

AUSSIE SKATE PROGRAM

The Aussie Skate Program has been specifically designed to suit the needs of all people wanting to learn to skate. It provides an introduction to the sport for everyone, whether they be tiny tots or senior citizens using a series of graded tests with attendant merit awards. This enables the newcomers to progress at their own pace to whatever levels they choose.

Some people may wish to skate just for fun, others for fitness. Some may want to learn to free skate, ice dance, do pairs or precision skating on ice while others may want to play ice hockey or take up ice racing. Whatever your aim, the Aussie Skate Program is designed to let you learn the basic moves of skating which all skaters need to know before they move into the more specialised areas.

The Aussie Skate Program is usually undertaken in a class situation which may be conducted by either a professional coach who is a member of the Australian Professional Skaters' Association (APSA), or by one of the clubs affiliated to the member State Associations of Ice Skating Australia (ISA) and endorsed to conduct the Aussie Skate Program. The testing program is also conducted by and the merit awards presented by the teaching body.

If you wish to undertake the higher test program conducted by Ice Skating Australia (ISA) itself, the Aussie Skate Program, once completed satisfactorily provides the necessary prerequisite to attempt the ISA Preliminary Test which is the first National test, and the other higher ISA tests. For information and advice about the program you should consult one of the figure clubs at your rink or the Secretary of your State Association.

The Aussie Skate tests are standard throughout Australia so that you can take a test in any rink you choose that participates in the program.

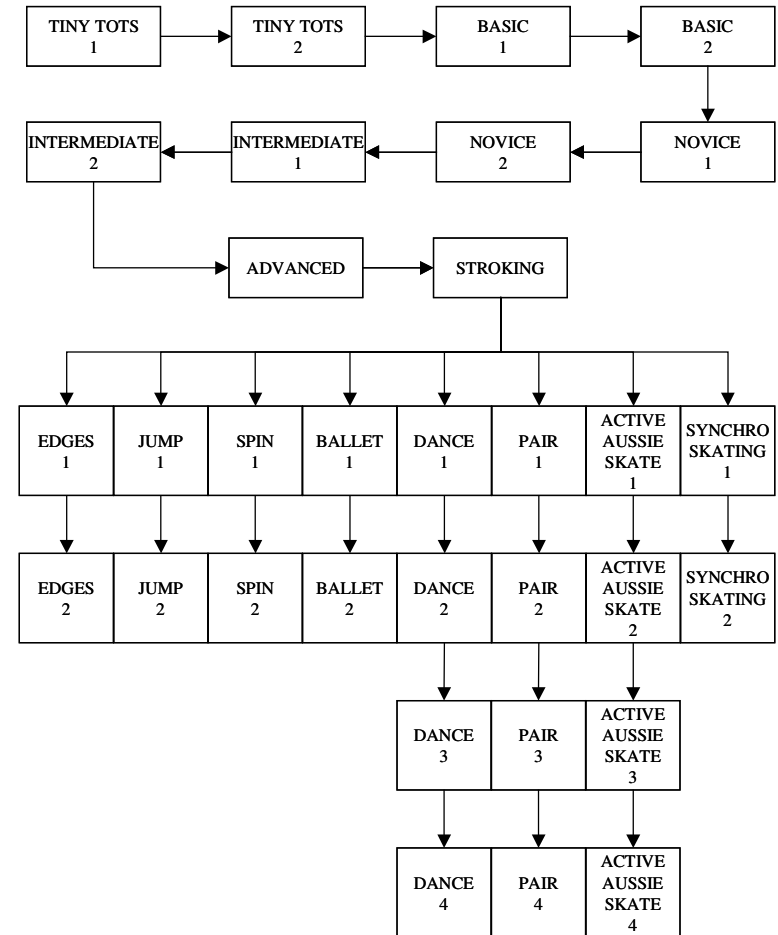
Some clubs, rinks and associations also conduct special Aussie Skate competitions for participants in the program and information about these is usually provided on the noticeboard in your ice rink or through a club, coach, skating class or State Association.

The cost of participating in the Aussie Skate Program varies between rinks according to the length of the class, time of day, day of the week and so on. Information about these costs is available from your rink office.

When you enrol in the Aussie Skate Program you will then receive a membership badge and a membership card bearing your name and registered number. You will then be entitled to take tests for the program's merit awards. The attainment of a merit award entitles you to the test badge relevant to the award. These badges are available from your endorsed club, rink office or State Association or they may be provided by the testing body.

In some rinks the whole Aussie Skate Program is conducted through individual or private lessons given by a rink professional who is an accredited coach and a member of APSA. In such instances you should enquire about lessons from your rink professional or rink office.

AUSSIE SKATE TESTING PROGRAM



AUSSIE SKATE TESTS

There are a variety of tests, ranging from two tiny tots tests for skaters 6 years and under, through introductory tests providing a basic core for all skaters, and then advanced tests. These tests provide a prerequisite for skaters wishing to participate in the official ISA testing program conducted by judges of that Association's National Test and Championship Judging Panels.

The requirements for tests are as follows:

INTRODUCTORY TESTS

TINY TOTS 1 (6 years and under)

1. ***Proper Way to Fall and Get Up*** (standing still)
Skater shall achieve dip position then bring arms into chest and fall to the ice on either side of the bottom. Arms shall remain in position during fall. To get up, the skater shall roll onto the knees and hands, rising, one foot to be placed between the hands on the ice then the other foot also to be placed between the hands with the blades flat to the ice. No toe picks. The skater is then ready to stand up.
2. ***Dip*** (standing still)
The skater must bend the knees to a squat position with arms stretched forward. The hips shall be no higher than the knees.
3. ***Forward Two Foot Glide***
The length of glide is to be the distance equal to the skater's height. Feet shall be no further apart than one blade length of the skater. A three step entrance is permitted.

TINY TOTS 2 (6 years and under)

1. ***Forward Stroking***
The skater must skate the width of the rink. Emphasis is to be on skating not walking. Good form and carriage is important. No toe pushes.
2. ***Back Wiggle***
The skater must wiggle backward to a distance equal to the height of the skater in four zigzag movements.
3. ***Forward Swizzles***
Three in and out movements must be performed during which the skater must glide a distance equal to the skater's height. Three forward steps may be performed prior to this manoeuvre.

BASIC 1

1. ***Fall and Get Up***
The skater shall take three steps and glide before attempting the fall. For explanation on the fall see Tiny Tots 1, #1.
2. ***Dip***
The skater shall take three steps and glide, then bend the knees to a squat position with arms outstretched forward. The hips shall be no higher than the knees and the length of the glide shall be a distance equal to the skater's height.
3. ***Forward Two Foot Glide***
The skater shall take three steps and glide on two feet a distance equal to three times the skater's height. Feet shall be no further apart than one blade length of the skater.

