

**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

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

PASS/FAIL

JUDGE _____

REFEREE _____

NZFRS STROKING

This forms part of
Freeskating Test 1

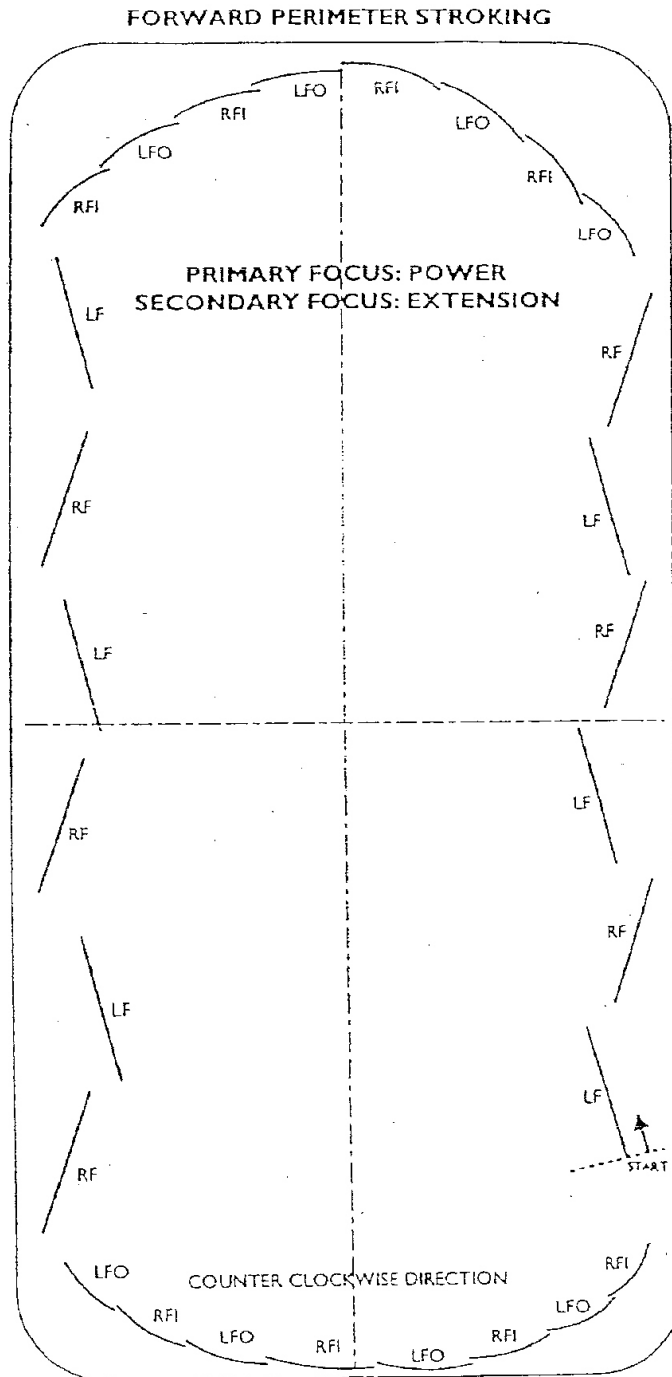
FORWARD PERIMETER STROKING

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

Introductory steps are optional

PRIMARY FOCUS:
Power

SECONDARY FOCUS:
Extension



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

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Name _____ Date _____

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FREESKATING TEST 2

Requirements – 2 minute routine including:

