

## Technical Requirements – Moves in the Field

### 5000 Moves in the Field Test Requirements

#### 5010 Classification of Moves in the Field Tests

Moves in the field tests may be taken and passed independently of the free skate, pair, pattern dance and free dance tests. A skater may take and pass moves in the field tests higher than the corresponding free skate, pair, pattern dance and free dance tests and still be qualified to compete in qualifying and nonqualifying competitions. Competitors should refer to the rules for competition requirements for test and age requirements.

5011 The standard moves in the field (MITF) tests are divided into eight classes which must be taken in the following order:

Standard Moves in the Field Test	Prerequisite
Standard pre-preliminary MITF	None
Standard preliminary MITF	Standard pre-preliminary MITF test
Standard pre-juvenile MITF	Standard preliminary MITF test
Standard juvenile MITF	Standard pre-juvenile MITF test
Standard intermediate MITF	Standard juvenile MITF test or adult gold MITF test (adult 21+ or adult 50+ passing average)
Standard novice MITF	Standard Intermediate MITF test
Standard junior MITF	Standard novice MITF test
Standard senior MITF	Standard junior MITF test

A. To qualify for any standard moves in the field test, the candidate must have completed the relevant prerequisites shown in this rule 5011.

5012 The adult moves in the field (MITF) tests are divided into eight classes which must be taken in the following order:

Adult Moves in the Field Test	Candidate	Prerequisite
Adult pre-bronze MITF	Adult 21+	None
Adult bronze MITF	Adult 21+	Adult pre-bronze MITF test or standard pre-preliminary MITF test
	Adult 50+	Adult pre-bronze MITF test or standard pre-preliminary MITF test
Adult silver MITF	Adult 21+	Adult bronze MITF test (adult 21+ passing average) or standard preliminary MITF test
	Adult 50+	Adult bronze MITF test (adult 21+ or adult 50+ passing average) or standard preliminary MITF test
Adult gold MITF	Adult 21+	Adult silver MITF test (adult 21+ passing average) or standard pre-juvenile MITF test
	Adult 50+	Adult silver MITF test (adult 21+ or adult 50+ passing average) or standard pre-juvenile MITF test
Adult intermediate MITF	Adult 21+	Adult gold MITF test (adult 21+ passing average) or standard juvenile MITF test
	Adult 50+	Adult gold MITF test (adult 21+ or adult 50+ passing average) or standard juvenile MITF test
Adult novice MITF	Adult 21+	Adult intermediate MITF test (adult 21+ passing average) or standard intermediate MITF test
	Adult 50+	Adult intermediate MITF test (adult 21+ or adult 50+ passing average) or standard intermediate MITF test
Adult junior MITF	Adult 21+	Adult novice MITF test (adult 21+ passing average) or standard novice MITF test
	Adult 50+	Adult novice MITF test (adult 21+ or adult 50+ passing average) or standard novice MITF test
Adult senior MITF	Adult 21+	Adult junior MITF test (adult 21+ passing average) or standard junior MITF test
	Adult 50+	Adult junior MITF test (adult 21+ or adult 50+ passing average) or standard junior MITF test

A. To qualify for any adult moves in the field test, the candidate must be 21 years of age or older and must have completed the relevant prerequisites as shown above. To qualify as an adult 50+ candidate, the candidate must be 50 years of age or older and must have completed the relevant prerequisites shown in this rule 5012.

- B. A candidate who meets the age requirements in rule 5012 (A) who would like to take an adult moves in the field test as an adult 50+ candidate must specify this when registering to take the test. If the candidate does not specify, it will be assumed that the candidate is taking the test as an adult 21+ candidate, regardless of the candidate's age.
- C. Moves in the field equivalencies are allowed in one direction only from the standard track to the adult track, not from the adult track to the standard track, except that adult skaters who have passed the adult gold moves in the field test (adult 21+ or adult 50+ passing average) are permitted to take the standard intermediate moves in the field test without testing the standard pre-preliminary through juvenile moves in the field tests.

