

# OVERVIEW OF NEW PART 2 FREE SKATE TESTS

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# General Overview

- Part 2 free skate tests are now evaluated much like a competitive free skate test although still using the same test standards and still using the Excellent to Needs Improvement scale.
- Each element will be charted and given a mark (excellent, good, satisfactory or needs improvement)
- The presentation mark is now evaluated by **evaluating five program components** (skating skills, transitions, performance/execution, choreography, interpretation)

# General Overview

- Each test has well balanced program requirements which are now the same as the well balanced program for competitions
- No changes have been made to the element portion or Part 1 of each test

# Special Considerations

## Preliminary and Jr. Bronze

The outcome of these tests is based only on program composition and program component marks.

The assessment of each element is only for information for the skater and coach.

# Special Considerations

## Preliminary to Gold

If a jump is repeated without being in combo or sequence it must be assessed as “needs improvement”

If a skater does more than the required elements, the extra elements after the maximum are ignored (Prelim. to Sr. Silver)

# Special Considerations

## Sr. Bronze to Gold

If there are fewer elements than the maximum allowed, the missing elements will receive a “needs improvement”

An Axel type jump (1W, 1A, 2A) is required. If one is not attempted as one of the 6 jump elements, the last jump is assessed as a “needs improvement”

# SPECIFIC PASSING REQUIREMENTS

# Preliminary Requirements

## PROGRAM COMPOSITION

- A satisfactory or better must be obtained in Program Composition
- To obtain a satisfactory, the skater must **attempt** a minimum of 3 different jumps of at least one rotation and 2 different spins.
- These elements do **NOT** have to be successfully completed. i.e. can have an evaluation of “needs improvement”

## PROGRAM COMPONENT CRITERIA

- 2 of the 5 program component criteria must be satisfactory or better
- AND **skating skills** and **performance/execution** must be satisfactory or better
- If skater has 2 satisfactory criteria does not include **BOTH** skating skills and performance/execution, check the “No” check box.

## TOTAL PASS

- Must have 3 of 6 criteria AND
- **Both “yes” check boxes must be checked in order to pass**

# Jr. Bronze Requirements

## PROGRAM COMPOSITION

- A satisfactory or better must be obtained in Program Composition
- To obtain a satisfactory, the skater must **attempt** a minimum of 4 different jumps of at least one rotation and 2 different spins.
- These elements do **NOT** have to be successfully completed

## PROGRAM COMPONENT CRITERIA

- 2 of the 5 program component criteria must be satisfactory or better
- AND **skating skills** and **performance/execution** must be satisfactory or better
- If skater has 2 satisfactory criteria but does not include **BOTH** skating skills and performance/execution, check the “No” check box.

## TOTAL PASS

- Must have 3 of 6 criteria AND
- **Both “yes” check boxes must be checked to pass**

# Sr. Bronze Requirements

## TECHNICAL CRITERIA

- Must include **one double jump** evaluated at **satisfactory** or better
- A double jump executed (with no more than  $\frac{1}{4}$  rotation lacking) as the first jump in a combination or sequence with errors on the second jump will count as meeting the requirement of the double jump evaluated at satisfactory or better regardless of the evaluation of the full combo. or sequence
- 8 out of 10 elements must be evaluated at satisfactory or better including 5 of the jumps and 2 of the spins

## PROGRAM COMPONENT CRITERIA

- 3 of the 5 program component criteria must be satisfactory or better
- AND **skating skills** and **performance/execution** must be satisfactory or better

## TOTAL PASS

- Must have 11 of 15 criteria AND
- **All three “yes” check boxes must be checked to pass**

# Jr. Silver Requirements

## TECHNICAL CRITERIA

- Must include **two different double jumps** evaluated as **satisfactory** or better
- A double jump executed (with no more than  $\frac{1}{4}$  rotation lacking) as the first jump in a combination or sequence with errors on the second jump will count as meeting the requirement of the double jump evaluated at satisfactory or better regardless of the evaluation of the full combination or sequence
- 8 out of 10 elements must be evaluated at satisfactory or better including 5 of the jumps and 2 of the spins

## PROGRAM COMPONENT CRITERIA

- 4 of the 5 program component criteria must be satisfactory or better
- AND **skating skills** and **performance/execution** must be satisfactory or better

