



SESSION of INLINE FIGURE SKATING TESTS

Organization: W.I.F.S.A.

INLINE FIGURE SKATING

- A- Recommended content for minor tests
- B- First Division tests
- C- Hight tests

A- RECOMMENDED CONTENTS FOR MINOR TESTS

- **PATIN D'ACIER (Steel Skate)**

Execution of:

Forward skating out and back with T-stop.

Consecutive forward outside and inside edges on regular lobes along an axis.

Three left 3-turns from a standing start

Three right 3-turns from a standing start

On a curve: three left bunny-hops and three right bunny hops finishing with a sustained forward outside edge Spiral-Drag in a straight line

Reasons for failure:

Standing on two feet when changing lobe.

Not maintaining the axis.

Incorrect edges or scraped turns

- **PRELIMINARY (Prelim)**

Execution of :

A)

- Forward and backward crossovers in a figure 8 ending with a back outside edge held for 3 seconds.

- Three-jump with flow

- Left or right forward outside spiral (chosen by the skater) - One foot upright spin (four revolutions minimum)

B) Along an axis :

- Consecutive backward outside and inside edges in lobes with flow (minimum four lobes)

- Change of edge, starting with the left foot in one direction and starting with the right foot coming back.

- **PN1**

Salchow (2 attempts allowed)
Toe-loop (2 attempts allowed)
Scratch spin (3 rev. min) (2 attempts allowed)
One of the 4 forward three turns (right or left outside, right or left inside) – Draw by the judge
Forward outside attitude, right or left (skater's choice)

• **PN2**

Loop (2 attempts allowed)
Combination jump Salchow-toe-loop (2 attempts allowed)
Backspin 2 rev. min (2 attempts allowed)
One out of the 4 forward mohawks (right or left outside, right or left inside) - Draw by the judge
Forward glide holding foot with hand, right or left outside (skater's choice) – Knee or foot tolerated

PN3

Flip (2 attempts allowed)
Combination jump Waltz jump/loop (2 attempts allowed)
Change-foot scratch spin (4 rev. min. on each foot) (2 attempts allowed)
Sitspin (3 rev. min) (2 attempts allowed)
One out of 4 back threes (right or left outside, right or left inside) - Draw by the judge Pivot

PN4

Lutz (2 attempts allowed)
Combination jump: loop / loop - Flip / toe-loop (2 attempts allowed) Spins: (2 attempts allowed)
Camel spin (3 rev. min)
Camel / sit spin (2 rev. min in the first position)

Turn:

One turn will be required. The turn will be stated or drawn by the judge.

Double three left forward outside Double three left forward inside

Attitude :

Inside “ Giletti ” (Cygnus)

Double three right forward outside Double three right forward inside

PN5

Jump (2 attempts allowed) : single Axel
Combination of three single jumps (2 attempts allowed): Lutz – Toe loop – Loop

Spins (2 attempts allowed) :

Change foot sit spin (4 revolutions minimum on each foot)

Camel, sit, change foot, sit spin (3 revolutions minimum in the first position and 4 revolutions minimum after the change)

of foot)

Turn:

One turn will be required. The turn will be stated or drawn by the judge.

Double three left back outside Double three right back outside Double three left back inside Double three right back inside

Attitude: "Royal" spiral (foot held by opposite hand) forward outside or forward inside (skater's choice)

B- WIFSA First Division Tests

INLINE FIGURE SKATING MEDALS GENERAL REGULATIONS

- The required technical content is compulsory and must be included in the competition program.
- Only the first try of an element will be taken into account
- Additional elements may be included but will not be taken into account.
- The programme cannot be restarted.
- The judgement will be PASS or FAIL without special marks.

Test procedure

- 1) During a competition, if a skater obtain all minimum requirements of a test, the coach or the team leader must ask to the present WIFSA officer, on presentation of the official detailed program result sheet. This can be made by @mail to WIFSA. The test will be definitely obtained when the paiement of 10€ will be made.
- 2) Test sessions can be organized before a competition or separately.
 - A) Dead line for inscriptions is at least 10 days before.
 - B) The cost per tests is 10€ plus organization cost

Only one element of the required elements can get at least a GOE majority of -1, all the other required elements with GOE must obtain at least a GOE majority of +0

TESTS	REQUIRED ELEMENTS
WIFSA 1 Chicks & Cubs	<ul style="list-style-type: none"> - 1 single Flip or 1 Lutz, - 1 different single jump, - 1 spins level B, - StSq B or ChSq 1, - 4,5 points in TES
WIFSA 2 Novice A	<ul style="list-style-type: none"> - 1 double jump / 1 single axel in combo or sequence, - 1 different jump, - 1 spin level 1, - StSq 1 or ChSq 1 - 8 points in TES
WIFSA 3 Novice B & Advanced	<ul style="list-style-type: none"> - 2 different double jumps, - 2 spins level 1, - StSq 1 - and 12 points in TES
WIFSA 4 Ladies Juniors & Seniors	<ul style="list-style-type: none"> - 1 double jump, - 1 different double jump in combination - 1 spin level 2, StSq1 - and 13 points in TES
WIFSA 5 Men Juniors & Seniors	<ul style="list-style-type: none"> - 2 different double jumps, - 1 other different double jump in combination - 1 spin level 2, - StSq1 - and 13,5 points in TES
C- HIGHT TESTS	

	- 4 different double jumps must be executed, some of them can
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COPPER	<p>be included in the jump combination,</p> <ul style="list-style-type: none"> - 1 jump combo of 3 jumps maximum including 2T or 2S with any other double jump (ex : 2T+1Lo+2T ; 2S+1T+2T ; 2F+1Lo+2S...) - 1 FCSSp level 1 or 1 FCCSp1 - 1 CCoSp3P1 - 1 StSq2 - TES of minimum 14 points - TPCS of minimum 18 points
BRONZE	<ul style="list-style-type: none"> - All 5 double type of jumps must be executed, some of them can be included in the jump combination, - 1 jump combo of 3 jumps maximum with 2Lz or 2F and any other double jump, - 1 jump combo 2Lo+2Lo, 1 FCSSp level 2 or 1 FCCSp2 1 CCoSp3P2 1 StSq2 TES of 17 points TPCS of 20 points
SILVER	<p>All 5 double jumps witch may be included in jump combinations</p> <p>2 double axels (1 in combination),</p> <p>1 jump combo with 3 double jumps, one of witch mus be different,</p> <p>1 FCSSp level 3 or 1 FCCSp3</p> <p>1 CCoSp3P2</p> <p>1 StSq3</p> <p>TES of 23,5 points</p> <p>TPCS of 23 points</p>
GOLD	<p>All 5 type of jumps at least in double rotation witch may include :</p> <p>2 different triple jumps,</p> <p>1 double axel</p> <p>1 jump combo of at least 3 different doubles jumps</p> <p>1 Flying spin with only 1 position level 3</p> <p>1 CCoSp3P3</p> <p>1 StSq3</p> <p>TES of 27 points</p> <p>TPCS of 25 points</p>


Le Président
Fédération Française

Paris, September 29, 2015