



A MINI GUIDE TO COMPETITION SCORING

Edited: 7/31/2023



DISCLAIMER



All content and information are for informational purposes only and were copied directly from the U.S. Figure Skating website as per the recently updated rules that went into effect on July 1st, 2023. Although we strive to provide accurate general information, you should not rely solely on this information as the rules are constantly updated. We recommend each parent and skater to check the U.S. Figure Skating website weekly or at the very least bi-weekly, for rules updates. Always review the rules with your coach(es) as you work on your programs.

We'll try so share updates periodically but it is your responsibility as a skater together with your coach to ensure that you stay up to date.

Additional note: The rules covered here are heavily focused on Singles skating as that represents the large majority of our club skaters. Please refer to USFS for the full rulebook with includes a much more detailed guide to Singles, Pairs, Dance, and Synchronized skating.

WHAT LEVEL AM I COMPETING?

Those competing in Compete USA programs or at any of the levels with an asterisk (*) only require a Learn to Skate USA membership. All other levels require a full USFS membership as competitive level begins to be determined by highest free skate (*singles*) test passed.

ALL levels can be offered as part of a non-qualifying competition but only standard track Juvenile through Senior and Adults Silver through Masters Jr/Sr can be offered for qualifying series.

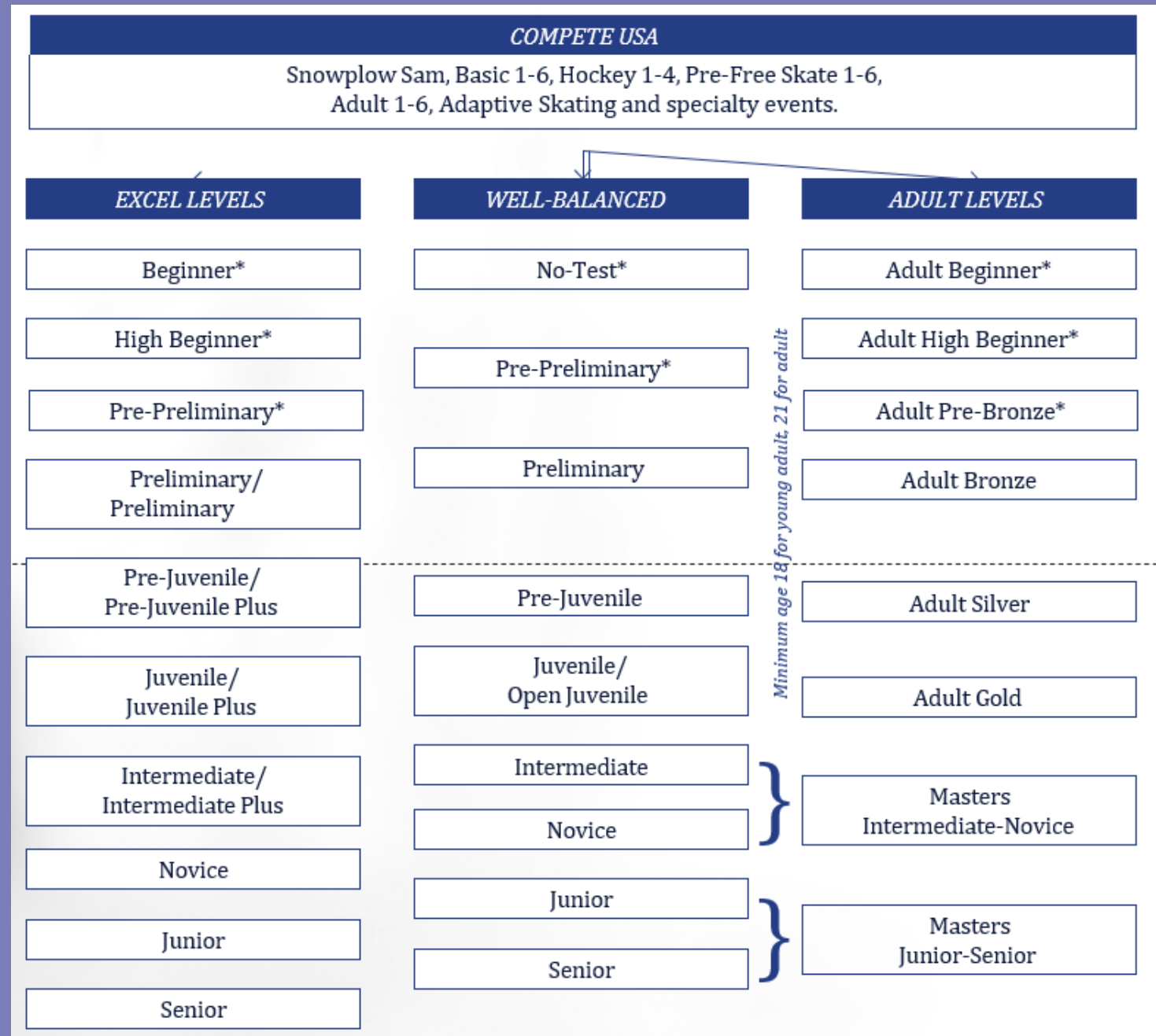


Figure Skating Programs and Development/Pipeline of Figure Skating

U.S. Figure Skating Basic Skills Program: the FUNdamentals

Offering fundamental and specialty badge curriculums that are fun, challenging and rewarding for skaters of all ages and abilities to develop and enhance their skating skills.

Bridge Program/Junior Club

The link between Basic Skills and Full Club Membership. It introduces skaters to training programs, different skating disciplines and teaches them what is required to go to the next level.

U.S. Figure Skating Club Membership

There are five separate disciplines in the sport of figure skating: ladies singles, men's singles, pairs, ice dancing and synchronized skating. Within each discipline there is a unique test structure and competitive pipeline that takes you from Basic Skills to the elite levels of the sport.

TESTS

The test structure is the backbone of U.S. Figure Skating. Passing skill tests by official judges advances the skater to the next level. Skaters test in moves in the field, free skating, pairs and ice dancing. As a skater advances, the tests become more difficult. The highest achievement in each discipline is the gold test.

Pre-preliminary

Preliminary

Pre-Juvenile

Juvenile

Intermediate

Novice

Junior

Senior

Adult Test Program*

NONQUALIFYING COMPETITIONS

Skaters of all ages and can participate in non-qualifying competitions to earn awards and show-case skill mastery. Nonqualifying competitions are divided into two tracks; one is more recreational and the other is more competitive in nature. Skaters compete at their current skill and test levels and are open to all members to participate.

Basic Skills

No Test/Beginner

Pre-preliminary

Preliminary

Pre-Juvenile

Juvenile/Open*

Intermediate

Novice

Junior

Senior

Collegiate and Intercollegiate

Adult Levels*

QUALIFYING SYSTEM

This is the pipeline for singles, pairs and ice dancing to advance to the U.S. Championships, international competitions, World Championships and Olympic Winter Games. The top skaters advance in the juvenile to senior levels and compete for various titles based on age and test level.

