



National and International Figure Skating Test Regulations Portugal

Season 2025/2026

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Definition, Classification and Regulation:

To be eligible to compete in the national championship from Novato to Senior, athletes must obtain the test corresponding to the competitive category in which they wish to register, as indicated in the table below. (The Adult Participants from 28 years and above will not need to obtain tests for this season 2025/2025, however the Nationals Adult section will be in-line with the ISU Adult competition Regulations)

For this purpose, the tests — as well as the judge, technical specialist, or technical controller responsible for evaluating them — will be appointed by the Portuguese Winter Sports Federation (FDIP).

Note: Any athlete who has already obtained international tests in another country does not need to repeat them, provided that valid proof of this is presented.

** This section must be read in conjunction with the FDI-Portugal General Regulations 2025, which define all general administrative, technical, and disciplinary procedures applicable to both national and international testing.

Only test-specific technical rules and progressions are included here.

Conduct and discipline:

Any disciplinary misconduct by athletes, coaches, or club representatives during the testing session will be reported by the Referee or a member of the judging panel to the FDI-Portugal Disciplinary Committee, which will review and issue a notification or sanction if required.

See Also Section B.6 (Code of Good Conduct) in General Regulations

Virtual Live Testing

- Virtual live testing will be available to any athlete registered under FDI Portugal who is residing outside of Europe.
- Live testing must take place on the same day as the national tests held in Portugal, ensuring that all judges are available to view the skater's performance in real time.
- It is the applicant's responsibility to ensure that suitable ice time and appropriate filming equipment are available for the live session.
- All testing rules and requirements will apply in the same manner virtually as they do during in-person testing.
- Registration procedures and test fees will follow the same process and conditions as in-person testing and are equally applicable to virtual testing.
- All testing preparations must be coordinated with the Federation at least one week prior to the scheduled testing date to ensure the virtual session runs smoothly.

Registration Dates, Cut-off dates and communication:

A protocol will be issued at least one month prior to the testing date. Any cut-off dates or changes to the schedule due to unforeseen circumstances will be at the discretion of FDI Portugal and will be communicated either through official electronic correspondence or via the Federation's social media channels.

All other information related to the event will be included in the official event protocol.

Interruptions and Unexpected Events:

If a skater experiences a problem directly related to them (equipment, clothing, minor issues), they have 40 seconds to resolve it without stopping the music.

If more time is needed, the Referee may grant up to 3 additional minutes. Interruptions for reasons entirely outside the skater's control allow resumption from the point of interruption.

- Repetition of the entire program is not permitted.
- The Referee or Chief Judge has full authority to decide whether a program should resume from a specific point, from the beginning, or whether additional time may be allowed at the end of the warm-up group or when deemed appropriate.

See also Section F (Starts and Fresh Starts) in the General Regulations.

Judging Panel:

The judging panel will consist of one Technical Specialist or Technical Controller and two judges of national level or higher.

The Federation will designate which panel member will serve as the Referee.

Whenever possible, at least one of the appointed judges should hold international judging qualifications.

All regulations concerning the duties, responsibilities, and conduct of judges and officials are outlined in the General Regulations

See also Section E (Duties of Officials) in the General Regulations.

Portuguese National Figure Skating Test Rules

There are a total of six (6) national tests. All National tests are mandatory before moving onto the international testing. Registrations for the tests has to be done through the FDI-Portugal.

Each test is performed as a program accompanied by music and consists of two parts: Free Skating and Steps and Turns.

During the Free Skating portion, the elements must be connected by linking steps, and the quality of skating will be assessed according to Skating Skills parameters.

For the Free Skating elements, a maximum of two (2) failed elements may be repeated. The judges reserve the right to allow up to two (2) repetitions for each failed element.

For the Steps and Turns section, only one (1) total repetition is permitted.

The successful completion of each test will be certified by FDI-appointed judges. Official certification, in the form of a diploma, will be issued by FDI Portugal and awarded to the athlete for the test and level achieved.

All tests will be evaluated by an FDI Portugal-appointed judging panel.

Teste Levels:

Starter Test

Program duration: 2 to 3 minutes – Elements can be performed in any order.

