

500 SECTION - TESTS

501 ORDER OF TESTS

All tests are to be taken in numerical order.

502 GENERAL REQUIREMENTS

- 502.1 Test fees will be set by the Council each year, and will include the cost of a medal and/or certificate. The National Secretary will supply Clubs with a current list of fees. All costs incurred in the taking of any test will be the responsibility of the Club and/or skater concerned and shall not be the responsibility of the Association.
- 502.2 All candidates for tests conducted under the rules of the Association must be members in good standing with an affiliated Club and hold a current NZISA T/C Registration Number.
- 502.3 Applications with fees for tests are to be made by the candidates to their Club Secretary/ Test Competition Secretary no later than twenty-one days prior to the proposed test date or by such time and to such persons as indicated on an application form approved by the Area Technical Committee.
- 502.4 It is the responsibility of the Club Secretary/Test Coordinator or representative to arrange the ice time for the tests and advise the Technical Committee Secretary or representative who shall arrange the Judges and a Referee, who may be one of the Judges.
- 502.5 On completion of the tests it shall be the responsibility of the Referee to collect all Judges' sheets (including passes and failures) and hand these to the Club Secretary/Test Coordinator or representative within seven days for the completion of a test summary form.
- Payment shall be made to the skater's home club (any cheques to be made out to Club) and then Clubs will be invoiced for the test fees by the NZISA.
- 502.6 If a Referee is not available one of the Judges shall be nominated to take that position.
- 502.7 Additional tests may be taken (time permitting) at the discretion of the Referee provided the completed test application and appropriate fees have been lodged with the Club Secretary/Test Coordinator or representative.
- 502.8 A candidate failing a test will be required to wait a period of one calendar month before taking the test again except that in extenuating circumstances, the Technical Committee may set a date less than one calendar month.
- 502.9 A candidate not appearing at the appointed time for their test must send their reason for not appearing in writing to the Technical Committee within seven days after the test date. Failure to supply a satisfactory explanation to the Technical Committee will necessitate the reapplication for the test plus another test fee.

503 CONDITIONS OF ICE AND MUSIC

- 503.1 The Referee may call off any test where the condition of the ice or music in their opinion is not satisfactory.
- 503.2 The Referee may stop any test due to rinkside interference or distractions to skaters or judges. Restart point at the discretion of the Referee.
- 503.3 The ice surface will be clear of any distractions other than the skater or skaters taking their test.
- 503.4 An adequate sound system will be used to replay any or all music necessary for the appropriate tests.

504 WHOLE TEST ON SAME DAY

In all cases the whole test must be skated on the same day with the same panel of Judges except for Compulsory Dance tests.

505 RESKATES

- 505.1 Freeskating, Pairs, Stroking and Dance - A test which is complete in itself may be reskated only where external causes interfere.
- 505.2 All the Judges must mark the reskated test as reskated without reference to the original skating.
- 505.3 Elements in isolation – in the event of a failure during the test and at the Judges discretion the following reskates will be permitted:
- Tests 1, 2 and 3 for Freeskating and Pairs, reskates of up to a maximum of two elements may be permitted.
 - Tests 4 and above for Freeskating and Pairs, reskates of up to a maximum of three elements may be permitted.
 - Competitive Tests for Freeskating, skaters receiving a -3 GOE will automatically be required to perform a reskate. Only two elements may be reskated.
- The reskates may comprise the same or different elements. Elements in isolation must be reskated immediately upon request, without practice.
- 505.4 Stroking Tests – In the event of failure, one element may be reskated once at the discretion of the Judges, for Test 2 (Inter Bronze) and higher.

506 JUDGING OF TESTS

- 506.1 Marking must be in accordance with the rules applying to the particular level of skating and any particular rules set out in the test requirements. The closed marking system shall be used for all tests.
- 506.2 The Area Technical Committee shall appoint two judges for all tests. One judge can be used for Elementary tests providing that they are graded with a test level of Bronze or higher. Judges that are graded for Gold or higher test level for each discipline may single panel judge tests up to and including Silver. However, it is preferable for two judges to be appointed for all tests.
- 506.3 The candidate must satisfy each Judge appointed for the test.

507 TEST CROSS CREDITS

- 507.1 Skaters who move permanently to New Zealand, or hold a New Zealand passport, and have passed tests of an overseas ISU Member country may be exempted from sitting lower level NZISA tests as follows provided they submit proof of test passes to the NZISA (with elements achieved) and proof of competition level from their previous country.
- a) Skaters at Novice, Junior or Senior level will be granted a cross-credit for the corresponding Free Skate/Stroking/Pairs/Ice Dance test required to enter the respective grade;
 - b) Skaters who have competed internationally at Novice, Junior or Senior level will be granted the corresponding Free Skate or Ice Dance Competitive test. Verification of competition(s), i.e. protocols, must be submitted.
 - c) Skaters below Novice level shall start at the Preliminary level test.
 - d) Skaters from overseas, or New Zealand skaters who take tests of another Member Federation, will only have their cross credits considered once.

508 FIGURE TESTS – Deleted in 2006

509 REQUIREMENTS FOR STROKING TESTS

509.1 GENERAL REQUIREMENTS

The Stroking Tests are basic skating moves skated with or without music as an optional choice. The terms and judging standards applied are as for basic skating.

