

INLINE FREESTYLE TESTS

INLINE FREESTYLE	
#1 Bronze Inline Freestyle - cost \$8.00	
Min Grade: 35	Passing Grade: 100 Max: 2 1/2 minutes
Jumps Two (2)	Spins One (1)
Two foot half turn jump	Two foot spin
Bunny Hop	
* Two revolutions required on spin	
SKATING MOVES:	
Skating side push not on toe stops	
Cross cuts forward in both directions	
Bend down and roll on feet	
Balance on one foot with knee up (on both feet)	
Forward and Backward scissors	
One (1) sequence of primary footwork	
#2 Bronze Inline Freestyle - cost \$8.00	
Min Grade: 35	Passing Grade: 100 Max: 2 1/2 minutes
Jumps Three (3)	Spins Two (2)
Mohawk Jump	One Foot Spin
Waltz Jump	Two foot spin change to
1/2 Salchow <u>or</u> Salchow	One foot spin
1/2 Mapes <u>or</u> Mapes	
* Two revolutions required on each spin, not on toe stop	
SKATING MOVES:	
Forward cross overs, both directions	
Backwards cross pulls, both directions	
Balance spiral forward, backward on one foot then the other	
Backward skating with back cuts	
Two (2) sequences Primary Footwork	
#3 Bronze Inline Freestyle - cost \$9.00	
Min Grade: 40	Passing Grade: 110 Max: 3 minutes
Jumps Three (3)	Spins Two (2)
Mapes	IF Upright
1/2 Flip <u>or</u> Flip	IB Upright
1/2 Lutz <u>or</u> Lutz	
* Two revolutions required on each spin, not on toe stop	
SKATING MOVES:	
Shoot the Duck and Spread Eagle	
Forward inside and outside edges	
Leg swings forward and backwards	
One (1) sequence Primary Footwork	
Cross in backs forward and backward	
One (1) sequence Secondary Footwork	

INLINE FREESTYLE	
#4 Bronze Inline Freestyle - cost \$10.00	
Min Grade: 40	Passing Grade: 110 Max: 3 minutes
Jumps Three (3)	Spins Three (3)
Salchow	OF Upright <u>or</u> Upright Layback
Loop Jump	OB Upright
Toe Wally/Mapes Combination	IB Sit Spin
* Two revolutions required on each spin, not on toe stop	
SKATING MOVES:	
Backward outside and inside edges	
Forward outside and inside three times	
#5 Silver Inline Freestyle - cost \$12.00	
Min Grade: 45	Passing Grade: 120 Max: 3 minutes
Jumps Four (4)	Spins Three (3)
Euler	OB Sit Spin
Flip	IB Upright chg OB Upright
Waltz/Mapes <u>or</u> Mapes/Loop	OB Camel
Waltz/Euler/Salchow Combination	
* Two revolutions required on each spin, not on toe stop	
SKATING MOVES:	
Backward inside and outside three turns	
Forward inside and outside spirals. Both feet (advanced edges)	
Two (2) sequences Secondary Footwork	
#6 Silver Inline Freestyle - cost \$13.00	
Min Grade: 45	Passing Grade: 120 Max: 3 minutes
Jumps Four (4)	Spins Three (3)
Lutz	OF Upright chg OB Upright
Boeckl <u>or</u> Axel	IB Sit chg OB Sit
Flip/Loop	IB Camel
Waltz/Euler/Flip Combination	
* Two revolutions required on each spin, not on toe stop	
SKATING MOVES:	
Backward inside and outside spirals. Both feet (advanced edges)	
One (1) sequence Secondary Footwork	
One (1) sequence Advanced Footwork	

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#7 Silver Inline Freestyle - cost \$14.00		
Min Grade: 50	Passing Grade: 130	Max: 3 1/2 minutes
<u>Jumps Four (4)</u>	<u>Spins Three (3)</u>	
Double Mapes	OB Camel OB Sit Combo	
Lutz	OF Camel	
Lutz/Euler/Flip Combination	Sit Jump change Sit	
Axel/Euler/Flip Combination		
* Two revolutions required on each spin, not on toe stop		
<u>SKATING MOVES:</u>		
Two (2) sequences of Secondary footwork		
Two (2) sequences of Advanced footwork		
#8 Silver Inline Freestyle - cost \$15.00		
Min Grade: 55	Passing Grade: 140	Max: 3 1/2 minutes
<u>Jumps Four (4)</u>	<u>Spins Three (3)</u>	
Double Toe Walley	OF Camel chg OB Camel	
Double Salchow	Camel Sit change Sit	
Lutz/Euler/Flip Combination	Camel Jump change Sit	
Axel/Loop/Double Mapes Combination		
* Two revolutions required on each spin, not on toe stop		
<u>SKATING MOVES:</u>		
Two (2) sequences of Secondary footwork		
Two (2) sequences of Advanced footwork		
#9 Gold Inline Freestyle - cost \$18.00		
Min Grade: 60	Passing Grade: 150	Max: 4 minutes
<u>Jumps Four (4)</u>	<u>Spins Three (3)</u>	
Double Flip	Camel Sit change Camel	
Double Axel	Camel Sit Jump chg Sit	
Double Toe Walley/Loop <u>or</u> Double Mapes Combination	Camel change Camel Sit	
Axel/Loop/Double Mapes/Euler/Double Salchow Combination		
* Three revolutions required on each spin, not on toe stop		
<u>SKATING MOVES:</u>		
Two (2) sequences of Advanced footwork		

INLINE FREESTYLE		
#10 Gold Medal Inline Freestyle - cost \$27.00		
Min Grade: 60	Passing Grade: 150	Max: 4 minutes
<u>Jumps Five (5)</u>		
Double Flip		
Double Lutz		
Double Loop		
Double Axel		
Double Lutz/Euler/Double Flip Combination		
Axel/Loop/Double Loop Combination		
Triple Mapes		
<u>Spins Four (4)</u>		
Camel Combination change Camel (3 edges)		
Camel Sit change Camel Sit		
Inverted Camel		
Camel Jump change Camel Jump change Sit		
Hell Camel		
Broken Ankle Camel		
* Three revolutions required on each spin, not on toe stop		
<u>SKATING MOVES:</u>		
One (1) sequence of Secondary footwork		
Three (3) sequences of Advanced footwork		

JUDGES NOTATIONS

1. All 1/2 or 1 1/2 jumps may be landed flat foot or toe push.
2. Footwork should reflect the USARS definition of using arms, carriage, free legs etc.
3. Footwork may include other moves in addition to the required turns per USARS.
4. Class "A" spins and footwork are per CIPA guidelines.
5. Gold Medal test candidates who choose to use the hardest items will be judged on the same standard of clean that all candidates are held to.
6. If a skater performs an item out of order, the judge will take a deduction but it does not constitute an automatic failure of the test. Omitting an item will require an automatic failure of the test. (Per RSA Achievement Test Booklet)..
7. It is the coach's choice to utilize the 1/2 jump listed or to use a full rotation jump in these tests. Whichever skill is chosen will be judged for control and cleanliness without prejudice.

Please review the Gold Medal Test Section on page 66 for further Gold Medal Test procedures prior to scheduling a Gold Medal Test Center.

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