

## 1: First steps to becoming a figure skater - Active For Life

*Figure skating looks glamorous, but becoming an Olympic figure skater is a full-time, year-round commitment. It's also a long-term obligation, typically requiring at least 10 years of intense training. [1].*

Figure Skating Judge USFS is a Volunteer Organization There are several ways an individual can become involved in the world of figure skating and serve the skating community. One of the most important volunteer activities is judging; it is a wonderful way to impart skating knowledge and help young skaters achieve their skating goals. Judges play an essential part in figure skating. Testing panels in the USFS require three rated judges who are qualified to evaluate the skill levels from pre-preliminary through gold levels. The decision to pass a test was unanimous until the mid s. That has been changed to a majority of the judges required to pass tests. A similar situation allowed a judge to mark a test below a specific mark and the test could not pass even if passing marks were given by the other two judges. Judges spend countless hours dedicated to their craft - studying, judging tests and competitions, and giving feedback to skaters. If you do that, you are sure to have many memorable experiences. For those interested in becoming a judge, the first step is to call Headquarters. The kit contains all the information and paperwork you need to start your judging career. Trial Judge Registration Form 4. Request for information on becoming a synchronized team skating judge 5. Rulebook and directory order form 6. Request for permission to trial or practice judge a competition 7. Application for the select or accelerated program 8. Application for judging appointment 9. Judges Committee Guidelines

How do I know if I would be a good figure skating judge? There are certain fundamentals that individuals should possess if they want to become qualified judges and have positive judging experiences. A sincere desire to be of service to the sport Ability to make an independent decision Proper temperament and ability to handle stress Knowledge of the sport Q: Are there any basic requirements before I get started? Yes, you must be at least 16 years old to be a trial judge 18 to receive your first appointment and you must have a current U. Do I have to be a really good skater or even a skater at all! Technical knowledge of figure skating is essential, but each person starts with a different degree of skating knowledge. While former skaters usually have a broader base of technical knowledge when beginning the trial judging process, ability as a skater is not in itself the measure of judging ability. There are many good judges who just skated recreationally - in the long run, temperament and willingness to serve are of more importance. A limited skating background should not discourage anyone interested in becoming a judge. Will I get paid for judging? Judging is a volunteer activity. However, official judges are usually reimbursed for out-of-pocket expenses such as travel, room and meals at test sessions and competitions. Trial judges receive no financial assistance at all from U. What resources should I get to begin my learning? There are two important documents that can get you on your way: To be a judge, you must first become a trial judge and go through the entire trial judging process. How do I go about becoming a trial judge? The first step is to request a Trial Judge Kit from Headquarters and then to contact the regional vice chair of judges for your region and register as a trial judge. You can find the name and contact information for this person in the U. Those interested in synchronized skating should contact the sectional vice chair for synchronized judges in your section. You will receive the Trial Judging Kit containing sample trial papers and other information. You will also be assigned a monitor to guide and mentor you through the trial judging process and maintain all of your official trial papers and records. If there is a judge with whom you have good rapport and an existing relationship, you may mention that to the regional vice chair, and he or she may take that into consideration when making the assignment. How do I begin trial judging? You may want to trial at your home club first, where you will likely be more comfortable in this new capacity. When you are comfortable trial judging, you may call the test chair of various nearby clubs for permission to trial upcoming test sessions. Your monitor and other local judges can be helpful in this process by introducing you to other area judges and keeping you informed of area test sessions. Trial judging with a variety of judges is important in your development as a well-informed and educated judge. When you know you are ready to trial judge a test session outside your home club, call or write ahead to the test chair of that club requesting to trial judge at a particular test session see TR The number of spaces available for trial judges is often limited based on the

