



Finnish basic tests requirements with steps from season 2020-2021

- Criteria, instructions and charts are in separate document (in Finnish)
- Comparison current basic tests - new basic tests is in separate document (in Finnish)

Basic Test 1 (PT1)

1	BO edges, at least ½ of the ice surface
2a and 3a	Cross-overs forward in circle counterclockwise 2 revs and RFI unsupported spiral ½ revs
4a and 5a	Cross-overs backward in circle counterclockwise 2 revs and RBO unsupported spiral ½ revs
2b and 3b	Cross-over forward clockwise in circle 2 revs and LFI unsupported spiral ½ revs
4b and 5b	Cross-overs backward clockwise in circle 2 revs and LBO unsupported spiral ½ revs
6	FO three-turns, at least ½ of the ice surface
7	FI three-turns, at least ½ of the ice surface



Basic Test 2 (PT2)

1	BI edges, at least ½ of the ice surface
2a and 3a	Mohawk LFO-RBO-cross-LBI-RFI ("open Mohawk") 1 rev and LBI unsupported spiral ½ revs
2b and 3b	Mohawk RFO-LBO-cross-RBI-LFI ("open Mohawk") 1 rev and RBI unsupported spiral ½ revs
4	Cross-rolls forward, at least ½ of the ice surface
5	Change of edges LFO-LFI slow combined with LFI-LFO-LFI-LFO fast and RFO-RFI slow combined with RFI-RFO-RFI-RFO fast
6	Change of edges LFI-LFO slow combined with LFO-LFI-LFO-LFI fast and RFI-RFO slow combined with RFO-RFI-RFO-RFI fast
7	Euler-jump in circle skaters own rotational direction



Basic Test 3 (PT3)

1	Change of edges LBO-LBI slow combined with LBI-LBO-LBI-LBO fast and RBO-RBI slow combined with RBI-RBO-RBI-RBO fast
2	Change of edges LBI-LBO slow combined with LBO-LBI-LBO-LBI fast and RBI-RBO slow combined with RBO-RBI-RBO-RBI fast
3	RBO three-turn + RFI Mohawk LBI + LBI change of weight to RBI edge + RBI double three-turn + RBI change of weight to LBI edge, repeat again the same steps. Change direction by doing LBI change of weight to RBI edge and after that LBO three-turn + LFI Mohawk RBI + RBI change of weight to LBI edge + LBI double three-turn + LBI change of weight to RBI edge, repeat again the same steps.
4 and 5	Cross-rolls BO (step behind) ½ of the ice surface then continue Cross-rolls BO (step front) ½ of the ice surface
6	Euler-jump in circle other way (not skaters own rotational direction)
7	Jump into BI edge – Walley-jump with change of foot, skaters own rotational direction full ice surface (min. 4 clean jumps in a row), after the last jump change foot to BO edge



Basic Test 4 (PT4)

1	LFO rocker – RBI rocker – LFI rocker – RBO rocker – cross-roll (step front) – RFO rocker – LBI rocker – RFI rocker – LBO rocker (min. 6 clean turns)
2	Twizzle- sequence free of choice, min. three different twizzles. Skater must use different foot, different edge, different skating direction and different rotational direction (for example RFI twizzle + LBO twizzle + LFO twizzle) (all twizzles must be clean)
3a	RFI change of edge – RFO Choctaw LBI (counter- type, closed) – LBI change of edge LBO – LBO Choctaw RFI (rocker- type, open) – 1 cross over forward counterclockwise – RFI Choctaw LBO (rocker- type, open) – LBO change of edge LBI – 1 cross over backward counterclockwise (all Choctaws must be clean)
3b	LFI change of edge – LFO Choctaw RBI (counter- type, closed) – RBI change of edge RBO – RBO Choctaw LFI (rocker- type, open) – 1 cross over forward clockwise – LFI Choctaw RBO (rocker- type, open) – RBO change of edge RBI – 1 cross over backward clockwise (all Choctaws must be clean)
4a	In circle; LFO bracket – 1 cross over backward counterclockwise – RBO bracket – 1 cross over forward counterclockwise – RFI bracket – 1 cross over backward counterclockwise – LBI bracket (min. 3 clean turns)
4b	In circle; RFO bracket – 1 cross over backward clockwise – LBO bracket – 1 cross over forward clockwise – LFI bracket – 1 cross over backward clockwise – RBI bracket (min. 3 clean turns)
5	Walley-jumps (4 clean) in a row in skaters own rotational direction (change of edge in between)



Basic Test 5 (PT5)

1	LFO counter – LBO counter – LFO loop – 1 cross over counterclockwise (small circle) – LFO change of edge LFI – LFI counter – LBI counter – LFI three- turn – LBO change of edge LBI – LBI loop. Repeat the same steps on the other side of ice surface.
2	RFO counter – RBO counter – RFO loop – 1 cross over clockwise (small circle) – RFO change of edge RFI – RFI counter – RBI counter – RFI three- turn – RBO change of edge RBI – RBI loop. Repeat the same steps on the other side of the ice surface.
3	RBO loop – cross-roll LBO (step front) – cross-roll RBO (step behind) – cross-roll LBO (step behind) – LBO loop – cross-roll RBO (step front) – cross-roll LBO (step behind) – cross-roll RBO (step behind) ...repeat the same steps.
4	StSq3