PASS/FAIL

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

PASS/FAIL

JUDGE _____

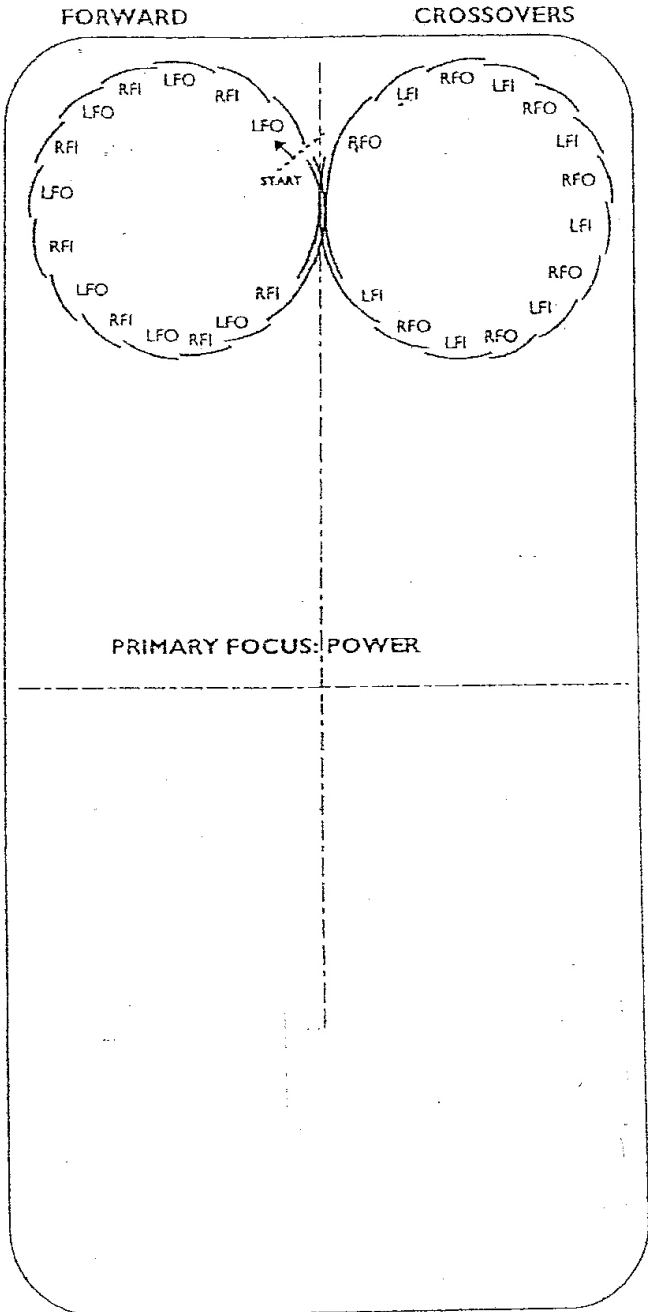
REFEREE _____

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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Name _____ Date _____

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FREESKATING TEST 3

Requirements. – 2 minute routine including: PASS/FAIL

- Upright change upright spin _____
- OB upright spin _____
- Mapes _____
- Salchow _____
- Euler _____
- 1 section serpentine primary footwork including _____
a backward glide _____
- Stroking: consecutive outside and inside spiral sequence _____
- Artistic impression _____

PASS/FAIL

JUDGE _____ REFEREE _____

NZFRS STROKING

This forms part of
Freeskating Test 3

CONSECUTIVE OUTSIDE AND INSIDE SPIRALS (One foot glides)