number that the test chair or judge-in-charge JIC can handle. The Trial Judging Kit contains more information about trial judging etiquette and how to properly handle forms after the event. How do I receive my first appointment? You and your monitor will work together to decide when you are ready to apply for your first appointment. When that happens, you will fill out the Application for Judging Appointment form and supply all the other necessary paperwork. I understand I need to trial judge tests and be a test judge first, but how do I become a competition judge? Naturally, if you are interested in judging qualifying competitions, you have to become a competition judge. The first level of competition judging is the novice appointment. In order to apply for this appointment you must be at least a silver test judge. The novice appointment encompasses the juvenile, intermediate and novice levels. It is not recommended to begin trialing competitions until you have a good understanding of skating elements, presentation and overall skating quality. Prospective competition judges are required to trial judge both the short program and free skate at qualifying competitions and nonqualifying competitions that are approved by the Judges Committee for trial purposes. These competitions are listed on the U. Figure Skating web site. What if I want to trial judge dance tests or synchronized skating? Many of the general guidelines for singles and pairs apply to trial judging dance tests and synchronized skating. However, both have unique qualities that require special attention. Your Trial Judging Kit will have further information. I have heard the term "CEU. CEUs are continuing education units. Judges earn CEUs for participating in these activities. Judges are expected to earn a certain number of CEUs in a four-year period to remain eligible to judge. What are the select and accelerated programs? The select and accelerated programs are established to encourage, monitor and guide former and current high-level figure skaters, ice dancers and synchronized team skaters with their advancement as U. The select track encompasses current and former national junior and senior competitors. The accelerated track encompasses persons who have completed the novice free skate test or silver dance test. What does the term "fast track" mean? The fast track is another term for the select or accelerated programs. There no longer is an annual exam for judges. There is an annual rules review similar to an exam. However, any person wishing promotion as a judge must take and pass an exam specific to the requested level of promotion.

## 2: Figure skating - Wikipedia

*Take Figure Skating Tests The figure skating test structure may be confusing to those new to ice skating.; There are two different ice skating associations in the United States and there are competitive and test programs that are available to figure skaters of all ages and levels.*

Pair lifts[ edit ] Pair lifts are generally overhead. According to the current ISU rules for senior-level competition, the man must rotate more than once, but fewer than three-and-a-half times. In competitive pair skating, lifts must travel across the ice to be included in the technical elements score TES ; stationary lifts are included in choreography. Pair lifts are grouped by the holds involved. Armpit holds are not generally used in elite senior competition. Waist holds Hand-to-hand lifts are divided into two types: Press lifts Lasso lifts, in order of increasing difficulty: Skaters may also raise their score by having a difficult entry such as in spiral or spread eagle position, a difficult exit, or other features such as stopping the rotation, turning a carry lift into rotational one, or reversing rotation i. This gives the lifts a level. They can be from a base level to a level 4. The higher the level, the more points the skaters can receive. Twist lifts are a form of pair lifts, where the lifted partner is thrown into the air, twists, and is caught by the lifted partner. The lady is caught by her waist in the air and lands on the backward outside edge. Some pairs include a split before rotating. Scores are also affected by the height of the twist, turns, steps or other moves before the element, the lady holding her arms over her head, delayed rotation, etc. This element is also a leveled element. Dance lifts[ edit ] Ice dancers are not allowed to lift their partners above their shoulders. Dance lifts are separated into short lifts and long lifts. There are many positions each partner can take to raise the difficulty of a lift. Each position must be held for at least three seconds to count and is permitted only once in a program. Short lifts may last up to six seconds in competition on the senior level. Stationary lift â€” A lift performed "on the spot". The lifting partner does not move across the ice, but is allowed to rotate. Straight line lift â€” The lifting partner moves in a straight line across the ice. This lift may be performed on one foot or two. Curve lift â€” The lifting partner moves along a curve across the ice. Rotational lift â€” The lifting partner rotates in one direction while traveling across the ice. Long lifts may last up to ten seconds in competition on the senior level. Reverse rotational lift â€” The lifting partner rotates in one direction, then switches and rotates in the other direction, while traveling across the ice. Serpentine lift â€” The lifting partner moves in a serpentine pattern across the ice. Combination lift â€” A lift combining two of the four short lifts. Each part of the lift must be fully established. In both pairs and dance, lifts that go on longer than allowed receive deductions. Turns, steps, moves in the field, and other moves[ edit ] Step sequences are a required element in all four Olympic disciplines. The pattern can be straight line, circular, or serpentine. The step sequence consists of a combination of turns, steps, hops and edge changes. Additionally, steps and turns can be used as transitions between elements. The various turns, which skaters can incorporate into step sequences, include: Three turns , so called because the blade turns into the curve of the edge or lobe to leave a tracing resembling the numeral "3". Mohawks , the two-foot equivalents of three turns and brackets. Rockers , one-foot turns that involve a change of lobe as well as of direction. Counters , one-foot turns that involve a change of lobe as well as of direction. Twizzles , traveling multi-rotation turns on one foot Choctaws are the two-foot equivalents of rockers and counters. Other movements that may be incorporated into step sequences or used as connecting elements include lunges and spread eagles. An Ina Bauer is similar to a spread eagle performed with one knee bent and typically an arched back. Hydroblading refers to a deep edge performed with the body as low as possible to the ice in a near-horizontal position. Moves in the field emphasize basic skating skill and edge control. In the context of a competitive program, they include spirals , spread eagles , Ina Bauers , hydroblading , and similar extended edge moves. A spiral is an element in which the skater moves across the ice on a specific edge with the free leg held at hip level or above. A spiral sequence is one or more spiral positions and edges done in sequence. Judges look at the depth, stability, and control of the skating edge, speed and ice coverage, extension, and other factors. Some skaters are able to change edges during a spiral, i. Spirals performed on a "flat" are generally not considered as true spirals. A death spiral is a required element of pair skating. The man performs

