

AATC REQUIREMENTS' COMMITTEE

AATC PROFICIENCY TEST MANUAL



SKATE
AUSTRALIA

**ADMINISTRATIVE RULES
EVALUATION OF TESTS
TEST REQUIREMENTS
TRANSITION TABLES
COMPLETING TEST FORMS**

EDITION 3 – APRIL 2025

Version Control

Edition number	Date	By	Change/s made
1	September 2024	PIW	
2	September 2024	PIW	P6 - Video Review of tests
3	April 2025	PIW	P4 – Current versions of test forms to be used - highlighted
			P5 – Which structure to use – highlighted
			P5 – Transitional Figures - highlighted

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Computer Requirements and Excel Settings

1. The forms must be saved on to the computer to work successfully. The macros won't work if the form being used has been opened from OneDrive or an attachment to an email.
2. The computer must have Excel 2010 (or later) installed. The forms will not work in Libre Office.
3. Macros must be enabled on the computer. Open Excel then go to:
 - File | Options | Trust Centre | Trust Centre Settings:
 - Select Macro Settings
 - Select "Enable VBA macros (not recommended; potentially dangerous code can run)".
4. Trusted Locations must include the drive on which the forms have been saved. While still on the Trust Centre Settings page, to go:
 - Trusted Locations
 - If the drive on which the forms have been saved is not listed, click Add New Location and add the drive name to Trusted Locations.
5. If there is still a message towards the top of the screen saying:

 **SECURITY RISK** Microsoft has blocked macros from running because the source of this file is untrusted.

- Close the file;
- Right click the file name;
- Select Properties;
- At the bottom of the General Tab, tick Unblock in the Security field;



- Click OK;
- Then re-open the document.

Current Versions of Forms

1. The current versions of the test forms are:
 - **Figures and Loops** - SA Proficiency Test Form NS - 2025-01 New Structure - FIGURES AND LOOPS.xlsm;
 - **Free Skating** - SA Proficiency Test Form NS - 2025-01 New Structure - FREE SKATING.xlsm; and
 - **All other disciplines** - SA Proficiency Test Form Version 2025-01.xlsm.

Administrative Rules

Which structure to use

1. From 1 May 2025, the “new” structure must be used for Figures/Loops and Free Skating. These disciplines will no longer be available under the “old” structure. All other disciplines will continue to use the “old” structure forms until advised otherwise.
2. Once a Skater does a test in the “new” structure, they cannot go back to the “old” structure for that discipline.

Transitional Figures

1. There will be times when a Skater has Passed or has been assessed as Competent in a test in the “old” structure which contained a Figure that is included in a higher test in the “new” structure. Those Figures are referred to as “Transitional” Figures.
2. In these circumstances, if the test in the “old” structure was assessed as Competent, a Skater can claim credit for that Figure, and they don’t need to re-do it when they move to the “new” structure, subject to the following:
 - “Transitional” only applies to Figures the first time a test is done in the “new” structure.
 - If a Skater is assessed as Not Yet Competent the first time they do a test in the “new” structure, the credit for Transitional Figures no longer applies, and they must skate all Figures when they re-do that test.
 - For subsequent tests done in “new” structure, credit for Transitional Figures do not apply and Skaters must skate all Figures.
3. Transitional Figures are marked in red in the Transition Tables and are those which have already been assessed in a test in the “old” structure.
4. Skaters who have not passed any tests in the “old” structure must start on test 1 in the “new” structure in the relevant discipline.

Officials

1. Officials are to be approved for all State and Club run Proficiency Test Centres by the State CAOC Chair for Bronze and Silver tests, and by the National CAOC Chair for Gold tests.
2. Bronze, Silver and Gold Proficiency Tests require 3 Judges and a Referee, except where Judges with sufficient accreditation are not available. Refer to Video Review. Skaters must achieve an assessment of Competent from the majority of Judges to receive an overall Competent assessment for the test.
3. Where a Referee is not available, Judge 1 can be the Referee.