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

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

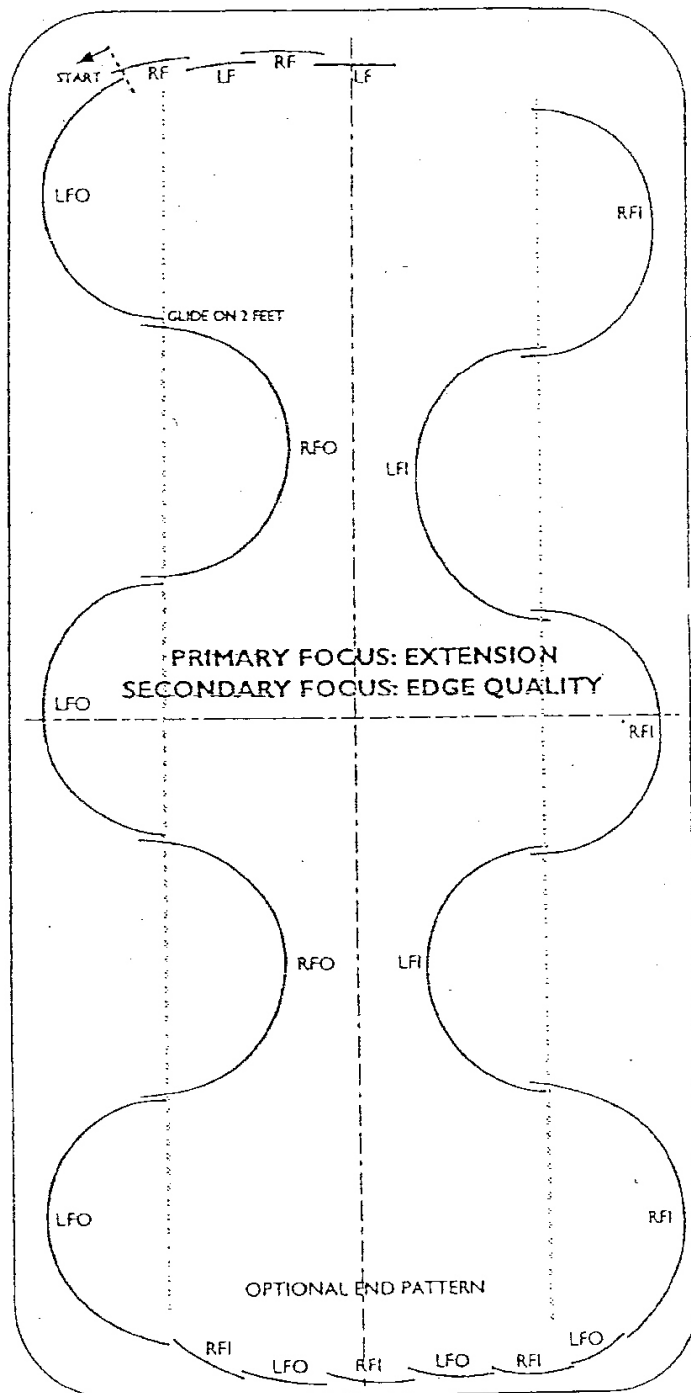
Forward inside edge
spirals will be skated for
the second length of the
rink.

