

Snowplow Sam – Basic 6 Program with Music

FORMAT: The skating order of the required elements is optional. The elements are not restricted as to the number of times the element is executed or length of glides, number of revolutions, etc., unless otherwise specified.

- To be skated on full ice with music
- The skater may use elements from a previous level
- A 0.2 deduction will be taken for each element performed from a higher level. Bonus skills from the same level or below are allowed but will not be judged elements
- Divide Snowplow Sam skaters by level (1-4), if registrations warrant
- Skaters with physical disabilities may register for standard track or Skate United Track for events

LEVEL	TIME	SKATING RULES/STANDARDS
SNOWPLOW SAM	1:10 max	<ul style="list-style-type: none"> • March followed by a two-foot glide and dip • Forward swizzles, 2-3 in a row • Forward snowplow stop • Backward wiggles, 2-6 in a row
BASIC 1	1:10 max	<ul style="list-style-type: none"> • Forward two-foot glide and dip • Forward swizzles, 6-8 in a row • Beginning snowplow stop on one or two feet • Backward wiggles, 6-8 in a row
BASIC 2	1:10 max	<ul style="list-style-type: none"> • Forward one-foot glide (no variations), either foot • Scooter pushes, right and left foot, 2-3 each foot • Moving snowplow stop • Two-foot turn in place, forward to backward • Backward swizzles, 6-8 in a row
BASIC 3	1:10 max	<ul style="list-style-type: none"> • Beginning forward stroking showing correct use of blade • Forward half-swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive • Forward slalom • Moving forward to backward two-foot turn on a circle • Beginning backward one-foot glide, either foot
BASIC 4	1:10 max	<ul style="list-style-type: none"> • Forward outside edge on a circle, clockwise or counterclockwise • Forward crossovers, clockwise and counterclockwise, 4-6 consecutive • Backward half-swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive • Backward one-foot glides (no variations), right and left • Beginning two-foot spin, maximum 4 revolutions
BASIC 5	1:10 max	<ul style="list-style-type: none"> • Backward outside edge on a circle, clockwise or counterclockwise • Backward crossovers, clockwise and counterclockwise, 4-6 consecutive • Forward outside three-turn, right and left • Advanced two-foot spin, minimum 4 revolutions • Hockey stop
BASIC 6	1:10 max	<ul style="list-style-type: none"> • Forward inside three-turn, right and left • Mohawk, right to left and left to right • Bunny hop • Basic forward spiral on a straight line (no variations), right or left • Beginning one-foot spin, maximum 3 revolutions, optional free leg and entry position • T-stop, right or left

