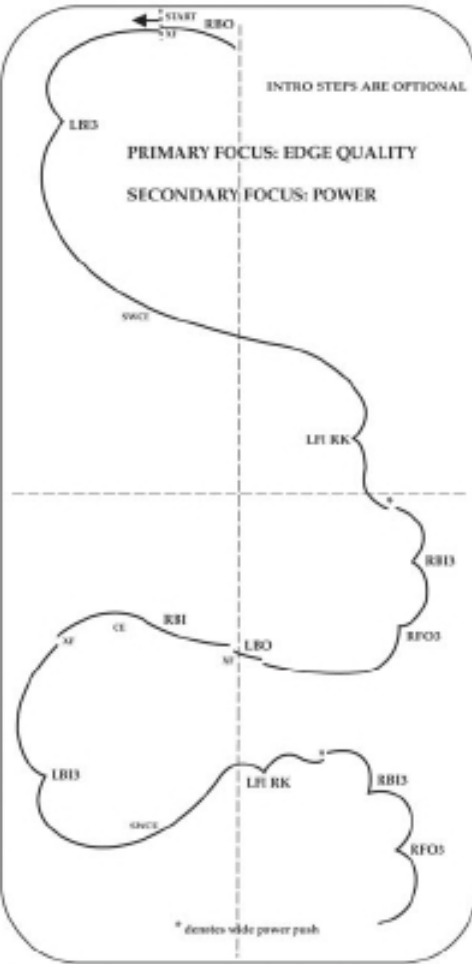


Sustained Edge Step	Description	Focus	Comments
 <p>The diagram illustrates the Sustained Edge Step pattern in two directions. The top half shows the sequence: START (LBO), LBI3, SWCL, LFI RK, RBD3, RFO3. The bottom half shows the reverse sequence: RBD3, RFO3, LFI RK, LBI3, SWCL, LBO. A vertical dashed line separates the two directions. Text in the diagram includes 'INTRO STEPS ARE OPTIONAL', 'PRIMARY FOCUS: EDGE QUALITY', and 'SECONDARY FOCUS: POWER'. A note at the bottom states '* denotes wide power push'.</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>The skater will powerfully perform a Back Inside three-turn to a sustained swing change of edge followed by a forward Inside rocker stepping to a Back Inside double three-turn.</p> <p>Backward crossover steps follow this sequence.</p> <p>This pattern is then repeated to cover the entire surface of the arena.</p> <p>The skater will then repeat this step in the opposite direction.</p> <p>The introductory steps and end sequence of 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. • Edge Quality – Bilateral solid edges without sub-curves and balanced transitions from lobe to lobe • Turn Quality – Bilateral turns performed with flowing edges and excellent control throughout. • Extension – Head, upper body/ torso, and arm control coordinated with free leg extension that does not affect the torso and elevate the free hip. • Core Body – Head, upper body/torso, and arm control coordinated with free leg extension • Quickness – even rhythm or tempo <p>Errors</p> <ul style="list-style-type: none"> • Inability to maintain flow throughout • Scraping or skidding turns • Poor posture • Mohawks rather than Choctaws • Inability to obtain an even rhythm & quickness <p>Expectations</p> <ul style="list-style-type: none"> • Clean Choctaws on correct edges - Sometimes stronger on one side than other • Complete required sets as stated in the rule-book • Demonstrate continuous flow with no loss of speed from start to finish • Accomplished control and an undisturbed upper body carriage, particularly the arms 	

Senior Test – Spiral Sequence

The element begins with a series of spirals, transitioning from a RBO spiral to a RFI spiral through the use of a RBO3 that is parallel to the long barrier of the arena.

The free leg is then lowered into a RFI open Mohawk and steps wide with a two-foot power push transition into two backward R over L crossovers.

The skater steps onto a LFI and then immediately onto a RFI-RBO spiral sequence, again transitioning between spirals with a RFI3. The skater then does a cross stoke behind LBO swing roll followed by a FO triple 3-turn.