**5013** The Skate United moves in the field (MITF) tests are divided into eight classes which must be taken in the following order:

<b>Skate United Moves in the Field Test</b>	<b>Prerequisite</b>
Skate United Pre-preliminary MITF	none
Skate United preliminary MITF	Skate United pre-preliminary MITF test or standard pre-preliminary MITF test
Skate United pre-juvenile MITF	Skate United preliminary MITF test or standard preliminary MITF test
Skate United juvenile MITF	Skate United pre-juvenile MITF test or standard pre-juvenile MITF test
Skate United intermediate MITF	Skate United juvenile MITF test or standard juvenile MITF test
Skate United novice MITF	Skate United intermediate MITF test or standard intermediate MITF test
Skate United junior MITF	Skate United novice MITF test or standard novice MITF test
Skate United senior MITF	Skate United junior MITF test or standard junior MITF test

- A. The Skate United test track is for candidates who have physical disabilities, as defined by the Americans with Disabilities Act (ADA). Candidates must complete the prerequisites as shown in this rule 5013.
- B. Moves in the field equivalencies are allowed in one direction only from the standard track to the Skate United track, not from the Skate United track to the standard track. (Example: a skater who passes the standard intermediate moves in the field test is eligible to take the Skate United novice moves in the field test; however, a skater who passes the Skate United intermediate moves in the field test is not eligible to then take the standard novice moves in the field test. As an exception to this rule, the standard pre-preliminary moves in the field test and Skate United pre-preliminary moves in the field test have equivalent passing standards, so either test meets the pre-requisite requirement for the standard preliminary moves in the field test or Skate United preliminary moves in the field test.
- C. Skate United candidates who need additional accommodations may also apply for a Skating Accommodations Memorandum as outlined in rule 4005.

**5014** The adaptive skating moves in the field (MITF) tests are divided into four classes which must be taken in the following order:

<b>Adaptive Skating Moves in the Field Test</b>	<b>Prerequisite</b>
Adaptive skating pre-bronze MITF	None
Adaptive skating bronze MITF	Adaptive skating pre-bronze moves in the field test
Adaptive skating silver MITF	Adaptive skating bronze moves in the field test
Adaptive skating gold MITF	Adaptive skating silver moves in the field test

- A. An adaptive skating moves in the field test may be given to any Special Olympics or adaptive skating athlete who is registered with a Special Olympics or adaptive skating program.
- B. Adaptive skating moves in the field tests are a separate series of tests. The passing of a lower level adaptive skating moves in the field test does not qualify the candidate to take the next higher level standard or adult moves in the field test.
- C. Moves in the field tests may be given to adaptive skating candidates at all levels specified in rules 5011, 5012 and 5014, regardless of the age of the athlete.

**5020 General Requirements for Moves in the Field Tests**

**5021** Moves in the field are basic skating moves not set to music. The terms and judging standards applied to moves in the field are for basic skating.

- A. The elements in the moves in the field tests must be skated in the order as set forth in the schedule of tests.
- B. Each element must be commenced from a standing, stationary position with a maximum of seven introductory steps unless specified otherwise in these rules. (See rule 5036.)
- C. The steps must be skated in general accordance with the diagrams and descriptions.
- D. Directed by the judge-in-charge, when applicable, skaters will select the area on the ice surface for their moves in the field elements.
- E. Soft background music is permitted.

**5022** There are no restrictions on the use of painted lines or marks on the ice for moves in the field tests.

**5030 Marking of Moves in the Field Tests**

**5031** Pre-preliminary and adult pre-bronze moves in the field tests are marked “pass,” “pass with honors” or “retry” for the entire test. Adaptive skating moves in the field tests are marked “pass” or “retry” for the entire test. For all other moves in the field test levels, each moves in the field element will be marked on a scale ranging from -3 to +3, in whole number increments, with “0” equal to passing average for test level expectation.

**5032** Moves in the field must be skated with good edges, control, flow, extension, carriage and rhythm. An even speed and flow should be maintained throughout. Maximum utilization of the ice surface is desirable. Ice coverage must not be obtained by the use of flat or shallow edges. In assigning marks, the following must be considered:

- A. **Accuracy:** The correct start, steps and adherence to the general pattern.
- B. **Edge quality:** Initiated through proper body alignment over the skating foot, creating a stable arc that travels uninterrupted until a required transition takes place. Depth of edge refers to the acuteness of the arc and is created by the lean of the body and the angle of the blade when it takes the ice. Good edge quality results in a confident, sure and controlled movement.
- C. **Turn execution:** The proper skill and technique of how the turn should be performed. The correct entry and exit edges are to be adequate and maintained throughout the turn for its identification.
- D. **Extension:** The general carriage should be erect, characterized by an extended bodyline. The angle of the head follows naturally from the line of the back; the arms should be naturally extended with the shoulders down and back. The skater’s hands should follow the line of the movement being executed. The final extended position should be executed in a controlled manner and should achieve the maximum length of all body lines.
- E. **Quickness:** Refers to foot speed. It is precise, rapid and crisp execution of turns, changes of edge and transitions. Quickness does not refer to the overall pace at which the move is skated, although in some moves the foot speed will result in a brisk and continuous cadence. Refinements to acknowledge include quick movement that is quiet, fluid and continuous without disturbing the proper and erect carriage of the upper body or interrupting the established rhythm.
- F. **Power:** The creation and maintenance of speed and flow without visible effort. It is developed by a continuous rise and fall of the skating knee together with the pressure of the edge of the blade against the ice. (The skater should demonstrate the ability to exert equal pressure against the surface of the ice on both the right and left foot.) End products of power are (1) velocity, speed or pace; (2) flow across the ice; and (3) acceleration.
- G. **Continuous flow:** The skater’s ability to maintain a consistent and undisturbed running edge across the ice. Flow does not necessarily relate to the speed at which the skater is traveling as it is sometimes best recognized as the skater starts to slow.
- H. **Posture/carriage:** The proper alignment of the hips, back, arms and shoulders, and head over the skate. Unless the move requires a variation, typically, the skater’s back should be straight, with the spine and head perpendicular to the surface of the ice. The arms should be extended out from the shoulders, level and relaxed. The free leg should be in a straight line and slightly turned out from the free hip to the free toe.
- I. **Bilateral movement:** The ability to execute movements on both sides of the body, clockwise and counterclockwise, forward and backward.
- J. **Strength:** The creation and maintenance of balance and flow developed by a continuous rise and fall of the skating knee together with the pressure of the edge of the blade against the ice. (The skater should demonstrate the ability to exert equal pressure against the ice with both the right and left foot.) End products of strength are (1) good posture; (2) flow across the ice; and (3) consistent pace.

**5033** An effortless, flowing and graceful execution should be achieved. Subject to a general conformity with the basic requirements and within the limits of the following rules, the skater is permitted complete freedom with respect to the following positions:

- A. The head should be carried in an upright position, relaxed and held naturally;
- B. The upper body should be upright, but not stiff;
- C. The arms should be held gracefully;
- D. The free leg should be extended, with the toe pointed.

**5034** For adult 21+ candidates (adult intermediate through adult senior moves in the field tests) and Skate United candidates, the candidate should show the same level of achievement as that of a standard candidate at one test level below. For adult 50+ candidates (adult intermediate through adult senior moves in the field tests), the candidate should show the same level of achievement as that of a standard candidate at two test levels below. For adult 50+ candidates (adult bronze through adult gold moves in the field tests), the candidate should show the same level of achievement as that of an adult 21+ candidate at one test level below.

**5035** If a skater starts a move on the wrong foot or skates a move other than that prescribed, the judge-in-charge must draw attention to the mistake as soon as possible. The mistake must be treated as a false start. Such fresh start must be allowed only once per move without penalty. (See rule 5036.)

