

QUAD FREESTYLE TESTS

QUAD FREESTYLE		
#1 Bronze Quad Freestyle - cost \$8.00		
Min Grade: 35	Passing Grade: 100	Max: 2 minutes
Bunny Hop		Two Foot Spin
1/2 Mapes		One Foot Spin
Mohawk Jump		
One (1) sequence Primary Footwork		
Straight line long axis pattern		
#2 Bronze Quad Freestyle - cost \$8.00		
Min Grade: 35	Passing Grade: 100	Max: 2 minutes
Waltz Jump		Two Foot Spin
1/2 Flip		IB Upright
Mapes		IF Upright
Bunny Hop/Waltz/Mapes Combination		
One (1) sequence Primary Backward Footwork		
Straight line long axis pattern		
One (1) sequence Primary Forward Footwork		
Diagonal Pattern		
#3 Bronze Quad Freestyle - cost \$9.00		
Min Grade: 40	Passing Grade: 110	Max: 2 1/2 minutes
Toe Walley		IB Upright change IF Upright
1/2 Lutz <u>or</u> Lutz		OB Upright
		IB Sit Spin
1/2 Flip/Waltz/Mapes Combination		
One (1) sequence Secondary Footwork		
Mohawk and Choctaw turns - circular pattern		
#4 Bronze Quad Freestyle - cost \$10.00		
Min Grade: 40	Passing Grade: 110	Max: 3 minutes
Salchow		IB Sit Spin
Loop		OF Upright
Flip		OB Upright
Toe Walley/Mapes Combination		
One (1) sequence Advanced Footwork		
At least 2 kinds of "3" turns - serpentine pattern		

QUAD FREESTYLE		
#5 Silver Quad Freestyle - cost \$12.00		
Min Grade: 40	Passing Grade: 110	Max: 3 minutes
Euler		OF Upright change OB Upright
Lutz		OB Upright
Loop		OB Camel
1 1/2 Mapes <u>or</u> Mapes		OB Sit Spin <u>or</u> OF Sit Spin
Salchow/Mapes/Mapes <u>or</u> Toe Walley/Loop/Mapes Combination		
One (1) sequence Secondary Footwork		
Circular pattern		
One (1) sequence Advanced Footwork		
At least 2 kinds of Brackets - serpentine pattern		
#6 Silver Quad Freestyle - cost \$13.00		
Min Grade: 45	Passing Grade: 120	Max: 3 minutes
1 1/2 Flip <u>or</u> Flip		OF Camel
Lutz		Sit Change Sit
Axel <u>or</u> Boeckl		OF Upright Jump Change OB Upright
		OB Upright
Loop/Euler/Flip Combination		
Waltz/Mapes/Euler/Salchow Combination		
One (1) sequence Advanced Footwork		
At least 2 Rocker and 2 Counter turns - diagonal pattern		
#7 Silver Quad Freestyle - cost \$14.00		
Min Grade: 50	Passing Grade: 130	Max: 3 1/2 minutes
Axel		Sit Jump Change Sit
Double Mapes		OF Camel Change
1 1/2 Lutz <u>or</u> Lutz		OB Camel
		OB Camel/OB Sit Spin
Lutz/Euler/Flip Combination		
Axel/Euler/Salchow Combination		
One (1) sequence Advanced Footwork		
No restrictions - straight line long axis pattern		
Two (2) sequences Secondary Footwork		
No restrictions		

QUAD FREESTYLE TESTS (continued)

QUAD FREESTYLE		
#8 Silver Quad Freestyle - cost \$15.00		
Min Grade: 55	Passing Grade: 140	Max: 3 1/2 minutes
Double Toe Walley		IB Camel
Double Salchow		Camel/Sit/Change Sit
Colledge		Camel Jump Change Sit
Axel/Loop/Double Mapes Combination		
Loop/Euler/1 1/2 Flip Combination		
Two (2) sequences Secondary Footwork		
No restrictions		
Two (2) sequences Advanced Footwork		
No restrictions		
#9 Gold Quad Freestyle - cost \$18.00		
Min Grade: 60	Passing Grade: 150	Max: 4 minutes
Double Lutz		Camel Sit Change Camel
Double Flip		OF Camel/IB Camel
		Heel <u>or</u> Inverted Camel
Axel/Loop/Double Mapes/Euler/Double Salchow Combination		
Double Toe Walley/Loop/Double Mapes Combination		
Three (3) sequences Advanced Footwork		
No restrictions		
#10 Gold Medal Quad Freestyle - cost \$27.00		
Min Grade: 60	Passing Grade: 150	Max: 4 minutes
JUMPS - Choose Three (3)		
Double Flip		Triple Mapes
Double Lutz		Triple Toe Walley
Double Loop		Triple Salchow
Double Axel		
SPINS - Choose Four (4)		
Inverted Camel		Heel Camel
Broken Ankle Camel		Camel/Sit Change Camel/Sit
Camel Combo Change Camel (3 edges)		
Camel Jump Change Camel Jump Change Sit		
COMBINATIONS - Choose Two (2)		
Axel/Loop/Double Loop		
Double Lutz/Euler/Double Flip		
Triple Toe Walley/Loop/Triple Mapes		
One (1) sequence Secondary Footwork		
Three (3) sequences Advanced Footwork		

Judges Notations:

All 1/2 or 1 1/2 jumps may be landed flat foot or toe push.

Footwork should reflect the USARS definition of using arms, carriage, free legs etc.

Footwork may include other moves in addition to the required turns per USARS.

Class "A" spins and footwork patterns are per CIPA guidelines.

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.

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).

It is the coaches choice to utilize the 1/2 jump listed or 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.