## TOTAL PASS

- Must have 12 of 15 criteria AND
- **All three “yes” check boxes must be checked to pass**

# Sr. Silver Requirements

## TECHNICAL CRITERIA

- Must include **three different double jumps** evaluated at **satisfactory** or better
- A double jump executed (with no more than  $\frac{1}{4}$  rotation lacking) as the first jump in a combination or sequence with errors on the second jump will count as meeting the requirement of the double jump evaluated at satisfactory or better regardless of the evaluation of the full combo. Or sequence
- 8 out of 10 elements must be evaluated at satisfactory or better including 5 of the jumps and 2 of the spins

## PROGRAM COMPONENT CRITERIA

- 4 of the 5 program component criteria must be satisfactory or better
- AND **skating skills** and **performance/execution** must be satisfactory or better

## TOTAL PASS

- Must have 12 of 15 criteria AND
- **All three “yes” check boxes must be checked to pass**

# Gold Requirements

## TECHNICAL CRITERIA

- Must include **four different double jumps** evaluated at **satisfactory** or better
- A double jump executed (with no more than  $\frac{1}{4}$  rotation lacking) as the first jump in a combination or sequence with errors on the second jump will count as meeting the requirement of the double jump evaluated at satisfactory or better regardless of the evaluation of full combo. or sequence
- Women - 8 out of 10 elements must be evaluated at satisfactory or better including 5 of the jumps and 2 of the spins
- Men – 9 out of 11 elements must be evaluated as satisfactory or better including 6 of the jumps and 2 of the spins

## PROGRAM COMPONENT CRITERIA

- 4 of the 5 program component criteria must be satisfactory or better
- AND **skating skills** and **performance/execution** must be satisfactory or better

## TOTAL PASS

- Women - must have 12 of 15 criteria
- Men – must have 13 of 16 criteria AND
- **All three “yes” check boxes must be checked to pass**

# Special Notes for Gold Free Skate

## Part 2

- One additional jump may be included if it is an attempted double Axel or any triple.
- A double Axel or triple jump is **NOT** a requirement for the Gold free skate test
- **AN ATTEMPTED 2A OR TRIPLE JUMP WILL NOT NEGATIVELY IMPACT THE OUTCOME OF THE TEST**
- The passing requirement does not change. 5 of 6 jumps required for women and 6 of 7 jumps for men
- The next two slides describe what to do in the following circumstances
  - What to do when the extra jump is attempted
  - What to do when an extra jump is attempted but is NOT the 2A or triple jump.

# 2A or Triple Jump Attempted

- The lowest evaluated jump would be invalidated (ignored) when adding up the number of successful jump criteria

1.	1A+2T+C	G	If there are two jumps with Ni choose the one that will benefit the skater the most.
2.	2S+2LO+C	G	
3.	2Lz	Ni	
4.	2Lo	S	
5.	2T	Ni	*This jump has lowest evaluation, therefore ignored
6.	2F	S	
7.	2A	S	

This skater (woman) would pass this part of the test as 5 of 6 jumps are satisfactory or better

# Extra Jump Element Included NOT a 2A or Triple Jump

Woman does 7 jump elements, man does 8 which is not a 2A or triple jump.

1. 1A+2T+C                      G
2. 2S+2LO+C                    G
3. 2Lz                              Ni
4. 2Lo                               S
5. 2T                                Ni
6. 2F                                S
7. 1A                                S \*this jump is invalidated because it has the lowest base value according to the scale of values table

In this example the skater does not pass the jump requirements. Since we invalidated the 1A, she has only 4 of 6 successful jumps completed.

# PROGRAM COMPONENTS

# Comparison of New and Old

New Assessment Criteria	Previous Assessment Criteria
<b>Skating Skills</b>	Sureness of skating skills with speed (excluding jumps and spins)
<b>Transitions</b>	Connecting Steps/Field Movements
<b>Performance/Execution</b>	Carriage/Line/Form
<b>Choreography</b>	Use of Ice & Program Composition
<b>Interpretation</b>	Use of Music

Standards have not changed for any test!

