

Novice Test - Forward Inside 3-Turns and Rocker/Choctaws

The move should be skated across four semi-circles down the long axis of the rink. The first two lobes consist of FI and BI three-turns and the second half of the move will consist of rocker/Choctaw sequences.

Four to five 'sets' of each turn per lobe are recommended. The move begins with RFI3-LBI3 sets repeated four to five times (depending on size of rink).

After the last LBI3 the skater should step RFI and begin the second lobe with a LFI3-RBI3 set and repeat in the same manner. To transition to the rocker/Choctaw sequences, the skater should perform a LFI Mohawk and change edge to RBO crossing in front.

The third lobe begins with a LBI rocker / LFI closed Choctaw set repeated four to five times (depending on size of rink). After the last Choctaw and cross front, the skater should step RFI and perform a RFI Mohawk and change edge to LBO cross forward.

The fourth lobe consists of RBI rocker / RFI closed Choctaw sets repeated four to five times.

NOTE: This move may start in either direction.

TR 22.08 Assigning Marks

Focus Points:

Accuracy - Pattern

Edge quality

Turn quality

Extension

Quickness - Tempo

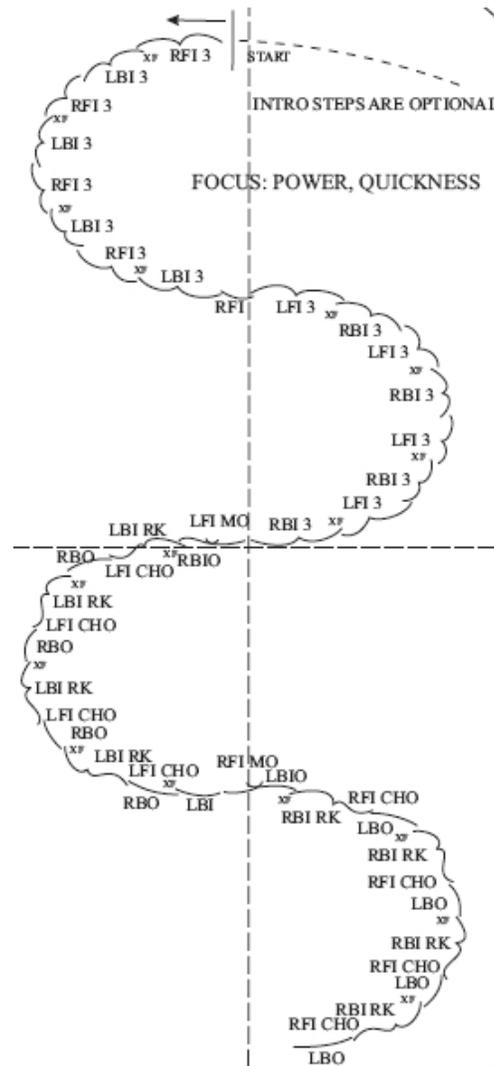
Power - Acceleration

Continuous flow

Posture/Carriage - Core Body

Bilateral movement

The diagram shows the forward and backward lobes. See Note for additional comments.



Rink Midline and Element Long Axis

USFS Test Book source of MITF diagram and element description

Judging Considerations:

The size and shape of each lobe should be consistent and equal in size and shape with the sides of the lobes lined up parallel to the long axis bisecting the circles.

The return to the center axis should not retrogress when crossing the long axis. Diagonal centers would likely cause the skater to distort the pattern and 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.

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

- Running out of room and slowing down
- Toe pushing
- Inability to achieve continuous power
- Lacking bilateral power expected for test level
- Poor core body position – bent forward at waist and shoulders elevated
- Lack of upper body lean and control
- Poor edge quality with wobbles and subcurves
- Lack of smooth, controlled transfer of weight in turns
- Lacking bilateral technical skill development
- Extension to side (not over tracing) and high free leg (spiral position) with a forward arch

Note: The half circles/lobes reflect the shape required for bilateral skill development and oval curvature to fit the steps into each half of the rink.