The elements in the Stroking Tests shall be skated in the order as set forth in the schedule of tests.

Stroking turns must be judged in accordance with the criteria set forth in the corresponding Test Rules.

A draw for direction will be made where the same element is required in both directions for all tests other than Elementary, Silver and above.

Stroking must be commenced from a standing, stationary position with a minimum number of introductory steps.

If a skater starts a move on the wrong foot or skates a move other than that prescribed, the Referee 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 without penalty

Skaters shall select the area on the ice surface for the Stroking Test, directed by the Referee or Judge in charge

509.2 BASIC RULES FOR STROKING

An effortless, flowing and graceful execution should be achieved. Within the limits of the following rules, complete freedom is allowed to the skater.

- a) The head should be carried in an upright position, relaxed and naturally held
- 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

The steps must be skated in accordance with the diagrams and descriptions. The number of steps must be skated as prescribed. Subject to a general conformity with the basic requirements, complete freedom is allowed to the skater with respect to arm and free leg positions.

Stroking must be skated with good edges, control, flow, extension, carriage and rhythm. An even speed and flow should be maintained throughout. Maximum utilisation of the ice surface is desirable. Ice coverage must not be obtained by the use of flat or shallow edges.

509.3 MARKING

Stroking will be judged on a pass/fail basis for each element. In determining this result consideration will be given to:

- a) Accuracy – the correct start, steps and adherence to the general pattern
- b) Edge Quality – characterised by a stable arc and controlled body rotation, the edge ideally without subcurves or wobbles, initiated by placing the body and blade on an angle to the surface of the ice and stepping on the required edge. This edge and arc will ideally

commence immediately at the point where the skater takes the ice and travels uninterrupted until a required transition takes place

- c) Extension – the controlled stretching of the free leg complimented by an upright body posture. The height of the extension is determined by the type of movement being executed as is the extension of the upper body. The final extended position should always be attained in a controlled fashion
- d) Quickness – quickness refers to foot speed. It is the precise, rapid and crisp execution of turns, change of edge and transitions, usually 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 and without interrupting the established rhythm.
- e) Power – power is obvious and rapid acceleration, often from a standstill position, achieved by a forceful, gripping pressure exerted by the employed, or skating leg and skate against the surface of the ice. Power includes maintaining or increasing speed while executing various skating elements. Power is relative to the size of the skater but can be attained with proper stroking technique.

510 STROKING TESTS - INDEX TO STROKING REQUIREMENTS

ELEMENTARY	TEST 0	Forward Perimeter Stroking Basic Consecutive Edges
PRELIMINARY	TEST 1	Forward and Backward Crossovers Spiral Sequence Forward Power 3-Turns Alternating Forward 3-Turns (Inside only)
INTER BRONZE	TEST 2	Waltz Eight Forward Perimeter Power Crossover Stroking – draw for direction Backward Perimeter Power Crossover Stroking - draw for direction 3-Turns in the Field - FO BI 3-Turns in the Field - FI BO Alternating Backward Crossovers to Backward Outside Edges
BRONZE	TEST 3	Eight Step Mohawk Sequence Forward and Backward Free Skating Cross Strokes Backward Power 3-Turns Forward Double 3-Turns Five step Mohawk Sequence
INTERSILVER	TEST 4	Stroking: Forward Power Circle Backward Power Circle Backward Perimeter Power Stroking Backward Power 3-Turns Backward Double 3-Turns Bracket-Three-Bracket Pattern Inside Slide Chasse Pattern
SILVER	TEST 5	Fwd Perimeter Power Stroking Backward Quick Rocker Turn seq. Backward Perimeter Power Stroking with Back Inside 3-turns Forward and Backward Outside Counters Forward and Backward Inside Counters Backward Swing Rocker Sequence Spiral Sequence
INTERGOLD	TEST 6	Stroking: Forward Power Circles Stroking: Backward Power Circles Forward and Backward Outside Rockers Forward and Backward Inside Rockers Power Pulls Straight Line Choctaw Sequence
GOLD	TEST 7	Sustained Edge Step Extension Spiral Step Backward Outside Power Double 3-Turns to Power Double Inside Rockers Backward Inside Power Double 3-Turns to Power Double Outside Rockers Quick Edge Step
GOLD STAR	TEST 8	Accelerating Mohawks, Choctaws and Gallops Creative Exercises Expanding Exercises CW, CCW

511 REQUIREMENTS FOR FREE SKATING TESTS

- 511.1 There are nine tests in Freeskating.
- 511.2 Except for Test 0 (Elementary Certificate) and Test 8 (Gold Star), the test shall be the Short Program per the Championship Grade and shall be marked accordingly with deductions given for errors as listed in ISU Communications. No additional or unprescribed elements may be added except for connecting steps.
- 511.3 The time may not exceed **two minutes fifteen seconds in Test 1 (Preliminary) and may not exceed two minutes fifty seconds for Test 2 (Inter Bronze) to Test 7 (Gold)**, but in both cases may be less provided all the elements have been included. The time is to be taken from the moment the skater begins to move.
- 511.4 The Competitive Free Skate tests must be completed by the end of the ISU season, i.e. 30 June or the requirements for the following ISU season will apply..

