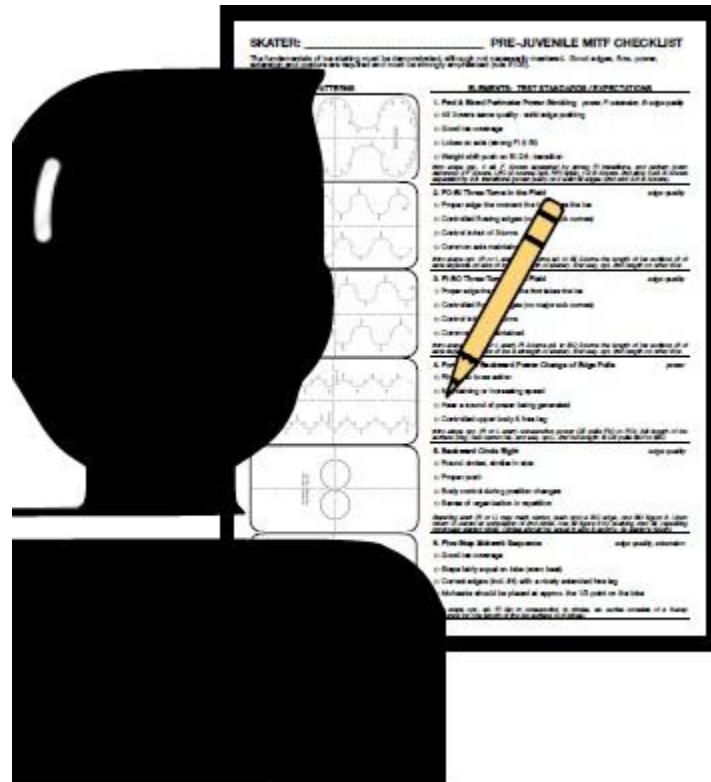


SUMMARY – MOVES IN THE FIELD



Level 1 to Level 6

Updated 15/10/2025

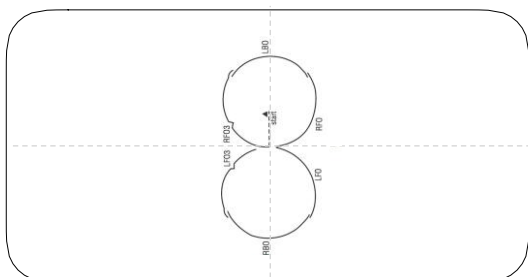
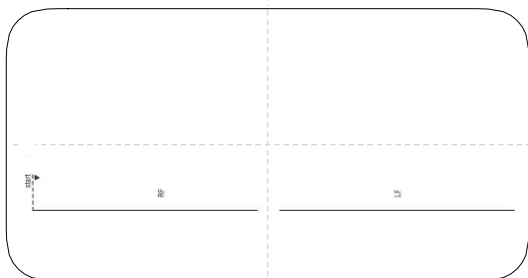
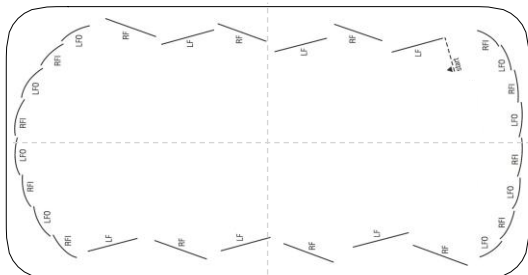
Skating skills must be skated with good edges, control, flow, extension, carriage and rhythm. An even speed and flow should be maintained throughout. Maximum utilisation of the ice surface is desirable. Ice coverage must not be obtained by the use of flat or shallow edges. In assigning marks, the following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

LEVEL 1 CHECKLIST

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. 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.

PATTERNS



ELEMENTS: TEST STANDARDS / EXPECTATIONS

1. Forward Perimeter Stroking

power, extension

- ☐ Stroking (shallow edges with some flats OK)
- ☐ Sustained glide with extension of free leg
- ☐ Some evidence of good posture
- ☐ Skater balanced over the skating foot
 - CCW
 - CW

Intro steps optional, 4-8 straight strokes, Xovers around ends, full ice, 1 lap-both directions.