Juvenile*

Intermediate*

Novice

Junior

Senior

U.S. Collegiate Championships

U.S. Adult Championships*

U.S. Championships

SYNCHRONIZED SKATING

Synchronized skating is a team sport in which eight to 20 skaters perform a program together. It is characterized by teamwork, speed, intricate formations and challenging step sequences. Synchronized skating has its own qualifying competition system which mirrors s/p/d and leads to the U.S. Synchronized Championships, international competitions and the World Synchronized Championships.

Beginner 1-3*

Beginner are offered at U.S. Figure Skating Basic Skills competitions and U.S. Figure Skating non-qualifying competitions

Preliminary*

Pre-Juvenile*

Open Juvenile*

Juvenile*

Preliminary, pre-juvenile, open juvenile, open collegiate and open adult are offered at nonqualifying competitions and sectional championships.

Intermediate*

Novice*

Junior*

Senior*

Collegiate events

Adult Events*



The mission of U.S. Figure Skating is to provide programs to encourage participation and achievement in the sport of figure skating.

*These levels have age restrictions, refer to a current U.S. Figure Skating rulebook for more information.



Compete USA allows skaters to challenge their Learn Skate USA curriculum skills at a competition. Compete USA is designed to promote a positive competition experience at the grassroots level and increased skating participation while generating enthusiasm.

click here for

[Compete USA Manual](#)

(The 2022-2023 manual as shown in the link above is currently the most updated version on the USFS website)

Singles athletes begin with the Compete USA competitions. Once athletes begin the official U.S. Figure Skating test structure, they can choose to enter the Excel, Well-Balanced or Adult levels as appropriate for their ability, test, level and age. Test requirements are the same for the Excel and Well-Balanced levels. It is completely the choice of the athlete which track to follow; athletes may switch between tracks as best suits their development, but may not enter the same type of event in multiple tracks.

CORRELATION BETWEEN TEST AND COMPETITION LEVELS

Skaters can skate up to a level above their current test level passed. For instance, a skater who has passed Intermediate FS (*Pre-Silver Singles*) can compete at either Intermediate or Novice Singles

**To those that are upcoming skaters and have not moved up in competition levels, a skater can compete below their passed test level, however once you have competed a certain level you cannot compete and the level below. For instance, a skater can have passed Novice FS (Silver singles) and compete at Pre-Juvenile Singles, but once that skater decides to attempt one competition at the Intermediate, they can no longer go below Intermediate. This rule came into effect with the rule updates for the season that began on July 1st, 2022 (*last year*)

What does this mean for you as a skater?

All testing elements will stay the same, just the names have changed. We've changed the names of the tests to better represent the journey to becoming a Gold Medalist.

Moves in the Field → Skating Skills

Freeskate → Singles

Pre-juvenile- Senior have been renamed to reflect a gold, silver, bronze path.

We encourage you to take tests to continually challenge yourself and your skating skills. Tests become more difficult as you advance, so each test passed is a huge accomplishment and cause for celebration!

CURRENT TEST NAME		NEW TEST NAME ON JULY 1, 2023
Moves in the Field	➔	Skating Skills
Pre-preliminary Moves in the Field		Pre-preliminary Skating Skills
Preliminary Moves in the Field		Preliminary Skating Skills
Pre-Juvenile Moves in the Field		Pre-Bronze Skating Skills
Juvenile Moves in the Field		Bronze Skating Skills
Intermediate Moves in the Field		Pre-Silver Skating Skills
Novice Moves in the Field		Silver Skating Skills
Junior Moves in the Field		Pre-Gold Skating Skills
Senior Moves in the Field		Gold Skating Skills

CURRENT TEST NAME		NEW TEST NAME ON JULY 1, 2023
Free Skate	➔	Singles
Pre-preliminary Free Skate		Pre-preliminary Singles
Preliminary Free Skate		Preliminary Singles
Pre-Juvenile Free Skate		Pre-Bronze Singles
Juvenile Free Skate		Bronze Singles
Intermediate Free Skate		Pre-Silver Singles
Novice Free Skate		Silver Singles
Junior Free Skate		Pre-Gold Singles
Senior Free Skate		Gold Singles

Refer to US Figure Skating website for a more elaborated rulebook

CALL TO START RULE

Recent USFS update that concerns ALL skating disciplines and age groups:

The Competitions, Adult Skating, Athletes Advisory, Coaches, Dance Development & Technical, Pairs Development & Technical, Singles Development & Technical Committee, and Synchronized Development & Technical Committees, and the Board of Directors have approved the following amendments to the rules regarding call to start. **These changes are effective for the 2023-24 season, beginning July 14, 2023.**

1322 Call to Start: Before each performance, the name of the competitor/team will be called.

- A. If a competitor/team has not checked in for their event in person, verbally, or electronically and does not take the ice for the warm-up, such competitor/team will be considered officially withdrawn, and the competitor's/team's name will not be announced. Competitors/teams are not required to participate in their event warm-up. If the competitor/team has checked in, their name will be announced.
- B. Singles, pairs and ice dance:
1. For IJS events, every singles, pairs and ice dance competitor/team must take the starting position of each segment of the competition (pattern dance, short program, rhythm dance, free skate or free dance) no later than 30 seconds after the competitor's/team's name has been announced. If the competitor/team has not taken their starting position within 30 seconds after their name is announced, the referee will deduct 1.0. If the competitor/team has not taken their starting position within 60 seconds after their name is announced, the competitor/team will be considered withdrawn.
 2. For 6.0 events, every singles, pairs and ice dance competitor/team must take the starting position of each segment of the competition (pattern dance, short program, rhythm dance, free skate or free dance) no later than 60 seconds after the competitor's/team's name has been announced. Failing to do so, the referee must instruct the judges to take the appropriate deduction (per the current Deduction Table for Events Judged Using the 6.0 System posted on the Members Only site). The referee may, for good cause, modify the strict interpretation of this rule.

Synchronized skaters have 30 seconds both in IJS and 6.0 events to take position

CLOTHING RULE

Dated: Nov. 10, 2022

Re: Clothing Rules

*The Board of Directors has approved amending the clothing rules for singles, pairs, ice dance and synchronized skating to replace gendered requirements with more inclusive requirements. Approved changes are shown in this Technical Notification 290 and are **in effect immediately**.*

6030 Clothing and Equipment – Singles

6031 The clothing of the competitors must be modest, dignified and appropriate for athletic competitions or tests, not garish or theatrical in design. Clothing may, however, reflect the character of the music chosen.

A. The skating clothing worn in actual competition may not bear any form of advertising. However, warm-up suits may bear the name of a sponsor when a skater is on the ice. The sponsor's name must not exceed 4.65 square inches (30 square centimeters).

