



## SESSION of INLINE FIGURE SKATING TESTS

Organisation: W.I.F.S.A. / G.R.I.P. / F.F.S.G.

Entry fee: 20 € / test.

### INLINE FIGURE SKATING

#### PATIN D'ACIER (Steel Skate)

Execution of:

- Forward skating out and back with parallel stop or T-stop.
- Consecutive forward outside and inside edges on regular lobes along an axis.
- Three left 3-turns from a standing start
- Three right 3-turns from a standing start
- On a curve: three left bunny-hops and three right bunny hops finishing with a sustained forward outside edge
- Spiral-Drag in a straight line

Reasons for failure:

- Standing on two feet when changing lobe.
- Not maintaining the axis.
- Incorrect edges or scraped turns

#### PRELIMINARY (Prelim)

Execution of :

A)

- Forward and backward crossovers in a figure 8 ending with a back outside edge held for 3 seconds.
- Three-jump with flow
- Left or right forward outside spiral (chosen by the skater)
- One foot upright spin (four revolutions minimum)

B) Along an axis :

- Consecutive backward outside and inside edges in lobes with flow (minimum four lobes)
- Change of edge, starting with the left foot in one direction and starting with the right foot coming back.

#### PN1

Salchow (2 attempts allowed)

Toe-loop (2 attempts allowed)

Scratch spin (4 rev. min) (2 attempts allowed)

One of the 4 forward three turns (right or left outside, right or left inside) – Draw by the judge

Forward outside attitude, right or left (skater's choice)

#### PN2

Loop (2 attempts allowed)

Combination jump Salchow-toe-loop (2 attempts allowed)

Backspin 3 rev. min (2 attempts allowed)

One out of the 4 forward mohawks (right or left outside, right or left inside) - Draw by the judge

Forward glide holding foot with hand, right or left outside (skater's choice) – Knee or foot tolerated

### PN3

Flip (2 attempts allowed)  
Combination jump Waltz jump/loop (2 attempts allowed)  
Change-foot scratch spin (4 rev. min. on each foot) (2 attempts allowed)  
Sit spin (3 rev. min) (2 attempts allowed)  
One out of 4 back threes (right or left outside, right or left inside) - Draw by the judge  
Pivot

### PN4

Lutz (2 attempts allowed)  
Combination jump: loop / loop - Flip / toe-loop (2 attempts allowed)  
Spins: (2 attempts allowed)  
Camel spin (3 rev. min)  
Camel / sit spin (2 rev. min in the first position)

Turn:  
One turn will be required. The turn will be stated or drawn by the judge.  
Double three left forward outside      Double three right forward outside  
Double three left forward inside      Double three right forward inside

Attitude :  
Inside “ Giletti ” (Cygnus)

### PN5

Jump (2 attempts allowed) : Axel

Combination of three single jumps (2 attempts allowed): Lutz – Toe loop – Loop

Spins (2 attempts allowed) :  
Change foot sit spin (4 revolutions minimum on each foot)  
Camel, sit, change foot, sit spin (3 revolutions minimum in the first position and 4 revolutions minimum after the change of foot)

Turn:  
One turn will be required. The turn will be stated or drawn by the judge.  
Double three left back outside      Double three right back outside  
Double three left back inside      Double three right back inside

Attitude: “Royal” spiral (foot held by opposite hand) forward outside or forward inside (skater’s choice)

### PN6

Jump (2 attempts allowed): Double Salchow  
Combination (2 attempts allowed): Axel – Loop jump □  
Spins (2 attempts allowed):  
Camel spin (5 revolutions minimum)  
Combination spin with a change of foot and at least one change of position on each foot (4 revolutions + 4 revolutions)

Turn:  
One turn will be required. The turn will be stated or drawn by the judge.  
Left forward outside Bracket      Right forward outside Bracket  
Left forward inside Bracket      Right forward inside Bracket

Attitude: Backwards Teapot (Shoot-the-Duck) on a curve

### PN7

Jump (2 attempts allowed): Double Toe Loop  
Combination (2 attempts allowed): A single or double jump with a compulsory double salchow

Spins (2 attempts allowed) :

For ladies

Jumped spin (6 revolutions minimum)

Layback spin (6 revolutions minimum)

For men:

Jumped spin (6 revolutions minimum)

Sit spin change of foot sit second change of foot sit (minimum 4 revolutions per position)

Turn:

One turn will be required. The turn will be stated or drawn by the judge.