2. Forward Right & Left Foot Spirals

extension

- ☐ Extended leg held (approx. 3 sec.) at hip level or higher
- ☐ Back arched and good form
- ☐ Steadiness - no pronounced lapses in balance
 - R
 - L

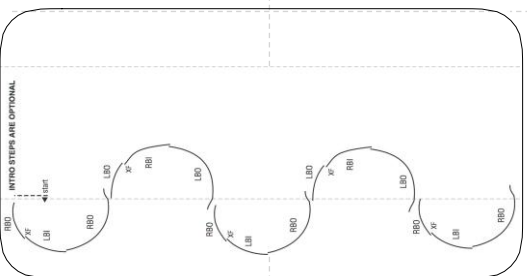
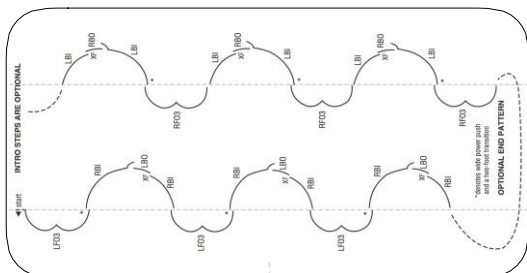
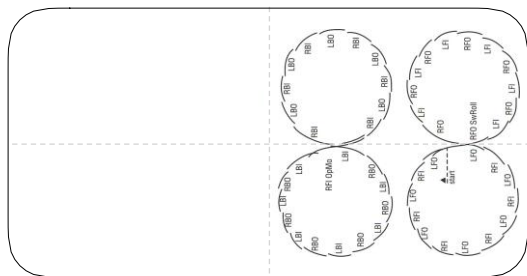
Intro steps opt. (R or L start) spirals down length of ice surface, maintaining a spiral position on each foot for approx. 3 sec. with extended leg held at hip level or higher, may be on flat.

3. Waltz Eight

edge quality

- ☐ Some control of positions & edges
- ☐ Control after 3-turns
- ☐ Awareness of rhythmic motion (waltz timing)
- ☐ Circle approx. cut into thirds
 - R
 - L

Intro steps opt. (R or L start) may mark the center, using large circumference circles, completing 2 patterns on each foot., performed with control.



4. Forward & Backward Crossovers

power

- ☐ Ability to increase power - correct blade use through the push
- ☐ Stroked not stepped - starting to see knee bend & rise
- ☐ Good posture
- ☐ Transition is important

Intro steps opt. (CCW or CW start), F Xovers in a figure 8 pattern, transition between F circles on one ft. (4-6 Xovers per circle recommended). F to B circle transition: SR, CE, opMo followed by B Xovers in a figure 8 pattern (4-6 B Xovers per circle).

5. Forward Power Three-Turns

power

- ☐ Basic flow & power
- ☐ Weight shift push on transitions - power from BI edge
- ☐ Correct edges - after 3-turn stepping on a BI edge
- ☐ Well-formed lobes - ability to maintain axis

Intro steps opt. (R or L start) FO 3 to a balance position followed by a B Xover (3-6 sets depending on size of ice & strength of skater) opt. B Xovers around end, second length of ice surface repeat on other foot.

2. Alternating Bkwd Crossovers to Bkwd Outside Edges

power, extension

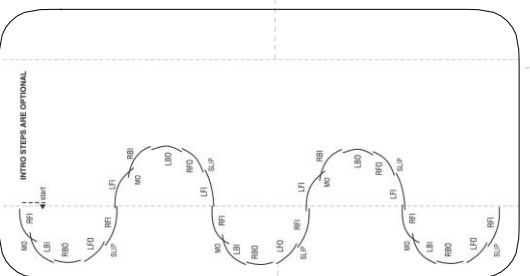
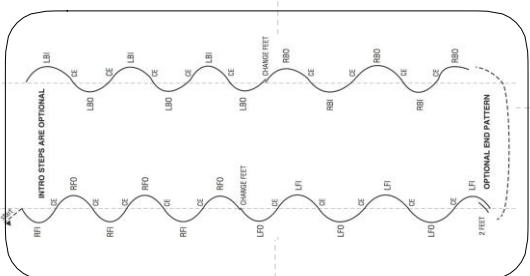
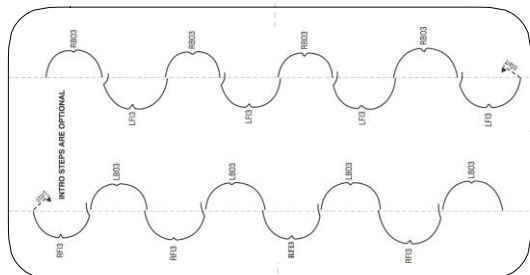
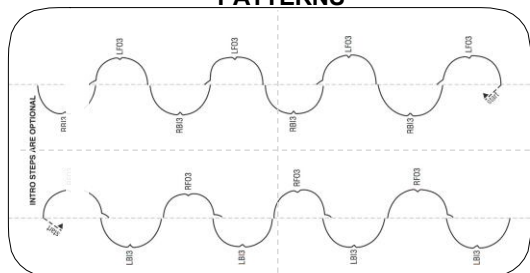
- ☐ Good speed, posture & ice coverage (ability to accelerate)
- ☐ Control during sustained extensions
- ☐ Equal lobes
- ☐ Some evidence of development of good form