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

PRIMARY FOCUS:
Extension

**SECONDARY
FOCUS:**
Edge Quality

CONSECUTIVE OUTSIDE AND INSIDE SPIRALS



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Name _____ Date _____

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FREESKATING TEST 4

Requirements. – 2 ½ minute routine including: _____

PASS/FAIL

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

PASS/FAIL

JUDGE _____

REFEREE _____

NZFRS STROKING

This forms part of
Freeskating Test 4

BACKWARD CROSSOVERS

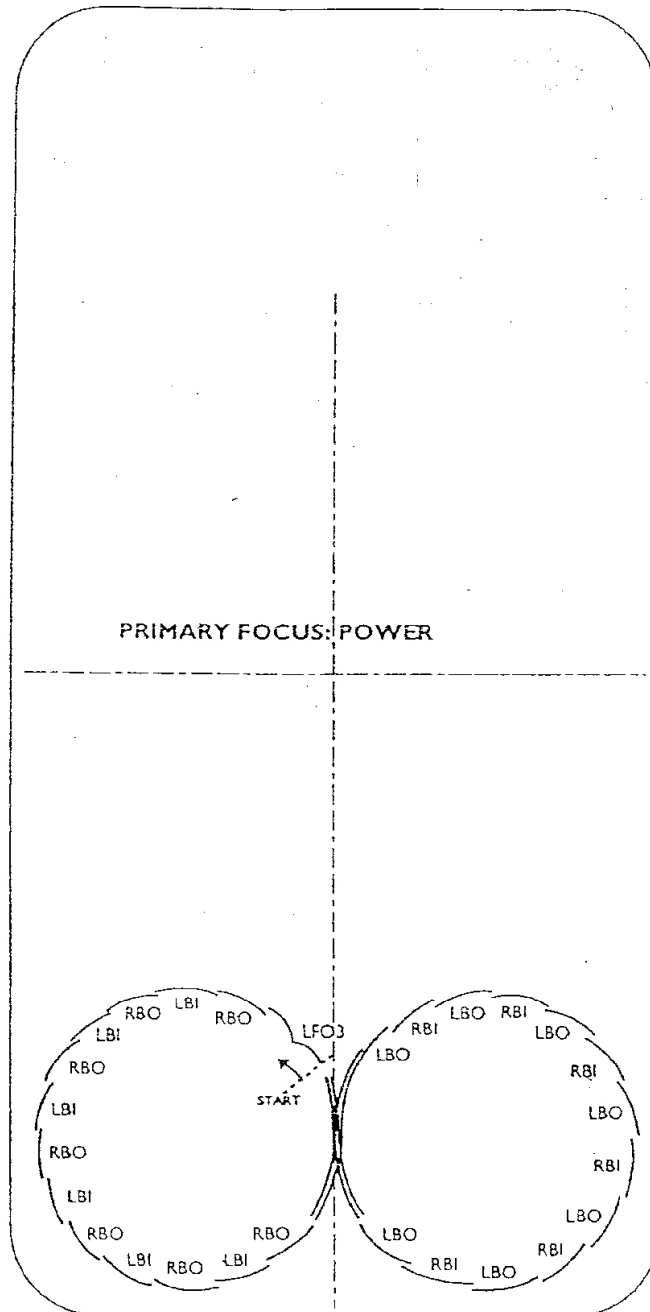
The skater will perform
backward crossovers in a
figure 8 pattern. Five to
eight crossovers per
circle are recommended.
Two full figure eights are
required.

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

PRIMARY FOCUS:
Power

**SECONDARY
FOCUS:**
Upper body control

BACKWARD CROSSOVERS



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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 _____

NZFRS STROKING

This forms part of
Freeskating Test 5

FORWARD POWER 3-TURNS

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.

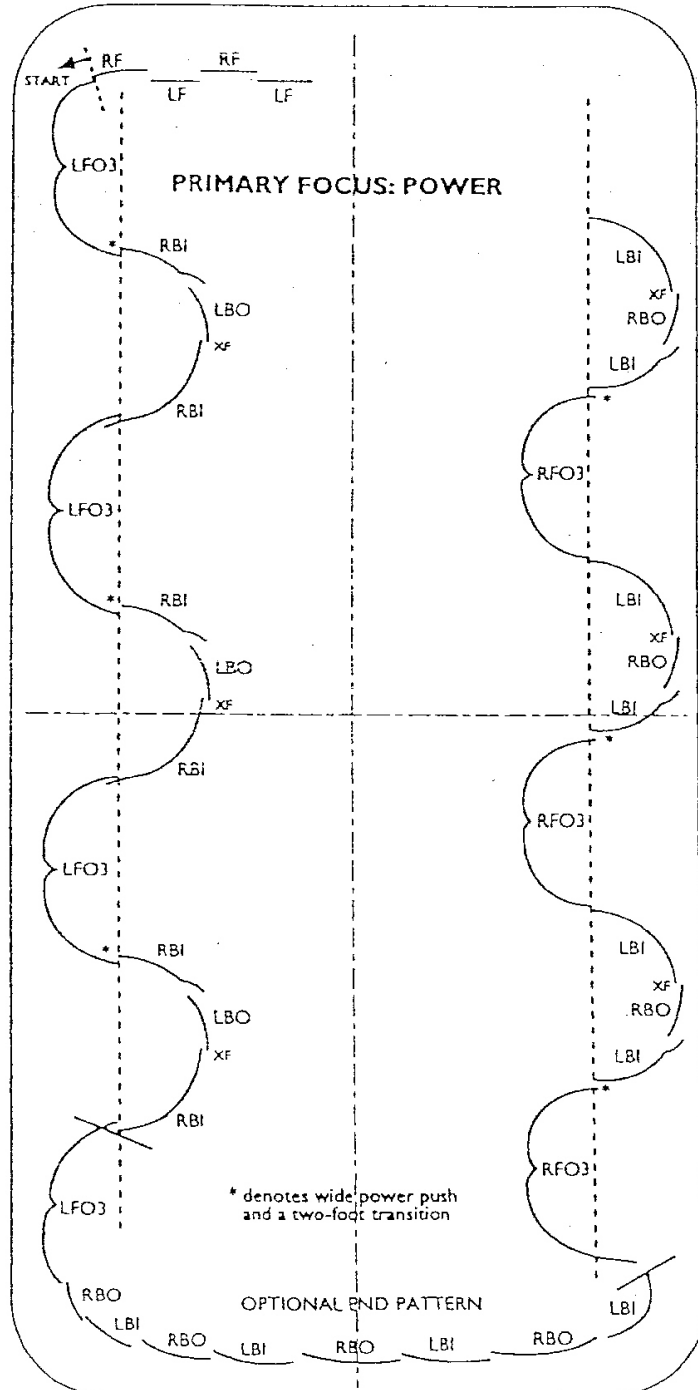
Backward crosspulls
around the end of the rink
are optional

