) – advanced footwork, at least 3 different holds, incorporating a change of direction, minimum 2 revolutions in each direction

Circle(2) – travelling circle covering a distance equal to 50% of the long axis

Block(1) – advanced footwork, at least 2 changes of axis, and at least 1 change of configuration

Block(2) Open (no hold) block incorporating secondary footwork, at least 1 change of axis

Original Element – an element that can be considered substantially original in its performance

Transitions – at least three, consisting of advanced footwork and at least one change of hold in each. Demonstrating skating between the elements/formations and covering at least 25% of the floor (see test notes for further clarification).

Additional Requirement

Bracket-Three-Bracket sequence (see diagram 8-A) to be performed by each skater separately in addition to the test programme.

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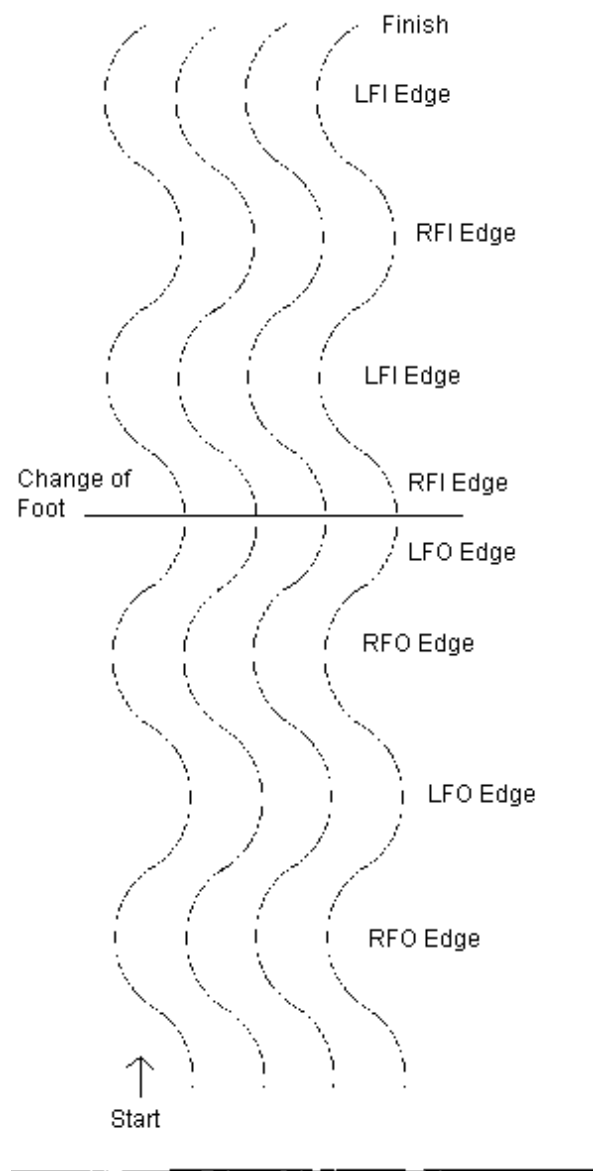
## General Guidelines for Tests

- Only include the technical elements listed for the test
- Ensure that the correct footwork is used and that the skaters demonstrate the steps clearly
- Ensure that you have the music cut to the correct length
- Ensure that you have at least the required minimum number of skaters
- Medal tests are conducted as a team, with each skater being individually judged. All skaters should be able to complete the required elements. Even if the skater is not personally sitting the test, if they cannot complete the elements competently they can adversely affect the results of the other skaters.
- Don't leave the judges guessing about what you did and what it was supposed to be, every element and step should be clearly done so that there is no doubt
- The judges may ask the team to skate the routine repeatedly to give them the opportunity to view all skaters adequately.
- Additional Exercises- Where possible we have included the skating skills we wanted to test into the tests themselves. Please take care to follow the directions from the exercise diagrams and be sure to maintain correct edge and turn technique.
- Transitions- It is intended that teams demonstrate the ability to leave one formation, skate doing footwork to another position on the floor and into the next element with control and speed. An example is changing from a circle to a wheel. We often see teams simply have the required number of skaters reach into the centre and join for the grip the remaining skaters straighten out the arms of the wheel and it's done. What could be done instead is for the circle to break into a number of files that skate down the floor doing some simple primary footwork and then rejoin for the wheel. An advanced transition would not only include more difficult footwork but may include changes of hold, changes in configuration during the transition and changes of direction to change the rotation direction of the resulting wheel.