BASIC 2

1. ***Forward One Foot Glide***
The skater shall glide forward on one foot a distance equal to the skater's height with the free foot carried next to the skating leg, toe pointing down. Right and left foot glides shall be completed.
2. ***Forward Swizzles***
Six in and out movements must be performed during which the skater glides a distance equal to three times the skater's height. A three step entrance is permitted.
3. ***Snowplow Stop***
A complete stop must be made with good form using both feet in a skidding or stopping action.

NOVICE 1

1. ***Forward Stroking***
The pushes must be made from the inside edge of each foot without use of the toe pick. Each stroke must be held a distance equal to the skater's height with the free leg extended and turned out. A minimum of six strokes must be skated. Emphasize good form and carriage.
2. ***Backward Swizzles***
Six in and out movements must be performed during which the skater glides at least a distance equal to three times the skater's height. Emphasize good form and carriage.
3. ***Backward Two Foot Glide***
The skater must glide on two feet a distance equal to the skater's height.

NOVICE 2

1. *Forward Slalom Skating*

The skater shall skate short semi circular forward curves on two feet, as in skiing, with emphasis placed on the outside edge pressure for the push. Both knees should be bent during the curves and should rise at the change of curve. Feet should be close together at all times. Six curves are required.

2. *Forward Crossovers*

The stroke must be made from the inside of the blade without toe pick pushes. The leg on the outside of the circle must cross in front, and the push from each foot must be to the outside of the circle. The outer arm must be held forward, the inner arm held back. A minimum of ten crossovers must be performed on each foot. The manoeuvre must be performed in both clockwise and anti clockwise directions.

3. *T Stop*

A complete stop must be made with good form using the outer edge of the stopping foot for the skidding or stopping action. Right and left foot stops shall be completed.

INTERMEDIATE 1

1. *Backward One Foot Glide*

The skater shall glide backward on one foot, a distance equal to the skater's height, with the free foot carried next to the skating leg, toe pointing down. Right and left foot glides shall be completed.

2. *Backward Stroking*

The pushes must be made from the inside edge of each foot without use of the toe picks. Each stroke must be held for a distance equal to the skater's height with the free foot carried in front over the tracing. A minimum of ten strokes must be made.

3. *Forward Two Foot Turn to Backward*

The skater shall glide forward, turn on both feet to a backward glide with the length of glide before and after the turn equal to the skater's height. The opposite arm to the turning direction should be in front as the skater turns and a checking motion should occur at the finish of the turn. Turns to be completed in both directions.

INTERMEDIATE 2

1. *Backward Slalom Skating*

The skater executes a minimum of six semi circular backward curves on two feet. Emphasize posture, lean and knee bend.

2. *Backward Crossovers*

The stroke must be made from the inside of the blade without use of the toe picks. The leg on the outside of the circle must cross in front and the push from each foot must be to the outside of the circle. The outer arm must be held forward, the inner arm back. A minimum of ten crossovers must be performed on each foot. The crossing foot must remain on the ice at all times. The manoeuvre must be performed in both clockwise and anti clockwise directions.

3. *Backward Two Foot Turn to Forwards*

The skater shall glide backward on two feet and turn on two feet to a forward glide. The length of the glide before and after the turn should be equal to the skater's height. Turns to be completed in both directions.

ADVANCED

1. *Forward Outside Three Turn*

The total length of the glide must be a minimum of twice the skater's height with the turn being made about halfway through the stroke. The curve and distance of the entry edge and the exit edge must be the same. Right and left turns must be completed.

2. *Forward Inside Three Turn*

The total length of the glide must be a minimum of twice the skater's height with the turn being made about halfway through the stroke. The curve and distance of the entry edge and the exit edge must be the same. Right and left foot turns must be completed.

3. *Inside Open Mohawk*

This manoeuvre must be skated with a three stroke entry prior to the turn. Each curve must be the same size and speed and must be a distance equal to skater's height. The free foot should be placed on the ice with the heel being aimed at the inner side of the skating foot close to the instep.

4. *Side Stop*

A complete forward stop must be made with good form turning sideways. Both directions must be skated, stopping with knees bent.

ADVANCED TESTS

STROKING

1. **Circle Stroking** (Outside)

The skater shall complete three or more forward crossovers followed by a forward outside three turn. The skater then places the other foot on the ice on an outside edge and completes three or more backward crossovers. The skater then glides on the back outside edge, rotates the body to the outside of the circle and steps on the forward outside edge of the other foot. The sequence must be repeated at least twice. The manoeuvre must be performed in both clockwise and anti clockwise directions.

2. **Circle Stroking** (Inside)

The skater shall complete three or more forward crossovers followed by a forward inside Mohawk. The skater then changes to the back outside edge of the other foot and completes three or more backward crossovers. The skater then glides on a back inside edge, rotates the body to the inside of the circle and steps on to the forward inside edge of the other foot. The sequence must be repeated at least twice. The manoeuvre must be performed in both clockwise and anti clockwise directions.

3. **Rink Stroking**

The skater shall do forward crossovers around each end of the rink interspersed with at least four strongly held edges down each side. Special attention must be paid to the speed, glide and carriage. The skater must complete two laps of the rink in both clockwise and anti clockwise directions.

Test streams, ie Edges, Jump, Spin, Ballet, Dance, Pair, Active Aussie Skate Skating may be attempted in any order but starting with Number 1 of that stream.

GENERAL RULES FOR EDGES 1 AND 2

- (a) The free leg shall always be carried over the tracing with the exception of turns and when changing position of the free foot.
- (b) Each semi circle should have a diameter never less than that equal to the skater's height nor more than three times the skater's height.
- (c) Each series of semi circles shall have a long axis where each semi circle is started and ended.
- (d) The skater must stand at the starting point on the flat of the blades and then begin the series with one stroke on the correct edge without pushing from the toe of the other foot.
- (e) In the case of the back outside and back inside edges, an outside forward three turn start is acceptable.
- (f) Judging standards will reflect the qualities of the Preliminary test requirements.

EDGES 1

1. **Forward Outside Edges**

A series of semi circles must be performed on the forward outside edges with the skater alternating feet within the series. A minimum of six semi circles is required.

2. **Forward Inside Edges**

Same as for forward outside edges except performed on forward inside edges.

3. **Waltz Three**

- (i) A three turn forward outside to back inside (held three turn).
- (ii) Back outside edge on the other foot.
- (iii) A step forward on the original foot on the forward outside edge to the long axis.

Repeat on the other foot. A minimum of six semi circles is required.

4. **Backward Outside Three Turns**

The total length of the glide must be a minimum of twice the skater's height with the turn being made about halfway through the stroke. The curve and distance of the entry edge and the exit edge must be the same. Right and left foot turns must be completed.

