

## **Figure Skating Testing and Levels in the US Figure Skating System.**

Testing is an integral part of the sport of figure skating. Testing determines a skater's competition level, skill ability, and the level of their advancement. This article is a brief overview of the testing structures in the US Figure Skating system and how they work.

US Figure Skating has two types of testing: "Learn to skate" testing and "Judged" testing. The first type of testing, Learn to Skate testing, includes the levels Basic 1-8 and Freeskate 1-6. These levels are taken in group lessons with the testing being done by the instructors.

The second type of testing, Judged testing, is a more formal test structure for skaters who have advanced past the basics. However, passing through a Learn to Skate program, i.e. Freeskate 6, is not a pre-requisite for starting the judged tests or for competing. The Judged tests are judged at formal test sessions by US Figure Skating appointed judges. These formal test sessions are held monthly by local figure skating clubs.

Below is a summary of the test levels and disciplines in the US Figure Skating Judged test structure.

<b>Singles Freestyle</b>	<b>Moves in the Field</b>	<b>Pairs</b>	<b>Dance</b>
Pre-Preliminary	Pre-Preliminary	Pre-Juvenile	Preliminary
Preliminary	Preliminary	Juvenile	Pre-Bronze
Pre-Juvenile	Pre-Juvenile	Intermediate	Bronze
Juvenile	Juvenile	Novice	Pre-Silver
Intermediate	Intermediate	Junior	Silver
Novice	Novice	Senior	Pre-Gold
Junior	Junior		Gold
Senior	Senior		International
Adult Pre-Bronze	Adult Pre-Bronze		
Adult Bronze	Adult Bronze	Adult Bronze	
Adult Silver	Adult Silver	Adult Silver	
Adult Gold	Adult Gold	Adult Gold	

The Moves in the Field test that corresponds to the Singles freestyle test at the same level has to be passed before the freestyle test can be taken. The Moves in the Field discipline tests skaters on elements like stroking, turns, edges, etc. The elements in the US Figure Skating judged tests utilize the entire ice surface, especially the Moves in the Field tests which have patterns that require the skater to skate from end to end.

The elements in all the disciplines are normally taught to a skater by the skater's coach. For the singles and pairs disciplines the test elements are incorporated into a program with music usually put together by the skater's coach. When all the elements of the skater's test levels are mastered the skater is then ready to test. The skater's coach usually determines when all of the elements are mastered and the skater is ready to test.