## 1-A Kickline with Edges

This exercise forms part of Medal Test One.

This exercise is to be incorporated into the program and to be performed in a kickline. Entry and exits steps are optional. The number of edges performed should be no less than 3 full lobes on each edge type. The kickline should cover 75% of the length of the floor.





## 1-B Forward Perimeter Strokng

This exercise forms part of Medal Test One

This exercise is completed by each skater individually in addition to the test program

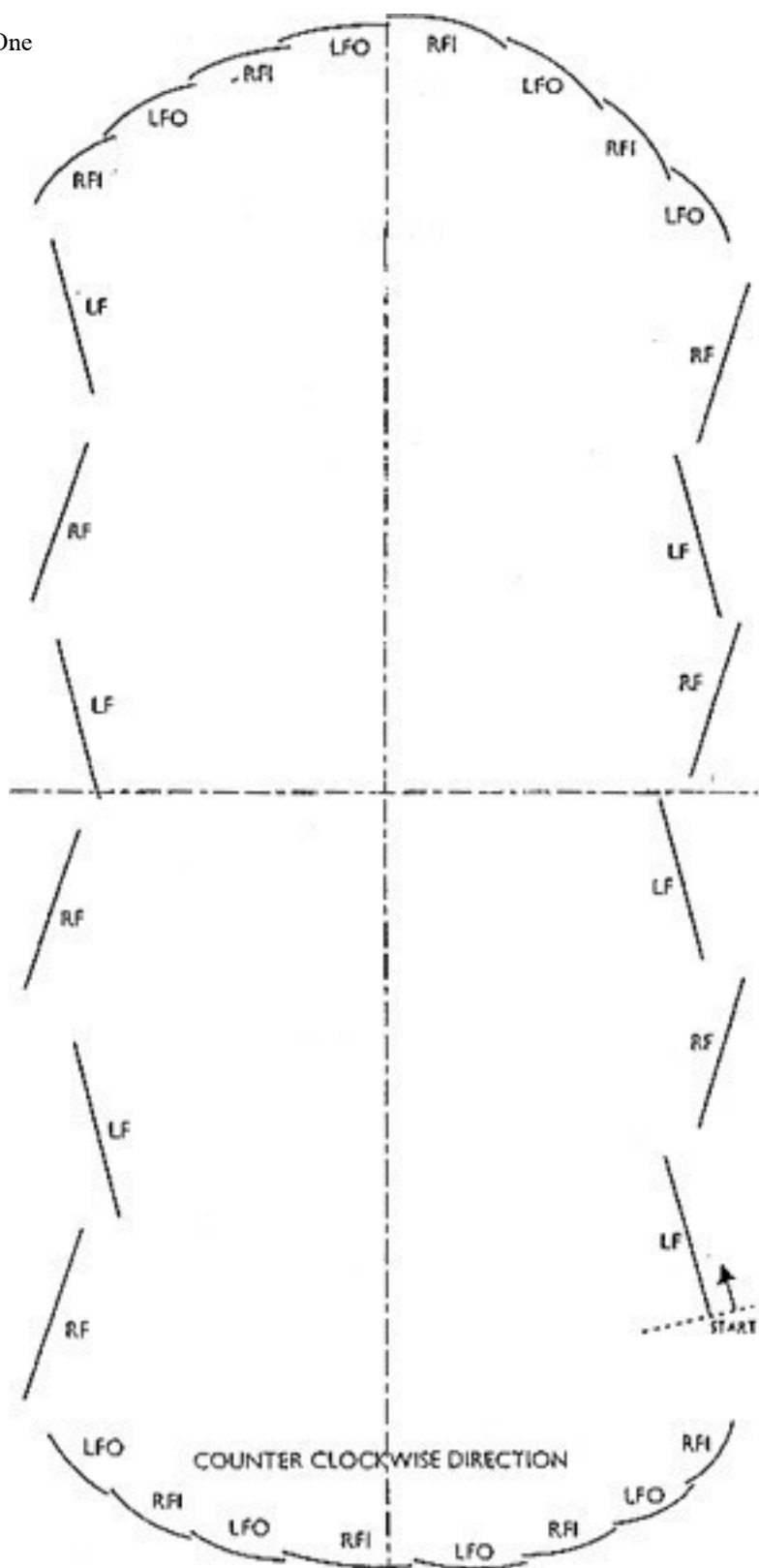
The skater will perform four to eight straight strokes, depending on the length of the rink, with crossovers around the ends of rink.

