

Backward Double 3-Turns	Description	Focus	Comments
	<p>The skater will perform consecutive back double three-turns on half circles with alternating of feet.</p> <p>Four to six half circles will be skated depending on the length of the arena and the strength of the skater.</p> <p>The sequence begins with Back Outside double three-turns covering the first length of the arena.</p> <p>The Back Inside double three-turns will cover the second length of the arena.</p> <p>Introductory steps and end patterns are optional.</p> <p>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.</p>	<p><b>Focus</b></p> <ul style="list-style-type: none"> <li>• <b>Power</b> – Bilateral ability to generate continuous power with equal and even strength from solid edges with flexible skating knees throughout the entire pattern.</li> <li>• <b>Core Body</b> – Head, upper body/torso, and arm control coordinated with free leg extension</li> <li>• <b>Extension</b> – Head, upper body/torso, and arm control coordinated with free leg extension that does not affect the torso and elevate the free hip.</li> <li>• <b>Edge Quality</b> – Bilateral flowing edges with excellent control on transitions from lobe to lobe.</li> <li>• <b>Edge Quality</b> – Bilateral solid edges without sub-curves and balanced transitions from lobe to lobe</li> <li>• <b>Quickness</b> - even rhythm or tempo</li> </ul> <p><b>Errors</b></p> <ul style="list-style-type: none"> <li>• 3's skated too close together</li> <li>• Lack of control between turns</li> <li>• Improper placement</li> <li>• Inability to maintain flow throughout</li> <li>• Lack of total extension throughout move</li> </ul> <p><b>Expectations</b></p> <ul style="list-style-type: none"> <li>• Control throughout</li> <li>• No major subcurves</li> <li>• Back 3 on top of lobe and forward at 2/3 's</li> <li>• Controlled gliding edge between turns with nicely extended free leg</li> </ul> <p>Note: A larger pattern executed with proper curvature indicates an increase in the quality of the skating</p>	

