



## **INLINE FREE SKATING TESTS**

[http://www.geocities.com/eifsa\\_infos/EIFSAfreestyleTESTS.html](http://www.geocities.com/eifsa_infos/EIFSAfreestyleTESTS.html)

# ***FREESTYLE 1***

## **NATIONAL FIGURE SKATING TEST - KNSB 4th Class Part 1**

[http://www.geocities.com/eifsa\\_infos//KNSB4th1.html](http://www.geocities.com/eifsa_infos//KNSB4th1.html)

An **Interpretive Program** of maximum 2.40 minutes.

To self-chosen music including the following elements:

1. Step sequence with Double Threes.
  2. Step sequence with Brackets.
  3. Spiral sequence with at least 4 different positions & edges.
  4. Three different Spins.
- a spin-combo with at least one change of feet, 5 revolutions per foot
  - a change-foot spin (Sit-Sit or Camel-Camel), 5 revolutions per foot
    - a spin of own choice with a minimum of 6 revolutions
5. Connecting steps and/or moves between these elements.

The interpretive program consists of a sequence of different skating moves & elements that have the intention of expressing the interpretation of the music.

This is more important than the technical value of the elements.

The interpretive program is judged with two marks:

- 1- **Technical Skating Skills:** simplicity, flow, flexibility, sureness, edge quality; the ability to vary skating speed & directions; alternating varied expressive & innovative movements; the order of the elements in the program; the use of the ice surface & space; style; quality & difficulty of the elements.
2. **Presentation:** interpretation of the music and the rhythm; musical timing and understanding of the musical phrase; the use of the whole body in order to achieve artistic & musical expression; creativity; choreography & distribution of the elements; varying speed, tension, emotion and movement; proper music choice; internal motivation & projection of the movements and the expression.

# **FREESTYLE 2**

## **World Class CIPA Short Program**

[http://www.geocities.com/eifsa\\_infos//world2006inlinefree.html](http://www.geocities.com/eifsa_infos//world2006inlinefree.html)

Short Programme 2 minutes 15 seconds ( +/- 5 seconds)

### **SHORT PROGRAMME - SET ELEMENTS (Men & Ladies)**

#### **1. AXEL**

Single axel only

#### **2. TOE ASSISTED JUMP**

This can be single, or double.

#### **3. COMBINATION OF JUMPS**

Minimum of three (3) jumps, maximum five (5) jumps, to include at least one jump with two (2) revolutions.

**(NO MORE THAN TWO REVOLUTIONS)**

#### **4. SPINS** – select from the following (entry and exit optional)

Select from the following list (entry & exit optional)

- Camel (any edge)
- Layover Camel (any edge)
- Sit Spin (any edge)

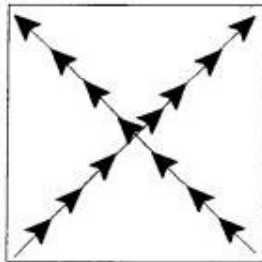
#### **5. SPIN COMBINATION**

Two (2) or three (3) positions with or without change of foot.

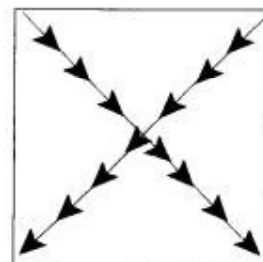
At least three (3) revolutions in each position.

A sit spin must be included in the combination. (Entry & exit is optional).

#### **6. ONE ADVANCED STEP SEQUENCE – DIAGONAL PATTERN “A” or “B”**



**“A” Pattern**



**“B” Pattern**

Starts at one corner of the skating floor ends near the diagonally opposite corner of the skating floor.

Must cover at least three quarters (3/4) of the floor with advanced footwork.

Footwork step sequence must be executed according to the character of the music using advanced footwork.

Each step of the footwork must be progressive.

No retrogression is permitted. Short stops in accordance with the music are permitted.

**NO RECOGNISED JUMPS WITH AN APPARENT TAKEOFF ARE ALLOWED IN ANY STEP SEQUENCE. ADVANCED FOOTWORK MUST BE USED.**

*The elements may be skated in any order.*

**NO TRIPLE JUMPS TO BE INCLUDED IN ANY ELEMENT.**

**DOUBLE AXEL IS NOT ALLOWED IN THE AXEL REQUIREMENT**

**OR COMBINATION JUMP FOR MEN OR WOMEN.**

**ONLY THE LISTED SET ELEMENTS ABOVE CAN BE INCLUDED IN THE  
SHORT PROGRAMME -**

**THIS MEANS NO EXTRA ELEMENTS.**

The General Rules for set elements, as set by CIPA will apply.

[http://www.geocities.com/eifsa\\_infos//world2006inlinefree.html](http://www.geocities.com/eifsa_infos//world2006inlinefree.html)

## ***FREESTYLE 3***

### ***World Class CIPA Long Program***

Long Programme 3 minutes 30 seconds ( +/- 10 seconds)

There are **NO** restrictions on elements in the Long Programme.

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