



NATIONAL FIGURE SKATING LEVEL TESTS SEASON 2022 – 2023

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 therefore participate in B-category Competitions. Having obtained the Competition Level Test, these skaters obtain the Figure Skating Level Pre-Miniemen.
- Skaters can only participate in the Competition Level Test if they **have not yet reached the age of 16 years on the day of the test**.
- 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 on the condition video replay has been used during judging.
- Bonus points may be 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 are not taken into account and will be deducted from the reached TES to obtain the correct TES for the Figure Skating Level Test.
- 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 on the condition video replay has been used during judging.
- These PCS Level Tests are based on the Belgian component results in each category.
- Within the TES and PCS-score system it is possible to skip certain Figure Skating Levels.
- The following points will remain for two (2) seasons (2022-2023 and 2023-2024).
- In January 2023 a check of the minimum points TES and PCS will be made, and any adjustment will be published as soon as possible on the website of the federation www.skatebelgium.be . These new adjustments start from July 1st, 2023 and will be set for the next two (2) seasons (2023-2024 and 2024-2025).
- 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 .

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

Intermediate Novice level: 11.00 points (TES) – for Girls and Boys

Advanced Novice level: 16.00 points (TES) – for Girls
17.00 points (TES) – for Boys

Junior level: 21.00 points (TES) – for Women
22.00 points (TES) – for Men

Senior level: 33.00 points (TES) – for Women
35.50 points (TES) – for Men

Master level: 45.00 points (TES) – for Women
49.00 points (TES) – for Men

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 Women
35.00 points - for Men

PCS Senior level: 33.00 points - for Women
39.00 points - for Men

PCS Master level: 45.00 points - for Women
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**

New name tests	Old name test
<i>Miniemen level</i> <i>This test can be obtained in B-competition in the category Preminiemen</i>	<i>None</i>
<i>Basic Novice level</i>	<i>Novice A level / Small Bronze</i>
<i>Intermediate Novice level</i>	<i>Novice B level / 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	Old Moves test	Figure Pattern Moves test
<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>