



## FEDERATION OF ARTISTIC ROLLER SKATING BASIC SKILLS AWARDS 2009

### Grade 1

1. Skate forward across the rink without falling
2. Stop without falling or use of barrier or wall.
3. Skate forward then glide on two feet touching your toes.
4. Forward snake pattern, ensuring equal use of both feet. The snake pattern should cover at least 15 meters.

.....  
 Test candidates over 30 years of age may opt out of one element of their choice.

### Grade 2

1. Skate forward on alternate feet stroking from the side of the foot.
2. Commencing on alternate feet skate in a straight line forward from a 'T' position, balancing on the skating foot for a minimum of 3 seconds with the free leg extended behind.
3. Skate forward on alternate feet then glide on 2 feet into a sitting position (little man) hips level with knees.
4. Push Backward from the wall/barrier and perform a backward snake pattern ensuring equal use of both feet. The snake pattern should cover at least 10 meters.

.....  
 Test candidates over 30 years of age may opt out of one element of their choice.

### Grade 3

1. Push backwards from the wall/barrier and balance on alternated feet for a minimum of 3 seconds on each foot.
2. Push forward from a 'T' position on an outside edge with the free leg extended behind: a) on the right foot b) on the left foot.
3. Push forward from a 'T' position on an inside edge with the free leg extended behind: a) on the right foot b) on the left foot.
4. Perform a jump on 2 feet: a) whilst stationary b) whilst skating forward.

.....  
 Test candidates over 30 years of age may opt out of one element of their choice.





## Grade 4

1. Skate a forward progressive run movement in a circle, to the left (anti-clockwise) & to the right (clockwise).
2. Skate four continuous forward outside edges on alternate feet with the free leg extended behind.
3. Skate four continuous forward inside edges on alternate feet with the free leg extended behind.
4. Skate a forward arabesque on an outside curve with the free leg at least hip high.

.....  
 Test candidates over 30 years of age may opt out of one element of their choice.

## Grade 5

1. Skate continuous forward chasses linked with an inside edge in circle (corner steps of the Gilde Waltz) a] to the left (anti-clockwise) b] to the right (clockwise).
2. Perform a change of edge demonstrating a full understanding of the edges skated. State starting edge.
3. Turn from forward to backward on either foot and continue skating backwards on alternate feet.
4. Toe push (bunny hops) and mazurka jumps (toe assisted linking steps) on alternated feet.

.....  
 Test candidates over 30 years of age may opt out of one element of their choice

## Grade 6

1. Turn from forwards to backwards using an inside heel to heel mohawk in both directions.
2. Skate four continuous back outside edges on alternated feet with free leg extended to the front.
3. Starting on alternate feet: Step forwards from a back outside edge: a] onto a forward outside edge b] onto a forward inside edge.
4. Skate four continuous forward cross rolls, showing an understanding of the edges required.

.....  
 Test candidates over 30 years of age may opt out of one element of their choice

Basic Skills tests Grades 1 - 5 can be judged by an approved FARS Basic Skills Assessor.  
 Basic Skills test Grade 6 must be judged by a FARS Judge.

**Skaters only have to pass Grades 1-6 before they take their first FARS Elementary test in any discipline (i.e. figures, free, dance). THERE IS NO COMPULSION TO TAKE TESTS 7,8,9, as this is purely up to the individual skaters and/or their Trainers.**

**CANDIDATES FOR THE FARS ELEMENTARY TESTS MUST HAVE PASSED THE GRADE 6 BASIC SKILLS TEST – IF THEY WISH TO TAKE GRADES 7,8,9, AT A LATER THEY MAY DO SO BUT THESE ARE NOT NECESSARY FOR FARS.**





## Basic Skills: Dance Skating

### Grade 7 Dance

1. Skate three continuous forward cross rolls to Foxtrot music 104.
2. Continuous forward run/ inside cross in front movement in a circle to the left (anti-clockwise) to March music 100 (corner steps of the Skaters March).
3. Continuous forward chasses linked with a forward inside edge in a circle to Waltz music 120: a] to the left (anti-clockwise - corner steps of the Glide Waltz) b] to the right (clockwise - reverse Glide Waltz).
4. Skate four forward outside edges with a swing movement to Tango music 100.