2024 ASPIRE PROGRAM REQUIREMENTS

	JUMPS	SPINS	STEP SEQUENCE
Aspire 1 Free Skate 1:40 Max	<p>Maximum 5 jump elements: <i>Permitted jumps:</i></p> <ul style="list-style-type: none"> • Waltz jump • ½ flip • ½ lutz <p>Max 1 jump sequence <i>Permitted sequence:</i></p> <ul style="list-style-type: none"> • Waltz jump/waltz jump with no turns or hops in between 	<p>Maximum 2 spins: <i>Required spins:</i></p> <ul style="list-style-type: none"> • Two-foot spin • Forward one foot spin (free foot optional) 	<p>Maximum 1 Sequence: <i>Choreographic Step Sequence (ChSt)</i></p> <ul style="list-style-type: none"> • One ½ of the ice
Aspire 2 Free Skate 1:40 Max	<p>Maximum 5 jump elements: <i>Permitted jumps:</i></p> <ul style="list-style-type: none"> • Any jump from Aspire 1 • Single Salchow • Single Toe loop <p>Max 2 jump combinations, or 1 jump combination and 1 jump sequence <i>Permitted combinations:</i></p> <ul style="list-style-type: none"> • Waltz jump/toe loop • Salchow/toe loop <p><i>Permitted jump sequence:</i></p> <ul style="list-style-type: none"> • Waltz jump/waltz jump with no turns or hops in between 	<p>Maximum 2 spins: <i>Permitted spins:</i></p> <ul style="list-style-type: none"> • Any spin from Aspire 1 • Back upright spin • Forward Sit Spin 	<p>Maximum 1 Sequence: <i>Choreographic Step Sequence (ChSt)</i></p> <ul style="list-style-type: none"> • One ½ of the ice
Aspire 3 Free Skate 1:40 Max	<p>Maximum 5 jump elements: <i>Permitted jumps:</i></p> <ul style="list-style-type: none"> • Any jump from Aspire 1 and 2 • Euler (half-loop) • Single loop <p>Max 2 jump combinations, or 1 jump combination and 1 jump sequence</p>	<p>Maximum 2 spins: <i>Required spin:</i></p> <ul style="list-style-type: none"> • Forward upright spin to back upright spin <p><i>Permitted spins:</i></p> <ul style="list-style-type: none"> • Any spin from Aspire 1 and 2 • Forward Camel Spin 	<p>Maximum 1 Sequence: <i>Choreographic Step Sequence (ChSt)</i></p> <ul style="list-style-type: none"> • One ½ of the ice
Aspire 4 Free Skate 1:40 Max	<p>Maximum 5 jump elements: <i>Permitted jumps:</i></p> <ul style="list-style-type: none"> • Any jump from Aspire 1, 2 and 3 • Single Flip • Single Lutz <p>Max 2 jump combinations, or 1 jump combination and 1 jump sequence</p>	<p>Maximum 2 spins: <i>Required spin:</i></p> <ul style="list-style-type: none"> • Forward camel to forward sit spin combination <p><i>Permitted spins:</i></p> <ul style="list-style-type: none"> • Any Spin from Aspire 1, 2 and 3 	<p>Maximum 1 Sequence: <i>Choreographic Step Sequence (ChSt)</i></p> <ul style="list-style-type: none"> • One ½ of the ice

Clarifications:

Jumps:

All Levels

- Maximum 2 of any same jump

Aspire 1 and 2

- Euler is not permitted

Jump Sequence:

Aspire 3 and 4

- A jump sequence consists of two or three jumps in which the second and/or the third jump is a waltz jump with a direct step from the landing curve of the first/second jump

Jump Combinations:

Aspire 3 and 4

- Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps

Spins:

All Levels

- Minimum 3 revolutions
- No flying entry
- A Spin may not be repeated
- Basic positions only

Aspire 3 and 4

- One spin must be the required spin
- Second spin must be a spin in one position

Step Sequence:

All Levels

- Jumps may be included in the step sequence
- Moves in the field, Spiral Sequences, Arabesques, Spread Eagles, Ina Bauers, Split Jumps, Etc. are allowed but will not be counted as elements

Well-Balanced Free Skate Program

GENERAL EVENT PARAMETERS:

- Skaters may not enter both a well-balanced free skate event and an excel free skate event at the same competition
- Skaters will skate to the music of their choice
- Level will be determined by the highest free skate test passed; skaters may compete at the highest level they have passed or skate up one level higher.
- Skaters with physical disabilities may register for standard track or Skate United Track for events
- Step sequence clarification: Implementation date December 1, 2023: pChSq (confirmed or no value)

NO TEST — 1:40 MAX

JUMPS	SPINS	STEP SEQUENCES
Max 5 Jump Elements <ul style="list-style-type: none"> • Only single jumps allowed except single Axel <ul style="list-style-type: none"> ◦ No single Axels ◦ Number of single jumps (except single Axels) is not limited provided the maximum number of jump elements allowed is not exceeded • Max 2 jump combinations or jump sequences <ul style="list-style-type: none"> ◦ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed ◦ Jump sequence is any listed jump immediately followed by a waltz jump 	Max 2 Spins <ul style="list-style-type: none"> • Spins must be of a different character • One spin MUST be a spin in one position • One spin may change positions • Spins may change feet • Spins may start with a flying entry • Min 3 revs. 	<ul style="list-style-type: none"> • Max 1 Choreographic sequence • Must use one-half the ice surface • Moves in the field and spiral sequences are allowed but will not be counted as elements • Jumps may be included in the sequence If IJS is used, then pChSq

