

Preliminary Test - Forward and Backward Crossovers

The move begins with the skater performing forward crossovers in a figure 8 pattern. It is expected that the skater will perform the transition between circles on one foot. Four to six crossovers per circle are recommended.

Upon completing the forward figure 8, the skater will perform a swing roll and change of edge to an open Mohawk in order to turn around and continue the figure 8 pattern with four to six backward crossovers per circle.

Introductory steps are optional.

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

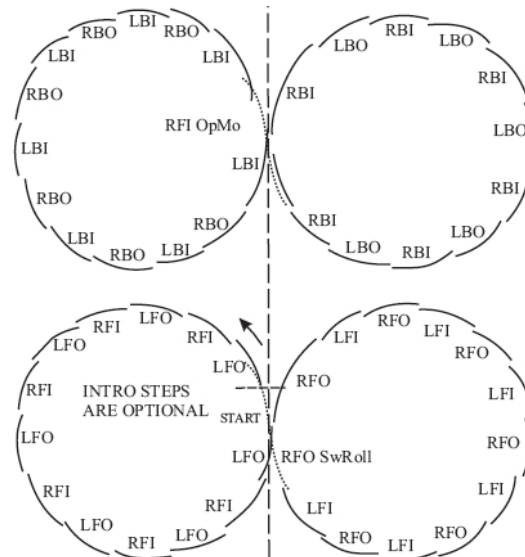
Continuous flow

Posture/Carriage - Core Body

Bilateral movement

The diagrams are provided to show the steps for both the forward and backward circles.

They will actually be superimposed when skated



USFS Test Book source of diagram and element description

Judging Considerations:

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

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

The skater should accelerate during the introductory steps.

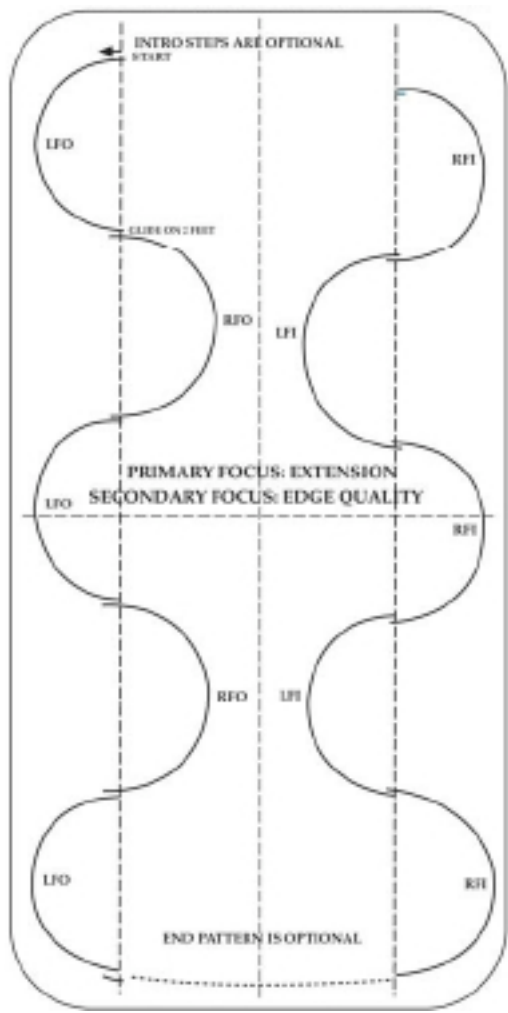
A skater who develops and maintains continuous flow forward and backward in CW and CCW directions with good posture and technical skills should receive a positive GOE +1 to +3 for the element.

Hands should be at or close to waist/hip level, not at shoulder height.

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

- Toe pushing
- Forward or backward stepovers
- Inability to push equally from both feet.
- Poor core body position – bent forward at waist and shoulders elevated
- Lacking bilateral power expected for test level
- Lacking bilateral technical skill development
- Uneven tempo or cadence in crossovers
- Extension to side and not over tracing
- Lacking strong edge quality in swing roll
- Lack of upper body control and close footwork in Mohawk turn.