Intro steps opt., alt. B Xovers to BO edges in consecutive ½ circles for one length of ice surface (4-5 lobes).

LEVEL 2 CHECKLIST

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 emphasised.

PATTERNS



ELEMENTS: TEST STANDARDS / EXPECTATIONS

1. FO-BI Three-Turns in the Field

edge quality

- ☐ Proper edge the moment the foot takes the ice
- ☐ Controlled flowing edges (no major sub curves)
- ☐ Control in/out of 3-turns
- ☐ Common axis maintained

Intro steps opt. (R or L start) FO 3-turns alt. to BI 3-turns the length of ice surface (# of sets depends on size of ice & strength of skater). End seq. opt. 2nd length on other foot.

2. FI-BO Three-Turns in the Field

edge quality

- ☐ Proper edge the moment the foot takes the ice
- ☐ Controlled flowing edges (no major sub curves)
- ☐ Control in/out of 3-turns
- ☐ Common axis maintained

Intro steps opt. (R or L start) FI 3-turns alt. to BO 3-turns the length of ice surface (# of sets depends on size of ice & strength of skater). End seq. opt. 2nd length on other foot.

3. Forward & Backward Power Change of Edge Pulls

power

- ☐ Rhythmic knee action
- ☐ Maintaining or increasing speed
- ☐ Hear a sound of power being generated
- ☐ Controlled upper body & free leg

Intro steps opt. (R or L start) consecutive power CE pulls FIO to FOI, full length of ice surface (chg. feet center ice, end seq. opt.). 2nd full length: B CE pulls BOI to BIO.

4. Five-Step Mohawk Sequence

edge quality, extension

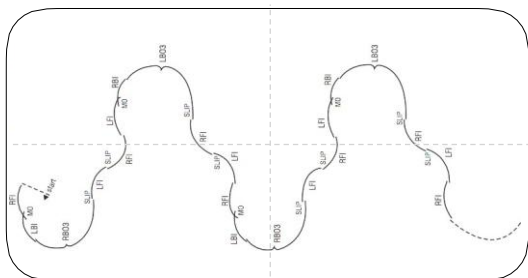
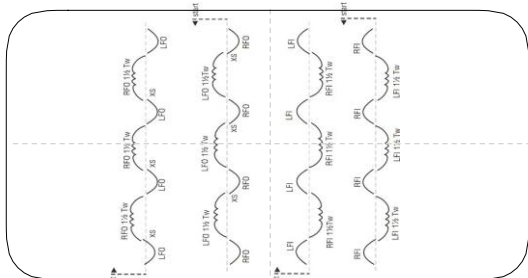
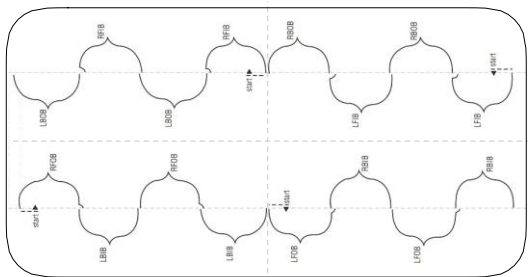
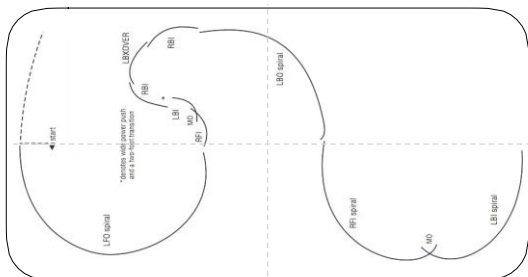
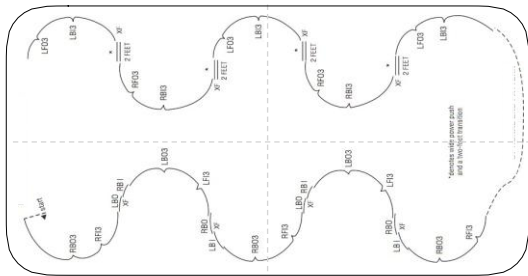
- ☐ Good ice coverage
- ☐ Steps fairly equal on lobe (even beat)
- ☐ Correct edges (incl. #4) with a nicely extended free leg
- ☐ Mohawks should be placed at approx. the 1/3 point on the lobe

