



2018 WINTER IOWA GAMES FIGURE SKATING ANNOUNCEMENT

GENERAL INFORMATION

DATE(S)

Sunday, February 11, 2018

DEADLINE

Early Registration Deadline

(\$70 Entry Fee for first event, \$25 for each additional event)

Postmark: Monday, January 8, 2018, Mail to: 1421 S. Bell Ave Ste. 104, Ames, IA 50010.

Online: Monday, January 8, 2018

Late Registration Deadline

(\$90 Entry Fee for first event, \$25 for each additional event)

Online only: Monday, January 15, 2018

SITE

Cedar Rapids Ice Arena
1100 Rockford Rd
Cedar Rapids, IA 52404

PRACTICE ICE

The Cedar Rapids Ice Arena (CRIA) will be offering practice sessions. Practice ice will be available for purchase after the event schedule is posted. Please call to reserve a time, 319.398.0100. **Practice session times are subject to change if the competition needs to start earlier.

COMPETITION

Well Balanced Free Skate, Test Track Free Skate, Artistic, Spins, Jumps, and Compulsory/Short.

CHIEF REFEREE: Devon Beck

ACCOUNTANT: John Marasco

The 2018 Winter Iowa Games Figure Skating Competition is a merged U.S. Figure Skating sanctioned event endorsed by the ISI. For skaters in the ISI program, a conversion chart is provided to help determine your appropriate competition level.

This competition will be conducted in accordance with the rules and regulations of U.S. Figure Skating, as set forth in the current rulebook, as well as any pertinent updates which have been posted on the U.S. Figure Skating website.

The 2018 Winter Iowa Games Figure Skating Competition is a qualifying competition for the 2019 National State Games of America Championships (SGA). Skaters may choose to enter each event at SGA that they qualify for by placing first, second or third at the State Games of Iowa competition.

All figure skaters residing in Iowa are invited to compete. Open to all skaters including United States Figure Skating (USFS) and Ice Skating Institute (ISI) members.

The Winter Iowa Games Figure Skating Competition is a U.S. Figure Skating sanctioned event endorsed by the ISI but membership in U.S. Figure Skating and/or ISI is NOT required.

INFORMATION REGARDING COACHES:

U.S. Figure Skating Rule MR 5.11 Coach Registration

In order to be granted access to work within U.S. Figure Skating sanctioned activities, each coach must complete the following requirements on an annual basis by July 1:

- A. Must be a current full member of U.S. Figure Skating - either through a member club or as an individual member;
- B. Must complete the coach registration process through the U.S. Figure Skating Members Only site, submit proper payment for the annual registration fee of \$30 and, if 18 years of age or older, successfully pass the background screen.
- C. Must complete the appropriate CER courses (A, B, C or D) depending on the highest level of students being coached as of July 1. See rule MR 5.12.
- D. Must submit proof of current general liability insurance with limits of \$1 million per occurrence/\$5 million aggregate.

For Learn to Skate USA ONLY coaches - Any person, 18 and older, instructing a Learn to Skate USA Program must have successfully passed the annual background screen and be registered as a Learn to Skate USA instructor.

The local organizing committee will have a list of compliant coaches who are cleared for a credential at the competition. Coaches will need to check in at the event registration desk and show a government issued photo I.D. to receive a credential.

If a coach cannot provide a photo I.D. and is not on the list or cannot produce the necessary documents, he or she will not be allowed a credential – no exceptions. We strongly urge *all* coaches to have their cards with them. Non-credentialed coaches will not be permitted in the designated coaching area at rink side during events including practice sessions. Coaching at

U.S. Figure Skating events without proper registration is an ethics violation which is reported to U.S. Figure Skating and PSA.

For more information regarding Coach Compliance, please refer to:

<http://www.usfigureskating.org/Content/Coaching%20Compliance%20Toolkit.pdf>

OTHER

Competition schedule and map will be posted on the Iowa Games Web site approximately seven days prior to competition.

COMPETITION INFORMATION

RINK SIZE

200x100 OLY Rink

SYSTEM OF JUDGING: 6.0

ISI PROGRAM MEMBERS

If you are in an ISI program, please use the below conversion chart to determine your appropriate competition level.

| If you have passed ISI level - | Enter the USFS level - |
|--|---|
| Tot or Pre-Alpha (age 7 and older) Alpha | Basic 1 |
| Advanced Pre-Alpha | Basic 2 |
| Advanced Pre-Alpha | Basic 3 |
| Alpha/Gamma | Basic 4 |
| Beta | Basic 5 |
| Gamma | Basic 6 |
| Delta – Freestyle 1 | Pre-Free Skate – Free Skate 6 (choose correct level based upon elements required) |
| Freestyle 2 or 3 / Open Bronze | Pre-Preliminary |
| Freestyle 4 / Open Silver | Preliminary |
| Freestyle 5 / Open Silver | Pre-Juvenile |
| Freestyle 6 / Open Gold | Juvenile or Intermediate |
| Freestyle 7 / Open Platinum | Novice |
| Freestyle 8 / Open Platinum | Junior or Senior |
| Freestyle 9 / Open Platinum | Senior |
| Freestyle 10 / Open Platinum | Senior |
| Freestyle 2 / Open Bronze | Adult Pre-Bronze |
| Freestyle 3 / Open Bronze | Adult Bronze |
| Freestyle 4 / Open Silver | Adult Silver |
| Freestyle 5 / Open Gold | Adult Gold |
| Dance 3 | Preliminary Dance |
| Dance 4 | Pre-Bronze Dance |
| Dance 5 | Bronze Dance |
| Dance 6 | Pre-Silver Dance |
| Dance 7 | Silver Dance |
| Dance 9 | Pre-Gold Dance |



Compete USA Competitions

SNOWPLOW SAM – BASIC 6 ELEMENTS

Format choice of the host: Each skater will perform each element when directed by a judge or referee or have the option to perform one element at a time in the order listed below (no excessive connecting steps). Referee driven format examples: all skaters perform first element before moving on to the next and so on, or each skater performs all of the required elements before moving on to the next skater.

- To be skated on 1/3 to 1/2 ice.
- No music.
- **All elements must be skated in the order listed.**

| Level | Time | Skating rules/standards |
|--------------|-----------|--|
| Snowplow Sam | 1:00 max. | <ul style="list-style-type: none"> • March followed by a two-foot glide and dip • Forward two-foot swizzles, 2-3 in a row • Forward snowplow stop • Backward wiggles, 2-6 in a row |
| Basic 1 | 1:00 max. | <ul style="list-style-type: none"> • Forward two-foot glide and dip • Forward two-foot swizzles, 6-8 in a row • Beginning snowplow stop on two-foot or one-foot • Backward wiggles, 6-8 in a row |
| Basic 2 | 1:00 max. | <ul style="list-style-type: none"> • Forward one-foot glide, either foot • Scooter pushes, right and left foot, 2-3 each foot • Moving snowplow stop • Two-foot turn in place, forward to backward • Backward two-foot swizzles, 6-8 in a row |
| Basic 3 | 1:00 max. | <ul style="list-style-type: none"> • Beginning forward stroking showing correct use of blade • Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive • Forward slalom • Beginning backward one-foot glide, either foot • Moving forward to backward two-foot turn on a circle |
| Basic 4 | 1:00 max. | <ul style="list-style-type: none"> • Backward one-foot glides, right and left • Forward outside edge on a circle, clockwise or counter clockwise • Forward crossovers, 4-6 consecutive, both directions • Beginning two-foot spin, maximum 2-4 revolutions • Backward ½ swizzle pumps on a circle, one direction only |
| Basic 5 | 1:00 max. | <ul style="list-style-type: none"> • Backward outside edge on a circle, clockwise or counterclockwise • Backward crossovers, 4-6 consecutive, both directions • Advanced two-foot spin, maximum 4-6 revolutions • Forward outside three-turn, right and left • Hockey stop |
| Basic 6 | 1:00 max. | <ul style="list-style-type: none"> • Forward inside three-turn, right and left • Bunny Hop • Forward spiral on a straight line, right or left • Beginning one-foot spin, 2-4 revolutions, optional free leg held position and entry • T-stop, right or left |



Compete USA Competitions

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.
- 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.

