

Intermediate Test – Spiral Sequence

The element begins with a LFO spiral that should be held until the long axis of the rink.

The skater then brings the free leg down into a RFI open Mohawk and steps wide with a two foot power push transition to a backward R over L crossover.

The skater shall then push into a LBO spiral to be held until the long axis of the rink. Skater should step forward onto a RFI spiral.

The free-leg will drop into a RFI Mohawk and lift again into a LBI spiral, also to be held until the long axis. Optional steps to repeat pattern in opposite direction starting with RFO spiral.

Introductory steps are optional.

NOTE: All spirals should be sustained with an extended free leg to demonstrate the skater's form and flexibility.

NOTE: This move may start in either direction.

TR 22.08 Assigning Marks

Focus Points:

Accuracy - Pattern

Edge quality

Turn quality

Extension

Quickness - Tempo

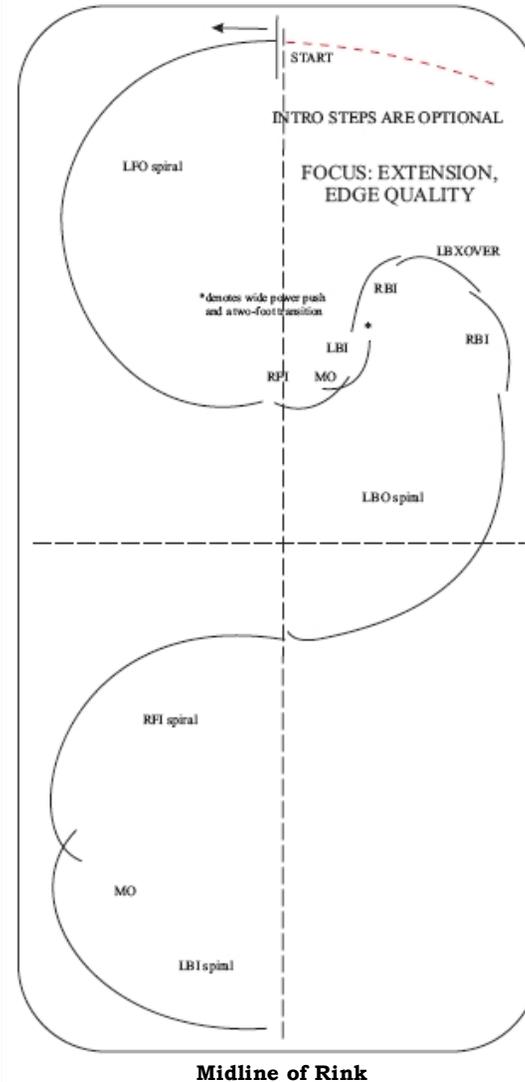
Power - Acceleration

Continuous flow

Posture/Carriage – Core Body

Bilateral movement

The diagram shows clockwise and counterclockwise circles. *See Note for additional comments.*



USFS Test Book source of MITF diagram and element description

Judging Considerations:

The size and shape of the CCW lobes should be a consistent, equal size. The transition from lobe to lobe should be smoothly and controlled. Diagonal transitions would receive a negative GOE.

A skater who develops and maintains continuous forward flow in CW and CCW directions with good posture and technical skills should receive a positive GOE +1 to +3 for the element.

Hands should be at or close to waist/hip level, not at shoulder height. Back and forward extensions should be equal height.

Spiral positions should be smoothly established without bending the skating knee. The free leg should extend over the tracing at or above hip high. The head and body should complete an arched curve that extends through the free leg and foot.

The following technical errors would receive a negative GOE of -1 to -3:

- Not returning to long axis to start the third lobe
- Toe pushing - Inability to push equally CCW & CW
- Retrogressing or diagonal center
- Poor core body position – bent forward at waist and shoulders elevated on edge preceding spirals
- Lacking bilateral technical skill development and power as expected for test level
- Back extension to side (not over tracing) with a high free leg position and bending forward at waist
- Poor edge quality with wobbles and subcurves, especially when stepping from back spiral to forward spiral
- Lack of smooth upper body lean and control
- Inability to achieve a controlled transfer of weight in forward to back and back to forward Mohawks
- Lacking a constant, even tempo for holding spiral positions

Note: The lobes should establish a pattern of curves of equal size and shape that allows full control of the Mohawks without any loss of power.