Intro steps opt., alt. FI Mo in consecutive 1/2 circles, ea. series consists of a 5-step sequence for one length of the ice surface (4-5 lobes).

LEVEL 3 CHECKLIST

Strong, true edges, smooth turns, correct posture and effortless flow are expected of the candidate.

PATTERNS



ELEMENTS: TEST STANDARDS / EXPECTATIONS

1. Backward Double Three-Turns

edge quality, extension

- ☐ Control throughout, no major sub-curves
- ☐ B 3-turn at top of lobe, forward at 2/3 of lobe
- ☐ Gliding edge between turns with nicely extended free leg
- ☐ Flow maintained, full ice coverage with depth of pattern

Intro steps opt. Consecutive B double 3-turns on 1/2 circles with alt. feet (4-6 sets depends on size of ice & strength of skater), BO double 3-turns 1st length, BI double 3-turns 2nd length (end patterns optional).

2. Spiral Sequence

extension, edge quality

- ☐ Edge control & flow in accordance with pattern
- ☐ Free leg must be hip level or higher during spirals
- ☐ Awareness of extension of all body lines
- ☐ Full ice coverage

Intro steps opt. (R or L start) FO spiral held until long axis, FI opMo, wide-step 2 foot power push to B Xover, BO spiral held until long axis, FI spiral, FI Mo, BI spiral held until long axis (opt. steps to rpt. pattern in opposite dir.). Spirals sustained with ext. free leg for form/flexibility.

3. Brackets in the Field Sequence

edge quality

- ☐ Proper edge at strike-off perpendicular to axis, even lobes
- ☐ Controlled brackets (not jumped) in/out on proper edge (no major sub curves)
- ☐ Maintain control of body alignment with sense of organisation in repetition

Intro steps opt. (R or L start) 2 sets of turns on 1/2 circles (FO-BI) down approx. 1/2 length of ice surface. Continuing down remaining length (opt. step to transition), 2 sets of turns (FO-BI) on other foot. Entire sequence repeated down 2nd length of ice surface (FI-BO).

4. Forward Twizzles

turn execution, continuous flow

- ☐ Traveling turns with uninterrupted turn action (not checked 3-turns), correct entry/exit edges
- ☐ Continuous flow (no toe pushing)
- ☐ Strong core and body alignment
- ☐ Control throughout

Standing start (R or L) FO roll, F XS, FO 1 1/2 Tw to BI, FO (3 sets each)
Standing start (R or L) FI roll, FI 1 1/2 Tw to BO, FI (3 sets each)
(3 twizzle sets repeat across short or long axis & repeat on the other foot in the same manner).