Video Review

Regulations for Video Assessment of Proficiency Tests

1. For Proficiency Tests of Gold and Silver, where there are insufficient suitably commissioned Judges:
 - There must be at least 2 suitably commissioned Judges for Silver and Gold, known as Judge 1 and Judge 2;
 - The Video Operator must be approved by State CAOC Chair from a prescribed list of eligibility criteria;
 - The criteria are:
 - (i) have proven competence at using video to record skating performances;
 - (ii) have no conflict of interest with the Skater or Coach;
 - (iii) be at least 18 years of age;
 - (iv) have signed the Code of Ethics;
 - (v) must be a Skate Australia member;
 - The recording device will be an iPad as they are easily available and provide sufficient quality for review;
 - The Proficiency Test Director will source the iPad;
 - The link to the video file will be sent electronically to National CAOC Chair or delegate and the Technical IT Assistant approved by the National CAOC Chair;
 - When confirmation is received that the process is complete, the video is to be deleted from the iPad;
 - If possible, Judges will be positioned at the mid point of the long axis on one side of the skating surface or the Figure circles;
 - A Judge may move to get a better view of a specific part of the performance;
 - The Video Operator will remain stationary at approximately the same position as starting position of the Judges;
 - For dance, the Skater must start to the left of the Judges;
 - For other disciplines the Skater starts as per discipline regulations;
 - The whole Skater must be captured in the video;
 - When Judge 1 and Judge 2 concur on the Proficiency Test result:
 - (i) the result will stand without input from Judge 3 (video assessment judge);
 - (ii) the video will be deleted on site;
 - When Judge 1 and Judge 2 do not concur on the Proficiency Test result, the Proficiency Test Director will commence the Proficiency Test Review Process.

Proficiency Test Review Process

1. The Proficiency Test Review Process (aka Review Process) must be completed within 10 days.
2. The Proficiency Test Director will:
 - notify the National CAOC Chair 7 days before a Proficiency Test/s and that the Review Process may be needed where the full complement of Judges will not be present;
 - send the link to the video file to the National CAOC Chair or delegate, and to the Technical IT Assistant, within 24 hours of the Proficiency Test performance; and
 - notify the State CAOC Chair on the commencement of the Proficiency Test Review Process.
3. The National CAOC Chair or delegate will do the following upon receiving the link to the video file:
 - forward the link to the video file to Judge 3 for a review adjudication.

Video Review

- Judge 3 is a suitably Commissioned Judge appointed by the National CAOC Chair in the interim 7 days before the Proficiency Test date;
 - Judge 3 may watch the video once only at normal speed, and then watch it a second time at normal speed to make their assessment;
 - receive back from Judge 3 the review adjudication decision, which must be Competent, Not Yet Competent, or Indeterminant (meaning the video is not suitable to make a Competent/Not Yet Competent decision);
 - inform the submitting State CAOC Chair and the test referee of the adjudication outcome;
 - ensure all copies of the video file are destroyed;
 - the Test Referee must confirm and sign the final test result sheet to validate the result before it is announced.
4. Where Judge 1 and Judge 2 do not concur, the Skater must not attempt any further tests of the discipline until the Review Process outcome is known.
 5. Where the Review Process result is not conveyed to the submitting State CAOC Chair within the allowed 10 days or the adjudication is indeterminant, the Skater's test is deemed to be annulled and the Skater must receive back all monies paid.
 6. When the review has been completed, the Test Referee is to sign the result sheet to confirm the assessment result.

Special Provision for remote areas more than 300Km from the nearest officials

All administrative and procedural guidelines listed above will apply with the following exceptions:

1. These provisions will apply to Bronze tests only.
2. One Silver or above, commissioned Judge for each discipline to be tested, **MUST** be present at the test centre from the start to the finish of the testing session.
3. The Silver commissioned judge for the discipline to be tested present at the venue will act as Referee and Judge 1.
4. A complete and accurate schedule for the test centre must be provided to the National and State CAOC Chairs at least 7 days before the planned test centre.
5. The schedule must include the names of the candidates, discipline, level of tests and the order of skating.
6. Judges 2 and 3 for each test will be appointed by the National CAOC Chair and must be suitably qualified in the discipline to be tested to at least Bronze level.
7. The video footage must be clearly numbered with tests listed and matched to and marked on the test centre schedule. For example, Video 1 First Bronze Bar Dance, Candidates 1.10.
8. One discipline only to be included on a section of video footage. Maximum number of tests per section of video footage is 10.
9. Judges 2 and 3 may watch the video once only at normal speed, and then watch it a second time at normal speed to make their assessment.
10. Judges 1, 2 and 3 must make the assessment of the tests independently of each other.

