



# **SHORT TRACK SPEED SKATING PROFIENCY LEVEL TEST**

Hong Kong Skating School

## Hong Kong's First Short Track Speed Skating Proficiency Level Test

Developed exclusively by the Hong Kong Skating School's panel of experts – including Short Track Speed Skating Winter Olympian, former Mainland China Provincial Team Coach, Hong Kong China Skating Union (HKSU) and Chinese Skating Association (CSA) Certified Coaches and Referees, International Skating Union (ISU) Referee and former professional short track speed skating athletes.

Our test criteria are based on the Chinese Skating Association (CSA) Short Track Speed Skating Proficiency Level Test that has recently been launched, adding in additional elements catered to Hong Kong students based on our expert panel's years of coaching and professional athlete experience ensuring a world-class, structured pathway.

Why take our proficiency test?

- Clear goals – The skater can progress from Level 1 to Platinum, with tangible milestones.
- Motivation & confidence – Each level earned builds pride and a sense of achievement.
- Recognised standards – Exclusively developed by Hong Kong Skating School's expert panel, our test is administered by our coaches who are CSA Certified Short Track Speed Skating Proficiency Level Test Judges providing trust in quality and safety
- First in Hong Kong – Be part of the first structured short track proficiency system in the city.

Whether your child wants to reach a competitive level or simply wants to improve and have fun, our proficiency test gives them a roadmap to success – just like elite athletes.

Discuss with our coaches and whatsapp Hong Kong Skating Skating School at 9210-5810 for participation.



## SHORT TRACK SPEED SKATING PROFICIENCY LEVEL TEST

TEST LEVEL	TEST ELEMENTS (ON ICE)	TEST ELEMENTS (DRYLAND)
<b>LEVEL 1</b>	<ol style="list-style-type: none"> <li>1. Proper way to get up after falling down</li> <li>2. Speed skating basic position static stepping 20x (Complete within markers)*</li> <li>3. Turn around stepping 2 circles (Complete within markers)</li> <li>4. Forward stepping (Complete within markers)*</li> <li>5. Skate 1 lap</li> </ol>	<ol style="list-style-type: none"> <li>1. Static basic speed skating position (<math>\leq</math> 6 years old: 60 sec / <math>&gt;</math>6 years old: 90 sec)*</li> <li>2. Basic speed skating position squats (<math>\leq</math>6 years old: 30x / <math>&gt;</math>6 years old: 50x)*</li> <li>3. One leg stand with eyes closed (<math>\leq</math>6 years old: 5 sec / <math>&gt;</math>6 years old: 10 sec)</li> <li>4. Shuttle run 10m x 2 (4 years old: within 10 sec / 5-6 years old: within 9 sec / <math>&gt;</math>6 years old: within 7 sec)</li> </ol>
<b>LEVEL 2</b>	<ol style="list-style-type: none"> <li>1. Two foot glide (20m)*</li> <li>2. Forward swizzle (Continuous around 10 cones)</li> <li>3. Forward one-sided swizzle (Continuous left side 10x &amp; right side 10x)*</li> <li>4. Skate 2 laps in speed skating bend position*</li> </ol>	<ol style="list-style-type: none"> <li>1. Arm swing in static basic position (50x)*</li> <li>2. Basic position side leg extension (Left/right leg, Total 20x; Arm swing optional )*</li> <li>3. Back leg lift (Left/right leg, Total 20x; Arm swing optional )*</li> <li>4. Shuttle run 10m x 4 (within 16.5 sec)</li> </ol>
<b>LEVEL 3</b>	<ol style="list-style-type: none"> <li>1. Weight shift (Static 20x + forwards 20m, with arm swing)*</li> <li>2. Zig zag forwards skate (Skate around 5 cones in Z placement) + forward glide to A stop (Complete within markers)*</li> <li>3. Skate 3 laps in speed skating bend position*</li> </ol>	<ol style="list-style-type: none"> <li>1. Basic position side leg extension + back leg lift + return to middle (Left/right leg, Total 20x; with arm swing)*</li> <li>2. Weight shift (20x, with arm swing)*</li> <li>3. Cornering side push (Left side 10x, right side 10x; with arm swing)*</li> </ol>

		4. Shuttle run 10m x 6 (Within 24.5 sec)
<b>LEVEL 4</b>	<ol style="list-style-type: none"> <li>1. Small circle cornering side push (2 circles)</li> <li>2. Small circle cornering side push + lift left leg back (2 circles)</li> <li>3. Small circle cross-overs in parts with position hold (2 circles)</li> <li>4. Skate 3 laps in speed skating bend position (weight shift on straight away + cross-over in corners)</li> </ol>	<ol style="list-style-type: none"> <li>1. Straight away skating imitation (20x)</li> <li>2. Left corner cross-over (10x)</li> <li>3. Turn belt two leg basic position hold (40 sec)</li> <li>4. Shuttle run 10m x 18 (within 60 sec)</li> </ol>
<b>LEVEL 5</b>	<ol style="list-style-type: none"> <li>1. Straight away single leg glide in basic position (length of 5 markers)</li> <li>2. Two feet glide in basic position around corner (Glide around the full corner with correct posture and edging)</li> <li>3. Skate 4 laps in speed skating bend position (weight shift on straight away + cross-over in corners)</li> </ol>	<ol style="list-style-type: none"> <li>1. Turn belt two leg squats (20x)</li> <li>2. Turn belt single leg hold (15 sec)</li> <li>3. Turn belt single leg squat (Left/right leg each 8x)</li> <li>4. Plank (2 min)</li> </ol>
<b>LEVEL 6</b>	<ol style="list-style-type: none"> <li>1. Continuous cross-overs in lap (3x)</li> <li>2. Small circle cross-overs with hand touching ice + right leg hold (hold 1 circle)</li> <li>3. Single leg slalom around blocks placed in a line (5 blocks)</li> <li>4. Starting run (Continuous 6 steps)</li> <li>5. Laps skating with required pathway (Tight enter + tight exit of corner)</li> </ol>	<ol style="list-style-type: none"> <li>1. Turn belt single leg squats (Left/right leg each 10x)</li> <li>2. Turn belt cross-overs 10 steps (~20m)</li> <li>3. Plank (3 min)</li> </ol>
<b>BRONZE</b>	<p>Stopwatch time 500m Boys: 1 min 09 sec</p> <p>Stopwatch time 500m Girls: 1 min 13 sec</p> <p>(Adjusted based on Hong Kong Skating Union Hong</p>	

	Kong Feeder Team requirement)	
<b>SILVER</b>	Stopwatch time 500m Boys: 1 min 06 sec Stopwatch time 500m Girls: 1 min 10 sec (Adjusted based on Hong Kong Skating Union Hong Kong Feeder Team requirement)	
<b>GOLD</b>	Stopwatch time 500m Boys: 1 min 03 sec Stopwatch time 500m Girls: 1 min 07 sec (Adjusted based on Hong Kong Skating Union Hong Kong Feeder Team requirement)	
<b>PLATINUM</b>	Competition time 500m reach Hong Kong China Skating Union Feeder Team requirement	

Notes:

- \*Needs to be completed in basic speed skating bend position
- All Level 4 and above skating elements need to be completed in basic speed skating bend position
- Students are allowed to skip Level 1 and Level 2 only. From Level 3 onwards, students must test each level to move up
- Level test elements and requirements are subject to updates by Hong Kong Skating School to ensure appropriate standards are set
- Students will obtain a Level certificate and badge upon successful passing of the test