5. Inside Slide Chassé Pattern

edge quality, extension

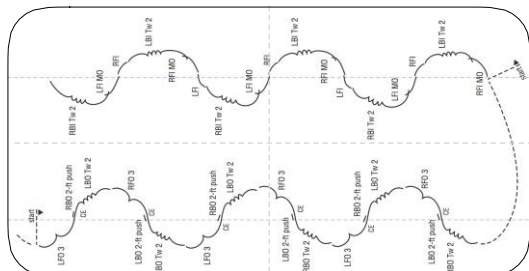
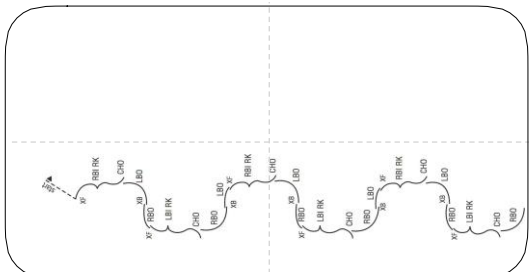
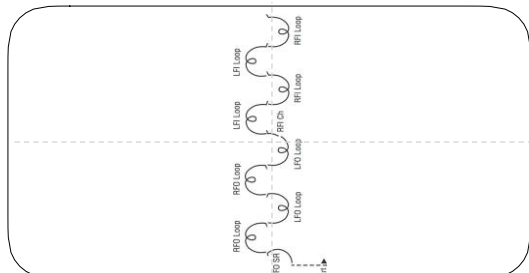
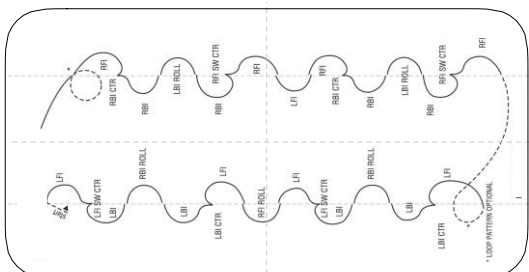
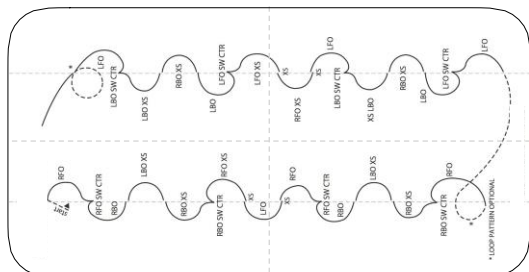
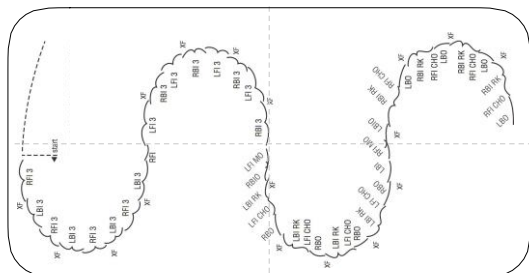
- ☐ Hear a sound of power being generated during slide chassés
- ☐ Good posture & body alignment / Control after BO 3
- ☐ Body lean over deep curving edges, good-sized lobes
- ☐ Even cadence and flow

Intro steps opt. 4 alt. patterns of: FI Mo, B power 3-turn, three inside slide chassés. Pattern should cover full length of ice surface.

LEVEL 4 CHECKLIST

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 evident.

PATTERNS



ELEMENTS: TEST STANDARDS / EXPECTATIONS

1. Inside Three-Turns / Rocker Choctaws

power, quickness

- ☐ Maintain or increase power throughout / Full ice coverage
- ☐ Balanced, quick & quiet turns, neat footwork, precise rhythm (no toe pushing)
- ☐ Correct carriage, good posture
- ☐ Bilateral equality

Intro steps opt. (CCW or CW start) 4 semi-circles down long axis. 1st 2 lobes: FI & BI 3-turns, 2nd half: RK-Cho sequences (4-5 sets of ea. turn/lobe recommended). Transitions: BI-3, FI, FI-3; BI-3 to FI Mo-CE-BO XF; FI Mo-CE-BO XF.

2. Forward & Backward Outside Counters

edge quality, power

- ☐ Stable arc before and after turns with counter body action
- ☐ Rhythm and power reflected in flowing deep edges
- ☐ Common axis
- ☐ Very good posture

Intro steps opt. (R or L start) FO swCtr, 2 B Free Skate XS, BO swCtr, 2 F Free Skate XS (2 sets, complete loop and end pattern optional). Repeat other foot 2nd length.

3. Forward & Backward Inside Counters

edge quality, power

- ☐ Stable arc before and after turns with counter body action
- ☐ Rhythm and power reflected in flowing deep edges
- ☐ Common axis
- ☐ Very good posture

Intro steps opt. (R or L start) FI swCtr, 2 BI rolls, BI Ctr, 2 FI rolls (2 sets, complete loop and end pattern optional). Repeat other foot 2nd length.

4. Forward Loops

edge quality, continuous flow

- ☐ Loop placed at top of lobe / Bilateral symmetry
- ☐ Sense of organisation in repetition: knee, upper body, free leg
- ☐ Maintain controlled rhythmic loop action
- ☐ Continuous flow throughout

Standing start (R or L) FO SR, FO loop alt. ft. for 4 sets. FI-Ch, FI loop alt. ft. for 4 sets (may be skated across the short or long axis).

