



PHILIPPINE SKATING UNION NATIONAL QUALIFYING TEST

LEVEL	ELEMENTS	PROGRAM REQUIREMENTS
<p>PRE-JUVENILE</p> <p>has not turned eight (8) years old before July 1 preceding the competition.</p>	Jumps	a. Waltz jump
		b. 1S
		c. 1T
		d. Single + Single <i>*Axel is not permitted</i>
	Spins	a. Upright Spin on two feet <i>*Minimum 4 revs</i>
b. Upright Spin on one foot <i>*Minimum 4 revs</i>		
Choreo Sequence	<i>*Consists of at least 2 different movements like spirals, arabesques, spread eagles, Ina Bauers, hydroblading</i>	
Music duration	1:10 min, +/- 10 sec	
LEVEL	ELEMENTS	PROGRAM REQUIREMENTS
<p>JUVENILE</p> <p>has not turned eight (8) years old before July 1 preceding the competition.</p>	Jumps	a. 1Lo
		b. 1F
		c. Single + 1Lo
		d. Single + Waltz jump <i>*May not repeat Single in C</i>
	Spins	a. Upright Spin (USp) <i>*Minimum 5 revs</i>
		b. Change foot upright spin (CUSp) <i>*Minimum 3 revs/foot</i>
c. Sit spin (SSp) <i>*Minimum of 5 revs</i>		
Choreo Sequence	<i>*Consists of at least 2 different movements like spirals, arabesques, spread eagles, Ina Bauers, hydroblading</i>	
Music duration	1:30 min, +/- 10 sec	
LEVEL	ELEMENTS	PROGRAM REQUIREMENTS
<p>PRE-NOVICE</p> <p>has reached the age of seven (7) but has not yet turned eleven (11) before July 1 preceding the competition.</p>	Jumps	a. 1A
		b. 1Lz
		c. 1A + (1T OR 1Lo)
		d. Single + Single <i>*combination OR sequence</i>
	Spins	a. Camel Spin (CSp) <i>*Minimum 4 revs</i>
		b. Combination Spin -Combination spin w/o change of foot (CoSp) OR -Combination spin w/change of foot (CCoSp) <i>*Must include 3 basic body position</i> <i>*Minimum 3 revs/position</i>
Choreo Sequence	<i>*Consists of at least 2 different movements like spirals, arabesques, spread eagles, Ina Bauers, hydroblading</i>	
Music duration	1:50 min, +/- 10 sec	

LEVEL	ELEMENTS	PROGRAM REQUIREMENTS
<p>BASIC NOVICE</p> <p>has not reached the age of fourteen (14) before July 1 preceding the competition.</p>	Jumps	a. 1A OR 2A
		b. Double jump
		c. Double + 1A
		d. Jump Combination -Single + Single OR -Double + Single
	Spins	a. Spin in one position without change of foot -Camel (CSp) OR -Sit spin (SSp) <i>*Min. of 6 revs without any difficult variation</i>
b. Combination Spin -Combination spin w/change of foot (CCoSp) OR -Flying Combination spin w/o change of foot (FCoSp) <i>*Minimum Level 1</i>		
Step Sequence	<i>*Fully utilizing the ice surface and including at least one skating movement such as a spiral, spread eagle, Ina Bauer, hydroblading etc. At least 2 difficult turns and steps must be executed on clean edges.</i>	
Music duration	2:30 min, +/- 10 sec	
LEVEL	ELEMENTS	PROGRAM REQUIREMENTS
<p>INTERMEDIATE NOVICE</p> <p>has not reached the age of sixteen (16) before July 1 preceding the competition.</p>	Jumps	a. 1A OR 2A
		b. Double Jump
		c. Double Jump <i>*May not repeat B</i>
		d. Double + Single
		e. Jump combination consisting of 3 jumps and must include at least one double jump <i>*Double jump must be different from D</i>
Spins	a. Flying Spin <i>*Minimum of 6 rev</i>	
	b. Combination Spin <i>*Minimum Level 2</i>	
Step Sequence	<i>*Fully utilizing the ice surface and including at least one skating movement such as a spiral, spread eagle, Ina Bauer, hydroblading etc. At least 2 difficult turns and steps must be executed on clean edges.</i>	
Music duration	3:00 min, +/- 10 sec.	