Video Review

11. Two of the three Judges (a majority) must pass the test for the candidate to be successful.
12. The National CAOC Chair will receive back from Judges 2 and 3 the review adjudication decisions, which must be Competent, Not Yet Competent, or Indeterminate (meaning the video is not suitable to make a Competent/Not Yet Competent decision).
13. The National CAOC Chair will inform the submitting State CAOC Chair and the test Referee of the outcome of the adjudication for each test.
14. The Test Referee must confirm and sign the final test result sheet to validate the result before it is announced.
15. No skate ups are allowed.
16. The Test Centre Supervisor must complete all usual test centre paperwork and forward to State and National CAOC Chairs, Chair AATC, Chief examiner DO/EM within 7 days of test centre results being finalised.

Figures

General

For tests which have a/b listed as the starting foot:

- Skaters will skate the (a) or (b) foot at the test;
- the draw for the starting foot is to be done by the Test Supervisor or their nominee the day prior to the test so that paperwork can be prepared;
- the starting foot will alternate for the remaining figures in the test;
- the starting foot drawn applies to all Applicants doing the same test on the same day;
- a new starting foot draw is required for each test level, if applicable;
- the starting foot drawn is to be entered on the Data Entry sheet before printing the Judges' and Referee's forms.
- a Figure which has only a right foot start will retain a right foot start. For example, the Figures for 2nd silver bar are 13, 19 a/b, 28a/b. If the foot drawn is "a foot", the Figures will be 13, 19a, 28b. If the foot drawn is "b foot", the Figures will be 13, 19b, 28a.

Evaluation of Tests

1. The minimum mark to receive an assessment of C (competent) is:
 - 4.0 for a Bronze test;
 - 4.5 for a Silver test;
 - 5.0 for a Gold test.
2. Each Figure must receive at least the minimum mark to receive an assessment of C from a Judge. The overall result will be Competent when an assessment of C is given by at least 2 of the Judges.
3. The Judges are not required to calculate the result for a test. The test forms will determine this based on the assessments made by each Judge.

Transition Table "Old" Structure to "New" Structure - Figures

TEST HELD IN THE "OLD" STRUCTURE			WHERE TO START IN "NEW" STRUCTURE		
No	Description	Figures	No	Description	Figures
	None	-	F01	1st Bronze Bar	1 2
1	1st Bronze Bar	1 1d	F01	1st Bronze Bar	1 2
2	2nd Bronze Bar	2 2d	F02	2nd Bronze Bar	5a 5b
3	3rd Bronze Bar	5a 5b	F03	3rd Bronze Bar	3 7
4	4th Bronze Bar	3 7	F04	Bronze Medal	8a/b 9a/b
5	Bronze Medal	9a 9b	F04	Bronze Medal	8a/b 9a/b
6	1st Silver Bar	8a 8b 11	F05	1st Silver Bar	10 11 12
7	2nd Silver Bar	10 26a 26b	F05	1st Silver Bar	10 11 12
8	3rd Silver Bar	12 24a 24b 28a 28b	F06	2nd Silver Bar	13 19a/b 28a/b
9	4th Silver Bar	19a 19b 22a 22b 27a 27b	F07	3rd Silver Bar	22a/b 18a/b 21a/b
10	Silver Medal	4 6a 6b 20a 20b 23a 23b	F07	3rd Silver Bar	22a/b 18a/b 21a/b
11	1st Gold Bar	13 14 15 18a 18b 21a 21b	F08	Silver Medal	4 32a/b 23a/b 29a/b

Figures

TEST HELD IN THE “OLD” STRUCTURE			WHERE TO START IN “NEW” STRUCTURE		
No	Description	Figures	No	Description	Figures
12	2nd Gold Bar	16 29a 29b 30a 30b 32a 32b	F09	1st Gold Bar	20a/b 33a/b 36a/b 40a/b
13	3rd Gold Bar	17 31a 31b 33a 33b 34a 34b	F09	1st Gold Bar	20a/b 33a/b 36a/b 40a/b
14	4th Gold Bar	35a 35b 36a 36b 38a 38b 40a 40b	F10	2nd Gold Bar	37a/b 41a/b 44a/b 42a/b
			F11	3rd Gold Bar	43a/b 45a/b 46a/b 51a/b 50a/b
			F12	Gold Medal	47a/b 49a/b 48a/b 52a/b 53a/b
15	Gold Medal	25a 25b 37a 37b 39a 39b 41a 41b			

Bronze Figure Test Requirements

Judges must hold at least a Bronze Figure commission. The Referee must hold at least a Bronze Figure commission or a Referee's commission.