5. Backward Rocker Choctaw Sequence

edge quality, extension, power

- ☐ Closed choctaws on precise controlled edges
- ☐ Sustained extension of all body lines on deep BO
- ☐ Maintain strong power and flow throughout

Intro steps opt. (R or L start) BI Rk-Cho, deep BO edge (6-8 consecutive 1/2 circles, alternate foot).

6. Backward Twizzles

turn execution, continuous flow

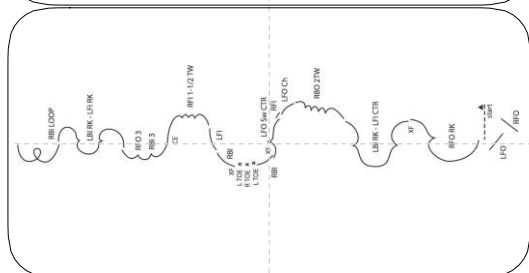
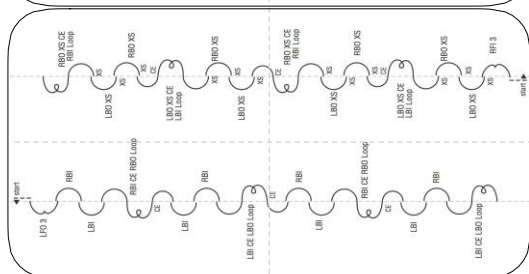
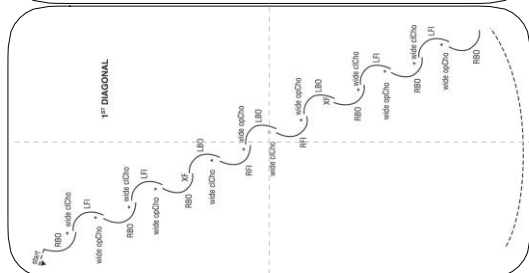
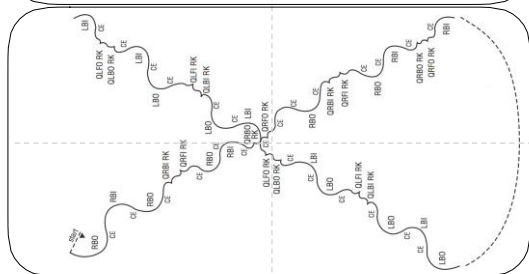
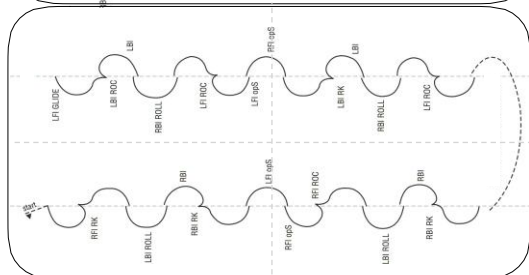
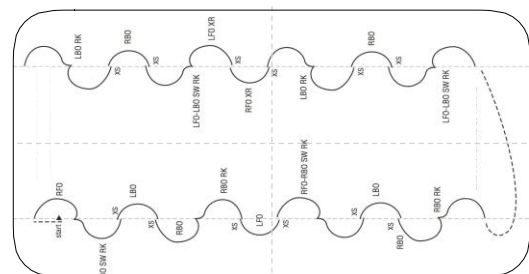
- ☐ Effortless execution of Tw (traveling turns w/ uninterrupted turn action, not checked 3-turns)
- ☐ Correct, controlled entry/exit edges with extension on Tw exits
- ☐ Maintain: continuous flow, axis, lobe, body control / Full ice

Intro steps opt. (R or L start) FO 3-turn CE 2-ft push BO Tw 2, rpt. other ft. 3 sets 1st length (end pattern opt.). (R or L start) FI Mo - BI Tw 2, FI, rpt. other ft. 3 sets 2nd length.

LEVEL 5 CHECKLIST

The candidate must give a performance that is generally very good in all respects. Focus should be on power, flow, edge quality and line and footwork control.

PATTERNS



ELEMENTS: TEST STANDARDS / EXPECTATIONS

1. Forward & Backward Outside Rockers

edge quality, power

- ☐ Balanced, sure edges before and after turns (on axis) / Rocker body action
- ☐ Excellent rhythm and upper body carriage
- ☐ Bilateral equality
- ☐ Power reflected in flowing deep edges

Intro steps opt. (R or L start) FO swRk, 2 B XS, BO Rk, 2 F XS (2 sets w/ 2 F & 2 B rockers) Repeat other foot 2nd length (end sequence of steps optional).

