



2016/2017 FSAT Level Test

Level 1	waltz Jump	One-Half Toe Jump	One-Half Flip Jump	Single Salchow Jump	Two-Foot Spin (5 rev.)	One-Foot Spin (3 rev.)	Forward Spiral (with change of foot held for 3 secs. on each foot)
Level 2	Single Toe Loop Jump	Single Loop	Jump Combination (Waltz + Single)	Jump Combination (Single + Single)	Fast Back Scratch Spin (4 rev.)	One-Foot Spin with cross legs (5 rev.)	Forward Spiral change to Backward (with change of foot & held for 3 secs. on each position)
Level 3	Single Flip Jump	Single Lutz Jump	Jump Combination (Single + Single Toe)	Jump Combination (Single + Single Loop)	Sit Spin (6 rev.)	Spin combination without change of foot (6 rev)	Step Sequence must have a half utilizing the ice surface
Level 4	Axel Jump	Single Lutz Jump	Jump Combination (single + Single) Not repeat 1 & 2	Jump Combination (Single + Single + Single)	Camel Spin (4 rev.)	Spin Combination (with change of position, no change of foot) (4 rev in each position)	Step Sequence with full utilizing of the ice surface
Level 5	Double Salchow Jump	Double Toe Loop Jump	Jump Combination (Axel + Single)	Jump Combination (Double + Single)	Ladies: Layback Spin (6 rev.) Men: Camel Change Camel Spin (3 rev. on each foot)	Sit-Change-Sit Spin (4 rev. on each foot)	Step Sequence with full utilizing of the ice surface
Level 6	Double Loop Jump	Double Flip Jump	Double Jump (different from 1 & 2)	Jump Combination (Double + Double)	Flying Spin (4 rev.)	Spin Combination (with change of position & foot) (4 rev. in each position)	Step Sequence with full utilizing of the ice surface



2016/2017 FSAT Level Test

Level 7 <i>(Advance Novice)</i>	Double Lutz Jump	Double Flip Jump	Double Loop Jump	Jump Combination (Double + Double)	Flying Camel Spin (6 rev.)	Spin Combination (with change of foot) (10 rev. in total)	Step Sequence with full utilizing of the ice surface
Level 8 <i>(Junior)</i>	Double Jump (Any)	Double Axel Jump	Triple Jump (Any)	Jump Combination (Double Loop + Double)	Flying Camel Spin (6 rev.)	Spin Combination	Step Sequence with full utilizing of the ice surface
Level 9 <i>(Senior)</i>	Triple Jump (a)	Triple Jump (different from a)	Double Axel	Jump Combination (Triple + Double)	Flying Spin (8 rev.)	Spin Combination	Step Sequence with full utilizing of the ice surface

Remark : *Level 7-9 are required to skate Short Program after the elements test
Skaters are required to dress in skating costume on the testing date*