

USFS Test Levels

Test Levels within Disciplines

The USFS has developed a system of test levels that assesses the skater's skills as they progress through a sequence of progressively more difficult elements that culminates with the gold medal in each discipline.

The test structure also serves as means of determining the qualifying event level for competitive. All USFSA sanctioned competition events use a skater's tests levels

There are 2 types of testing used by the USFSA: the Basic Skating Skill "Learn-to-Skate" tests, and the formal three judge panel of "Judged" tests" such as MITF, Free Skating, Pairs, and Dance.

The Learn-to-Skate Testing is used by the Basic Skills program to promote skaters to the next higher group class and qualify skaters to enter Basic Skating Skills competitive events. These tests are rather informal, unlike the official USFS judged tests.

Judged Tests represent a more formal test structure that is designed to promote skaters solely on achieving a minimum level of performing specific skill clusters.

The USFS central office keeps records based on each USFS membership and every test that has been taken. The number remains the same each season. Members can check on each test they have taken and if the test was passed or retried.

A skater's age is not a factor in taking the standard tests, but is considered in determining if the skater will be tested as

an "Adult" or "Master" skater. Skaters who take standard tests will have some age limits depending on the discipline.

Review the current USFS Rulebook for a summary of test levels and test disciplines and about Competitive Qualification Requirements.

Moves-in-the-field is a technical discipline designed to improve skater's abilities in areas such as stroking, turns, edge work, etc.

Free Skating encompasses jumps, spins, and connecting steps, turns, and other elements like spread eagles, pivots, etc.

Pair skating has a man and lady performing all of the individual free skating elements, plus various pair lifts, spins, and other related moves.

Dancing is comprised on both compulsory dance tempos and patterns and a free dance program this consists of original dance moves choreographed to music selected by the skaters.

Before taking a free skating test, a skater pass the Moves-in-the-Field (MITF) test at the same level. Skaters are unable to "opt out" of taking the MITF tests. However, they may continue to pass MITF tests without taking the same

Before taking a pair test, the skater must pass the same level Moves-in-the-Field (MITF) test.

Before entering a dance competition, the skater should pass the same level Moves-in-the-Field (MITF) test.