EDGES 2

1. ***Back Outside Edges***
A series of semi circles must be performed on the back outside edges with the skater alternating feet within the series. A minimum of six semi circles is required.
2. ***Back Inside Edges***
Same as for back outside edges except performed on inside back edges.
3. ***Forward Changes of Edge***
A series of four semi circles performed on each foot in sequence. The first semi circle is on an outside edge changing to an inside edge on the second semi circle. Then, the third semi circle is on an inside edge changing to an outside edge on the fourth semi circle. Right and left starts are required.
4. ***Backward Inside Three Turns***
The total length of the glide must be a minimum of twice the skater's height with the turn being made about halfway through the stroke. The curve and distance of the entry edge and the exit edge must be the same. Right and left foot turns must be completed.

GENERAL RULES FOR FREE SKATING

- (a) The back from the hips to the head must be straight.
- (b) The knees must be slightly bent or flexed when bearing the weight of the body.
- (c) The free leg must be extended with the free foot turned out and free toe pointed at all times.
- (d) The arms must be carried no higher than the chest nor lower than the hips in a soft curve. (The elbows must not be pointed, and the arms must not be stiff.)
- (e) The hands must be held with the palms down and parallel with the ice about halfway between the front and side of the body.

JUMP 1

1. ***Bunny Hop***
While gliding forward on one foot, the skater must leap forward, landing on the toe of the other foot and immediately returning to a forward glide on the takeoff foot. Right and left foot hops are required.
2. ***Tap Toe Jump***
The takeoff must be from the back edge of one foot and the toe of the other foot. A half turn in the air must be made in the direction of the toe used, ie if the left toe is used, the rotation is to the left. The landing must be made on the opposite toe to that which was used in the takeoff with an immediate push off to the other foot. Takeoff and landing are to be on the same edge. Right and left foot jumps are required, however, the skater must choose the edge.
3. ***Three Jump***
While gliding forward outside on one foot, the skater must jump forward, making a half rotation in the air in the direction of the takeoff foot and landing backward outside on the other foot.

JUMP 2

1. ***Half Flip Jump***
The takeoff must be from the back inside edge of one foot and the toe of the other foot. A half rotation in the air to the side opposite the jumping toe must be made, ie if the skater used the right toe, rotation must be to the left. The skater must land on the picking foot and step forward on the other foot.
2. ***Toe Loop Jump***
The takeoff must be from the back outside edge of one foot and the toe of the other simultaneously to avoid rotating on the toe. The skater must make one rotation in the air in the direction of the takeoff curve and must land on the back outside edge of the takeoff foot.
3. ***Salchow Jump***
The skater turns a forward outside three turn. Emphasize down, up, down action in the turn. Back inside takeoff position, landing on a back outside edge; one full turn rotation from a back inside edge to a back outside edge.

SPIN 1

1. ***Forward Pivot***
The toe point of one foot must remain in one place while the other foot moves around it on the inside edge in a forward direction for one and half revolutions without stopping or pumping. The heel of the pivoting foot should be aimed at the circling foot. Right and left foot pivots are required.
2. ***Two Foot Spin***
Both feet must remain on the ice for a minimum of three consecutive non stop revolutions. The skates must not travel more than three blade lengths from the starting point of the first revolution. Right and left directions are required.
3. ***One Foot Spin***
This spin must be executed in an upright position with the free leg next to the skating leg. It may be performed in a combination of the toe and flat of the blade. A minimum of three revolutions is required. This spin may be started from a stand still or from backward crossovers.

SPIN 2

1. ***Back Pivot***
The toe point of one foot must remain in one place while the other foot moves around it on the inside edge in a backward direction for one and half revolutions without stopping or pumping. The heel of the pivoting foot should be aimed at the circling foot. Right and left foot pivots are required.
2. ***Cross Leg Spin***
This spin must be executed in an upright position with the free leg crossed over the skating leg. It may be performed in a combination of the toe and flat of the blade. A minimum of three revolutions is required.
3. ***Back One Foot Spin***
This spin must be executed with the free leg crossed over the skating leg and performed on the flat of the blade. A minimum of three revolutions is required with the exit from the spin on a backward outside running edge.

BALLET 1

1. ***Forward Edge Spiral***
The spiral must be approached with a minimum of four skating strokes and the position must be held for a distance equal to three times the skater's height, with the free leg extended behind the skating foot in a turned out position and held at least as high as the skating hip. Either inside or outside edge is acceptable. Right and left foot spirals are required.
2. ***Inside Spredaeagle***
The skater must glide on a curve for a minimum distance of the skater's height having both feet on the inside edge with toes pointing in the opposite direction and both knees straight. Right and left directions are required.
3. ***Lunge***
The skater must glide forward on one foot with the other foot following in a drag position for a minimum distance equal to the skater's height. The hip shall be no higher than the knee of the forward leg with the dragging leg extended and turned out. The back shall remain upright. Right and left foot lunges are required.

BALLET 2

1. ***Forward Attitude***
The skater shall glide forward on one foot with the free leg held behind in an attitude position. The free foot shall be held slightly lower than the knee behind the skating hip with the toe pointed. The free hip should be held in an open position. One arm is to be carried over the head and one arm extended to the side. Right and left foot attitudes are required.
2. ***Ina Bauer***
The skater shall glide forward either in a curve or a straight line for a minimum distance equal to the skater's height having toes pointing in the opposite direction with the front leg in a bent position and the back leg extended and on an inside edge. The back shall remain upright. Right and left foot glides are required.
3. ***Back Spiral***
The skater must glide backward on one foot with the free leg extended at least as high as the skating hip and in a turned out position. The position must be held for a distance equal to two times the skater's height. Either inside or outside edge is acceptable. Right and left foot spirals are required.

DANCE 1

1. **Forward Open Chassé** *Timing: 1.1.2.*
Skate a left forward outside edge, placing the right foot immediately beside the left on a forward inside edge, lift the left foot approximately 6 to 10cms, no higher, off the ice, keeping the blade parallel to the ice. Replace the left foot on the ice beside the right foot, pushing on to the left forward outside edge. Six chassés are required, alternating between left and right foot starts.
2. **Forward Slide Chassé** *Timing: 2.2.2.*
Skate a left forward outside edge, place the right foot beside the left foot and slide the left foot forward until it leaves the ice. Replace the left foot on the ice next to the right and skate a left forward outside edge. Six chassés are required, alternating between left and right foot starts.
3. **Forward Crossed Chassé** *Timing: 1.1.2.*
Skate a left forward outside edge, tuck the right foot in behind the left and transfer the weight to the right foot (R.F.I.). Uncross the left foot and place beside the right foot and push onto the left forward outside edge. Six chassés are required, alternating between left and right foot starts.

DANCE 2

1. **Forward Progressives (Runs)** *Timing: 1.1.2.*
A movement in which the free foot during the period of becoming the skating foot passes to the front of the original skating foot thus bringing the new free foot off the ice trailing the new skating foot. Six progressives are required, alternating between left and right foot starts.
2. **Forward Swing Rolls** *Timing: 4.*
A long edge held for four beats of music during which the free leg swings past the skating foot before returning to the ice beside the skating foot. The free leg is held for two beats behind the skating leg before the swing. Six swing rolls are required, alternating between left and right foot starts.
3. **Forward Step Sequence** *Timing: 1.1.4.*
LFO Progressive, RFI, LFO Swing Roll. RFO Progressive, LFI, RFO Swing Roll. Six step sequences are required, alternating between left and right foot starts (three on each side).

