

TEST STRUCTURE: The backbone of figure skating

Skaters start with the **Moves in the Field** structure. MITF is a basic skating skills progression. Each test level has several set patterns of turns, edges, spirals, etc., that get progressively more difficult.

The **Free Skating & Pairs** structure requires skaters to perform a program with jumps, spins & step sequences. Skaters must pass the corresponding MITF test first.

The **Dance** & Solo Dance structure requires skaters to perform 3-4 set pattern dances per level. **Free Dance & Solo Free Dance** track requires a free dance.

Moves in the Field	Free Skating	Pairs	Free Dance	Dance
Pre-preliminary	Pre-preliminary			Preliminary
Preliminary	Preliminary			Pre-Bronze
Pre-Juvenile	Pre-Juvenile	Pre-Juvenile		Bronze
Juvenile	Juvenile	Juvenile	Juvenile	Pre-Silver
Intermediate	Intermediate	Intermediate	Intermediate	Silver
Novice	Novice	Novice	Novice	Pre-Gold
Junior	Junior	Junior	Junior	Gold
Senior	Senior	Senior	Senior	International