

SESSIONS of INLINE DANCE TESTS

Organisation : W.I.F.S.A.

Entry fees : 20 € / test.

INLINE DANCE

Preliminary : Canasta Tango(as solo with music) + Execution of backward steps (progressive (run), back outside edge, chasse, back outside edge, performed in both directions (without music).

Preparatory : “Danse Majeure” (as solo with music) (steps and pattern available on request) + mohawks and 3-turns on both sides without music, parallel stop or T-stop.

Pre-Bronze : Willow Waltz, Fiesta Tango and Ten-Fox performed as solo or couple + one of these 3 dances, chosen by the judges, performed solo.

Bronze : European Waltz, Foxtrot, Fourteen-step performed as solo or couple + one of these 3 dances, chosen by the judges, performed solo.

Silver : American Waltz, Rocker-Foxtrot, Kilian, Tango performed as solo or couple + one of these 4 dances, chosen by the judges, performed solo.

Silver-Gilt : Blues, Paso Doble, Starlight Waltz performed as solo or couple + one of these 3 dances, chosen by the judges, performed solo.

Gold : Viennese Waltz, Quickstep, Cha-cha Congelado, Samba performed as solo or couple + one of these 4 dances, chosen by the judges, performed solo.

FIELD MOVES TESTS

DEFINITION :

The general idea of the Field Moves Tests, consisting basically of edges and turns, is to give skaters better bodily awareness, as much at the level of turns, as in edge control and gliding.

The main aim of the judges is to observe the skater's movement and their ability to master the turns, balance and edges, as well as the continuity of the movement.

In all cases, the judgement of these basic techniques will be based on the entirety of the exercise.

GENERAL REGULATIONS :

Four minutes warm-up, with a maximum of six candidates on the surface.

The candidate may start with one or two pushes, before doing the required exercise.

No music

Judgment is PASS or FAIL, without marks

BRONZE FIELD MOVES TEST

The Preliminary test is required to take the bronze field move test .

- Execution of six different exercises.
- Arm movements are free choice left to the discretion of the candidate.
- The judges may require a re-skate of one of the six exercises of the Test.

EXERCISE A

- Forward and backward crossovers in a figure 8 with change of rhythm on each semi-circle.
- The introductory steps will be forwards.
- The exercise will end on a long left back outside edge.

EXERCISE B

Forward inside lobes, forward inside double threes, forward crossovers and change-edge spiral.

First side : Execution along the full length of the surface of 4 lobes made up of long inside edges and forward crossovers
Second side : Execution along the full length of the surface of 4 inside double three turns (2 on the left foot / 2 on the right foot)

These two lengths will be followed by a forward change-edge spiral.

The introductory step, the change of edge and leg used are free choice.

EXERCISE C

Outside threes with change of edge and back crossovers.

The exercise should be done three times on each foot along the full length of the surface.

The objective of the exercise is to work the back change of edge from inside to outside.

- Execution along the full length of the surface of four (4) forward outside double threes (2 on the left foot / 2 on the right foot)

EXERCISE D

Three turns and Russian stroking in both directions. forming a large figure eight over the whole surface and executing Russian stroking on the diagonals.

EXERCISE E

Runs on alternating lobes (left/right forwards and backwards).

During this exercise the candidate must maintain a rapid rhythm of short strokes, with great speed across the surface.

EXERCISE F

Back outside threes and inside-inside Mohawks.

These steps will be executed four (4) or five(5) times on each side forming a figure 8 on the surface.

The exercise must be performed with great speed on long deep edges.

To be avoided:

- Incorrect edges
- Toe pushing
- Poor posture of the upper body, head or arms
- Bent free leg
- Skating too slowly lack of speed during the exercise
- Incorrect changes of edge
- Not maintaining the rhythm of long and short strokes

SILVER FIELD MOVES TEST

The Bronze Field Moves Test is required to take the Silver Field Moves Test.
The judges may require a re-skate of one of the five exercises of the Test.