---

### Grade 8 Dance

1. Skate: lfo edge / rfo xf / lfi xb / rfo with swing movement (long axis steps from Skaters March)
2. Continuous forward run movement in a circle to March music 108 (14 step) : a] to the left (anti-clockwise) b] to the right (clockwise).
3. Using any recognised turn from forwards to backwards, skate four continuous back outside edges to Waltz music 120 (3 beat edges).
4. On alternate feet: Perform a forward outside three turn followed by a back outside edge and step forward onto:  
a] a forward outside edge. b] a forward inside edge.

---

### Grade 9 Dance

1. Skate three continuous cross behind steps - LFO RFIxb LFOxb RFIxb to Blues music 92 (corner steps of the Rhythm Blues).
2. Skate a forward outside closed mohawk followed by a back outside edge swing movement: a] commencing on the left foot b] commencing on the right foot.
3. Skate four continuous forward inside edges with swing movement to Blues music 92
4. Routine to Tango music 100 to include: run(s) swing(s) cross rolls heel to heel mohawk(s) three turn(s) forward & backward outside edges & forward inside edges.

---

Tests in Basic Skills Dance Grades 7, 8 & 9 must be judged by a FARS Judge.





## Basic Skills: Free Skating

### Grade 7 Free

1. Perform a back inside spin exercise: from a stationary position, one rotation finishing with a stop.
2. Perform a spread movement in both directions for at least 4 meters across the rink with feet spread apart.
3. Simple 2 foot jumps; a) turning from forward to backward b) turning from backward to forward.

---

### Grade 8 Free

1. Perform a back inside spin from a three turn preparation (2 controlled rotations).
2. Continuous back pulls in a circle: a) clockwise b) anti-clockwise.
3. Perform a simple step sequence to cover a minimum of 6 meters.

---

### Grade 9 Free

1. Perform a backward arabesque on alternated feet - free leg hip high.
2. Perform a three jump, taking off and landing on the correct edges.
3. A simple one minute free programme to music, to include the following elements: 1] spread 2] bi spin (2 revs) 3] backpulls 4] step sequence 5] arabesques: forwards & backwards 6] three jump.

---

Tests in Basic Skills Free Grades 7, 8 & 9 must be judged by a FARS Judge.





## Basic Skills: Figure Skating

### Grade 7 Figures

1. Forward outside edges in field: From a rolling start - 2 half circles RFO & LFO: 1 complete circle RFO: 2 half circles LFO & RFO: 1 complete circle LFO. Circles to be minimum 3 meters diameter.
  2. Forward inside edges in field: From a rolling start - 2 half circles RFI & LFI: 1 complete circle RFI: 2 half circles LFI & RFI: 1 complete circle LFI. Circles to be minimum 3 meters diameter.
  3. Forward outside three turns in field on alternate feet, each edge to run for a minimum of 2 meters.
- 
- 

### Grade 8 Figures

1. Back outside edges in field: From a rolling start turn to backwards: 2 half circles RBO & LBO: 1 complete circle RBO: 2 half circles LBO & RBO: 1 complete circle LBO. Circles to be minimum 3 meters diameter.
  2. Forward inside three turns in field on alternate feet, each edge to run for a minimum of 2 meters.
  3. Forward change of edge: From a rolling start skate 4 half circles in field: RFO change RFI / LFI change LFO. Circles to be minimum 3 meters diameter.
- 
- 

### Grade 9 Figures

1. Perform a right back outside take off around a circular tracing and balance for a minimum of 5 seconds, showing an understanding of the free leg, hip & shoulder positions. Minimum 4 meter diameter tracing.
  2. Perform a backward change of edge in field, demonstrating an understanding of the edges skated.
  3. Skate 2 half circles on a tracing: a) : RFO - LFO b) : RFI - LFI . Minimum 4 meter diameter tracing
- 
- 

Tests in Basic Skills Figure Grades 7, 8 & 9 must be judged by a FARS Judge

