

中國香港滑冰聯盟
花樣滑冰綜合等級測試
HKSU Figure Skating Integrated Level Test



中國香港滑冰聯盟
Hong Kong China Skating Union

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引言

中國香港滑冰聯盟花樣滑冰等級測試，是在原由花樣滑冰等級測試基礎上，配合國際滑冰聯盟的技術要求，根據香港花樣滑冰發展現狀，借鑒花樣滑冰先進國家等級測試相關資料，結合當今花樣滑冰發展趨勢和花樣滑冰規則及評價系統制定。

花樣滑冰等級測試是由中國香港滑冰聯盟和花樣滑冰技術及發展委員會所有成員主持制定，並由中國香港滑冰聯盟負責組織管理和實施，等級測試適用於中國香港地區運動員，等級測試制定旨在普及花樣滑冰運動，規範技術動作，強調動作完成的品質，突出技術與藝術的融合，提高香港地區花樣滑冰運動水準，培養更多的優秀花樣滑冰人才。

Foreword

HKSU Figure Skating Integrated Level Test has been modified with updated ISU technical elements, consulting from other advanced ISU Figure Skating members and their figure skating level test materials. It fits current development status of Hong Kong, internal figure skating rules and judging system.

HKSU Figure Skating Integrated Level Test is hosted and organized by HKSU. The general regulation of the level test is made by HKSU Figure Skating Technical and Development Committee. The level test is applicable to skaters in Hong Kong. It aims at promoting Figure Skating, standardizing technical elements, emphasizing the quality of element completion, and the integration of figure skating elements and art. It promotes the level of figure skating in Hong Kong and cultivates more outstanding figure skating talents.

各級別的測試評定概述

Level descriptors and Objectives

級別 Level	目的 Objectives
銅級 視頻考核	初級級別 此級別的目的在於鼓勵初學者學習花樣滑冰的基本技巧。不要求超卓的技術能力、姿勢或流暢度。滑冰者必須展示出對動作的基本瞭解，還需具備相當不錯的用刃及良好姿勢的表現。
Bronze Video Submission	Basic Level The purpose of this level is to encourage beginners to learn the basic techniques of figure skating. No superior technical ability, posture or fluency is required. The skater must demonstrate a basic understanding of the elements and must have fair edge and position.
銀級 視頻考核	少年級別 滑冰者的表現必須整體上是良好的。步法應該具備高度準確性，身體動作應與音樂節奏協調，節目中所有動作（跳躍、旋轉和接續步）的流暢度和力量都應該非常好。節目應充分利用冰面，不應有嚴重或持續性的錯誤。
Silver Video Submission	Novice Level The skater's performance is overall good. Footwork should be highly accurate, body movements coordinated with the rhythm of the music, and all elements in the program (Jumps, Spins and Step Sequence) are smooth and powerful. The program should make full use of the ice and should not have serious or persistent errors.

級別 Level	目的 Objectives
<p>金級 現場考核</p>	<p>青年級別 滑冰者在各方面的表現都應該整體上非常出色。重點應放在力量、流暢度、用刃質量、線條和步法控制上。節目應展示出一個良好、和諧的編排，並以節奏和表達方式滑行於音樂之中，同時充分利用冰面。</p>
<p>Gold Live Test</p>	<p>Junior Level The skater's performance should be excellent in all aspects. The skaters can control on strength, fluidity, edge quality, line and footwork. The program should show a good, harmonious choreography and match to the music with rhythm. They can fully use the ice.</p>
<p>鑽級 現場考核</p>	<p>成年級別 滑冰者必須展現出優秀的表演，包括在指定動作的各個方面展示力量、強大的用刃控制和深度、伸展度以及準確的步法控制。節目應充分利用冰面，具有節奏的變化，並出色地表達音樂的情感和節奏。整個節目中應保持流暢的步法和連接動作與音樂同步。</p>
<p>Diamond Live Test</p>	<p>Senior Level Skaters must demonstrate excellence in performance, including demonstrating strength, strong edge control, and accurate footwork control in all aspects of assigned elements. The program should fully use of the ice surface. The skaters can excellently express the emotion and rhythm of the music. Fluid footwork and movements should be maintained in the program in sync with the music.</p>

規則

Regulation

1. 運動員將經過考核並分為優異通過、良好通過、通過或未通過。

Judges will give the grade with 'excellent', 'merit', 'pass' or 'fail'

2. 未成功的動作不得重試。

You cannot re-do the elements if you fail.

3. 未規定要求出現的缺少或附加動作，算作嚴重失誤。

Missing or additional actions that are not required will be regarded as serious errors.

4. 銀級及以上級別的運動員應穿著與他們所選音樂相符的適當服裝。

Skaters who apply Silver Grade or above grade, must choose the suitable costume or dress.