Left back outside Bracket – Right back outside Bracket

Left back inside Bracket – Right back inside Bracket

Attitude: Ina Bauer outside or inside (skater's choice)

### PN8

Jump (2 attempts allowed): Double Loop

Combinations (2 attempts allowed):

A single or double jump with a compulsory double Toe Loop

A sequence of jumps: Axel – Half Loop – Double Salchow

Spins (2 attempts allowed):

Combination spin with a change of foot and at least one change of position on each foot (5 revolutions + 5 revolutions)

Attitude spin (simple position) (6 revolutions minimum)

Turn:

One turn will be required. The turn will be stated or drawn by the judge.

Left forward outside Counter - Right forward outside Counter

Left back outside Counter - Right back outside Counter

Left forward inside Counter - Right forward inside Counter

Left back inside Counter - Right back inside Counter

Attitude: Split Half Flip

### PN9

Jump (2 attempts allowed) : Double Flip

Combination (2 attempts allowed): Combination of two different double jumps

Spins (2 attempts allowed) :

Jumped spin (six revolutions minimum) (skater's choice)

Jumped sit change of foot sit (4 revolutions minimum in each position)

or

Jumped camel change of foot camel (5 revolutions minimum in each position) (skater's choice)

Turn :

One turn will be required. The turn will be stated or drawn by the judge.

Left forward outside Rocker - Right forward outside Rocker

Left back outside Rocker - Right back outside Rocker

Left forward inside Rocker - Right forward inside Rocker

Left back inside Rocker - Right back inside Rocker

Attitude : Walley (minimum one)

### PN10

Jump (2 attempts allowed) :

Double Lutz

Combination of two different double jumps including a required Double Flip or Double Loop

Spins (2 attempts allowed) :

For ladies :

Combination spin with one change of foot and at least one change of position including an attitude position on each foot (minimum 6 revolutions on each foot)

“Royal” spin (foot held by opposite hand) (six revolutions minimum)

For men :

Combination spin with one change of foot and at least one change of position including an attitude position on each foot (minimum 6 revolutions on each foot)

Upright cross-foot spin (six revolutions) □

Turn :

One turn will be required. The turn will be stated or drawn by the judge.

Left forward outside Choctaw – left back outside Choctaw

Right forward outside Choctaw – right back outside Choctaw

Left forward inside Choctaw – left back inside Choctaw

Left forward inside Choctaw – left back inside Choctaw

Attitude : “Spider” Hydroblade or Outside Spredaeagle or forward “Y” spiral (left or right)

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## **W.I.F.S.A. INLINE FIGURE SKATING MEDALS**

### **GENERAL REGULATIONS**

- The technical content is compulsory.
- Additional elements may be included but will not be taken into account.
- The programme cannot be restarted.
- The jury reserves the right to demand that an element of the program be restarted, except in the case of taking a medal within a competition.
- 6 minutes warm-up per group of six skaters.
- The judgement will be PASS or FAIL without marks.
- The technical content of the medals follows the technical content of the national programmes, which themselves follow the ISU rules.

### **A. PREPARATORY MEDAL**

- The Preliminary Medal is required to take the Preparatory Medal.
- The programme length is 3’10 minutes maximum.

#### **Required content**

- Axel
- Double jump
- Combination of three single jumps including a Loop jump.
- Change foot sit spin (4 revolutions + 4 revolutions minimum)
- Camel spin (5 revolutions minimum)
- Combination spin with or without change of foot including the three basic positions (3 revolutions minimum per position)
- Step sequence composed mainly of threes and double threes, including at least one change of direction of rotation of minimum one revolution (straight line, diagonal, serpentine or circular)
- Spiral sequence with maximum two positions. One of these positions must be performed without the assistance of the arm or the hand (each position must be maintained for at least 3 seconds).

