



FSAT Level Test 2022/2023

Level 1

No	Elements
1	Level 1 Moves in the field
2	Waltz Jump (1W)
3	Single Salchow Jump (1S)
4	Single Toe Loop Jump (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 Toe Loop Jump (1S+1T)
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 Basic Position , no change of variation (SSp) (minimum 6 rev.)
7	Combination Spin without Change of Foot (CoSp) (minimum of 2Basic Positions , 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) (3Basic 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 Combination: 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.) (3 Positions required)

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.) (3 Positions required)



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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 (2+2)
5	Jump Sequence or Jump Combination: 2 of the jumps must be Double jump Double + 1Eu + Double (2+1Eu+2) or Double + Double + Double (2+2+2)
6	Spin: <i>Boys:</i> Change Foot Camel Spin (CCSp) (minimum 4 rev. on each foot) <i>Girls:</i> Layback Spin (LSp) (minimum 6 rev.)
7	Combination Spin with Change of Foot Level2 (CCOSp2)

Level 8

No	Elements
1	Level 8 Moves in the field
2	Double Lutz Jump (2Lz)
3	Double Axel Jump (2A)
4	Triple Jump
5	Jump Combination: Double + Double + Double (2+2+2)
6	Flying Sit Spin Level 3 (FSSp3 or FCSSp3) (minimum 6 rev.)
7	Combination Spin with Change of Foot Level 3 (CCOSp3)

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)

Remarks:

- Level 7-9 skaters are required to skate Short Program after the elements test.
- Skaters are required to dress in skating costume on the testing date.
- Test elements must be performed in the given sequence.
- 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 are considered as **FAIL**.