PRE-PRELIMINARY — 1:40 MAX

JUMPS	SPINS	STEP SEQUENCES
Max 5 Jump Elements <ul style="list-style-type: none"> • All single jumps, including single Axel, allowed <ul style="list-style-type: none"> ◦ No double, triple or quadruple jumps allowed ◦ Axel may be repeated once as a solo jump or part of a jump sequence or combination (maximum of 2 single Axels) ◦ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Max 2 jump combinations or jump sequences <ul style="list-style-type: none"> ◦ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed ◦ Jump sequence is any listed jump immediately followed by an Axel-type jump 	Max 2 Spins <ul style="list-style-type: none"> • Spins must be of a different character • One spin MUST be a spin in one position • One spin may change positions • Spins may change feet • Spins may start with a flying entry • Min 3 revs. 	<ul style="list-style-type: none"> • Max 1 Choreographic sequence • Must use one-half the ice surface • Moves in the field and spiral sequences are allowed but will not be counted as elements • Jumps may be included in the sequence If IJS is used, then pChSq

PRELIMINARY — 2:00 +/- 10 SECONDS

JUMPS	SPINS	STEP SEQUENCES
Max 5 Jump Elements <ul style="list-style-type: none"> • 1 must be an Axel-type jump or a waltz jump* • All single jumps, including single Axel, allowed. Only 2 different double jumps may be attempted (limited to double Salchow, double toe loop and double loop) <ul style="list-style-type: none"> ◦ Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed ◦ An Axel plus up to two different, allowed double jumps may be repeated once (but not more) as solo jumps or part of a jump sequence or combination ◦ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Max 2 jump combinations or sequences <ul style="list-style-type: none"> ◦ Jump combinations limited to 2 jumps except that one three jump combination with a maximum of 2 double jumps and 1 single jump is allowed ◦ Jump sequence is any listed jump immediately followed by an Axel-type jump 	Max 2 Spins <ul style="list-style-type: none"> • Spins must be of a different character • One spin MUST be a spin in one position • One spin may change positions • Spins may change feet • Spins may start with a flying entry • Min 3 revs. 	<ul style="list-style-type: none"> • Max 1 Choreographic sequence • Must use one-half the ice surface • Moves in the field and spiral sequences are allowed but will not be counted as elements • Jumps may be included in the sequence If IJS is used, then pChSq

2024-2025 Singles Free Skate Requirements – This chart reflects the rules in place for the 2024-2025 season, which begins March 5, 2024.



Effective March 5, 2024, the no test division will no longer be offered. Athletes will instead have the option to compete in Aspire 4, Excel pre-preliminary, or pre-preliminary. Program requirements for Aspire and Excel can be found [here](#).