DANCE 3

1. **Backward Chassé** *Timing: 1.1.2.*
Skate a backward right outside edge placing the left foot beside the right on a backward inside edge, lift the right foot approximately 6-10cms off the ice, keeping the blade parallel to the ice. Replace the right foot on the ice beside the left foot, pushing onto the right backward outside edge. Three chassés required RBO, LBI, RBO/LBO, RBI, LBO.
2. **Backward Swing Rolls** *Timing: 4.*
A long edge held for four beats during which the free leg swings past the skating foot before returning to the ice beside the skating foot. The free leg is held for two beats in front before the swing and turns out to 90° behind at the end of the swing. Three swing rolls on each foot.
3. **Forward Outside Waltz Three Turns** *Timing: 2.2.*
The total length of the glide must be a minimum of twice the skater's height with the turn being made about halfway through the stroke. The curve and distance of the entry edge and the exit edge must be the same. The free leg must be held behind the skating foot for a maximum of two beats of music and then be brought close to the skating foot for the turn and the remaining two beats of music. A strong knee bend is required for the strike onto the forward outside edge and the free leg must be held straight at all times. At the point of turning the three, both legs must be straight but should be relaxed (not locked). Three waltz turns should be completed on each foot.

DANCE 4

1. **Backward Progressives (Runs)** *Timing: 1.1.2.*
A movement in which the free foot, during the period of becoming the skating foot, passes to the back of the original skating foot thus bringing the new free foot off the ice in front alternating between right and left foot starts.
2. **Forward Cross Roll Swing** *Timing: 2.4.*
A roll started forward with the feet crossed. Three cross rolls should be completed on each foot.
3. **Dutch Waltz**
Candidates may attempt the Dutch Waltz with a partner or solo. If desired, Dance Tests 102 may be done to music. The Dutch Waltz must be skated to music. Full description can be found in ISA Rule Book – Appendix 4 (<http://www.isa.org.au/Rulebook/APPENDIX%20%20Introductory%20Dance%20Patterns.pdf>)

GENERAL RULES FOR PAIR SKATING

- (a) General rules for freeskating apply.
- (b) A Pair is composed of one lady and one man.
- (c) Arm and leg position must be of a similar line.
- (d) Skaters must be no more than five meters apart.
- (e) The jumps and spins must be executed at the same time, side by side.

PAIR 1

1. *Hand in Hand Lunge*

The skaters must glide forward, hand in hand, on one foot following in a drag position for a minimum distance equal to the tallest skater's height. The hip shall be no higher than the knee of the forward leg with the dragging leg extended and turned out. The back shall remain upright. Right and left foot lunges are required.

2. *Side by Side Forward Pivot*

The skaters must stand side by side. The toe point of one foot must remain in one place while the other foot moves around it on the inside edge in a forward direction for one and half revolutions without stopping or pumping. The heel of the pivoting foot should be aimed at the circling foot. Right and left foot pivots are required.

3. *Side by Side Bunny Hop*

While gliding forward on one foot, the skaters must hold hands and leap forward, landing on the toe of the other foot and immediately returning to a forward glide on the takeoff foot. Right and left foot bunny hops are required.

4. *T Stop*

A complete stop must be made with good form using the outside edge of the stopping foot for the skidding or stopping action. The skaters must do the stop hand in hand, as well as in the kilian hold. Only a one foot T stop is required.

PAIR 2

1. *Pair Spiral*

The spirals must be approached with a minimum of four skating strokes and the position must be held for a distance equal to three times the tallest skater's height. The free legs must be extended behind the skating feet in a turned out position and held at least as high as the skater's hip. Either inside or outside edges are acceptable. Only one foot is required. The hold should be left hand to left hand and right hand to right hand.

2. *Side by Side Two Foot Spin*

Both feet must remain on the ice for a minimum of three revolutions. The skaters must not travel more than three blade lengths from the starting point of the first revolution. One direction only is required. Skaters must enter the spin at the same time and exit no more than two revolutions later than the skater who has already exited the spin. The skaters must exit in the same direction.

3. *Forward Crossovers*

The strokes must be made from the side of the blade without toe pick pushes. The leg on the outside of the circle must cross in front, and the push from each foot must be to the outside of the circle. The skaters must skate side by side so that for half the circle one skater is in the lead and for the second half, the other skater is in the lead. After completing a minimum of eight crossovers, the male will take the hand of the female so that the male is following the female. After completing another minimum of eight crossovers, the skaters move to the kilian hold for the final eight crossovers. During the kilian hold, the female is required to extend her free arm forward and not place it on her hip.

4. *Side by Side Three Jump*

The skaters may skate side by side or one in front of the other. While gliding forward outside on one foot, the skaters must jump forward, making a half rotation in the air in the direction of the takeoff foot and landing backward outside on the other foot. The jumps must takeoff at the same time.

ACTIVE AUSSIE SKATE PROGRAM

PAIR 3

1. ***Star Spiral***
Partners face each other, hand in hand position, skating spirals, one partner skating forward, the other backward. A minimum distance of twice the tallest skater's height must be covered.
2. ***Side by Side One Foot Spin***
The skaters do a one foot spin. A minimum of three revolutions is required. Unison of spin entry and exit must be evident. Free leg positions should also be the same.
3. ***Backward Crossovers***
Skaters skate a minimum of eight crossovers with one partner in the lead, arms outstretched, arm in arm position. The partners change positions for the next set of crossovers, minimum eight. Emphasize erect posture, knee bend, unison and extension.
4. ***Side by Side Toe Loop Jump***
The skaters skate side by side and take off from a back outside edge using the other toe pick, jump one turn, and land on the back outside edge of the takeoff foot. Toe waltz jumps are not acceptable.

PAIR 4

1. ***Step Sequence***
Skaters perform a simple straight line step sequence the width or length of the rink, side by side. Unison is to be emphasized.
2. ***Pair Spin***
An upright pair spin in waltz position for a minimum of three revolutions is required.
3. ***Rink Stroking***
Partners skate in hand in hand position forward and backward in both directions (four laps in total). Emphasis on unison, carriage, knee bend and speed.
4. ***Side by Side Salchow Jump***
Skaters perform side by side Salchow jumps. The jump is from a back inside takeoff edge, to a back outside edge. Emphasis on unison of entry and exit.

This program is designed to cater for skaters who have reached the age of fifteen (15) years and do not wish to take part in the mainstream skating program.