Novice MITF Pattern 3

Skater

Forward & Back Outside Counters	Description	Focus	Comments
<p>Introductory steps are optional</p>	<p>The skater will perform forward outside counters followed by two back free skating cross strokes to a back outside counter.</p> <p>Each back counter is then followed by two forward free skating cross strokes to a forward outside counter.</p> <p>The skater has the option of starting the first length with either the right or left forward counter.</p> <p>The second length will be performed with forward and back outside counters on the opposite foot.</p> <p>The complete loop is 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>Focus</p> <ul style="list-style-type: none"> • Power – Bilateral ability to generate continuous power with equal and even strength from solid edges with flexible skating knees throughout the entire pattern. • Core Body – Head, upper body/ torso, and arm control coordinated with free leg extension • Extension – Head, upper body/ torso, and arm control coordinated with free leg extension that does not affect the torso and elevate the free hip. • Edge Quality – Bilateral flowing edges with excellent control on transitions from lobe to lobe. • Turn Quality – Bilateral solid edges without sub-curves into or out of turns and balanced lobes • Quickness – even rhythm or tempo <p>Errors</p> <ul style="list-style-type: none"> • Lack of foot speed, scraped or changes into or out of turns • Incorrect pattern or incomplete ice coverage • Slowing down to fit into rink • Inability to maintain an even tempo and power between turns • Difficulty in placement of counters on long axis <p>Expectations</p> <ul style="list-style-type: none"> • Maintain power throughout the lobes preceding Counters • Bilateral with good posture and neat foot-work <p>Demonstrate proper pattern with equal use of each half of the rinks</p>	

Forward & Back Inside Counters	Description	Focus	Comments
<p>INTRO STEPS ARE OPTIONAL</p> <p>START</p> <p>LFI</p> <p>LFI SW CTR</p> <p>LBI</p> <p>RBI ROLL</p> <p>LBI</p> <p>PRIMARY FOCUS: EDGE QUALITY</p> <p>LBI CTR</p> <p>LFI</p> <p>RBI ROLL</p> <p>LFI</p> <p>SECONDARY FOCUS: POWER</p> <p>RBI ROLL</p> <p>LFI</p> <p>LFI SW CTR</p> <p>LBI</p> <p>RBI ROLL</p> <p>LBI</p> <p>LBI CTR</p> <p>LFI</p> <p>RBI CTR</p> <p>RBI</p> <p>LBI ROLL</p> <p>RBI</p> <p>RBI SW CTR</p> <p>RFI</p> <p>LFI</p> <p>RBI CTR</p> <p>RBI</p> <p>LBI ROLL</p> <p>RBI</p> <p>RBI SW CTR</p> <p>RFI</p> <p>* LOOP PATTERN OPTIONAL</p> <p>END PATTERN IS OPTIONAL</p> <p>Introductory steps are optional</p>	<p>The skater will perform forward inside counters followed by two back inside rolls to a back inside counter, Each back inside counter is then followed by two inside rolls to a forward inside counter.</p> <p>The skater has the option of starting the first length on either the right of left forward counter. The second length will be performed with the forward and back inside counters on the opposite foot.</p> <p>The starting 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>Focus</p> <ul style="list-style-type: none"> • Power – Bilateral ability to generate continuous power with equal and even strength from solid edges with flexible skating knees throughout the entire pattern. • Core Body – Head, upper body/ torso, and arm control coordinated with free leg extension • Extension – Head, upper body/ torso, and arm control coordinated with free leg extension that does not affect the torso and elevate the free hip. • Edge Quality – Bilateral flowing edges with excellent control on transitions from lobe to lobe. • Turn Quality – Bilateral solid edges without sub-curves into or out of turns and balanced lobes • Quickness – even rhythm or tempo <p>Errors</p> <ul style="list-style-type: none"> • Lack of foot speed, scraped or changes into or out of turns • Incorrect pattern or incomplete ice coverage • Slowing down to fit into rink • Inability to maintain an even tempo and power between turns • Difficulty in placement of counters on long axis <p>Expectations</p> <ul style="list-style-type: none"> • Maintain power throughout the lobes preceding Counters • Bilateral with good posture and neat footwork • Demonstrate proper pattern with equal use of each half of the rinks 	

Novice Test – Forward Loops

The element may be skated across the width or down the length of the rink and begins from a standing start.

The element begins with the skater performing a LFO swing roll to prepare for the first RFO loop. Skater then pushes into a LFO loop when returning to the axis.