512 FREE SKATING TESTS

TEST 0 ELEMENTARY CERTIFICATE

Demonstrate a command of the following elements to music up to 2 minutes 15 seconds

- a) Jump combination
- b) Salchow
- c) Toe Loop
- d) One foot spin (min 3 revs)
- e) At least one Spiral on a curve
- f) Step sequence fully utilising the length of the ice surface

Evaluated on Pass/Fail basis.

NOTE: For tests 1 – 8, the skaters shall receive Grades of Execution (GOE) marks for the elements and the GOE total is as listed for each test. Any element receiving a GOE of –3 must be reskated (refer to Rule 505 regarding number of reskates permitted for each test). The presentation/performance of programme shall be evaluated according to the following three-point scale:

- Exceeds standard expected at this level
- Meets standard expected at this level
- Below standard expected at this level

In order for a test to be considered as a pass, the candidate must attain the minimum GOE total (sum of all GOEs awarded by a judge) and be evaluated for presentation/performance as meets or exceeds the standard expected at that level.

TEST 1 PRELIMINARY MEDAL

- a) Single Loop jump (or optional single Axel)
- b) Single Flip or single Lutz (free choice) immediately preceded by connecting steps and/or other comparable freeskating movements
- c) One jump combination consisting of two single jumps or one double & one single jump
- d) Upright spin (minimum six revolutions)
- e) Sit spin or camel spin (minimum six revolutions in required position)
- f) Spin with a minimum of one change of position, and an optional change of foot (sit, camel, upright or any variation thereof) (minimum six revolutions or five revolutions on each foot if a change of foot is executed)
- g) LADIES Step sequence (straight line, circular or serpentine) or spiral sequence
MEN Step sequence (straight line, circular or serpentine)

Minimum GOE Total: -2 total for the 7 elements

TEST 2 INTER BRONZE MEDAL

- a) Axel Paulsen
- b) Single Flip or single Lutz (free choice) immediately preceded by connecting steps and/or other comparable free skating movements
- c) One jump combination consisting of two single jumps or one double and one single jump

- d) Upright spin (minimum six revolutions)
- e) Sit spin or camel spin on alternate years (Sit spin in odd years and camel spin in even years) (minimum six revolutions in required position)
- f) Spin with a minimum of one change of position, and an optional change of foot (sit, camel, upright or any variation thereof) (minimum six revolutions or five revolutions on each foot if a change of foot is executed)
- g) LADIES Spiral sequence
MEN Step sequence (straight line, circular or serpentine)

Minimum GOE Total: -2 total of the 7 elements

TEST 3 BRONZE MEDAL

- a) Axel Paulsen (or optional Double Axel)
- b) One double jump immediately preceded by connecting steps and/or other comparable free skating movements
- c) One jump combination consisting of two double jumps or one single jump followed by one double jump. The jumps must be different from the jump in b).
- d) Flying camel spin (minimum eight revolutions)
- e) Sit spin or camel spin on alternate years (Sit spin in odd years and camel spin in even years) (Minimum eight revolutions in required position)
- f) Spin with a minimum of one change of position, and a compulsory change of foot (sit, camel, upright or any variation thereof) (minimum of six revolutions on each foot)
- g) LADIES Spiral sequence consisting of three spiral positions
MEN One step sequence (straight line, circular or serpentine)
- h) LADIES One step sequence (straight line, circular or serpentine)
MEN One step sequence of a different nature from g)

Minimum GOE Total: -3 total of the 8 elements

TEST 4 INTER SILVER MEDAL

- a) Axel Paulsen (or optional Double Axel)
- b) One double jump immediately preceded by connecting steps and/or other comparable free skating movements
- c) One jump combination consisting of two double jumps. The jumps must be different from the jump in b).
- d) Flying camel spin (minimum eight revolutions)
- e) LADIES Layback or sideways leaning spin (minimum eight revolutions)
MEN Sit spin or camel spin (Free choice) (minimum eight revolutions)
- f) Spin combination with one change of foot and at least two changes of position (sit, camel, upright or any variation thereof) (minimum six revolutions on each foot)
- g) LADIES Spiral sequence consisting of three spiral positions
MEN One step sequence (straight line, circular or serpentine)
- h) LADIES One step sequence (straight line, circular or serpentine)
MEN One step sequence of a different nature from g)

Minimum GOE Total: -3 total of the 8 elements

TEST 4C NOVICE COMPETITIVE TEST

- a) Double Axel Paulsen
- b) One double or triple Lutz, Flip or Loop jump immediately preceded by connecting steps and/or other comparable free skating movements.
- c) LADIES: Jump combination (double/double, double/triple)
MEN: Jump combination (double/double, double/triple or triple/triple)
The jumps must be different from the jump in b).
- d) Flying Camel or Sit spin (min 8 revs in landing position)
- e) LADIES: Layback or Sideways leaning spin (min 8 revs in required position)
MEN: Camel or Sit spin with one change of foot (min 6 revs on each foot in required position - must be different from flying spin executed in d).)
- f) Spin combination with one change of foot and at least two changes of position (minimum six revolutions on each foot).
- g) LADIES Spiral sequence consisting of three spiral positions
MEN One step sequence (straight line, circular or serpentine)
- h) LADIES One step sequence (straight line, circular or serpentine)
MEN One step sequence of a different nature from g)

Minimum GOE Total: -3 total of the 8 elements. A -3 GOE on an element will constitute an automatic reskate. Two reskates permitted.

