To be sure we keep in compliance with virtual testing, please be sure you follow **ALL** rules below when filming your virtual test. These rules have been updated in the US Figure Skating Rulebook as of 7/1/23. If your video does not meet the below requirements it will be at risk of rejection.

- Videos must have been recorded within **14 DAYS** of the submission deadline.

- **NO MORE THAN 8** skaters/coaches allowed on the ice at the time of filming.

- A performance affidavit, and release and consent forms must be submitted with the candidate’s video.

- The proctor **MUST** be an impartial person of authority (i.e., test chair, rink management, skating school director, ice monitor, board member or local skating official) but may **NOT** be a coach/choreographer who has worked with the candidate, a training mate who is a personal friend of the candidate, or a parent/guardian of the athlete. The proctor does **NOT** need to be a member of US Figure Skating.

- A date and time stamp must be clearly shown at the beginning of the video by holding up a mobile device in front of the camera that shows the date and time. Prior to starting the test, the **SKATER** must announce their name, home club, and what they are testing.