PRIMARY FOCUS

Power

SECONDARY FOCUS

Extension
Body control
Smoothness



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Name _____ Date _____

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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 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
 Freeskating Test 6

**FORWARD PERIMETER POWER
 CROSSOVER STROKING**
 Counterclockwise only

**FORWARD
 PERIMETER POWER
 CROSSOVER
 STROKING**

(Counterclockwise only)

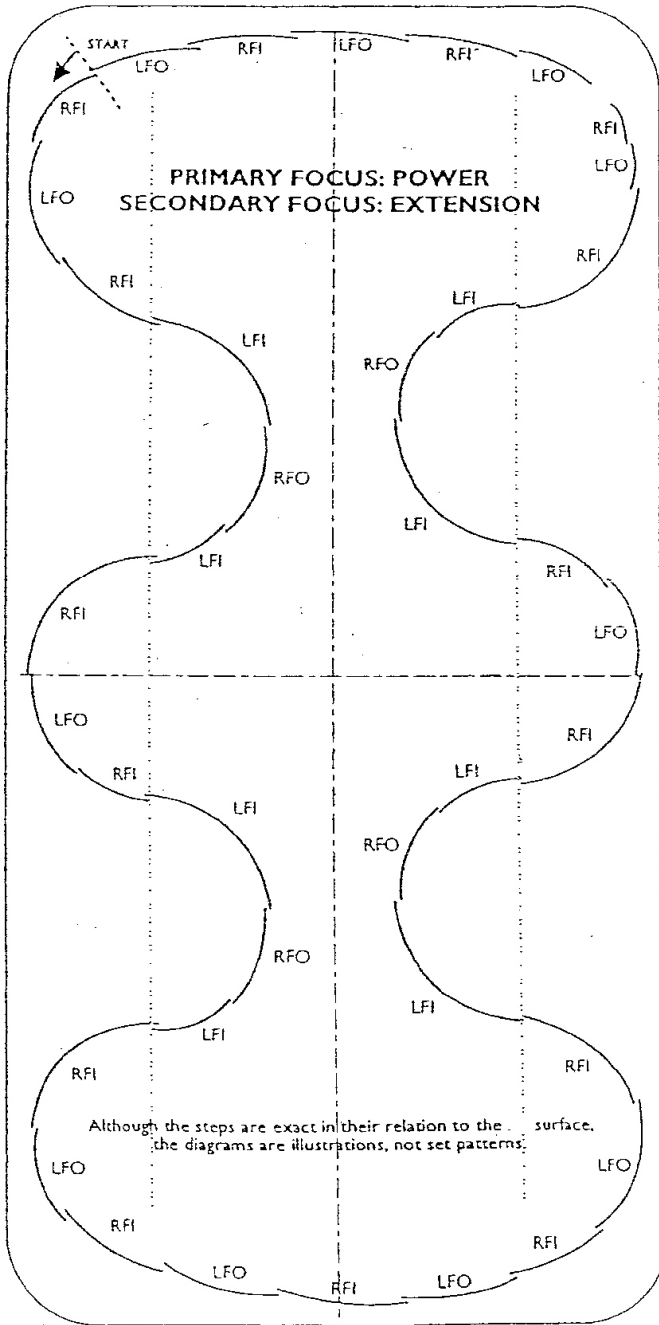
The skater will perform
 four to six lobes covering
 each length of the rink,
 followed by forward
 crossovers around the
 ends of the rink.

