COMPETITION LEVEL TEST

Eligibility

To be eligible to participate in the Competition Level Test, skaters :

1. need to be a member of a Belgian club;
2. have not reached the age of **sixteen (16)** by July 1st preceding the test.

General remarks

- All participants must register themselves in person at the infodesk at the icerink, at the time mentioned on the timetable, presenting their identity card or Kids ID.
- Participants can only be accompagnied by a licensed coach. Public is not allowed at the icerink except in the cafetaria or the public grandstand.
- There will be warm-up groups of maximum eight (8) skaters.
- The warm up period is four (4) minutes.
- 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.
- Only one exercise can be repeated if asked by the referee.
- After the last skater of every warm-up group has finished his/her test, the skaters of that warm-up group receive a diploma (if passed) or a feedback form with the judges' remarks (if not passed).

1) Forward and backward perimeter stroking with forward inside and backward inside edge transitions Counterclockwise only

Explanation:

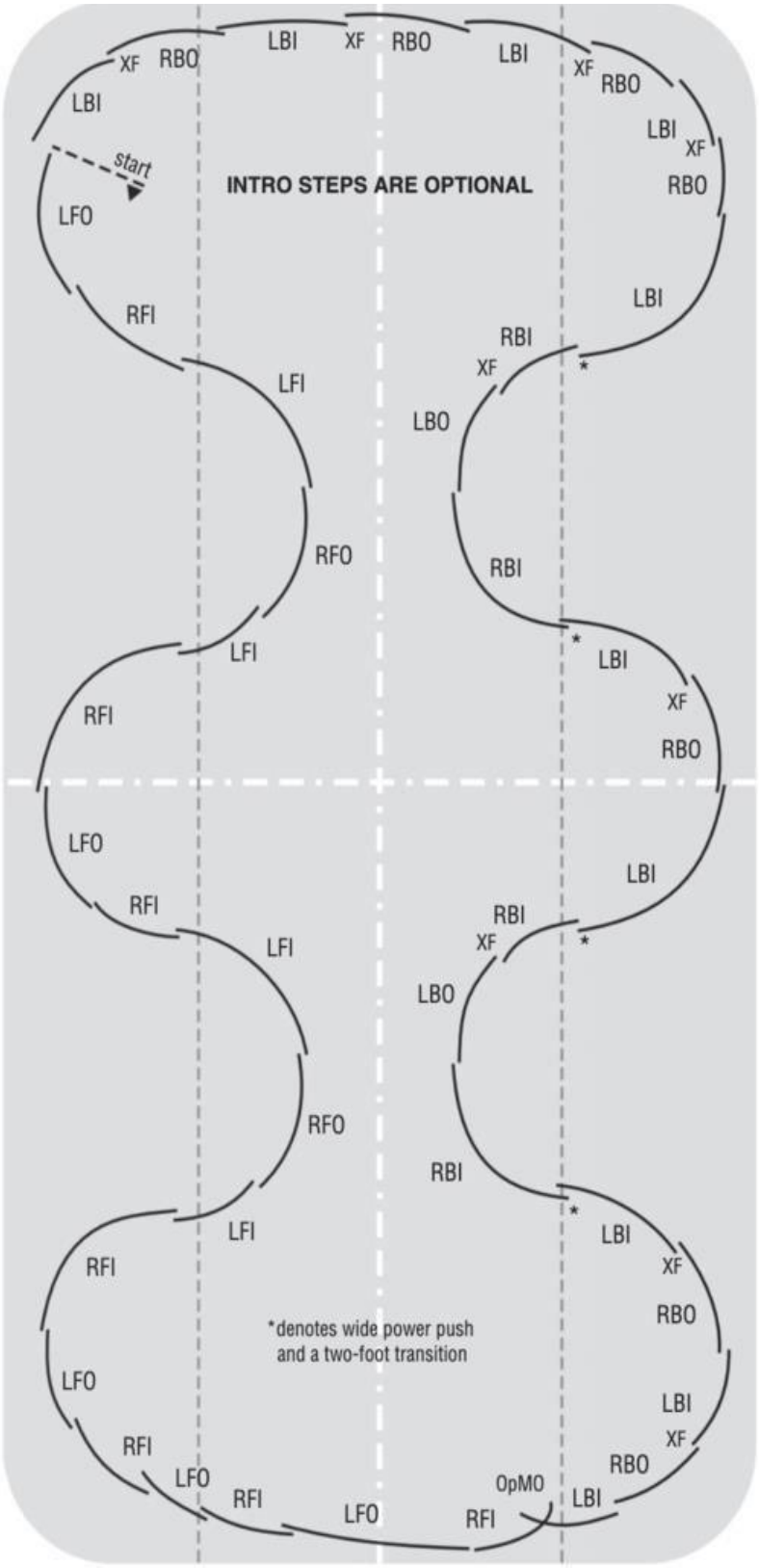
- Two (2) to four (4) introductory steps are optional before the pattern starts
- Four (4) alternating crossovers separated by solid forward inside (FI) edge transitions. The end of the pattern consists of two (2) forward crossovers followed by a left forward outside (LFO) open stroke; then a right forward inside (RFI) open Mohawk followed by two (2) backward crossovers separated by stable backward inside (BI) edge transitions. See pattern below.
- All end pattern steps should be performed with an even cadence except the LFO open stroke, which should be held for two counts. The second side of the pattern resumes with four (4) backward crossovers separated by two-foot transitions, also known as a power push. Skaters should take care to perform the transitions on two (2) solid inside edges. The second end pattern consist of three (3) to five (5) backward crossovers.
- The steps must be skated in general accordance with the diagrams and descriptions.