TEST 5

SILVER MEDAL

- a) Single or Double Axel Paulsen
- b) One double or triple Lutz, Flip or Loop jump immediately preceded by connecting steps and/or other comparable free skating movements.
- c) LADIES: Jump combination (double/double, double/triple)
MEN: Jump combination (double/double, double/triple or triple/triple)
The jumps must be different from the jump in b).
- d) Flying Camel or Sit spin (min 8 revs in landing position)
- e) LADIES: Layback or Sideways leaning spin (min 8 revs in required position)
MEN: Camel or Sit spin with one change of foot (min 6 revs on each foot in required position).
- f) Spin combination with one change of foot and at least two changes of position (minimum six revolutions on each foot).
- g) LADIES: Spiral sequence consisting of three spiral positions
MEN : One step sequence (straight line, circular or serpentine)
- h) LADIES: One step sequence (straight line, circular or serpentine)
MEN: One step sequence of a different nature from g)

Minimum GOE Total: -3 total of the 8 elements

TEST 5C

JUNIOR COMPETITIVE TEST (As per ISU Junior Short Program Group for each year)

- a) Double Axel Paulsen
- b) MEN: One triple jump immediately preceded by steps and/or other comparable free skating movements
LADIES: As per ISU Short Program Group for each year
- c) One jump combination (double/double, double/triple or triple/triple). The jumps must be different from the jump in b)
- d) Flying Spin (minimum 8 revolutions in landing position) As per ISU Short Program Group for each season
- e) LADIES: Layback or sideways leaning spin (min 8 revs in required position)
MEN: Camel or sit spin with only one change of foot (min 6 revs on each foot in required position) As per ISU Short Program Group for each season
- f) Spin combination with one change of foot and at least two changes of position (minimum six revolutions on each foot).
- g) LADIES Spiral sequence consisting of three spiral positions
MEN One step sequence (straight line, circular or serpentine)
- h) LADIES One step sequence (straight line, circular or serpentine)
MEN One step sequence of a different nature from g)

Minimum GOE Total: -3 total of the 8 elements. A -3 GOE on an element will constitute an automatic reskate. Two reskates are permitted.

TEST 6

INTER GOLD MEDAL

- a) Double Axel Paulsen
- b) MEN: One triple jump immediately preceded by steps and/or other comparable free skating movements (free choice)
LADIES: One double Flip, Lutz or triple jump (free choice) immediately preceded by steps and/or other comparable free skating movements
- c) One jump combination (double/double, double/triple or triple/triple). The jumps must be different from the jump in b)
- d) Flying Spin (minimum 8 revolutions in landing position)
- g) LADIES: Layback or sideways leaning spin (min 8 revs in required position)
MEN: Camel or sit spin with only one change of foot (min 6 revs on each foot in required position)
- h) Spin combination with one change of foot and at least two changes of position (minimum six revolutions on each foot).
- g) LADIES Spiral sequence consisting of three spiral positions
MEN One step sequence (straight line, circular or serpentine)
- h) LADIES One step sequence (straight line, circular or serpentine)
MEN One step sequence of a different nature from g)

Minimum GOE Total: -3 total of the 8 elements

TEST 6C

SENIOR COMPETITIVE TEST (As per ISU Senior Short Program)

- a) Double or Triple Axel Paulsen
- b) One triple jump immediately preceded by connecting steps and/or other comparable free skating movements
- c) One jump combination consisting of one double and one triple jump or two different triple jumps. The jumps must be different from the jump in b)
- d) Flying Spin (minimum 8 revs)
- e) LADIES: Layback or Sideways leaning spin (minimum 8 revs in required position)
MEN: Camel or Sit spin with only one change of foot (minimum 6 revs/foot in required position; must be different from flying spin position executed in d).
- f) Spin combination with one change of foot and all three basic positions (sit, camel, upright) (minimum 6 revs on each foot).
- g) LADIES Spiral sequence consisting of three spiral positions
MEN One step sequence (straight line, circular or serpentine)
- h) LADIES One step sequence (straight line, circular or serpentine)
MEN One step sequence of a different nature from g)

Minimum GOE Total: -3 total of the 8 elements. A -3 GOE on an element will constitute an automatic reskate. Two reskates are permitted.