No 1 Test – First Bronze Bar	
1	RFO - LFO Eight
2	RFI - LFI Eight

No 2 Test – Second Bronze Bar	
5a	RFOI - LFIO Change Eight
5b	LFOI - RFIO Change Eight

No 3 Test – Third Bronze Bar	
3	RBO - LBO Eight
7	RFO - LFO Three

No 4 Test – Bronze Medal	
8a/b	FO - BI Three
9a/b	FI - BO Three

Figures

Silver Figure Test Requirements

Judges must hold at least a Silver Figure commission. The Referee must hold at least a Silver Figure commission or a Referee's commission.

No 5 Test – First Silver Bar	
10	RFO - LFO Double Three
11	RFI - LFI Double Three
12	RBO - LBO Double Three

No 6 Test – Second Silver Bar	
13	RBI - LBI Double Three
19a/b	FI - BO Bracket
28a/b	FOI - FIO Change Double Three

No 7 Test – Third Silver Bar	
22a/b	FO – BO Counter
18a/b	FO – BI Bracket
21a/b	FI - BI Rocker

No 8 Test – Silver Medal	
4	RBI – LBI Eight
32a/b	FOI – BOI Change Bracket
23a/b	FI - BI Counter
29a/b	BOI – BIO Change Double Three

Gold Figure Test Requirements

Judges must hold at least a Gold Figure commission and one should be from an outside Club. The Referee must hold at least a Gold Figure commission or a Referee's commission.

No 9 Test – First Gold Bar	
20a/b	FO – BO Rocker
33a/b	FIO – BIO Change Bracket
36a/b	FO – FI Paragraph Double Three
40a/b	FO – FI Paragraph Bracket

Figures

No 10 Test – Second Gold Bar	
37a/b	BO - BI Paragraph Double Three
41a/b	BO - BI Paragraph Bracket
44a/b	FI Rocker combined with Inside Double Three
42a/b	FO Counter combined with Bracket and Inside Counter

37a/b	BO - BI Paragraph Double Three
41a/b	BO - BI Paragraph Bracket
44a/b	FI Rocker combined with Inside Double Three
42a/b	FO Counter combined with Bracket and Inside Counter

No 11 Test – Third Gold Bar	
43a/b	FO Rocker combined with Outside Double Three
45a/b	BO Counter combined with Bracket and Inside Counter
46a/b	FO Double Three combined with Outside Rocker and Backward Double Three Paragraph
51a/b	FO Bracket combined with Inside Rocker and Backward Bracket Paragraph
50a/b	Forward Double Three combined with Outside Counter and Backward Double Three Paragraph

43a/b	FO Rocker combined with Outside Double Three
45a/b	BO Counter combined with Bracket and Inside Counter
46a/b	FO Double Three combined with Outside Rocker and Backward Double Three Paragraph
51a/b	FO Bracket combined with Inside Rocker and Backward Bracket Paragraph
50a/b	Forward Double Three combined with Outside Counter and Backward Double Three Paragraph

No 12 Test – Gold Medal	
47a/b	FO Bracket combined with Inside Counter and Backward Bracket Paragraph
49a/b	BO Bracket combined with Inside Counter and Forward Bracket Paragraph
48a/b	Backward Double Three combined with Outside Rocker and Forward Double Three Paragraph
52a/b	BO Double Three combined with Outside Counter and Forward Double Three Paragraph
53a/b	BO Bracket combined with Inside Rocker and Forward Bracket Paragraph

47a/b	FO Bracket combined with Inside Counter and Backward Bracket Paragraph
49a/b	BO Bracket combined with Inside Counter and Forward Bracket Paragraph
48a/b	Backward Double Three combined with Outside Rocker and Forward Double Three Paragraph
52a/b	BO Double Three combined with Outside Counter and Forward Double Three Paragraph
53a/b	BO Bracket combined with Inside Rocker and Forward Bracket Paragraph

Loops

General

For tests which have a/b listed as the starting foot (as for big figures):

- the draw for the starting foot is to be done by the Test Supervisor or their nominee the day prior to the test so that paperwork can be prepared;
- the starting foot drawn applies to all Applicants doing the same test on the same day;
- a new starting foot draw is required for each test level, if applicable;
- the starting foot drawn is to be entered on the Data Entry sheet before printing the Judges' and Referee's forms.