2. Forward & Backward Inside Rockers

edge quality, power

- ☐ Balanced, sure edges before and after turns (on axis) / Rocker body action
- ☐ Excellent rhythm and upper body carriage
- ☐ Bilateral equality
- ☐ Power reflected in flowing deep edges

Intro steps opt. (R or L start) FI Rk, 2 BI rolls, BI Rk, 2 FI rolls (2 sets with 2 F & 2 B rockers) Repeat other foot 2nd length (end sequence of steps optional).

3. Power Pulls

power, quickness

- ☐ Hear a sound of power being generated - maintain flow, no loss of speed
- ☐ Balanced, quick, rhythmic turns
- ☐ Curvature of lobes distinct
- ☐ Accomplished technique w/o visible effort

Intro steps opt. (R or L start) sequence of: 3 power pulls BO-BI-BO, CE, QBI Rk-QFI Rk, 3 power pulls BI-BO-BI, CE, QBO Rk-QFO Rk (repeat full ice diagonal 3-4 seq.). Repeat other foot on opposite diagonal (end steps optional).

4. Choctaw Sequence

edge quality, power

- ☐ Clean, quiet Choctaws on correct edges, even rhythm
- ☐ No loss of speed - full ice diagonal
- ☐ Accomplished control, undisturbed upper body carriage
- ☐ Ease of performance w/o visible effort

Intro steps opt. (R or L start) 2 consecutive sets: BO wide clCho, FI wide opCho, BO XF (alt. ft. repeat full ice diagonal). Repeat on other foot, opposite diagonal (end pattern opt.).

5. Backward Loop Pattern

edge quality, continuous flow

- ☐ Consistent loop action with change of edge entry and exit
- ☐ Bilateral symmetry
- ☐ Sense of organisation in repetition: knee, upper body, free leg
- ☐ Rhythmic edges with continuous flow & axis / Lobes similar in size

*Standing start (R or L FO3): 3 BI rolls, CE, BO loop, CE (alt. ft. 4 sets)
Standing start (R or L FI3): 3 BO XS, CE, BI loop, CE (alt. ft. 4 sets)*

6. Straight Line Step Sequence

edge quality, continuous flow

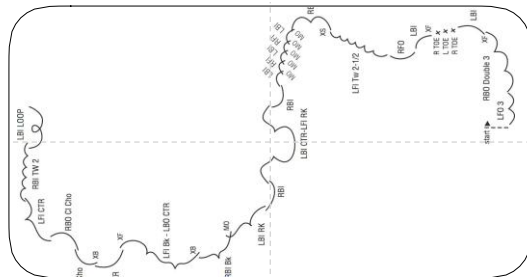
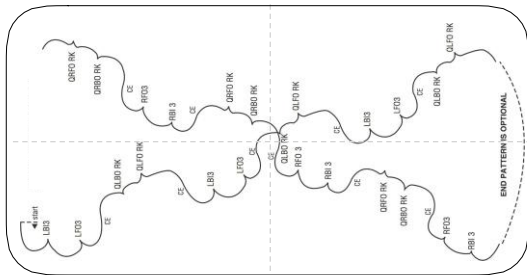
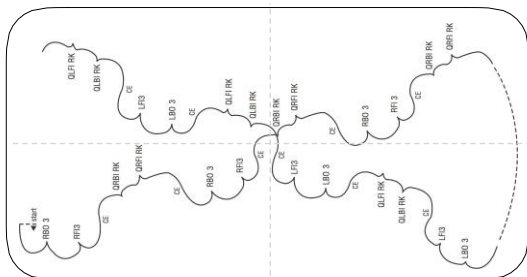
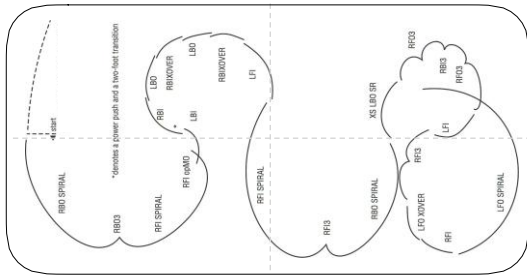
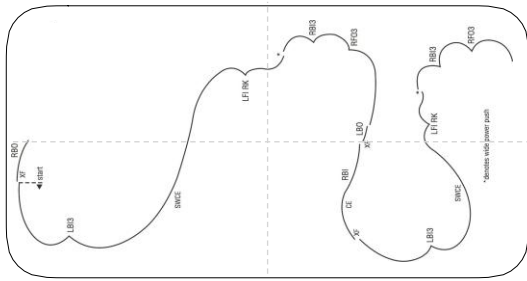
- ☐ Accomplished execution of all turns / Bilateral equality
- ☐ Mature maintenance of speed through rhythmic movement
- ☐ Strong use of knee & ankle
- ☐ Control of upper body throughout