# 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**

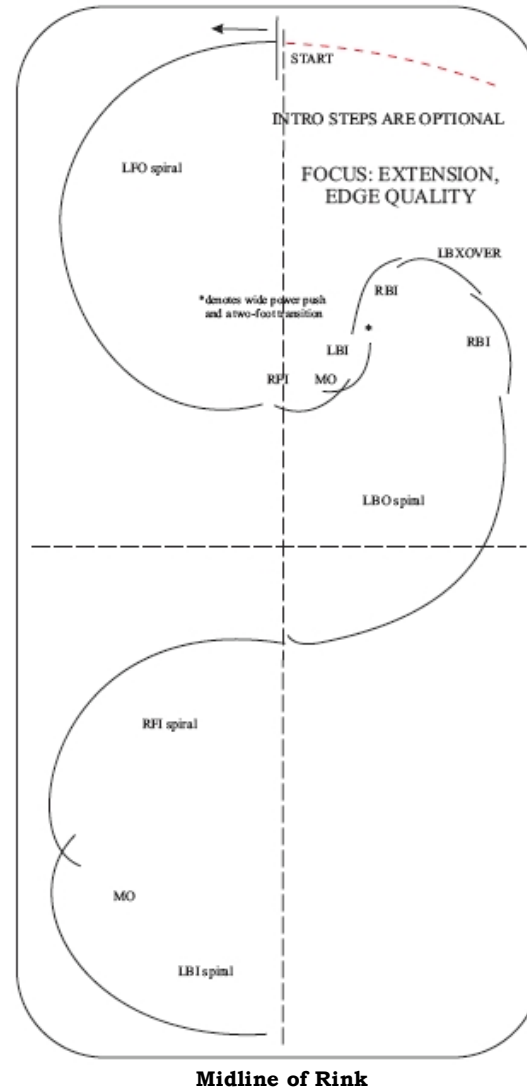
**Power - Acceleration**

**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.*

Brackets in the Field (Forward Outside-Back Inside) & (Forward Inside-Back Outside)	Description	Focus	Comments
<p>The diagram illustrates the skater pattern on an oval ice rink. It is divided into two main sections: 'Intro Steps' and 'Primary Focus'. The 'Intro Steps' section consists of two sets of turns on half circles, labeled RFOB, LBOB, RFIH, LBOB, and RFTB. The 'Primary Focus' section also consists of two sets of turns on half circles, labeled LFI, RBO, RFI, LBO, and RBO. A horizontal dashed line separates the two sections. The text 'PRIMARY FOCUS: EDGE QUALITY' is written across the middle of the diagram. 'START' arrows indicate the beginning of each set of turns.</p>	<p>The skater will perform two sets of turns on half circles (RFO-LBI) down approximately half the length of the arena.</p> <p>Continuing down the remaining length of the arena the skater will then perform two sets of turns (LFO-RBI).</p> <p>The entire sequence is repeated, performing two sets of turns (LFI-RBO) down approximately half of the length of the arena.</p> <p>Continuing down the remaining length of the arena, the skater performs two sets of turns (RFI-LBO).</p> <p>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.</p>	<p><b>Focus</b></p> <ul style="list-style-type: none"> <li>• <b>Power</b> – Bilateral ability to generate continuous power with equal and even strength from solid edges with flexible skating knees throughout the entire pattern.</li> <li>• <b>Core Body</b> – Head, upper body/torso, and arm control coordinated with free leg extension</li> <li>• <b>Extension</b> – Head, upper body/ torso, and arm control coordinated with free leg extension that does not affect the torso and elevate the free hip.</li> <li>• <b>Edge Quality</b> – Bilateral flowing edges with excellent control on transitions from lobe to lobe.</li> <li>• <b>Edge Quality</b> – Bilateral solid edges without sub-curves and balanced transitions from lobe to lobe</li> <li>• <b>Quickness</b> – even rhythm or tempo</li> </ul> <p><b>Errors</b></p> <ul style="list-style-type: none"> <li>• Toe pushing</li> <li>• Incorrect blade placement in relation to long axis</li> <li>• Early bracket placement</li> <li>• Scraped turns</li> <li>• 2 footed after back pushes</li> <li>• Lobes uneven</li> <li>• Difficulty maintaining flow</li> <li>• Lack of upper body control during turns</li> </ul> <p><b>Expectations</b></p> <ul style="list-style-type: none"> <li>• Proper edge when the foot hits the ice</li> <li>• Adherence to a common axis</li> <li>• Controlled brackets in and out on proper edges and even lobes (no major subcurves), (minimum of scraping, no jumped turns) and ability to maintain control of body alignment</li> </ul>	
<p>Introductory steps are optional</p>		<p>Extra credit for more speed with control</p>	

# Intermediate Test – Forward Twizzles

## FORWARD OUTSIDE TWIZZLES:

The move begins from a standing start with a LFO roll, forward cross stroke to a RFO twizzle which ends on a RBI after 1-1/2 revolutions. The skater shall then step LFO to complete the 'set.'

Three twizzle sets are to be repeated across the width or down the length of the rink, and they should be repeated on the opposite foot in the same manner.

## FORWARD INSIDE TWIZZLES:

The second part of the move begins from a standing start with a LFI roll to RFI twizzle which ends on RBO after 1-1/2 revolutions. The skater shall then step LFI to complete the 'set.'

Three twizzle sets are to be repeated across the width or down the length of the rink, and they should be repeated on the opposite foot in the same manner.

NOTE: This move may start in either direction.