Then step LFI into a RFI3, followed by a step forward into a LFO crossover and finally a LFO spiral.

The pattern is repeated in the opposite direction, and transition steps are optional.

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

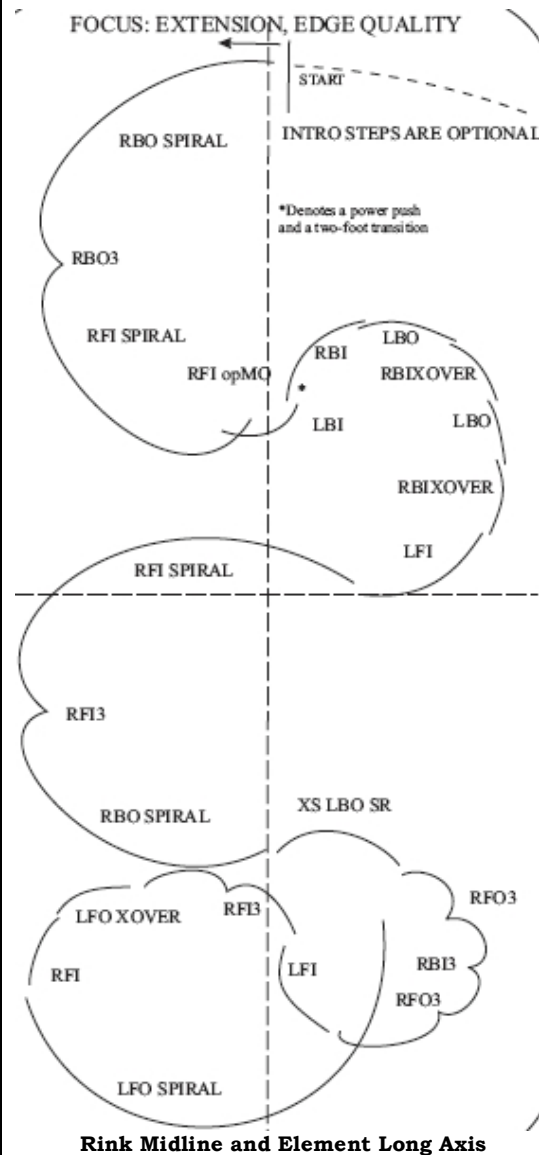
NOTE: This move may start in either direction.

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 the forward and backward lobes. See Note for additional comments.



USFS Test Book source of MITF diagram and element description

Judging Considerations:

The size and shape of each lobe should be consistent 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 and cross the long axis. Diagonal centers would likely cause the skater to distort the pattern, run out of room 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.

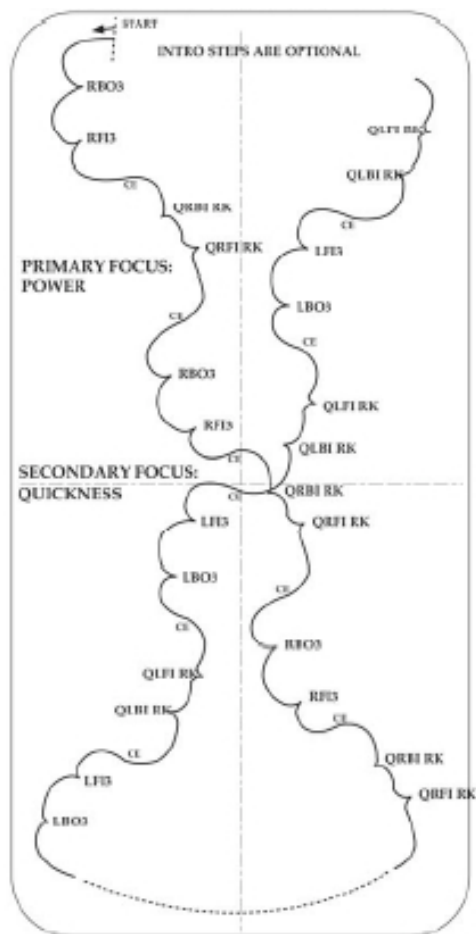
Hands should be at or close to waist/hip level, not at shoulder height. Back and forward extensions should be equal height.