6032 Clothing must not give the effect of excessive nudity inappropriate for the discipline.

6033 ~~Men must wear full-length trousers.~~ For domestic competitions and tests, there are no restrictions on attire related to gender. If a competitor/team is participating in an ISU sanctioned event, they must follow ISU rules for their respective discipline.

6034 For domestic competitions and tests, costume requirements are inclusive of necessary medical/adaptive equipment aids. There are no restrictions on choosing to wear required equipment aids, however they should not be theatrically enhanced or be used as a prop. If a competitor/team is participating in an ISU sanctioned event, they must follow the ISU rules for their respective discipline.

6035 Accessories and props are not permitted. [Moved from rule 6032.]

60346 Any ornamentation attached to the clothing must be firmly fastened so as not to fall off while skating under normal competitive conditions.

The 6.0 Scoring System

The **6.0 system** has been the longstanding judging system for figure skating. Today, U.S. Figure Skating uses it for Compete USA events and many non-qualifying competitions, particularly at the pre-juvenile level and below.

The basic principle of the 6.0 system is a “majority” system. Each event is judged by an odd number of judges, and the winner of the event is the skater placed highest by a majority of these judges.

Each judge will award marks ranging from 0.0 to 6.0, based on the following scale:

0 - not skated

1 - very poor

2 - poor

3 - mediocre

4 - good

5 - very good

6 - outstanding

DEDUCTIONS
FOR 6.0



The 6.0 scoring system can be offered for ALL levels and disciplines of skating including basic skills competitions. While many levels can be judged by both the IJS and 6.0 scoring system, **certain events are only offered as 6.0 competition** and they include: ***Snowplow Sam, Basic 1-6, Hockey 1-4, Pre-Free Skate1-6, Adult 1-6, Adaptive Skating and specialty events as well as beginner excel, high beginner excel, adult beginner, and adult high beginner***

The IJS Scoring System

The IJS is based on cumulative points rather than the 6.0 standard of marks and placement. The IJS focuses on the skaters and not the judges. Judges don't have to use their memory to compare all aspects of every skater and figure out where to place them, but simply evaluate the qualities of each performance.

In the IJS, competitors accumulate points based on the degree of difficulty (base value) of each technical element and how well each element is executed (grade of execution, or GOE). Skaters also earn points based on their overall skating ability and performance level through program component scores.

The total score

These GOE scores are averaged out

Base Value

These component scores are averaged out too

		Gangneung Ice Arena 강릉 아이스 아레나 Palais des glaces de Gangneung		Figure Skating 피겨 스케이팅 / Patinage artistique		Team Event 피겨 스케이팅 팀이벤트 / Épreuve par équipes		Men Single Skating Free Skating 리 스케이팅 / Patinage individuel hommes, programme libre						
		PyeongChang 2018 MON 12 FEB 2018												
				Judges Details per Skater 심판 세부채점 정보 / Notation détaillée des juges par patineur										
						Total Segment Score		Total Element Score		Total Program Component Score (factored)		Total Deductions		
		CAN		4		179.75		87.67		93.08		-1.00		
#	Executed Elements	Base Value	GOE	J1	J2	J3	J4	J5	J6	J7	J8	J9	Ref.	Scores of Panel
1	4T+3T	14.60	2.14	2	3	2	2	2	3	2	2	2		16.74
2	4T	10.30	2.57	2	3	3	1	2	3	2	3	3		12.87
3	2A	3.30	-0.71	-1	-1	-2	-2	-1	-1	-2	-1	-2		2.59
4	ChSq1	2.00	1.90	3	3	3	3	3	2	2	3	2		3.90
5	3Lz+1Lo+3S	10.90	1.40	2	2	2	2	2	1	3	2	2		12.30
6	3A<	6.49	x -3.00	-3	-3	-3	-3	-3	-3	-3	-3	-3		3.49
7	3Lo	5.61	x -1.20	-2	-2	-1	-2	-1	-2	-2	-2	-1		4.41
8	CCSp4	3.20	1.14	2	2	2	3	2	2	2	3	3		4.34
9	3F+2T	7.26	x 0.40	1	1	0	1	1	0	1	0	0		7.66
10	2A	3.63	x 1.00	2	2	2	2	2	2	2	2	1		4.63
11	FSSp3	2.60	1.21	2	3	3	2	2	2	2	3	3		3.81
12	StSq4	3.90	2.10	3	3	3	3	3	3	3	3	2		6.00
13	CCoSp4	3.50	1.43	3	3	2	3	2	3	3	3	3		4.93
		77.29												87.67
Program Components		Factor												
Skating Skills		2.00		9.50	9.50	9.50	9.50	9.50	9.50	9.50	9.50	9.50		9.50
Transitions		2.00		9.50	9.25	9.00	9.25	9.50	9.25	9.25	9.50	9.00		9.29
Performance		2.00		8.75	9.00	9.25	9.25	9.00	9.00	8.75	8.75	8.75		8.93
Composition		2.00		9.25	9.25	9.50	9.50	9.50	9.50	9.25	9.50	9.00		9.39
Interpretation of the Music		2.00		9.50	9.25	9.50	9.50	9.50	9.50	9.00	9.75	9.25		9.43
Judges Total Program Component Score (factored)														93.08
														-1.00
														-1.00

Base values for IJS scoring

SINGLES AND PAIRS - JUMPS				
ELEMENT	CODE	SOV	< or e	< and e
Double Toe Loop	2T	1.3	1.04	-
Double Salchow	2S	1.3	1.04	-
Double Loop	2Lo	1.7	1.36	-
Double Flip	2F	1.8	1.44	1.08
Double Lutz	2Lz	2.1	1.68	1.26
Double Axel	2A	3.3	2.64	-
Triple Toe Loop	3T	4.2	3.36	-
Triple Salchow	3S	4.3	3.44	-
Triple Loop	3Lo	4.9	3.92	-
Triple Flip	3F	5.3	4.24	3.18
Triple Lutz	3Lz	5.9	4.72	3.54
Triple Axel	3A	8.0	6.40	-
Quad Toe Loop	4T	9.5	7.60	-
Quad Salchow	4S	9.7	7.76	-
Quad Loop	4Lo	10.5	8.40	-
Quad Flip	4F	11.0	8.80	6.60
Quad Lutz	4Lz	11.5	9.20	6.90
Quad Axel	4A	12.5	10.00	-

- In Well-balanced track: Juvenile through Novice competitors are only allowed 1 leveled Step sequence (**StSq 1-4**) for each the short and long program; Junior competitors are required 1 leveled **StSq** in their short and 1 Choreographic Sequence (**ChSq**) in their long; and Senior competitors are required a leveled StSq in both short and long programs, plus a **ChSq** in the long. Additional levels: Excel Novice (**1 leveled StSq**), Excel Junior (**1 ChSq**) and Excel Senior (**1 leveled StSq + 1 ChSq**)
- ** All other remaining Excel levels, all adult levels, as well as the remaining well-balanced levels (Pre-Juvenile and below) are required 1 Choreographic Step Sequence (**ChSt**) - note that the abbreviate is different than the others. Each **ChSt** has a base value of **2.0**

