



VIRTUAL TESTING HOW TO GUIDE

APRIL 2026

INTRODUCTION

To support skaters in progressing through their skating journey as smoothly as possible, British Ice Skating has introduced Virtual Testing for Singles and Skills Tests.

Virtual Testing provides a flexible and accessible way for skaters to complete tests without needing to attend an in-person test session.

Skaters wishing to complete a virtual test should submit their test application through the usual process. Once the application has been processed, an invitation to access the Virtual Testing system will normally be issued within 3-5 working days.

To complete a virtual test, skaters must record videos of themselves performing the required test exercises, following the guidance provided within the system, as they would for an in-person test. These videos are then uploaded online for assessment by qualified judges.

Skaters should ensure that all submitted videos meet the published recording guidance to avoid delays in the judging process. Please also ensure the correct videos are uploaded in the correct sections and that duplicate files are not submitted.

For test transfers (from in-person to virtual, or vice versa), please email test.membership@iceskating.org.uk.

British Ice Skating will continue to review and develop the Virtual Testing programme and communicate any future updates to members.

FILMING YOUR VIDEO SUBMISSIONS

The following guidelines must be followed for your video submissions to be accepted and judged:

- Videos should be filmed from the judges' perspective, just as they would watch the skater in a test session. Therefore the camera should be operated from off the ice with the skater positioned in the centre of the frame, with a starting position facing the camera.
- The video must be filmed in landscape with the skater as the main focus of the video at all times.
- The skater must be in full focus at all times of the video in order for the judge to clearly see their whole body (including blades).
- Videos must be recorded on a quiet session (no more than 10 others on ice at the same time) and other skaters must not obstruct the view of the test skater for more than one second at any time.
- Videos recorded for Skills 5, 6, 7 & 8 tests must be conducted at rinks of 40 metres or larger (in line with our current test session rink guidelines).
- Audio is to be recorded all the way through each recording.
- If music is required for the test then this must be able to be clearly heard throughout the entire performance.
- Where possible, consideration should be taken for the cleanliness of the ice - earlier in a session following a resurface is preferred.
- For Skills Level 1-7: The videographer is to stop recording after each exercise and must be uploaded separately.
- For Skills Level 8: One full recording should be made from start to finish with no pausing at any stage.

Failing to follow any of the above guidance may result in your submission being rejected and require you to record new videos. This will not incur any additional cost, however may delay the timeline for judging and you receiving your results.

UPLOADING YOUR VIDEO(S)

In your invitation email you will find a link to the online submission page, where you will need to upload your test videos when they are ready.

Ice Test Main People Sessions Tests Rinks Help All Rinks Amelia Sanderson

Upload Performance Recording

Instructions

Follow the instructions below to submit your Level 1 Skills test.

Perform each of the exercises required by your test. Pause in between each exercise. Have your coach, partner or friend record each exercise separately using an HD video camera, mobile phone or tablet. Transfer the recording files to your computer. Upload the recordings using the fields below. Take care to ensure that you upload the correct recording for each exercise. When you have uploaded all of the required recordings, press the "Submit My Videos" button at the bottom of the page.

Requirements

Your video should be recorded in landscape orientation
Skater must be in frame at all times
Skater must be in focus
Camera should zoom into the skater when they are at a distance
Video must be in one of the following formats:

- .mpg
- .mov
- .avi

You must perform all 4 exercises.

Test Details

Skater	Amelia Sanderson
Coach	
Test	F9414 Level 1 Skills

Forward Edges

Press Upload and select your recording.

[Upload Video](#)

Backward Outside Extended Position

Press Upload and select your recording.

[Upload Video](#)

Forward & Backward Crossovers

Press Upload and select your recording.

[Upload Video](#)

Slalom

Press Upload and select your recording.

[Upload Video](#)

All done? 0 / 4

You must upload 4 recordings before you can submit.

[Submit My Videos](#)

- full/whole body (including blades) to enable them to identify the quality of edges, choreography etc. (not an overview of the ice surface with the camera not following the skater)
- Test must be skated on quiet session (No more than 10 others on ice surface at the time of the test) and other skaters must not obstruct the view of the test skater for more than one second otherwise test will be void and re-test assigned to the test
- Consideration of the cleanliness of ice – earlier in a session following a resurface is preferred
- Audio to be recorded all the way through the recording/footage of the test
- **Skills 1-7** – Videographer to stop recording after each exercise so that the recording is not too long for downloading purposes
- **Skills 8** - One full recording from start to finish (no pausing at any stage or test will be void and re-test assigned to the test)
- Correct video must be uploaded to the corresponding box

[Upload Performance Recording\(s\)](#)

Please note we will communicate the results when they are available, please allow up to 28 days.

Kind regards,

British Ice Skating

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This link will take you to the 'Ice Test' site, to this upload submission page.

