

# Evaluating Moves in the Field (MITF)

## MITF Tests:

Each test level has a minimum passing score, except for the pre-pre level, which is a pass or retry.

There are two types of errors:

- A. Serious Errors:
  - A fall
  - Touchdown of the hand or free foot needed to keep from falling
  - Omission of an element
- B. Mandatory Errors: - A deduction of 0.1
  - Exceeding seven (7) introductory steps
  - Not starting from a standing, stationary position

## **A mandatory retry on one element of a test and the entire test must be retried.**

At the completion of a test and the skater has not received a passing total score, but two judges agree the skater might be able to perform one element better and thus pass the test, the element is reskated. All of the judges on the panel erase the previous comments and the element is reskated and marked. After a reskate, if the total score of two judges equals or exceeds the minimum passing score, the test will pass.

Tests that are retied may not be taken again until 28 days from the day of the previous test.

## **Common to all Patterns:**

The steps must be skated in general accordance with the diagrams and descriptions. Subject to a general conformity with the basic requirements, complete freedom is permitted to the skater with respect to arm and free leg positions.

## **Basic Rules parents and skaters should know .**

MITF tests of all levels basic are skated without music.

There are specific terms and judging standards applied to each level of MITF.

- A. The elements in the Moves in the Field tests shall be skated in the order as set forth in the schedule of tests.
- B. As basic skating elements, Moves in the Field turns must be judged in accordance with the criteria set forth in the corresponding Test Rules.
- C. Moves In The Field must be commenced from a standing, stationary position with a maximum of seven introductory steps unless specified otherwise in the current USFS Rulebook.

- D. If a skater starts a move on the wrong foot or skates a move other than that prescribed, the referee must draw attention to the mistake as soon as possible. The mistake must be treated as a false start.
  - 1. The first fresh start is allowed only once without penalty
  - 2. A deduction of 0.1 is taken for any additional incorrectly executed starts.
- E. Directed by the judge-in-charge, skaters shall select the area on the ice surface for their moves in the field test.

Judges are looking an effortless, flowing and graceful execution of individual components of each MITF element.

Within the limits of the following rules, complete freedom is permitted to the skater:

- A. The head should be carried in an upright position, relaxed and held naturally
- B. The upper body should be upright, but not stiff
- C. The arms should be held gracefully
- D. The free leg should be extended, with the toe pointed.

The edges and turns of each element must be skated in general accordance with the pattern diagrams and element descriptions. Subject to a general conformity with the basic requirements, the skater is permitted complete freedom with respect to arm and free leg positions.

Moves In The Field elements must be skated with good edges, control, flow, extension, carriage and rhythm.

- A. An even speed and flow should be maintained throughout.
- B. Maximum utilization of the ice surface is desirable. Ice coverage must not be obtained by the use of flat or shallow edges.

## **There are four basic MITF focus points: Power, Edge Quality, Extension, Quickness.**

- **Power.** Power is the creation and maintenance of speed and flow without visible effort. Power is developed by a continuous rise and fall of the skating knee together with the pressure of the edge of the blade against the ice.

The skater should demonstrate the ability to achieve equal power on both the right and left foot as evaluated as three focus points –

- (1) Velocity, speed or pace;
- (2) Flow across the ice; and
- (3) Acceleration)

- **Edge Quality.** Edge quality is initiated through proper body alignment over the skating foot, creating a stable arc that travels uninterrupted until a required transition takes place. Depth of edge refers to the acuteness of the arc and is created by the lean of the body and the angle of the blade when it takes the ice. Good edge quality results in a confident, sure and controlled movement.
- **Extension.** General carriage should be erect, characterized by an extended bodyline. The angle of the head follows naturally from the line of the back and the arms should be naturally extended with the shoulders down and back. The skater's hands should follow the line of the arms. The free leg should be turned out and carried in an unbroken line, the height of which would be determined by the type of movement being executed. The final extended position should be executed in a controlled manner and should achieve the maximum length of all bodylines. Spiral positions are not acceptable.
- **Quickness.** Quickness refers to foot speed. It is the precise, rapid and crisp execution of turns, changes of edge and transitions. Quickness does not refer to the overall pace at which the Move is skated, although in some Moves the foot speed will result in a brisk and continuous cadence. Quick movements should

be quiet, fluid, and continuous without disturbing the erect carriage of the upper body or interrupting the established rhythm.