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



**NEW ZEALAND ARTISTIC SPORTS COMMITTEE
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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
Freestyle 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.

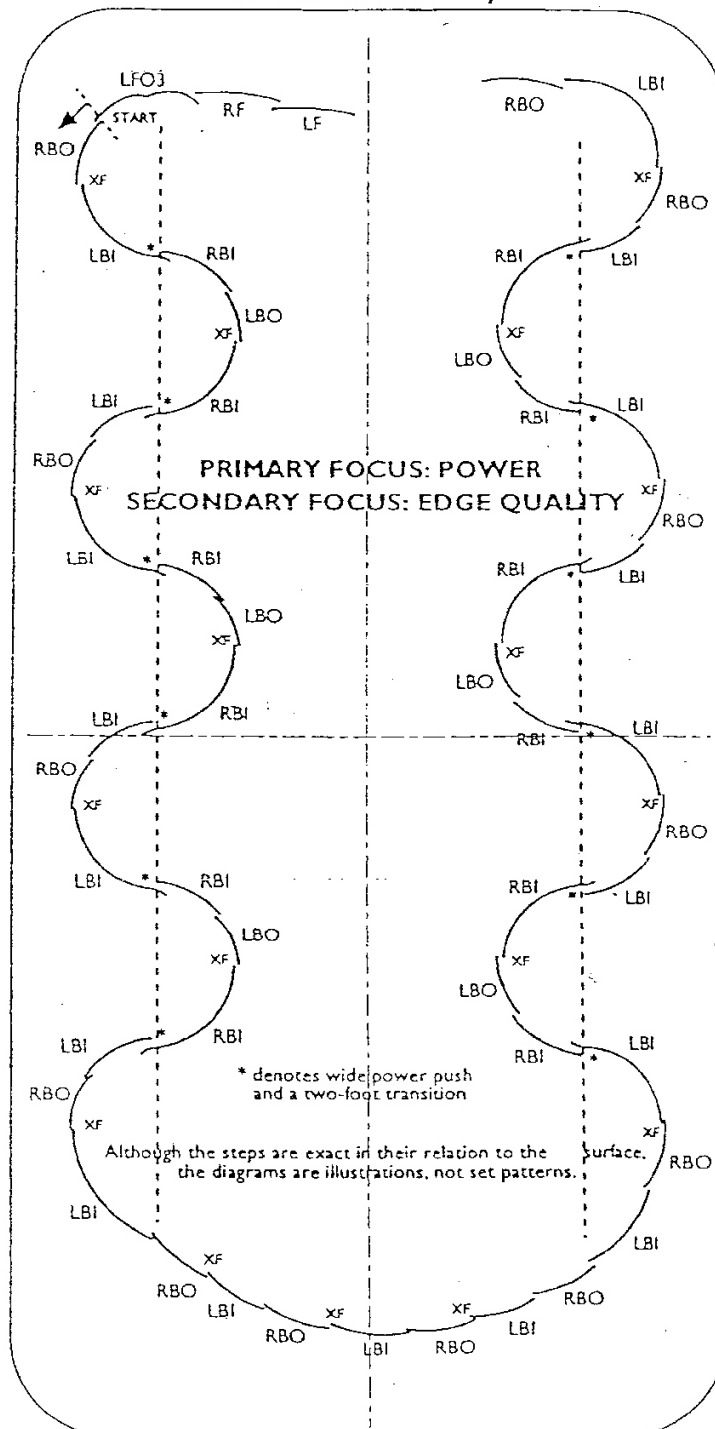
The exact number of steps in the pattern will depend on the size of the arena and the strength of the skater.