5. 音樂 Music:

(1) 銅級：2 分 (+/- 10 秒) Bronze Grade: 2min (+/- 10s)

(2) 銀級：2 分 (+/- 10 秒) Silver Grade: 2min (+/- 10s)

(3) 金級和鑽石級：2 分 40 秒 (+/- 10 秒) Gold Grade or above: 2min 40s (+/- 10s)

6. 各類指定動作的失誤判定，是根據 ISU 裁判系統中有關“GOE”（動作質量完成分）評分的相關規定分為嚴重失誤及輕微失誤。

The judgment of errors in designated actions is divided into serious errors and minor errors based on the relevant provisions of the "GOE" score in the ISU Judging system.

節目及動作要求

Program and Element Requirements

Bronze

- Total 7 elements in each level
- Music Duration: 2' 00" (±10")

Level 1		
JUMPS	SPINS	STEP SEQUENCE / MOVES IN THE FIELD
<ul style="list-style-type: none"> • Waltz Jump • Single Salchow • Single Toe Loop 	<ul style="list-style-type: none"> • Upright Spin (Min. 3 revolutions) • Two Feet Upright Spin (Min. 3 revolutions) 	<ul style="list-style-type: none"> • Forward Spirals: <u>TWO</u> Forward Spirals (Min. 3 seconds each) connected with 2 types of Three Turns • Forward Inside Pivot (Min. 1.5 revolutions)

Level 2		
JUMPS	SPINS	STEP SEQUENCE / MOVES IN THE FIELD
<ul style="list-style-type: none"> • Single Toe Loop • Single Loop • Euler (Half-Loop) 	<ul style="list-style-type: none"> • Backward Upright (Min. 3 revolutions) 	<ul style="list-style-type: none"> • Backward Outside Pivot (Min. 1.5 revolutions) • 2 Forward Outside Spirals (Min. 3 seconds on both right and left foot) • Sequence includes: <ul style="list-style-type: none"> - Forward to Backward Open Mohawk - Backward Outside to Forward Inside Three Turn (left foot) - Backward Outside to Forward Inside Three Turn (right foot)

Level 3		
JUMPS	SPINS	STEP SEQUENCE / MOVES IN THE FIELD
<ul style="list-style-type: none"> • Single Lutz • Single Flip • Jump combination consists of TWO Single Toe Loops 	<ul style="list-style-type: none"> • Sit Spin (Min. 3 revolutions) • Camel Spin (Min. 3 revolutions) 	<ul style="list-style-type: none"> • Sequence includes: <ul style="list-style-type: none"> - Backward to forward Closed Mohawk - Backward Inside to Forward Outside Three Turn (left foot) - Backward Inside to Forward Outside Three Turn (right foot) • Backward Spirals: <u>TWO</u> Backward Spirals (Min. 3 seconds each) connected with 2 types of Three Turns

Level 4		
JUMPS	SPINS	STEP SEQUENCE / MOVES IN THE FIELD
<ul style="list-style-type: none"> • Single axel • Single lutz • Jump combination consists of TWO Single Loops 	<ul style="list-style-type: none"> • Camel Spin (Min. 5 revolutions) • Sit Spin with one change of foot (Min. 3 revolutions on each foot) 	<ul style="list-style-type: none"> • Sequence includes: <ul style="list-style-type: none"> - Backward to Forward Open Mohawk, any types of Three Turns • Spirals : Forward Outside changes to Inside (or Forward Inside changes to Outside) (Min. 3 seconds before and after changes edge)

節目及動作要求

Program and Element Requirements

Silver

- Total 7 elements in each level
- Music Duration: 2' 00" ($\pm 10''$)

Level 5		
JUMPS	SPINS	STEP SEQUENCE / MOVES IN THE FIELD
<ul style="list-style-type: none"> • Single Axel • Double Salchow • Double Toe Loop 	<ul style="list-style-type: none"> • Camel Spin (Min. 6 revolutions) • Sit Spin with one change of foot (Min. 3 revolutions on each foot); or Layback Spin (Min. 6 revolutions) 	<ul style="list-style-type: none"> • Step Sequence with a variety of steps and turns which must includes: <ul style="list-style-type: none"> - Right and left Loops, one in outside edge and another in inside edge - Right and left Brackets • Split Jump with more than 90 degrees