- 5036 Mandatory Deductions:** Certain errors in moves in the field tests (with the exception of pre-preliminary, adult pre-bronze and adaptive skating moves in the field tests) require a mandatory deduction of one point (-1) from the mark that would have otherwise been given for that element and do not require a reskate of the element in question in order to pass the test. Such errors are:
- Exceeding the seven introductory steps;
  - Not starting from a standing, stationary position when required;
  - Incorrect execution of a second fresh start.
- 5037** For all moves in the field tests except the pre-preliminary, adult pre-bronze and adaptive skating moves in the field tests the following information is listed:
- Pass total: The total points which must be obtained for the test from an individual judge in order to obtain a “pass” from that judge.
  - Honors total: The total points which must be obtained for the test from an individual judge in order to obtain a “pass with honors” from that judge.
  - Distinction total: The total points which must be obtained for the test from an individual judge in order to obtain a “pass with distinction” from that judge.
- 5038** In order to pass a moves in the field test, a candidate must have received a “pass total” or a “pass” for the entire test from a majority of the judges. In the case where there is no majority test result among the panel, the second highest result among the panel is awarded (i.e. if results are “pass,” “pass with honors,” and “pass with distinction,” the skater is awarded “pass with honors”).
- 5039 Adaptive Skating Moves in the Field Tests:**  
Adaptive skating moves in the field tests are to be judged on a “pass” or “retry” basis.
- To pass a standard or adult moves in the field test as an adaptive skating candidate, a candidate should achieve a comfortable level of performance with the new concepts introduced at each level.
  - All elements may be reskated one time at the request of the judge-in-charge. Additional reskates will be at the discretion of the judge-in-charge.
  - There is no focus for any element.
  - Special Olympics and adaptive skating candidates may be assisted during the test by a coach or another athlete from the boards or on the ice.
  - Guidelines and specific examples of appropriate verbal cues, translations or prompting can be found in the Adaptive Skating Manual on [usfigureskating.org](http://usfigureskating.org).
- 5040 Reskating Any Element of a Moves in the Field Test:**
- At the completion of any test and before any other test is conducted, the judge-in-charge must ask the other two judges individually if they wish to see any element reskated before the judges turn in their judging sheets. Should the judges wish a reskate, they must indicate to the judge-in-charge what they wish to be reskated. This must be done privately without conference. If a majority of the panel requests a reskate, the judge-in-charge will direct the skater to reskate the agreed-upon element. If the judges do not agree on which element to reskate, the judge-in-charge will decide. A brief rest and warm-up is permitted before the reskate is performed.
  - A reskate may only be requested if warranted in order to mark a test as “pass”, not as “pass with honors” or “pass with distinction.”
  - After a moves in the field test, one element may be reskated, if necessary. The reskate may consist of the entire element or a portion of the element.
- 5100 Test Expectations, Required Elements, Pass Totals, Approximate Times and Judging Panels for Standard Moves in the Field Tests**
- 5101 Pre-Preliminary Moves in the Field Test**  
**Test expectations:** The purpose of this test is to encourage beginning skaters to learn the fundamentals of ice skating. No great deal of technical ability, carriage or flow is expected. The candidate must show knowledge of the steps, fairly good edges and some evidence of good form. Expectations are equivalent for Skate United candidates.
- Forward perimeter stroking
  - Basic consecutive edges
  - Forward right and left foot spirals
  - Waltz eight
- Pass/pass with honors/retry:** The entire test will be marked on a “pass,” “pass with honors” or “retry” basis only, and individual marks will not be awarded. The “pass,” “pass with honors” or “retry” will be arrived at by consideration of the composite of each element in relation to the whole. One element may be reskated, if necessary (see rule 5040).  
[Diagrams are available beginning on page MITF-3](#)
- Approximate time for test:** eight minutes
- Judging panel required (standard and Skate United):** One or three bronze or higher rank singles or dance test judges who are certified to judge moves in the field tests.

### 5102 Preliminary Moves in the Field Test

**Test expectations:** The purpose of this test is to continue the encouragement of beginning skaters to learn the fundamentals of ice skating. The candidate must show knowledge of the steps and a good sense of power (speed and flow). Attention should be given to depth of edges and proper curvature of lobes. For Skate United candidates, see rule 5034.

1. Forward and backward crossovers
2. Consecutive outside and inside spirals
3. Forward power three-turns
4. Alternating forward three-turns
5. Forward circle eight
6. Alternating backward crossovers to backward outside edges

One element may be reskated, if necessary (see rule 5040).

[Diagrams are available beginning on page MITF-7](#)

**Pass total:** 0 to 6 points

**Honors total:** 7 to 12 points

**Distinction total:** 13 to 18 points

**Approximate time for test:** 10 minutes

**Judging panel required (standard and Skate United):** Three bronze or higher rank singles or dance test judges who are certified to judge moves in the field tests; or one silver or higher rank singles or dance test judge who is certified to judge moves in the field tests.

### 5103 Pre-Juvenile Moves in the Field Test

**Test expectations:** The fundamentals of ice skating must be demonstrated, although not necessarily mastered. Good edges, flow, power, extension and posture are required and must be strongly emphasized. For Skate United candidates, see rule 5034.

1. Forward and backward perimeter power stroking
2. FO-BI three-turns in the field
3. FI-BO three-turns in the field
4. Forward and backward power change of edge pulls
5. Backward circle eight
6. Five-step mohawk sequence

One element may be reskated, if necessary (see rule 5040).

[Diagrams are available beginning on page MITF-13](#)

**Pass total:** 0 to 6 points

**Honors total:** 7 to 12 points

**Distinction total:** 13 to 18 points

**Approximate time for test:** 12 minutes

**Judging panel required (standard and Skate United):** Three bronze or higher rank singles or dance test judges who are certified to judge moves in the field tests.