LEVEL	JUMP ELEMENTS	SPINS	STEP SEQUENCES
PRE- PRELIMINARY 1:40 maximum <u>**See Domestic Calling Clarifications for more information</u>	Max 5 Jump Elements <ul style="list-style-type: none"> All single jumps, including the single Axel, allowed. <ul style="list-style-type: none"> No double, triple or quadruple jumps allowed. Axel may be repeated once as a solo jump or part of a jump sequence or jump combination (maximum of two single Axels). Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded. Max 2 jump combinations, or 1 jump combination and 1 jump sequence. <ul style="list-style-type: none"> Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps. A jump sequence consists of two or three jumps in which the second and/or the third jump is an Axel-type (including waltz) jump with a direct step from the landing curve of the first/second jump into the take-off curve of the Axel-type jump. 	Max 2 Spins <ul style="list-style-type: none"> Spins must be of a different character Minimum 3 revolutions One spin MUST be a spin in ONE position One spin MAY change positions Spins may change feet Spins may start with a flying entry <p>If two one-position spins are performed, they must be executed in different basic positions.</p>	Max 1 Choreographic Sequence (pChSq)** <ul style="list-style-type: none"> Consists of at least 2 different movements (spirals, spread eagles, etc). Steps and turns may be used to link the movements together. The pattern is NOT restricted, but the sequence MUST be clearly visible. Listed elements (jumps and spins) are not permitted in the pChSq.
PRELIMINARY 2:00 +/- 10 sec *means element is required <u>**See Domestic Calling Clarifications for more information</u>	Max 5 Jump Elements <ul style="list-style-type: none"> 1 must be an Axel-type jump or a waltz jump.* All single jumps, including the single Axel, allowed. Only 2 different double jumps may be attempted (limited to double Salchow, double toe loop and double loop). <ul style="list-style-type: none"> Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed. An Axel plus up to two different, allowable double jumps may be repeated once (but not more) as solo jumps or part of a jump sequence or jump combination. Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded. Max 2 jump combinations, or 1 jump combination and 1 jump sequence. <ul style="list-style-type: none"> Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps with a maximum of two double jumps and one single jump. A jump sequence consists of two or three jumps in which the second and/or the third jump is an Axel-type (including waltz) jump with a direct step from the landing curve of the first/second jump into the take-off curve of the Axel-type jump. 	Max 2 Spins <ul style="list-style-type: none"> Spins must be of a different character Minimum 3 revolutions One spin MUST be a spin in ONE position One spin MAY change positions Spins may change feet Spins may start with a flying entry <p>If two one-position spins are performed, they must be executed in different basic positions.</p>	Max 1 Choreographic Sequence (pChSq)** <ul style="list-style-type: none"> Consists of at least 2 different movements (spirals, spread eagles, etc). Steps and turns may be used to link the movements together. The pattern is NOT restricted, but the sequence MUST be clearly visible. Listed elements (jumps and spins) are not permitted in the pChSq.
PRE-JUVENILE 2:00 +/- 10 sec *Means element is required <u>**See Domestic Calling Clarifications for more information</u>	Max 5 Jump Elements <ul style="list-style-type: none"> 1 must be an Axel-type jump*. All single and double jumps allowed except for the double Axel. <ul style="list-style-type: none"> No double Axels, triple or quadruple jumps allowed. An Axel plus up to three different double jumps may be repeated once (but no more) as solo jumps or part of a jump sequence or jump combination. Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded. Max 2 jump combinations, or 1 jump combination and 1 jump sequence. <ul style="list-style-type: none"> Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps with a maximum of two double jumps and one single jump. A jump sequence consists of two or three jumps in which the second and/or the third jump is an Axel-type jump with a direct step from the landing curve of the first/second jump into the take-off curve of the Axel-type jump. 	Max 2 Spins <ul style="list-style-type: none"> 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> Minimum 6 revolutions 1 spin with only 1 position* <ul style="list-style-type: none"> No change of foot Minimum 4 revolutions <p>Both spins may start with a flying entry.</p>	Max 1 Choreographic Sequence (pChSq)** <ul style="list-style-type: none"> Consists of at least 2 different movements (spirals, spread eagles, etc). Steps and turns may be used to link the movements together. The pattern is NOT restricted, but the sequence MUST be clearly visible. Listed elements (jumps and spins) are not permitted in the pChSq.

This chart outlines the required elements in each program. Definitions of elements and the element categories used in this chart are included in the current version of the U.S. Figure Skating Rulebook.

