

Standard Solo Free Dance Test Requirements

This chart was updated July 8, 2024, to include the adult and adaptive singles test requirements, which are no longer in the rulebook.



| Level | Edge Element | Solo Dance Spin | Step Sequences | Twizzle / Twizzle Series | Choreographic Character Step | One-Foot Turns Sequence | Notes |
|---|---|---|---|---|--|---|---|
| Standard and Skate United Bronze 1:40 maximum | 1 short edge element | 1 solo dance spin change of foot not permitted min. 3 revs on 1 foot | 1 circular, midline or diagonal must include three-turns and mohawks (C steps) must utilize full ice | 1 twizzle (not a series) minimum 1 rev. | n/a | n/a | Extra elements may be added without penalty. See rule 8375 for definitions and descriptions of elements. |
| Standard and Skate United Pre-Silver 2:00 maximum | 1 short edge element | 1 solo dance spin change of foot not permitted min. 3 revs on 1 foot | 1 circular, midline or diagonal must include three-turns, mohawks (C steps) and brackets must utilize full ice | 1 twizzle series minimum 1 rev. on each foot | 1 choreographic character step sequence | n/a | Extra elements may be added without penalty. See rule 8375 for definitions and descriptions of elements. |
| Standard and Skate United Silver 2:30 maximum | 2 short edge elements Must have different positions | 1 solo dance spin min. 3 revs on 1 foot | 1 circular, midline or diagonal must include three-turns, mohawks (C steps), brackets and counters must utilize full ice | 1 twizzle series minimum 2 revs. in each twizzle Twizzles must have a different entry edge and direction of rotation | 1 choreographic character step sequence | 1 one-foot turns sequence must include rocker, bracket, counter and double twizzle in any order | Extra elements may be added without penalty. See rule 8375 for definitions and descriptions of elements. |

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|---|--|--|---|--|---|--|--|
| Standard and Skate United Pre-Gold 3:10 maximum | <p>1 combo edge element or 2 different short edge elements</p> <p>short edge elements must have different positions, but positions within the combo edge element may be repeated</p> | <p>1 solo dance spin</p> <p>min. 3 revs on 1 foot</p> | <p>1 serpentine, circular, midline or diagonal</p> <p>must include brackets, counters, rockers and Choctaws (S steps)</p> <p>must utilize full ice</p> | <p>1 twizzle series</p> <p>minimum 2 revs. in each twizzle</p> <p>twizzles must have a different entry edge and direction of rotation</p> | <p>1 choreographic character step sequence</p> | <p>1 one-foot turns sequence</p> <p>must include rocker, bracket, counter and double twizzle in any order</p> | <p>Extra elements may be added without penalty.</p> <p>See rule 8375 for definitions and descriptions of elements.</p> |
| Standard and Skate United Gold 3:20 maximum | <p>1 combo edge element and 1 short edge element or 3 different short edge elements</p> <p>short edge elements must have different positions, but positions within the combo edge element may be repeated</p> | <p>1 solo dance spin</p> <p>min. 3 revs on 1 foot</p> | <p>1 serpentine, circular, midline or diagonal</p> <p>must include brackets, counters, rockers, Choctaws (S steps) and twizzles</p> <p>must utilize full ice</p> | <p>1 twizzle series</p> <p>minimum 2 revs. in each twizzle</p> <p>twizzles must have a different entry edge and direction of rotation</p> | <p>1 choreographic character step sequence</p> | <p>1 one-foot turns sequence</p> <p>must include rocker, bracket, counter and double twizzle in any order</p> | <p>Extra elements may be added without penalty.</p> <p>See rule 8375 for definitions and descriptions of elements.</p> |

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|---|---|---|---|---|--|---|
| Adult Bronze 1:50 maximum | 1 short edge element | 1 solo dance spin change of foot not permitted min. 3 revs on 1 foot | 1 circular, midline or diagonal must include three-turns and mohawks (C steps) must utilize full ice | 1 twizzle (not a series) minimum 1 rev. | n/a | Extra elements may be added without penalty. See rule 8375 for definitions and descriptions of elements. |
| Adult Pre-Silver 2:00 maximum | 1 short edge element | 1 solo dance spin change of foot not permitted min. 3 revs on 1 foot | 1 circular, midline or diagonal must include three-turns, mohawks (C steps) and brackets must utilize full ice | 1 twizzle series minimum 1 rev. on each foot | 1 choreographic character step sequence | Extra elements may be added without penalty. See rule 8375 for definitions and descriptions of elements. |
| Adult Silver 2:10 maximum | 2 short edge elements Must have different positions | 1 solo dance spin or combination spin min. 3 revs on 1 foot | 1 circular, midline or diagonal must include three-turns, mohawks (C steps), brackets and counters must utilize full ice | 1 twizzle series minimum 2 revs. on each foot | 1 choreographic character step sequence | Extra elements may be added without penalty. See rule 8375 for definitions and descriptions of elements. |

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| Level | Edge Element | Solo Dance Spin | Step Sequences | Twizzle / Twizzle Series | Choreographic Character Step | Notes |
|---------------------------------------|---|---|--|---|--|---|
| Adult Pre-Gold 2:30 maximum | 1 combo edge element or 2 different short edge elements short edge elements must have different positions, but positions within the combo edge element may be repeated | 1 solo dance spin or combination spin min. 3 revs on 1 foot | 1 serpentine, circular, midline or diagonal must include brackets, counters, rockers and Choctaws (S steps) must utilize full ice | 1 twizzle series minimum 2 revs. in each twizzle twizzles must have a different entry edge and direction of rotation | 1 choreographic character step sequence | Extra elements may be added without penalty. See rule 8375 for definitions and descriptions of elements. |
| Adult Gold 2:50 maximum | 1 combo edge element and 1 short edge element or 3 different short edge elements short edge elements must have different positions, but positions within the combo edge element may be repeated | 1 solo dance spin or combination spin min. 3 revs on 1 foot | 1 serpentine, circular, midline or diagonal must include brackets, counters, rockers, Choctaws (S steps) and twizzles must utilize full ice | 1 twizzle series minimum 2 revs. in each twizzle twizzles must have a different entry edge and direction of rotation | 1 choreographic character step sequence | Extra elements may be added without penalty. See rule 8375 for definitions and descriptions of elements. |

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