TEST 7

GOLD MEDAL

- a) Double or Triple Axel Paulsen
- b) One triple jump immediately preceded by connecting steps and/or other comparable free skating movements
- c) One jump combination consisting of one double and one triple jump or two different triple jumps.
- d) Flying Spin (minimum 8 revs)
- e) LADIES: Layback or Sideways leaning spin (minimum 8 revs in required position)
MEN: Camel or Sit spin with only one change of foot (minimum 6 revs on each foot in required position)
- f) Spin combination with one change of foot and at least two changes of position (sit, camel, upright or any variation thereof) (minimum 6 revs on each foot)
- g) LADIES Spiral sequence consisting of three spiral positions
MEN One step sequence (straight line, circular or serpentine)
- h) LADIES One step sequence (straight line, circular or serpentine)
MEN One step sequence of a different nature from g)

Minimum GOE Total: -3 total of the 8 elements

TEST 8

GOLD STAR MEDAL

A four minute programme for Ladies (11 elements), and a four minute thirty second programme for Men (12 elements).

The program must be a harmonious, well-balanced composition with a variety of movements, steps and intricate footwork of a highly advanced nature. The entire program must be skated musically, athletically and with control and grace

The programme follows the number of requirements for the ISU Senior Free Skate programme but must include at least the following elements:

- a) Double Axel Paulsen
- b) One triple jump
- c) LADIES: One jump combination or sequence of jumps including at least one triple jump
MEN: One triple jump (different to that done in b) combined with the same or a different double or triple jump
- d) Three different difficult spins (minimum of Level 2), one of which must be a spin combination and one a flying spin
- e) LADIES Spiral sequence consisting of two or more spiral positions
MEN One step sequence (straight line, circular or serpentine)
- f) LADIES One step sequence (straight line, circular or serpentine)

MEN One step sequence of a different nature from e)

Minimum GOE Total: -4 total of the 11 (Ladies) or 12 (Men) elements

513 REQUIREMENTS FOR PAIR SKATING TESTS

- 513.1 There are seven tests in Pair Skating.
- 513.2 All required movements stated are included in the ISU Judges Pairs Handbook.
- 513.3 The time allowed for the following Pair Skating tests is stated below. The time is to be taken from the moment the skater begins to move or skate.
- 513.4 Elements designated “solo” in the pair tests shall be performed by each skater in unison.

514 COMPOSITION OF A PAIR

Each Pair shall consist of a male and female skater.

515 TEST AS A PAIR

Each test will be judged as a Pair and not as individuals. A Pair test will pass or fail as a Pair. The Judges may examine only one Pair at a time. A partner who has previously passed the test is not affected by the failure of a test being attempted where they are acting as a partner.

516 PAIR SKATING TESTS

- 516.1 There are eight tests in Pair Skating.
- 516.2 Except for Test 8 (Gold Star), the test shall be the Short Program per the Championship Grade and shall be marked accordingly with deductions given for errors as listed in ISU Communications. No additional or unprescribed elements may be added except for connecting steps.
- 516.3 The time may not exceed two minutes fifteen seconds in Test 1 (Preliminary) and may not exceed two minutes fifty seconds for Test 2 (Inter Bronze) to Test 7 (Gold), but in both cases may be less provided all the elements have been included. The time is to be taken from the moment the skaters begins to move.

NOTE: For tests 1 – 8, the candidate(s) shall receive Grades of Execution (GOE) marks for the elements and the GOE total is as listed for each test. Any element receiving a GOE of –3 must be reskated (refer to Rule 505 regarding number of reskates permitted for each test).

The presentation/performance of programme shall be evaluated according to the following three-point scale:

- Exceeds standard expected at this level
- Meets standard expected at this level
- Below standard expected at this level

In order for a test to be considered as a pass, the candidate(s) must attain the minimum GOE total (sum of all GOEs awarded by a judge) and be evaluated for presentation/performance as meets or exceeds the standard expected at that level.

TEST 1 PRELIMINARY MEDAL

A maximum two minute and fifteen second programme consisting of:

- a) One solo Flip or Loop jump
- b) One solo combination jump
- c) One lift selected from Group 1
- d) One solo spin with no change of foot but may have one or more changes of position (minimum of 4 revolutions)
- e) One Pair Spin (minimum of 3 revolutions)
- f) One Spiral Sequence or Step Sequence (straight line, circular or serpentine)

Minimum GOE Total: -2 total of the 6 elements

TEST 2 INTER BRONZE MEDAL

- a) One solo Flip or Lutz jump
- b) One solo combination jump
- c) One lift selected from Group 2
- d) One Pair camel spin (minimum of 4 revolutions)
- e) One solo combination spin with one change position (sit, camel, upright or any variation) (minimum of 6 revolutions on each foot)
- f) One Pivot Spiral
- g) One Step Sequence (straight line, circular or serpentine)

Minimum GOE Total: -3 total of the 7 elements

TEST 3 BRONZE MEDAL

- a) One solo single Axel Paulsen jump
- b) One solo double jump immediately preceded by connecting steps and/or other comparable free skating movements
- c) One lift selected from Group 2
- d) One solo Combination spin with one change of foot and at least one change of position (sit, camel, upright or any variation thereof) (minimum of 6 revolutions on each foot)
- e) One Pair combination spin with one change of foot and at least one changes of position (sit, camel, upright or any variation thereof) (minimum of 6 revolutions)
- f) One Death Spiral
- g) One Spiral Sequence
- h) One Step Sequence (straight line, circular or serpentine)