Level 6		
JUMPS	SPINS	STEP SEQUENCE / MOVES IN THE FIELD
<ul style="list-style-type: none"> • Single Axel • Double Loop • Jump combination consists of one single jump and one double jump 	<ul style="list-style-type: none"> • Sit Spin with one change of foot (Min. 5 revolutions on each foot) • Spin Combination with no change of foot (Min. 2 basic position and 6 revolutions) 	<ul style="list-style-type: none"> • Step Sequence with a variety of steps and turns which must includes: <ul style="list-style-type: none"> - Forward Inside and Backward Outside Twizzles (Min. 2 revolution) - Right and left Choctaws • Ina Bauer (3 seconds)

Level 7		
JUMPS	SPINS	STEP SEQUENCE / MOVES IN THE FIELD
<ul style="list-style-type: none"> • Double Flip • Double Lutz • Jump combination consists of TWO double jumps 	<ul style="list-style-type: none"> • Flying Sit Spin (Min. 3 revolutions) • Camel spin with one change of foot (<u>Min. 3 revolutions on each foot</u>) 	<ul style="list-style-type: none"> • Step Sequence with a variety of steps and turns which must includes: <ul style="list-style-type: none"> - Backward Inside and Forward Outside Twizzles - Right and Left Counters • Spread Eagle (3 seconds)

節目及動作要求

Program and Element Requirements

Gold

- Total 7 elements in each level
- Music Duration: 2' 40" ($\pm 10''$)

Level 8		
JUMPS	SPINS	STEP SEQUENCE
<ul style="list-style-type: none"> • Double Axel • <u>Double Lutz</u> • Jump sequence: any double jump immediately followed by a Single Axel 	<ul style="list-style-type: none"> • Flying Camel Spin (Min. 6 revolutions, with min. ISU Level 1) • Spin Combination with one change of foot (3 basic positions, 5 revolutions of each foot, with min. ISU Level 1) • Sit Spin with one change of foot (Min. 6 revolutions, min. ISU Level 1); or Layback Spin (Min. 6 revolutions, min. ISU Level 1) 	<ul style="list-style-type: none"> • Step Sequence (Min. ISU Level 1)

Level 9		
JUMPS	SPINS	STEP SEQUENCE
<ul style="list-style-type: none"> • Double Axel • <u>Triple Salchow or Toe Loop</u> • <u>Jump combination consists of Double Flip or Lutz and one double jump</u> 	<ul style="list-style-type: none"> • Flying Sit Spin (Min. 8 revolutions, min. ISU Level 2); or Layback Spin (Min. 8 revolutions, min. ISU Level 2) • Spin Combination with flying entry and one change of foot (3 basic positions, min. 6 revolutions on each foot, min. ISU Level 2) • Camel Spin with one change of foot (Min. 6 revolutions on each foot, min. ISU Level 2) 	<ul style="list-style-type: none"> • Step Sequence (Min. ISU Level 2)

Level 10		
JUMPS	SPINS	STEP SEQUENCE
<ul style="list-style-type: none"> • Double Axel • Jump combination consists of one triple and one double jump • Triple jump different from Jump combination 	<ul style="list-style-type: none"> • Flying spin (Min. 8 revolutions, min. ISU Level 2) • Spin Combination with one change of foot (3 basic positions, min. 6 revolutions on each foot, min. ISU Level 2) • Spin in one basic position with one change of foot (Min. 6 revolutions on each foot, min. ISU Level 2); or Layback Spin (Min. 8 revolutions, min. ISU Level 2) 	<ul style="list-style-type: none"> • Step Sequence (Min. ISU Level 2)

節目及動作要求

Program and Element Requirements

Diamond

- Total 7 elements in each level
- Music Duration: 2' 40" ($\pm 10''$)

Master Level		
JUMPS	SPINS	STEP SEQUENCE / MOVES IN THE FIELD
<ul style="list-style-type: none">• Double Axel• Triple Loop or Flip or Lutz (Triple jump different from Jump combination)• Jump combination consists of two triple jumps or one triple jump and two double jumps	<ul style="list-style-type: none">• Flying Spin (Min. 8 revolutions and min. ISU level 3)• Spin Combination with one change of foot (Min. ISU level 3)• Spin with one change of foot (different basic position from flying spin, min. 8 revolutions and min. ISU level 3); or Layback spin (Min. 8 revolutions and min. ISU level 3)	<ul style="list-style-type: none">• Step Sequence (Min. ISU level 3)

World Championship Level

Participated in ISU listed competitions and achieved ISU minimum technical score for Senior World Championships for Short Program and Free Skating.

新舊版考級置換表

Former HKSU Figure Skating Level Test Conversion

HKSU Figure Skating Technical Levels (Former Version)	HKSU Figure Skating integrated Levels (New Version)
Level 1	Level 2
Level 2	Level 4
Level 3	Level 5
Level 4	Level 6
Level 5	Level 7
Level 6	Level 8
Level 7	Level 9
Level 8	Level 10
Level 9	Level 10
Level 10	Master Level

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