

SAFSA REVISED SKATING SKILLS TESTS

LEVEL 3

NTC Handbook for coaches and judges: October 2020



Abbreviations



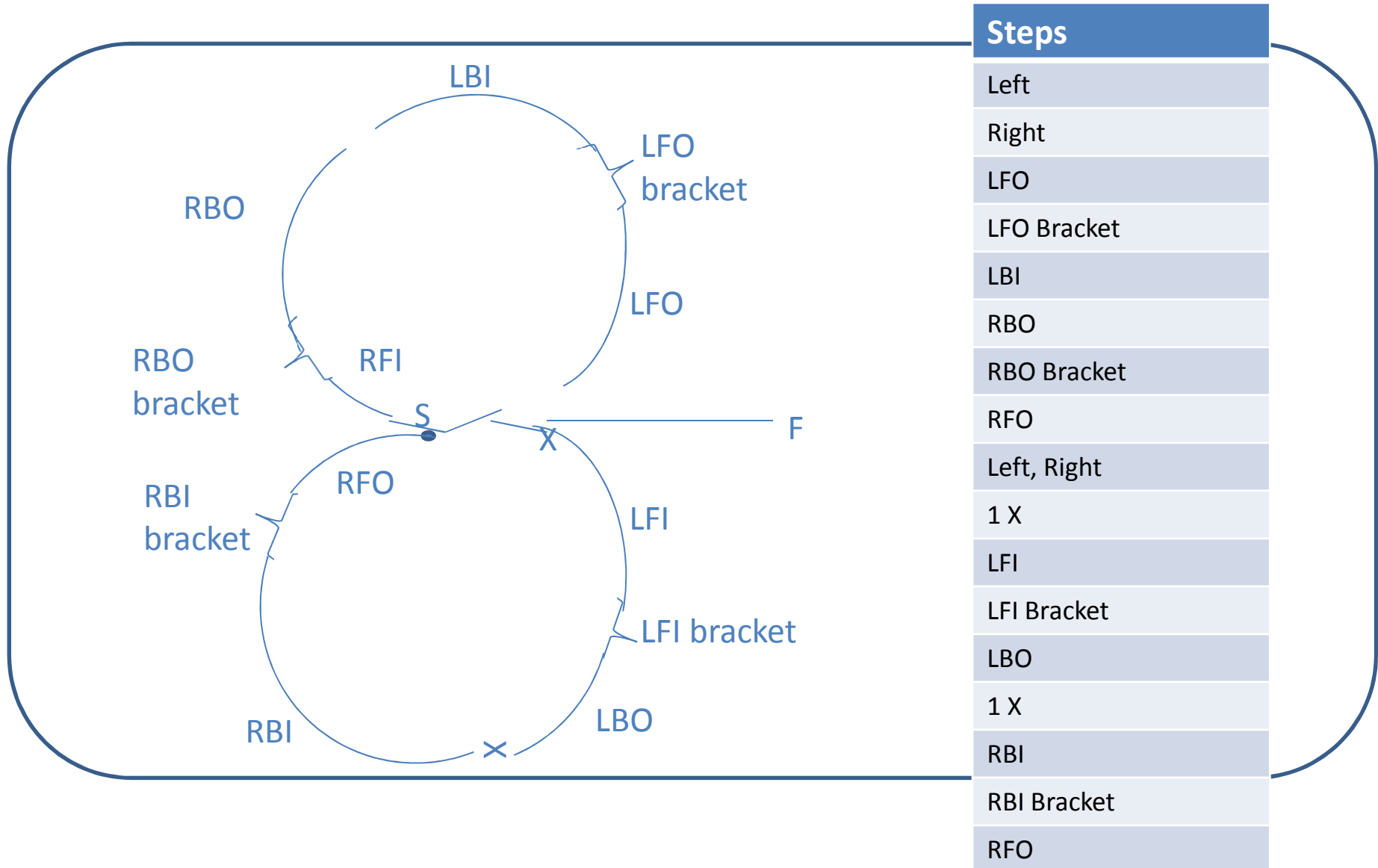
Abbreviation	Meaning
S ●	Start
X	Cross over
MH	Mo-Hawk
3	3 Turn
CE	Change of edge
LFO	Left Forward outside
LFI	Left Forward inside
RFO	Right Forward outside
RFI	Right Forward inside
LBO	Left Back outside
LBI	Left Back inside
RBO	Right Back outside
RBI	Right Back inside
Sp	Spiral
F ●	Finish
⊗	2 Foot spin