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 spiral position –, bent skating knee, failure to establish arched back with free leg over tracing and elevated above hip level
- Lack of smooth, controlled transition from back to forward curves
- Poor edge quality with wobbles, subcurves, flats, or forced edges
- Lack of smooth, controlled transfer of weight in turns
- Lacking bilateral technical skill development
- Extension to side (not over tracing), a low free leg, and bending forward at waist without the desired spiral arch position.
- Inability to smoothly raise and lower the free leg in the spiral.
- Inability to sustain the spiral

Note: The pattern requires the skater to retrogress the transitions from one lobe to another to fit the turns and spirals into the rink.

Back Outside Power Double Three-Turns to Power Double In- side Rockers



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 Back Outside power double three-turns then complete a power pull to Back Inside double rockers.

These rockers are immediately followed by another power pull.

This sequence is repeated consecutively down the entire diagonal of the arena.

The skater will then perform the same steps using the opposite diagonal of the arena.

Focus

- **Power** – Bilateral ability to generate continuous power with equal and even strength from solid edges with flexible skating knees throughout the entire pattern.
- **Edge Quality** – Bilateral solid edges without sub-curves and balanced transitions from lobe to lobe
- **Turn Quality** – Bilateral turns performed with flowing edges and excellent control throughout.
- **Extension** – Head, upper body/ torso, and arm control coordinated with free leg extension that does not affect the torso and elevate the free hip.
- **Core Body** – Head, upper body/torso, and arm control coordinated with free leg extension
- **Quickness** – even rhythm or tempo

Errors

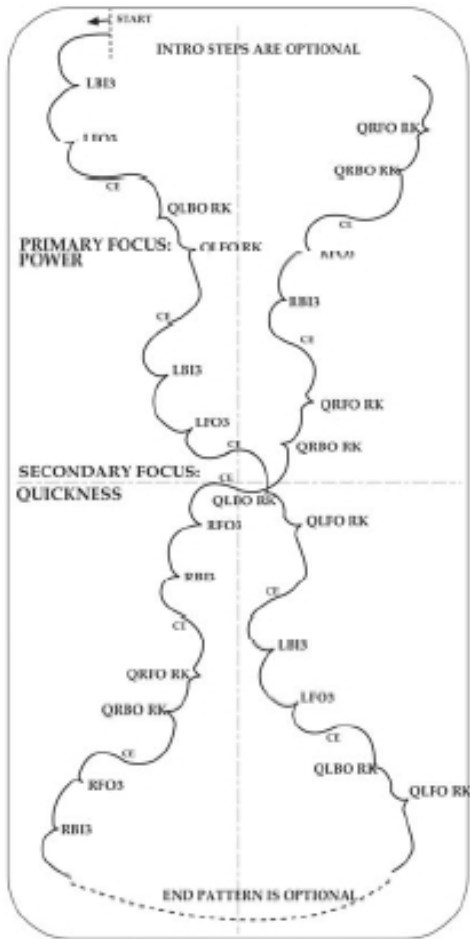
- Inability to maintain flow throughout
- Scraping or skidding turns
- Poor posture
- Inability to demonstrate required control of pulls and turns
- Lack of an even rhythm & tempo throughout element

Expectations

- Clean turns on correct edges - Sometimes stronger on one side than other
- Complete required sets as stated in the rule-book
- Demonstrate continuous flow with no loss of speed from start to finish
- Achieve control and an attractive upper body carriage, particularly the arms

Comments

Back Inside Power Double Three-Turns to Power Double Outside Rockers



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 Back Inside power double three-turns then complete a power pull to Back Outside double rockers.

These rockers are immediately followed by another power pull and the sequence is repeated consecutively down the entire diagonal of the arena.

The skater will then perform the same steps using the opposite diagonal of the arena.