1. Forward chassés, performed twice on each foot, using the full length of the rink.
2. Waltz Step, consisting of: one forward outside 3-turn followed by a push into a backward outside edge on the free foot. This exercise must be repeated three times in a consistent circle (with no additional strokes to be included other than the edge work mentioned), needs to be done in a clockwise and anti-clockwise direction. The exercise may also be performed in a figure-eight pattern.
3. Three (3) consecutive Bunny Hops on each foot. This exercise may be performed either on a curve or in a straight line.
4. Forward Upright Spin on one foot or on two feet, performed in the basic position with at least two (2) rotations. It may be executed from a stationary position or with a moving entry.
5. Spiral, holding the position for at least three (3) seconds, followed by a Lunge in a straight line. The transition between the Spiral and Lunge must be continuous and performed without placing the free foot on the ice.

6. Forward Outside Edges, performed twice on each foot. The exercise must demonstrate clear and consistent semicircles, covering the full length of the rink.
7. Forward Inside Edges, performed twice on each foot. The exercise must demonstrate clear and consistent semicircles, covering the full length of the rink.

Preliminary Test:

Program duration: 2 to 3 minutes – Elements can be performed in any order.

1. Backward chassés, performed twice on each foot, using the full length of the rink.
2. Backward Outside Edges, performed twice on each foot. The exercise must begin with a forward outside 3-turn and demonstrate clear and even semicircles that use the full length of the rink.
3. Forward and backward crossovers performed in a figure-eight (8) pattern. The exercise begins at the center of the rink with three (3) forward pushes. The transition from forward crossovers to backward crossovers may be executed through a forward outside 3-turn, continuing directly into backward crossovers in a figure-eight pattern without stopping before beginning the backward crossovers.
4. Choreographic Sequence must include a minimum of two (2) distinct figure skating positions, each held for at least three (3) seconds. - Examples of acceptable positions include spirals, catch-foot positions, Y-spirals, Ina Bauers, spread eagles, hydroblades, and shoot-the-duck (teapot).
5. Waltz Jump, performed with good speed and demonstrating a clear take-off and landing on a back outside edge.
6. Forward Upright Spin on one foot, executed in the basic position with at least three (3) rotations, entered from forward motion.

Test – Level 1

Program duration: 2 minutes and 30 seconds to 3 minutes.

The turns must be performed with speed and flow, connecting each element smoothly.

Free Skating Section:

1. Single Salchow (1S)
2. Single Toe-Loop (1T)
3. Forward Upright Spin on one foot, performed in the basic position with at least four (4) rotations

4. Backward Spiral, maintaining the position for three (3) seconds, once on each foot; edge optional.
5. Forward Catch-foot; edge optional, holding the position for three (3) seconds

Skating Skills section:

6. Backward Inside Edges, performed twice on each foot. The exercise may begin with or without initial motion and must show clear and even semicircles covering the full length of the rink.
7. Forward Outside 3-Turns + backward crossover, performed on each foot, alternating direction. The transition between feet must be made through a backward crossover. The exercise should be repeated twice on each foot.
8. Forward Inside 3-Turns + forward crossover, performed on each foot alternating direction. The transition between feet must be made through a forward crossover. The exercise should be repeated twice on each foot.

Test – Level 2

Program duration: 2 minutes and 30 seconds to 3 minutes.

The turns must be performed with speed and flow, connecting each element smoothly.

Free Skating Section:

1. Single Slachow + Single Toe-Loop combination (1S + 1T)
2. Single Loop (1Lo)
3. Single Flip (1F)
4. Change-Foot Upright Spin (CUSp), performing a minimum of three (3) rotations on each foot (2+2)
5. Forward Sit Spin (SSp) with a minimum of two (2) rotations.

Skating Skills Section:

6. Forward Inside Mohawks: Transition between each Mohawk must be made with a backward crossover. The exercise should be repeated three (3) times on each foot and performed in a figure-eight (8) pattern.
7. Forward Outside Mohawks: Transition between each Mohawk is performed with a backward crossover followed by a forward push. The exercise should be repeated three (3) times on each foot and performed in a figure-eight (8) pattern.

Test – Level 3

Program duration: 2 minutes and 30 seconds to 3 minutes.

The turns must be performed with speed and flow, connecting each element smoothly.

Free Skating Section:

1. Single Flip + Single Loop Combination (1F + 1Lo)
2. Single Lutz (1Lz)
3. Forward Camel Spin (CSp), performed in the basic position, with a minimum of two (2) rotations
4. Forward Combination Spin (CoSp), performed using all three (3) basic positions.
Each position must have a minimum of two (2) rotations (2+2+2)

Skating Skills Section:

5. Backward Outside 3-Turns, performed on each foot. The transition between each 3-turn must be made through a Forward Inside Mohawk with a backward push. The exercise should be repeated twice on each foot and performed to cover the full length of the rink.
6. Backward Inside 3-Turns, performed on each foot. The transition between each 3-turn must be made through a Forward Inside Mohawk. The exercise should be repeated twice on each foot and performed to cover the full length of the rink.