### 5104 Juvenile Moves in the Field Test

**Test expectations:** Candidates must skate the correct steps and turns on good edges, with good form, flow, power and preciseness to their steps. For Skate United candidates, see rule 5034.

1. Stroking: Forward power circle
2. Stroking: Backward power circle
3. Eight-step mohawk sequence
4. Forward and backward free skate cross strokes
5. Backward power three-turns
6. Forward double three-turns

One element may be reskated, if necessary (see rule 5040).

[Diagrams are available beginning on page MITF-19](#)

**Pass total:** 0 to 6 points

**Honors total:** 7 to 12 points

**Distinction total:** 13 to 18 points

**Approximate time for test:** 10 minutes

**Judging panel required (standard and Skate United):** Three bronze or higher rank singles or dance test judges who are certified to judge moves in the field tests.

### 5105 Intermediate Moves in the Field Test

**Test expectations:** Strong, true edges, smooth turns, correct posture and effortless flow are expected of the candidate. For adult 21+, adult 50+ and Skate United candidates, see rule 5034.

1. Backward double three-turns
2. Spiral sequence
3. Brackets in the field sequence
4. Forward twizzles
5. Inside slide chassé pattern

One element may be reskated, if necessary (see rule 5040).

[Diagrams are available beginning on page MITF-25](#)

**Pass total:** 0 to 5 points

**Honors total:** 6 to 10 points

**Distinction total:** 11 to 15 points

**Approximate time for test:** 12 minutes

**Judging panel required (standard, adult 21+, adult 50+ and Skate United):** Three silver or higher rank singles or dance test judges who are certified to judge moves in the field tests.

### 5106 Novice Moves in the Field Test

**Test expectations:** The candidate must give a performance that is generally good. The preciseness of the footwork should be nearly faultless, the body motion well timed, and the flow and power very good. No major consistent errors should be in evidence. For adult 21+, adult 50+ and Skate United candidates, see rule 5034.

1. Inside three-turns/rocker choctaws
2. Forward and backward outside counters
3. Forward and backward inside counters
4. Forward loops
5. Backward rocker choctaw sequence
6. Backward twizzles

One element may be reskated, if necessary (see rule 5040).

[Diagrams are available beginning on page MITF-30](#)

**Pass total:** 0 to 6 points

**Honors total:** 7 to 12 points

**Distinction total:** 13 to 18 points

**Approximate time for test:** 12 minutes

**Judging panel required (standard, adult 21+, adult 50+ and Skate United):** Three silver or higher rank singles or dance test judges who are certified to judge moves in the field tests.

### 5107 Junior Moves in the Field Test

**Test expectations:** The candidate must give a performance that is generally very good in all respects. Focus should be on power, flow, edge quality, line and footwork control. For adult 21+, adult 50+ and Skate United candidates, see rule 5034.

1. Forward and backward outside rockers
2. Forward and backward inside rockers
3. Power pulls
4. Choctaw sequence
5. Backward loop pattern
6. Straight line step sequence

One element may be reskated, if necessary (see rule 5040).

[Diagrams are available beginning on page MITF-36](#)

**Pass total:** 0 to 6 points

**Honors total:** 7 to 12 points

**Distinction total:** 13 to 18 points

**Approximate time for test:** 12 minutes

**Judging panel required (standard, adult 21+, adult 50+ and Skate United):** Three gold singles or dance test judges who are certified to judge moves in the field tests.

**5108 Senior Moves in the Field Test**

**Test expectations:** The candidate must give an excellent performance, displaying power, strong edge control and depth, extension and precise footwork control. For adult 21+, adult 50+ and Skate United candidates, see rule 5034.

1. Sustained edge step
2. Spiral sequence
3. BO power double three-turns to power double inside rockers
4. BI power double three-turns to power double outside rockers
5. Serpentine step sequence

One element may be reskated, if necessary (see rule 5040).

[Diagrams are available beginning on page MITF-42](#)

**Pass total:** 0 to 5 points

**Honors total:** 6 to 10 points

**Distinction total:** 11 to 15 points

**Approximate time for test:** 12 minutes

**Judging panel required (standard, adult 21+, adult 50+ and Skate United):** Three gold singles or dance test judges who are certified to judge moves in the field tests.