# Skating Skills

- When evaluating the skating skills, the following must be considered:
  - Balance, rhythmic knee action and precision of foot placement
  - Flow and effortless glide
  - Cleanness and sureness of deep edges, steps and turns
  - Power/energy and acceleration
  - Mastery of multi-directional skating
  - Mastery of one-foot skating.

# Transitions

The varied and/or intricate footwork, positions, movements and holds that link all elements. In singles this also includes the entrances and exits of technical elements.

In evaluating the transitions/linking footwork and movement, the following must be considered:

- Variety
- Difficulty
- Intricacy
- Quality

# Performance/Execution

- Performance is the involvement of the skater physically, emotionally and intellectually as they translate the intent of the music and choreography.
- Execution is the quality of movement and precision in delivery.
- In evaluating the Performance/Execution, the following must be considered:
  - Physical, emotional and intellectual involvement
  - Carriage
  - Style and individuality/personality
  - Clarity of movement
  - Variety and contrast
  - Projection

# Choreography

An intentionally developed and/or original arrangement of all types of movements according to the principles of proportion, unity, space, pattern, structure and phrasing. In evaluating the choreography/composition the following must be considered:

- Purpose (idea, concept, vision, mood)
- Proportion (equal weight of parts)
- Unity (purposeful threading of all movements)
- Utilization of personal and public space
- Pattern and ice coverage
- Phrasing and form (movements and parts structured to match the phrasing of the music)
- Originality of purpose, movement and design.

# Interpretation

- The personal and creative translation of the music to movement on ice. In evaluating the interpretation of the music, the following must be considered:
  - Effortless movement in time to the music (timing)
  - Expression of the music's style, character and rhythm
  - Use of finesse to reflect the nuances of the music.

SENIOR BRONZE FREE SKATING TEST EVALUATION SHEET

Day	Month	Year			

Candidate \_\_\_\_\_ Evaluator \_\_\_\_\_

**PART 2: PROGRAM (2:00 or 2:30 minutes ± 10 seconds)**

CANDIDATE'S COPY

Technical Criteria		E (+)	G (0)	S (-1)	NI (-2/-3)	COMMENTS
<b>JUMPS</b> Maximum of six jump elements. Must include at least one Axel-type jump (waltz or Axel) and one double jump. Max. three combinations or sequences. Jump combinations may contain no more than two jumps. No jump included more than twice and if a jump is repeated it must be in combination or sequence.	1.					
	2.					
	3.					
	4.					
	5.					
	6.					
<b>SPINS</b> Maximum of three spins. One combination spin, change of foot mandatory (min. three revs/foot and min. two revs/position) One flying spin (min. three revs in basic position) One spin of any nature (min. four revs total)	1.					
	2.					
	3.					
<b>STEP/ SPIRAL SEQUENCE</b>						

<b>Mandatory Pass Element:</b> The program must include at least one double jump evaluated at Satisfactory or better†	/10	<input type="checkbox"/> YES <input type="checkbox"/> NO
<b>Passing Requirement:</b> 8/10 criteria must be Satisfactory or better including: *5 jump criteria *2 spin criteria	/10	<input type="checkbox"/> YES <input type="checkbox"/> NO

Program Component Criteria	E ≥ 2.25	G ≥ 2.00	S ≥ 1.50	NI < 1.50	COMMENTS
*Skating Skills					
Transitions					
*Performance/ Execution					
Choreography					
Interpretation					

<b>Passing Requirement:</b> 3/5 criteria must be Satisfactory or better including: *Skating Skills and *Performance/ Execution	/15	<input type="checkbox"/> YES <input type="checkbox"/> NO
<b>FINAL TEST RESULT:</b> 11/15 criteria must be Satisfactory or better and all three passing requirements must be successfully attained to pass the test	/15	<input type="checkbox"/> PASS <input type="checkbox"/> RETRY

† Note – a double jump executed (with no more than ¼ rotation lacking) as the first jump in a combination or sequence with errors on the second jump will count as meeting the requirement of the double jump evaluated at satisfactory or better regardless of the evaluation of the element

# Resources

- Go to members only:
  - Members/officials/test sheet guidelines
  - Members/officials/Free Skating Programs –notes for evaluators
- For test sheets go to members only:
  - Technical & Programs/test sheets/ free skate post July 1, 2011