



## **NATIONAL FIGURE SKATING LEVEL TESTS SEASON 2019 - 2020**

### **General rules:**

- To enter in National or International **B-Competitions** a skater must have obtained a **Competition Level Test**.
- Skaters already having a Pre-Preliminary MIF test, or a higher-level MIF test, will be equated with the **Competition Level Test** and can participate in B-category Competitions.
- The **Figure Skating Level Tests** are based on **the Technical Element Scores (TES)** which can be obtained in National or International Interclub A and B Competitions, Foreign selected interclub competitions and ISU listed Competitions.
- Bonus points are included in the Technical Element Scores (TES) in the calculating system on Belgian Competitions and in some foreign selected Interclub Competitions. However, these bonus points will be deducted from the reached TES to obtain the correct TES for the Figure Skating Level Test.
- Within the TES-score system it is possible to skip certain Figure Skating Levels.
- The **PCS Level Tests** are based on the total **Program Component Score of a free program** which can be obtained in National or International Interclub A & B Competitions, foreign selected Interclub competitions and ISU listed Competitions.
- These PCS Level Tests are based on the Belgian component results in each category.
- The following points will remain for two (2) seasons (2019-2020 and 2020-2021).
- In January 2021 a check of the minimum points TES and PCS will be made, and any adjustment will be published as soon as possible on the Skate Belgium website. These new adjustments start from July 1<sup>st</sup>, 2021 and will be set for the next two (2) seasons (2021-2022 and 2022-2023).
- To enter in National and/or International Interclub **A-Competitions** a skater must have obtained a **Figure Skating Level Test and PCS Level Test**.
- The TES-score and PCS-score need to be obtained once.
- Once the skater obtains a certain level, the skater will keep the obtained level.
- Obtaining a new level cannot be refused.
- The obtaining of new levels will be published in a communication on the website of the federation [www.skatebelgium.be](http://www.skatebelgium.be).

## **COMPETITION LEVEL TEST**

### **A Competition Level Test contains:**

- **Forward perimeter stroking** (same as in Pre-Preliminary MIF)
  - Four (4) to eight (8) strokes with crossovers around ends for one (1) full lap of the ice rink.
  - The direction is only **counterclockwise**.
  - Two (2) to four (4) introductory steps are optional.
  
- **Forward crossovers in an eight form**
  - The skater will perform forward crossovers in an eight form along the length of the ice rink.
  - One (1) full eight form is required
  - One-foot stroke must be utilized when changing circles
  - Two (2) to four (4) introductory steps are optional.
  
- **Backward crossovers in an eight form**
  - The skater will perform forward crossovers in an eight form along the length of the ice rink.
  - One (1) full eight form is required
  - One-foot stroke must be utilized when changing circles
  - Two (2) to four (4) introductory steps are optional.
  
- **Forward outside three turns in an eight form**
  - The skater will perform forward outside three turns in an eight form along the length of the ice rink.
  - One (1) full eight form is required
  - One-foot stroke must be utilized when changing circles
  - Two (2) to four (4) introductory steps are optional

### **Remarks:**

- All elements need to be performed after each other.
  
- The skater needs to wait on a signal from the referee to start the next element.
  
- The warm up period is four (4) minutes.
  
- There will be warm-up groups of maximum eight (8) skaters.

**The following conditions are the main focusses for succeeding in the Competition Level Test:**

**Element 1 - Forward Perimeter stroking:**

- 1) Posture of the skater:
  - Upright upper body
  - Head held up
  - Arms and hands at chest-height, shoulders not raised
  - Free leg extended, and foot turned open out
  - A steady posture
- 2) Knee rhythm movement:
  - Standing (skating) leg, Knee-high-knee rhythm

**Element 2 & 3 - forward and backward crossovers in an eight form:**

- 1) Posture of the skater:
  - Upright upper body
  - Head held up
  - Arms and hands at chest-height, shoulders not raised
  - Free leg extended, and foot turned open out
  - A steady posture
- 2) Knee rhythm movement:
  - Standing (skating) leg, Knee-high-knee rhythm.
- 3) Edges:
  - Circles can be adapted for smaller children; edges need to be Visible