Focus

- **Power** – Bilateral ability to generate continuous power with equal and even strength from solid edges with flexible skating knees throughout the entire pattern.
- **Edge Quality** – Bilateral solid edges without sub-curves and balanced transitions from lobe to lobe
- **Turn Quality** – Bilateral turns performed with flowing edges and excellent control throughout.
- **Extension** – Head, upper body/ torso, and arm control coordinated with free leg extension that does not affect the torso and elevate the free hip.
- **Core Body** – Head, upper body/torso, and arm control coordinated with free leg extension
- **Quickness** – even rhythm or tempo

Errors

- Inability to maintain flow throughout
- Scraping or skidding turns
- Poor posture
- Inability to demonstrate required control of pulls and turns
- Lack of an even rhythm & tempo throughout element

Expectations

- Clean turns on correct edges - Sometimes stronger on one side than other
- Complete required sets as stated in the rule-book
- Demonstrate continuous flow with no loss of speed from start to finish
- Achieve control and an attractive upper body carriage, particularly the arms

Comments

Senior Test – Straight Line Step Sequence 1

The element begins with a RFO3 followed by a LBO double-3. The free leg then crosses in front for a RBI. This edge is followed by three clockwise toe steps and another cross in front RBI.

Next the skater shall step forward onto a new LFO lobe and perform a 2-1/2 revolution RFI twizzle, ending with a LBO cross stroke behind 3-turn.

This turn will initiate a series of quick Mohawk turns followed by a quick LBI. Next is a RBI counter into a RFI rocker. The skater steps LBI then a step-wide into RBI rocker, RFI Mohawk, LBI bracket sequence.

The skater should then simultaneously cross behind and reverse arm position to do RFI bracket into RBO counter, followed by a LFO cross front, RFI cross behind.

The final part of the sequence is an open RFI/LBO double Choctaw followed immediately by a RFI counter, then push to LBI double twizzle, and finishes with a RBI loop.

Optional steps take the skater to the repeat of the sequence in the opposite direction.

NOTE: This move may start in either direction.

TR 22.08 Assigning Marks

Focus Points:

Accuracy - Pattern

Edge quality

Turn quality

Extension

Quickness - Tempo

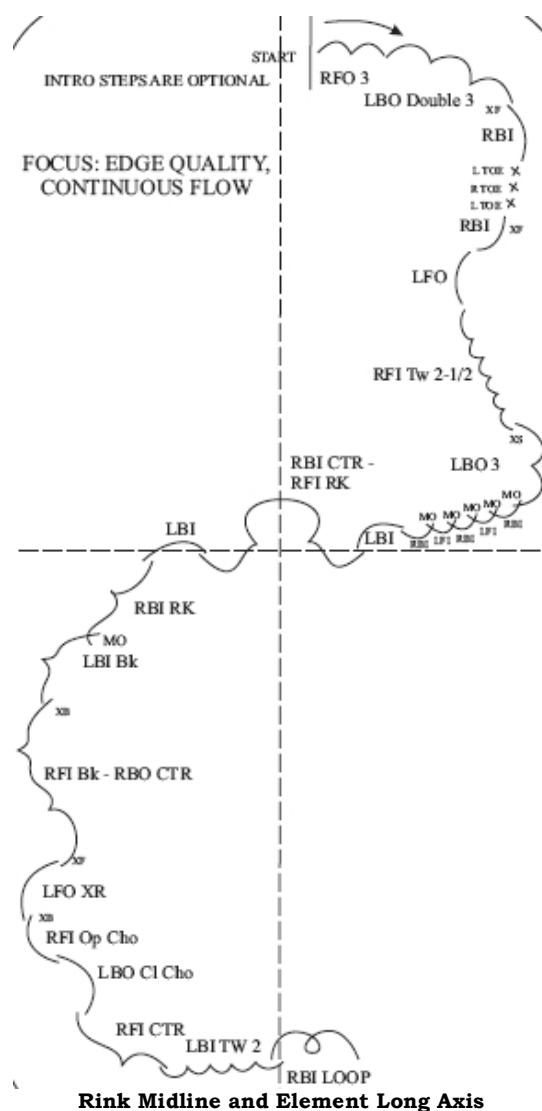
Power - Acceleration

Continuous flow

Posture/Carriage – Core Body

Bilateral movement

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



USFS Test Book source of MITF diagram and element description

Judging Considerations:

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

The return to the center axis at the midline of the rink must retrogress when crossing the long axis. Diagonal centers would likely cause the skater to distort the pattern, run out of room 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), high free leg, and bending forward at waist.