### **B. PRE-BRONZE MEDAL**

- The Preparatory free-skating medal is required to take the Pre-Bronze Medal
- The programme length is 3’40 minutes maximum.

#### **Required content**

A well-balanced programme containing a maximum of 6 jump elements for women and 7 for men.

- Axel
- Two different double jumps
- Jump combination including at least one double jump (the same as or different from the individual double jumps)

- Combination of three single jumps including an Axel, or sequence of three single jumps including an Axel
- Jumped spin without change of position and without change of foot after the entry (6 revolutions minimum)
- Combination spin with just one change of foot including the three basic positions (10 revolutions minimum)
- For men a spin in one position with change of foot (5 revolutions + 5 revolutions minimum)
- For ladies a layback spin (5 revolutions)
- Step sequence including a minimum of two changes of direction of rotation of at least one revolution

**or**

Spiral sequence with a maximum of **two** positions

- The jumped spin is compulsory but not eliminatory if the number of revolutions in position is executed**

### **C. BRONZE MEDAL**

- The Pre-Bronze free-skating medal is required to take the Bronze free skating Medal.
- The programme length is 3'40 minutes maximum.

#### **Required content for Ladies**

A well-balanced programme containing a maximum of 6 jump elements

- Three different double jumps
- Jump combination of sequence including an Axel and a double jump (the double jump must be different from the individual double jumps)
- Combination of two double jumps (different from that in the sequence or first combination)
- Jumped camel or jumped sit spin (6 revolutions minimum)
- Layback spin (6 revolutions minimum)
- Combination spin with just one change of foot including the three basic positions (10 revolutions minimum) with as a minimum either a backwards entry or a difficult variation executed in a basic position
- Step sequence including a minimum of two changes of direction of rotation of at least one revolution

**or**

Spiral sequence composed of two spirals of at least 3 seconds or one spiral of at least 6 seconds

#### **Required content for Men**

A well-balanced programme containing a maximum of 7 jump elements

- Three different double jumps
- Jump combination of sequence including an Axel and a double jump (the double jump must be different from the individual double jumps)
- Combination of two double jumps (different from that in the sequence or first combination)
- Jumped camel or jumped sit spin (6 revolutions minimum)
- Spin in one position with or without change of foot including a difficult position or change of edge (6 revolutions minimum)
- Combination spin with just one change of foot including the three basic positions (10 revolutions minimum) with as a minimum either a backwards entry or a difficult variation executed in a basic position
- Step sequence including a minimum of two changes of direction of rotation of at least one revolution

**or**

Spiral sequence composed of two spirals of at least 3 seconds or one spiral of at least 6 seconds

### **D. SILVER MEDAL**

- The Bronze free-skating medal is required to take the Silver free skating Medal.
- Can be taken during W.I.F.S.A. competitions. Apply to W.I.F.S.A.
- The programme length is 4'10 minutes maximum.
- Components total greater than 12.5 points for the majority of the judges.**

#### **Required content for Ladies**

A well-balanced programme containing a maximum of 7 jump elements

- Double Axel
- Combination of two double jumps
- Jumped spin (8 revolutions minimum)
- Single position spin (change of foot allowed)
- Combination spin
- 2 of the 3 spins must be at least level 2
- Step sequence level 2 or spiral sequence

### **Required content for Men**

A well-balanced programme containing a maximum of 8 jump elements

- Double Axel
- Combination of two double jumps
- Jumped spin (8 revolutions minimum)
- Single position spin (change of foot allowed)
- Combination spin
- 2 of the 3 spins must be at least level 2
- Step sequence level 2

### **E. SILVER-GILT MEDAL**

- The Silver free-skating medal is required to take the Silver-Gilt free skating Medal.
- Can be taken during W.I.F.S.A. competitions. Apply to W.I.F.S.A.
- Programme content must conform to W.I.F.S.A. rules.
- Components total greater than 15 points for the majority of the judges.**

### **Required content for Ladies**

The programme length is 4'10 minutes maximum.

