

Test Track 2010-11 (effective September 1, 2010)

Skaters may enter EITHER the new test track free skate program or the well-balanced track free skate program but **NOT** both during the same nonqualifying competition. Competitors will skate to music of their choice, vocal music permitted. The 6.0 judging system will be used for all Test Track events.

Deductions **WILL** be made for skaters including technical elements not permitted in the event description.

- 0.1 from EACH mark for each technical element included that is not permitted in the event description.
- 0.2 from the technical mark for each extra or lacking element.
- 0.1 for any spin with less than required revolutions.

LEVEL	Jumps	Spins	Steps	QUALIFICATIONS
Limited Beginner Time: 1:30 +/- 10	Jumps with not more than one-half rotation (front to back or back to front). Jump sequences are allowed. Maximum 5 jump elements.	Two upright spins, no change of foot (Min 3 revolutions)	Connecting moves and steps should be demonstrated throughout the program.	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests
Beginner Time: 1:30 +/- 10 ***	Jumps with not more than one-half rotation (front to back or back to front including half-loop) Single rotation jumps: Salchow and toe loop only. Jump combinations and sequences are allowed. Maximum 5 jump elements.	Two upright spins, change of foot optional (Min 3 revolutions)	Connecting moves and steps should be demonstrated throughout the program.	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests
Pre-Preliminary Test Time: 1:30 +/- 10 ***	Jumps with not more than one-half rotation (front to back or back to front including half-loop) Single rotation jumps: Salchow, toe loop and loop only. Jump combinations and sequences with the above jumps are allowed. Maximum 5 jump elements.	Two spins held in one position only of a different nature, no change of foot (Min 3 revolutions and no flying spins)	Connecting moves and steps should be demonstrated throughout the program.	Skaters may not have passed tests higher than U.S. Figure Skating pre-preliminary free skate test
Preliminary Test Time: 1:30 +/- 10	Jumps with not more than one rotation (no Axels). Jump combinations and sequences are allowed. Maximum 5 jump elements.	Two spins of a different nature, combination spins allowed (Min 3 revolutions each and no flying spins)	Connecting moves and steps should be demonstrated throughout the program.	Skaters must have passed at least the U.S. Figure Skating pre-preliminary free skate test but may not have passed tests higher than the preliminary free skate test

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<p>Pre-Juvenile Test</p> <p>Time: 2:00 +/-10</p>	<p>Jumps with not more than one rotation (no Axels).</p> <p>Jump combinations and sequences are allowed.</p> <p>Maximum 5 jumping elements.</p>	<p>Three spins in any position (Min 3 revolutions), One must be a combination spin with change of foot optional (Min 3 revolutions on each foot or 6 total revolutions and no flying spins).</p>	<p>One step sequence straight line, circular, or serpentine fully utilizing ice surface.</p>	<p>Skaters must have passed at least the U.S. Figure Skating preliminary free skate test but may not have passed tests higher than pre-juvenile free skate test</p>
<p>Juvenile Test</p> <p>Time: 2:15 +/-10</p> <p>***</p>	<p>Any single jumps and jump combinations with not more than 1 ½ rotations. (Axel permitted).</p> <p>Maximum 5 jumping elements.</p>	<p>Three spins in any position (Min 4 revolutions) One must be a combination spin with one change of foot (Min 4 revolutions on each foot).</p> <p>May include flying spins.</p>	<p>One step sequence straight line, circular, or serpentine fully utilizing ice surface.</p>	<p>Skaters must have passed at least the U.S. Figure Skating pre-juvenile free skate test but may not have passed tests higher than juvenile free skate test</p>
<p>Intermediate Test</p> <p>Time: 2:30 +/-10</p>	<p>Any single jumps. Double jumps may only be the double Salchow and double toe loop.</p> <p>Jump combinations and sequences allowed.</p> <p>Maximum 6 jumping elements.</p>	<p>Three spins in any position (Min 4 revolutions) One must be a combination spin with at least one change of foot (Min 4 revolutions on each foot).</p> <p>May include flying spins.</p>	<p>One step sequence straight line, circular, or serpentine fully utilizing ice surface.</p>	<p>Skaters must have passed at least the U.S. Figure Skating juvenile free skate test but may not have passed tests higher than intermediate free skate test</p>
<p>Novice Test</p> <p>Time: Ladies 3:00 +/-10 Men 3:30 +/-10</p>	<p>Any single jumps. Double jumps may only be the double Salchow, double toe loop and double loop.</p> <p>Jump combinations and sequences allowed.</p> <p>Maximum 7 jumping elements for men and 6 for ladies.</p>	<p>Three spins in any position (Min 6 revolutions) One must be a combination spin with at least one change of foot (Min 5 revolutions on each foot).</p> <p>May include flying spins.</p>	<p>One step or spiral sequence (see rule 3660 for description).</p>	<p>Skaters must have passed at least the U.S. Figure Skating intermediate free skate test but may not have passed tests higher than novice free skate test</p>
<p>Junior Test</p> <p>Time: Ladies 3:30 +/-10 Men 4:00 +/-10</p>	<p>Any single jumps. Double jumps may only be the double Salchow, double toe loop, double loop and double flip</p> <p>Jump combinations and sequences allowed.</p> <p>Maximum 8 jumping elements for men And 7 for ladies.</p>	<p>Three spins: One must be a spin in one position, one a flying spin, (6 revolutions each) one combination spin consisting of all three basic spin positions and one change of foot (Minimum 2 in each position and Minimum 5 revolutions on each foot).</p>	<p>One step sequence of advanced difficulty, covering the full ice surface. (See rule 3650 for description)</p>	<p>Skaters must have passed at least the U.S. Figure Skating novice free skate test but may not have passed tests higher than junior free skate test</p>

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<p align="center">Senior Test</p> <p>Time: Ladies 4:00 +/-10 Men 4:30+/-10</p>	<p>At least four different double jumps One must be a double Lutz. Jump combinations and sequences allowed. Maximum 8 jumping elements for men and 7 for ladies.</p>	<p>Three spins: One must be a spin in one position, one a flying spin, (6 revolutions each) one spin combination consisting of all three basic spin positions and one change of foot (Minimum 2 in each position and Minimum 5 revolutions on each foot).</p>	<p>Men: Two different step sequences.</p> <p>Ladies: One step sequence and one spiral sequence (see rule 3640 for description).</p>	<p>Skaters must have passed at least the U.S. Figure Skating junior free skate test</p>