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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Name _____ Date _____

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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.

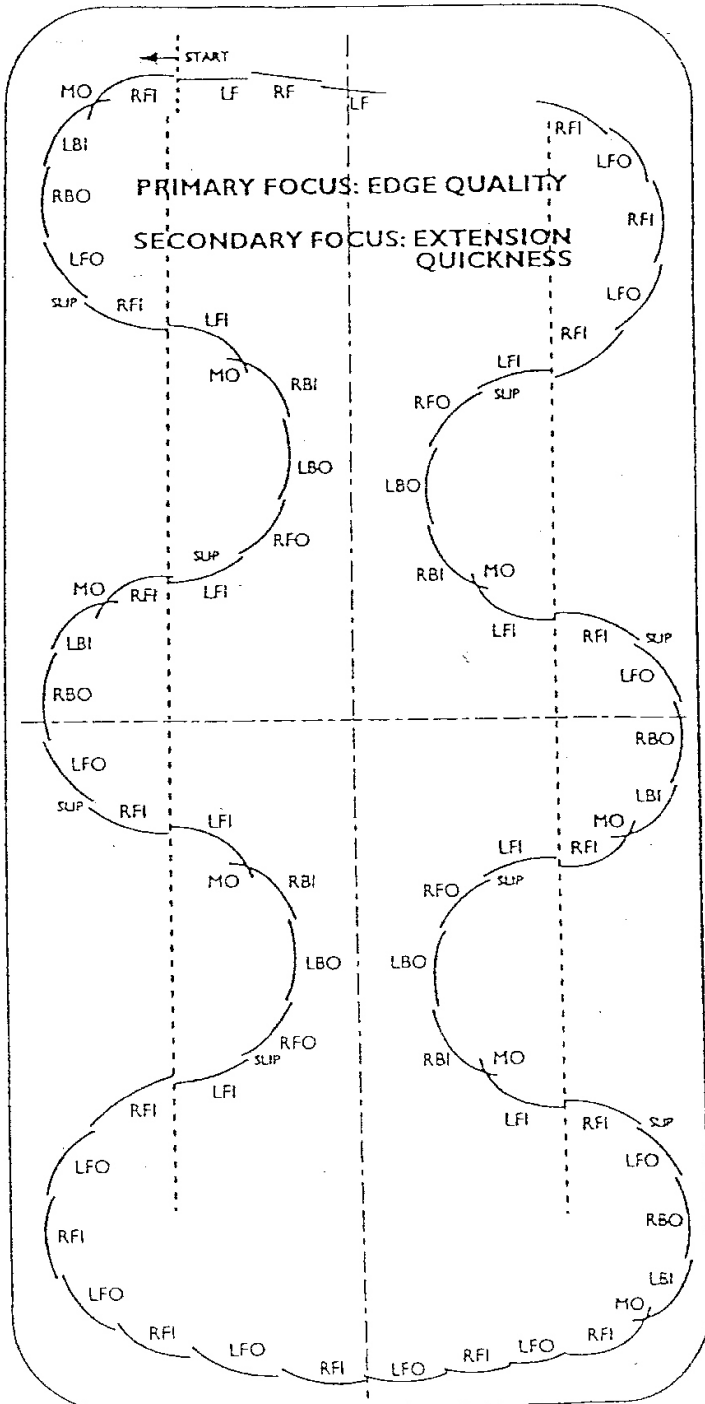
The end sequence and the choice of introductory steps are optional

PRIMARY FOCUS
Edge Quality

SECONDARY FOCUS
(a) Quickness of steps

(b) Quickness of extension

FIVE STEP MOHAWK SEQUENCE



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FREESKATING TEST 9

<u>Requirements. - 4 minute routine including:</u>	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
Freeskating Test 9

BRACKET-THREE-BRACKET PATTERN

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

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

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

The skater may be on
flats.