SINGLE REVOLUTION JUMPS VALUES

- Waltz (1Wz) **0.30**
- Toe Loop (1T) **0.40**
- Salchow (1S) **0.40**
- Loop (1Lo) **0.50**
- Flip (1F) **0.50**
- Lutz (1Lz) **0.60**
- Axel (1A) **1.10**
- **Euler (1Eu) **0.50**

SINGLES AND PAIRS - SPINS AND STEP SEQUENCES						
ELEMENT	CODE	LB (V)	L1 (V)	L2 (V)	L3 (V)	L4 (V)
Upright Spin	USp	1.0	1.2	1.5	1.9	2.4
Layback Spin	LSp	1.2	1.5	1.9	2.4	2.7
Camel Spin	CSp	1.1	1.4	1.8	2.3	2.6
Sit Spin	SSp	1.1	1.3	1.6	2.1	2.5
Upright Spin w/ Flying Entry	FUSp	1.5 (1.13)	1.7 (1.28)	2.0 (1.50)	2.4 (1.80)	2.9 (2.18)
Layback Spin w/ Flying Entry	FLSp	1.7 (1.28)	2.0 (1.50)	2.4 (1.80)	2.9 (2.18)	3.2 (2.40)
Camel Spin w/ Flying Entry	FCSp	1.6 (1.20)	1.9 (1.43)	2.3 (1.73)	2.8 (2.10)	3.2 (2.40)
Sit Spin w/ Flying Entry	FSSp	1.7 (1.28)	2.0 (1.50)	2.3 (1.73)	2.6 (1.95)	3.0 (2.25)
Upright Spin w/Change of Foot	CUSp	1.5 (1.13)	1.7 (1.28)	2.0 (1.50)	2.4 (1.80)	2.9 (2.18)
Layback Spin w/Change of Foot	CLSP	1.7 (1.28)	2.0 (1.50)	2.4 (1.80)	2.9 (2.18)	3.2 (2.40)
Camel Spin w/ Change of Foot	CCSp	1.7 (1.28)	2.0 (1.50)	2.3 (1.73)	2.8 (2.10)	3.2 (2.40)
Sit Spin w/ Change of Foot	CSSp	1.6 (1.20)	1.9 (1.43)	2.3 (1.73)	2.6 (1.95)	3.0 (2.25)
Combo Spin w/ no Change of Foot	CoSp	1.5 (1.13)	1.7 (1.28)	2.0 (1.50)	2.5 (1.88)	3.0 (2.25)
Combo Spin w/ Change of Foot	CCoSp	1.7 (1.28)	2.0 (1.50)	2.5 (1.88)	3.0 (2.25)	3.5 (2.63)
Step Sequence	StSq	1.5	1.8	2.6	3.3	3.9
Choreographic Sequence	ChSq	3.0	-	-	-	-

IJS - Program Component

Composition	Presentation	Skating Skills
The intentional, developed and / or original arrangement of the repertoire of all types of movements into a meaningful whole according to the principles of proportion, unity, space, pattern and musical structure.	The demonstration of engagement, commitment and involvement based on an understanding of the music and composition.	The ability of the skater to execute the skating repertoire of steps, turns and skating movements with blade and body control.
Unity	Expressiveness & projection	Variety of edges, steps, turns, movements and directions
Connections between and within the elements	Variety and contrast of energy and of movements	Clarity of edges, steps, turns, movements and body control
Pattern and ice coverage	Musical sensitivity and timing	Balance and glide
Multidimensional movements and use of space	Unison, oneness and awareness of space (Pair Skating, Ice Dance, Synchronized Skating)	Flow
Choreography reflecting musical phrase and form		Power and speed

Composition, Presentation, and Skating Skills are the three main things judges are looking at and scoring in the program component segment. They used to look at 5 things but that was change with the 2022-2023 season. Jumps, spins, and step sequences are scored in the technical segment.

The markings for the component segment are as shown in the color coded box on the right. Those are multiplied by different factors based on the skating level. It is not uncommon for beginning skaters to score in the "red zone". Most skaters will often score in the "orange zone" as they gain more confident and experience in skating after many learn of work. Reaching the "green zone" is a very outstanding accomplishment. Gold zone through platinum are often seen amongst elite skaters.

Category	Mark range	Definition
Platinum	10	Outstanding
Diamond	9.00 – 9.75	Excellent
Gold	8.00 – 8.75	Very good
	7.00 – 7.75	Good
Green	6.00 – 6.75	Above average
	5.00 – 5.75	Average
Orange	4.00 – 4.75	Fair
	3.00 – 3.75	Weak
Red	2.00 – 2.75	Poor
	1.00 – 1.75	Very poor
	0.25 – 0.75	Extremely poor

IJS - Guidelines for GOE markings

FOR + 1 : 1 bullet
FOR + 4 : 4 bullets

FOR + 2 : 2 bullets
FOR + 5 : 5 or more bullets

FOR + 3 : 3 bullets

FOR + 4 and +5 THE FIRST THREE bullets highlighted in bold must be present

Single Skating

<p>Jump Elements</p>	<p>1) very good height and very good length (of all jumps in a combo or sequence) 2) good take-off and landing 3) effortless throughout (including rhythm in Jump combination) 4) steps before the jump, unexpected or creative entry 5) very good body position from take-off to landing 6) element matches the music</p>
<p>Spins</p>	<p>1) good speed and/or acceleration during spin 2) good controlled, clear position(s) (inc. height and air/landing position in flying spin) 3) effortless throughout 4) maintaining a centered spin 5) creativity and/or originality 6) element matches the music</p>
<p>Step Sequences</p>	<p>1) deep edges, clean steps and turns, <u>control of the whole body</u> 2) element matches the music 3) effortless throughout with good energy, flow and execution 4) creativity and/or originality 5) <u>good ice coverage or interesting pattern</u> 6) good acceleration and deceleration</p>
<p>Choreographic Sequences</p>	<p>1) creativity and/or originality 2) element matches the music and reflects the concept/character of the program 3) effortless throughout with good energy, flow and execution 4) good ice coverage or interesting pattern 5) good clarity and precision 6) excellent commitment and control of the whole body</p>