Using the full surface and for one full length of the rink (In both directions)

Introductory steps are optional.

Primary Focus

- Power
- Extension



## 2-A Forward Power Crossovers

This exercise forms part of Medal Test Two and is to be incorporated into the test program.

The skaters will perform forward crossovers in a circle.

Five to eight crossovers per circle are recommended.

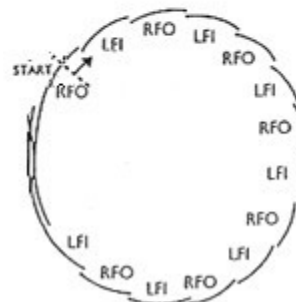
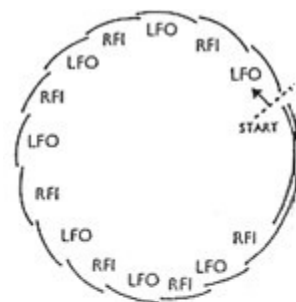
Two full revolutions in each direction are required.

Each circle direction may be performed as one element with a change of direction or two separate elements

Introductory and transitional steps are optional

### Primary Focus

- Power



### 3-A Backward Power Crossovers

This forms part of Medal Test Three and is to be incorporated into the test program.

The skaters will perform backward crossovers in a circle.

Five to eight crossovers per circle are recommended. Two full revolutions are required in each

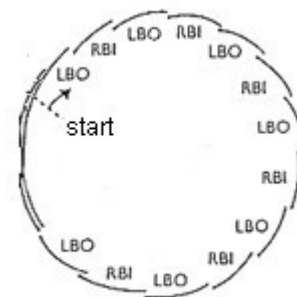
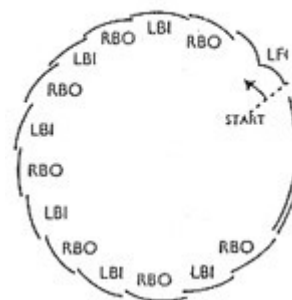
direction.

The directions may be done as one element or as separate elements. Introductory steps are

optional

### Primary Focus

- Power



### 3-B Forward Perimeter Power Crossover Stroking

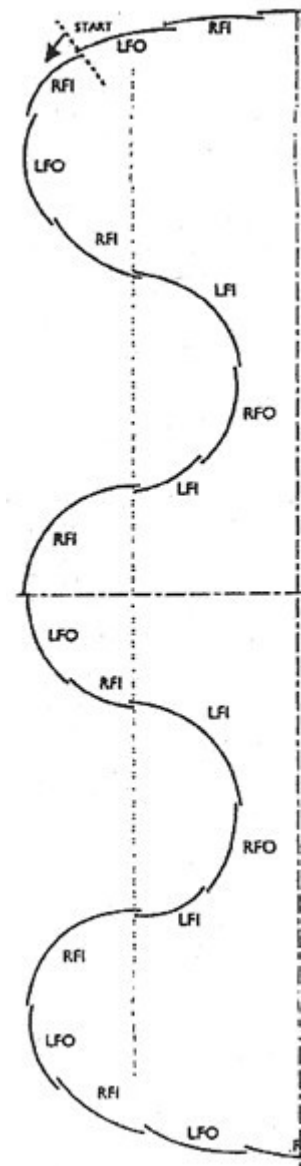
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This exercise forms part of Medal Test Three. This is to be incorporated into the test program in a block formation. The skaters will perform four to six sets of lobes covering each length of the rink. Introductory and exit steps are optional.

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

Primary Focus

- Power
- Extension



### 3-C Consecutive Outside and Inside Edges in a Glide

This exercise forms part of Medal Test Three.

This exercise is to be performed by each skater individually in addition to the test program.

The skater will perform right foot and left foot edges.

The outside edge will be skated for the first length of the rink.