ACTIVE AUSSIE SKATE 1

1. ***Forward Outside and Forward Inside Three Turns***
The total length of the glide must be the minimum of twice the skater's height with the turn being made about halfway through the stroke.
2. ***Inside Open Mohawk***
This manoeuvre must be skated from a forward inside edge prior to the entry into the turn. Each curve must be the same size and speed and must be a distance equal to the skater's height.
3. ***Inside Spreadeagle***
The skater must glide on a curve for a minimum distance of the skater's height having both feet on the inside edge with toes pointing in the opposite direction and both knees straight.
4. ***Lunge***
The skater must glide forward on one foot with the other foot following in a drag position for a minimum distance equal to the skater's height. The hip shall be no higher than the knee of the forward leg with the dragging leg extended and turned out. The back shall remain upright.
Music is not required. Toe pushing is not permitted. The skater must show good speed and sureness.

ACTIVE AUSSIE SKATE 2

1. **Three Jump**
While gliding forward outside on one foot, the skater must jump forward, making a half rotation in the air in the direction of the takeoff foot and landing backward outside on the other foot.
2. **Bunny Hop**
While gliding forward on one foot, the skater must leap forward, landing on the toe of the other foot and immediately returning to a forward glide on the takeoff foot. Right and left foot bunny hops are required.
3. **Forward Edge Spiral**
The spiral must be approached with a minimum of four skating strokes and the position must be held for a distance equal to three times the skater's height, with the free leg extended behind the skating foot in a turned out position and held at least as high as the skating hip.
4. **Forward Pivot**
The toe point of one foot must remain in one place while the other foot moves around it on the inside edge in a forward direction for one and a half revolutions without stopping or pumping. The heel of the pivoting foot should be aimed at the circling foot.
5. **Two Foot Spin**
Both feet must remain on the ice for a minimum of three consecutive non stop revolutions. The skates must not travel more than three blade lengths from the starting point of the first revolution.
6. **Step Sequence**
A series of turns, forwards and backwards for at least six steps.
Skaters provide their own music, no vocals. Length of program – maximum 2 minutes.

ACTIVE AUSSIE SKATE 3

1. **Tap Toe Jump**
The takeoff must be from the back edge of one foot and the toe of the other foot. A half turn in the air must be made in the direction of the ice used, ie if the left toe is used, the rotation is to the left. The landing must be made on the opposite toe to that which was used in the takeoff with an immediate push off to the other foot. Takeoff and landing are to be on the same edge. Spiral (edges must be used), pivot, two foot spin (three revolutions), step sequence (minimum of six steps), three jump and right and left bunny hops.
2. **Salchow Jump**
The skater turns a forward outside three turn. Emphasize. Down, up, down action in the turn. Back inside takeoff position, landing on a back outside edge; one full rotation from a back inside edge to a back outside edge.
3. **Toe Loop**
The takeoff must be from a back outside edge of the one foot and the toe of the other simultaneously to avoid rotating on the toe. The skater must make one rotation in the air in the direction of the takeoff curve and must land on the back outside edge of the takeoff foot.
4. **One Foot Spin**
The spin must be executed in an upright position with the free leg next to the skating leg. It may be performed in a combination of the toe and flat of the blade. A minimum of three revolutions is required. This spin should be started from backward crossovers.
5. **Edge Movement**
 - (i) **Ina Bauer:** The skater shall glide forward either in a curve or a straight line for a minimum distance to the skater's height having toes pointing in the opposite direction with the front leg in a bent position and the back leg extended and on an inside edge. The back shall remain upright.
 - (ii) **Spreadeagle:** The skater must glide on a curve for a minimum distance of the skater's height having both feet on the inside or outside edge with toes pointing in the opposite direction and both knees straight.
 - (iii) **Spiral or Attitude:** The spiral or attitude position must be skated on an inside or outside edge and must be held for a distance at least equal to three times the skater's height. In the attitude position the free foot shall be held slightly lower than the knee behind the skating hip with the toe pointed. The free hip should be held in an open position. One arm is to be carried over the head and one arm extended to the side.
6. **Step Sequence**
A series of steps and turns, both forwards and backwards. Minimum of twelve steps.
Skaters provide their own music, vocal music with lyrics is not permitted. Length of program – maximum 2 minutes.

ACTIVE AUSSIE SKATE 4

1. **Loop Jump**
Skater takes off from a backward outside edge, and completes one full revolution in the air in an anti clockwise direction. The jump must land on a clean backward outside edge.
2. **Flip Jump**
Skating backwards from a backward inside edge the skater digs the toe pick into the ice and completes one full revolution in the air in an anti clockwise direction and lands on a clean backward outside edge.
3. **Jump Combination**
Three jump/loop jump in combination.
4. **Camel Spin**
Forward one foot spin in a camel position.
5. **Back Spiral**
Spiral position skated backwards on an edge.
6. **Circular Step Sequence**
A series of steps and turns in a circular shape utilising the full ice surface.
Skaters provide their own music, vocals with lyrics is not permitted. Length of program – maximum 2 minutes.

AUSSIE SKATE SYNCHRONIZED SKATING TESTS

The Aussie Skate Synchronized Skating Tests have been developed to complement and extend the Aussie Skate program by introducing skaters to the sport of synchronized skating. Once skaters have passed the Stroking level of Aussie Skate, they can begin to learn the fundamental manoeuvres of Synchronized Team Skating.

DESCRIPTION

There are two tests in synchronized skating – Synchronized Skating 1 and Synchronized Skating 2. Each test has five elements to be performed in isolation, with or without music plus demonstration of hand holds. Each element is marked independently on a pass/fail basis. All elements must achieve a 'Pass' level to constitute a pass on the entire test. Failure on any element will require the complete test to be retried in its entirety. A group may reskate once if there has been a fall during the element. Only the element is to be judged not the entry or exit steps. The hand holds for the elements in each test have been prescribed to allow the skaters to focus primarily on geometrical accuracy and unison. Elements can be taught and tested using the short axis of the rink, as is the common practice in Aussie Skate classes.

Judging is on an individual basis. The Candidate(s) should be clearly identified and located at the end of lines. Two candidates may be judged simultaneously if two qualified judges are available. Skaters must avoid wide stepping, particularly in the backward movements. At all transitions from the free leg to skating leg, the feet must be close together.

SYNCHRONIZED SKATING 1 (minimum 6 skaters/maximum 11 skaters)

1. **Forward to Backward Circle** (hand hold)
Skaters begin in a circle formation in hand hold facing inside the circle. After an optional eight beats of introductory steps, a combination of forward crossovers and chasses should be performed for a minimum of eight beats. This is followed by a turn to backwards (either a mohawk or forward three turn) with at least eight beats of backward crossovers and chasses before stepping forward to repeat the entire sequence. The circle may be skated in either a clockwise or counter-clockwise direction and the sequence must be repeated twice. It is expected that simple head movements will be performed in unison to allow skaters to constantly check the geometrical accuracy of the shape.
Performance Criteria:
 - (a) The circle shape should be maintained for at least 75% of the rotations.
 - (b) The hold should remain intact throughout the two sequences of forward to backward skating.
 - (c) Unison of step sequences and head movements should be good with few errors.