This is repeated twice. After the last LFO loop the skater should perform a RFI chasse to prepare for a LFI loop.

This loop is followed by a push into a RFI loop.

These loops are also repeated twice to complete the element.

NOTE: This move may started on either foot.

TR 22.08 Assigning Marks

Focus Points:

Accuracy - Pattern

Edge quality

Turn quality

Extension

Quickness - Tempo

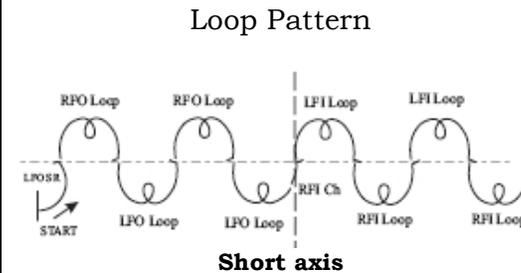
Power - Acceleration

Continuous flow

Posture/Carriage – Core Body

Bilateral movement

The diagram shows clockwise and counterclockwise lobe. *See Notes for additional comments.*



Notes: *Using the standard from figures, each loop on the full was bisected by the long axis. However, since half circle/lobes are skated, it makes more sense to refer to the hockey line as the long axis and the short axis to refer to the intersection of lobes that continue across the ice.*

A correctly skated loop has equal shoulders. The size of a loop was measure by the skater's blade length. The ratio was 1 1/2 long by 1 wide.

When skating figures the circle was the height of the skater, but in actuality it was performed on circle that were 3/4 the height of the skater.

Judges will deduct if the loops are too large, too small, or not performed. Additional deductions will be taken if the loops are turned off axis.

USFS Test Book source of MITF diagram and element description

Judging Considerations:

The size and shape of each lobe should be consistent – equal size and shape with the sides lined up conforming to the concept of the long axis bisecting the lobes.

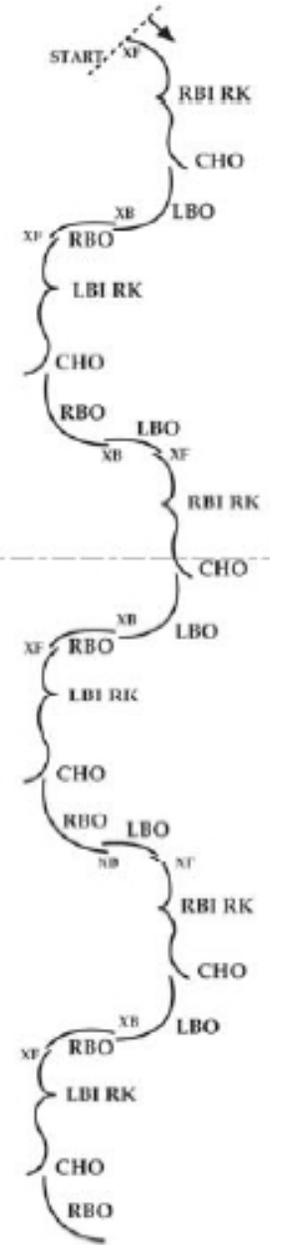
The return to center should split the two lobes without crossing the short axis. Diagonal centers would receive a negative GOE.

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.

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

- Not returning to center and failure to start the next loop's lobe at the long axis
- 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
- Free leg on forward outside loop trailing (touching ice)
- Lack of free leg to perform a loop action in the air
- Wobbles and subcurves returning to center
- Lack of smooth upper body lean and control
- Free leg touch down for balance
- Fish tail pattern instead of skating a loop