Minimum GOE Total: -3 total of the 8 elements

TEST 4 INTER SILVER MEDAL

- a) One solo single (or optional double) Axel Paulsen jump
- b) One solo double jump immediately preceded by connecting steps and/or other comparable free skating movements
- c) One lift selected from Group 3 or 4
- d) One solo Flying spin (minimum of 8 revolutions)
- e) One Pair combination spin with one change of foot and at least one changes of position (sit, camel, upright or any variation thereof) (minimum of 4 revolutions on each foot)
- f) One backward Death Spiral
- g) One Spiral Sequence
- h) One Step Sequence (straight line, circular or serpentine)

Minimum GOE Total: -3 total of the 8 elements

TEST 5 SILVER MEDAL

- a) One solo Axel Paulsen jump
- b) One solo double jump immediately preceded by connecting steps and/or other comparable free skating movements
- c) One lift selected from Group 3 or 4
- d) One solo Flying spin (minimum 8 revolutions)
- e) Pair combination spin with one change of foot and at least two changes of position (sit, camel, upright or any variation thereof) (minimum of 6 revolutions)
- f) One backward Death Spiral
- g) One Spiral Sequence
- h) One Step Sequence (straight line, circular or serpentine)

Minimum GOE Total: -3 total of the 8 elements

TEST 6 INTER GOLD MEDAL (ISU Junior SP requirements)

As per ISU Junior Short Programme requirements for Group A, B or C for that skating season.

Minimum GOE Total: -3 total of the 8 elements

TEST 7 GOLD MEDAL (equivalent to ISU Senior SP requirements)

As per ISU Senior Short Programme requirements for Group A, B or C for that skating season.

Minimum GOE Total: -3 total of the 8 elements

TEST 8 GOLD STAR MEDAL

A four minute thirty second programme.

Both partners shall complete a programme of championship calibre and should move together in complete harmony showing a marked degree of pair unison and in good form with excellent expression of mood and rhythm of music, change of pace and full utilization of the ice surface. Harmonious steps and connecting movements in time to music should be maintained throughout the programme.

The programme follows the number of requirements for the ISU Senior Free Skate programme but must include at least the following elements:

- a) One double or triple twist lift
- b) One lift from Groups 3 or 4, with full extension of the lifting arm(s)
- c) One lift from Group 5
- d) One pair combination spin with at least one change of position and one change of foot (minimum six revolutions)
- e) One solo combination spin with at least one change of foot (minimum ten revolutions)
- f) One double or triple throw jump
- g) One solo triple jump preceded by connecting steps and/or other comparable free skating movements)
- h) One solo jump combination or one jump sequence consisting of two different double jumps
- i) One forward outside death spiral
- j) One sequence of spirals (2009 – 2010 season) or one step sequence - straight line, circular or serpentine (2008 – 2009 and 2010 – 2011 seasons)

Minimum GOE Total: -5 total of the 12 elements

LIFT GROUPS

- | | |
|---------|--|
| Group 1 | Armpit Hold position |
| Group 2 | Waist Hold position |
| Group 3 | Hand-to-Hip position or upper part of the leg (above the knee) |
| Group 4 | Hand-to-Hand position (Press Lift type) |
| Group 5 | Hand-to-Hand position (Lasso Lift type) |

517. **REQUIREMENTS FOR ICE DANCE**

517.1 The dances officially recognised by the Association are those included in the schedules of the Association's Dance tests and such further dances as may be officially recognised by the Association from time to time. Dances may be skated either as a couple or as a Solo, except for Competitive Dance tests which can only be taken by a couple consisting of two competitive skaters. Skaters may change from Solo test to partnered test and vice versa without having to repeat tests already passed.

517.2 Each compulsory dance must be skated alone on the ice surface as follows:

- a) For two sequences of the dance:

Starlight Waltz	Argentine Tango
Ravensburger Waltz	Tango Romantica
Yankee Polka	Golden Waltz
Austrian Waltz	Silver Samba
Cha Cha Congelado	Tango
Westminster Waltz	European Waltz
American Waltz	Midnight Blues
Swing Dance	Riverside Rhumba
Finnstep	

- b) For three sequences of the dance:

Viennese Waltz	Blues
Paso Doble	Dutch Waltz
Canasta Tango	Baby Blues
Willow Waltz	ChaCha
Hickory Hoedown	Rhythm Blues
Golden Skaters' Waltz	

- c) For four sequences of the dance:

Fiesta Tango	<u>Ten Fox</u>
Rhumba	Fourteenstep
Foxtrot	Rocker Foxtrot
Quickstep	

- d) For six sequences of the dance:

Killian

517.3 A candidate may take a Compulsory Dance test without taking the corresponding test in Original Dance or Free Dance. However, a candidate may not attempt a test in Free Dance until they have passed the corresponding test in Compulsory Dance. A candidate may take an Original Dance test without having the corresponding test in either Compulsory Dance or Free Dance. A separate certificate and medal will be awarded for all Compulsory Dance, Original Dance and Free Dance tests.

518 REQUIREMENTS FOR COMPULSORY DANCE TESTS

518.1 The compulsory dances shall be in accordance with the descriptions and diagrams contained in the current ISU Dance Regulations
The Original Dance and Free Dance to be in accordance with the current ISU Regulations.

