



## FSAT Level Test 2025/2026

### Level 1

No	Elements
1	Level 1 Moves in the field
2	Single Salchow Jump (1S)
3	Single Toe Loop Jump (1T)
4	Jump Combination: Single Salchow Jump + Single Toe Loop Jump (1S+1T)
5	Forward Spiral with Change of Foot held for 3 seconds on each foot
6	Two-foot Spin (minimum 5 rev.)
7	One-foot Spin (minimum 3 rev.)

### Level 2

No	Elements
1	Level 2 Moves in the field
2	Single Toe Loop Jump (1T)
3	Single Loop Jump (1Lo)
4	Jump Combination: Single Salchow Jump + Single Loop Jump (1S+1Lo)
5	Jump Combination: Single + Single + Single (1+1+1)
6	Fast Back Scratch Spin (minimum 4 rev.)
7	One-foot Spin with Cross Legs (minimum 5 rev.)

### Level 3

No	Elements
1	Level 3 Moves in the field
2	Single Flip Jump (1F)
3	Single Lutz Jump (1Lz)
4	Jump Combination: Single + Single Loop Jump (1+1Lo)
5	Jump Combination: Single + Single + Single (1+1+1)
6	Sit Spin with <b>Basic Position</b> , no change of variation (SSp) (minimum 6 rev.)
7	Combination Spin without Change of Foot (CoSp) (minimum of <b>2Basic Positions</b> , no change of variation) (minimum 6 rev.)



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### Level 4

No	Elements
1	Level 4 Moves in the field
2	Single Axel Jump (1A)
3	Double Salchow Jump (2S)
4	Jump Combination: Double Salchow Jump + Single Toe Loop Jump (2S+1T)
5	Jump Combination: Single Axel + Single + Single (1A+1+1)
6	Camel Spin (CSp) (minimum 4 rev.)
7	Combination Spin without Change of Foot (CoSp) (3 Basic Positions, no change of variation) (minimum 3 rev. in each position)

### Level 5

No	Elements
1	Level 5 Moves in the field
2	Double Salchow Jump (2S)
3	Double Toe Loop Jump (2T)
4	Jump Sequence: Double Jump + Single Axel Jump (2+1A)
5	Jump Combination: Double Jump + Double Jump (2+2)
6	Sit Spin with Change of Foot (CSSp) (minimum 4 rev. on each foot)
7	Combination Spin with Change of Foot (CCoSP) (minimum 8 rev.) <b>(3 Positions required)</b>

### Level 6

No	Elements
1	Level 6 Moves in the field
2	Double Loop Jump (2Lo)
3	Double Flip Jump (2F)
4	Jump Combination: Double + Double (2+2)
5	Jump Combination: Double + Double (2+2) (one of the jumps must be different from 4)
6	Flying Spin (minimum 6 rev.)
7	Combination Spin with Change of Foot (CCoSP) (minimum 8 rev.) <b>(3 Positions required)</b>



## FSAT Level Test 2025/2026

### Level 7

No	Elements
1	Level 7 Moves in the field
2	Double Flip Jump (2F)
3	Double Lutz Jump (2Lz)
4	Jump Combination: Double + Double Loop (2+2Lo)
5	Jump Sequence or Jump Combination: 2 of the jumps must be Double jump Double + 1Eu + Double (2+1Eu+2) <b>or</b> Double + Double + Double (2+2+2)
6	Spin: <i>Boys:</i> Change Foot Camel Spin (CCSp) (minimum 5 rev. on each foot) <i>Girls:</i> Layback Spin (LSp) (minimum 6 rev.)
7	Combination Spin with Change of Foot Level2 (CCOSp2) (minimum 5 rev. on each foot)

### Level 8

No	Elements
1	Level 8 Moves in the field
2	Double Loop Jump (2Lo)
3	Double Axel Jump (2A)
4	Triple Jump
5	Jump Combination: Double + Double + Double (2+2+2)
6	Flying Sit Spin Level 3 (FSSp3) (minimum 8 rev.)
7	Combination Spin with Change of Foot Level 3 (CCOSp3)(minimum 6 rev. on each foot)

### Level 9

No	Elements
1	Level 9 Moves in the field
2	Double Axel Jump (2A)
3	Triple Jump
4	Triple Jump (different from 3)
5	Jump Combination: Triple + Double (3+2)
6	Flying Spin without Change of Foot (Level 4)
7	Combination Spin with Change of Foot Level4 (CCoSp4) (minimum 6 rev. on each foot)

#### **Remarks:**

- Skaters are required to dress in proper skating costume on the testing date.
- Test elements must be performed in the given sequence.
- Coaching during the test is not permitted.
- Only skaters who pass element 1 (Moves in the field) are qualified to test the next elements.
- Only one attempt is allowed for Moves in the field.
- Downgraded jumps or elements with multiple errors are considered as **FAIL**.
- **Level 7-9**
  - o If there is downgraded jump(s) in combination jump, Skaters will not be permitted to retest after 3rd attempt and will be considered as **FAIL**.
  - o Skaters (level 7-9) are required to submit a video of their Short Program to [fsat@windowslive.com](mailto:fsat@windowslive.com) one (1) week before the testing date, to be eligible for test in each level. Skater must execute at least 70% of elements in the program (Falls and no value elements not more than 30%)