A well-balanced programme containing a maximum of 7 jump elements

- Double Axel
- Triple Jump
- Combination of three double jumps or combination of one triple and two double jumps
- Jumped spin (8 revolutions minimum)  Single position spin  Combination spin
- 1 of the 3 spins must be at least level 2  1 of the 3 spins must be at least level 3
- Step sequence level 2

### **Required content for Men**

The programme length is 4'10 minutes maximum.

A well-balanced programme containing a maximum of 8 jump elements

- Double Axel
- Two different triple jumps
- Combination of three double jumps or combination of one triple and two double jumps
- Jumped spin (8 revolutions minimum)  Single position spin  Combination spin
- 1 of the 3 spins must be at least level 2  1 of the 3 spins must be at least level 3
- Step sequence level 2

### **F. GOLD MEDAL**

- The Vermeil free-skating medal is required to take the Gold free skating Medal.
- Can be taken during W.I.F.S.A. competitions. (in the presence of 1 competition official) Apply to W.I.F.S.A.
- Programme content must conform to W.I.F.S.A. rules.
- Components total greater than 22.5 points for the majority of the judges.**

### **Required content for Ladies**

The programme length is 4'10 minutes maximum.

A well-balanced programme containing a maximum of 7 jump elements

- Double Axel  Triple Jump
- Jump combination or sequence including a triple jump (different from the individual triple jump)
- Jumped spin  Single position spin  Combination spin
- 2 of the 3 spins must be at least level 3
- Step sequence level 2

### **Required content for Men**

The programme length is 4'40 minutes maximum.

A well-balanced programme containing a maximum of 8 jump elements

- Double Axel  Two different triple jumps
- Jump combination or sequence including a triple jump (different from the individual triple jumps)
- Jumped spin  Single position spin  Combination spin
- 2 of the 3 spins must be at least level 3
- Step sequence level 2

## FIELD MOVES TESTS

### DEFINITION :

The general idea of the Field Moves Tests, consisting basically of edges and turns, is to give skaters better bodily awareness, as much at the level of turns, as in edge control and gliding.

The main aim of the judges is to observe the skater's movement and their ability to master the turns, balance and edges, as well as the continuity of the movement.

In all cases, the judgement of these basic techniques will be based on the entirety of the exercise.

### GENERAL REGULATIONS :

Four minutes warm-up, with a maximum of six candidates on the surface.

The candidate may start with one or two pushes, before doing the required exercise.

No music

Judgment is PASS or FAIL, without marks

### BRONZE FIELD MOVES TEST

The Preliminary test is required to take the bronze field move test.

- Execution of six different exercises.
- Arm movements are free choice left to the discretion of the candidate.
- The judges may require a re-skate of one of the six exercises of the Test.

#### EXERCISE A

- Forward and backward crossovers in a figure 8 with change of rhythm on each semi-circle.
- The introductory steps will be forwards.
- The exercise will end on a long left back outside edge.

#### EXERCISE B

Forward inside lobes, forward inside double threes, forward crossovers and change-edge spiral.

First side: Execution along the full length of the surface of 4 lobes made up of long inside edges and forward crossovers

Second side: Execution along the full length of the surface of 4 inside double three turns (2 on the left foot / 2 on the right foot)

These two lengths will be followed by a forward change-edge spiral.

The introductory step, the change or edge and leg used are free choice.

#### EXERCISE C

Outside threes with change of edge and back crossovers.

The exercise should be done three times on each foot along the full length of the surface.

The objective of the exercise is to work the back change of edge from inside to outside.

- Execution along the full length of the surface of four (4) forward outside double threes (2 on the left foot / 2 on the right foot)

#### EXERCISE D

Three turns and Russian stroking in both directions forming a large figure eight over the whole surface and executing Russian stroking on the diagonals.

#### EXERCISE E

Runs on alternating lobes (left/right forwards and backwards).

During this exercise the candidate must maintain a rapid rhythm of short strokes, with great speed across the surface.

#### EXERCISE F

Back outside threes and inside-inside Mohawks.

These steps will be executed four (4) or five (5) times on each side forming a figure 8 on the surface.

The exercise must be performed with great speed on long deep edges.