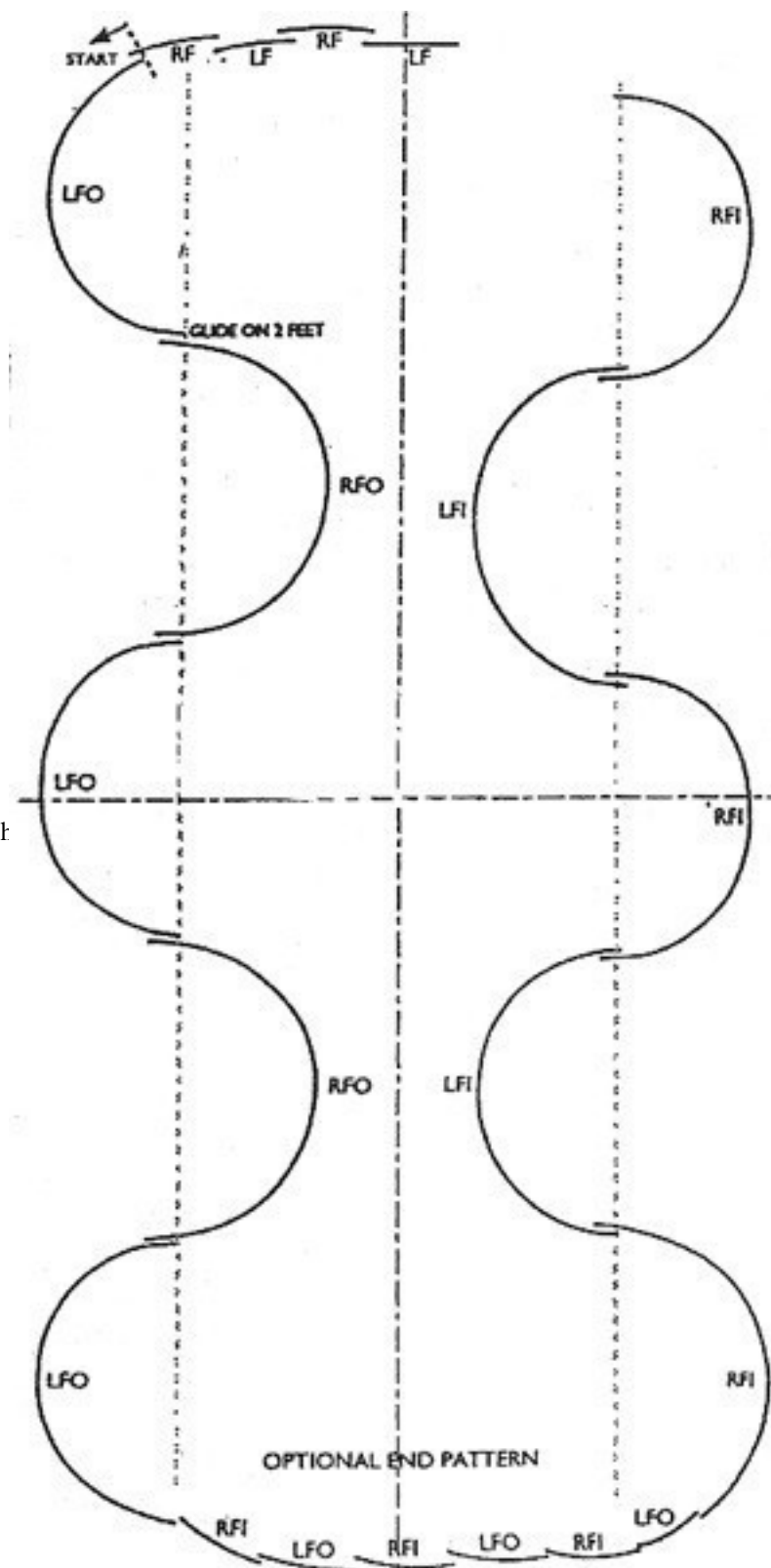
Forward inside edges will be skated for the second length of the rink.

The exact number of edges depends on the size of the rink.