| 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 two-foot 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 two-foot swizzles, 6-8 in a row • Beginning snowplow stop on two-feet or one-foot • Backward wiggles, 6-8 in a row |
| Basic 2 | 1:10 max. | <ul style="list-style-type: none"> • Forward one-foot glide, either foot • Scooter pushes, right and left foot, 2-3 each foot • Moving snowplow stop • Two-foot turn in place, forward to backward • Backward two-foot 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 ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive • Forward slalom • Beginning backward one-foot glide, either foot • Moving forward to backward two-foot turn on a circle |
| Basic 4 | 1:10 max. | <ul style="list-style-type: none"> • Backward one-foot glides, right and left • Forward outside edge on a circle, clockwise or counter clockwise • Forward crossovers, 4-6 consecutive, both directions • Beginning two-foot spin, maximum 2-4 revolutions • Backward ½ swizzle pumps on a circle, one direction only |
| Basic 5 | 1:10 max. | <ul style="list-style-type: none"> • Backward outside edge on a circle, clockwise or counterclockwise • Backward crossovers, 4-6 consecutive, both directions • Advanced two-foot spin, maximum 4-6 revolutions • Forward outside three-turn, right and left • Hockey stop |
| Basic 6 | 1:10 max. | <ul style="list-style-type: none"> • Forward inside three-turn, right and left • Bunny Hop • Forward spiral on a straight line, right or left • Beginning one-foot spin, 2-4 revolutions, optional free leg held position and entry • T-stop, right or left |

PRE-FREE SKATE – FREE SKATE 6 COMPULSORY

Format: In simple program form, using a limited number of connecting steps, the skating order of the required elements is optional.

- To be skated on ½ ice.
- No music is allowed.
- The skater must demonstrate the required elements and may use any additional elements from previous levels. Bonus skills from the same level or below are allowed but will not be judged elements.
- A 0.2 deduction will be taken for each element performed from a higher level.
- Time: 1:15 maximum

| Level | Time | Skating rules/standards |
|----------------|-----------|---|
| Pre-Free Skate | 1:15 max | <ul style="list-style-type: none"> • Forward inside open Mohawk from a standstill position (R to L and L to R) • Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise • One-foot upright spin, optional entry and free-foot position (minimum three revolutions) • Mazurka • Waltz jump |
| Free Skate 1 | 1:15 max. | <ul style="list-style-type: none"> • Forward power stroking, 4-6 consecutive strokes • Backward outside three-turns, right and left • Upright spin, entry from backward crossovers - minimum 4-6 revolutions • Toe loop • Half flip jump |
| Free Skate 2 | 1:15 max. | <ul style="list-style-type: none"> • Alternating forward outside and inside spirals on a continuous axis (2 sets) • Backward inside three-turns, right and left • Beginning back spin, up to two revolutions • Half Lutz • Salchow jump |
| Free Skate 3 | 1:15 max. | <ul style="list-style-type: none"> • Alternating Mohawk/crossover sequence, right to left and left to right • Waltz three-turns, clockwise and counterclockwise • Advanced back spin with free foot in crossed leg position, min 3 revs • Loop jump • Waltz jump/toe loop or Salchow/toe loop jump combination |
| Free Skate 4 | 1:15 max. | <ul style="list-style-type: none"> • Forward power 3's, 2-3 consecutive sets, right or left • Sit spin - minimum three revolutions • Half loop jump • Flip jump |
| Free Skate 5 | 1:15 max. | <ul style="list-style-type: none"> • Backward outside three-turn, Mohawk (backward power three-turn), both directions • Camel spin - minimum three revolutions • Waltz jump-loop jump combination • Lutz jump |
| Free Skate 6 | 1:15 max. | <ul style="list-style-type: none"> • Forward power pulls, right and left • Split jump or stag jump • Camel, sit spin combination - minimum of four revolutions total • Waltz jump, ½ loop, Salchow jump sequence • Beginning Axel jump |

PRE-FREE SKATE – FREE SKATE 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 an element is executed, length of glides, number of revolutions, etc., unless otherwise stated. Connecting steps and transitions should be demonstrated throughout the program.

- To be skated on full ice.
- The skater must demonstrate the required elements and may use but is not required to use any additional elements from previous levels. Bonus skills from the same level or below are allowed but will not be judged elements.
- A 0.2 deduction will be taken for each element performed from a higher level.
- Time 1:40 max.

| Level | Time | Skating rules/standards |
|----------------|-----------|--|
| Pre-Free Skate | 1:40 max | <ul style="list-style-type: none"> • Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise • One-foot upright spin, optional entry and free-foot position (minimum three revolutions) • Mazurka • Waltz jump |
| Free Skate 1 | 1:40 max | <ul style="list-style-type: none"> • Forward power stroking, 4-6 consecutive strokes • Upright spin, entry from backward crossovers - minimum 4-6 revolutions • Toe loop jump • Half flip jump |
| Free Skate 2 | 1:40 max. | <ul style="list-style-type: none"> • Alternating forward outside and inside spirals on a continuous axis (2 sets) • Beginning back spin, up to two revolutions • Half Lutz • Salchow jump |
| Free Skate 3 | 1:40 max | <ul style="list-style-type: none"> • Alternating Mohawk/crossover sequence, right to left and left to right • Advanced back spin with free foot in crossed leg position, min 3 revs • Loop jump • Waltz jump-toe loop or Salchow-toe loop jump combination |
| Free Skate 4 | 1:40 max. | <ul style="list-style-type: none"> • Forward power 3's, 2-3 consecutive sets, right or left • Sit spin - minimum three revolutions • Half Loop jump • Flip jump |
| Free Skate 5 | 1:40 max. | <ul style="list-style-type: none"> • Backward outside three-turn, Mohawk (backward power three-turn), both directions • Camel spin - minimum three revolutions • Waltz-loop jump combination • Lutz jump |
| Free Skate 6 | 1:40 max. | <ul style="list-style-type: none"> • Split jump or stag jump • Camel, sit spin combination - minimum of four revolutions total • Waltz jump, ½ loop, Salchow jump sequence • Beginning Axel jump |



Compete USA Competitions

INTRODUCTORY LEVELS COMPULSORY

Format: In simple program form, using a limited number of connecting steps, the skating order of the required elements is optional.

- To be skated on ½ ice.
- No music is allowed.
- The skater must demonstrate the required elements and may use any additional elements from previous levels.
- A 0.2 deduction will be taken for each element performed from a higher level.
- *Skaters may have the option to skate one level higher in compulsories than their free skate program.*

| Level | Time | Skating rules/standards |
|---------------|-----------|---|
| Beginner | 1:15 max. | <ul style="list-style-type: none">● Waltz jump● ½ jump of choice● Forward two-foot or one-foot spin - minimum three revolutions (free leg position optional)● Forward or backward spiral |
| High Beginner | 1:15 max. | <ul style="list-style-type: none">● Toe loop jump● Salchow jump● Forward scratch spin - minimum three revolutions● Forward or backward spiral |

EVENT: Introductory Levels Free Skate Program

INTRODUCTORY FREE SKATE PROGRAM

General event parameters:

- 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 to one level higher.
- Minimum number of spin revolutions are in parentheses following the spin description. Revolutions must be in position.

| Level | Jumps | Spins | Step Sequences | Qualifications |
|-----------------------------------|---|--|--|---|
| Beginner 1:40 Maximum | Max. 5 jump elements: <ul style="list-style-type: none"> • Jumps with no more than one-half rotation (front to back or back to front). • Max. 2 jump sequences • Max. 2 of any same jump | Max. 2 spins: <ul style="list-style-type: none"> • Two 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 tests higher than U.S. Figure Skating Learn to Skate USA free skating badge tests |
| High Beginner 1:40 Maximum | Max. 5 jump elements: <ul style="list-style-type: none"> • Jumps with no more than one-half rotation (front to back or back to front including half-loop) • Single rotation jumps: Salchow and toe loop only. • Max. 2 jump combinations or sequences • 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 tests higher than U.S. Figure Skating Learn to Skate USA free skating badge tests |



U.S. Figure Skating Nonqualifying Competitions

EVENT: COMPULSORY MOVES

General event parameters:

1. No Test – Juvenile: Elements skated on ½ ice
2. Intermediate – Senior: Elements skated on full-ice
3. The skater must demonstrate the required elements (performed once only) and may use any additional elements from previous levels.
4. A 0.2 deduction will be taken for each element performed from a higher level.
5. Music is not allowed.
6. Skaters may compete at their test level or one level higher.

| Level | Time | Skating rules/standards |
|----------------------|-----------|--|
| No-Test | 1:15 max. | <ol style="list-style-type: none"> 1. Loop jump 2. Jump combination to include a toe loop (may not use a loop or Axel) 3. Solo spin - sit <u>or</u> camel spin - minimum three revolutions 4. Spiral sequence, must include a forward and backward spiral. Additional spirals and balance moves may be included. |
| Pre-Preliminary | 1:15 max. | <ol style="list-style-type: none"> 1. Toe Loop jump 2. Jump combination: single/single (no Axel) 3. Sit spin or camel spin - minimum three revolutions 4. Spiral sequence with one forward spiral and one backward spiral (any edge) |
| Preliminary | 1:15 max. | <ol style="list-style-type: none"> 1. Single Lutz 2. Jump combination: single/single (may include Axel) 3. Back upright spin - minimum three revolutions 4. Forward inside spiral |
| Pre – Juvenile | 1:15 max. | <ol style="list-style-type: none"> 1. Single jump (may include Axel) 2. Jump combination: single/single (may include Axel) 3. Layback spin or camel spin - minimum three revolutions 4. Step sequence - circular |
| Juvenile & Open Juv. | 1:15 max. | <ol style="list-style-type: none"> 1. Single Axel 2. Jump combination: single/single or double/single 3. Layback spin or camel spin - minimum three revolutions 4. Step sequence – circular |
| Intermediate | 1:30 max. | <ol style="list-style-type: none"> 1. Double Salchow or double toe loop 2. Jump combination: single/single or double/single 3. Flying spin, minimum five revolutions 4. Step sequence – straight line |
| Novice | 1:30 max. | <ol style="list-style-type: none"> 1. Double loop 2. Jump combination: double/single or double/double 3. Flying spin - minimum five revolutions 4. Step sequence – straight line |
| Junior | 1:30 max. | <ol style="list-style-type: none"> 1. Double flip 2. Jump combination: double/double or triple/double 3. Combination spin - minimum 10 revolutions 4. Step sequence – straight line |
| Senior | 1:30 max. | <ol style="list-style-type: none"> 1. Double Lutz 2. Jump combination: double/double or triple/double 3. Combination spin - minimum 10 revolutions 4. Step sequence – straight line |

EVENT: Adult Compulsory Moves

General event parameters:

1. Pre-Bronze to Silver: Elements skated on ½ ice
2. Gold/Masters: Elements skated on full-ice
3. Elements may be performed only once
4. Music is not allowed
5. Minimum number of revolutions is noted in parentheses

| Level | Time | Elements |
|-----------------------------|-------------|--|
| Adult Pre-Bronze | 1:30 MAX | <ul style="list-style-type: none"> • Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise • Jump combination or sequence consisting of only ½ revolution jumps (half loop is considered a full revolution jump) – maximum of 2 jumps in a combination and 3 jumps in a sequence • Forward upright spin (Min. 3 revolutions) • Forward spiral (any edge) |
| Adult Bronze | 1:30 MAX | <ul style="list-style-type: none"> • Single Salchow • Waltz jump – toe loop combination jump • Backward Upright Spin – entry optional (Min. 3 revolutions) • Spiral sequence (Min. 2 spirals) |
| Adult Silver | 1:30 MAX | <ul style="list-style-type: none"> • Single loop • Single/single jump combination • Sit spin (Min. 3 revolutions) • Straight line step sequence |
| Adult Gold | 1:30 MAX | <ul style="list-style-type: none"> • Single Lutz or Axel • Single/single or single/double jump combination • Camel spin (Min. 4 revolutions) • Straight line step sequence |
| Masters Intermediate/Novice | 1:30 MAX | <ul style="list-style-type: none"> • Axel, double Salchow, double toe loop or double loop • Jump combination (double/double, single/double or double/single) that may include double Salchow, double toe loop or double loop and any single jump including Axel • Solo spin of skater's choice (Min. 6 revolutions) • Straight line step sequence |
| Masters Junior/Senior | 1:30 MAX | <ul style="list-style-type: none"> • Choice of any double jump • Jump combination that may include any double jump • Solo spin of skater's choice (Min. 8 revolutions) • Straight line step sequence |



U.S. Figure Skating Nonqualifying Competitions

Well Balanced Program free skate

2017-18 Singles Free Skating Requirements – This chart has been updated with the changes from the U.S. Figure Skating Governing Council that will go into effect July 1, 2017.



| 2017-18 | JUMP ELEMENTS | SPINS | STEP SEQUENCES |
|---|---|--|---|
| <p>NO TEST</p> <p>1:40 maximum</p> <p>*means element is required</p> | <p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • All single jumps allowed except for the single Axel <ul style="list-style-type: none"> ○ No single Axels, double, triple or quadruple jumps allowed ○ 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 sequences limited to a maximum of 3 single jumps | <p>Max 2 Spins</p> <ul style="list-style-type: none"> • Spins may change feet and/or position • Spins may start with a flying entry • Min 3 revs. <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p> | <p>Max 1 Sequence</p> <ul style="list-style-type: none"> • Step Sequence <ul style="list-style-type: none"> ○ 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 step sequence <p>If IJS is used, then: ChSt</p> |
| <p>PRE- PRELIMINARY</p> <p>1:40 maximum</p> <p>*means element is required</p> | <p>Max 5 Jump Elements</p> <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 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 sequences limited to a maximum of 3 single jumps | <p>Max 2 Spins</p> <ul style="list-style-type: none"> • Spins may change feet and/or position • Spins may start with a flying entry • Min 3 revs. <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p> | <p>Max 1 Sequence</p> <ul style="list-style-type: none"> • Step Sequence <ul style="list-style-type: none"> ○ 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 step sequence <p>If IJS is used, then: ChSt</p> |
| <p>PRELIMINARY</p> <p>1:30 +/- 10 sec</p> <p>*means element is required</p> | <p>Max 5 Jump Elements</p> <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 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 sequences limited to a maximum of 3 single or double jumps | <p>Max 2 Spins</p> <ul style="list-style-type: none"> • Spins may change feet and/or position • Spins may start with a flying entry • Min 3 revs. <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p> | <p>Max 1 Sequence</p> <ul style="list-style-type: none"> • Step Sequence <ul style="list-style-type: none"> ○ 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 step sequence <p>If IJS is used, then: ChSt</p> |

| | | | |
|--|---|---|--|
| <p>PRE-JUVENILE</p> <p>2:00 +/- 10 sec</p> <p>*means element is required</p> | <p>Max 5 Jump Elements</p> <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 3 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 sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 2 double jumps and 1 single jump is allowed ○ Jump sequences limited to a maximum of 3 single or double jumps | <p>Max 2 Spins</p> <ul style="list-style-type: none"> ● 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ○ Min 6 revs ● 1 spin with only 1 position* <ul style="list-style-type: none"> ○ No change of foot ○ Min 4 revs <p>Both spins may start with a flying entry These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p> | <p>Max 1 Sequence</p> <ul style="list-style-type: none"> ● Step Sequence <ul style="list-style-type: none"> ○ Must fully utilize 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 step sequence <p>If IJS is used, then: ChSt</p> |
|--|---|---|--|