LEVEL	JUMP ELEMENTS	SPINS	STEP SEQUENCES
JUVENILE and OPEN JUVENILE GIRLS & BOYS 2:30 +/- 10 sec 2nd half bonus: 1:15 *Means element is required <i>For age eligibility, see U.S. Figure Skating rule 6400</i>	Max 5 Jump Elements <ul style="list-style-type: none"> 1 must be an Axel-type jump*. All single and double jumps, including the double Axel, and one triple jump are allowed. <ul style="list-style-type: none"> No additional triple jumps and no quadruple jumps are allowed. No more than three different double jumps may be repeated and, if repeated, at least one attempt must be in a jump combination or a jump sequence. <ul style="list-style-type: none"> If both executions (of the double) are as solo jumps, the second of these jumps will receive 70% of its original base value. No double jump can be included more than twice. The triple jump can only be included once. Max 2 jump combinations, or 1 jump combination and 1 jump sequence. <ul style="list-style-type: none"> Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps with a maximum of two double jumps and one single jump. If double Axel or triple jump is part of three-jump combination/sequence, then two other double jumps may be included. A jump sequence consists of two or three jumps in which the second and/or the third jump is an Axel-type jump with a direct step from the landing curve of the first/second jump into the take-off curve of the Axel-type jump. 	Max 2 Spins <ul style="list-style-type: none"> 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> Minimum 8 revolutions Min 2 revs in each position 1 spin with only 1 position; no change of foot* <ul style="list-style-type: none"> Minimum 5 revolutions <p>Both spins may start with a flying entry.</p>	Max 1 Sequence <ul style="list-style-type: none"> <u>One leveled step sequence*</u> <ul style="list-style-type: none"> <u>Must fully utilize the ice surface</u> <u>Max Level 1</u>
INTERMEDIATE WOMEN & MEN 3:00 +/- 10 sec 2nd half bonus: 1:30 *Means element is required	Max 6 Jump Elements <ul style="list-style-type: none"> 1 must be an Axel-type jump*. All single, double and triple jumps allowed. No quadruple jumps allowed. <ul style="list-style-type: none"> No more than 2 different jumps with 2 ½ or 3 revolutions may be repeated. If any double or triple jumps, including double Axel, are repeated, at least one attempt must be part of a jump combination or sequence. <ul style="list-style-type: none"> If both executions (of the double or triple) are as solo jumps, the second of these jumps will receive 70% of its original base value. No double or triple jump can be included more than twice. Max 3 jump combinations, or 2 jump combinations and 1 jump sequence. <ul style="list-style-type: none"> Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps. A jump sequence consists of two or three jumps in which the second and/or the third jump is an Axel-type jump with a direct step from the landing curve of the first/second jump into the take-off curve of the Axel-type jump. 	Max 2 Spins <ul style="list-style-type: none"> 1 spin combination; with or without change of foot*; may fly** <ul style="list-style-type: none"> Minimum 8 revolutions Minimum 2 revolutions in each position 1 spin with only 1 position*; may change feet, may fly** <ul style="list-style-type: none"> Minimum 5 revolutions <p>** One of the two spins MUST have a flying entry.</p>	Max 1 Sequence <ul style="list-style-type: none"> One leveled step sequence* <ul style="list-style-type: none"> Must fully utilize the ice surface Max Level 2