Evaluation of Tests

1. The minimum mark to receive an assessment of C (competent) is:
 - 4.0 for a Bronze test;
 - 4.5 for a Silver test;
 - 5.0 for a Gold test.
2. Each Loop must receive at least the minimum mark to receive an assessment of C from a Judge. The overall result will be Competent when an assessment of C is given by at least 2 of the Judges.
3. The Judges are not required to calculate the result for a test. The test forms will determine this based on the assessments made by each Judge.

Transition Table “Old” Structure to “New” Structure - Loops

TEST HELD IN THE “OLD” STRUCTURE			WHERE TO START IN “NEW” STRUCTURE		
No	Description	Figures	No	Description	Figures
	None	-	FL1	Bronze Bar	14 15
1	Bronze Bar	14 15	FL2	Bronze Medal	30a 30b
2	1st Silver Bar	30a 30b	FL3	Silver Bar	16 17
3	2nd Silver Bar	16 17	FL4	Silver Medal	38a 38b
4	1st Gold Bar	31a 31b	FL4	Silver Medal	38a 38b
Skaters who hold Loop No 4 in the “old” structure do not need to do FL5 (Gold Bar) as the Loops in that test have already been done.			FL5	Gold Bar	31a 31b
5	2nd Gold Bar	38a 38b 39a 39b (There are no further tests to be done for Skaters who hold Loop No 5.)			
			FL6	Gold Medal	39a 39b

Loops

Bronze Loop Test Requirements

Judges must hold at least a Bronze Figure commission. The Referee must hold at least a Bronze Figure commission or a Referee's commission.

No 1 Test – Bronze Bar	
14	RFO – LFO Loop
15	RFI - LFI Loop

No 2 Test – Bronze Medal	
30a	RFOI – LFIO Change Loop
30b	LFOI – RFIO Change Loop

Silver Loop Test Requirements

Judges must hold at least a Silver Figure commission. The Referee must hold at least a Silver Figure commission or a Referee's commission.

No 3 Test – Silver Bar	
16	RBO – LBO Loop
17	RBI - LBI Loop

No 4 Test – Silver Medal	
38a	RFOI – LFIO Paragraph Loop
38b	LFOI – RFIO Paragraph Loop

Gold Loop Test Requirements

Judges must hold at least a Gold Figure commission and one should be from an outside Club. The Referee must hold at least a Gold Figure commission or a Referee's commission.

No 5 Test – Gold Bar	
31a	RBOI – LBIO Change Loop
31b	LBOI – RBIO Change Loop

No 6 Test – Gold Medal	
39a	RBOI - LBIO Paragraph Loop
39b	LBOI - RBIO Paragraph Loop

Free Skating

General

1. Skaters must achieve C (competent) on both technical and components for the test to be assessed as C.
2. Technical specialists may adjudicate as Judges or Referees, performing the allocated duties of Judges or Referees, at proficiency tests within the level of their judging and referees' commissions.

Evaluation of Tests

1. Technical content will be assessed using the QoE guidelines of World Skate. A QoE from -3 through to +3 will be awarded for each technical item presented. Additional QoE guidelines will be included as follows:

Spins	<ul style="list-style-type: none">• Minimum 3 revolutions in correct position for solo spins. If less than 3 revolutions, Judge must give -3/NYC.• Minimum 2 revolutions in each position of combo spins. If less than 2 revolutions, QoE cannot be higher than 0. If more than 1 position of the combo is deemed not confirmed, the Judge must give -3/NYC.• A mandatory spin in a combo not confirmed results in no higher than -2 for the combo spin element.• A mandatory spin as a solo element not confirmed results in -3/NYC for the solo spin element.• If a mandatory element is not attempted within the program, the element is awarded -3/NYC.
Jumps	<ul style="list-style-type: none">• A mandatory jump not attempted within the program is awarded -3/NYC.
Footwork	<ul style="list-style-type: none">• Minimum level required for Bronze tests is Base.• Minimum level required for First Silver Bar tests is Level 1.• Minimum level required for Second Silver Bar and Silver Medal is Level 2.• Minimum level required for Gold tests is Level 3.• If a Judge deems the minimum standard is not met, the Skater must be given -3/NYC QoE.