REDUCTIONS FOR ERRORS

JUMP ELEMENTS

SP: Jump element not according to requirements final GOE must be	GOE -5	Downgraded (sign <<)	-3 to -4
Fall	-5	Under-rotated (sign <)	-2 to -3
Landing on two feet in a jump	-3 to -4	Landed on the quarter (sign q)	-2
		Less than quarter missing (no sign)	-1
Stepping out of landing in a jump	-3 to -4	Euler executed as step over	-1 to -2
2 three turns in between (jump combo/seq.)	-2 to -3	Poor speed, height, distance, or air position	-1 to -3
<u>Changes of edge in between jump combo</u>	<u>-1 to -2</u>	Touch down with both hands in a jump	-2 to -3
Wrong edge take off F/Lz (sign "e")	-2 to -4	Touch down with one hand or free foot (including in between jumps)	-1 to -2
Unclear edge take off F/Lz (sign "!")	-1 to -2	Loss of flow/direction/rhythm between jumps (combo/seq.)	-1 to -3
Unclear edge take off F/Lz (no sign)	-1	Weak landing (bad pos./wrong edge/scratching etc)	-1 to -3
Poor take-off	-1 to -3	Long preparation	-1 to -3

SPINS

Fall	-5	Poor/awkward, unaesthetic position(s)	-1 to -3
Touch down with free foot or hand(s)	-1 to -3	Slow or reduction of speed	-1 to -3
Poor fly (flying spin/entry)	-1 to -3	Change of foot poorly done (including curve of entry/exit except when changing direction)	<u>-2 to -3</u>
Incorrect take-off or landing in a flying spin	-1 to -2	Less than required revolutions	-1 to -3
Traveling	-1 to -3	Unbalanced number of revolutions in change foot spin	-1
Loss of balance	-1 to -3		

STEPS

SP: Listed jumps of more than <u>one</u> revolution	-1	Poor quality of steps and turns	-1 to -3
Fall	-5	Poor quality of body positions	-1 to -3
Does not correspond to the music	-2 to -4	Lack of flow and energy	-1 to -3
Stumble	-1 to -3	Small pattern	-1 to -3

CHOREOGRAPHIC SEQUENCES

Fall	-5	Stumble	-1 to -3
Does not correspond to the music	-2 to -4	Loss of control/Lack of energy	-1 to -3
Lack of connection between choreographic movements	-2 to -3	Poor quality of movements	-1 to -3
		Lack of creativity/originality	-1 to -3

WELL-BALANCED SINGLES SHORT PROGRAM REQUIREMENTS

Intermediate through Senior



*****Optional for Juvenile*****

2023-24 Singles Short Program Requirements – This chart reflects the rules in place for the 2023-24 season, which begins July 1, 2023.



OPTIONAL SEGMENT (Juvenile Short Program is not a qualifying segment)

<p>JUVENILE and OPEN JUVENILE GIRLS/BOYS 2:10 max.</p>	<p>Single or Double Axel</p>	<p>Single or Double Jump May not repeat Axel jump or jumps used in the combination</p>	<p>Jump Combination Single/Double or Double/Double May not repeat Axel jump or solo jump performed</p>	<p>Spin Only one position No change of foot May start with a fly Min. 5 revs.</p>	<p>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.</p>	<p>Choreographic Step Sequence Fully utilizing the ice surface Approved by the 2023 Governing Council StSq (leveled step sequence, max level 1) Implementation Date: December 1, 2023</p>
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REQUIREMENTS FOR NONQUALIFYING AND QUALIFYING COMPETITIONS

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

2023-24 Singles Short Program Requirements – This chart reflects the rules in place for the 2023-24 season, which begins July 1, 2023.



REQUIREMENTS FOR NONQUALIFYING AND QUALIFYING COMPETITIONS

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

WELL-BALANCED SINGLES (Freeskate) LONG PROGRAM REQUIREMENTS

No test through Senior



2023-24 Singles Free Skate Requirements – This chart reflects the rules in place for the 2023-24 season, which begins July 1, 2023.



LEVEL	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p>NO TEST</p> <p>1:40 maximum</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 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 (<u>waltz</u>) jump with a direct step from the landing curve of the first/second jump into the take-off curve of the Axel-type (<u>waltz</u>) jump. 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> Spins must be of a different character Minimum 3 revolutions <u>One spin MUST be a spin in ONE position</u> <u>One spin MAY change positions</u> Spins may change feet Spins may start with a flying entry <p>Implementation date for underlined changes:: 7-1-2023</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 Approved by the 2023 Governing Council pChSq (confirmed or not confirmed) Implementation Date: December 1, 2023</p>
<p>PRE- PRELIMINARY</p> <p>1:40 maximum</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 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 (<u>including waltz</u>) jump with a direct step from the landing curve of the first/second jump in to the take-off curve of the Axel-type jump. 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> Spins must be of a different character Minimum 3 revolutions <u>One spin MUST be a spin in ONE position</u> <u>One spin MAY change positions</u> Spins may change feet Spins may start with a flying entry <p>if two one position spins are executed, they must be in different basic positions</p> <p>Implementation date for underlined changes:: 7-1-2023</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 Approved by the 2023 Governing Council pChSq (confirmed or not confirmed) Implementation Date: December 1, 2023</p>
<p>PRELIMINARY</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 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 (<u>including waltz</u>) jump with a direct step from the landing curve of the first/second jump in to the take-off curve of the Axel-type jump. 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> Spins must be of a different character Minimum 3 revolutions <u>One spin MUST be a spin in ONE position</u> <u>One spin MAY change positions</u> Spins may change feet Spins may start with a flying entry <p>if two one position spins are executed, they must be in different basic positions</p> <p>Implementation date for underlined changes:: 7-1-2023</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 Approved by the 2023 Governing Council pChSq (confirmed or not confirmed) Implementation Date: December 1, 2023</p>

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. Singles 2023-24 Free Skate Version 3.0 – 07/14/23 DG/SM

2023-24 Singles Free Skate Requirements – This chart reflects the rules in place for the 2023-24 season, which begins July 1, 2023.



LEVEL	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<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 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 in to the take-off curve of the Axel-type jump. 	<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"> 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>	<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> <p>Approved by the 2023 Governing Council pChSq (confirmed or not confirmed) Implementation Date: December 1, 2023</p>
<p>JUVENILE and OPEN JUVENILE GIRLS & BOYS</p> <p>2:30 +/- 10 sec</p> <p>2nd half bonus: 1:15</p> <p>*Means element is required</p> <p>For age eligibility, see U.S. Figure Skating rule 6400</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, 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 in to the take-off curve of the Axel-type jump. 	<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"> 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>	<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>Approved by the 2023 Governing Council StSq (leveled step sequence, max level 1) Implementation Date: December 1, 2023</p>
<p>INTERMEDIATE WOMEN & MEN</p> <p>3:00 +/- 10 sec</p> <p>2nd half bonus: 1:30</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 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 in to the take-off curve of the Axel-type jump. 	<p>Max 2 Spins</p> <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>	<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 Max Level 2

2023-24 Singles Free Skate Requirements – This chart reflects the rules in place for the 2023-24 season, which begins July 1, 2023.