**5110 Test Expectations, Required Elements, Pass Totals, Approximate Times and Judging Panels for Adult Moves in the Field Tests****5111 Adult Pre-Bronze Moves in the Field Test**

**Test expectations:** Expectations for this test align with the pre-preliminary moves in the field test. The purpose of this test is to encourage beginning adult skaters to learn the fundamentals of ice skating. No great deal of technical ability, carriage or flow is expected. Candidates must show knowledge of the steps, fairly good edges and some evidence of good form.

1. Forward perimeter stroking
2. Basic consecutive edges
3. Forward right and left foot spirals
4. Waltz eight
5. Forward and backward crossovers

One element may be reskated, if necessary (see rule 5040).

**Pass/pass with honors/retry:** The entire test will be marked on a “pass,” “pass with honors” or “retry” basis only, and individual marks will not be awarded. The “pass,” “pass with honors” or “retry” will be arrived at by consideration of the composite of each element in relation to the whole.

One element may be reskated, if necessary (see rule 5040).

[Diagrams are available beginning on page MITF-47](#)

**Approximate time for test:** 10 minutes

**Judging panel required:** One or three bronze or higher rank singles or dance test judges who are certified to judge moves in the field tests.

**5112 Adult Bronze Moves in the Field Test**

**Test expectations:** Expectations for adult 21+ candidates align with the preliminary moves in the field test. The purpose of this test is to continue the encouragement of beginning adult skaters to learn the fundamentals of ice skating. The candidate must show knowledge of the steps and a sense of continuous flow and strength. Attention should be given to depth of edges and proper curvature of lobes. For adult 50+ candidates, see rule 5034.

1. Forward and backward perimeter power stroking
2. Forward power three-turns
3. Alternating backward crossovers to backward outside edges
4. Forward circle eight
5. Five-step mohawk sequence

One element may be reskated, if necessary (see rule 5040).

[Diagrams are available beginning on page MITF-52](#)

**Pass total:** 0 to 5 points

**Honors total:** 6 to 10 points

**Distinction total:** 11 to 15 points

**Approximate time for test:** 12 minutes

**Judging panel required (adult 21+ and adult 50+):** Three bronze or higher rank singles or dance test judges who are certified to judge moves in the field tests; or one silver or higher rank singles or dance test judge who is certified to judge moves in the field tests.

### 5113 Adult Silver Moves in the Field Test

**Test expectations:** Expectations for adult 21+ candidates align with the pre-juvenile moves in the field test. The fundamentals of ice skating must be demonstrated, although not necessarily mastered. Good edges, flow, strength, extension and form are required and must be strongly emphasized. For adult 50+ candidates, see rule 5034.

1. Eight-step mohawk sequence
2. Forward and backward free skate cross strokes
3. FO-BI three-turns in the field
4. FI-BO three-turns in the field
5. Consecutive outside and inside spirals
6. Forward and backward power change of edge pulls

One element may be reskated, if necessary (see rule 5040).

[Diagrams are available beginning on page MITF-57](#)

**Pass total:** 0 to 6 points

**Honors total:** 7 to 12 points

**Distinction total:** 13 to 18 points

**Approximate time for test:** 14 minutes

**Judging panel required (adult 21+ and adult 50+):** Three bronze or higher rank singles or dance test judges who are certified to judge moves in the field tests.

### 5114 Adult Gold Moves in the Field Test

**Test expectations:** Expectations for adult 21+ candidates align with the juvenile moves in the field test. Candidates must skate the correct steps and turns on good edges, with good form, flow, strength and preciseness to their steps. For adult 50+ candidates, see rule 5034.

1. Stroking: Forward power circle
2. Stroking: Backward power circle
3. Forward double three-turns
4. Backward double three-turns
5. Backward circle eight
6. Brackets in the field

One element may be reskated, if necessary (see rule 5040).

[Diagrams are available beginning on page MITF-63](#)

**Pass total:** 0 to 6 points

**Honors total:** 7 to 12 points

**Distinction total:** 13 to 18 points

**Approximate time for test:** 15 minutes

**Judging panel required (adult 21+ and adult 50+):** Three bronze or higher rank singles or dance test judges who are certified to judge moves in the field tests.