Teste – Level 4

Program duration: 2 minutes and 30 seconds to 3 minutes.

The turns must be performed with speed and flow, connecting each element smoothly.

Free Skating Section:

1. Single Lutz + Single Loop combination (1Lz + 1Lo)
2. Single Axel (1A)
3. Change-Foot Sit Spin (CSSp), performing a minimum of three (3) rotations on each foot
4. Change-Foot Combination Spin (CCoSp), performed using all three (3) basic positions, with a minimum of four (4) rotations on each foot (4+4)

Skating Skills Section:

5. Forward Twizzles, performed once on each foot, with optional edge choice.
6. Backward Twizzles, performed once on each foot, with optional edge choice.
7. Double 3-Turns, performed twice on each foot. The exercise consists of performing one Forward Outside 3-Turn immediately by a back inside 3-turn doing altinative sides repeated twice on each side. linking them together smoothly.

Nacional Teste Evaluation Guide

GUIA DE AVALIAÇÃO NA EXECUÇÃO DE TESTES DE PATINAGEM ARTÍSTICA NO GELO	Starter	Preliminary	Level 1	Level 2	Level 3	Level 4
JUMPS						
Fall						
Less rotation than required						
Jump "q" (under rotated by less than a quarter $\frac{1}{4}$)						
Jump < or << (under rotated or servely under rotated)						
Wrong Edge "e"						
Unclear Edge "!"						
Extra Rotation (Step out)						
Landing on two feet						
Touching the ice with the free leg						
Touching the ice with hands						
Weak Landing/exit						
COMBINATIONS						
Jump rules are applied in the same manner						
Double 3-turns between two jumps without ice support						
Double 3-turns between two jumps with ice support						
Spins						
Fall						
Basic Position Not maintained for minimum rotations						
Less positions than required						
Spin not centered (<i>Traveling spin</i>)						
Loss of Speed						
Touching the ice with free leg						
Touching the ice with hands						
Change-Foot Combination Spin (CCoSp): Two centres too far apart						
TURNS AND OTHER ELEMENTS						
Fall						
Edges of Required turns not well executed						
Unconnected curves and/or loss of speed (lack of connection between elements)						
Stumble						
Spiral – incorrect edge						
Spiral – lack of leg extention or free leg below hip						

International Figure Skating tests

1. Participation Requirements

To participate in international competitions, a skater must have passed the test level corresponding to the category in which they intend to compete. The Federation is responsible for convening international figure skating tests.

See also Section C.1 (Eligibility for Federation Events) in General Regulations

2. Repetition of Elements

A maximum of two (2) compulsory elements may be marked as “not passed” during a test.

Each failed element may be repeated twice at the end of the program, in the order indicated by the Referee.

Adding elements beyond those defined in the test requirements is not permitted.

3. Attempts and Progression

Each athlete may attempt the same test a maximum of three (3) times within a single season.

All international tests must be completed in sequential order, as listed in this document.

Advancement to the next test is only permitted once the previous level has been successfully passed.

Only a maximum of two (2) internation level tests can be done on the same day due to the ISU regulations of the rest phase.

4. Test Approval via Competition Protocols

All athletes that have obtained up to the Inter-Silver International test for this season 2025/2026 will be eligible to do a Short and Long Programa at the Portuguese National Championships and will bbe devided per age group.

Beginning at the Inter-Silver Test level, athletes may obtain test approval based on their official competition protocols (short and free program) from a recognized event within the current season.

These protocols must be submitted in PDF format to FDI-Portugal for evaluation.

International Test Levels

Basic- Novice / Pre-Bronze Teste

Program Duration: 2 minutes and 30 seconds (± 10 seconds)

Required Elements:

- One Single Axel (1A)
- One Double jump of choice
- Single Spin – Must have a minimum of six (6) rotations. Can be performed as an upright (USp) or sit spin (SSp), or camel spin (CSp).
- Combination Spin (CoSp/CCoSp) – With or without change of foot.
 - Without change of foot: a minimum of six (6) rotations is required.
 - With change of foot: a minimum of eight (8) rotations is required.
 - The combination must include at least three (3) basic positions in total.
 - A flying entry is permitted.
- Choreographic Sequence (ChSq) — must include at least two (2) figure skating positions

Only variations of the basic spin positions are permitted.

