



SKILLS UK

INFORMATION HANDBOOK

2021

NATIONAL SKILLS TESTS

Introduction

As part of British Ice Skating's "National Test Structure" the new National Skills tests are being introduced from [date] as a way forward to ensure that the skater has the relevant skills required for modern competition.

National Skills tests are the next phase of a skater's journey after completion of the Skate UK programme. They are designed to be a development tool that facilitates progression through skating competencies as they increase in difficulty. The final Skills 8 test is the culmination of all the skills learned to that point. Skills 8 is performed to music and is seen as the culmination of the National Skills programme.

Whether a skater's goal is to participate on the exciting competitive stage, to skate for recreation and the associated health benefits or to challenge yourself in the National Test Structure, the aim of these tests is to equip skaters with the essential skills to help realise their ambitions.

At the core of this programme are the five pillars of Skill Score Assessment:

- "Pattern & Ice Coverage"
- "Edge Quality & Foot Placement"
- "Edge & Body Control"
- "Power & Speed"
- "Turn & Step Quality"
- "Musicality" for Skills 8 only

These pillars, together with the multi-disciplinary exercises, have been specifically designed to engage a skater's interest, build competency, and challenge their athletic and technical development in ice skating as they progress through the Skills.

The details of the Skills tests are defined in the following handbook.

RULES AND REGULATIONS

CONDITIONS

1. All BIS National Tests will be organised and conducted locally after application to BIS. In exceptional circumstances, BIS will organise test sessions as and when required.
2. Only BIS Members are entitled to apply to be candidates for BIS Tests and all candidates must be fully paid-up members of BIS at the time the application is submitted, and the test skated.
3. The candidate must apply on the official BIS Test Application Form via the website. The candidate should have forwarded with the application his/her membership fee if not already paid, plus the appropriate test fee.
4. The tests candidate should submit the completed Skate UK Passport with the application fee for National Test 1.
5. Both the applicant and his/her coach should sign the test application. If the applicant is under 18 years of age, then his/her parent/guardian should sign on their behalf. PLEASE NOTE – APPLICATION CONFIRMS THAT THE CANDIDATE IS READY TO TAKE THE TEST. No coach may enter candidates for tests unless he/she has attended the relevant accredited seminar.
6. No test may be taken unless the application has been submitted, accepted and the applicable test fee paid.
7. Applications for a test must be made minimum of 28 days prior to a test date. Candidates may be called upon to skate the test at any time after the date of application. The candidate should indicate on the application form the rink at which he/she can take the test. However, a test candidate must be prepared to skate the test at another rink. If unavailable dates are known at time of application, then the candidate should indicate these dates on the test application form.
8. Tests can be transferred between rinks. Any test transfer requests can be arranged directly with the Test & Membership team at the BIS Office. Test transfers for specific test dates may be arranged but only if the receiving Test Organiser has the capacity to accommodate the test. All successful candidates of BIS Tests shall receive a certificate appropriate to the level of test passed.
9. Judges have complete control during the tests with full responsibility for ensuring that the tests run efficiently and in accordance with the rules.
10. A candidate who is given a retry for a test cannot retake this test until after the expiration of 28 days.
11. A candidate who is entered for two or more tests on one occasion will forfeit the fee if they refuse to skate all tests unless failure prohibits the next level in which case the test may be held over but will be included at the end of any outstanding lists.
12. Failure to attend to skate on the day and at the time arranged will result in cancellation of the test and forfeiture of the full test fee. However, candidates who are unable to attend due to illness or school examinations must submit a doctor's certificate or letter from the school to the BIS office prior to the test session and the test may then be held over to a future test session. Any other exceptional circumstances would need to be referred to the BIS office.

13. Unless otherwise deemed as having exceptional circumstances by the BIS office, a test application is null and void one year after its receipt. The fees for void tests are forfeit.
14. The recording of videos during test session is NOT PERMITTED
15. Test dates and times may be subject to change.
16. Failure to complete the BIS Test Application Form correctly will delay the processing of the application. Common errors which cause delays are: insufficient payment, out of date membership, no Skate UK Registration Document submitted for first tests.
17. Any tests that are not held in accordance with these rules may be considered null and void.