UPLOADING YOUR VIDEO(S)

On the Ice Test upload page, you will find a blue upload button for each exercise of the Skills Test you have applied for (or a single upload button for Skills 8 Tests).

Clicking this button will allow you to select the file you wish to upload for this exercise.



Video Submissions can be rejected due to low quality.

The following may cause a video to be rejected due to poor quality, as judges will not be able to accurately assess the skater's performance:

- Shaky or out of focus video
- Filmed from too far away/not zoomed in enough
- Skater is not in frame
- Other skaters pass between the camera and skater, obstructing the view for the judge

Substandard video recordings will be rejected and new recordings will be requested. Judges will submit the reason for their rejection and this will be communicated to the skater via email so they can improve the video quality for their second attempt.

This will not void their test application or incur an additional cost.

HOW WILL YOUR TEST BE JUDGED?

Your video submissions will be judged by our qualified Skills Judges - these are the same judges who would conduct an in-person test session.

Each virtual test will be judged by up to three judges before a result is processed, and the final result will be based on a majority score. These scores will then produce a PDF which will be accessible to the skater and their coach in their result email.

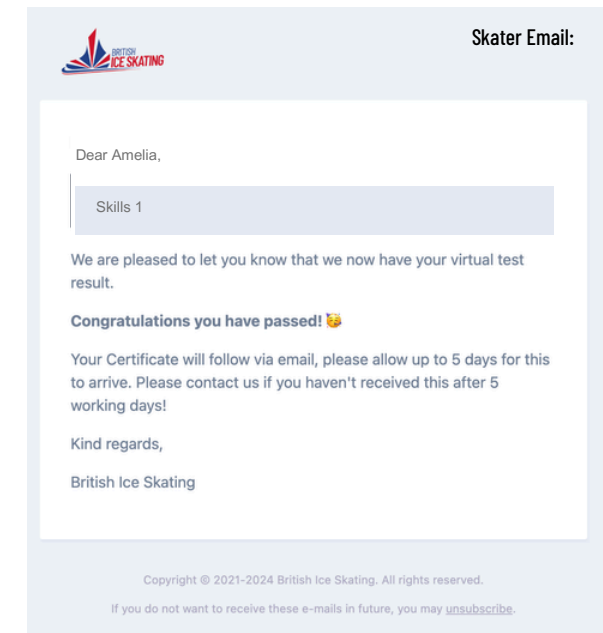
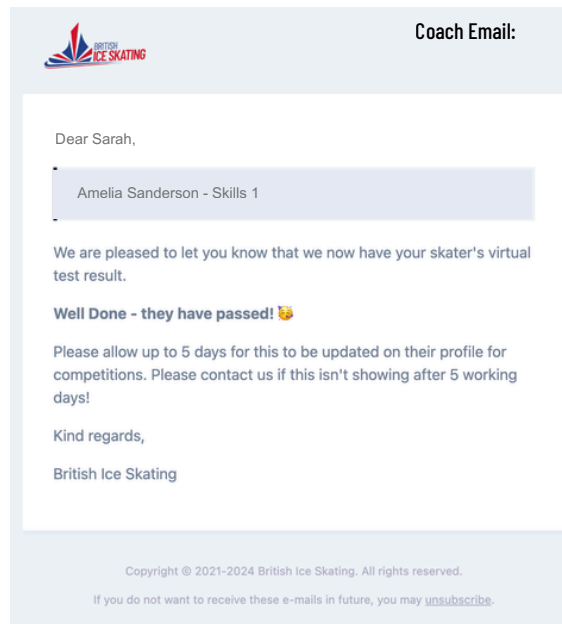
Skaters should expect to hear the result of their test within 28 days of upload.

RECEIVING YOUR RESULT

You and your coach will receive the result of your test, as will the BIS Office. Pass results will be automatically processed and added to your Sport:80 profile by BIS staff, at which point you will receive your test certificate.

Please allow up to five working days for this process to take place.

Please see the below examples of a pass result email:



How do I apply for a Virtual Test?

Just complete your Test application using the usual Test booking system, but select 'Virtual Tests' as your chosen Test centre.

Does my virtual test have to be filmed in one day?

Your exercises can be filmed on different days (apart from Skills 8), if necessary, but each exercise must have one continuous video with no cuts.

How should I dress for my virtual test recording?

We recommend appropriate black training gear or a test dress. You can wear your hair in anyway as long as this doesn't obstruct your test or inhibit health and safety on the ice.

Who should film my test?

Anyone can carry out your filming, though we recommend that your own coach or another coach from your rink films your test as they are most likely to understand the standard of footage judges will require.

Will I get a re-skate?

No - with virtual tests, no re-skates will be permitted; results will either be a pass or a retry. If your video(s) are rejected for quality reasons, however, you will have the ability to record new ones and upload these again at no additional cost.