The extended leg should be held high

Primary Focus

- Extension
- Edge Quality



## 4-A Backward Power Change of Edge Pulls

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This exercise forms part of Medal Test Four. This is to be incorporated into the test

program in a block formation

The skater will perform consecutive power change of edge pulls BOI to BIO for 75% of the length

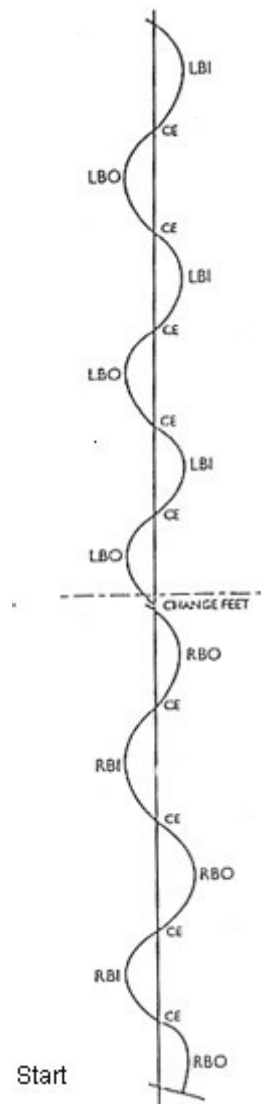
of the rink.

The skater will perform an equal number of lobes on each foot.

The ends sequence and the choice of introductory steps are optional.

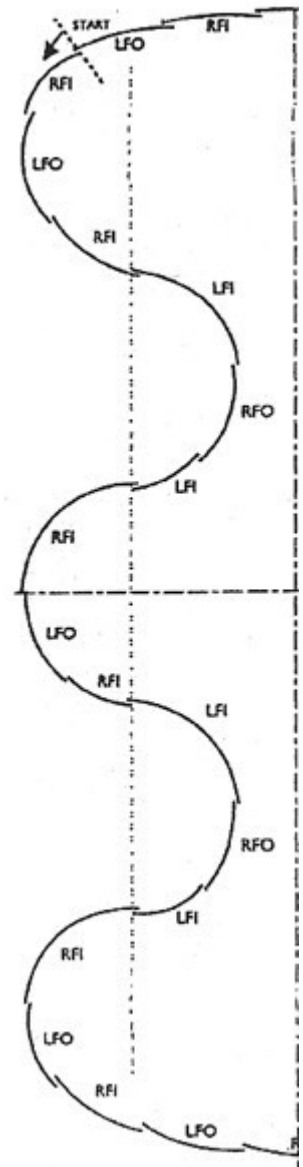
Primary Focus

- Power
- Change of Edge



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

- Power
- Edge Quality



## 5-A Forward and Backward Cross Strokes

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This exercise forms part of Medal Test Five. The exercise is to be incorporated into the test program in a kickline formation.

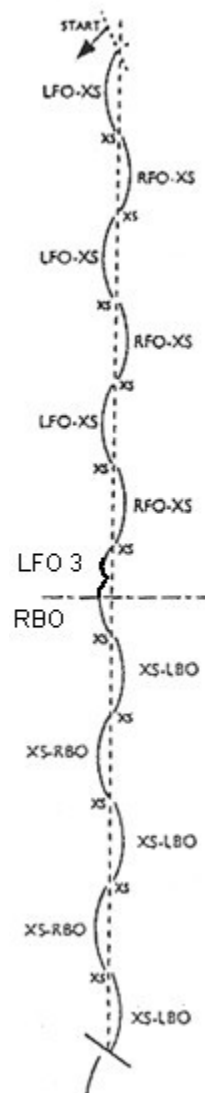
The skaters will perform freeskating cross strokes the length of the rink.

Forward freeskating cross strokes will be skated for half the length of the rink and backward freeskating cross strokes skated for the second half length of the rink.

Introductory steps and end patterns are optional.

Primary Focus

- Power



## 5-B Five Step Mohawk Sequence

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This exercise forms part of Medal Test Five. This exercise is to be incorporated into

the test program. The skaters will perform forward inside Mohawk sequence of 5 steps, two

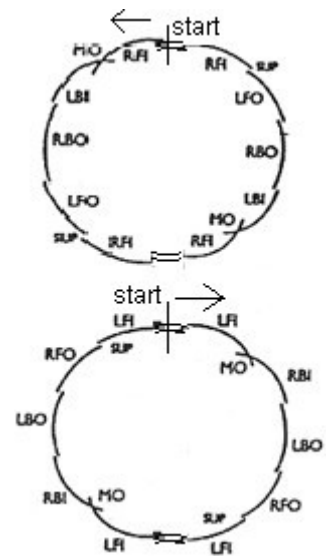
sequences form a circle.

A two foot rolling push is suggested to start each sequence.

The entry and exit steps are optional.

Primary Focus

- Edge Quality
- Extension/Quickness





### 5-C Forward Power Three Turns

This exercise forms part of Medal  
Test Five

This exercise is to be performed by each skater individually in addition to the test program.

