

USFSA Testing Structure

Skaters may choose to test their skills in front of a live or virtual panel of USFSA (United States Figure Skating Association) judges in order to advance their skill level. Our club offers skaters the opportunity to work on skills in three areas for USFSA testing: Skating Skills (formerly Moves in the Field), Singles (formerly Free Skate) and Dance. Many clubs in our area offer test sessions throughout the year. Skaters must be USFS members and have the approval of their coach in order to be eligible for testing.

Skaters may choose to pursue testing for the following reasons:

- To further develop their skating skills using set standards
- To be more competitive at local competitions by improving power, edges and quality of skating
- To better focus their practice ice time
- To gain credentials to meet future goals of becoming a coach
- To gain a better understanding and knowledge of the sport of figure skating

US Figure Skating Tests

SKATING SKILLS	SINGLES	PAIRS	FREE DANCE	PATTERN DANCE
Pre-Preliminary	Pre-Preliminary			
Preliminary	Preliminary			Preliminary
Pre-Bronze	Pre-Bronze			Pre-Bronze
Bronze	Bronze	Bronze	Bronze	Bronze
Pre-Silver	Pre-Silver	Pre-Silver	Pre-Silver	Pre-Silver
Silver	Silver	Silver	Silver	Silver
Pre-Gold	Pre-Gold	Pre-Gold	Pre-Gold	Pre-Gold
Gold	Gold	Gold	Gold	Gold
				International

US Figure Skating Adult Tests (21+ or 50+)

SKATING SKILLS	SINGLES	PAIRS	SOLO FREE DANCE	PATTERN DANCE
Pre-Bronze	Pre-Bronze		Juvenile	Preliminary
Bronze	Bronze	Bronze	Intermediate	Pre-Bronze
Silver	Silver	Silver	Novice	Bronze
Gold	Gold	Gold	Junior	Pre-Silver
Intermediate	Intermediate		Senior	Silver
Novice	Novice			Pre-Gold
Junior	Junior			Gold
Senior	Senior			International

Skating Skills

Skating Skills are patterns that skaters learn on the ice in order to improve quality of edges, quickness, power, posture, body control and footwork. When a skater has mastered all of the patterns at each level, s/he is able to test in front of a panel of USFSA judges at a local test session or virtually. The judges evaluate and score each pattern. Skaters must earn a minimum score in order to pass the skating skills level. If a skater does not earn the minimum score, s/he is able to retry the test again on or after 28 days. Skaters must pass levels in successive order (i.e., Pre-preliminary must be passed prior to testing Preliminary) because the skills build upon each other as the skater advances. In addition, skaters must pass the appropriate Skating Skills test prior to testing Singles at the same level (i.e., Pre-preliminary Skating Skills must be passed prior to testing Pre-preliminary Singles). When a skater passes the Gold level Skating Skills test, s/he earns Gold Medalist status in Skating Skills through the USFSA.

Singles

Singles is the area of figure skating that we are most accustomed to seeing on television. Skaters perform spins, jumps and other elements in programs skated to music.

Each level of Singles has required elements the skater must master and perform during a program skated to music. Typically, there are five jump elements, two to three spin elements and footwork. The program must be well-choreographed and show a relationship with the music as skaters are judged not only on the required elements, but also the artistry of the program.

Skaters learn choreographed programs during private lessons with a coach. When the skater has mastered all the required elements and has passed the prerequisite level of Skating Skills, the skater tests the program in front of a panel of USFSA judges. If the skater does not pass, s/he is able to retry the test again on or after 28 days.

Singles tests are taken in successive order so that skaters must master skills from a lower level prior to advancing to a higher, more difficult level (i.e., Preliminary Singles test must be passed prior to testing the Pre-Bronze Singles test).

When a skater passes the Gold level Singles test, s/he earns Gold Medalist status in Singles through the USFSA.

Pattern Dance (Partnered or Solo)

Ice Dance is the area of figure skating in which skaters must perform set-pattern dances to music. Pattern Dance requires skaters to learn to skate steps in time to the music, have good quality edges, power, speed, flow and grace across the ice, proper posture and rhythm. Skaters may test Pattern Dance either with a partner or solo.

There are three dances at the Preliminary through Silver levels, four dances at the Pre-Gold and Gold levels and ten dances at the International level.

When a skater has mastered the dance pattern and steps during private lessons, s/he will test the dance in front of a panel of USFSA judges.

Skaters may test one dance at a time or multiple dances. However, all dances at the lower level must be passed prior to testing dances at the next level (i.e. all three Preliminary dances must be passed prior to testing a Pre-Bronze dance). A skater must receive a minimum score in both the categories of Technique and Timing/Expression in order to pass the dance test. Technique focuses on the accuracy of the skater's steps, edges and dance pattern while Timing/Expression focuses on skating the steps to the correct rhythm of the dance as well as matching facial and body expression to the mood of the dance (i.e., the Cha Cha is upbeat, so the skater is expected to smile). If a skater does not pass, the dance may be retried on or after 28 days.

Once a skater passes all four Gold level dances, s/he earns Gold Medalist status in Dance through the USFSA.