- To be avoided:**  Incorrect edges  Toe pushing  Poor posture of the upper body, head or arms  Bent free leg
- Skating too slowly lack of speed during the exercise  Incorrect changes of edge
  - Not maintaining the rhythm of long and short strokes

## **SILVER FIELD MOVES TEST**

The Bronze Field Moves Test is required to take the Silver Field Moves Test.  
The judges may require a re-skate of one of the five exercises of the Test.

First exercise :

- Back crossovers across the width of the surface
- 1 Left back inside followed by a big change of edge
- 1 Left back outside/ right forward inside Choctaw
- 1 Left forward inside Bracket  1 Right back inside Bracket
- 1 Left forward inside  1 Right forward inside Bracket
- 1 Left back inside Bracket  1 Left forward inside
- 1 Cross Roll
- 1 Right forward outside “Pas Américain”  1 Left forward outside
- Forward crossovers
- 1 Left Ina Bauer

*Link to Second exercise*

Second exercise :

- Back crossovers across the width of the surface
- 1 Right back inside followed by a big change of edge
- 1 Right back outside/ left forward inside Choctaw
- 1 Right forward inside  1 Left forward outside Bracket
- 1 Right back outside Bracket
- 1 Forward crossover
- 1 Left forward inside
- 1 Right forward outside Bracket  1 Left back outside Bracket
- Forward crossovers
- 1 Cross Roll
- 1 Left forward outside “Pas Américain”  1 Right forward outside
- Forward crossovers
- 1 Right Ina Bauer

Third exercise:

- Forward crossovers across the width of the surface
- 1 Left forward outside Counter (cross in front)
- 1 Right back inside
- 1 Left back inside Counter
- 1 Right forward outside Counter (cross in front)
- 1 Left back inside
- 1 Right back inside Counter
- 1 Left forward outside  1 Right forward outside
- Forward crossovers across the width of the surface
- 1 Right forward inside “Cygne” linked to
- 1 “Présentation en diagonale”

*Link to Fourth exercise*

Fourth exercise:

- Forward crossovers across the width of the surface
- 1 Right forward outside Counter (cross in front)  1 Left back inside  1 Right back inside Counter
- 1 Left forward outside Counter (cross in front)  1 Right back inside  1 Left back inside Counter
- 1 Right forward outside  1 Left forward outside  Forward crossovers across the width of the surface
- 1 Left forward inside “Cygne” linked to
- 1 “Présentation in diagonale”

Fifth exercise :

- Backward crossovers across the width of the surface
- 1 Right back outside Counter  1 Left forward crossover  1 Right forward inside Double Three
- 1 Left forward inside Counter  2 right backward crossovers
- 1 Left back outside Counter  1 Right forward crossover

- 1 Left forward inside Double Three    1 Right forward inside Counter    1 Left back outside

## **SILVER-GILT FIELD MOVES TEST**

The Silver Field Moves Test is required to take the Silver-Gilt Field Moves Test

Execution of four successive exercises along the length of the surface

The Judge may require a re-skate of one of the four exercises of the Test .

Standing start

First exercise

- Right back outside, Right back outside Loop. Three successive changes of edge, Right back inside Loop. Left back inside, Left back inside Loop. Three successive changes of edge. Left back outside Loop (two or three repetitions along the length of the surface).

**Judging focus of the first exercise :** Edge control.

Second exercise

- First side: Right backward crossovers, two or three successive Choctaws: right back outside – left forward inside (on a diagonal the length of the surface).

- Second side: Left backward crossovers, two or three successive Choctaws: left back outside –right forward inside (on a diagonal the length of the surface).

**Judging focus of the second exercise:** Speed and control of deep edges.

Third exercise

- First side: Right backward crossovers, right back outside, right double three, change of edge, right inside double Rocker (two or three repetitions on a diagonal the length of the surface).

- Second side: Left backward crossovers, left back outside, left double three, change of edge, left inside double Rocker (two or three repetitions on a diagonal the length of the surface).

Fourth exercise

- First side: Right backward crossovers, left back inside, left double three, change of edge, left outside double Rocker (two or three repetitions on a diagonal the length of the surface).

- Second side: Left backward crossovers, right back inside, right double three, change of edge, right outside double Rocker (two or three repetitions on a diagonal the length of the surface).