| 2017-2018 | JUMP ELEMENTS | SPINS | STEP SEQUENCES |
|--|--|---|--|
| <p>JUVENILE and OPEN JUVENILE</p> <p>2:20 +/- 10 sec</p> <p>*means element is required</p> | <p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> ● 1 must be an Axel-type jump* ● All single and double jumps, including the double Axel, allowed <ul style="list-style-type: none"> ○ No triple or quadruple jumps allowed ○ No more than 3 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 ● Max 2 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except one 3-jump combination with a maximum of 2 double jumps and 1 single jump is allowed ○ Number of jumps in jump sequence is not limited | <p>Max 2 Spins</p> <ul style="list-style-type: none"> ● 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 8 revs ○ Min 2 revs in each position ● 1 spin with only 1 position; no change of foot* <ul style="list-style-type: none"> ○ Min 5 revs <p>Both spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p> | <p>Max 1 Sequence</p> <ul style="list-style-type: none"> ● One choreographic step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface |
| <p>INTERMEDIATE</p> <p>2:40 +/- 10 sec</p> <p>*means element is required</p> | <p>Max 6 Jump Elements</p> <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 sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except one 3-jump combination is allowed ○ Number of jumps in jump sequence is not limited | <p>Max 2 Spins</p> <ul style="list-style-type: none"> ● 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 8 revs ○ Min 2 revs in each position ● 1 spin with only 1 position; no change of foot* <ul style="list-style-type: none"> ○ Min 5 revs <p>Both spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p> | <p>Max 1 Sequence</p> <ul style="list-style-type: none"> ● One leveled step sequence* ● Max Level 2. Only Minimum Variety (5 turns) & Simple Variety (7 turns) and rotation in each direction covering at least 1/3 of the pattern in each direction will be evaluated for the level. <ul style="list-style-type: none"> ○ Must fully utilize the ice surface |
| <p>NOVICE LADIES</p> <p>3:00 +/- 10 sec</p> <p>*means element is required</p> | <p>Max 6 Jump Elements</p> <ul style="list-style-type: none"> ● 1 must be an Axel-type jump* ● All single, double and triple jumps are allowed. No quadruple jumps allowed. <ul style="list-style-type: none"> ○ No more than 1 double Axel and 2 different triple jumps may be repeated, and if repeated, at least 1 attempt must be as part of a jump combination or sequence. <ul style="list-style-type: none"> ● If both executions (of the double Axel or same triple) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ There is no limit to the number of different double jumps that can be repeated, but no double or triple jump can be included more than twice ● Max 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except one 3-jump combination is allowed ○ Number of jumps in jump sequence is not limited | <p>Max 3 Spins</p> <ul style="list-style-type: none"> ● 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 10 revs ○ Min 2 revs in each position ● 1 flying spin with no change of foot or position* <ul style="list-style-type: none"> ○ Min 6 revs ● 3rd spin is option of skater <p>All spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p> | <p>Max 1 Sequence</p> <ul style="list-style-type: none"> ● One leveled step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface |

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| <p>NOVICE MEN</p> <p>3:30 +/- 10 sec</p> <p>*means element is required</p> | <p>Max 7 Jump Elements</p> <ul style="list-style-type: none"> ● 1 must be an Axel-type jump* ● All single, double and triple jumps are allowed. No quadruple jumps allowed. <ul style="list-style-type: none"> ○ No more than 1 double Axel and 2 different triple jumps may be repeated, and if 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 Axel or same triple) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ There is no limit to the number of different double jumps that can be repeated, but no double or triple jump can be included more than twice ● Max 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except one 3-jump combination is allowed ○ Number of jumps in jump sequence is not limited | <p>Max 3 Spins</p> <ul style="list-style-type: none"> ● 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 10 revs ○ Min 2 revs in each position ● 1 flying spin with no change of foot or position* <ul style="list-style-type: none"> ○ Min 6 revs ● 3rd spin is option of skater <p>All spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p> | <p>Max 1 Sequence</p> <ul style="list-style-type: none"> ● One leveled step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface |
| <p>2017-2018</p> | <p>JUMP ELEMENTS</p> | <p>SPINS</p> | <p>STEP SEQUENCES</p> |
| <p>JUNIOR LADIES</p> <p>3:30 +/- 10 sec</p> <p>*means element is required</p> | <p>Max 7 Jump Elements</p> <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 or quads, only 2 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 sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except one 3-jump combination is allowed ○ Number of jumps in a sequence is not limited | <p>Max 3 Spins</p> <ul style="list-style-type: none"> ● 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 10 revs ○ 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"> ○ Min 6 revs ● 1 spin with only 1 position* <ul style="list-style-type: none"> ○ Min 6 revs <p>All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p> | <p>Max 1 Sequence</p> <ul style="list-style-type: none"> ● One leveled step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface |
| <p>JUNIOR MEN</p> <p>4:00 +/- 10 sec</p> <p>*means element is required</p> | <p>Max 8 Jump Elements</p> <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 or quads, only 2 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 sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except one 3-jump combination is allowed ○ Number of jumps in a sequence is not limited | <p>Max 3 Spins</p> <ul style="list-style-type: none"> ● 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 10 revs ○ 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"> ○ Min 6 revs ● 1 spin with only 1 position* <ul style="list-style-type: none"> ○ Min 6 revs <p>All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p> | <p>Max 1 Sequence</p> <ul style="list-style-type: none"> ● One leveled step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface |
| <p>SENIOR LADIES</p> <p>4:00 +/- 10 sec</p> <p>*means element is required</p> | <p>Max 7 Jump Elements</p> <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 or quads, only 2 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 sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except one 3-jump combination is allowed ○ Number of jumps in a sequence is not limited | <p>Max 3 Spins</p> <ul style="list-style-type: none"> ● 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 10 revs ○ 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"> ○ Min 6 revs ● 1 spin with only 1 position* <ul style="list-style-type: none"> ○ Min 6 revs <p>All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p> | <p>Max 2 Sequences</p> <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 |

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| <p>SENIOR MEN</p> <p>4:30 +/- 10 sec</p> <p>*means element is required</p> | <p>Max 8 Jump Elements</p> <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 or quads, only 2 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 sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except one 3-jump combination is allowed ○ Number of jumps in a sequence is not limited | <p>Max 3 Spins</p> <ul style="list-style-type: none"> ● 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 10 revs ○ 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"> ○ Min 6 revs ● 1 spin with only 1 position* <ul style="list-style-type: none"> ○ Min 6 revs <p>All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p> | <p>Max 2 Sequences</p> <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 |
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U.S. Figure Skating Nonqualifying Competitions

EVENT: Test Track Free Skate

General event parameters:

1. Skaters may not enter both a Well-Balanced Free Skate event and a Test Track Free Skate event at the same nonqualifying competition.
2. Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
3. Level will be determined by the highest Free Skate test passed. Skaters may compete at the highest level they have passed, or "skate up" to one level higher.
4. Minimum number of spin revolutions are in () following the spin description. Revolutions must be in position.
5. The following deductions will be taken:
 - 0.1 from each mark for each technical element included that is not permitted in the event description.
 - 0.2 from the technical mark for each extra element included.
 - 0.1 from the technical mark for any spin that is less than the required minimum revolutions.