Introductory steps are
optional.

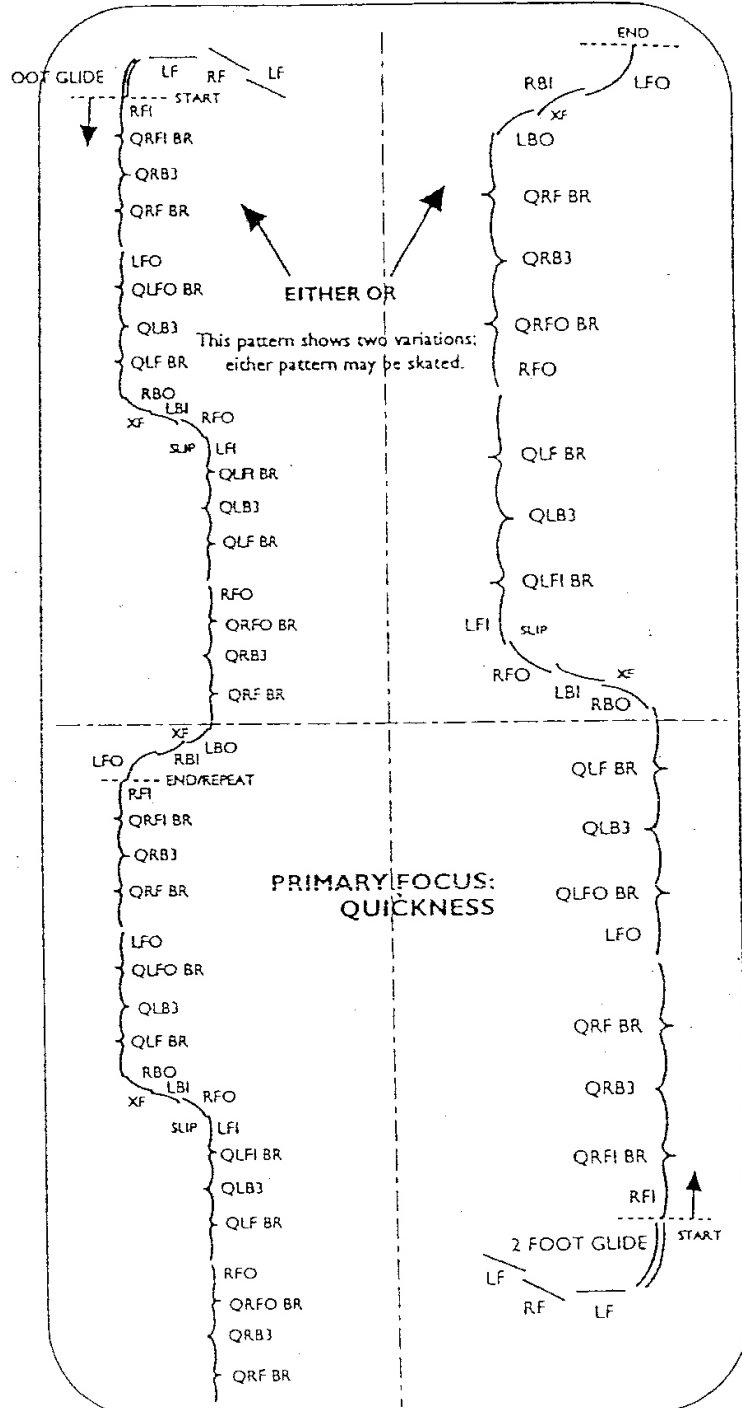
PRIMARY FOCUS

Quickness of steps

SECONDARY FOCUS

Upper Body Control

BRACKET-THREE-BRACKET PATTERN



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Name _____ Date _____

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FREESKATING TEST 10

<u>Requirements.</u>	PASS/FAIL
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- 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 _____