LEVEL 3. Exercise 3a



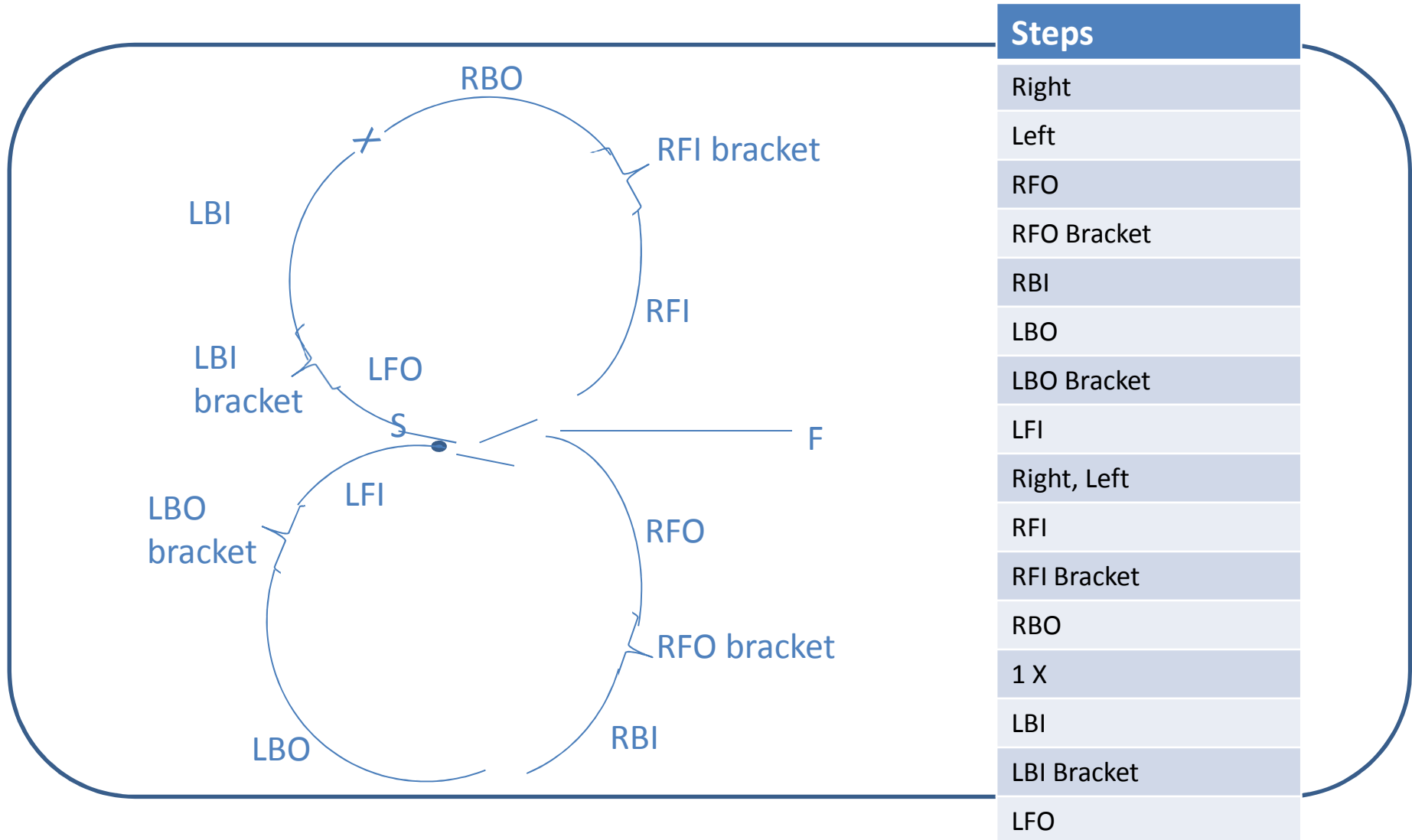
- **Exercise Name:** Forward and backward brackets in figure 8
- **Exercise Description:** The exercise is performed in a figure 8. The circles need to be the same size and the skater will be penalised for differing sized circles. The exercise is composed of clean brackets, strong outside and inside edges. The circle sizes should be in proportion to the skaters height. Skaters are **NOT** to use the hockey circles for this exercise. The Start and finish (With a Snow plow or show stop) is part of the exercise
- **Key Focus Areas:** Body lean, Rhythmic knee action, posture, edge quality, clean brackets.
- **Common Errors:** Flat edges, lack of control, weak edges and toe pushing, incorrect patterns, weak upper body posture, change of edges before and after the brackets.
- 2 Figures of 8 must be completed.
- The pattern repeats itself for the inside and outside edges. 2 figures of 8 must be completed for the outside and inside brackets.

