

U.S. Figure Skating Testing Program

**Changes effective
July 1, 2023**

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U.S. Figure Skating has changed the names of skating tests. Changes are intended to more accurately describe the skaters progression and accomplishments.

Pre-Preliminary & Preliminary names will remain. Preliminary will be followed by Pre-Bronze and advance through the Gold level.

When a skater passes their Gold (Senior) test, they officially earn the title, “*U.S. Figure Skating Gold medalist.*”

The new test names will correspond to this title directly.

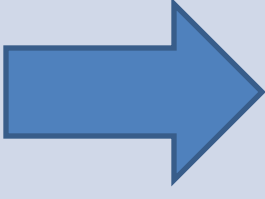
The content and judging of the tests have not changed based on these name changes.

Moves in the Field tests

will now be called

Skating Skills tests

Skating Skills Tests

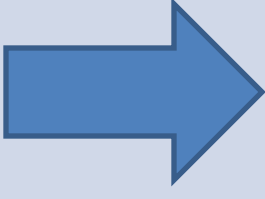
Test Name until June 30, 2023		New Test Name on July 1, 2023
Moves in the Field		Skating Skills
Pre-preliminary Moves in the Field		Pre-preliminary Skating Skills
Preliminary Moves in the Field		Preliminary Skating Skills
Pre-Juvenile Moves in the Field		Pre-Bronze Skating Skills
Juvenile Moves in the Field		Bronze Skating Skills
Intermediate Moves in the Field		Pre-Silver Skating Skills
Novice Moves in the Field		Silver Skating Skills
Junior Moves in the Field		Pre-Gold Skating Skills
Senior Moves in the Field		Gold Skating Skills

Free Skate tests

will now be called

Singles tests

Singles Tests

Test Name until June 30, 2023		New Test Name on July 1, 2023
Free Skate		Singles
Pre-preliminary Free Skate		Pre-preliminary Singles
Preliminary Free Skate		Preliminary Singles
Pre-Juvenile Free Skate		Pre-Bronze Singles
Juvenile Free Skate		Bronze Singles
Intermediate Free Skate		Pre-Silver Singles
Novice Free Skate		Silver Singles
Junior Free Skate		Pre-Gold Singles
Senior Free Skate		Gold Singles

Pairs Tests

Test Name until June 30, 2023		New Test Name on July 1, 2023
Pairs		Pairs
Juvenile Pairs		Bronze Pairs
Intermediate Pairs		Pre-Silver Pairs
Novice Pairs		Silver Pairs
Junior Pairs		Pre-Gold Pairs
Senior Pairs		Gold Pairs

Free Dance Tests (partnered or solo)

Test Name until June 30, 2023		New Test Name on July 1, 2023
Free Dance (partnered or solo)		Free Dance (partnered or solo)
Juvenile Free Dance		Bronze Free Dance
Intermediate Free Dance		Pre-Silver Free Dance
Novice Free Dance		Silver Free Dance
Junior Free Dance		Pre-Gold Free Dance
Senior Free Dance		Gold Free Dance

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Pattern Dance Tests (partnered or solo)

Pattern Dances already use the names Preliminary , Pre-Bronze, Bronze, Pre-Silver, Silver, Pre-Gold and Gold names.

However, U.S. Figure Skating will no longer identify the steps based on gender. There will no longer be “men’s steps” and “women’s (lady’s) steps”

The rule change for pattern dances, both partnered and solo, will now identify the steps as **Lead** or **Follow**.

Pattern Dance Tests (partnered or solo)

Athletes will now have the option to test the Lead or Follow steps *regardless* of gender.

Lead steps

steps that have been traditionally performed by male skaters

Follow steps

steps that have been traditionally performed by female skaters

This will create 4 pattern dance test tracks

1. Lead Partnered PD - - 2. Follow Partnered PD
3. Lead Solo PD - - 4. Follow Solo PD

Lead and follow are separate tracks

Partnered and solo are separate tracks

Summary of all Tests (non-Adult)

All tests offer an equivalent Skate United test for athletes that have physical disabilities.

SKATING SKILLS	SINGLES	PATTERN DANCE <i>Partnered – Lead or Follow Solo – Lead or Follow</i>	FREE DANCE <i>Partnered or Solo</i>	PAIRS
Pre-preliminary	Pre-preliminary			
Preliminary	Preliminary	Preliminary		
Pre-Bronze	Pre-Bronze	Pre-Bronze		
Bronze	Bronze	Bronze	Bronze	Bronze
Pre-Silver	Pre-Silver	Pre-Silver	Pre-Silver	Pre-Silver
Silver	Silver	Silver	Silver	Silver
Pre-Gold	Pre-Gold	Pre-Gold	Pre-Gold	Pre-Gold
Gold	Gold	Gold	Gold	Gold
		International		

U.S. Figure Skating Adult Tests

Adult intermediate, novice, junior and senior tests are for adult athletes that have passed their gold tests, and challenge themselves by taking tests above that level. The skills on the intermediate-level tests are similar to those on the pre-silver tests in the standard track.

