

6320 Test Expectations, Required Elements and Duration for Adaptive Skating Singles Tests

For judging panel requirements for singles tests, see rule 4533.

6321 Adaptive Skating Pre-Bronze Singles Test

Test expectations: This is an Advanced Beginner Freestyle program. A well-balanced program consists of elements selected from Badges 1-12 with emphasis on glide and turns.

Requirements are the following six elements in any order:

1. Consecutive forward one-foot swizzles (left foot and right foot)
2. Consecutive backward one-foot swizzles (left foot and right foot)
3. Bunny hop or two-foot jump in place
4. Forward pivot
5. Forward lunge or shoot-the-duck (at any depth)
6. T-stop (left or right)

The program should also incorporate moves skills such as two-foot turns, gliding forward to backward and backward to forward, consecutive forward crossovers (left and right), and forward inside and outside edges.

Any number of elements may be reskated at the request of the judge-in-charge (see rule 6237).

Pass/retry: The entire test will be marked on a “pass” or “retry” basis only, and individual marks will not be awarded. The “pass” or “retry” will be arrived at by consideration of the quality of the performance and the content.

Duration: Women and Men — 1:30 +/- 10 seconds to music of the skater’s choice.

6322 Adaptive Skating Bronze Singles Test

Test expectations: This is an Intermediate Level Freestyle program. A well-balanced program consists of elements with an emphasis on flow, carriage and a slightly more advance skill level.

Requirements are the following seven elements in any order:

1. Half flip jump
2. Half Lutz jump
3. Waltz jump
4. Forward spiral
5. Two-foot spin (minimum of five revolutions)
6. One-foot spin (minimum of three revolutions in the upright position only)
7. Hockey stop

The program should also incorporate moves skills such as consecutive backward crossovers (left and right), consecutive forward outside and inside edges, consecutive backward outside and inside edges, forward inside three-turns (left and right), forward inside mohawks and simple footwork (mohawk step sequence, waltz three-step sequence, etc.).

Any number of elements may be reskated at the request of the judge-in-charge (see rule 6237).

Pass/retry: The entire test will be marked on a “pass” or “retry” basis only, and individual marks will not be awarded. The “pass” or “retry” will be arrived at by consideration of the quality of the performance and the content.

Duration: Women and Men — 2:00 +/- 10 seconds to music of the skater’s choice.

6323 **Adaptive Skating Silver Singles Test**

Test expectations: A well-balanced program consists of free skating elements with an emphasis on spins, jumps and footwork.

Requirements are the following seven elements in any order:

1. Waltz jump
2. Salchow jump
3. Toe loop jump
4. Combination jump (waltz jump/toe loop)
5. One-foot solo spin with only one position and no change of foot (solo camel, solo sit spin, solo layback, solo upright) (minimum of four revolutions)
6. Upright back spin, any entry allowed (minimum of four revolutions)
7. Straight line step sequence utilizing one-half of the ice

The program should also incorporate moves skills such as consecutive backward crossovers (left and right), consecutive forward outside and inside edges, consecutive backward outside and inside edges, forward inside three-turns (left and right), forward inside mohawks and simple footwork (mohawk step sequence, waltz three-step sequence, etc.).

Any number of elements may be reskated at the request of the judge-in-charge (see rule 6237).

Pass/retry: The entire test will be marked on a “pass” or “retry” basis only, and individual marks will not be awarded. The “pass” or “retry” will be arrived at by consideration of the quality of the performance and the content.

Duration: Women and Men — 2:00 +/- 10 seconds to music of the skater’s choice.

6324 **Adaptive Skating Gold Singles Test**

Test expectations: This is an Advanced Freestyle program. A well-balanced program consists of free skating elements with emphasis placed on spins, spin combinations, advanced jumps, jump combinations and footwork.

Requirements are the following eight elements in any order:

1. Salchow jump
2. Toe loop jump
3. Single loop, flip or Lutz jump (choice of skater)
4. Combination jump (a Salchow, toe loop, loop, flip or Lutz with either a toe loop or loop jump) – choice of skater
5. A different combination jump (a Salchow, toe loop, loop, flip or Lutz with either a toe loop or loop jump) – choice of skater with a different first jump, the second jump may be repeated (toe loop or loop jump).
6. One-foot solo spin with only one position and no change of foot (solo camel, solo sit spin, solo layback, solo upright) (minimum of five revolutions)
7. One-foot combination spin with only one change of position and one change of foot (minimum of six revolutions with three revolutions per foot)
8. Straight line step sequence utilizing at least three-quarters of the ice

Program should also incorporate moves skills.

Any number of elements may be reskated at the request of the judge-in-charge (see rule 6237).

Pass/retry: The entire test will be marked on a “pass” or “retry” basis only, and individual marks will not be awarded. The “pass” or “retry” will be arrived at by consideration of the quality of the performance and the content.

Duration: Women and Men — 2:30 +/- 10 seconds to music of the skater’s choice.