LEVEL 3. Exercise 3a.1 Brackets, forward and backward, inside and outside.



Steps
Left
Right
LFO
LFO Bracket
LBI
RBO
RBO Bracket
RFO
Left, Right
1 X
LFI
LFI Bracket
LBO
1 X
RBI
RBI Bracket
RFO

LEVEL 3. Exercise 3a.2 Brackets, forward and backward, inside and outside.



Steps
Right
Left
RFO
RFO Bracket
RBI
LBO
LBO Bracket
LFI
Right, Left
RFI
RFI Bracket
RBO
1 X
LBI
LBI Bracket
LFO

LEVEL 3. Exercise 3b



- **Exercise Name:** Twizzle, toe runs and Loop exercise
- **Exercise Description:** The exercise is performed using the FULL ice surface. The skater will be penalised for not demonstrating good ice coverage. The exercise is composed of consecutive three turns, (Generating power) power pulls and change of edges as well as loops and toe runs. The Start and finish (With a Snow plow or show stop) is part of the exercise.
- The second part of the exercise may be repeated to include 4 sets of loops and power pulls if required by the skater to cover the ice.
- **Key Focus Areas:** Clean turns, power generation with change of edges, acceptable size loops , clean twizzle execution upper body control on toe runs.
- **Common Errors:** Weak turns, swung change of edges, incorrect loop shapes, 3 turns instead of twizzles, lack of speed generation.