LEVEL	JUMP ELEMENTS	SPINS	STEP SEQUENCES
NOVICE WOMEN & MEN 3:30 +/- 10 sec 2nd half bonus: 1:45 *Means element is required	Max 7 Jump Elements <ul style="list-style-type: none"> 1 must be an Axel-type jump*. Jumps can contain any number of revolutions. <ul style="list-style-type: none"> Of all the triples and quads, only two can be executed twice. <ul style="list-style-type: none"> If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value. No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence. Max 3 jump combinations, or 2 jump combinations and 1 jump sequence <ul style="list-style-type: none"> Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps. A jump sequence consists of two or three jumps in which the second and/or the third jump is an Axel-type jump with a direct step from the landing curve of the first/second jump into the take-off curve of the Axel-type jump. 	Max 3 Spins <ul style="list-style-type: none"> 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> Minimum 10 revolutions Minimum 2 revolutions in each position 1 flying spin with no change of foot or position* <ul style="list-style-type: none"> Minimum 6 revolutions 3rd spin is option of skater <ul style="list-style-type: none"> Minimum 6 revolutions if one position spin Minimum 10 revolutions in combination <p>All spins may start with a flying entry. Spins must be of a different character.</p>	Max 1 Sequence <ul style="list-style-type: none"> One choreographic sequence* Must be clearly visible
JUNIOR WOMEN & MEN 3:30 +/- 10 sec 2nd half bonus: 1:45 *Means element is required	Max 7 Jump Elements <ul style="list-style-type: none"> 1 must be an Axel-type jump*. Jumps can contain any number of revolutions. <ul style="list-style-type: none"> Of all the triples and quads, only two can be executed twice. <ul style="list-style-type: none"> If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value. No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence. Max 3 jump combinations, or 2 jump combinations and 1 jump sequence. <ul style="list-style-type: none"> Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps. A jump sequence consists of two or three jumps in which the second and/or the third jump is an Axel-type jump with a direct step from the landing curve of the first/second jump into the take-off curve of the Axel-type jump. 	Max 3 Spins <ul style="list-style-type: none"> 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> Minimum 10 revolutions All 3 basic positions with min 2 revs in each position for highest base value 1 spin with a flying entry* <ul style="list-style-type: none"> Minimum 6 revolutions 1 spin with only 1 position* <ul style="list-style-type: none"> Minimum 6 revolutions <p>All spins may change feet and start with a flying entry. Spins must be of a different character.</p>	Max 1 Sequence <ul style="list-style-type: none"> One choreographic sequence* <ul style="list-style-type: none"> Must be clearly visible
SENIOR WOMEN & MEN 4:00 +/- 10 sec 2nd half bonus: 2:00 *Means element is required	Max 7 Jump Elements <ul style="list-style-type: none"> 1 must be an Axel-type jump*. Jumps can contain any number of revolutions. <ul style="list-style-type: none"> Of all the triples and quads, only two can be executed twice. <ul style="list-style-type: none"> Of the two repetitions only one can be a quad jump. Only one quad jump can be repeated. If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value. No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence. Max 3 jump combinations, or 2 jump combinations and 1 jump sequence <ul style="list-style-type: none"> Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps. A jump sequence consists of two or three jumps in which the second and/or the third jump is an Axel-type jump with a direct step from the landing curve of the first/second jump into the take-off curve of the Axel-type jump. 	Max 3 Spins <ul style="list-style-type: none"> 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> Minimum 10 revolutions All 3 basic positions with min 2 revs in each position for highest base value 1 spin with a flying entry* <ul style="list-style-type: none"> Minimum 6 revolutions 1 spin with only 1 position* <ul style="list-style-type: none"> Minimum 6 revolutions <p>All spins may change feet and start with a flying entry. Spins must be of a different character.</p>	Max 2 Sequences <ul style="list-style-type: none"> One leveled step sequence* <ul style="list-style-type: none"> Must fully utilize the ice surface One choreographic sequence* <ul style="list-style-type: none"> Must be clearly visible

OPTIONAL SEGMENT (juvenile short program is not a qualifying segment)

JUVENILE and OPEN JUVENILE GIRLS/BOYS 2:10 max.	Single or Double Axel	Single or Double Jump May not repeat Axel jump or jumps used in the combination	Jump Combination Single/Double or Double/Double May not repeat Axel jump or solo jump performed	Spin Only one position No change of foot May start with a fly Min. 5 revs.	Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 5 revs. each foot Min. 2 revs in pos.	<u>Leveled Step Sequence</u> <u>Fully utilize the ice surface</u> <u>Max Level 1</u>
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REQUIREMENTS FOR NONQUALIFYING AND QUALIFYING COMPETITIONS

INTERMEDIATE WOMEN/MEN 2:10 max.	Single or Double Axel	Double or Triple Jump May not repeat double Axel or either jump in combo	Jump Combination Single/Double, Double/Double, Single/Triple, Double/Triple or Triple/triple May not repeat Axel jump or solo jump performed	Camel Spin Women and Men: With only 1 change of foot No change of position No flying entry Min 4 revs on each foot	Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 5 revs. each foot Min. 2 revs in pos.	Leveled Step Sequence Fully utilizing the ice surface Max Level 2
NOVICE WOMEN 2:30 max.	Single or Double Axel	Double or Triple Jump May not repeat double Axel or either jump in combo	Jump Combination Double/Double, Double/Triple or Triple/Triple May not repeat double Axel or solo jump performed	Layback/Sideways Leaning, Sit or Camel Spin No change of foot No flying entry Min. 6 revs.	Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 5 revs. each foot Min. 2 revs in pos.	Leveled Step Sequence Fully utilizing the ice surface
NOVICE MEN 2:30 max.	Single or Double Axel	Double or Triple Jump May not repeat double Axel or either jump in combo	Jump Combination Double/Double, Double/Triple or Triple/Triple May not repeat Double Axel or solo jump performed	Camel Spin With only 1 change of foot No change of position No flying entry Min. 5 revs. each foot	Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 5 revs. each foot Min. 2 revs in pos.	Leveled Step Sequence Fully utilizing the ice surface