**Judging focus of the third and fourth exercises:** Speed and quickness of turns.



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## SESSIONS of INLINE DANCE TESTS

Organisation : W.I.F.S.A. / G.R.I.P. / F.F.S.G.

Entry fees : 20 € / test

### INLINE DANCE

**Preliminary** : Canasta Tango (as solo with music) + Execution of backward steps (progressive (run), back outside edge, chasse, back outside edge, performed in both directions (without music).

**Preparatory** : “Danse Majeure” (as solo with music) (steps and pattern available on request) + mohawks and 3-turns on both sides without music, parallel stop or T-stop.

**Pre-Bronze** : Willow Waltz, Fiesta Tango and Ten-Fox performed as solo or couple + one of these 3 dances, chosen by the judges, performed solo.

**Bronze** : European Waltz, Foxtrot, Fourteen-step performed as solo or couple + one of these 3 dances, chosen by the judges, performed solo.

**Silver** : American Waltz, Rocker-Foxtrot, Kilian, Tango performed as solo or couple + one of these 4 dances, chosen by the judges, performed solo.

**Silver-Gilt** : Blues, Paso Doble, Starlight Waltz performed as solo or couple + one of these 3 dances, chosen by the judges, performed solo.

**Gold** : Viennese Waltz, Quickstep, Cha-cha Congelado, Samba performed as solo or couple + one of these 4 dances, chosen by the judges, performed solo.

### FIELD MOVES TESTS

#### DEFINITION :

The general idea of the Field Moves Tests, consisting basically of edges and turns, is to give skaters better bodily awareness, as much at the level of turns, as in edge control and gliding.

The main aim of the judges is to observe the skater’s movement and their ability to master the turns, balance and edges, as well as the continuity of the movement.

In all cases, the judgement of these basic techniques will be based on the entirety of the exercise.

#### GENERAL REGULATIONS :

Four minutes warm-up, with a maximum of six candidates on the surface.

The candidate may start with one or two pushes, before doing the required exercise.

No music

Judgment is PASS or FAIL, without marks

## **BRONZE FIELD MOVES TEST**

The Preliminary test is required to take the bronze field move test .

- Execution of six different exercises.
- Arm movements are free choice left to the discretion of the candidate.
- The judges may require a re-skate of one of the six exercises of the Test.

### **EXERCISE A**

- Forward and backward crossovers in a figure 8 with change of rhythm on each semi-circle.
- The introductory steps will be forwards.
- The exercise will end on a long left back outside edge.

### **EXERCISE B**

Forward inside lobes, forward inside double threes, forward crossovers and change-edge spiral.

First side : Execution along the full length of the surface of 4 lobes made up of long inside edges and forward crossovers

Second side : Execution along the full length of the surface of 4 inside double three turns (2 on the left foot / 2 on the right foot)

These two lengths will be followed by a forward change-edge spiral.

The introductory step, the change of edge and leg used are free choice.

### **EXERCISE C**

Outside threes with change of edge and back crossovers.

The exercise should be done three times on each foot along the full length of the surface.

The objective of the exercise is to work the back change of edge from inside to outside.

- Execution along the full length of the surface of four (4) forward outside double threes (2 on the left foot / 2 on the right foot )

### **EXERCISE D**

Three turns and Russian stroking in both directions. forming a large figure eight over the whole surface and executing Russian stroking on the diagonals.

### **EXERCISE E**

Runs on alternating lobes (left/right forwards and backwards).

During this exercise the candidate must maintain a rapid rhythm of short strokes, with great speed across the surface.

### **EXERCISE F**

Back outside threes and inside-inside Mohawks.

These steps will be executed four (4) or five(5) times on each side forming a figure 8 on the surface.

The exercise must be performed with great speed on long deep edges.

### ***To be avoided:***

- Incorrect edges
- Toe pushing
- Poor posture of the upper body, head or arms
- Bent free leg
- Skating too slowly lack of speed during the exercise
- Incorrect changes of edge
- Not maintaining the rhythm of long and short strokes

## **SILVER FIELD MOVES TEST**

The Bronze Field Moves Test is required to take the Silver Field Moves Test.  
The judges may require a re-skate of one of the five exercises of the Test.