LEVEL 3. Exercise 3c



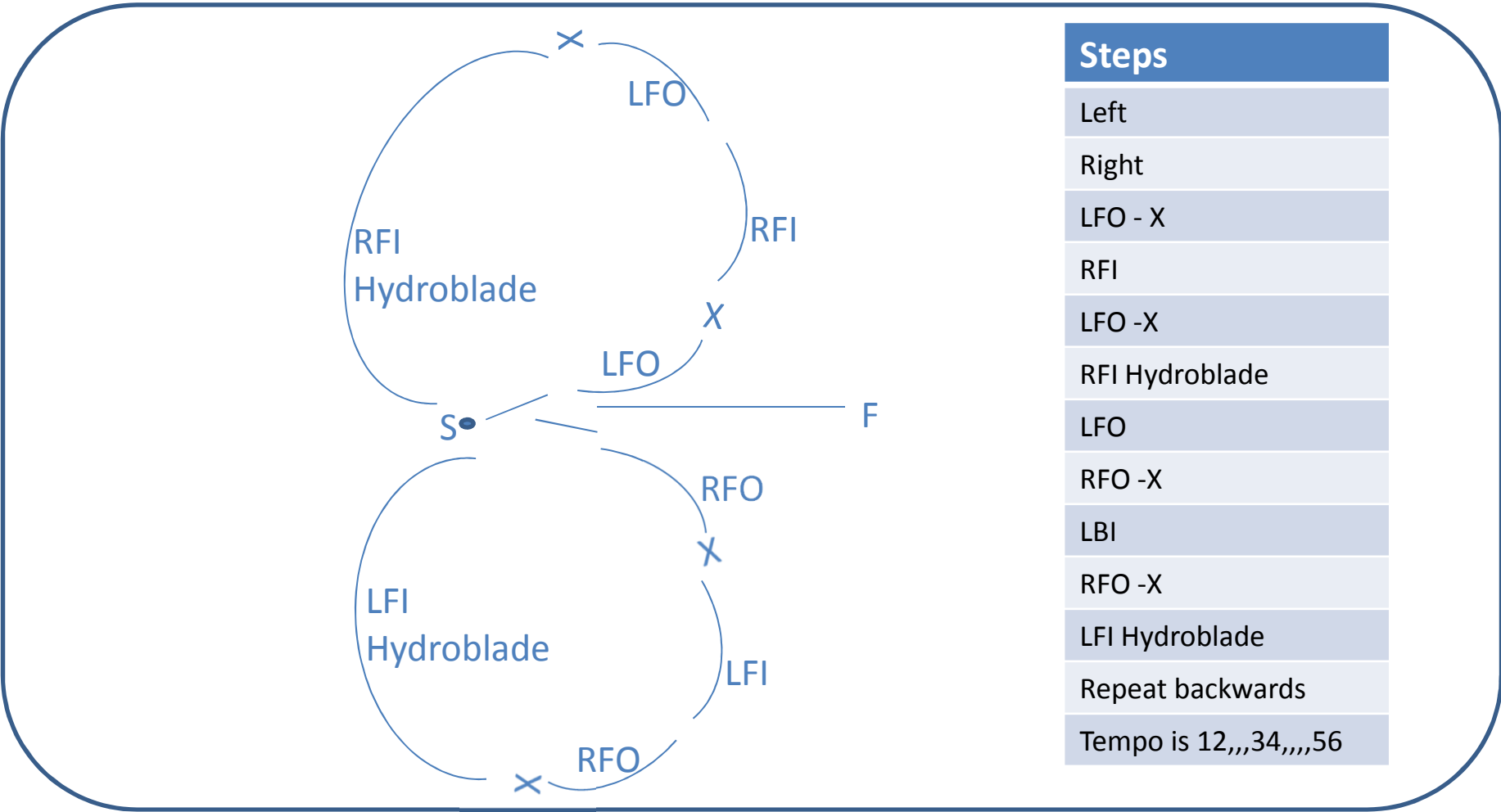
- **Exercise Name:** Landing position and rocker exercise
- **Exercise Description:** The exercise is performed using the FULL ice surface. The skater will be penalised for not demonstrating good ice coverage. The exercise is composed of 3 turns, choctaws, hops and rockers . The Start and finish (With a Snow plow or show stop) is part of the exercise
- **Key Focus Areas:** Clean rockers and Choctaws, good extension on the landing position
- **Common Errors:** Flat edges, incorrect edges, incorrect body position, lack of speed, no leg extension on 3 turns and landing positions.

LEVEL 3. Exercise 3d



- **Exercise Name: Hydroblading**
- **Exercise Description:** The exercise is performed in a figure 8. The circles need to be the same size and the skater will be penalised for differing sized circles. The exercise is composed of crossovers, Strong edges and hydroblading. The circle sizes should be in proportion to the skaters height. Skaters are encouraged to **NOT** use the hockey circles for this exercise. The Start and finish (With a Snow plow or show stop) is part of the exercise
- **Key Focus Areas:** Rhythmic knee action, posture, edge quality, cross overs and low hydroblade position with strong edges.
- Correct tempo. (1,2, cross over, 3,4, cross over, 5,6,7,8, hydroblade)
- **Common Errors:** Lack of control, incorrect patterns, weak upper body posture, no body lean
- 2 Figures of 8 must be completed. (2 forward and 2 backward)

LEVEL 3. Exercise 3d



Steps
Left
Right
LFO - X
RFI
LFO -X
RFI Hydroblade
LFO
RFO -X
LBI
RFO -X
LFI Hydroblade
Repeat backwards
Tempo is 12,,,34,,,,56