APPOINTMENT OF JUDGES

1. All Judges of Singles/Dance/Pair tests shall be appointed by and at the discretion of BIS and must be eligible persons and current members of BIS.
2. One BIS judge will judge BIS National Tests from 1 – 4 inclusive and 2 BIS judges will judge BIS National Tests from 5 – 8 inclusive. However, under exceptional circumstances, all BIS Tests may be judged by one BIS judge qualified as an ISU or International Judge on the official ISU List. Approval for this must be given by the BIS Office.

GENERAL REGULATIONS

1. All tests will be marked using BIS Test Papers
2. Skaters may progress up any vertical channel of the BIS National Test Structure separately e.g. Free 1 – 8 without holding Skills or Technical but Free 1 must be passed before taking Free 2 etc.
3. The coach must not stand on the ice during any test. Skaters must not return to their coach during a test. However, before any re-skate, communication with the coach will be permitted, but must be kept to a minimum. This will always be at the discretion of the judges.

SPECIFIC REGULATIONS

1. Small rinks: - Tests sessions for Skills 5, 6, 7 & 8 will only be allowed on rinks of 40 metres or larger
2. Where the Skills description indicates that the exercise should commence from a moving start, the skater has the option to continue skating between the end of the first side and the start of the second side or they can stop before moving to start the second side. Either option is acceptable
3. In the Skills tests, skaters have the option to have background music played during the testing of Skills 1 – 7 to provide a more familiar atmosphere for skaters.
 - a. The background music must be played at a low level and, if too loud, the Judge at the test session can have it turned down. There is no restriction on the type of music that can be played but it must be suitable for public broadcasting and, if vocal, must not contain profanities. The music will not be used in the assessment of the test and must be played throughout the test and not changed for individual exercises as a tool to help skaters maintain rhythm or timing.

- b. Skills 8 is skated to music, choreographed for individual skaters, and the music is used in the assessment of the test.
 - c. Background music can also be played during the warm-ups.
 4. Candidates must not waste undue time between the completion of one skills exercise and the next but should allow the judges time to write their comments.
 5. The Skills tests will be judged in accordance with the Skills Assessment Sheet on **Page ??** of the Handbook.
 6. Reskates:
 - a. In Skills tests 1 – 7 two (2) re-skates of different exercises will be permitted and the highest GOE will be used for the result.
 - b. In Skills test 8 one (1) re-skate of section a, b or c will be permitted and the highest GOE will be used for the result.

A short time can be taken between the judge speaking to the candidate and the re-skate being taken to allow the candidate to rectify the issue, but this should not exceed 3 minutes.
 7. All candidates will receive a comments sheet relating to their test from the judges.
 8. **Warm-Up Times**
 - a. Skills 1, 4 minutes
 - b. Skills 2 – 8 5 minutes