ADULT SKATING SKILLS 21+ or 50+	ADULT SINGLES 21+ or 50+	ADULT PATTERN DANCE <i>Partnered – Lead or Follow</i> <i>Solo – Lead or Follow</i> 21+ or 50+	ADULT FREE DANCE 21+ or 50+	ADULT SOLO FREE DANCE 21+ or 50+	ADULT PAIRS
Pre-Bronze	Pre-Bronze	Preliminary	Pre-Bronze	Juvenile	
Bronze	Bronze	Pre-Bronze	Bronze	Intermediate	Bronze
Silver	Silver	Bronze	Silver	Novice	Silver
Gold	Gold	Pre-Silver	Gold	Junior	Gold
Intermediate	Intermediate	Silver		Senior	
Novice	Novice	Pre-Gold			
Junior	Junior	Gold			
Senior	Senior	International			

U.S. Figure Skating Adaptive Tests

Adaptive tests are for athletes registered in any Special Olympics or adaptive skating program.

ADAPTIVE SKATING SKILLS	ADAPTIVE SINGLES
Pre-Bronze	Pre-Bronze
Bronze	Bronze
Silver	Silver
Gold	Gold

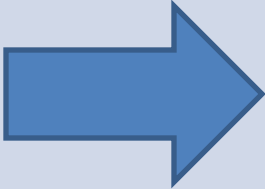
Additional Information

Tests and Competitions

Not changing > Skating Skills tests of the equivalent level remain prerequisites for Singles tests

Not changing > Competition event level names
Pre-Juvenile, Juvenile, Intermediate, Novice, Junior & Senior will still be the *competition* event level names

Not changing > Skaters will still be required to have a **minimum** test level to compete

Minimum Test Needed		To Compete at this Level
Singles		Singles
<i>May not have passed any singles (FS) test</i>		No Test and lower levels
Pre-preliminary Singles test		Pre-preliminary competition event
Preliminary Singles test		Preliminary competition event
Pre-Bronze Singles test		Pre-Juvenile competition event
Bronze Singles test		Juvenile competition event
Pre-Silver Singles test		Intermediate competition event
Silver Singles test		Novice competition event
Pre-Gold Singles test		Junior competition event
Gold Singles test		Senior competition event

Most competitions allow for “skating up” meaning a skater may compete one level up from their test level;

e.g. An athlete with the Bronze singles test may compete at their test level (Juvenile) or one above their test level (Intermediate).

Determining Competition Level

Skaters may continue to test skating skills and singles tests beyond their competition level. Coaches & athletes will determine the competition level primarily based on the skater's technical skill set. The skater may skate below their test level.

The "Competition Floor" is the ***lowest*** level that an athlete may compete at and this is set by a paid Series application (NQS or Excel).

* Excel Series participants may compete one level lower than their registered Excel series application if participating in an NQS competition event or when competing at any nonqualifying competition when competing in the well-balanced versus Excel Free Skate event.

Example Scenarios

Skater has passed the Pre-Gold Singles (formerly Junior Free Skate) test and is 12 years old. Competition allows skating up one test level.

Scenario A

Skater has never participated in either the NQS or Excel Series (i.e., never completed a paid Series application in either series)

This athlete may choose to compete in any level of competition from Pre-Preliminary to Senior in either well-balanced or Excel FS events.

[Please note that since the skater has completed a test that requires double jumps and double-double combinations, it is hoped (and even expected) that the skater would not compete in introductory levels (pre-pre & prelim) although technically allowed]

Example Scenarios

Skater has passed the Pre-Gold Singles (formerly Junior Free Skate) test and is 14 years old. Competition allows skating up one test level.

Scenario B

Skater has completed the NQS Series application for Intermediate in the previous season

This athlete may choose to compete in any level of competition from Intermediate (competition floor) to Senior in either NQS or well-balanced free skate events at nonqualifying competitions.

Alternately, the skater is also eligible to enter from the Excel Intermediate to Excel Senior events.

[Skaters may not enter Excel and well-balanced FS events at the same competition]

Example Scenarios

Skater has passed the Pre-Gold Singles (formerly Junior Free Skate) test and is 15 years old. Competition allows skating up one test level.

Scenario C

Skater has completed the Excel Series application for Novice in the previous season

This athlete may choose to compete in any level of competition from Excel Novice (competition floor for Excel) to Excel Senior events.

Alternately, the skater is eligible to enter an NQS event or a well-balanced free skate event at any nonqualifying competition from Intermediate (competition floor for NQS/well-balanced FS) to Senior levels.

[Skaters may not enter Excel and well-balanced FS events at the same competition]

Virtual Testing Rule Changes & Reminders

All videos for virtual testing must now be recorded within **14 days** of test date

>>Test date should be the video submission deadline for virtual testing

Date & time stamps on videos must show **Month** / Day and Time of recording.
This date/time stamp must be clearly shown on a separate digital device at the beginning of the test. Some phones are set to only show the day & date (i.e., Tuesday 4 rather than July 4 or Tuesday, July 4).
The *month* must be included on all date & time stamps.

Skaters must introduce themselves in a clear way
May be verbal or a written note or both (strongly suggested to do both).
This includes for partnered pattern and free dance and pairs tests.
It must be clear which skater is testing or if both are testing.

Videos may only be submitted to one test session.

Virtual Testing Rule Changes & Reminders

Videos should be recorded in highest quality level available.
All videos should be landscape (horizontal) orientation and zoom in on skater.

However, videographer must keep skater in frame head to toe at all times.
We suggest a few trial runs of test skills/elements to let videographer practice.

Audio should be recorded on all videos, including Skating Skills tests.
There should be no more than 8 people on the ice when recording a test video.

Video must include entire test executed like an in-person test and continuously recorded. Skaters may consult their coach or get a sip of water during Skating Skills (SS) tests, but it must be on the video.

The video must be unedited (including intro & date/time stamp);
if a video is found to be edited, the test will be invalidated.

QUESTIONS?