Consecutive Outside and Inside Spirals



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.

Description

The skater will perform spirals on the right and left foot.

The outside spirals will be skated for the first length of the arena.

Forward crossovers are optional across the end of the arena.

Forward inside edge spirals will be skated for the second length of the arena.

The exact number of spirals depends on the size and strength of the skater; however, a minimum of four (4) spirals per side - two on each foot must be skated.

The extended leg should be held at hip level or higher.

Focus

- **Power** - Ability to generate and maintain enough power to sustain glide and complete a proper pattern with crossovers on both ends of the rink.
- **Core Body** – Head, upper body/ torso, and arm control coordinated with free leg extension
- **Edge Quality** – Bilateral flowing edges with excellent control on transitions from lobe to lobe.
- **Pattern** – Equal size and shape of bilateral lobes on outside and inside edges
- **Quickness** – even rhythm or tempo
- **Spiral Extension** – Head, upper body/ torso arched, and coordinated arm control. Free leg extension elevated above the skating hip and back over the tracing.

Errors

- Not stepping on axis
- Back not arched
- Lack of control after spiral
- Spiral not held for full arc
- Forward inside push weaker
- Incorrect shape of arcs – not 1/2 circles

Expectations

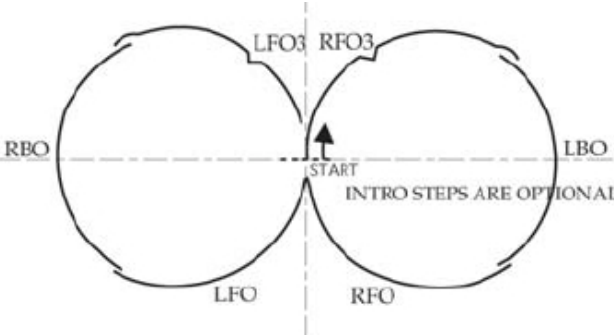
- Controlled extension (hip or higher)
- Minimum - 4 spirals down each side
- Male and female skaters judged using same standard
- Inside push weaker
- Slight toe push
- A very short (<2 feet in length) two footed transition

Check entire body position (head to foot). Pattern drifts, if not somewhat bilateral.

No variations of position (hold knee, etc.) allowed.

Comments

Forward Power 3-Turns	Description	Focus	Comments
<p>The diagram illustrates the Forward Power 3-Turns pattern. It shows two rows of three turns each. The top row starts with 'INTRO STEPS ARE OPTIONAL' and 'START' with an arrow pointing left. The first turn is labeled 'LFO3' and 'RBI'. The second is 'RBI' and 'LBO'. The third is 'RBI' and 'LBO'. The bottom row starts with 'RFO3' and 'LBI'. The second is 'LBI' and 'RBO'. The third is 'LBI' and 'RBO'. A dashed line at the bottom is labeled 'OPTIONAL END PATTERN'. A note at the bottom says '*denotes wide power push and a two-foot transition'.</p>	<p>The skater will perform forward outside three-turns to a balance position followed by a back crossover.</p> <p>Three to Six sets of three-turns will be skated on the length of the ice surface.</p> <p>Skaters may begin this move with either right or left foot three-turns.</p> <p>Back crossovers around the end of the arena are optional.</p>	<p>Focus</p> <ul style="list-style-type: none"> • Power – Ability to generate and maintain enough power to sustain glide and complete a proper pattern with crossovers on both ends of the rink. • 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 – Demonstrating rhythmic turns with excellent control into and exiting turns. • Pattern – Equal size and shape of bilateral lobes on outside and inside edges • Quickness – even rhythm or tempo <p>Errors</p> <ul style="list-style-type: none"> • After the 3 turn - not stepping on BI edge • Inability to create power from the • Uneven timing • Too noisy • Lack of control of free leg and upper body • Poor posture <p>Expectations</p> <ul style="list-style-type: none"> • Basic flow and power throughout • Correct edges (no 2 foot transitions) • Ability to maintain an axis • Well formed lobes • Push on transition 	
<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>3-turn lobe may be smaller than back crossover lobe; however, extra credit should be given if he lobes are more equal in size and shape.</p>	