LEVEL	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p>NOVICE WOMEN & MEN</p> <p>3:30 +/- 10 sec</p> <p>2nd half bonus: 1:45</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 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 in to the take-off curve of the Axel-type jump. 	<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"> ○ 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>	<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 WOMEN & MEN</p> <p>3:30 +/- 10 sec</p> <p>2nd half bonus: 1:45</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 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 in to the take-off curve of the Axel-type jump. 	<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"> ○ 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>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • <u>One choreographic sequence*</u> <ul style="list-style-type: none"> ○ Must be clearly visible
<p>SENIOR WOMEN & MEN</p> <p>4:00 +/- 10 sec</p> <p>2nd half bonus: 2:00</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 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 in to the take-off curve of the Axel-type jump. 	<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"> ○ 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>	<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

WELL BALANCED BONUS CHART

2023-2024 BONUS CHART – Domestic Single Skating Calling Clarifications Junior, Novice, Intermediate & Juvenile

Bonus Categories								
	Individual Jump Bonuses				Combination/ <u>Sequence</u> Bonuses			Repertoire
Level	Quad	Triple Axel	Triple Jumps	Double Axel	Triple Jump Followed by a Triple Jump	Double Jump Followed by a Triple Jump	Double Axel or Triple jump followed by a Single Jump followed by a Triple Jump	Repertoire Bonus
Junior	1.0 for each	1.0 for each	NA	NA	1.0 for one (Women only)	N/A	N/A	N/A
Novice	NA	1.0 for each	NA	NA	1.0 for one	N/A	1.0 for one	2.0
Intermediate	NA	NA	1.0 for each (maximum 2, triples must be different)	NA	NA	1.0 for one	1.0 for one	NA
Juvenile	NA	NA	1.0 for one	1.0 for each	NA	N/A	N/A	NA

General notes:

- ▲ Jump elements (individual jump or jump combination/sequence) are eligible for a maximum 1.0 bonus if the jump element meets the criteria for bonus application.
- ▲ Bonuses noted "for one" in the chart above may be applied only once per program.
- +REP does not block a bonus application.
- The first jump element that meets the requirements is eligible for the bonus in that category.
- Individual jump bonuses shall be applied to an eligible jump executed in combination/sequence if the entire element is not eligible for a Combination/Sequence Bonus.
- When bonuses are applied to jump elements, the repeat rule verifications in the software may fail and must be manually checked by the technical controller.
- Bonuses apply only to jump elements that meet SP or FS well-balanced program requirements and repeat rules.
- Juvenile & Intermediate: To be eligible for any bonus, jumps must be fully rotated, landed on the quarter (q) or under-rotated (<). Jumps with an edge attention (!) are eligible. Jump elements that include a wrong edge (e) or downgrade (<<) are not eligible for a bonus.
- Novice & Junior: To be eligible for any bonus, jumps must be fully rotated or landed on the quarter (q). Jump elements that include an attention (!), wrong edge (e), under-rotation (<) or downgrade (<<) are not eligible for a bonus.
- Repertoire Bonus may be awarded in Novice only, once per program for 4 different triple or quad jumps. This bonus may be added by the DO at the direction of the TC.

Combination/Sequence Bonuses:

- Executing a jump to achieve a Combination/Sequence Bonus (green columns) does not block an Individual Jump Bonus (gold columns) for said jump.
- Juvenile & Intermediate: If ANY jump in a jump combo has a wrong edge or downgrade, the element is not eligible for a Combination/Sequence Bonus.
- Novice & Junior: If ANY jump in a jump combo/sequence has a wrong edge, edge attention, under-rotation or downgrade, the element is not eligible for a Combination/Sequence Bonus.

WELL BALANCED - ADDITIONAL RESOURCES

On April 17, 2023, a the **Protocol Feedback** was launched nationwide for non-qualifying and National Qualifying Series (NQS) competitions in the juvenile through senior singles short program and free skate events. This feedback system is athlete-centered and strives to offer more information to the athletes and coaches for future improvement, goal assessment and attainment.

Protocol Feedback will not be implemented at the sectional singles finals, U. S. Figure Skating Championships or Excel Series Final.

Protocol
Feedback

Step Sequence in Intermediate Singles:

The step will be leveled, and Y (yes) or N (no) for rotations will appear in the column before the base values.

Step Sequences in Novice, Junior and Senior Singles:

The step will be leveled, and the following notations will appear in the column before the base values.

- Rotations Y (yes) or N (no)
- Body Y (yes) or N (no)
- Clusters Y (yes) or N (no)
- The order of appearance will be **rotations, body, and clusters** as listed in ISU Communication 2558.

Notes for Step Sequences:

- For the above levels, the final level assigned is also based on turns achieved.
- The number of turns achieved will not be shown.
- The final level is a field of play call and not subject to protest.

Combination spins in Juvenile, Intermediate, Novice, Junior and Senior:

Where a "V" is assigned due to a missing position:

- C** Indicates missing camel position (will be **nC** July 15, 2023)
- S** Indicates missing sit position (will be **nS** July 15, 2023)
- U** Indicates missing upright position (will be **nU** July 15, 2023)

- This applies to CCoSp, FCCoSp, FCoSp, CoSp **if** the error relates to a missing position.
- The final level is a field of play call and not subject to protest.



[Calling Clarifications for Juvenile & Intermediate](#)

[Calling Clarifications for Novice & Junior](#)



EXCEL FREESKATE PROGRAM REQUIREMENTS

Excel Beginner through Excel Senior
(includes Excel Plus track)



2023 Excel Program Requirements

<p>Excel Beginner Free Skate 1:40 Max</p>	<p>Maximum 4 jump elements:</p> <ul style="list-style-type: none"> Jumps with no more than one-half rotation (front to back or back to front) Single rotation jumps: Salchow, toe loop only Eulers (half loops) are not allowed. Max 2 jump combinations, or 1 jump combination and 1 jump sequence <ul style="list-style-type: none"> Permitted combinations: waltz jump/toe loop and/or salchow/toe loops Permitted jump sequence: waltz jump/waltz jump with no turns or hops in between Maximum 2 of any same jump 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> Two upright spins No change of foot No flying entry Minimum 3 revolutions <p><i>Max Level: Base</i></p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> Must use one-half of 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>Excel High Beginner Free Skate 1:40 Max</p>	<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> Jumps with no more than one-half rotation (front to back or back to front) Single rotation jumps: toe loop, Salchow, Euler (half-loop), loop Flip, Lutz, & Axel NOT permitted 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 a waltz jump with a direct step from the landing curve of the first/second jump Maximum 2 of any same jump 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> Both spins must be in a single position No change of foot No flying entry Permitted forward spins: upright, sit, camel Permitted back spins: upright <ul style="list-style-type: none"> Minimum 3 revolutions Spins may be the same character <p><i>Max Level: Base</i></p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> Must use one-half of 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>Excel Pre-Preliminary 1:40 Max</p>	<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> All single jumps allowed, except for the Axel <ul style="list-style-type: none"> No single Axels, double, or higher jumps allowed Maximum of two of any of the same jump, may be as solo jumps or part of jump combinations/sequence 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 a waltz jump with a direct step from the landing curve of the first/second jump 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> One spin must be in a single position with no change of foot* <ul style="list-style-type: none"> No flying entry Minimum 3 revolutions One spin may be either a single position spin with no change of foot or a combination spin without a change of foot <ul style="list-style-type: none"> No flying entry Spins must be of a different character <p><i>Max Level: 1</i></p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> Must use one-half of 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>Excel Preliminary 2:00 +/- 10 sec</p>	<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> All single jumps allowed, except for the Axel <ul style="list-style-type: none"> No single Axels, double, or higher jumps allowed Maximum of two of any of the same jump, may be as solo jumps or part of jump combinations/sequence 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 a waltz jump with a direct step from the landing curve of the first/second jump 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> One spin must be a camel or layback spin with no change of foot and no change of position* <ul style="list-style-type: none"> No flying entry Minimum 3 revolutions 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> Minimum 6 revolutions No flying entry Spins must be of a different character <p><i>Max Level: 1</i></p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> Choreographic Step Sequence* (ChSt) <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 choreographic step sequence