| Level | Jumps | Spins | Step Sequences | Qualifications |
|---------------------------------|--|---|--|---|
| Beginner 1:40 maximum | <i>Max. 5 jump elements:</i> <ul style="list-style-type: none"> • Jumps with no more than one-half rotation (front to back or back to front). • Max. 2 jump sequences • Max. 2 of any same jump | <i>Maximum of 2 spins:</i> <ul style="list-style-type: none"> • Two 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 tests higher than U.S. Figure Skating Basic Skills free skating badge tests |
| High Beginner 1:40 maximum | <i>Max. 5 jump elements:</i> <ul style="list-style-type: none"> • Jumps with no more than one-half rotation (front to back or back to front including half-loop) • Single rotation jumps: Salchow and toe loop only. • Max. 2 jump combinations or sequences • Max. 2 of any same type jump. | <i>Maximum of 2 spins:</i> <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 tests higher than U.S. Figure Skating Basic Skills free skating badge tests |
| Pre-Preliminary 1:40 maximum | <i>Maximum of 5 jump elements:</i> <ul style="list-style-type: none"> • Jumps with not more than one-half rotation (front to back or back to front including half-loop) • Single rotation jumps: Salchow, toe loop and loop only. • Max. 2 jump combinations or sequences • Max. 2 of any same type jump | <i>Maximum of 2 spins:</i> <ul style="list-style-type: none"> • Two spins of a different nature, one position only. 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 tests higher than U.S. Figure Skating pre-preliminary free skate test |
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| <p>Preliminary 1:30 +/- 10 sec.</p> | <p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> • Jumps with not more than one rotation (no Axels). • Max. 2 jump combinations or sequences • Max. 2 of any same type jump | <p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> • One spin in one position; no change of foot, no flying entry. (Min. 3 revolutions) • One spin consisting of a front scratch to back scratch; exit on spinning foot not mandatory. (Min. 3 revolutions per foot) | <p>Connecting moves and steps should be demonstrated throughout the program</p> | <p>Skaters must have passed at least the U.S. Figure Skating pre-preliminary free skate test but may not have passed tests higher than the preliminary free skate test</p> |
| <p>Pre-Juvenile 2:00 +/- 10 sec.</p> | <p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> • Jumps with not more than one rotation (no Axels). • Max. 2 jump combinations or sequences • Max. 2 of any same type jump | <p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> • One spin in one position, no change of foot (Min. 3 revolutions) • One combination spin: forward camel spin to forward sit spin; change of foot optional (Min. 6 revolutions). Spins may not fly. | <p>One step sequence fully utilizing ice surface</p> | <p>Skaters must have passed at least the U.S. Figure Skating preliminary free skate test but may not have passed tests higher than pre-juvenile free skate test</p> |
| <p>Juvenile 2:20 +/- 10 sec.</p> | <p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> • Any single jumps, including Axel, are permitted. • Max. 2 jump combinations or sequences • Max. 2 of any same type jump | <p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> • One solo spin in one position, no change of foot (Min. 4 revolutions). • One combination spin with one change of foot and at least one change of position, must include two of the basic spin positions. (Min. 4 revolutions per foot) • <i>Only solo spin may fly</i> | <p>One step sequence fully utilizing ice surface</p> | <p>Skaters must have passed at least the U.S. Figure Skating pre-juvenile free skate test but may not have passed tests higher than juvenile free skate test</p> |
| <p>Intermediate 2:40 +/- 10 sec.</p> | <p><i>Maximum of 6 jump elements:</i></p> <ul style="list-style-type: none"> • Any single jumps. • Double jumps permitted: double Salchow and double toe loop. • Maximum of 3 jump combinations or sequences • Max. 2 of any same type jump | <p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> • One must be a flying spin (min 5 revolutions), • One must be a combination spin with at least one change of foot and at least one change of position (minimum 4 revolutions per foot). | <p>One step sequence fully utilizing ice surface</p> | <p>Skaters must have passed at least the U.S. Figure Skating juvenile free skate test but may not have passed tests higher than intermediate free skate test</p> |

| Level | Jumps | Spins | Step Sequences | Qualifications |
|---|---|--|---|--|
| <p>Novice</p> <p>Ladies: 3:00 +/- 10 sec. Men: 3:30 +/- 10 sec.</p> | <p>Maximum of 7 jump elements for men and 6 for ladies:</p> <ul style="list-style-type: none"> Any single jumps. Double jumps permitted: double Salchow, double toe loop and double loop. Maximum of 3 jump combinations or sequences Max. 2 of any same type jump | <p>Maximum of 3 spins, of a different nature:</p> <ul style="list-style-type: none"> One must be a combination spin with at least one change of foot and at least one change of position (min 5 revs per foot) The other spins are the option of the skater (min 6 revolutions per foot) All spins may fly | <p>One step sequence or spiral sequence fully utilizing ice surface</p> <p>(see rule 4104 & 4105 for remarks)</p> | <p>Skaters must have passed at least the U.S. Figure Skating intermediate free skate test but may not have passed tests higher than novice free skate test</p> |
| <p>Junior</p> <p>Ladies: 3:30 +/- 10 sec. Men: 4:00 +/- 10 sec.</p> | <p>Maximum of 8 jump elements for men and 7 for ladies:</p> <ul style="list-style-type: none"> Any single jumps. Double jumps permitted: double Salchow, double toe loop, double loop and double flip Maximum of 3 jump combinations or sequences Max. 2 of any same type jump | <p>Maximum of 3 spins of a different nature:</p> <ul style="list-style-type: none"> One spin in one position (Min. 6 revolutions) One flying spin (Min. 6 revolutions) One combination spin consisting of all three basic positions and one change of foot (2 per position, min. 5 revolutions per foot) | <p>One step sequence fully utilizing ice surface</p> <p>(See rule 4105 for remarks)</p> | <p>Skaters must have passed at least the U.S. Figure Skating novice free skate test but may not have passed tests higher than junior free skate test</p> |
| <p>Senior</p> <p>Ladies: 4:00 +/- 10 sec. Men: 4:30 +/- 10 sec.</p> | <p>Maximum of 8 jump elements for men and 7 for ladies:</p> <ul style="list-style-type: none"> Any single jumps. Must include at least four different double jumps, one must be a double Lutz. Triple jumps are not permitted Maximum of 3 jump combinations or sequences Max. 2 of any same type jump | <p>Maximum of 3 spins of a different nature:</p> <ul style="list-style-type: none"> One spin in one position (Min. 6 revolutions) One flying spin (Min. 6 revolutions) One combination spin consisting of all three basic spin positions and one change of foot (2 per position, min. 5 revolutions per foot) | <p>Men: Two different step sequences, one being of advanced difficulty, both fully utilizing the ice surface. (See rule 4105 for remarks)</p> <p>Ladies: One step sequence of advanced difficulty, covering the full ice surface and one spiral sequence. (See rule 4104 & 4105 for remarks.)</p> | <p>Skaters must have passed at least the U.S. Figure Skating junior free skate test</p> |

Adult Singles Free Skate

2017-18 Adult Singles Free Skating Requirements – This chart has been updated with the changes from the U.S. Figure Skating Governing Council that will go into effect July 1, 2017.



| 2017-18 | JUMP ELEMENTS | SPINS | STEP SEQUENCE |
|---|---|--|--|
| <p>CHAMPIONSHIP MASTERS JUNIOR-SENIOR & MASTERS JUNIOR-SENIOR</p> <p>3:40 maximum * means element is required</p> | <p>Max 7 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • Max 3 combinations or sequences • 1 jump combination may contain 3 jumps; the remaining jump combinations are limited to 2 jumps • Number of jumps in sequence is unlimited, but only the 2 highest-value jumps in a jump sequence will be counted • No Axels or multi-rotation jumps may be repeated more than once, and if repeated, those jumps must be in combination or sequence <ul style="list-style-type: none"> • If both executions (of the same Axel or multi-rotation jump) are as solo jumps, the second of these jumps will receive 70% of its original base value | <p>Max 3 Spins</p> <ul style="list-style-type: none"> • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) • Min 5 revs total if no change of foot • Min 4 revs each foot if change of foot • Min 2 revs in each position | <p>Max 1 Step Sequence</p> <ul style="list-style-type: none"> • 1 choreographic step sequence, fully utilizing 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. |
| <p>CHAMPIONSHIP MASTERS INTERMEDIATE-NOVICE & MASTERS INTERMEDIATE-NOVICE</p> <p>3:10 maximum * means element is required</p> | <p>Max 6 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • Max 3 combinations or sequences • 1 jump combination/sequence may contain 3 jumps; the remaining jump combinations/sequences are limited to 2 jumps • Only 1 jump combination or sequence may include 2 double jumps • Each jump may be repeated only once, and only as part of a combination or sequence <ul style="list-style-type: none"> • If both executions of the same jump are as solo jumps, the second of these jumps will receive 70% of its original base value • All single jumps and the following double jumps are permitted: double toe loop, double Salchow, double loop • Double flip, double Lutz, double Axel and triple jumps are not permitted | <p>Max 3 Spins</p> <ul style="list-style-type: none"> • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) • Min 5 revs total if no change of foot • Min 4 revs each foot if change of foot • Min 2 revs in each position | <p>Max 1 Step Sequence</p> <ul style="list-style-type: none"> • 1 choreographic step sequence, fully utilizing 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. |
| <p>CHAMPIONSHIP ADULT GOLD & ADULT GOLD</p> <p>2:40 maximum</p> | <p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • Max 3 combinations or sequences • 1 jump combination/sequence may contain 3 jumps; the remaining jump combinations/sequences are limited to 2 jumps • Each jump combination or sequence may include only 1 double jump • Each jump may be repeated only once, and only as part of a combination or sequence <ul style="list-style-type: none"> • If both executions of the same jump are as solo jumps, the second of these jumps will receive 70% of its original base value • All single jumps, including the single Axel, and the following double jumps are permitted: double toe loop, double Salchow. • Double loop, double flip, double Lutz, double Axel and triple jumps are not permitted | <p>Max 3 Spins</p> <ul style="list-style-type: none"> • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) • Min 4 revs total if no change of foot • Min 4 revs each foot if change of foot • Min 2 revs in each position | <p>Max 1 Step Sequence</p> <ul style="list-style-type: none"> • 1 choreographic step sequence, fully utilizing 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. |