Waltz Eight	Description	Focus	Comments
 <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>Difficulty:</p> <ul style="list-style-type: none"> • Checking after 3 • Stepping forward after BO • Controlling forward outside edge to center • Controlling upper body rotation and position <p>Expectations:</p> <ul style="list-style-type: none"> • Control of positions & edges • Awareness of rhythmic motion (waltz timing) • Control after 3-Turns • Mohawk in a check position (180 degrees back outside to forward outside edge) • Circles are larger than in figures • Must return to center and demonstrate short and long axis 	<p>The skater may use introductory steps to perform the Waltz Eight.</p> <p>Two complete circles on each foot are required.</p> <p>This is a free skating pattern that should be skated with power on LARGE circles.</p> <p>This element should not be skated as a figure on circles three times the skater's height where the emphasis is on achieving close tracings.</p>	<p>Power – Bilateral ability to generate continuous power with equal and even strength from solid edges with flexible skating knees throughout the entire pattern.</p> <p>Core Body – Head, upper body/ torso, and arm control coordinated with free leg extension</p> <p>Extension – Head, upper body/ torso, and arm control coordinated with free leg extension that does not affect the torso and elevate the free hip.</p> <p>Edge Quality – Bilateral flowing edges with excellent control on transitions from lobe to lobe.</p> <p>Turn Quality – Bilateral solid edges on solid curves into or out of Waltz Three-turns with balanced lobes</p> <p>Quickness – even rhythm or tempo</p> <p>Pattern: Divide circles into 1/3 segments.</p> <p>Errors:</p> <ul style="list-style-type: none"> • No rhythm or timing • Back outside edge too short or too long • Circle not cut into thirds • Failure to skate waltz 3-Turns • Drop 3-Turns not acceptable! • Failure to hold edges long enough after 3-Turn prior to stepping onto back outside edge! 	

Preliminary Test - Forward Figure Eight

The move begins with the skater pushing from a standing start onto a FO edge and completing one FO figure eight.

Upon returning to center at the completion of the second circle, the skater shall perform a FI figure eight by pushing onto FI, therefore repeating the previously skated circle.

The circles should be equal in size and approximately three times the skater's height.

The skater may mark their center.

NOTE: This move may start in either direction.

TR 22.08 Assigning Marks

Focus Points:

Accuracy - Pattern

Edge quality

Turn quality

Extension

Quickness - Tempo

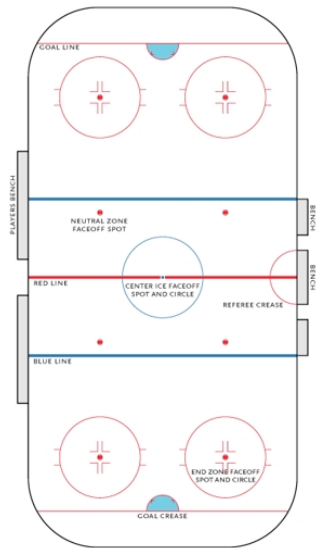
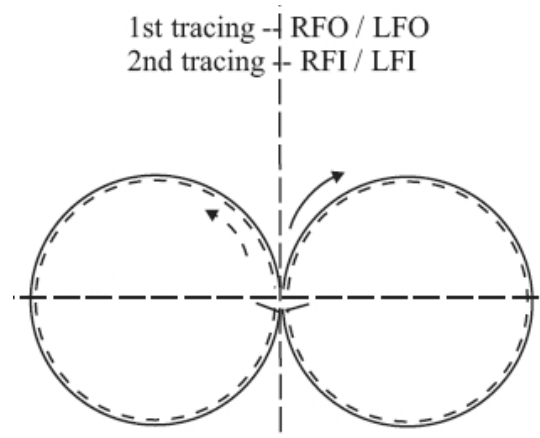
Power - Acceleration

Continuous flow

Posture/Carriage - Core Body

Bilateral movement

The diagrams are provided to show the steps for both the forward and backward circles.