Test Standards/Expectations:

- All crossovers of same quality.
- Good ice coverage with solid edge pushing - Pattern can be performed according the height of the skater!
- Stepping on axis to set proper curvature of lobes.
- Extension transition steps must be an inside edge.
- Bilateral ability to push off equal with flexible knees

Common errors:

- Incomplete second stroke during crossovers.
- Forward inside edges lacks extension.
- Use of toe picks.
- Incorrect pattern.



Forward and backward perimeter stroking with forward inside and backward inside edge transitions

Source: American Moves in the field tests – www.Krigorstudio.com

2) Alternating backward crossovers to backward outside edges

Explanation:

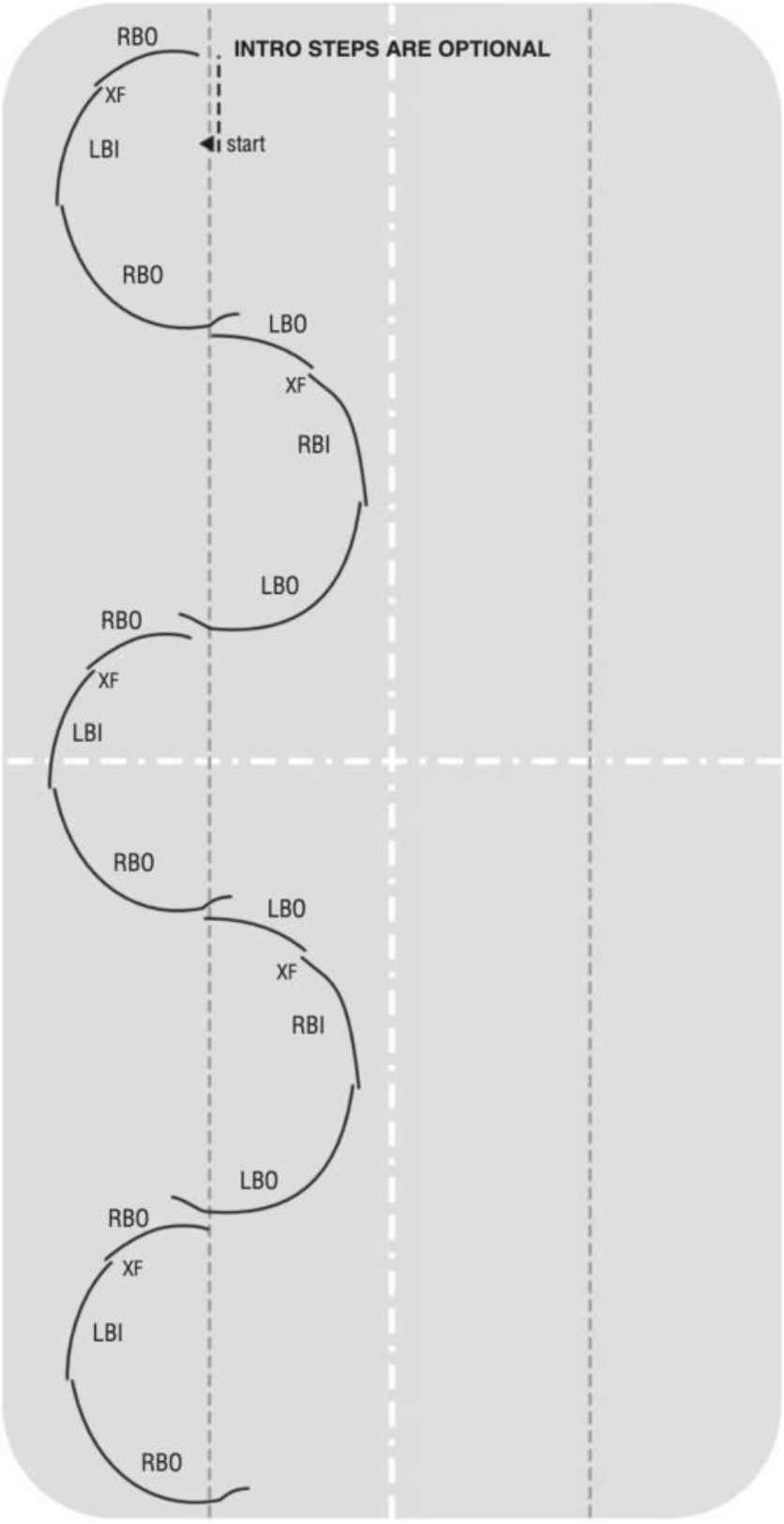
- Two (2) to four (4) introductory steps are optional before the pattern starts
- The skater will perform alternating backward crossovers to backward outside edges in consecutive half circles for one length of the ice.
- Four (4) or five (5) lobes should be skated. Pattern can be performed according the height of the skater.

Test Standards/Expectations:

- Good speed, posture and ice coverage
- Control during sustained extensions

Common errors:

- Good flow and extension
- Unequal lobes
- Poor posture
- Inability to extend equally on both legs



Alternating backward crossovers to backward outside edges

Source: American Moves in the field tests – www.Krigorstudio.com

3) Step sequence – from short barrier to short barrier (straight line)

Explanation:

- The Steps Sequence consists of forward outside, forward inside three turns and Mohawks. Toe-pick steps and backward three turns are optional.
- All turns and steps must be executed on both feet (left and right)

Test Standards/Expectations:

- At least two (2) forward outside three turns, two (2) forward inside three turns and two (2) Mohawks on the left foot and right foot must be clean.
- Good posture and body control.
- Turns and steps must be on clean edges, clean entry and exit. Jumped turns and steps will not take into account.

Common errors:

- Poor posture and body control.
- Unclean turns and steps

4) Choreographic Movements

Explanation:

- Choreographic Movements consists of at least 2 different movements like spirals, arabesques, spread eagles, Ina Bauer, shoot the duck transition, transition jumps like split jumps and any variations of a split jump. Steps and turns may be used to link the 2 or more different movements together.
- All different movement must be held for two counts in position, except the transition jumps.
- The pattern is free.

Test Standards/Expectations:

- At least two different movements should be demonstrate with extend body lines and body control.

Common errors:

- Only one movement with extend body lines and body control.
- The body movements (two) not holding for two counts.