518.2 The Judges shall examine only one candidate at a time. However, if two candidates are performing the test as a couple, the judges shall examine the candidates simultaneously but the candidates may individually pass or fail the test.

518.3 After the candidate has skated the test dances with the partner, the Referee may request the candidate to solo skate any of the dances attempted.

518.4 The Referee shall call off any test where the condition of the ice or music is not satisfactory.

- 518.5 Skaters may take individual dances as part tests. This does not preclude a candidate from attempting an entire test at a test day. Those dances that are passed shall be credited towards the completion of the test and need not be subsequently reskated when completing a test. Any dances failed may be reskated after one calendar month waiting period. The full NZISA test fee shall apply to a part test or reskate. The Competitive Dance tests must be completed by the end of the ISU season, i.e. 30 June or the requirements for the new ISU season will apply.
- 518.6 Introductory steps - All dances may be started with optional introductory steps. They shall not exceed the introductory phrasing of the specific tune used. Theatrical poses are forbidden. However, some opening poses may reflect the character of the given dance.
- 518.7 Skaters may choose to sit any Competitive Dance test as their first test, and may skip any number of test levels to sit a Competitive Dance test. The standard and Competitive Dance test tracks are otherwise considered to be equivalent, and skaters may switch between these at any time, in both directions without limit.

519 COMPULSORY DANCE TESTS

TEST 0 ELEMENTARY CERTIFICATE

Any two of the following dances to be skated (to be declared at the time of the test application):

Dutch Waltz
 Canasta Tango
Rhythm Blues

Evaluated as Pass/Fail for each dance

NB: This test is optional. Skaters may choose to start at Test 1.

NOTE: For tests 1 – 8, the candidate(s) shall receive Grades of Execution (GOE) marks for the dance sequence sections and the GOE total is as listed for each test. Any section receiving a GOE of –3 must be reskated (to a maximum of 1 reskate for Tests 1 Preliminary to 3 Bronze, and 2 reskates for test 4 Inter Silver to 8 Gold Star).

The expression/presentation of each dance shall be evaluated according to the following three-point scale:

- Exceeds standard expected at this level
- Meets standard expected at this level
- Below standard expected at this level

In order for a test to be considered as a pass, the candidate(s) must attain the minimum GOE total (sum of all GOEs awarded by a judge) and be evaluated for expression/presentation as meets or exceeds the standard expected at that level.

TEST 1 PRELIMINARY MEDAL

Any two of the following dances to be skated (to be declared at the time of the test application):

Swing Dance Minimum GOE Total: -3 total of the 8 sections
 Fiesta Tango Minimum GOE Total: -3 total of the 8 sections
Golden Skaters' Waltz Minimum GOE Total: -2 total of the 6 sections

TEST 2 INTER BRONZE MEDAL

Any two of the following dances to be skated (to be declared at the time of the test application):

Tenfox Minimum GOE Total: -3 total of the 8 sections
 Willow Waltz Minimum GOE Total: -2 total of the 6 sections
Riverside Rhumba Minimum GOE Total: -2 total of the 6 sections

- TEST 3 BRONZE MEDAL**
Any two of the following dances to be skated (to be declared at the time of the test application).
 Foxtrot Minimum GOE Total: -3 total of the 8 sections
 European Waltz Minimum GOE Total: -1 total of the 4 sections
 Fourteenstep Minimum GOE Total: -1 total of the 4 sections
- TEST 4 INTER SILVER MEDAL**
 Any two of the following dances (to be declared at the time of the test application):
 Rocker Foxtrot Minimum GOE Total: -3 total of the 8 sections
 Tango Minimum GOE Total: -2 total of the 6 sections
 American Waltz Minimum GOE Total: -1 total of the 4 sections
 Kilian Minimum GOE Total: -2 total of the 6 sections
- TEST 4C NOVICE COMPETITIVE DANCE TEST**
Any two of the compulsory dances announced in the ISU guidelines for Novice for that skating season. GOE Totals are as per the minimum GOE Total listed for those dances in the other dance tests.
- TEST 5 SILVER MEDAL**
 Any two of the following dances (to be declared at the time of the test application):
 Paso Doble Minimum GOE Total: -2 total of the 6 sections
 Cha Cha Congelado Minimum GOE Total: -2 total of the 6 sections
 Starlight Waltz Minimum GOE Total: -2 total of the 6 sections
 Blues Minimum GOE Total: -2 total of the 6 sections
- TEST 5C JUNIOR COMPETITIVE DANCE TEST**
 All of the compulsory dances as announced by the ISU for Junior for that skating season. GOE Totals are as per the minimum GOE Total listed for those dances in the other dance tests.
- TEST 6 INTER GOLD MEDAL**
 Any two of the following dances (to be declared at the time of the test application):
 Argentine Tango Minimum GOE Total: -2 total of the 6 sections
 Westminster Waltz Minimum GOE Total: -2 total of the 6 sections
 Quickstep Minimum GOE Total: -3 total of the 8 sections
 Silver Samba Minimum GOE Total: -2 total of the 6 sections
- TEST 6C SENIOR COMPETITIVE DANCE TEST**
 All of the compulsory dances as announced by the ISU for Senior for that skating season. GOE Totals are as per the minimum GOE Total listed for those dances in the other dance tests.
- TEST 7 GOLD MEDAL**
 Any three of the following dances (to be declared at the time of the test application):
 Viennese Waltz Minimum GOE Total: -2 total of the 6 sections
 Yankee Polka Minimum GOE Total: -2 total of the 6 sections
 Rhumba Minimum GOE Total: -3 total of the 8 sections
 Austrian Waltz Minimum GOE Total: -2 total of the 6 sections

