



# ISI Freestyle 8 Test Sheet

Skater Name \_\_\_\_\_ ISI # \_\_\_\_\_

Skater Age \_\_\_\_\_ Home Rink \_\_\_\_\_

Test Date \_\_\_\_\_ Test Location \_\_\_\_\_

Judge Signature \_\_\_\_\_ Prof. # \_\_\_\_\_

### **COMPULSORY MANEUVERS:**

(Scoring 1 to 10)

1st Attempt

2nd Attempt

Double Loop Jump	_____	_____
Double Flip Jump	_____	_____
Split Lutz Jump	_____	_____
Flying Sit/Open Axel Sit Spin	_____	_____
1¼ Flip / 1¼ Flip / Dbl. Salchow	_____	_____
Camel-Jump-Camel Spin	_____	_____
Dance Step Sequence	_____	_____
a) LBI Bracket	_____	_____
a) LFO 1 ½ Twizzle	_____	_____
a) RFO 1 ½ Twizzle	_____	_____
a) LFO Loop	_____	_____

### **SOLO PROGRAM:**     Duration 3.5 min.

Double Loop Jump	_____
Double Flip Jump	_____
Split Lutz Jump	_____
Flying Sit/Open Axel Sit Spin	_____
1¼ Flip / 1¼ Flip / Dbl. Salchow	_____
Camel-Jump-Camel Spin	_____
Dance Step Sequence	_____

### **(Scoring 1-10)**

Posture \_\_\_\_\_ Content \_\_\_\_\_ Correctness \_\_\_\_\_ Pattern \_\_\_\_\_

Rhythm \_\_\_\_\_ Duration \_\_\_\_\_ Interpretation \_\_\_\_\_

**TEST RESULT:**     **PASS** \_\_\_\_\_     **INCOMPLETE** \_\_\_\_\_

### **Notes:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_