2. **Forward Horizontal Line** (shoulder hold)

Skaters start at one end of the ice surface. In shoulder hold the skaters move the line forward utilising a variety of simple steps (forward stroking, crossovers, chasses, swing rolls etc) to the end of the ice surface. (This may be done along the short axis of the rink.) It is expected that simple head movements will be performed in unison to allow skaters to constantly check the geometrical accuracy of the shape.

Performance Criteria:

- (a) The straightness of the line should be maintained for at least 75% of the manoeuvre.
- (b) Skaters must remain equally spaced throughout the manoeuvre, however some spacing variation is to be expected at this level during the turn.
- (c) Unison of step sequences and head movements should be good with few errors.

3. **Forward Closed Block** (shoulder hold)

Skaters will begin the block at one end of the ice surface. The block should have equal (or close to) numbers of skaters in each line. Distance between the lines of the block should be approximately one arm distance. In shoulder hold the skaters move the block forward utilising a variety of simple steps (forward stroking, crossovers, chasses, swing rolls etc) for eight beats. Change of configuration must occur at one or both changes of axis. It is expected that simple head movements will be performed in unison to allow skaters to constantly check the geometrical accuracy of the shape.

Performance Criteria:

- (a) Skaters must maintain the closed block formation with geometric accuracy of the shape held for at least 75% of the block.
- (b) Skaters must remain equally spaced in the block for at least 75% of the manoeuvre, however some spacing variation is to be expected at this level during the turn.
- (c) Extension of free leg and skate going down on correct edge should be shown.
- (d) Emphasis on knee bend.
- (e) Unison of step sequences and head movements should be good with few errors.

4. **Backward Two Spoke Wheel** (shoulder hold)

Skaters begin in a single line with each half facing opposite directions (all in shoulder hold). A maximum of eight introductory beats may be used to initiate movement. Using a combination of backward crossovers and/or chasses the skaters must rotate the wheel a minimum of two full rotations.

Performance Criteria:

- (a) Once started, the lines should remain fairly straight.
- (b) The wheel must rotate two full rotations (not counting introductory steps) with consistent speed throughout.
- (c) The shoulder hold must be maintained throughout the two full rotations (some sliding to upper arm hold only during the rotations is allowed).
- (d) The wheel must rotate around a pivot point in the centre of the line.
- (e) Unison of step sequences and head movements should be good with few errors.

5. **Forward 'V' Intersection** (hand hold)

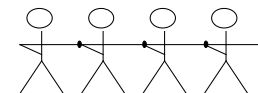
Skaters begin in a single line in hand hold. Using forward crossovers each half of the lines skates forward towards the other half then drops hands at the point of intersection. Skaters may glide on two feet during the intersection until they rejoin the line. Two consecutive intersections are required.

Performance Criteria:

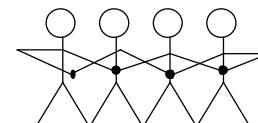
- (a) All skaters should arrive at the point of intersection simultaneously.
- (b) All skaters should appear to be working equally whether in a pivot or an end position.
- (c) One half of the team should intersect through the other half of the team.
- (d) Skaters should glide through the intersection without the use of toe picks.
- (e) Skaters must rejoin as soon as possible after the intersection (it is expected that there would be some spacing discrepancies here at this level).

Demonstrate:

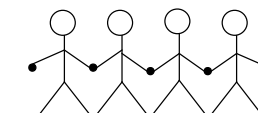
- (a) Teapot hold (straight arm to bent elbow – in front);



- (b) Front basketweave hold;



- (c) Low 'V' hand to hand hold.



SYNCHRONIZED SKATING 2 (minimum 6 skaters/maximum 11 skaters)

1. **Large Circle to Small Circle Backward** (hand hold to low 'V' hold)

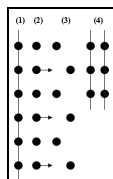
Skaters begin in a circle formation in hand hold facing inside the circle. After an optional eight beats of introductory steps, a combination of backward crossovers and chasses should be performed so that the circle rotates a minimum of two times. Skaters then change hold from extended hand-hand to low 'V' hand-hand hold over a period of eight beats. This change of hold will allow the circle to be reduced in size. The circle should then continue with a combination of backward crossovers, chasses and pumps for another two revolutions. The circle may be skated in either a clockwise or counter-clockwise direction.

Performance Criteria:

- Both circles should be round for at least 75% of the rotations.
- The hold should remain intact throughout the entire movement. However there may be differences in circle tension and spacing at this level.
- Unison of step sequences (and head movements) should be good with few errors.

2. **Single Line to Double Line** (shoulder hold)

Skaters start at one end of the ice surface in one line. In shoulder hold, the line moves forward utilising a variety of simple steps (forward stroking, crossovers, Chasses, swing rolls, etc). At about $\frac{1}{3}$ of the length of the rink, two lines are formed by dropping the hold and every second skater executing the same push or turn, reforming in shoulder hold by $\frac{2}{3}$ of the length. The two lines may skate either forward or backward or a combination of both. The skaters must be lined up with each other and execute the same footwork.

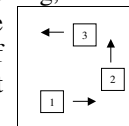


Performance Criteria:

- Straightness of the line(s) should be maintained for at least 75% of the manoeuvre.
- Skaters must remain equally spaced throughout the manoeuvre, however some spacing variation is to be expected at this level during the turn.
- Unison of step sequences and head movements should be good with few errors.
- The transition from one line to two should take no more than $\frac{1}{3}$ of the total manoeuvre.

3. **Forward/Backward/Forward Closed Block with Two Changes of Axis with a Minimum of One Change of Configuration** (shoulder hold)

Skaters will begin the closed block at one end of the ice surface. The block should have equal (or close to) numbers of skaters in each line. Distance between the lines of the block should be approx one arm distance. In shoulder hold the skaters move the block forward utilising a variety of simple steps (forward stroking, crossovers, chasses, swing rolls etc) for at least eight beats. Skaters then change the axis of the block by releasing the hand hold and turning backwards by using a forward three turn or Mohawk and returning to shoulder hold. The block then travels backwards along the new axis with a variety of simple backward steps (backward stroking, crossovers, chasses etc) for at least eight beats. Skaters then change the block axis again to return to forward skating with at least eight beats of simple steps. There must be at least one change of configuration that occurs simultaneously with one of the changes of axis.

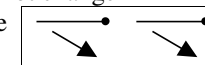


Performance Criteria:

- The line up of skaters in the block should remain precise for at least 75% of the manoeuvre.
- The end skaters of the block should be tracking the lead skaters.
- Spacing between block lines should remain equal for at least 75% of the manoeuvre.
- Should hold should be maintained throughout the manoeuvre with hand hold releases and rejoins occurring in unison.
- No breaks in hand hold are allowed, except where the whole team breaks to change direction of skating.
- Unison of step sequences (and head movements) should be good with few errors.