JUDGING SKILLS TESTS

CRITERIA


	GOE SCORING				
	-3, -4, -5	-1, -2	0	+1, +2, +3	+4, +5
Pattern & Ice Coverage Even distribution of lobes, utilizing the prescribed shape to enhance correct edges and ice coverage relevant to the height and power of the skater.	Less than 50% of the exercise meets the prescribed shape and ice coverage requirements and equality in multi-directional skating	A minimum of 50% of the exercise meets the prescribed shape and ice coverage requirements and equality in multi-directional skating	A minimum of 75% of the exercise meets the prescribed shape and ice coverage requirements and equality in multi-directional skating	A minimum of 85% of the exercise meets the prescribed shape and ice coverage requirements and equality in multi-directional skating	95% to 100% of the exercise meets the prescribed shape and ice coverage requirements and equality in multi-directional skating
Edge Quality & Foot Placement Correct use of edges, depth of edge, clean striking without stepping wide (unless prescribed)	Less than 50% of the edges performed correctly	A minimum of 50% of the edges performed correctly	A minimum of 75% of the edges performed correctly	A minimum of 85% of the edges performed correctly	95% to 100% of the edges performed correctly
Edge & Body Control Core control core with body weight being over the skating foot, and no contortions of the body, arms, or free leg	Poor balance and rhythmic knee action Poor carriage and clarity of movement	Weak balance and rhythmic knee action Weak carriage and clarity of movement	Satisfactory balance and rhythmic knee action Acceptable carriage and clarity of movement	Good balance and rhythmic knee action Good carriage and clarity of movement	Very good balance and rhythmic knee action Very good carriage and clarity of movement
Power & Speed Clean, smooth stroking without toe pushing or exaggerated effort	Poor power and speed throughout Laboured acceleration Lack of flow and glide	Weak power and speed throughout Uneasy acceleration Weak flow and glide	Consistent power and speed throughout Unforced acceleration Consistent flow and glide	Good power and speed throughout Smooth acceleration Good flow and glide	Very good power, speed throughout Effortless acceleration Very Good flow and glide
Turn/Step Quality Smooth turns without scraping, jumping, or forced edges and controlled transfer of weight on steps	Poor precision of foot placement Poor depth and precision of edge into and out of turns	Weak precision of foot placement Weak depth and precision of edge into and out of turns	Acceptable precision of foot placement Acceptable depth and precision of edge into and out of turns	Good precision of foot placement Good depth and precision of edge into and out of turns	Very good precision of foot placement Very good depth and precision of edge into and out of turns
ADDITIONAL CRITERIA FOR SKILLS 8 ONLY					
Musicality Timing, the ability to demonstrate an understanding of the character of the music and reflecting the nuances of the music chosen	Demonstrates very little understanding of the music chosen, reflecting its character and rhythm poorly	A minimum of 50% of the movements, turns and steps are in time to the music and match the musical phrasing Demonstrates a limited understanding of the music chosen, reflecting of its character and rhythm weakly	75% of the movements, turns and steps are in time to the music and match the musical phrasing Demonstrates a good understanding of the music chosen, satisfactorily reflecting its character and rhythm	A minimum of 85% of the movements, turns and steps are in time to the music and match the musical phrasing Demonstrates a very good understanding of the music chosen, generally reflecting its character and rhythm	95% to 100% of the movements, turns and steps are in time to the music and match the musical phrasing Demonstrates an exceptional understanding of the music chosen, significantly reflecting its character and rhythm

TRANSITION TABLE

The following table shows how the current Field Moves will transition across to the new Skills tests, however, National Open Competitions skaters will still be able to enter events with their existing test passes for a transitional period **Yet to be determined**

Old Field Moves	Interim Field Moves	Skills Test Awarded	Next skills test to be taken.
1	1	1 →	2
2	2	2 →	3
3	3	3 →	4
4	BN	5 →	6
5	BN	5 →	6
6	INT	6 →	7
7	INT	6 →	7
8	Adv Nov	7 →	8
9	JNR	8	N/A
10	SNR	8	N/A

(Example: Skater A is Level 3 Old Field Moves= Skills 3. Next skills test to be taken is skills 4)

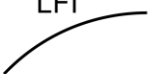



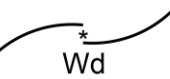
Steps



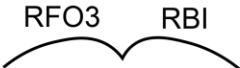


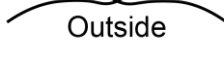
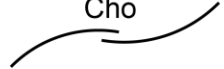


Foot: L = Left
R = Right

Direction: F = Forwards
B = Backwards

Edge: O = Outside
I = Inside

-  LFI Required Step
-  Optional Step
-  COE Change of Edge
-  LFI 2 Footed Step
-  * Wd Step Wide
- XF Cross in Front
- XB Cross Behind
- CR Cross Roll

Turns

-  RFO3 RBI Three Turn
-  Double Three Turns
-  Inside Mohawks
-  Outside
-  Cho Choctaw
-  Loop
-  Tw1 Twizzle
- Br Bracket
- Ctr Counter
- Rk Rocker