a pivot , one toe anchored in the ice, while holding the hand of his partner, who circles him on a deep edge with her body almost parallel to the ice. The man must also be in a full pivot position and the death spiral must be held for a minimum amount of rotation, depending on the level. A basic outside edge spiral position with the free leg held unsupported behind the body. A pair outside edge spiral in a catch-foot position. Back inside death spiral. Parallel mirror spread eagles with the male on an inside edge and the female on an outside edge. Ina Bauer Ice dancers in lunge position Hydroblading Compulsory figures[ edit ] Compulsory figures involves using blades to draw circles, figure 8s, and similar shapes in ice. Skaters are judged on the accuracy and clarity of the figures and the cleanness and exact placement of the various turns on the circles. Figures were formerly included as a component of singles competitions but were eliminated from international events in Moves in the field known in the United Kingdom as field moves replaced compulsory figures as a discipline to teach the same turns and edge skills. Competition format and scoring[ edit ] Pair performing crossovers Main article: Figure skating competition The ISU is the governing body for international competitions in figure skating, including the World Championships and the figure skating events at the Winter Olympic Games. Medals are awarded for overall results. The standard medal colors are gold for first place, silver for second, and bronze for third place. Figure Skating also awards pewter medals for fourth-place finishers in national events. A medal is generally attributed to only one country, even if a partnership is composed of skaters of different nationalities. A notable exception are the " pair skating medals won by Ludowika Eilers and Walter Jakobsson ; the medals are attributed to both Germany and Finland. In singles and pairs figure skating competition, competitors perform two programs " the short program , in which they complete a list of required elements consisting of jumps, spins and steps; and the free skate , also known as the long program, in which they have slightly more choice of elements. Under both the 6. Beginning in the "11 season , the compulsory and original dances were merged into the short dance. The placements for the two programs were then combined, with the free skate placement weighted more heavily than the short program. The highest placing individual based on the sum of the weighted placements was declared the winner.

### 3: Figure skater Callum Bradshaw battles stigma off the ice with grace and poise | The RiotACT

*First steps to becoming a figure skater AFL Team February 10, No Comments» If you are thinking of starting your kids in figure skating, Skate Canada has developed CanSkate, a new program focused on a child's long-term development in the sport.*

### 4: US female figure skater 1 of only 3 in Olympic history to land the high-risk triple axel - ABC News

*How to Become a Figure Skater. In this Article: Article Summary Beginning a Training Regime Conditioning Your Body Getting Competitive Community Q&A Figure skating is a gorgeous, graceful sport that requires great physical and mental strength.*

### 5: How to Become a Figure Skater (with Pictures) - wikiHow

*Photographed by Nancy Ellison at the Ice House in Hackensack, New Jersey-where Olympic gold medalist Sarah Hughes trained-Becoming a Figure Skater will entrance young figure skaters with chapters on jumping, choreography, performance skills, and costumes.*

### 6: List of Olympic medalists in figure skating - Wikipedia

*Figure skating is one of the most popular sports at the Winter Games. Here's how much it costs to train, dress and prepare for the Olympics. This Is the Insane Amount of Money It Takes to Become.*

### 7: How to Become an Olympic Figure Skater (with Pictures) - wikiHow

## BECOMING A FIGURE SKATER pdf

*Figure skating is truly a beautiful sport that combines grace and elegance with raw athleticism. But the world of figure skating is fiercely competitive and only the most disciplined and determined individuals make it to the top.*

### 8: Yuzuru Hanyu to become first figure skater to receive People's Honor Award | The Japan Times

*So, you've decided you want to coach figure skating. In the United States, the process of becoming a coach is regulated by U.S. Figure Skating, which has worked together with an affiliated group, the Professional Skaters Association, to create a program to certify coaches. Many ice arenas will only.*

### 9: The Cutting Edge () - IMDb

*This Is the Insane Amount of Money It Takes to Become an Olympic Figure Skater.*

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