Novice-Intermediate /Bronze Test

Program Duration: 3 minutes (± 10 seconds)

Required Elements:

- One double jump of choice
- Jump Combination — must include one Single Axel (1A) and one double jump of choice (may include a Thorem/Euler as a connecting element)
- Single Spin – Must have a minimum of six (6) rotations. Can be performed as an upright (USp) or sit (SSp), or camel spin (CSp).
- Combination Spin (CoSp/CCoSp) – With or without change of foot.
 - Without change of foot: a minimum of six (6) rotations is required.
 - With change of foot: a minimum of eight (8) rotations is required.
 - The combination must include at least three (3) basic positions in total.
 - A flying entry is NOT permitted.
- Step Sequence (StSq) — must demonstrate a minimum variety of steps and turns.

Spins and Footwork Sequence up to Level 2 Features is permitted

Advanced-Novice / Inter-Silver

Program Duration: 3 minutes (± 10 seconds)

Required Elements:

- Double Salchow (2S)
- Double Toe Loop (2T)
- Jump Combination:
 - Single Axel (1A) + Double Toe Loop (2T) or Double Loop (2Lo), or a combination of two double jumps
 - Combination Spin (CCoSp) with change of foot — must include three (3) basic positions and a minimum of eight (8) total rotations. The spin must reach at least Level 1 Features.
 - Sit Spin (CSSp) with change of foot — must include a minimum of six (6) rotations per foot and reach at least Level 2 Features.
 - Choreographic Sequence (ChSq) — must include at least two (2) figure skating positions.

For all spins, a maximum of Level 3 Features is permitted.

Advanced-Novice /Silver Test

Program Duration: 3 minutes (± 10 seconds)

Required Elements:

- Double Loop (2Lo)
- Double Flip (2F)
- Two Jump Combinations:
 - One of the combinations must include a Double Toe Loop (2T).
 - It is permitted to perform either two jump combinations or one jump combination and one jump sequence.
 - The same jumps performed as individual elements (2F and 2Lo) may not be repeated within the combinations or jump sequence.
- Combination Spin (CCoSp) with change of foot — must include three (3) basic positions and a minimum of ten (10) total rotations (five (5) on each foot). The spin must reach at least Level 2 Features.
- Flying Camel Spin (FCSp) — must include a minimum of six (6) rotations and reach at least Level 2 Features.
- Choreographic Sequence (ChSq) — must include at least two (2) figure skating positions.

For all spins, a maximum of Level 3 Features is permitted.

Junior / Inter-Gold Test

Women

Program Duration: 3 minutes and 30 seconds (± 10 seconds)

Required Elements:

- Double Lutz (2Lz)
- Double Flip (2F)
- Three-Jump Combination: must consist of any double jump + 1 Euler (1Eu) + any double jump.
- Flying Sit Spin (FSSp): minimum of six (8) rotations, with no change of foot. Must reach at least Level 2 Features.
- Layback Spin (LSp) or Camel Spin (CSp): minimum of six (6) rotations. Must reach at least Level 2 Features.
- Step Sequence (StSq) - up to Level 2 Features is permitted

This program corresponds to the ISU Junior Women Short Program.

In the jump combination, the allowed configurations are: triple + triple (3 + 3), double + triple (2 + 3), triple + double (3 + 2), or double + double (2 + 2), as detailed in the element list below.

For all spins, a maximum of Level 3 Features is permitted.

Men

Program Duration: 3 minutes and 30 seconds (± 10 seconds)

Required Elements:

- Double Lutz (2Lz)
- Double Flip (2F)
- Jump Combination: either Double Lutz (2Lz) + Double Loop (2Lo) or Double Flip (2F) + Double Loop (2Lo).
- Flying Sit Spin (FSSp): minimum of six (8) rotations, with no change of foot. Must reach at least Level 2 Features.
- Camel Spin with Change of Foot (CCSp): minimum of five (5) rotations on each foot. Must reach at least Level 2 Features.
- Step Sequence (StSq) - up to Level 2 Features is permitted

This program corresponds to the ISU Junior Men Short Program.

For all spins, a maximum of Level 3 Features is permitted.