| 2017-18 | JUMP ELEMENTS | SPINS | STEP/SPIRAL SEQUENCES |
|---|---|---|--|
| <p align="center">CHAMPIONSHIP ADULT SILVER AND ADULT SILVER</p> <p align="center">2:10 maximum</p> | <p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • Max 2 combinations or sequences • 1 combination/sequence may contain 3 jumps, and the other may contain only 2 jumps • Additional jump sequences which contain non-listed jumps of not more than 1 revolution performed as part of connecting footwork preceding single jumps are permitted • 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, including single Axel, are permitted • No double or triple jumps are permitted | <p>Max 2 Spins</p> <ul style="list-style-type: none"> • 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 | <p>Max 1 Sequence</p> <ul style="list-style-type: none"> • <u>1 choreographic step sequence, fully utilizing at least ½ of the ice surface (may include moves in the field and spirals)</u> • 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. |
| <p align="center">ADULT BRONZE</p> <p align="center">1:50 maximum</p> | <p>Max 4 Jump Elements</p> <ul style="list-style-type: none"> • Max 2 combinations or sequences; • 1 combination/sequence may contain 3 jumps, and the other may contain only 2 jumps • 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 | <p>Max 2 Spins</p> <ul style="list-style-type: none"> • 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 | <p>Max 1 Sequence</p> <ul style="list-style-type: none"> • <u>1 choreographic step sequence, fully utilizing at least ½ of the ice surface (may include moves in the field and spirals)</u> • 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. |
| <p align="center">ADULT PRE BRONZE</p> <p align="center">1:40 maximum</p> | <p>Max 4 Jump Elements</p> <ul style="list-style-type: none"> • Max 2 combinations or sequences • 1 jump combination/sequence may contain 3 jumps, and the other may contain only 2 jumps. • 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 • No single Lutz, single Axel or double or triple jumps are permitted | <p>Max 2 Spins</p> <ul style="list-style-type: none"> • Min 3 revs • Spins with a flying entry are not permitted | <p>Max 1 Sequence</p> <ul style="list-style-type: none"> • Connecting steps throughout the program are required |

This chart highlights the elements in each program. It is not meant to replace the reading of the rules in the current version of the U.S. Figure Skating Rulebook. Should this chart disagree with the current U.S. Figure Skating Rulebook in any aspect, the rulebook takes precedence.

Spins of a different character – this refers to the abbreviation of a spin, e.g. a combination spin with a change of foot (CCoSp) and a combination with no change of foot (CoSp) are spins of a different character; and a flying sit spin (FSSp) and a sit spin (SSp) are of a different character. For more information, see U.S. Figure Skating rule 4103 (E).

6.0 System Penalties: • 0.1 in each mark for each illegal element • 0.1 in 1st mark for insufficient revs. • 0.2 in 1st mark for each jump and/or spin element exceeding max.
• 0.1 in each mark for time violation • 0.1 in 1st mark for step seq. not utilizing the ice as prescribed. • 0.2 in 1st mark if a required element is omitted

NOTE: All times are MAXIMUM times. There is no +/- 10 second leeway for adult programs. All programs – IJS and 6.0 -- over the maximum time will receive a deduction.

Adult Singles 2016-2017 Version 1.1– 7/22/16 LMF



SINGLES JUMPS CHALLENGE

A. Introductory and Standard events

General event parameters:

1. Each jump may be attempted twice; the best attempt will be counted.
2. Pre-juvenile and lower will be skated ½ ice; Juvenile – senior will be skated on full ice
3. Jumps with an “*” must be preceded with connecting steps (intermediate – senior)

| Level | Time | Skating rules / standards |
|----------------------|-----------|--|
| Beginner | 1:15 max. | <ol style="list-style-type: none"> 1. Waltz jump (from backward crossovers) 2. ½ flip or ½ Lutz 3. Single Salchow |
| High Beginner | 1:15 max. | <ol style="list-style-type: none"> 1. Waltz jump (from backward crossovers) 2. Single Salchow 3. Jump combination – waltz jump-toe loop |
| No-Test | 1:15 max. | <ol style="list-style-type: none"> 1. Single toe loop 2. Single loop 3. Jump combination – Any two ½ or single revolution jumps (no Axel) |
| Pre – Preliminary | 1:15 max. | <ol style="list-style-type: none"> 1. Single toe loop 2. Single flip 3. Jump combination - Any two ½ or single revolution jumps (no Axel) |
| Preliminary | 1:15 max. | <ol style="list-style-type: none"> 1. Single flip 2. Single Lutz 3. Jump combination – Any single jump + single loop (may be Axel) |
| Pre – Juvenile | 1:15 max. | <ol style="list-style-type: none"> 1. Single Axel 2. Single or double jump 3. Jump combination – single/single (no Axel) |
| Juvenile & Open Juv. | 1:15 max. | <ol style="list-style-type: none"> 1. Single Axel 2. Double Salchow 3. Jump combination – single/single or double/single (no Axel) |
| Intermediate | 1:30 max. | <ol style="list-style-type: none"> 1. Single Axel 2. Double loop* 3. Jump combination – double/single (no Axel) |
| Novice | 1:30 max. | <ol style="list-style-type: none"> 1. Double loop 2. Double flip* 3. Jump combination – double/double (may be double Axel) |
| Junior | 1:30 max. | <ol style="list-style-type: none"> 1. Choice of double or triple jump 2. Double or triple flip* 3. Jump combination – double/double (may be double Axel) |
| Senior | 1:30 max. | <ol style="list-style-type: none"> 1. Choice of double or triple jump 2. Double or triple Lutz* 3. Jump combination – double/double or triple/double (may be double Axel) |



B. Adult Jumps Challenge

General event parameters:

1. Each jump may be attempted twice; the best attempt will be counted.
2. Adult silver and lower will be skated $\frac{1}{2}$ ice; adult gold – masters junior/senior will be skated on full ice
3. Jumps with an "*" must be preceded with connecting steps (intermediate – senior)

| Level | Time | Elements |
|-----------------------------|------|--|
| Adult Beginner | 1:00 | <ol style="list-style-type: none"> 1. Bunny Hop 2. Mazurka or ballet jump |
| Adult Pre-Bronze | 1:00 | <ol style="list-style-type: none"> 1. Waltz or toe loop jump 2. $\frac{1}{2}$ flip, $\frac{1}{2}$ Lutz or $\frac{1}{2}$ loop |
| Adult Bronze | 1:00 | <ol style="list-style-type: none"> 1. Single Salchow 2. Single toe loop 3. Any single jump + single toe loop combination (No Axels allowed) |
| Adult Silver | 1:15 | <ol style="list-style-type: none"> 1. Single flip 2. Single loop 3. Single/single combination (Axel is permitted) |
| Adult Gold | 1:15 | <ol style="list-style-type: none"> 1. Single Axel 2. Single Lutz 3. Single/single or single/double jump combination (may include any single jump, double toe loop or double Salchow) |
| Masters Intermediate/Novice | 1:30 | <ol style="list-style-type: none"> 1. Axel 2. Double Salchow , double toe loop or double loop 3. Jump combination (double/double, single/double or double/single) that may include double Salchow , double toe loop or double loop and any single jump including Axel |
| Masters Junior/Senior | 1:30 | <ol style="list-style-type: none"> 1. Double loop or double flip 2. Double Lutz 3. Jump combination that may include any double jump |

SINGLES SPINS CHALLENGE

A. Introductory and Standard events

General event parameters:

1. Spins may be skated in any order. Connecting steps are allowed, but will not be taken into consideration in scoring. Spins may not be repeated. Only required elements may be included.
2. All events are skated on $\frac{1}{2}$ ice.
3. Minimum number of revolutions are noted in parentheses.