4. **Backward Double Pivot Wheel** (shoulder hold)

The manoeuvre begins in two straight lines in shoulder hold with skaters equally distributed between the two lines. Wheels must rotate backwards for a minimum of two complete rotations in a clockwise or counter-clockwise direction. Four to eight beats of introductory steps should be allowed prior to counting the two rotations. Both wheels should turn at the same rate and in the same direction. Skaters should perform a back skid stop to finish the manoeuvre in the same place they started. Head position should be towards the pivot of each line and should not change throughout the manoeuvre. Skaters must have a reference with the other line in order to ensure identical rate of rotation.



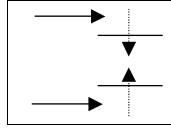
Performance Criteria:

- Each line must remain straight throughout the rotations.
- Pivot points must not deviate throughout the manoeuvre so that the distance between the groups remains constant during the rotations.
- Each wheel must rotate at the same rate and in the same direction.
- Each wheel must perform the same number of steps per rotation.
- Shoulder hold must be maintained throughout all the rotations.
- Heads should remain in the direction of the pivot.
- The centre pivots must not plant the toe for stability and must be seen to be doing the identical steps as the other skaters.

AUSSIE SKATE COMPETITION PROGRAM

5. *Forward Two Line Intersection* (hand hold)

Skaters begin in two lines facing each other in shoulder hold. Skaters move up the ice parallel to each other for eight beats using a combination of forward pumps, chasses and crossovers (simple turns could also be included). Skaters then change axis and move towards each other preparing for a forward intersection. At the point of intersection skaters must drop hold and so a one foot glide for two beats through the intersection, then resume shoulder hold and continue skating to exit the intersection.

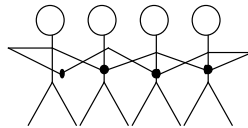


Performance Criteria:

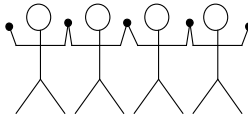
- Both lines must remain straight and move with equal speed.
- All skaters must reach the intersection point simultaneously.
- The glide through the intersection must demonstrate little or not use of toe picks.
- Release and rejoin of hand hold through the intersection should occur in unison.
- Unison of step sequences (and head movements) should be good with few errors.

Demonstrate:

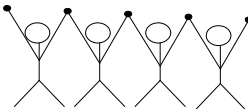
- Back basketweave hold (hands joined behind);



- Muscle hold (hand to hand variation);



- High 'V' hand to hand hold.



All skaters must be registered Aussie Skate members, members of the State Association and must be amateurs. The Aussie Skate tests and competitions are part of the ISA learn-to-skate program. All skaters must skate at the level of their highest achievement in the Aussie Skate testing program. The State Association is responsible for the correctness of the information on the entry forms.

ELIGIBILITY

The following is a list of the *Divisions of Competition* and their eligibility requirements:

GROUP	LEVEL OF BADGE REQUIRED
Tiny Tots	Tiny Tots 1 and/or 2
Basic	Basic 1 and/or 2
Novice	Novice 1 and/or 2
Intermediate	Intermediate 1 and/or 2
Stroking	Advanced and/or Stroking
Level 1 Freeskating	Jump 1 (no higher) and Spin 1 (no higher) and Ballet 1 (no higher)
Level 2 Freeskating	Jump 2 (no higher) and/or Spin 2 (no higher) and/or Ballet 2 (no higher)
Edges 1	Edges 1
Edges 2	Edges 2
Dance 1	Dance 1 and/or 2
Dance 2	Dance 3 and/or 4
Pair 1	Pair 1 and/or Pair 2
Pair 2 – Division 1	Pair 3 and/or Pair 4
Pair 2 – Division 2	Pair 3 and/or Pair 4 (skaters may hold Preliminary test but must not have competed at a higher level, eg Novice)
Synchro Mini Teams – Division 1	Novice 2
Synchro Mini Teams – Division 2	Synchro Test 1
Synchro Mini Teams – Division 3	Synchro Test 2
Active Aussie Skate 1	Active Aussie Skate 1 Certificate
Active Aussie Skate 2	Active Aussie Skate 2 Certificate
Active Aussie Skate 3	Active Aussie Skate 3 Certificate
Active Aussie Skate 4	Active Aussie Skate 4 Certificate

Note: Since elements from the Advanced test are included in the Stroking test as well, it is not necessary to have a competition event at the Advanced badge level.

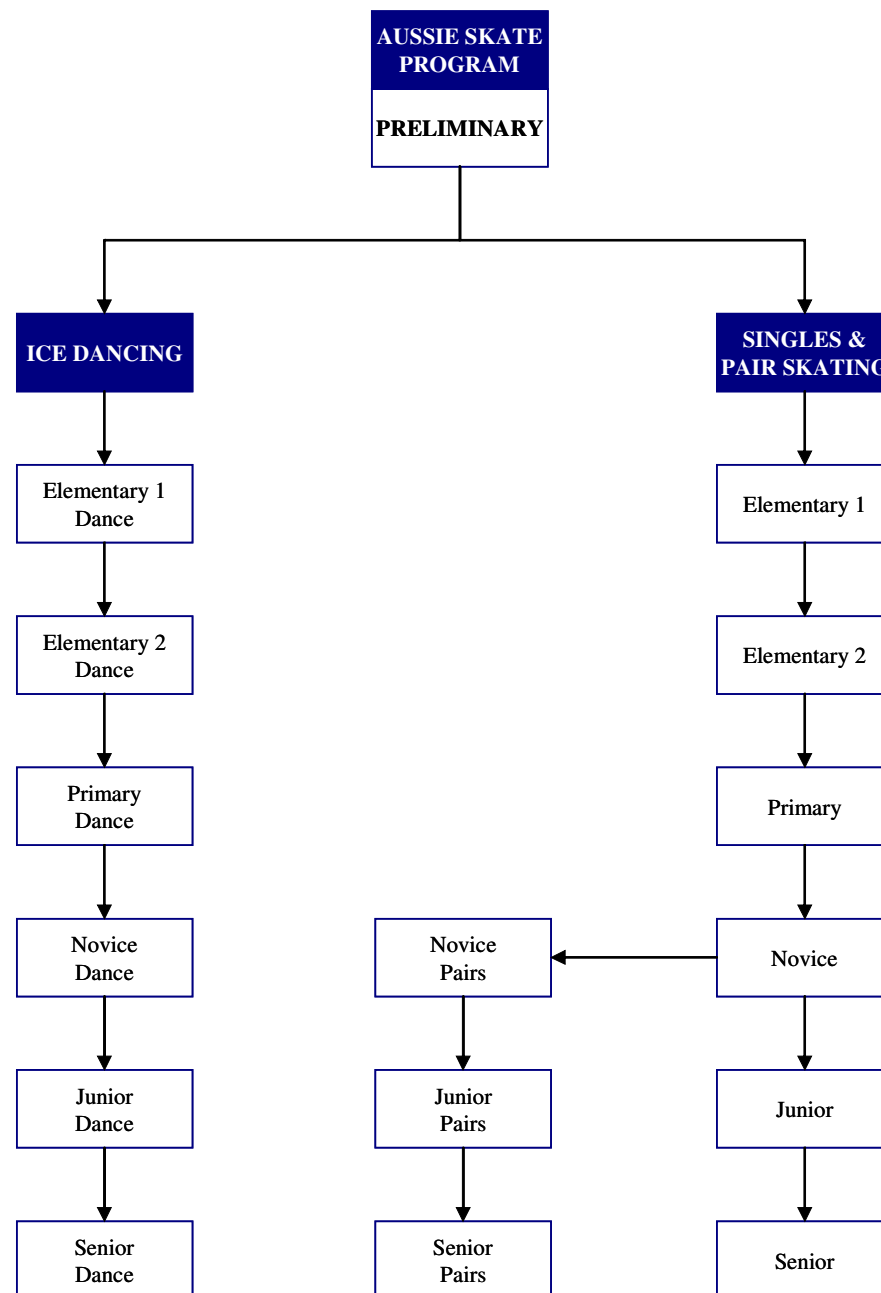
Skaters who are between levels may not skate in the lower division for which they are already qualified, but must skate at the next higher level. As an example, a skater having passed Novice 1 may not compete in the Basic division, but must skate in the Novice division. Skaters who have completed all Level 1 Freeskating and any of the Level 2 Freeskating tests must skate at Level 2.