2. Technical Content Rules:
 - -3 on a technical element means automatic NYC of the element.
 - It is allowed -3 on up to 2 elements of different types and still receive an overall C result.
 - Judges can request up to 3 elements to be repeated – 1 of each type (spin, jump, footwork).
 - If a Skater achieves -3 on 2 or more of the same type of element, the test will be assessed as NYC.
 - If a Skater achieves -2 or -3 on 3 or more total elements, the test will be assessed as NYC.

Free Skating

3. Components will also be assessed for each Free Skating test. Judges will determine if the Skater is C or NYC on components according to the following guidelines:

Components	The total of the 4 components (Skating Skills, Transitions, Performance and Choreography) per Judge must meet the following guidelines:
Test No 1 First Bronze Bar	No less than 2.0 total.
Test No 2 Second Bronze Bar	No less than 4.0 total. No individual component less than 0.5.
Test No 3 Bronze Medal	No less than 5.0 total. No individual component less than 0.75.
Test No 4 First Silver Bar	Not less than 6.0 total. No individual component less than 1.0.
Test No 5 Second Silver Bar	Not less than 8.0 total. No individual component less than 1.5.
Test No 6 Silver Medal	Not less than 10.0 total. No individual component less than 2.0.
Test No 7 Gold Bar	Not less than 12.0 total. No individual component less than 2.5.
Test No 8 Gold Medal	Not less than 14.0 total. No individual component less than 3.0.

4. If a Skater receives less than the total required, the components will be marked NYC and therefore the overall test result will be assessed as NYC.
5. If the Skater has an individual component less than the minimum, the components will be marked NYC and therefore the overall test will be assessed as NYC.
6. The Judges are not required to calculate the result for a test. The test forms will determine this based on the assessments made by each Judge.

Free Skating

Transition Table “Old” Structure to “New” Structure - Free Skating

TEST HELD IN THE “OLD” STRUCTURE		WHERE TO START IN “NEW” STRUCTURE	
No	Description	No	Description
	None	FS1	1st Bronze Bar
1	1st Bronze Bar	FS2	2nd Bronze Bar
2	2nd Bronze Bar	FS3	Bronze Medal
3	Bronze Medal	FS4	1st Silver Bar
4	1st Silver Bar	FS5	2nd Silver Bar
5	2nd Silver Bar	FS6	Silver Medal
6	Silver Medal	FS7	Gold Bar
7	Gold Medal	FS8	Gold Medal
8	Gold Challenge		

Bronze Free Skating Test Requirements

No 1 Test – First Bronze Bar

2 minutes 30 seconds - 10 seconds to 4 minutes +10 seconds	JUMPS Total 8 jumps of 1 rotation (including jumps in combos). Waltz Jump allowed. 2 jump combinations (maximum 2 jumps each). Each Jump cannot be presented more than 3 times.
	SPINS 1 Solo Spin; 1 Combo Spin (maximum 2 positions). ONLY upright positions are allowed. The upright used in the Solo Spin may be repeated. The other must be different.
	FOOTWORK 1 footwork seq, max Level 1, maximum 30 seconds. The 7 steps and turns that will be counted toward the level are: <ul style="list-style-type: none"> • Inside Three Turn, • Outside Three Turn, • Cross In Front; • Open Mohawk; • Travel; • Closed Mohawk (forward to backward); • Choctaw (forward to backward). No features are required. Each type can be used up to twice.