| Level | Time | Skating rules / standards |
|---------------|-----------|---|
| Beginner | 1:30 max. | <ol style="list-style-type: none"> 1. Upright one-foot spin (3) 2. Upright two-foot spin (3) 3. Sit spin (3) |
| High Beginner | 1:30 max. | <ol style="list-style-type: none"> 1. Upright one-foot spin (3) 2. Upright two-foot spin (3) 3. Sit spin (3) |

| | | |
|----------------------|-----------|---|
| No-Test | 1:30 max. | <ol style="list-style-type: none"> Upright one-foot spin (3) Upright two-foot spin (3) Sit spin (3) |
| Pre – Preliminary | 1:30 max. | <ol style="list-style-type: none"> Upright one-foot spin (3) Upright back scratch spin (3) Sit spin (3) |
| Preliminary | 1:30 max. | <ol style="list-style-type: none"> Forward scratch to back scratch spin (3) Combination spin with no change of foot (4) Sit spin (3) |
| Pre – Juvenile | 1:30 max. | <ol style="list-style-type: none"> Camel spin (3) Combination spin – camel to sit spin; no change of foot (6) Forward to backward scratch spin (3 per foot) |
| Juvenile & Open Juv. | 1:30 max. | <ol style="list-style-type: none"> Sit spin (4) Combination spin – with change of foot; optional change of position (4 per foot) Girls – layback spin (4); Boys – camel spin (4) |
| Intermediate | 1:30 max. | <ol style="list-style-type: none"> Flying camel spin (5) Sit spin to backward sit spin (4 per foot) Combination spin – change of foot & change of position (4 per foot) |
| Novice | 1:30 max. | <ol style="list-style-type: none"> Choice of camel, sit or layback spin (6) Camel spin to backward camel spin (4 per foot in position) Combination spin – change of foot & two changes of position (2 per position & 5 per foot) |
| Junior | 1:30 max. | <ol style="list-style-type: none"> Flying sit spin or flying reverse sit spin (6) Solo spin of choice (6) – may not fly Combination spin – with change of foot & utilizing all three positions (2 per position & 5 per foot) |
| Senior | 1:30 max. | <ol style="list-style-type: none"> Flying spin of choice (6) Solo spin of choice (6) – may not fly Combination spin – with change of foot & utilizing all three positions (2 per position & 5 per foot) |

B. Adult Spins Challenge

General event parameters:

- Spins may be skated in any order. Connecting steps are allowed, but will not be taken into consideration in scoring. Spins may not be repeated. On required elements may be included.
- All events are skated on ½ ice.
- Minimum number of revolutions are noted in parentheses.

| Level | Time | Skating rules / standards |
|------------------|------|--|
| Adult Beginner | 1:15 | <ol style="list-style-type: none"> Pivot Two-foot upright spin (2) |
| Adult Pre-Bronze | 1:15 | <ol style="list-style-type: none"> One-foot upright spin (3) Two-foot upright spin (3) |
| Adult Bronze | 1:15 | <ol style="list-style-type: none"> One-foot upright spin (4) One-foot back spin (3) Sit spin (3) |
| Adult Silver | 1:30 | <ol style="list-style-type: none"> Camel spin (3) Layback, sideways leaning or sit spin (4) Combination spin with at least one change of position, no change of foot (3 in each position) |

| | | |
|-----------------------------|------|--|
| Adult Gold | 1:30 | <ol style="list-style-type: none"> 1. Solo spin, no change of foot (4) 2. Second solo spin, different from the first; change of foot optional (4) 3. Combination spin with only one change of foot and at least one change of position (4 each foot) |
| Masters Intermediate/Novice | 1:30 | <ol style="list-style-type: none"> 1. Solo spin of skater's choice (Min. 6 revolutions) 2. Second solo spin, different from the first; change of foot optional (4) May have a flying entry 3. Combination spin that may have more than one change of foot and at least one change of position (4 each foot) |
| Masters Junior/Senior | 1:30 | <ol style="list-style-type: none"> 1. Solo spin of skater's choice (Min. 8 revolutions) 2. Solo spin with a flying entry 3. Combination spin that may have more than one change of foot and at least one change of position (4 each foot). May have a flying entry |

SHOWCASE EVENTS

Format: Showcase groups will be divided by number of entries and ages if possible. Vocal music is permitted and 6.0 judging will be used. Deductions will be made for skaters including technical elements not permitted in the event description.

Showcase categories may include:

1. Dramatic entertainment: Showcase program utilizing intense emotional skating quality to depict choreographic theme.
2. Light entertainment: Showcase program emphasizing such choreographic expressive qualities such as comedy, love and mime while incorporating skating skills.
3. Duets: Theatrical/artistic performances by any competitors.
4. Mini production ensembles): Theatrical performances by three to seven competitors.

NOTE: Skaters may enter only one each duet, mini production or production event.

General event parameters:

Show costumes are permitted, as long as they do not touch or drag on the ice. Props and scenery must be placed and removed by unaided singles and duet competitors within one minute and by unaided ensemble contestants within two minutes for setup and two minutes for removal. A 0.2 deduction will be assessed by the referee against each judges' mark for each five seconds in excess of the time allowed for the performance, for handling props and scenery and for scenery assistance.

Performances will be judged from an entertainment standpoint for theatrical and artistic qualities. Technical skating skills and difficulty will not be rewarded; however, skating must be the major element of the performance and be of sufficient quality to support the selected theatrical elements. Unintended falls, poorly executed skating elements and obvious losses of control will reduce contestant's marks. Jump difficulty is not rewarded in showcase; therefore jumps, if choreographed, should be performed with style, flow and confidence. Theatrical elements evaluated will include energy, poise, acting, pantomime, eye contact, choreography, form/extension and the use of props and ice.

A. Dramatic Entertainment

Format:

- Programs should express intense emotional connection and investment in the music, choreography and theme concept through related skating movements, gestures and physical actions. The entire gamut of emotions may be expressed including intense joy and/or introspectiveness.
- Props and scenery ARE permitted.

General event parameters:

- Level will be determined by the highest free skate or dance (solo or partnered) test passed, as listed in the table below. Skaters may compete at the highest level they have passed, or skate up to one level higher.
- The determination of level will be based upon test requirement at the entry deadline.
- Current guidelines and procedures for nonqualifying showcase competitions can be found at www.usfigureskating.org, under "Programs" on the National Showcase page.

Dramatic Entertainment Levels:

Except for Adult events, skaters must compete at the highest level for which they qualify.

| LEVEL | ELEMENTS | QUALIFICATIONS | PROGRAM LENGTH |
|---------------------------|--|--|-----------------|
| Basic 1-6 | Elements only from Basic 1-6 curriculum | May not have passed any higher than Basic 6 level. | Time: 1:00 max. |
| Pre-Free Skate-Free Skate | 3 jump maximum. ½ rotation jumps only, plus the following full rotation jumps: Salchow and toe loop. | May not have passed any official U.S. Figure Skating free skate tests. | Time: 1:30 max. |
| Beginner/High Beginner/ | 3 jump maximum. ½ rotation jumps only, plus the following full rotation jumps: Salchow and toe loop. | May not have passed any official U.S. Figure Skating free skate tests. | Time: 1:30 max. |

| Event | Must meet requirements* | Must not have passed | Age | Time |
|--|---|--|---------------------------------------|----------|
| No Test <small>(does not qualify for National Showcase)</small> | Must have passed Free Skating or Dance test (solo or partnered standard track) No Free Skate test passed | Free Skate or Dance (solo or partnered) Test or higher Pre-Preliminary Free Skate Any Free Dance | No age restriction | 1:30 max |
| Pre-Preliminary <small>(does not qualify for National Showcase)</small> | Pre-Preliminary Free Skate | Preliminary Free Skate Any Free Dance | No age restriction | 1:30 max |
| Preliminary | Preliminary Free Skate | Pre Juvenile Free Skate OR Juvenile Free Dance | No minimum age (max age 20) | 1:40 max |
| Pre Juvenile | Pre Juvenile Free Skate | Juvenile Free Skate OR Juvenile Free Dance | No minimum age (max age 20) | 1:40 max |
| Juvenile | Juvenile Free Skate OR Juvenile Free Dance | Intermediate Free Skate OR Intermediate Free Dance | 3 and under | 2:10 max |
| Teen | Juvenile Free Skate OR Juvenile Free Dance | Intermediate Free Skate OR Intermediate Free Dance | 14-17 | 2:10 max |