REQUIREMENTS FOR NONQUALIFYING AND QUALIFYING COMPETITIONS

JUNIOR WOMEN 2:40 +/- 10 sec 2nd half bonus: 1:20	Double Axel	Double or Triple <u>Flip</u>	Jump Combination Double/Double, Double/Triple or Triple/Triple May not repeat Double Axel or solo jump performed	Flying <u>Camel</u> Spin Flying pos. may be different than landing pos. Min. 8 revs.	Layback/ Sideways Leaning or <u>Sit Spin</u> without change of foot No flying entry Min. 8 revs.	Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 6 revs. each foot Min. 2 revs in pos.	Leveled Step Sequence Fully utilizing the ice surface
JUNIOR MEN 2:40 +/- 10 sec 2nd half bonus: 1:20	Double or Triple Axel	Double or Triple <u>Flip</u>	Jump Combination Double/Triple or Triple/Triple May not repeat Axel jump or solo jump performed	Flying <u>Camel</u> Spin Flying pos. may be different than landing pos. Min. 8 revs.	<u>Sit</u> Spin With only 1 change of foot No flying entry Min. 6 revs. each foot	Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 6 revs. each foot Min. 2 revs in pos.	Leveled Step Sequence Fully utilizing the ice surface
SENIOR WOMEN 2:40 +/- 10 sec 2nd half bonus: 1:20	Double or Triple Axel	Any Triple Jump May not repeat Triple Axel or either jump in combo	Jump Combination Double/Triple or Triple/Triple May not repeat Axel jump or solo jump performed	Flying Spin Landing position different than spin in 1 position Min. 8 revs.	Layback/ Sideways Leaning, <u>Sit</u> or <u>Camel Spin</u> without change of foot No flying entry Min. 8 revs.	Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 6 revs. each foot Min. 2 revs in pos.	Leveled Step Sequence Fully utilizing the ice surface
SENIOR MEN 2:40 +/- 10 sec 2nd half bonus: 1:20	Double or Triple Axel	Any Triple or Quadruple Jump May not repeat Triple Axel or either jump in combo	Jump Combination Double/Triple, Triple/Triple, Quad/Double, or Quad/Triple May not repeat Axel jump or solo jump performed	Flying Spin Landing position different than spin in 1 position Min. 8 revs.	Sit or Camel Spin With only 1 change of foot No flying entry Min. 6 revs. each foot	Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 6 revs. each foot Min. 2 revs in pos.	Leveled Step Sequence Fully utilizing the ice surface

Adult Beginner - Bronze Free Skate Program with Music

GENERAL EVENT PARAMETERS:

- Skaters will skate to the music of their choice; vocal music is allowed
- To be skated on full ice
- The minimum number of required spin revolutions is indicated in parentheses following the spin description; revolutions must be in position.

ADULT BEGINNER — 1:40 MAX

JUMPS	SPINS	STEP SEQUENCES	QUALIFICATIONS
Max 4 Jump Elements <ul style="list-style-type: none"> • Jumps limited to bunny hop, mazurka, ballet and waltz jump • Max 1 combination or sequence consisting of only the allowed listed jumps • Max. 2 of any same jump 	Max 2 Spins <ul style="list-style-type: none"> • Two forward upright spins, no change of foot, no flying entry (Min. 3 revolutions) 	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed any U.S. Figure Skating Free Skate tests

ADULT HIGH BEGINNER — 1:40 MAX

JUMPS	SPINS	STEP SEQUENCES	QUALIFICATIONS
Max 4 Jump Elements: <ul style="list-style-type: none"> • Jumps limited to bunny hop, mazurka, ballet, stag, split, waltz, ½ flip, ½ Lutz, ½ loop, toe loop, Salchow • Max 1 combination or sequence consisting of only the allowed listed jumps • Max. 2 of any same type jump. 	Max 2 Spins: <ul style="list-style-type: none"> • Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions) 	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed any U.S. Figure Skating Free Skate tests