Free Skating

Bronze Free Skating Test Requirements	
No 2 Test – Second Bronze Bar	
2 minutes 30 seconds - 10 seconds to 4 minutes +10 seconds	JUMPS Total 12 jumps of 1 rotation (including jumps in combos). Waltz Jump allowed. 2 jump combinations: <ul style="list-style-type: none"> • 1 maximum 4 jumps; • 1 maximum 3 jumps. Each Jump cannot be presented more than 3 times.
	SPINS 1 Solo Spin; 1 Combo Spin (maximum 4 positions). ONLY upright and sit positions are allowed. Each type of spin must be different.
	FOOTWORK 1 footwork sequence, maximum Level 1, maximum 30 seconds. The 5 steps and turns that will be counted towards the level include: <ul style="list-style-type: none"> • Inside Three Turn; • Outside Three Turn; • Cross in front; • Open Mohawk (forward to backward); • Travel (one clockwise and one anticlockwise allowed). No features are required.
No 3 Test – Bronze Medal	
2 minutes 30 seconds - 10 seconds to 4 minutes +10 seconds	JUMPS Total 12 jumps of 1 rotation (including jumps in combos). Axel, Double Toe Loop and Double Salchow are allowed. 2 jump combinations (up to 5 jumps each). Axel, singles and doubles no more than twice.
	SPINS 2 Spin Elements - 1 must be a Combo Spin and must include a sit spin (maximum 4 positions) ONLY upright and sit positions are allowed; Each type of spin must be different.
	FOOTWORK 1 footwork sequence, maximum Level 2, maximum 30 seconds

Free Skating

Silver Free Skating Test Requirements

No 4 Test – First Silver Bar

2 minutes
30 seconds - 10
seconds

to

4 minutes
+10 seconds

JUMPS

Total 10 jumps (including jumps in combos other than 1 rotation connecting jumps in the combos).

2 jump combinations (up to 5 jumps each).

Each jump no more than twice. If twice, 1 must be in combo.

Axel and at least 1 double are mandatory.

SPINS

1 Solo Spin

2 Combo Spins:

- 1 must include a sit spin;
- 1 combo maximum 4 positions, the other maximum 3 positions.

The same kind of spin cannot be performed more than twice in the whole program.

The 3 spins must be different.

2 different Camel spins are mandatory.

FOOTWORK

1 footwork sequence, minimum Level 1, maximum Level 3, maximum 30 seconds.

No 5 Test – Second Silver Bar

2 minutes
30 seconds - 10
seconds

to

4 minutes
+10 seconds

JUMPS

Total 8 jumps (including jumps in combos other than 1 rotation connecting jumps in the combos).

2 jump combinations (up to 5 jumps each).

Each jump no more than twice. If twice, 1 must be in combo.

Axel and at least 2 different doubles are mandatory.

SPINS

1 Solo Spin.

2 Combo Spins – maximum 4 positions:

- 1 must include a sit spin.

The same kind of spin cannot be performed more than twice in the whole program.

The 3 spins must be different.

At least 2 different camel spins are mandatory.

At least 1 difficult position or variation must be attempted.

FOOTWORK

1 footwork sequence, minimum Level 2, maximum Level 3, maximum 30 seconds.

Free Skating

Silver Free Skating Test Requirements	
No 6 Test – Silver Medal	
2 minutes 30 seconds - 10 seconds to 4 minutes +10 seconds	JUMPS Total 8 jumps (including jumps in combos other than 1 rotation connecting jumps in the combos). 2 jump combinations (up to 5 jumps each). Each jump no more than twice. If twice, 1 must be in combo. Axel and at least 3 different doubles are mandatory.
	SPINS 1 Solo Spin. 2 Combo Spins – maximum 4 positions: <ul style="list-style-type: none"> • 1 must include a sit spin. The same kind of spin cannot be performed more than twice in the whole program. The 3 spins must be different. At least 3 different camel positions must be included. At least 1 difficult position or variation must be attempted.
	FOOTWORK 1 footwork sequence, minimum Level 2, maximum Level 4, maximum 40 seconds.

Gold Free Skating Test Requirements	
No 7 Test – Gold Bar	
2 minutes 30 seconds - 10 seconds to 4 minutes +10 seconds	JUMPS Total 8 jumps (including jumps in combos other than 1 rotation connecting jumps in the combos). 2 jump combinations (up to 5 jumps each). Each jump no more than twice. If twice, 1 must be in combo. Axel (single or double) and at least 4 different doubles are mandatory.
	SPINS 1 Solo Spin. 2 Combo Spins – maximum 4 positions: <ul style="list-style-type: none"> • 1 must include a sit spin. The same kind of spin cannot be performed more than twice in the whole program. The 3 spins must be different. At least 1 Heel or Invert must be attempted. At least 2 difficult positions or variations must be attempted with at least 1 deemed confirmed.
	FOOTWORK 1 footwork sequence, minimum Level 3, maximum Level 4, maximum 40 seconds.