| | | | | |
|---|---|---|--------------|-------------|
| Intermediate | Intermediate Free Skate OR Intermediate Free Dance | Novice Free Skate OR Novice Free Dance | 17 and under | 2:10 max |
| Young Adult | Juvenile Free Skate OR Juvenile Free Dance | Novice Free Skate OR Novice Free Dance | 18-20 | 2:10 max |
| Novice | Novice Free Skate OR Novice Free Dance | Junior Free Skate OR Junior Free Dance | | 2:10 max |
| Junior | Junior Free Skate OR Junior Free Dance | Senior Free Skate OR Senior Free Dance | | 2:40 max |
| Senior | Senior Free Skate OR Senior Free Dance | | | 2:40 max |
| Event | Must meet requirements* Must have passed Free Skate or Dance Test (solo or partnered, standard, adult, or masters track) | Must not have passed Free Skate or Dance Test (solo or partnered; standard, adult, or masters track) or higher | Age | Time |
| Adult Pre-Bronze <small>(does not qualify for National Showcase)</small> | Adult Pre-Bronze Free Skate OR Pre-Preliminary Free Skate | Adult Bronze Free Skate Preliminary Free Skate OR Any Free Dance | 21 and older | 1:40 max |
| Adult Bronze | Adult Bronze Free Skate Preliminary Free Skate Juvenile Free Dance OR Pre-Bronze Dance Test (prior to 4/30/17) | Adult Silver Free Skate Pre Juvenile Free Skate Adult Silver Free Dance Intermediate Free Dance Preliminary Free Dance (prior to 9/2/2000) OR 3rd Figure (prior to 10/1/77) | 21 and older | 1:40 max |
| Adult Silver | Adult Silver Free Skate Juvenile Free Skate (prior to 10/1/94) Pre Juvenile Free Skate Adult Silver Free Dance Intermediate Free Dance Preliminary Free Dance (prior to 9/2/2000) OR 3rd Figure (prior to 10/1/77) | Adult Gold Free Skate Juvenile Free Skate (On/after 10/1/94) Adult Gold Free Dance Novice Free Dance Bronze Free Dance (prior to 9/2/2000) OR 4th Figure (prior to 10/1/77) | 21 and older | 1:40 max |
| Adult Gold | Adult Gold Free Skate Juvenile Free Skate Adult Gold Free Dance Novice Free Dance OR 3rd Figure (prior to 10/1/77) | Intermediate FS (on/after 10/1/91) Junior Free Dance Silver Free Dance (Prior to 9/2/2000) OR 5th Figure Test (prior to 10/1/77) | 21 and older | 1:40 max |
| Masters | Intermediate Free Skate Adult Gold Free Dance Junior Free Dance Silver Free Dance (Prior to 9/2/2000) 3rd Figure Test (prior to 10/1/77) OR 8th Figure Test (10/1/77-9/30/79) | | 21 and older | 1:40 max |

B. Light Entertainment

Format:

- Showcase program that should express a carefree concept or storyline designed to uplift and entertain the audience through related skating movements, gestures and physical actions.
- Props and scenery are permitted.

General event parameters:

1. Level will be determined by the highest free skate or dance (solo or partnered) test passed. Skaters may compete at the highest level they have passed, or skate up to one level higher.
2. The determination of level will be based upon test requirement at the entry deadline.
3. Current guidelines and procedures for nonqualifying showcase competitions can be found at www.usfigureskating.org, under "Programs" on the National Showcase page.

Light Entertainment Levels:

Except for Adult events, skaters must compete at the highest level for which they qualify.

| LEVEL | ELEMENTS | QUALIFICATIONS | PROGRAM LENGTH |
|---------------------------|--|--|-----------------|
| Basic 1-6 | Elements only from Basic 1-6 curriculum | May not have passed any higher than Basic 6 level. | Time: 1:00 max. |
| Pre-Free Skate-Free Skate | 3 jump maximum. ½ rotation jumps only, plus the following full rotation jumps: Salchow and toe loop. | May not have passed any official U.S. Figure Skating free skate tests. | Time: 1:30 max. |
| Beginner/High Beginner/ | 3 jump maximum. ½ rotation jumps only, plus the following full rotation jumps: Salchow and toe loop. | May not have passed any official U.S. Figure Skating free skate tests. | Time: 1:30 max. |

| Event | Must meet requirements* | Must not have passed | Age | Time |
|--|---|--|---------------------------------------|----------|
| No Test <small>(does not qualify for National Showcase)</small> | Must have passed Free Skating or Dance test (solo or partnered standard track) No Free Skate test passed | Free Skate or Dance (solo or partnered) Test or higher Pre-Preliminary Free Skate OR Any Free Dance | No age restriction | 1:30 max |
| Pre-Preliminary <small>(does not qualify for National Showcase)</small> | Pre-Preliminary Free Skate | Preliminary Free Skate OR Any Free Dance | No age restriction | 1:30 max |
| Preliminary | Preliminary Free Skate | Pre Juvenile Free Skate OR Juvenile Free Dance | No minimum age (max age 20) | 1:40 max |
| Pre Juvenile | Pre Juvenile Free Skate | Juvenile Free Skate OR Juvenile Free Dance | No minimum age (max age 20) | 1:40 max |
| Juvenile | Juvenile Free Skate OR Juvenile Free Dance | Intermediate Free Skate OR Intermediate Free Dance | 3 and under | 2:10 max |
| Teen | Juvenile Free Skate OR Juvenile Free Dance | Intermediate Free Skate OR Intermediate Free Dance | 14-17 | 2:10 max |
| Intermediate | Intermediate Free Skate OR Intermediate Free Dance | Novice Free Skate OR Novice Free Dance | 17 and under | 2:10 max |
| Young Adult | Juvenile Free Skate OR Juvenile Free Dance | Novice Free Skate OR Novice Free Dance | 18-20 | 2:10 max |

| | | | | |
|--|---|---|--------------|-------------|
| Novice | Novice Free Skate OR Novice Free Dance | Junior Free Skate OR Junior Free Dance | | 2:10 max |
| Junior | Junior Free Skate OR Junior Free Dance | Senior Free Skate OR Senior Free Dance | | 2:40 max |
| Senior | Senior Free Skate OR Senior Free Dance | | | 2:40 max |
| Event | Must meet requirements* Must have passed Free Skate or Dance Test (solo or partnered, standard, adult, or masters track) | Must not have passed Free Skate or Dance Test (solo or partnered; standard, adult, or masters track) or higher | Age | Time |
| Adult Pre-Bronze (does not qualify for National Showcase) | Adult Pre-Bronze Free Skate OR Pre-Preliminary Free Skate | Adult Bronze Free Skate Preliminary Free Skate OR Any Free Dance | 21 and older | 1:40 max |
| Adult Bronze | Adult Bronze Free Skate Preliminary Free Skate Juvenile Free Dance OR Pre-Bronze Dance Test (prior to 4/30/17) | Adult Silver Free Skate Pre Juvenile Free Skate Adult Silver Free Dance Intermediate Free Dance Preliminary Free Dance (prior to 9/2/2000) OR 3rd Figure (prior to 10/1/77) | 21 and older | 1:40 max |
| Adult Silver | Adult Silver Free Skate Juvenile Free Skate (prior to 10/1/94) Pre Juvenile Free Skate Adult Silver Free Dance Intermediate Free Dance Preliminary Free Dance (prior to 9/2/2000) OR 3rd Figure (prior to 10/1/77) | Adult Gold Free Skate Juvenile Free Skate (On/after 10/1/94) Adult Gold Free Dance Novice Free Dance Bronze Free Dance (prior to 9/2/2000) OR 4th Figure (prior to 10/1/77) | 21 and older | 1:40 max |
| Adult Gold | Adult Gold Free Skate Juvenile Free Skate Adult Gold Free Dance Novice Free Dance OR 3rd Figure (prior to 10/1/77) | Intermediate FS (on/after 10/1/91) Junior Free Dance Silver Free Dance (Prior to 9/2/2000) OR 5th Figure Test (prior to 10/1/77) | 21 and older | 1:40 max |
| Masters | Intermediate Free Skate Adult Gold Free Dance Junior Free Dance Silver Free Dance (Prior to 9/2/2000) 3rd Figure Test (prior to 10/1/77) OR 8th Figure Test (10/1/77-9/30/79) | | 21 and older | 1:40 max |