First exercise :

- Back crossovers across the width of the surface
- 1 Left back inside followed by a big change of edge  1 Left back outside/ right forward inside Choctaw
- 1 Left forward inside Bracket  1 Right back inside Bracket
- 1 Left forward inside  1 Right forward inside Bracket
- 1 Left back inside Bracket
- 1 Left forward inside
- Forward crossovers
- 1 Cross Roll
- 1 Right forward outside “Pas Américain”
- 1 Left forward outside
- Forward crossovers
- 1 Left Ina Bauer

*Link to Second exercise*

Second exercise :

- Back crossovers across the width of the surface
- 1 Right back inside followed by a big change of edge
- 1 Right back outside/ left forward inside Choctaw
- 1 Right forward inside
- 1 Left forward outside Bracket
- 1 Right back outside Bracket
- 1 Forward crossover
- 1 Left forward inside
- 1 Right forward outside Bracket
- 1 Left back outside Bracket
- Forward crossovers
- 1 Cross Roll
- 1 Left forward outside “Pas Américain”
- 1 Right forward outside
- Forward crossovers
- 1 Right Ina Bauer

Third exercise:

- Forward crossovers across the width of the surface
- 1 Left forward outside Counter (cross in front)
- 1 Right back inside
- 1 Left back inside Counter
- 1 Right forward outside Counter (cross in front)
- 1 Left back inside
- 1 Right back inside Counter
- 1 Left forward outside
- 1 Right forward outside
- Forward crossovers across the width of the surface
- 1 Right forward inside “Cygne” linked to

□ 1 “Présentation en diagonale”

*Link to Fourth exercise*

Fourth exercise :

- Forward crossovers across the width of the surface
- 1 Right forward outside Counter (cross in front)
- 1 Left back inside □ 1 Right back inside Counter
- 1 Left forward outside Counter (cross in front )
- 1 Right back inside □ 1 Left back inside Counter
- 1 Right forward outside □ 1 Left forward outside
- Forward crossovers across the width of the surface
- 1 Left forward inside “Cygne” linked to
- 1 “Présentation en diagonale”

Fifth exercise :

- Backward crossovers across the width of the surface
- 1 Right back outside Counter
- 1 Left forward crossover
- 1 Right forward inside Double Three
- 1 Left forward inside Counter
- 2 right backward crossovers
- 1 Left back outside Counter
- 1 Right forward crossover
- 1 Left forward inside Double Three
- 1 Right forward inside Counter
- 1 Left back outside

### **SILVER-GILT FIELD MOVES TEST**

The Silver Field Moves Test is required to take the Silver Gilt Field Moves Test

Execution of four successive exercises along the length of the surface

The Judge may require a re-skate of one of the four exercises of the Test .

Standing start

First exercise

□ Right back outside, Right back outside Loop. Three successive changes of edge, Right back inside Loop. Left back inside, Left back inside Loop. Three successive changes of edge. Left back outside Loop (two or three repetitions along the length of the surface).

***Judging focus of the first exercise*** : Edge control.

Second exercise

□ First side : Right backward crossovers, two or three successive Choctaws : right back outside – left forward inside (on a diagonal the length of the surface).

□ Second side : Left backward crossovers, two or three successive Choctaws : left back outside –right forward inside (on a diagonal the length of the surface).

***Judging focus of the second exercise*** : Speed and control of deep edges.

Third exercise

□ First side : Right backward crossovers, right back outside, right double three, change of edge, right inside double Rocker (two or three repetitions on a diagonal the length of the surface).

□ Second side : Left backward crossovers, left back outside, left double three, change of edge, left inside double Rocker (two or three repetitions on a diagonal the length of the surface).

#### Fourth exercise

□ First side : Right backward crossovers, left back inside, left double three, change of edge, left outside double Rocker (two or three repetitions on a diagonal the length of the surface).

□ Second side : Left backward crossovers, right back inside, right double three, change of edge, right outside double Rocker (two or three repetitions on a diagonal the length of the surface).

**Judging focus of the third and fourth exercises** : Speed and quickness of turns.



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