LEVEL	ELEMENTS	PROGRAM REQUIREMENTS
<p>ADVANCED NOVICE</p> <p>has reached the age of ten (10) but has not yet turned sixteen (16) before July 1 preceding the competition.</p>	Jumps	a. 1A OR 2A
		b. Double OR Triple Jump <i>*May not repeat A</i>
		c. Jump combination consisting of 2 Double jumps.
		d. Jump combination OR Jump Sequence consisting of 3 jumps <i>*Must include at least 2 Double jumps</i> <i>*a single and double jump on A, B and C can only be repeated once</i>
	Spins Please refer to the ISU Communication for the current season	a. GIRLS: LSp OR SSp OR CSp without change of foot BOYS: Spin in one position. <i>*Minimum Level 2</i>
b. Combination Spin <i>*Flying entry is allowed</i> <i>*Minimum Level 2</i>		
c. Flying spin with no change of foot or position <i>*Minimum Level 2</i>		
Step Sequence	<i>*Simple Variety: Level 2</i> <i>*Please refer to the current ISU rule about the two required difficult turns and steps.</i>	
Music duration	3:00 min, +/- 10 sec.	
LEVEL	ELEMENTS	PROGRAM REQUIREMENTS
<p>JUNIOR</p> <p>has reached the age of thirteen (13) but has not yet turned nineteen (19) before July 1 preceding the competition.</p>	Jumps	a. 2A
		b. Double or Triple Jump <i>*Please refer to the current ISU rule about the required double or triple jump.</i>
		c. Jump Combination WOMEN: Jump combination consisting of two double jumps OR one double and one triple jump OR two triple jumps MEN: Jump combination consisting of a double and a triple jump OR two triple jumps
	Spins Please refer to the ISU Communication for the current season	a. FCSp OR FSSp <i>*Minimum Level 3</i>
		b. WOMEN: LSp OR SSp OR CSp without change of foot MEN: CCSp OR CSSp <i>*Minimum Level 3</i>
c. CCoSP OR FCCoSP <i>*Minimum Level 3</i>		
Step Sequence	<i>*Simple Variety: Level 2</i>	
Music duration	2 min., 40 sec. +/-10 sec	
LEVEL	ELEMENTS	PROGRAM REQUIREMENTS
<p>SENIOR</p> <p>has reached the age of seventeen (17) before July 1 preceding the competition</p>	Jumps	a. 2A OR 3A
		b. Triple jump
		c. Triple + Double <i>*Different from B</i>
	Spins	a. Flying Spin <i>*Minimum Level 3</i>
		b. WOMEN: LSp OR SSp OR CSp without change of foot MEN: CCSp OR CSSp <i>*Minimum Level 3</i>
c. CCoSP OR FCCoSp <i>*Minimum Level 3</i>		
Step Sequence	<i>*Simple Variety: Level 2</i>	
Music duration	2 min., 40 sec. +/-10 sec	

PHSU National Qualifying Test Rules and Guidelines

ELIGIBILITY

a. The PHSU Program and Elements Testing is a mandatory requirement for all Filipino figure skaters who hold a valid Philippine passport and seek to qualify for the Philippine National Figure Skating Championships, as well as other local and international figure skating competitions. This evaluation ensures that skaters meet the technical and performance standards set by the Philippine Skating Union (PHSU), serving as a formal step in the qualification process for representing the country in both domestic and global competitive events.

b. In order to qualify for their desired level and participate in the National Championships, skaters must first successfully complete the required PHSU Skating Skills Test. Only after passing this prerequisite are they eligible to take the Program and Elements Test.

LIVE TESTING

a. A Pass/Re-take would be used to evaluate each element throughout the tests in accordance with the PHSU tests level requirements for each level.

b. There would be three PHSU accredited judges/examiners from among the list of PHSU qualified examiners for every test level.

c. A skating costume is not mandatory; skaters may wear regular training attire, provided it clearly shows their body lines for proper assessment.

d. During the program testing, skaters are permitted to miss no more than two required elements. If a skater makes mistakes that result in more than two missed elements, the performance will not meet the passing criteria, and the test will be marked as a "RETAKE," requiring the skater to attempt the test again at a later date.

e. Following the completion of the program portion of the test, skaters will be given up to two additional attempts to successfully perform each element they initially missed. These re-attempts provide an opportunity to meet the required standard for those specific elements. However, if the skater is still unable to meet the passing criteria after both additional attempts, the entire test will be classified as a "RETAKE," and the skater will need to redo the full assessment at a future date.

f. Jump elements: Any single, double or triple jumps landed in a quarter (90 degrees or less) would be accepted as a "Pass". Any single, double or triple jumps landed with missing ½ rotation (downgraded) would be deemed as a "Re-take". Any edge calls or unclear take of edges on any jumps would be given a warning by the judging panel but would still be considered as a "Pass". A video recording of each jump element would be taken at the discretion of the judging panel to help evaluate and review the jump/s in question.

VIDEO TESTING

For skaters with a valid Philippine passport that does not train or reside in Manila can opt to send a video test of their test level requirements. Video test should be taken during the week of the scheduled testing dates provided by PHSU. Please be reminded that the skater would be notified within a week for the results. The same rules for live and "Re-take" tests would be applied (Please see above) with the following guidelines:

a. The video should be continuous without any cuts or edits and must show a clear view of each element attempted (Landscape mode). The skater starts by stating his/her name and test level taken. Please include the time and date as well. (The skater can use a cell phone to show the current date and time by showing it on the video).

b. If a skater missed one or two elements. A separate recording of the missed element/s can be taken provided it would be taken at the same day/session. Please include a time stamp for confirmation.

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