RULES OF PERFORMANCE

Division	Program Length	Music	Ice Surface (metres)	Warm Up Times
Tiny Tots	45sec max	Provided by organisers	Half (25x25 min/30x30 max)	3 mins
Basic	45sec max	Provided by organisers	Half (25x25 min/30x30 max)	3 mins
Novice	45sec max	Provided by organisers	Half (25x25 min/30x30 max)	3 mins
Intermediate	45sec max	Provided by organisers	Half (25x25 min/30x30 max)	3 mins
Stroking	45sec max	Provided by organisers	Half (25x25 min/30x30 max)	3 mins
Level 1 Freeskating	1min 30sec max	Provided by organisers	Half (25x25 min/30x30 max)	3 mins
Level 2 Freeskating	1min 30sec max	Provided by organisers	Half (25x25 min/30x30 max)	3 mins
Active Aussie Skate 1	1min 30sec max	Provided by organisers	Half (25x25 min/30x30 max)	3 mins
Active Aussie Skate 2	2min max	Own Music	Full ice	3 mins
Active Aussie Skate 3	2min max	Own Music	Full ice	3 mins
Active Aussie Skate 4	2min max	Own Music	Full ice	3 mins
Synchro Mini Teams	2min max	Own Music	Full ice	1 min
Dance	2 sequences per dance	Provided by organisers	Full ice	3 mins

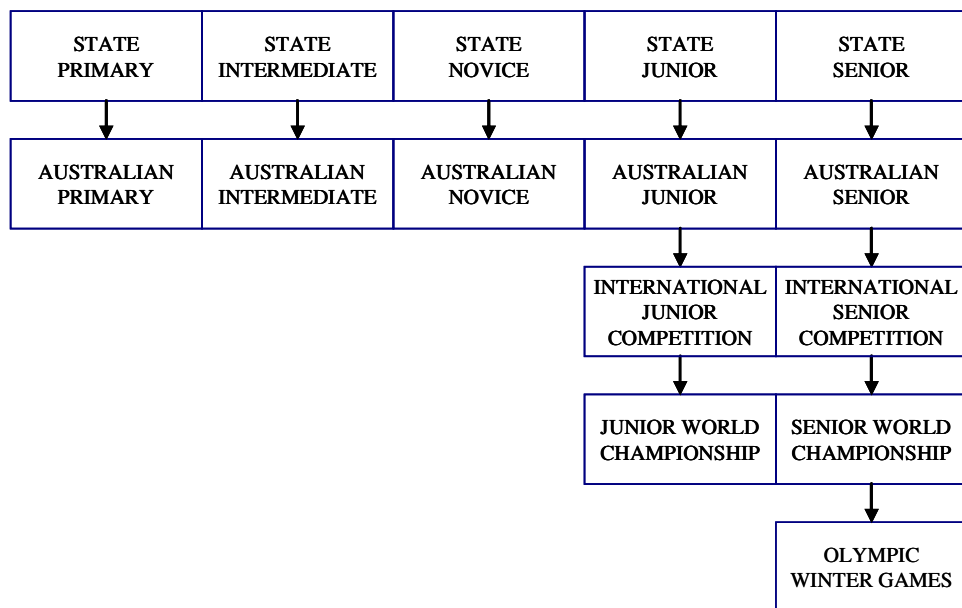
Competition rules and dates of competitions are available from your participating rink, Club or State Association. A copy of the *Aussie Skate Competition Manual*, which is a guide to holding Aussie Skate Competitions, can be obtained from your State Association.

ISA TEST STRUCTURE

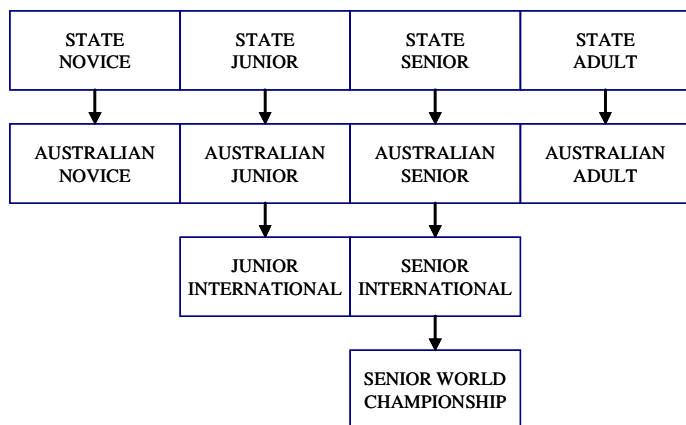


ISA COMPETITION and CHAMPIONSHIP STRUCTURE

Singles, Pairs and Ice Dancing



Synchronized



SKATER'S NAME:

MEMBERSHIP NO:

PERSONAL TEST RECORD

TEST	DATE PASSED	TEST	DATE PASSED
Tiny Tots 1	Ballet 1
Tiny Tots 2	Ballet 2
Basic 1	Dance 1
Basic 2	Dance 2
Novice 1	Dance 3
Novice 2	Dance 4
Intermediate 1	Pair 1
Intermediate 2	Pair 2
Advanced	Pair 3
Stroking	Pair 4
Edges 1	Active Aussie Skate 1
Edges 2	Active Aussie Skate 2
Jump 1	Active Aussie Skate 3
Jump 2	Active Aussie Skate 4
Spin 1	Synchronized Skating 1
Spin 2	Synchronized Skating 2

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