Backward Rocker Choctaw Sequence	Description	Focus	Comments
 <p>The diagram illustrates the sequence of steps for the Backward Rocker Choctaw Sequence. It starts with a 'START' point and proceeds through four cycles of steps. Each cycle consists of: RBI RK, CHO, LBO, RBO, LBI RK, CHO, RBO, LBO, RBO, LBO, RBI RK, CHO, LBO, RBO, LBI RK, CHO, RBO, LBO, RBO, LBO, RBI RK, CHO, LBO, RBO, LBI RK, CHO, RBO. The steps are connected by curved lines representing the skater's path. A dashed line separates the first two cycles from the last two.</p>	<p>The skater will perform back in-side rocker-choctaw followed by a deep back outside edge.</p> <p>This sequence is performed in six (6) to eight (8) consecutive half circle on alternating feet.</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>Introductory steps are optional</p>	<p>Focus</p> <ul style="list-style-type: none"> • Power – Bilateral ability to generate continuous power with equal and even strength from solid edges with flexible skating knees throughout the entire pattern. • Core Body – Head, upper body/ torso, and arm control coordinated with free leg extension • Extension – Head, upper body/ torso, and arm control coordinated with free leg extension that does not affect the torso and elevate the free hip. • Edge Quality – Bilateral flowing edges with excellent control on transitions from lobe to lobe. • Turn Quality – Bilateral solid edges without sub-curves into or out of turns and balanced lobes • Quickness – even rhythm or tempo <p>Errors</p> <ul style="list-style-type: none"> • Inability to maintain or increase power • Lack of edge quality. Poor extension and body line • Lack of quality Choctaws-loss of control • Problems sustaining free leg extension • Problems checking the Choctaw <p>Expectations</p> <ul style="list-style-type: none"> • Closed Choctaws on precise controlled edges • Maintain strong flow throughout • Good sustained extension following Choctaws • Ability to hold extended free leg in front • Bilateral extension 	

Novice Test – Backward Twizzles

BACKWARD OUTSIDE TWIZZLES:

The move begins with a LFO three turn changing edge into a LBO double twizzle with a two-foot push to assist the twizzle rotation.

The skater then steps forward into a RFO three turn, changing edge into a RBO double twizzle, completing a 'twizzle set'. Each 'twizzle set' is performed three times down the length of the arena.

BACKWARD INSIDE TWIZZLES:

The second part of the move begins with a RFI Mohawk whose exit edge is the entry for a LBI double twizzle.

The skater then steps on a RFI edge into a LFI Mohawk whose exit edge is the entry for a RBI double twizzle, completing a 'twizzle set.'

Each set is performed three times down the length of the arena.

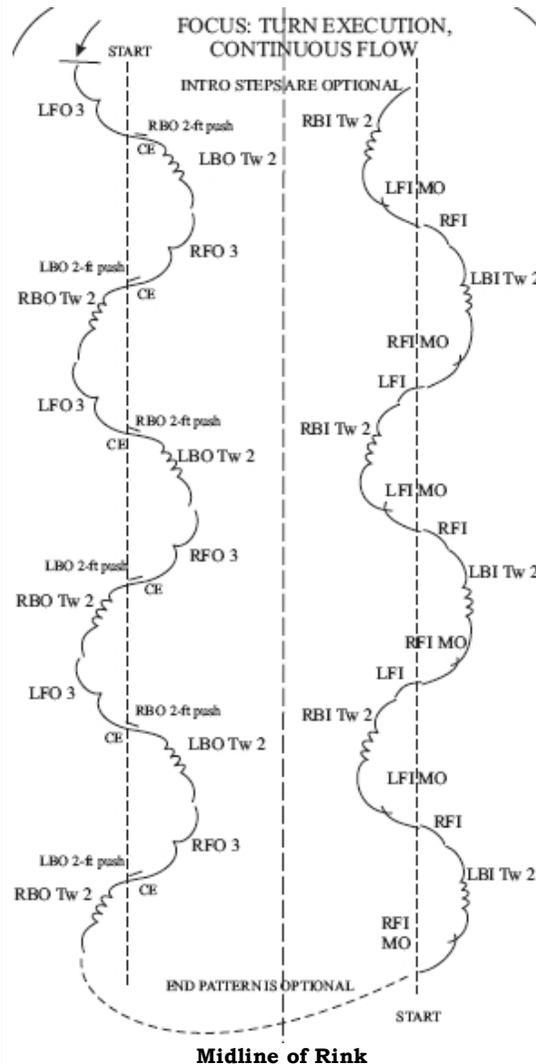
NOTE: This move may start in either direction.

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 consistent, equal size. The transition from lobe to lobe should be performed smoothly and with complete control. 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.

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
- Free leg position is optional, but should be consistent in each type of turn
- 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 pattern of equal size and shape in each direction that is maintained before and after the 3-Turns, Mohawks and Twizzles.