There are multiple things that a judge must focus on while a skater is performing. Each judge must look at, evaluate, record their observations, plus assign a numerical value that sums up this process.

Some judges actually indicate the strengths and weakness by using “+” or “-” to indicate how well specific focus points were performed. This allows them to show how well the following Moves Check List was performed.

Skaters and parents may want to ask their coach to schedule a pretest evaluation prior to signing up to take a test. This provides an opportunity to communicate in more detail between a judge(s) and coach(s) as to the skill level development of an individual skater.

Pretesting provides opportunity for the skater to personally get acquainted with judges and learn they are very supportive. They really would rather pass than retry their test.

Shy, quiet, nonassertive (timid) skaters feel more self confident and strive harder after these constructive evaluations.

The body language of a skater is an indication of their self-confidence level and affects judges marks in test and competitions.

## Moves Check List

<b>Quality</b>	<b>Aspect</b>	<b>Positive</b>	<b>Negative</b>
<b><i>Edges</i></b>	<ul style="list-style-type: none"> <li>• Balance</li> <li>• Curves</li> <li>• Body position</li> <li>• Proper Edge</li> </ul>	<ul style="list-style-type: none"> <li>• Stable</li> <li>• Deep</li> <li>• Controlled</li> <li>• On Proper Edge</li> </ul>	<ul style="list-style-type: none"> <li>• Unstable</li> <li>• Shallow, Sub Curves</li> <li>• Uncontrolled</li> <li>• Not on Proper Edge</li> </ul>
<b><i>Extension</i></b>	<ul style="list-style-type: none"> <li>• Free Leg</li> <li>• Elegant line, head up</li> <li>• Upper Body</li> <li>• Head Position</li> </ul>	<ul style="list-style-type: none"> <li>• Extended, Turned Out Controlled, In Position</li> <li>• Upright</li> <li>• Upright</li> </ul>	<ul style="list-style-type: none"> <li>• Excessively high free leg</li> <li>• Held to side, not over tracing</li> <li>• Collapsed, Bent Over, Head down</li> <li>• Collapsed, Down</li> </ul>
<b><i>Quickness</i></b>	<ul style="list-style-type: none"> <li>• Foot Speed</li> <li>• Turns/Moves, neat feet</li> <li>• Cadence</li> </ul>	<ul style="list-style-type: none"> <li>• Precise, Quick, Rapid</li> <li>• Brisk, Quick</li> <li>• Established Rhythm</li> </ul>	<ul style="list-style-type: none"> <li>• Sluggish</li> <li>• No concept of long or short axis</li> <li>• Erratic Variable</li> </ul>
<b><i>Power</i></b>	<ul style="list-style-type: none"> <li>• Acceleration Maintain Speed</li> </ul>	<ul style="list-style-type: none"> <li>• Powerful</li> <li>• Steady Maintained</li> </ul>	<ul style="list-style-type: none"> <li>• Inadequate</li> <li>• Slow Loss of speed</li> </ul>
<b><i>Flow</i></b>	<ul style="list-style-type: none"> <li>• Speed</li> <li>• Unbalanced lobes</li> </ul>	<ul style="list-style-type: none"> <li>• Consistent</li> <li>• Spontaneous, instinctive</li> </ul>	<ul style="list-style-type: none"> <li>• Inconsistent, Erratic</li> <li>• Deliberate</li> </ul>

Most of the above information is contained in the foreword of the PSA Moves In The Field Booklet.

Become an informed skater and/or parent by ordering the booklet online at <http://www.skatepsa.com/>.

There is lots more useful information for skaters and parents at <http://iceskatingresources.org/IceSkatingMainPage.html>