Senior / Gold Test

Women

Program Duration: 4 minutes (± 10 seconds)

Required Elements:

- Double Axel (2A) or Double Lutz (2Lz)
- Jump Combination: either Double Lutz (2Lz) + Double Loop (2Lo) or Double Flip (2F) + Double Loop (2Lo).
- Flying Sit Spin (FSSp) or Flying Camel Spin (FCSp): minimum of six (6) rotations each.
- Layback Spin (LSp), or Camel Spin (CSp), or Sit Spin (SSp): no change of foot, with a minimum of eight (8) rotations. (The spin position chosen for the previous element may not be repeated here.)
- Combination Spin with Change of Foot (CCoSp): must include a minimum of ten (10) rotations, or eight (8) if performed without a change of foot. The spin must include all three (3) basic positions. Must reach at least Level 3 Features.
- Step Sequence (StSq): must reach at least Level 3 Features.

This program corresponds to the ISU Junior Women Short Program.

For all spins, a maximum of Level 4 Features is permitted.

Men

Program Duration: 4 minutes (± 10 seconds)

Required Elements:

- Double Axel (2A) or Double Lutz (2Lz)
- One (1) triple jump of choice.
- Three-Jump Combination: three double jumps (2 + 2 + 2), and must include the Double Loop (2Lo). The same double jump may only be repeated twice in the program.
- Flying Sit Spin (FSSp) or Flying Camel Spin (FCSp): minimum of six (6) rotations each.
- Camel Spin with Change of Foot (CCSp) or Sit Spin with Change of Foot (CSSp): minimum of six (6) rotations per foot. Must reach at least Level 3 Features.
- Combination Spin with Change of Foot (CCoSp): must include a minimum of ten (10) rotations, or eight (8) if performed without a change of foot. The spin must include all three (3) basic positions. Must reach at least Level 3 Features.
- Step Sequence (StSq): must reach at least Level 3 Features.

This program corresponds to the ISU Junior Men Short Program.

For all spins, a maximum of Level 4 Features is permitted.

Repetition of Elements

A maximum of two (2) elements may be repeated outside the program, provided that all other required elements were executed correctly. The Judging Panel may indicate the order in which the elements should be repeated.

The skater has a maximum of 30 seconds from the moment the judges indicate which element to repeat to perform the repetition.

Evaluation Guide for International Tests

If two errors are committed within the same element, the element will be considered failed, even if errors are otherwise permitted.

EVALUATION GUIDE FOR THE EXECUTION OF THE INTERNATIONAL TESTING		BASIC NOVICE	INTERMEDIATE NOVICE	PRE-BRONZE	BRONZE	SILVER	GOLD
JUMPS							
Falls							
Less rotations than required							
Jump "q" (under-rotated by less than a quarter $\frac{1}{4}$)							
Jump < ou << (under-rotated by more than a $\frac{1}{4}$ / downgrade)							
Incorrect Edge "e"							
Unclear Edge "!"							
Over-rotation (Step out)							
Landing on two feet							
Touching the ice with the free leg (máx. 1 per program)							
Touching the ice with hands (máx. 1 per program and only in 2 ^a or triple jump)							
Weak landing or Exit							
Double three-turn between jumps, without fall or support (maximum one per program) (From Silver level onward, only permitted in 2A, triple or quadruple jumps)							
Long Preparation							
COMBINATIONS							
Jump rules are applied in the same way							
Double three-turn between jumps without support on the ice							
Double three-turn between jumps with support on the ice							
SPINS							
Fall							
Basic position not maintained for the required minimum number of revolutions							
FSSp: no visible jump (it is not necessary to sit in the air, but there must be a clear and visible jump)							
Less positions than required							
Spin not centred (Traveling)							
Loss of speed							
Touching the ice with free leg							
Touching the ice with hands							
FCSp with a small step-over							

CCoSp: two centers too far apart	Green	Green	Green	Red	Red	Red
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TURNS AND OTHER ELEMENTS

Fall	Red	Red	Red	Red	Red	Red
Steps and turns performed in less than half of the sequence	Red	Red	Red	Red	Red	Red
Incorrect or excessively short sequence	Red	Red	Red	Red	Red	Red
Stumble without a fall	Green	Green	Green	Green	Red	Red
Less than 75% of the sequence executed correctly	Red	Red	Red	Red	Red	Red

LIST OF ERRORS TO BE EVALUATED

Fall	Red	Red	Red	Red	Red	Red
Stumble	Green	Red	Red	Red	Red	Red
Edges and circles executed without speed	Red	Red	Red	Red	Red	Red
Loss of speed	Red	Red	Red	Red	Red	Red
Flat or weak edges	Green	Green	Green	Red	Red	Red
<i>Strocking</i> – incorrect number of pushes in the sequence	Green	Green	Green	Green	Green	Green
Difficult steps/turns performed without stability or flow (entry/exit)	Green	Red	Red	Red	Red	Red