

QUAD FREESTYLE TESTS

QUAD FREESTYLE	
#1 Bronze Quad Freestyle	
Min Grade: 35	Passing Grade: 100
Max: 1:30 minutes	
Jumps	Spins
Bunny Hop	Two Foot Spin (3x)
2 Foot Jump No Rotation	One Foot Upright (2x) (may be 1/4 turns)
2 Foot Jump 1/2 Rotation	
<p>Components of a strong bronze 1 freestyle test should include forward skating, changes of direction and coverage of the entire skating surface.</p> <p>Suggested moves can include but are not limited to Forward Arabesque, Shoot the Duck, C-Step Turns, and Toe Hops.</p>	
#2 Bronze Quad Freestyle	
Min Grade: 35	Passing Grade: 100
Max: 1:30 minutes	
Jumps	Spins
Waltz Jump	Heel/Toe Spin (3x)
1/2 Flip	IB Upright (3x)
1/2 Toe Loop	
<p>Components of a strong bronze 2 freestyle test should include backward skating, changes of direction and coverage of the entire skating surface.</p> <p>Suggested moves can include but are not limited to Backward Arabesque, Forward Scale, Spread Eagle, & 3 turn sequence.</p>	
#3 Bronze Quad Freestyle	
Min Grade: 40	Passing Grade: 110
Max: 2 minutes	
Jumps	Spins
Waltz/ Toe Loop (Closed take-off)	IB/ IF Upright (2x each)
Toe Loop	OF or OB Upright (2x each)
Salchow	
<p>1 Footwork sequence consisting of steps or sequence of steps involving 3 turns, C-Step Turns, Forward edges, and Toe hops. (Straight Line Pattern)</p> <p>Suggested moves can include but are not limited to forward pivots, forward or backward scales, & arabesque/shoot the duck/arabesque.</p>	
#4 Bronze Quad Freestyle	
Min Grade: 40	Passing Grade: 110
Max: 2 minutes	
Jumps	Spins
Salchow/ Toe Loop (closed take-off)	OF Upright or OF Sit (2x)
Flip	OB Upright or OB Sit (2x)
Loop	IB Sit Spin (3x)
<p>1 Footwork Sequence consisting of steps or sequence of steps involving 3 turns, C-Step Turns, Backward edges, and Toe hops. (Diagonal Pattern)</p> <p>Suggested moves can include but are not limited to backward pivots, shoot the duck w/leg tuck (front or back), and attitude.</p>	

QUAD FREESTYLE	
#5 Silver Quad Freestyle	
Min Grade: 40	Passing Grade: 110
Max: 2:30 minutes	
Jumps	Spins
Euler	IB Sit Spin (2x) Upright (2x)
Lutz	OF Camel (2x) or OB Camel (2x)
3 Jump Combo w/Flip or Loop	Sit Spin change sit spin (2x each)
<p>1 Footwork sequence consisting of steps or sequence of steps involving 3 turns, C-Step Turn, S-Step turn, swings, and any suggested moves of your choice. (Serpentine Pattern)</p> <p>Suggested moves can include but are not limited to Stag Jump, Side Leg Stretch, and Ballet Jump.</p> <p>*Note: Spins– Pick 2*</p>	
#6 Silver Quad Freestyle	
Min Grade: 45	Passing Grade: 120
Max: 2:30 minutes	
Jumps	Spins
Axel	OF Camel/Upright (2x each)
5 Jump Combo (singles only)	Sit Spin (5x)
At least 2 different single jumps	OB Camel/Upright (2x each)
<p>Advanced footwork sequence: steps or sequence of steps involving 3 turns, brackets, swings, counters, suggested moves and changes of edge or change of lean and direction. (Circle Pattern)</p> <p>Suggested moves can include but are not limited to backward inside scale, arabesque with edge change & scorpion.</p> <p>*Note: Spins-Pick2*</p>	
#7 Silver Quad Freestyle	
Min Grade: 50	Passing Grade: 130
Max: 3 minutes	
Jumps	Spins
Double Toe Loop	Camel Change Camel (2x each)
Double Salchow	Camel/Sit Spin/ Sideways Upright (2x each)
3 jump combo (must include an axel and one double listed above).	IB Camel/Upright (2x)
<p>Advanced footwork sequence: steps or sequence of steps involving 3 turns, brackets, swings, counters, suggested moves and changes of edge or change of lean and direction. (Free Pattern)</p> <p>Suggested moves can include but are not limited to stag jump, and Ina Bauer.</p> <p>*Notes: Spins– Pick 2*</p>	

