NATIONAL FIGURE SKATING LEVEL TESTS

General rules:

- To enter in National or International B-Competitions a skater will have obtained a Competition level test.

- Skaters already having a Pre-Preliminary MIF test or a higher level MIF test will be equated with the Competition level test and can participate B-category Competitions.

- The Figure skating level tests are based on the Technical element scores (TES) which can be obtained in National or International B-level Competitions, A-Competitions, ISU listed Competitions and ISU events.

- The TES-score need to be obtained once.

- Once the skater obtains a certain level; she/he will keep the obtained level.

- Within the TES-score system it is possible to skip certain Figure skating levels.

- The skater is in a competition free to perform the elements she/he wants and this according to the regulations of the category in the competition she/he will participating.

- Obtaining a new level cannot be refused.

- The obtaining of new levels will be published in a communication on the website of the federation www.skatebelgium.be . Coaches nor Clubs need to ask this first.

- Belgian skaters can still obtain MIF tests according the following rules: During the season 2016-2017 the skater has the choice to do the existing MIF tests or the latest MIF tests which already exist in the USA. The new (latest) MIF tests will be published on the website of the federation www.skatebelgium.be

COMPETITION LEVEL TEST

A Competition level test contains:

- **Forward perimeter stroking** (same as in Pre-Preliminary MIF)

    - Four (4) to eight (8) strokes with crossovers around ends for one (1) full lap of the ice rink.
    - The direction is only <u>counter-clockwise.</u>
    - Two (2) to four (4) introductory steps are optional.

- **Forward crossovers in an eight form**

    - The skater will perform forward crossovers in an eight form in the length of the ice rink.
    - One (1) full eight form is required
    - One-foot stroke must be utilized when changing circles
    - Two (2) to four (4) introductory steps are optional.

- **Backward crossovers in an eight form**

    - The skater will perform forward crossovers in an eight form in the length of the ice rink.
    - One (1) full eight form is required
    - One-foot stroke must be utilized when changing circles
    - Two (2) to four (4) introductory steps are optional.

- **Forward outside three turn in an eight form**

    - The skater will perform forward outside three turns in an eight form in the length of the ice rink.
    - One (1) full eight form is required
    - One-foot stroke must be utilized when changing circles
    - Two (2) to four (4) introductory steps are optional.

Remarks:
    - All elements need to be performed after each other.
    - The skater need to wait on a signal from the referee to start the next element.
    - The warm up period is four (4) minutes.
    - There will be warm up groups of eight (8) skaters.

The following conditions are the main focusses for succeeding in the Competition level test:

Element 1 - Forward Perimeter stroking

1) Posture of the skater:
   - Upright upper-body
   - Head held up
   - Arms and hands at chest-height, shoulders not raised
   - Free leg extended and foot turned open
   - A steady posture
2) Knee rhythm movement:
   - Standing (skating) leg, Knee-high-knee rhythm.

Element 2 & 3 - forward and backward crossovers in an eight form:

1) Posture of the skater:
   - Upright upper-body
   - Head held up
   - Arms and hands at chest-height, shoulders not raised
   - Free leg extended and foot turned open
   - A steady posture
2) Knee rhythm movement:
   - Standing (skating) leg, Knee-high-knee rhythm.

3) Edges:
   - Circles can be adapted for smaller children; edges need to be visible

Element 4 - forward outside three turns in an eight form:

1) Posture of the skater:
   - Upright upper-body
   - Head held up
   - Arms and hands at chest-height, shoulders not raised
   - Free leg extended and foot turned open
   - A steady posture
2) Knee rhythm movement:
   - Standing (skating) leg, Knee-high-knee rhythm.
3) Edges:
   - Circles can be adapted for smaller children; edges need to be visible

FIGURE SKATING LEVEL TESTS

To obtain a Figure skating level test, the skater needs a minimum technical score (TES)

The following minimum technical scores (TES) for the different levels need to be obtained:

Miniemen level: **5.50** points (TES) – for Girls and Boys
Ps. To obtain this level a skater needs to compete first in the category Pre-Miniemen and has obtained at least a Competition level test or Pre-Preliminary MIF or higher MIF test.

Novice A level: **7.00** points (TES) – for Girls and Boys

Novice B level: **10.00** points (TES) – for Girls and Boys

Advanced novice level: **15.50** points (TES) – for Girls
                                   17.00 points (TES) – for Boys

Junior level: **17.50** points (TES) – for Ladies
                                   19.50 points (TES) – for Men

Senior level: **31.00** points (TES) – for Ladies
                                   35.50 points (TES) – for Men

Master level: **42.00** points (TES) – for Ladies
                                   49.00 points (TES) – for Men

MIF TESTS

Belgian skaters still have the possibility to obtain MIF tests.

- During the season 2016-2017 the skater has the choice to do the existing MIF tests or the latest MIF tests which already exist in the USA.
- From season 2017-2018, the KBKF/FBRPA will introduce the latest MIF tests which already exist in the USA.
- The new MIF test book will be published on the website www.skatebelgium.be .

COMPARISON TABLES

Figure Skating Level Tests

New name test		Old name test
Miniemen level		*None*

(The new test for Miniemen (Miniemen level) can be obtained in B-level Competitions
 in the new category Pre-Miniemen)

New name test		Old name test
Novice A level	-	*Small Bronze*
Novice B level	-	*Bronze*
Advanced Novice level	-	*Small Silver*
Junior level	-	*Silver*
Senior level	-	*Small Gold*
Master level	-	*Gold*

MIF tests

MIF test	Old Moves tests	Figure Pattern Moves tests
Pre-preliminary	*Preliminary*	*Pre-Figure Pattern Moves*
Preliminary	*None*	*None*
Pre-Juvenile	*None*	*None*
Juvenile	*None*	*Bronze Figure Pattern Moves*
Intermediate	*Bronze Moves*	*Pre-Silver Pattern Moves*
Novice	*Silver Moves*	*Silver Pattern Figure Moves*
Junior	*Gold Moves*	*Gold Pattern Figure Moves*
Senior	*None*	*None*