**Element 4 - forward outside three turns in an eight form:**

- 1) Posture of the skater:
  - Upright upper body
  - Head held up
  - Arms and hands at chest-height, shoulders not raised
  - Free leg extended, and foot turned open out
  - A steady posture
- 2) Knee rhythm movement:
  - Standing (skating) leg, Knee-high-knee rhythm.
- 3) Edges:
  - Circles can be adapted for smaller children; edges need to be visible

## **FIGURE SKATING LEVEL TESTS**

To obtain a Figure Skating Level Test, the skater needs a minimum Technical Element Score (TES)

The following minimum Technical Element Scores (TES) for the different levels need to be obtained:

**Miniemen level:** 6.00 points (TES) – for Girls and Boys

NB: To obtain this level a skater needs to compete first in the category Pre-Miniemen and has obtained at least a Competition Level Test or Pre-Preliminary MIF or higher MIF test.

**Basic Novice level:** 8.00 points (TES) – for Girls and Boys - without bonus points

**Intermediate Novice level:** 11.00 points (TES) – for Girls and Boys - without bonus points

**Advanced Novice level:** 16.00 points (TES) – for Girls - without bonus points  
17.00 points (TES) – for Boys - without bonus points

**Junior level:** 21.00 points (TES) – for Ladies - without bonus points  
22.00 points (TES) – for Men - without bonus points

**Senior level:** 33.00 points (TES) – for Ladies - without bonus points  
35.50 points (TES) – for Men - without bonus points

**Master level:** 45.00 points (TES) – for Ladies - without bonus points  
49.00 points (TES) – for Men - without bonus points

## **PCS LEVEL TESTS**

The following minimum PCS for the different levels need to be obtained:

**PCS Miniemen level:** 8.50 points - for girls and Boys

**PCS Basic Novice level:** 10.00 points - for Girls and Boys

**PCS Intermediate Novice level:** 12.00 points - for Girls  
13.00 points - for Boys

**PCS Advanced Novice level:** 15.50 points - for Girls  
17.00 points - for Boys

**PCS Junior level:** 24.00 points - for Ladies  
35.00 points - for Men

**PCS Senior level:** 33.00 points - for Ladies  
39.00 points - for Men

**PCS Master level:** 45.00 points - for Ladies  
58.00 points - for Men

**MIF TESTS**

MIF tests will no longer be organized in Belgium.

If Belgian skaters, however, still would like to obtain MIF tests, they are allowed to enter tests in neighboring countries. The club must inform the national secretary in advance which skater will participate in which test. The club will also inform the national secretary and sport coordinator of the skater's tests result(s).

**COMPARISON TABLES****Figure Skating Level Tests**

<b>New name tests</b>		<b>Old name test</b>
<i>Miniemen level</i>		<i>None</i>
(The test for Miniemen (Miniemen level) can be obtained in B-Competition in the category, Pre-Miniemen)		
<i>Novice A level</i>	-	<i>Small Bronze</i>
<i>Novice B level</i>	-	<i>Bronze</i>
<i>Advanced Novice level</i>	-	<i>Small Silver</i>
<i>Junior level</i>	-	<i>Silver</i>
<i>Senior level</i>	-	<i>Small Gold</i>
<i>Master level</i>	-	<i>Gold</i>

**MIF tests:**

<b>MIF tests</b>	<b>Old Moves Tests</b>	<b>Figure Pattern Moves tests</b>
<i>Pre-preliminary</i>	<i>Preliminary</i>	<i>Pre-Figure Pattern Moves</i>
<i>Preliminary</i>	<i>None</i>	<i>None</i>
<i>Pre-Juvenile</i>	<i>None</i>	<i>None</i>
<i>Juvenile</i>	<i>None</i>	<i>Bronze Figure Pattern Moves</i>
<i>Intermediate</i>	<i>Bronze Moves</i>	<i>Pre-Silver Figure Pattern Moves</i>
<i>Novice</i>	<i>Silver Moves</i>	<i>Silver Pattern Figure Pattern Moves</i>
<i>Junior</i>	<i>Gold Moves</i>	<i>Gold Pattern Figure Pattern Moves</i>
<i>Senior</i>	<i>None</i>	<i>None</i>