USFS Test Book source of MITF diagram and element description

Judging Considerations:

The size and shape of each circle should be consistent, equal size and shape with the sides lined up conforming to the concept of the long axis bisecting the circles.

The return to center should split the two circles 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.

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

- Toe pushing and strikes cross short axis
- Inability to push equally from both feet
- Poor core body position – bent forward at waist and shoulders elevated
- Lacking bilateral power expected for test level
- Lacking bilateral technical skill development
- Extension to side and not over tracing
- Poor edge quality with wobbles and subcurves
- Lack of upper body lean and control

There are four two foot diameter, red faceoff dots in the neutral zone between the blue lines. Two dots are on each side of the rink, plus a fifth spot (1 foot diameter blue dot) in the faceoff circle in the center ice.

These dots serve as an excellent way to locate the center of the figure eight.

Preliminary Test – Alternating Backward Crossovers to Back Edges

The skater will perform alternating backward crossovers to backward outside edges in consecutive half circles for one length of the ice.

Four or five lobes should be skated.

NOTE: This move may start in either direction.

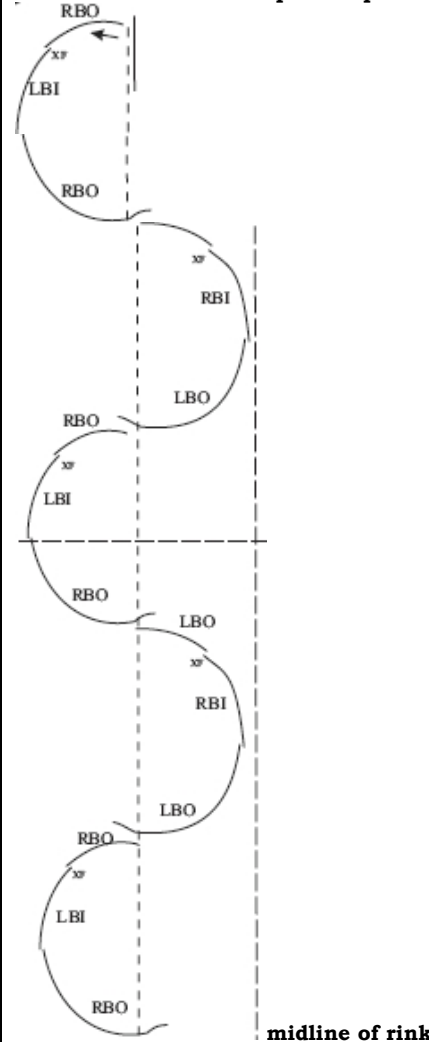
TR 22.08 Assigning Marks

Focus Points:

Accuracy - Pattern
Edge quality
Turn quality
Extension
Quickness - Tempo
Power - Acceleration
Continuous flow
Posture/Carriage – Core Body
Bilateral movement

The diagram is provided to show the steps for the backward lobes.

Start. Intro steps are optional



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 circles.

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 – never a spiral position.

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

- Toe pushing
- Inability to push equally from both feet
- Poor core body position – bent forward at waist and shoulders elevated
- Lacking bilateral power expected for test level
- Lacking bilateral technical skill development
- 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 upper body lean and control

Note: Half circles and lobes are terms used interchangeably.

Older and stronger skaters may choose to perform four lobes – two on either side of the red hockey line dividing the rink into two equal halves.