

# TESTING STRUCTURE UPDATES



## What does this mean for you as a skater?

All testing elements will stay the same, just the names have changed. We've changed the names of the tests to better represent the journey to becoming a Gold Medalist.

Moves in the Field → Skating Skills

Freeskate → Singles

Pre- juvenile- Senior have been renamed to reflect a gold, silver, bronze path.

We encourage you to take tests to continually challenge yourself and your skating skills. Tests become more difficult as you advance, so each test passed is a huge accomplishment and cause for celebration!

What does this mean for you as a competitor?

[Click here for competition eligibility information.](#)

CURRENT TEST NAME		NEW TEST NAME ON JULY 1, 2023
Moves in the Field		Skating Skills
Pre-preliminary Moves in the Field		Pre-preliminary Skating Skills
Preliminary Moves in the Field		Preliminary Skating Skills
Pre-Juvenile Moves in the Field		Pre-Bronze Skating Skills
Juvenile Moves in the Field		Bronze Skating Skills
Intermediate Moves in the Field		Pre-Silver Skating Skills
Novice Moves in the Field		Silver Skating Skills
Junior Moves in the Field		Pre-Gold Skating Skills
Senior Moves in the Field		Gold Skating Skills

CURRENT TEST NAME		NEW TEST NAME ON JULY 1, 2023
Free Skate		Singles
Pre-preliminary Free Skate		Pre-preliminary Singles
Preliminary Free Skate		Preliminary Singles
Pre-Juvenile Free Skate		Pre-Bronze Singles
Juvenile Free Skate		Bronze Singles
Intermediate Free Skate		Pre-Silver Singles
Novice Free Skate		Silver Singles
Junior Free Skate		Pre-Gold Singles
Senior Free Skate		Gold Singles

CURRENT TEST NAME		NEW TEST NAME ON JULY 1, 2023
Pairs		Pairs
Juvenile Pairs		Bronze Pairs
Intermediate Pairs		Pre-Silver Pairs
Novice Pairs		Silver Pairs
Junior Pairs		Pre-Gold Pairs
Senior Pairs		Gold Pairs

CURRENT TEST NAME		NEW TEST NAME ON JULY 1, 2023
Free Dance (Partnered or Solo)		Free Dance (Partnered or Solo)
Juvenile Free Dance		Bronze Free Dance
Intermediate Free Dance		Pre-Silver Free Dance
Novice Free Dance		Silver Free Dance
Junior Free Dance		Pre-Gold Free Dance
Senior Free Dance		Gold Free Dance

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## U.S. Figure Skating Tests

<b>SKATING SKILLS</b>	<b>SINGLES</b>	<b>PATTERN DANCE</b> <i>Partnered – Lead or Follow Solo – Lead or Follow</i>	<b>FREE DANCE</b> <i>Partnered or Solo</i>	<b>PAIRS</b>
Pre-preliminary	Pre-preliminary			
Preliminary	Preliminary	Preliminary		
Pre-Bronze	Pre-Bronze	Pre-Bronze		
Bronze	Bronze	Bronze	Bronze	Bronze
Pre-Silver	Pre-Silver	Pre-Silver	Pre-Silver	Pre-Silver
Silver	Silver	Silver	Silver	Silver
Pre-Gold	Pre-Gold	Pre-Gold	Pre-Gold	Pre-Gold
Gold	Gold	Gold	Gold	Gold
		International		

All tests offer an equivalent Skate United test for athletes that have physical disabilities. In the pattern dance track, there are four categories. Athletes may choose which track they prefer. Lead steps are those that have traditionally been skated by the male partner; follow steps are those that have traditionally been skated by the female partner.

## U.S. Figure Skating Adult Tests

<b>ADULT SKATING SKILLS</b> <i>21+ or 50+</i>	<b>ADULT SINGLES</b> <i>21+ or 50+</i>	<b>ADULT PATTERN DANCE</b> <i>Partnered – Lead or Follow Solo – Lead or Follow; 21+ or 50+</i>	<b>ADULT FREE DANCE</b> <i>21+ or 50+</i>	<b>ADULT SOLO FREE DANCE</b> <i>21+ or 50+</i>	<b>ADULT PAIRS</b>
Pre-Bronze	Pre-Bronze	Preliminary	Pre-Bronze	Juvenile	
Bronze	Bronze	Pre-Bronze	Bronze	Intermediate	Bronze
Silver	Silver	Bronze	Silver	Novice	Silver
Gold	Gold	Pre-Silver	Gold	Junior	Gold
Intermediate	Intermediate	Silver		Senior	
Novice	Novice	Pre-Gold			
Junior	Junior	Gold			
Senior	Senior	International			

Adult intermediate, novice, junior and senior tests are for adult athletes that have passed their gold tests, and challenge themselves by taking tests above that level. The skills on the intermediate-level tests are similar to those on the pre-silver tests in the standard track.

## U.S. Figure Skating Adaptive Tests

<b>ADAPTIVE SKATING SKILLS</b>	<b>ADAPTIVE SINGLES</b>
Pre-Bronze	Pre-Bronze
Bronze	Bronze
Silver	Silver
Gold	Gold

Adaptive tests are for athletes registered in any Special Olympics or adaptive skating program.