ADULT PRE-BRONZE — 1:40 MAX

JUMPS	SPINS	STEP SEQUENCES	QUALIFICATIONS
Max 4 Jump Elements: <ul style="list-style-type: none"> • Max 2 combinations or sequences <ul style="list-style-type: none"> ◦ 1 jump combination may contain 3 jumps, and the other may contain only 2 jumps ◦ Jump sequence is any listed jump immediately followed by a waltz jump • Each jump may be repeated only once and only as part of a combination or sequence (maximum of 2 of any jump) • Only single and half-revolution jumps are permitted (<u>half flip and half lutz are permitted</u>) • No single Lutz, single Axel, double or triple jumps are permitted 	Max 2 Spins: <ul style="list-style-type: none"> • Max Level 1 • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 E) • Min 3 revs • Spins with a flying entry are not permitted • A two-foot spin is permitted as one of the spins at this level and is of a different character than a one-foot spin 	Connecting steps throughout the program are required	Skaters may not have passed tests higher than U.S. Figure Skating Adult Pre-Bronze or Pre-Preliminary Free Skate

ADULT BRONZE — 1:50 MAX

JUMPS	SPINS	STEP SEQUENCES	QUALIFICATIONS
Max 4 Jump Elements: <ul style="list-style-type: none"> • Max 2 combinations or sequences <ul style="list-style-type: none"> ◦ 1 combination may contain 3 jumps, and the other may contain only 2 jumps ◦ Jump sequence is any listed jump immediately followed by a waltz jump • Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump) • All single jumps are permitted (except single Axel) • No single Axel, double or triple jumps are permitted 	Max 2 Spins: <ul style="list-style-type: none"> • Max Level 1 • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) • Min 3 revs total if no change of foot • Min 3 revs each foot if change of foot • Min 2 revs in each position • No flying spins are permitted 	Max 1 Sequence: <ul style="list-style-type: none"> • 1 choreographic step sequence, fully utilizing at least ½ of the ice surface (may include moves in the field and spirals) • Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such. 	Skaters may not have passed tests higher than U.S. Figure Skating Adult Bronze or Preliminary Free Skate

Adult 1-6 Free Skate with Music

GENERAL EVENT PARAMETERS:

- The skating order of the required elements is optional
- The elements are not restricted to the number of times element is executed, or length of glides, number of revolutions, etc. unless otherwise stated; connecting moves and steps should be demonstrated throughout the program
- To be skated on full ice
- Skater must demonstrate the required elements and may use, but is not required to use, any additional elements from previous (lower) levels
- A 0.2 deduction will be taken for each required element missing and for those elements performed from a higher level

ADULT 1 — 1:40 MAX

ELEMENTS

- Forward marching
- Forward two-foot glide
- Forward swizzle (4-6 in a row)
- Forward snowplow stop – two feet or one foot

ADULT 4 — 1:40 MAX

ELEMENTS

- Forward outside edge on a circle, right and left
- Forward inside edge on a circle, right and left
- Forward crossovers, clockwise and counterclockwise
- Backward one-foot glides, right and left
- Hockey stop, both directions

ADULT 2 — 1:40 MAX

ELEMENTS

- Forward skating across the width of the ice
- Forward one-foot glides
- Forward slalom
- Backward skating
- Backward swizzles, 4-6 in a row

ADULT 5 — 1:40 MAX

ELEMENTS

- Backward outside edge on a circle, right and left
- Backward inside edge on a circle, right and left
- Backward crossovers, clockwise and counterclockwise
- Forward outside three-turn, right and left
- Beginning two-foot spin

ADULT 3 — 1:40 MAX

ELEMENTS

- Forward stroking using the blade properly
- Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise
- Backward skating to a long two-foot glide
- Forward chasses on a circle, clockwise and counterclockwise
- Backward snowplow stop, Right and Left

ADULT 6 — 1:40 MAX

ELEMENTS

- Forward stroking with crossover end patterns
- Backward stroking with crossover end patterns
- Forward inside three-turn, right and left
- T-stop
- Lunge
- Two-foot spin into one-foot spin (min 2 revs on 1 foot)