Standing start (R or L) 2 opS: FO Rk, XF, BI Rk-FI Ctr, BO Tw 2, FO, FI Ch FO-swCtr, XF BI 3 toe steps, XF BI, FI, FI Tw 1 1/2, edge pull, CE, BI dbl 3, push to BI Rk-FI Rk, push to BI loop (sequence repeated on other foot).

LEVEL 6 CHECKLIST

The candidate must give an excellent performance, displaying power, strong edge control and depth, extension and precise footwork control.

PATTERNS



ELEMENTS: TEST STANDARDS / EXPECTATIONS

1. Sustained Edge Step

edge quality, power

- ☐ Mastery of edges with depth of lobe, acuteness of arc & body lean
- ☐ Rocker (not 3-turn)
- ☐ Bilateral power - subtle use of knees / Full ice coverage
- ☐ Full mastery of all body positions - maximum stretch of body lines
- ☐ Refined flow, presentation and performance skills

Intro steps opt. (R or L start), powerfully perform: BI 3, sustained sw CE, FI Rk, wide power push to BI double 3, B Xover, CE, XF, repeat to cover full ice (repeat in opposite direction).

2. Spiral Sequence

extension, edge quality

- ☐ Excellence of all body lines
- ☐ Sustained free leg position clearly above hip level
- ☐ Mastery of edge control with bold lobes and full ice coverage
- ☐ Refined presentation, effortless flow with confident edges throughout

*Intro steps opt. (R or L start) series of spirals: BO spiral-BO 3 (BO 3 parallel to long barrier)
FI spiral-FI opMo, wide power-push 2ft. trans., 2 B Xovers, FI, FI spiral-FI 3-BO spiral, B
XS, BO SR, FO triple 3, FI, FI 3, F Xover, FO spiral (spirals should be sustained with
extended free leg). Pattern repeated in opposite direction.*

3. BO Power Dbl Three-Turns to Power Dbl Inside Rockers *power, quickness*

power, quickness

- ☐ Balanced, quick & clear foot speed
- ☐ Uninterrupted rhythm (Rockers's quicker than 3's)
- ☐ Mastery of the generation of speed at a refined pace
- ☐ Must maintain a diagonal axis / Equal depth of lobes
- ☐ Refined presentation & performance skills / Effortless

Intro steps opt. (R or L start) BO power double 3, power pull CE QBI Rk-QFI Rk-power pull CE. Sequence repeated consecutively full ice-diagonal. (Repeat other foot, opposite diagonal, end pattern opt.)

4. BI Power Dbl Three-Turns to Power Dbl Outside Rockers *power, quickness*

power, quickness

- ☐ Balanced, quick & clear foot speed
- ☐ Uninterrupted rhythm (Rocker's quicker than 3's)
- ☐ Mastery of the generation of speed at a refined pace
- ☐ Must maintain a diagonal axis / Equal depth of lobes
- ☐ Refined presentation & performance skills / Effortless

Intro steps opt. (R or L start) BI power double 3, power pull CE QBO Rk-QFO Rk-power pull CE. Sequence repeated consecutively full ice-diagonal. (Repeat other foot., opposite diagonal, end pattern opt.)

5. Serpentine Step Sequence

edge quality, continuous flow

- ☐ Mastery of each element / clean execution of all turns
- ☐ Maintain serpentine pattern, full ice, deep edges, tight lobes
- ☐ Refined performance & strong body positions
- ☐ Effortless execution & presentation

Intro steps opt. (R or L start) FO 3, BO double 3, XF Bl, 3 toe steps XF Bl, FO, FI Tw 2½ to BO XS, BO 3, 5 quick consecutive FI & BI Mo, quick BI, BI Ctr to FI Rk, BI, step wide to BI Rk, FI Mo, BI Br seq. (simultaneously XB rev. arm position), FI Bk-BO Ctr, FO XR, XB, FI OpCho, BO CCho, FI Ctr, BI Tw 2, BI loop. (Optional steps to repeat opposite direction without stopping.)