The skater will perform forward outside3-turns to a balance position followed by a backward crossover.

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

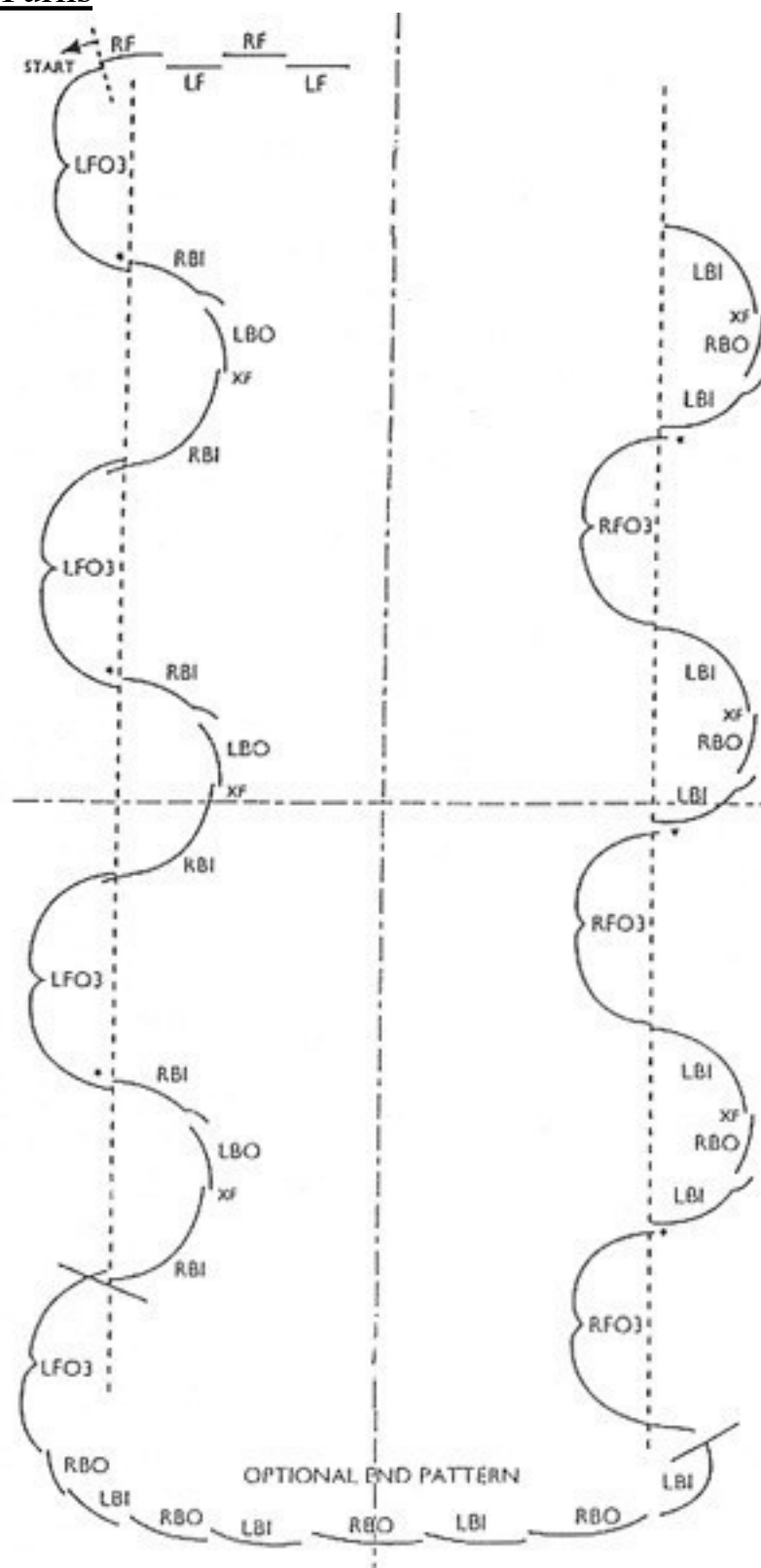
Skaters may begin this move with either right or left foot 3-turns.

Backward crossovers around the end of the rink are optional.