*Denotes required element

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<p>Excel Preliminary Plus 2:00 +/- 10 sec</p>	<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> All single jumps allowed, including single Axel <ul style="list-style-type: none"> No double, or higher jumps allowed <u>Single Axel and all other single jumps</u> may be repeated once (but not more) as a solo jump or part of a jump sequence or jump combination (<u>maximum 2 of any same jump</u>) Number of remaining single jumps is not limited provided the maximum number of jump elements allowed is not exceeded <u>Max 2 jump combinations, or 1 jump combination and 1 jump sequence</u> <ul style="list-style-type: none"> <u>Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps</u> <u>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</u> 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> <u>1 spin combination, with or without change of foot*</u> <ul style="list-style-type: none"> <u>Minimum 6 revolutions</u> <u>No flying entry</u> 1 spin with only 1 position* <ul style="list-style-type: none"> No change of foot No flying entry Minimum 3 revolutions Spins must be of a different character <p><u>Max Level: 1</u></p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> Choreographic Step Sequence* (ChSt) <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 choreographic step sequence
<p>Excel Pre-Juvenile 2:00 +/- 10 sec</p>	<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> All single jumps allowed, except for the Axel No single Axels, double, or higher jumps allowed <u>Maximum of two of any of the same jump, may be as solo jumps or part of jump combinations/sequence (maximum 2 of any same jump)</u> <u>Max 2 jump combinations, or 1 jump combination and 1 jump sequence</u> <ul style="list-style-type: none"> <u>Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps</u> <u>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</u> 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> Minimum 6 revolutions No flying entry 1 spin with only 1 position* <ul style="list-style-type: none"> No change of foot No flying entry Minimum 4 revolutions Spins must be of a different character <p><u>Max Level: 2</u></p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> Choreographic Step Sequence* (ChSt) <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 choreographic step sequence
<p>Excel Pre-Juvenile Plus 2:00 +/- 10 sec</p>	<p>Maximum 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 1 double jump may be attempted (limited to double Salchow or double toe loop) <ul style="list-style-type: none"> Double loop, double flip, double Lutz, double Axel and higher jumps not allowed. <u>Axel and all other singles</u> may be repeated once (but not more) as a solo jump or part of a jump sequence or jump combination. (<u>maximum 2 of any same jump</u>) No double jump can be included more than twice, and if repeated, at least 1 attempt must be part of a jump combination or sequence. <u>Max 2 jump combinations, or 1 jump combination and 1 jump sequence</u> <ul style="list-style-type: none"> <u>Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps</u> <u>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</u> 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> Minimum 6 revolutions No flying entry 1 spin with only 1 position* <ul style="list-style-type: none"> No change of foot Spin may start with flying entry Minimum 4 revolutions Spins must be of a different character <p><u>Max Level: 2</u></p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> Choreographic Step Sequence* (ChSt) <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 choreographic step sequence

*Denotes required element

2023 Excel Program Requirements

<p>Excel Juvenile 2:30 +/- 10 sec <u>2nd half bonus: 1:15</u></p>	<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> • <u>1 must be an Axel-type jump*</u> • All single jumps allowed, including Axel <ul style="list-style-type: none"> ○ No double or higher jumps allowed ○ <u>Axel may be repeated once (but not more) as a solo jump or part of a jump sequence or jump combination (maximum 2 single Axels)</u> ○ Number of remaining single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • <u>Max 2 jump combinations, or 1 jump combination and 1 jump sequence</u> <ul style="list-style-type: none"> ○ <u>Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps</u> ○ <u>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</u> 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> • 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ○ Minimum 8 revolutions ○ Minimum 2 revolutions in each position • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ No change of foot ○ Minimum 5 revolutions <p>Both Spins may start with a flying entry Spins must be of a different character</p> <p><u>Max Level: 2</u></p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> • Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> ○ Must fully utilize the ice surface
<p>Excel Juvenile Plus 2:30 +/- 10 sec <u>2nd half bonus: 1:15</u></p>	<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single jumps, including the single Axel, allowed. • Only 2 different double jumps may be attempted (limited to double Salchow and double toe loop) <ul style="list-style-type: none"> ○ Double loop, double flip, double Lutz, double Axel and higher jumps not allowed ○ No double jump can be included more than twice, and if repeated, at least 1 attempt must be part of a jump combination or sequence ○ <u>Axel may be repeated once (but not more) as a solo jump or part of a jump sequence or jump combination (maximum 2 single Axels)</u> ○ <u>Number of remaining single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</u> • <u>Max 2 jump combinations, or 1 jump combination and 1 jump sequence</u> <ul style="list-style-type: none"> ○ <u>Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps</u> ○ <u>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</u> 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> • 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ○ Minimum 8 revolutions ○ Minimum 2 revolutions in each position • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ No change of foot ○ Minimum 5 revolutions <p>Both Spins may start with a flying entry Spins must be of a different character</p> <p><u>Max Level: 2</u></p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> • Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> ○ Must fully utilize the ice surface