TEST 8 GOLD STAR

Any three of the following dances (to be declared at the time of the test application):

Tango Romantica Minimum GOE Total: -3 total of the 8 sections
Ravensburger Waltz Minimum GOE Total: -2 total of the 6 sections
Golden Waltz Minimum GOE Total: -3 total of the 8 sections
Midnight Blues Minimum GOE Total: -3 total of the 8 sections
Finnstep Minimum GOE Total: -2 total of the 6 sections

520 REQUIREMENTS FOR ORIGINAL DANCE AND FREE DANCE TESTS

520.1 For definitions and restrictions refer to the current ISU Regulations.

520.2 A candidate who is taking an Original Dance or Free Dance test need skate the test once only, and only one set of marks shall be awarded to apply to both candidates, who will then pass or fail together. However, a partner who has previously passed the test is not affected by failure in the test being tried where he or she is acting as a partner.

521 ORIGINAL DANCE TESTS

NOTE: For tests 1 – 3, the candidate(s) shall receive Grades of Execution (GOE) marks for the elements and the GOE total is as listed for each test. Any element receiving a GOE of –3 must be reskated (1 element for Test 1 Bronze and 2 elements for Tests 2 Silver and Test 3 Gold).

The presentation/performance of programme shall be evaluated according to the following three-point scale:

- Exceeds standard expected at this level
- Meets standard expected at this level
- Below standard expected at this level

In order for a test to be considered as a pass, the candidate(s) must attain the minimum GOE total (sum of all GOEs awarded by a judge) and be evaluated for presentation/performance as meets or exceeds the standard expected at that level.

TEST 1 BRONZE MEDAL

An Original Dance of one and a half minutes duration (plus or minus ten seconds). The rhythm to be chosen by the candidate from:

March	Latin American
Waltz	Tango

Requirements: **one (1) dance spin** (minimum of 2 revolutions)
one (1) step sequence (circular or diagonal)
one (1) dance lift (maximum duration of six seconds).
Optional 2nd dance lift (maximum duration of 6 seconds).

Dance may not cross the long axis except at the short barrier ends and during the designated step sequence

Minimum GOE Total: -1 total of the 3 or 4 elements

TEST 2 SILVER MEDAL

An Original Dance with the content and duration requirements as per current ISU Junior Original Dance Rules. The rhythm to be chosen by the candidate from:

Waltz Tango
Jive Blues
Quickstep Polka

or as announced for Junior for the ISU skating season.

Minimum GOE Total: -2 total for all required elements.

TEST 3 GOLD MEDAL

An Original Dance with the content and duration requirements as per current ISU Senior Original Dance Rules. The rhythm to be chosen by the candidate from:

Waltz Tango
Paso Doble Rhumba
Rock N' Roll Latin Combo

or as announced for Senior for the ISU skating season.

Minimum GOE Total: -2 total for all required elements.

522 FREE DANCING TESTS

NOTE: For tests 1 – 3, the candidate(s) shall receive Grades of Execution (GOE) marks for the elements and the GOE total is as listed for each test. Any element receiving a GOE of –3 must be reskated (1 element for Test 1 Bronze and 2 elements for Tests 2 Silver and Test 3 Gold).

The presentation/performance of programme shall be evaluated according to the following three-point scale:

- Exceeds standard expected at this level
- Meets standard expected at this level
- Below standard expected at this level

In order for a test to be considered as a pass, the candidate(s) must attain the minimum GOE total (sum of all GOEs awarded by a judge) and be evaluated for presentation/performance as meets or exceeds the standard expected at that level.

TEST 1 BRONZE MEDAL

A Free Dance programme of two minutes duration.

The emphasis should be placed on steps, flow and timing rather than on lifts.

- One Diagonal, Straight-Line or Circular Step Sequence must be included, extending from barrier to barrier as far as practicable. The step sequence must incorporate footwork for both partners and the partners must maintain Closed, Tango and/or Open position throughout. Lifts, jumps dance spins and stops are not allowed during the step sequence.
- One dance spin must be included, with a minimum of 2 revolutions on one foot for each partner. The position is optional.
- Assisted jumps are permitted and only 2 non-rotating lifts are permitted with a maximum duration of 6 seconds each.

Minimum GOE Total: -1 total of the 4 elements

TEST 2 SILVER MEDAL

A Free Dance programme of three minutes duration (equivalent to ISU Junior Free Dance).

The content requirements are as per current ISU Rules

Minimum GOE Total: -3 total for all required elements.

TEST 3 GOLD MEDAL

A Free Dance programme of four minutes duration (equivalent to ISU Senior Free Dance).

The content requirements are as per current ISU Rules

Minimum GOE Total: -3 total for all required elements.