### Primary Focus

- Power

3-15



## 6-A Backward Power Three Turns

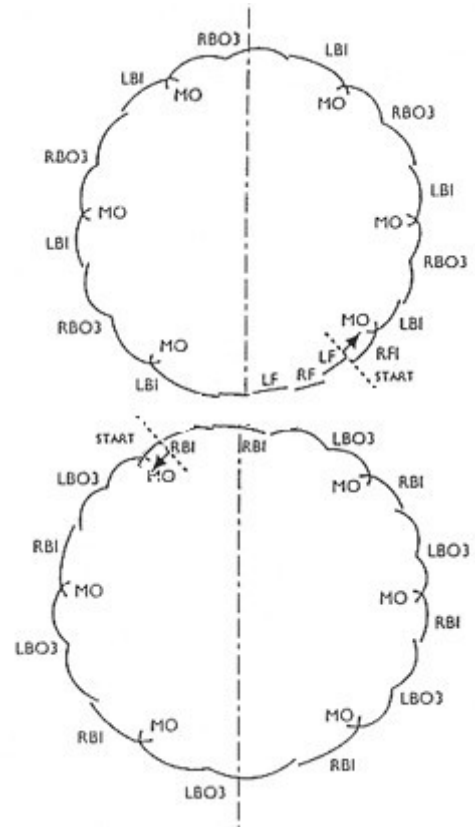
This exercise forms part of Medal Test Five. This is to be

incorporated into the test program in a circle.

The skaters will perform a minimum of three to five backward power 3-turns in each direction.

Primary Focus

- Power



## 7-A Eight Step Mohawk Sequence

This exercise forms part of Medal Test Seven

This is to be incorporated into the test program in a circle.

The skaters will perform eight step mohawk sequences in both clockwise and counter clockwise directions.

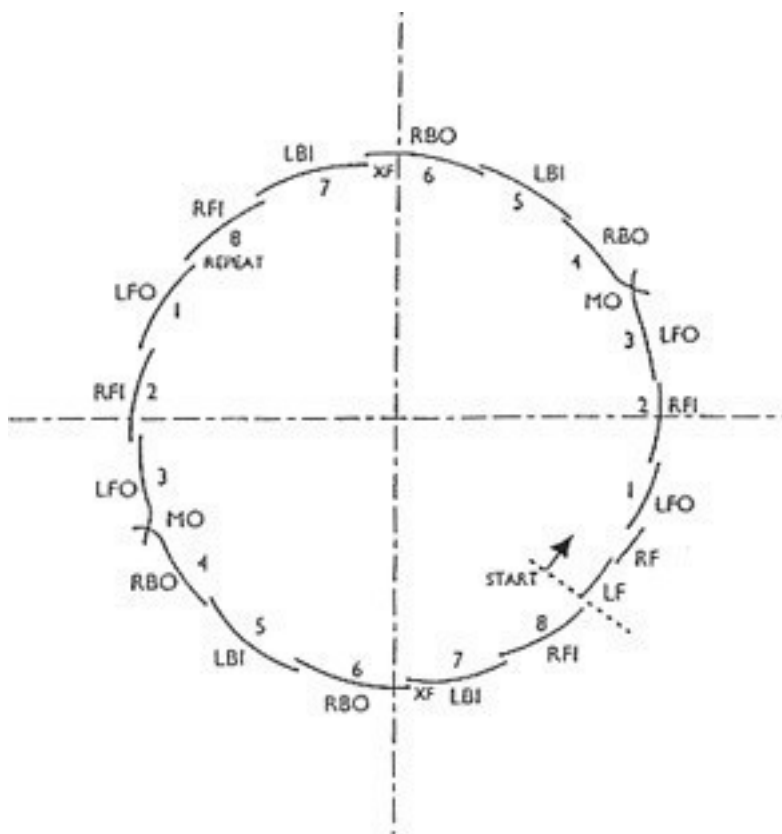
The skaters will perform a minimum of two sequences, in each direction.

Introductory steps, and change of direction steps are optional.

Skaters should utilize a one beat rhythm.

Primary Focus

- Quickness
- Power



## 7-B Three Turns in the Field

This exercise forms part of Medal Test Seven.

This exercise is to be performed by each skater individually in addition to the test program.

The skater will perform forward 3-turns alternating to backward 3-turns covering the length of the rink.

The end sequence is optional

First length of the rink will start with RFI - LBO 3-turns.

The second length of the rink the skaters will start with LFI - RBO 3-turns.