Note: The twizzle lobes are larger, but performed on a more shallow edge than Choctaw, Rocker and Counter lobes. Skaters need to fit the steps equally into each half of the rink for maximum credit.

Senior Test – Straight Line Step Sequence 2

The element begins with a LFO3 followed by a RBO double-3. The free leg then crosses in front for a LBI.

This edge is followed by three counterclockwise toe steps and another cross in front LBI.

Next the skater shall step forward onto a new RFO lobe and perform a 2-1/2 revolution LFI twizzle, ending with a RBO cross stroke behind 3-turn.

This turn will initiate a series of quick Mohawk turns followed by a quick RBI. Next is a LBI counter into a LFI rocker.

The skater steps RBI then a step-wide into LBI rocker, LFI Mohawk, RBI bracket sequence.

The skater should then simultaneously cross behind and reverse arm position to do LFI bracket into LBO counter, followed by a RFO cross front, LFI cross behind.

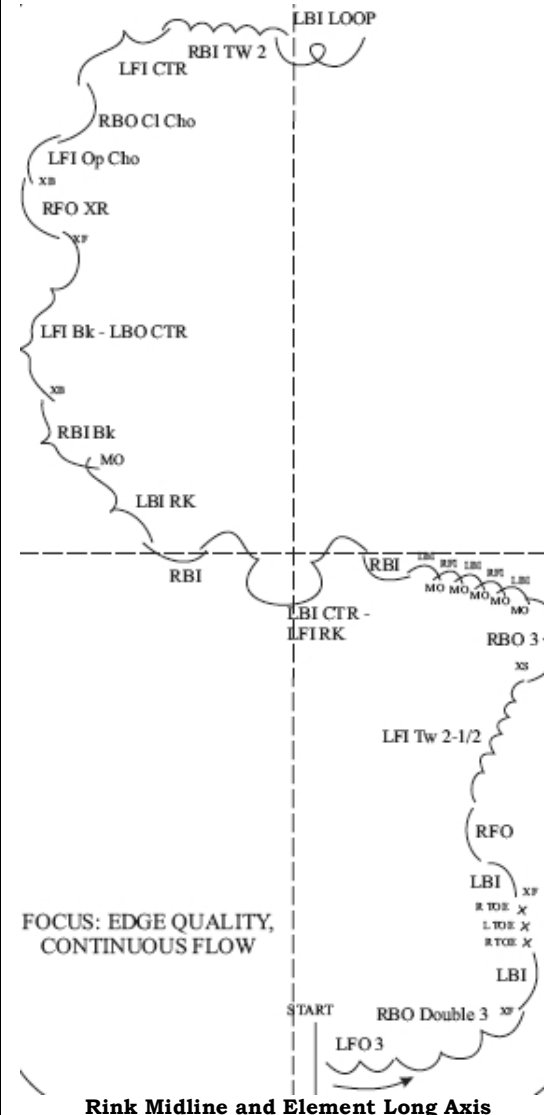
The final part of the sequence is open LFI/RBO double Choctaw followed immediately by a LFI counter, then push to RBI double twizzle, and finishes with a LBI loop.

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.*



USFS Test Book source of MITF diagram and element description

Judging Considerations:

The size and shape of each lobe should be consistent 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, run out of room 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), high free leg, and bending forward at waist.

Note: The twizzle lobes are larger, but performed on a more shallow edge than Choctaw, Rocker and Counter lobes. Skaters need to fit the steps equally into each half of the rink for maximum credit.