First exercise :

- Back crossovers across the width of the surface
- 1 Left back inside followed by a big change of edge 1 Left back outside/ right forward inside Choctaw
- 1 Left forward inside Bracket 1 Right back inside Bracket
- 1 Left forward inside 1 Right forward inside Bracket
- 1 Left back inside Bracket
- 1 Left forward inside
- Forward crossovers
- 1 Cross Roll
- 1 Right forward outside “Pas Américain”
- 1 Left forward outside
- Forward crossovers
- 1 Left Ina Bauer

Link to Second exercise

Second exercise :

- Back crossovers across the width of the surface
- 1 Right back inside followed by a big change of edge
- 1 Right back outside/ left forward inside Choctaw
- 1 Right forward inside
- 1 Left forward outside Bracket
- 1 Right back outside Bracket
- 1 Forward crossover
- 1 Left forward inside
- 1 Right forward outside Bracket
- 1 Left back outside Bracket
- Forward crossovers
- 1 Cross Roll
- 1 Left forward outside “Pas Américain”
- 1 Right forward outside
- Forward crossovers
- 1 Right Ina Bauer

Third exercise:

- Forward crossovers across the width of the surface
- 1 Left forward outside Counter (cross in front)
- 1 Right back inside
- 1 Left back inside Counter
- 1 Right forward outside Counter (cross in front)
- 1 Left back inside
- 1 Right back inside Counter
- 1 Left forward outside
- 1 Right forward outside
- Forward crossovers across the width of the surface
- 1 Right forward inside “Cygne” linked to
- 1 “Présentation en diagonale”

Link to Fourth exercise

Fourth exercise :

- Forward crossovers across the width of the surface
- 1 Right forward outside Counter (cross in front)
- 1 Left back inside 1 Right back inside Counter
- 1 Left forward outside Counter (cross in front)
- 1 Right back inside 1 Left back inside Counter
- 1 Right forward outside 1 Left forward outside
- Forward crossovers across the width of the surface
- 1 Left forward inside “Cygne” linked to
- 1 “Présentation en diagonale”

Fifth exercise :

- Backward crossovers across the width of the surface
- 1 Right back outside Counter
- 1 Left forward crossover
- 1 Right forward inside Double Three
- 1 Left forward inside Counter
- 2 right backward crossovers
- 1 Left back outside Counter
- 1 Right forward crossover
- 1 Left forward inside Double Three
- 1 Right forward inside Counter
- 1 Left back outside

SILVER-GILT FIELD MOVES TEST

The Silver Field Moves Test is required to take the Silver Gilt Field Moves Test

Execution of four successive exercises along the length of the surface

The Judge may require a re-skate of one of the four exercises of the Test .

Standing start

First exercise

- Right back outside, Right back outside Loop. Three successive changes of edge, Right back inside Loop. Left back inside, Left back inside Loop. Three successive changes of edge. Left back outside Loop (two or three repetitions along the length of the surface).

Judging focus of the first exercise : Edge control.

Second exercise

- First side : Right backward crossovers, two or three successive Choctaws : right back outside – left forward inside (on a diagonal the length of the surface).
- Second side : Left backward crossovers, two or three successive Choctaws : left back outside –right forward inside (on a diagonal the length of the surface).

Judging focus of the second exercise : Speed and control of deep edges.

Third exercise

- First side : Right backward crossovers, right back outside, right double three, change of edge, right inside double Rocker (two or three repetitions on a diagonal the length of the surface).
- Second side : Left backward crossovers, left back outside, left double three, change of edge, left inside double Rocker (two or three repetitions on a diagonal the length of the surface).

Fourth exercise

- First side : Right backward crossovers, left back inside, left double three, change of edge, left outside double Rocker (two or three repetitions on a diagonal the length of the surface).
- Second side : Left backward crossovers, right back inside, right double three, change of edge, right outside double Rocker (two or three repetitions on a diagonal the length of the surface).

Judging focus of the third and fourth exercises : Speed and quickness of turns.



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