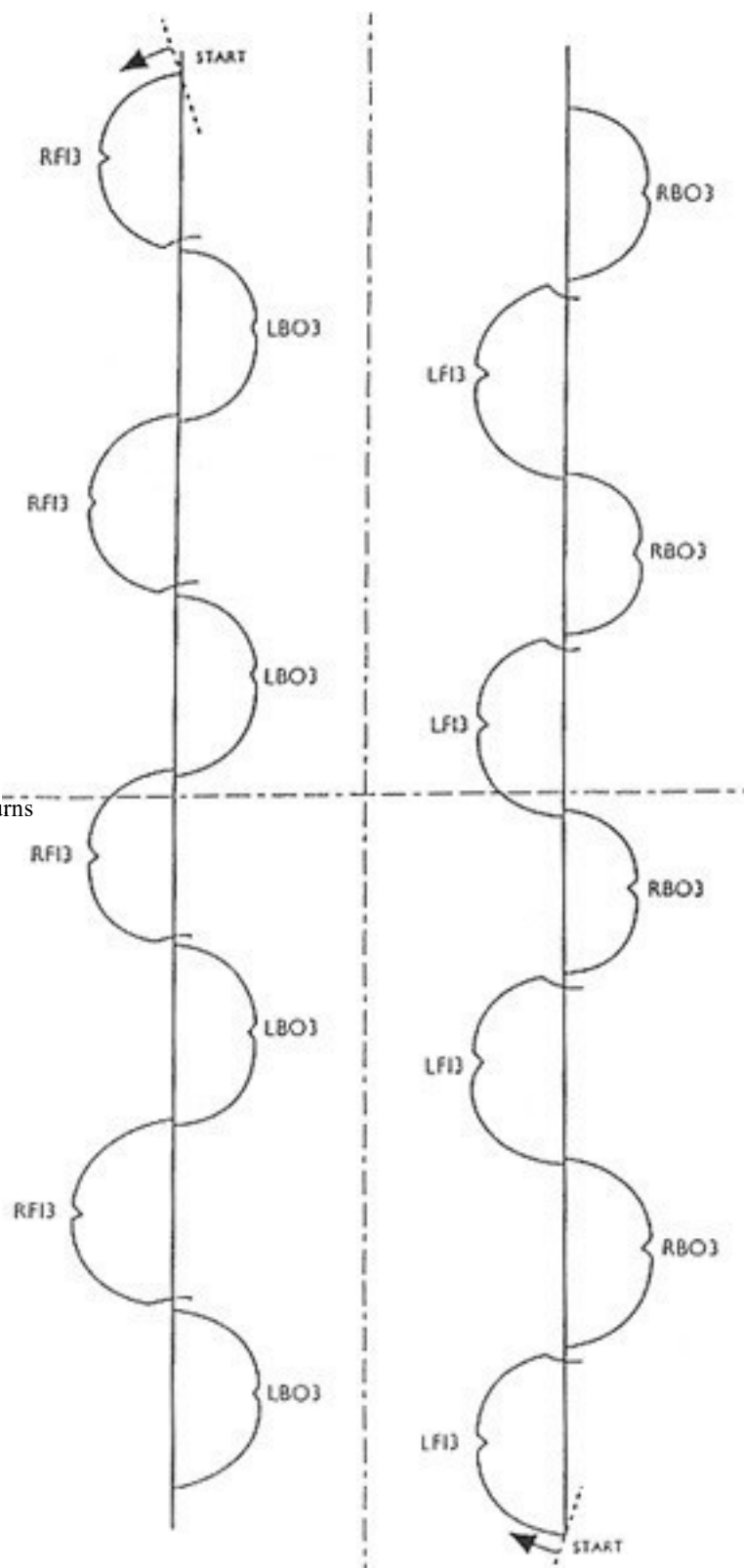
Third length of the rink will start with RFI - LBO 3 turns

The fourth length of the rink will start with LFI - RBO 3 turns.

The number of sets of 3-turns in each length will depend on the length of the rink and the strength of the skater.

Primary Focus

- Edge Quality
- Extension



## 8-A Bracket-Three-Bracket Pattern

This exercise forms part of Medal Test Eight

This is to be performed by each skater individually in addition to the test program.

The skaters will perform RFI bracket-three-bracket, change feet, and then perform LFO bracket three-bracket.

The skater may be on flats.

Introductory steps are optional.

Primary Focus

- Quickness