LEVEL 3. Exercise 3e

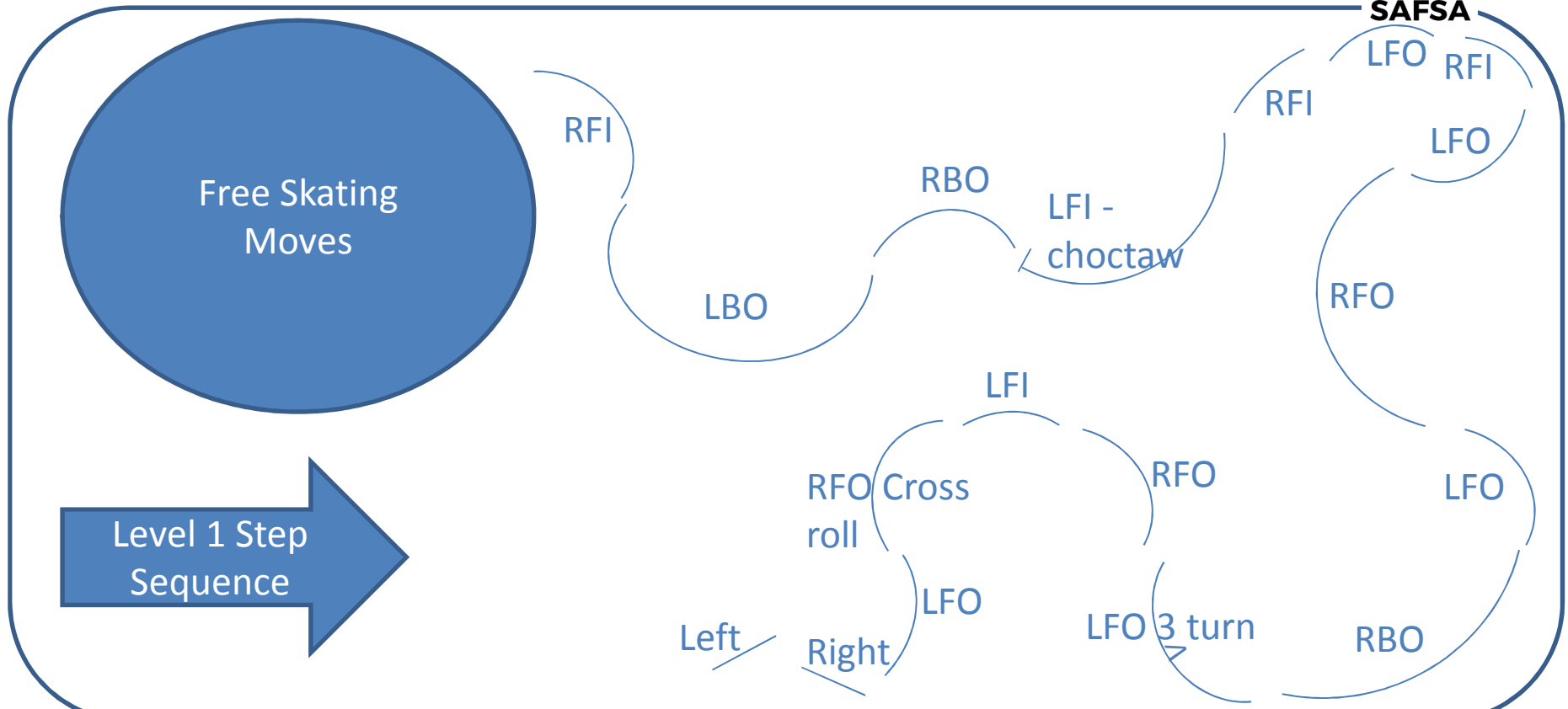


- **Exercise Name:** Blues and step sequence
- **Exercise Description:** The exercise is performed across the whole Ice surface. The exercise consists of half a blues pattern, free skating moves and a level 1 step sequence. The free skating moves must include 2 of the following 6: 1) Spiral with 135 variation. 2) Outside Ina Bauer. 3) Outside Spread Eagle. 4) Biellmann Spiral (Same requirements as those needed to attain Biellmann position as a spin feature) 5.) Russian split jump 6.) Butterfly. It is important to note that the Blues steps performed can be the man or ladies steps, skater can decide. The diagram pattern shows the men's steps however both are acceptable.
- **Key Focus Areas:** Strong edges and pattern , upper body control, clean outside edges on free skating moves.
- **Common Errors:** Lack of control, incorrect patterns, weak upper body posture, no body lean, weak turns and flat edges.

LEVEL 3. Exercise 3e



SAFSA



Steps				
Left	LFI	LFO	LFO	RBO
Right	RFO	RFO Swing roll	RFI	LBO
LFO	LFO 3 turn	LFO	LFI	RFI
RFO Cross roll	RBO	RFI	Choctaw	Free Skating moves followed by Level 1 STSQ