QUAD FREESTYLE TESTS (continued)

QUAD FREESTYLE	
#8 Silver Quad Freestyle	
Min Grade: 55 Passing Grade: 140	Max: 3:30 minutes
Jumps	Spins
At least 3 different double jumps one MUST be a Double Flip.	Camel combo spin, must include a sit spin (3 positions, 2x each)
5 Jump combo (must include single Axel & two different doubles).	Heel Camel right or left (3x) 3 Way Camel (2x each)
Advanced Foot work sequence: steps or sequence of steps involving brackets, counters, rockers, forward loops, suggested moves and change of edge with change of lean and direction. (Free Pattern)	
Suggested moves can include but are not limited to Split Jump, Sideways Arabesque, and Illusion.	
Notes: Spins-Pick 2	
#9 Gold Quad Freestyle	
Min Grade: 60 Passing Grade: 150	Max: 4 minutes
Jumps	Spins (Choose 3)
Double Flip	Heel of your choice/Combo Spin must include a sit (4 positions max) (3x each)
Double Lutz	OF Camel/IB Camel/OB Camel (2x each)
Double Loop	Camel Jump Camel (2x each)
3-5 Jump combo (must include 2 doubles listed above)	Inverted (2x each)
Advanced foot work sequence: Steps or sequence of steps involving brackets, counters, rockers, backward loops, suggested moves and changes of edge or changes of lean and direction. (Free Pattern)	
Choreo Footwork Sequence	
Suggested moves can include but are not limited to layback spread eagle, scorpion, and hydroplane.	
Note: Spins- Pick 2	
#10 Gold Medal Quad Freestyle	
Min Grade: 60 Passing Grade: 150	Max: 4 minutes
JUMPS - Choose Three (3)	Combos: Choose 2
Double Flip	Double Lutz/Euler/Double Flip
Double Lutz	5 Jump Combo (must include 2 doubles, one must be a loop)
Double Loop	Axel/Loop/Double Loop
Double Axel	3 Jump Combo including 1 Triple Jump
Any Triple	
SPINS - Choose Three (3)	
Biellman	Combination Spin (min. of 4 positions, 2x each, must include 1 heel camel and 1 sit spin)
Heel Camel (6x)	Broken Ankle (2x)
Advanced Foot work sequence: Steps or sequence of steps involving brackets, counters, rockers, forward & backward loops, suggested moves and changes of lean and direction. (Free Pattern)	
Choreo Footwork Sequence	
Suggested moves can include but are not limited to High leg stretch front or back, Russian Split, & Ina Bauer.	

Judges Notations:

1. All 1/2 jumps must be landed flat footed or with a toe push. Toe Loop take-offs must be in the closed position. Salchow/Loop take-offs can be with or without the toe.
2. All spins must achieve the required revolutions as listed in each test. Scoring of the spin will be dependent on body position, speed of the spin, and edge quality.
3. Scoring of a jump will be dependent on the take-off edges, number of rotations, air position, and clean landings.
4. Footwork should follow the guidelines of each test level and may include other suggested moves in addition to the required footwork. Mohawk turn is known as the "C Step". Choctaw is known as the "S Step".
5. All Gold Medal test items will be judged by the same standard for all jumps and spins regardless of difficulty.
6. If a skater performs an item out of order, the judge will take a deduction but it does not constitute an automatic failure of the test. Omitting an item will require an automatic failure of the test. (Per RSA Achievement Test Booklet).

Please review the Gold Medal Test Section on page 62 for further Gold Medal Test procedures prior to scheduling a Gold Medal Test Center.