Free Skating

Gold Free Skating Test Requirements	
No 8 Test – Gold Medal	
2 minutes 30 seconds - 10 seconds to 4 minutes +10 seconds	JUMPS Total 8 jumps (including jumps in combos other than 1 rotation connecting jumps in the combos). 2 jump combinations (up to 5 jumps each). Each jump no more than twice. If twice, 1 must be in combo.
	Double Axel and at least 2 different triple jumps are mandatory.
	SPINS 1 Solo Spin. 2 Combo Spins (maximum 4 positions): <ul style="list-style-type: none">• 1 must include a sit spin. The same kind of spin cannot be performed more than twice in the whole program. The 3 spins must be different. At least 1 Heel or Invert must be attempted. At least 3 difficult positions or variations must be attempted with at least 2 deemed confirmed.
	FOOTWORK 1 footwork sequence, minimum Level 3 , maximum Level 4, maximum 40 seconds.

Completing Test Forms

General

1. All cells which are shaded in yellow or blue must be completed. The cells shaded in blue have drop down lists from which to choose the appropriate information.
2. When you enter details of the previous test for the discipline, a warning will be given if the test being applied for is not the correct test to be done next. It will also tell you which is the correct next test.

TEST DISCIPLINE	Figures	Loops				
TEST NO:	F03		This is not the next Test to be done. Please refer to the Transition Table	Fee Paid:		Award: 3rd Bronze Bar

Date of previous Test in this discipline (whether C or NYC)	01/01/2924	Was the previous Test in this discipline done in the Old or the New Test Structure (whether C or NYC)?	Old	Test Number of the last Test done in this discipline (whether C or NYC)?	1	What was the Result of the last test done in this discipline? (whether C or NYC)	C
						Test currently held is:	1
						The next Test for this Skater is:	F01

3. You won't be able to save the skater file until all warnings have been resolved.

Completing Test Forms

Figures and Loops

If the test to be done has Figures with an “a” or “b” foot start, a draw for the starting foot needs to be done the day prior to the test. When you enter the drawn foot, the form will show the alternating starting foot where appropriate.

Prior to printing sheets, when the foot draw has been done, enter the starting foot for the first applicable Figure.

Skaters may choose not to re-do any Figures for which they have previously been assessed as “C”. These are called “Transitional” Figures. A message will show if the test to be done includes Transitional Figures. If a Skater chooses to re-do a Transitional Figure, they must advise the Referee before the test begins.

TEST DISCIPLINE	Figures	Loops				
TEST NO:	F05			Fee Paid:		Award: 1st Silver Bar

Figure No 11 already assessed as Competent - Skater can choose not to re-do.

	Fig No.	Description	
1.	10	RFO - LFO Double Three	
2.	11	RFI - LFI Double Three	Already assessed as Competent - Skater can choose not to re-do
3.	12	RBO - LBO Double Three	
4.			
5.			

If there are any Transitional Figures, the minimum mark for that test will automatically be entered on the Application Form. This mark can be over-written if the skater decides to be re-tested for a Transitional Figure.

Free Skating

The Referee's Marking Sheet shows a list of the Requirements for each test. Mandatory requirements (if any) are shown in red. The Referee will liaise with the Judges if any mandatory requirements are not met.

REQUIREMENTS LIST - NO SET ORDER - FREE SKATING No 7		
JUMPS	Axel (single or	FOOTWORK
♦ Total 8 jumps (incl jumps in combos other than 1 rotation connecting jumps in the combos).	double) and at least 4 different	♦ 1 footwork sequence, min Level 3, max. Level 4.
♦ 2 jump combinations (up to 5 jumps each).	doubles are	♦ Max. 40 seconds.
♦ Each jump no more than twice. If twice, 1 must be in combo.	mandatory	
SPINS	At least 1 Heel or Invert	
♦ 1 Solo Spin.	must be attempted.	
♦ 2 Combo Spins - max. 4 positions:	At least 2 difficult	
♦ 1 must include a sit spin.	posns or varns	
♦ The same kind of spin max twice and all must be different.	must be attempted	
	and at least 1 cfmd	