## TR 22.08 Assigning Marks

### Focus Points:

**Accuracy - Pattern**

**Edge quality**

**Turn quality**

**Extension**

**Quickness - Tempo**

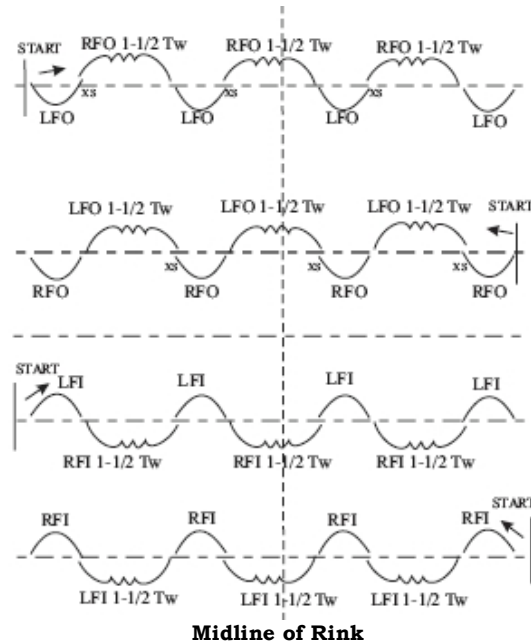
**Power - Acceleration**

**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 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.

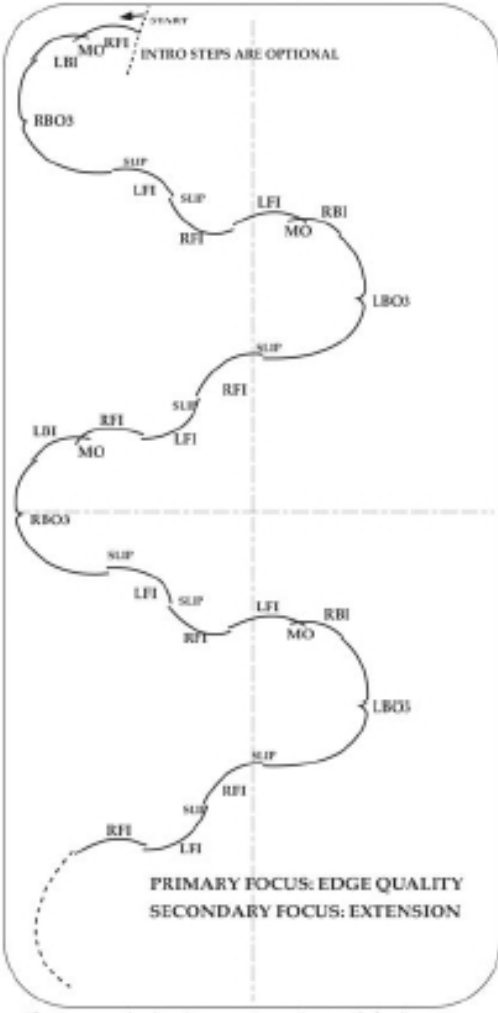
A skater who develops and maintains continuous forward flow in CW and CCW directions with good posture and technical skills should receive a positive GOE +1 to +3 for the element.

Hands should be at or close to waist/hip level, not at shoulder height. Free positions when performing twizzles should be equal through the turns.

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

- Not returning to long axis to start each lobe
- Toe pushing - Inability to push equally CCW & CW
- Retrogressing or diagonal center
- Poor core body position – bent forward at waist and shoulders elevated
- Lacking bilateral technical skill development and power as expected for test level
- Extension to side (not over tracing) and high free leg (spiral position) with a forward arch
- Poor edge quality with wobbles and subcurves
- Lack of smooth upper body lean and control
- Inability to achieve a controlled distribution of weight in turning twizzles
- Lacking a consistent and even tempo in performing all twizzle sets

*Note: The lobes should establish a consistent pattern with equally controlled size and shape in each direction that is maintained before and after the twizzles.*

Inside Slide Chasse Pattern	Description	Focus	Comments
 <p data-bbox="220 1299 556 1331">Introductory steps are optional</p>	<p data-bbox="667 251 888 446">The skater will perform four alternating patterns of inside slide chasses preceded by back power three-turns.</p> <p data-bbox="667 519 888 617">The pattern should cover the entire length of the arena.</p> <p data-bbox="667 690 888 755">Introductory steps are optional</p> <p data-bbox="667 828 888 1258">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.</p>	<p data-bbox="919 178 1014 211"><b>Focus</b></p> <ul data-bbox="919 251 1518 722" style="list-style-type: none"> <li>• <b>Power</b> – Bilateral ability to generate continuous power with equal and even strength from solid edges with flexible skating knees throughout the entire pattern.</li> <li>• <b>Core Body</b> – Head, upper body/ torso, and arm control coordinated with free leg extension</li> <li>• <b>Extension</b> – Head, upper body/ torso, and arm control coordinated with free leg extension that does not affect the torso and elevate the free hip.</li> <li>• <b>Edge Quality</b> – Bilateral flowing edges with excellent control on transitions from lobe to lobe.</li> <li>• <b>Edge Quality</b> – Bilateral solid edges without sub-curves and balanced transitions from lobe to lobe</li> <li>• <b>Quickness</b> - even rhythm or tempo</li> </ul> <p data-bbox="919 771 1014 803"><b>Errors</b></p> <ul data-bbox="919 812 1434 974" style="list-style-type: none"> <li>• Lack of control after back turn</li> <li>• Lobes too small due to lack of power</li> <li>• Shallow FI edges during the slide chasses</li> <li>• Poor extension</li> <li>• Incorrect pattern</li> </ul> <p data-bbox="919 1031 1098 1063"><b>Expectations</b></p> <ul data-bbox="919 1071 1497 1234" style="list-style-type: none"> <li>• Hear the "rip" during slide chasses</li> <li>• Even flow throughout (through slide chasses)</li> <li>• Good posture and body alignment over curving edges</li> <li>• Even cadence</li> </ul> <p data-bbox="919 1274 1518 1372">Extra credit for increased ice coverage executed with proper curvature indicates better edge quality and power</p>	