### 5120 Test Expectations, Required Elements, Pass Totals, Approximate Times and Judging Panels for Adaptive Skating Moves in the Field Tests

#### 5121 Adaptive Skating Pre-Bronze Moves in the Field Test

**Test expectations:** The purpose of this test is to encourage beginning skaters to learn the fundamentals of ice skating. No great deal of technical ability, carriage or flow is expected. The candidate must show knowledge of the steps, fairly good edges and some evidence of good form.

1. Forward perimeter stroking (clockwise and counterclockwise)
2. Basic consecutive forward edges (inside and outside)
3. Forward crossovers in a figure eight
4. Forward outside three-turns (left and right) (There is no diagram for this move.)

All elements may be reskated once at the request of the judge-in-charge. Additional reskates will be at the discretion of the judge-in-charge (see rule 5039).

**Pass/retry:** The entire test will be marked on a “pass” or “retry” basis only, and individual marks will not be awarded. The “pass” or “retry” will be arrived at by consideration of the composite of each element in relation to the whole.

[Diagrams are available beginning on page MITF-69](#)

**Approximate time for test:** 10 minutes

**Judging panel required:** One or three bronze or higher rank singles or dance test judge who is certified to judge moves in the field tests.



### 5122 Adaptive Skating Bronze Moves in the Field Test

**Test expectations:** The purpose of this test is to continue the encouragement of beginning skaters to learn the fundamentals of ice skating. The candidate must show knowledge of the steps and a good sense of flow.

1. Forward and backward crossovers in a figure eight
2. Forward right and left foot spirals or lunges
3. Basic consecutive backward edges (inside and outside)
4. Alternating forward three-turns
5. A right forward inside edge to left backward inside edge open mohawk. The free leg should be extended before and after the turn. (There is no diagram for this move.)

All elements may be reskated once at the request of the judge-in-charge. Additional reskates will be at the discretion of the judge-in-charge (see rule 5039).

**Pass/retry:** The entire test will be marked on a “pass” or “retry” basis only, and individual marks will not be awarded. The “pass” or “retry” will be arrived at by consideration of the composite of each element in relation to the whole.

[Diagrams are available beginning on page MITF-72](#)

**Approximate time for test:** 10 minutes

**Judging panel required:** Three bronze or higher rank singles or dance test judges who are certified to judge moves in the field tests; or one silver or higher rank singles or dance test judge who is certified to judge moves in the field tests.

### 5123 Adaptive Skating Silver Moves in the Field Test

**Test expectations:** The purpose of this test is to continue encouragement, with fundamentals of ice skating being demonstrated. Good edges, flow, extension and posture are emphasized, although not necessarily mastered.

1. Forward and backward perimeter power stroking
2. Five-step mohawk sequence
3. Forward circle eight
4. Circular sequence (clockwise and counter clockwise)
5. Waltz three-step sequence

All elements may be reskated once at the request of the judge-in-charge. Additional reskates will be at the discretion of the judge-in-charge (see rule 5039).

**Pass/retry:** The entire test will be marked on a “pass” or “retry” basis only, and individual marks will not be awarded. The “pass” or “retry” will be arrived at by consideration of the composite of each element in relation to the whole.

[Diagrams are available beginning on page MITF-76](#)

**Approximate time for test:** 10 minutes

**Judging panel required:** Three bronze or higher rank singles or dance test judges who are certified to judge moves in the field tests; or one silver or higher rank singles or dance test judge who is certified to judge moves in the field tests.

### 5124 Adaptive Skating Gold Moves in the Field Test

**Test expectations:** Expectations for this test align with the fundamentals of ice skating. Skater should demonstrate, although not necessarily master, the following: good edges, flow, extension and form.

1. Eight-step mohawk sequence
2. Forward and backward free skate cross strokes
3. Alternating right forward changes of edge and left forward three-turns
4. Alternating left forward changes of edge and right forward three-turns
5. Alternating backward crossovers to backward outside edges
6. Backward circle eight

All elements may be reskated once at the request of the judge-in-charge. Additional reskates will be at the discretion of the judge-in-charge (see rule 5039).

**Pass/retry:** The entire test will be marked on a “pass” or “retry” basis only, and individual marks will not be awarded. The “pass” or “retry” will be arrived at by consideration of the composite of each element in relation to the whole.

[Diagrams are available beginning on page MITF-81](#)

**Approximate time for test:** 10 minutes

**Judging panel required:** Three bronze or higher rank singles or dance test judges who are certified to judge moves in the field tests; or one silver or higher rank singles or dance test judge who is certified to judge moves in the field tests.