*Denotes required element

2023 Excel Program Requirements

<p>Excel Intermediate 3:00 +/- 10 sec</p> <p><u>2nd half bonus: 1:30</u></p>	<p>Maximum 6 jump elements:</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single jumps, including the single Axel, allowed. • Only 2 different double jumps may be attempted (limited to double Salchow and double toe loop) <ul style="list-style-type: none"> ○ Double loop, double flip, double Lutz, double Axel and higher jumps not allowed ○ Single Axel and only 1 double jump may be repeated once (but not more), and if repeated, must be part of a jump sequence or jump combination ○ Number of single jumps, excluding single axel, is not limited provided the maximum number of jump elements allowed is not exceeded • <u>Max 3 jump combinations, or 2 jump combinations and 1 jump sequence,</u> <ul style="list-style-type: none"> ○ <u>Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps.</u> ○ <u>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 in to the take-off curve of the Axel-type jump.</u> 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> • 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ○ Minimum 8 revolutions ○ Minimum 2 revolutions in each position • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ No change of foot ○ Minimum 5 revolutions <p>Both Spins may start with a flying entry Spins must be of a different character</p> <p><u>Max Level: 3</u></p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> • Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> ○ Must fully utilize the ice surface
<p>Excel Intermediate Plus 3:00 +/- 10 sec</p> <p><u>2nd half bonus: 1:30</u></p>	<p>Maximum 6 jump elements:</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single jumps, including the single Axel, allowed. • Only 3 different double jumps may be attempted (limited to double Salchow, double toe loop, double loop and double flip) <ul style="list-style-type: none"> ○ Double Lutz, double Axel and higher jumps not allowed ○ Only 2 different double jumps may be repeated once (but not more), and if repeated, must be 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 • <u>Max 3 jump combinations, or 2 jump combinations and 1 jump sequence,</u> <ul style="list-style-type: none"> ○ <u>Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps.</u> ○ <u>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 in to the take-off curve of the Axel-type jump.</u> 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> • 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ○ Minimum 8 revolutions ○ Minimum 2 revolutions in each position • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ No change of foot ○ Minimum 5 revolutions <p>Both Spins may start with a flying entry Spins must be of a different character</p> <p><u>Max Level: 3</u></p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> • Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> ○ Must fully utilize the ice surface

*Denotes required element

2023 Excel Program Requirements

<p>Excel Novice 3:30 +/- 10 sec</p> <p>2nd half bonus: 1:45</p>	<p>Maximum 7 jump elements:</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single jumps, including the single Axel, allowed. • Only 4 different double jumps may be attempted (limited to double Salchow, double toe loop, double loop, double flip and double lutz) <ul style="list-style-type: none"> ◦ Double Axel and higher jumps not allowed ◦ Only 3 different double jumps may be repeated once (but not more), and if repeated, must be 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 • <u>Max 3 jump combinations, or 2 jump combinations and 1 jump sequence.</u> <ul style="list-style-type: none"> ◦ <u>Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps.</u> ◦ <u>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 in to the take-off curve of the Axel-type jump.</u> 	<p>Maximum 3 spins:</p> <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 <p>All spins may start with a flying entry Spins must be of a different character</p> <p><u>Max Level: 3</u></p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> • One leveled step sequence* <ul style="list-style-type: none"> ◦ 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 ◦ Must fully utilize the ice surface <p><u>Max Level: 2</u></p>
<p>Excel Junior 3:30 +/- 10 sec</p> <p>2nd half bonus: 1:45</p>	<p>Maximum 7 jump elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single and double jumps allowed, except the double Axel. <ul style="list-style-type: none"> ◦ Double Axel and higher jumps not allowed ◦ No double jump can be included more than twice, and if repeated, at least 1 attempt must be as part of a jump combination or sequence • <u>Max 3 jump combinations, or 2 jump combinations and 1 jump sequence.</u> <ul style="list-style-type: none"> ◦ <u>Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps.</u> ◦ <u>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 in to the take-off curve of the Axel-type jump.</u> 	<p>Maximum 3 spins:</p> <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 minimum 2 revolutions 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 one 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> <p><u>Max Level: 4</u></p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> • <u>One Choreographic Sequence (ChSq)</u> <ul style="list-style-type: none"> ◦ <u>Must be clearly visible</u>

*Denotes required element

2023 Excel Program Requirements

<p>Excel Senior 4:00 +/- 10 sec</p> <p><u>2nd half bonus: 2:00</u></p>	<p>Maximum 7 jump elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single and double jumps allowed, including the double Axel. <ul style="list-style-type: none"> ○ Triple and higher jumps not allowed ○ No double jump can be included more than twice, and if repeated, at least 1 attempt must be as part of a jump combination or sequence • <u>Max 3 jump combinations, or 2 jump combinations and 1 jump sequence.</u> <ul style="list-style-type: none"> ○ <u>Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps.</u> ○ <u>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 in to the take-off curve of the Axel-type jump.</u> 	<p>Maximum 3 spins:</p> <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 minimum 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 one 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> <p><u>Max Level: 4</u></p>	<p>Maximum 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 <p><u>Max Level: 4</u></p> <ul style="list-style-type: none"> • One Choreographic Sequence* (ChSq) <ul style="list-style-type: none"> ○ Must be clearly visible
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*Denotes required element

Adult Skaters

Over the years, there's been an increasing number of adult skaters of all ages. U.S Figure has modified some rules for adult skaters to allow them to compete and have fun while not being scored to the same standards as the standard track. It is still challenging but it allows for some adults to find that it's not impossible to set and accomplish goals in skating no matter how early or late they began their skating journey.



Adult skating rules



ADULT SINGLES PROGRAM REQUIREMENTS

Pre-Bronze through Master Jr/Sr



2023-2024 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, 2023.



2023-24	JUMP ELEMENTS	SPINS	STEP SEQUENCE
<p>CHAMPIONSHIP MASTERS JUNIOR-SENIOR & MASTERS JUNIOR-SENIOR</p> <p>3:40 maximum 2nd half bonus: 1:50 * means element is required</p>	<p>Max 7 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump or a waltz jump* • Max 3 combinations or sequences <ul style="list-style-type: none"> ◦ 1 jump combination may contain 3 jumps; the remaining jump combinations are limited to 2 jumps ◦ Jump sequence is any listed jump immediately followed by an Axel-type jump • 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 2nd half bonus: 1:35 * means element is required</p>	<p>Max 6 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump or a waltz jump* • Max 3 combinations or sequences <ul style="list-style-type: none"> ◦ 1 jump combination may contain 3 jumps; the remaining jump combinations are limited to 2 jumps ◦ Only 1 jump combination may include 2 double jumps ◦ Jump sequence is any listed jump immediately followed by an Axel-type 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 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 2nd half bonus: 1:20</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • Max 3 combinations or sequences <ul style="list-style-type: none"> ◦ 1 jump combination may contain 3 jumps; the remaining jump combinations are limited to 2 jumps ◦ Each jump combination may include only 1 double jump ◦ Jump sequence is any listed jump immediately followed by an Axel-type 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"> • Max Level 3 • 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.

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.

2023-2024 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, 2023.



2023-24	JUMP ELEMENTS	SPINS	STEP/SPIRAL SEQUENCES
<p>CHAMPIONSHIP ADULT SILVER AND ADULT SILVER</p> <p>2:10 maximum</p> <p>2nd half bonus: 1:05</p>	<p>Max 5 Jump Elements</p> <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 an Axel-type 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, including single Axel, are permitted • No double or triple jumps are permitted 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • Max Level 2 • 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"> • 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.
<p>ADULT BRONZE</p> <p>1:50 maximum</p>	<p>Max 4 Jump Elements</p> <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 an Axel-type 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 	<p>Max 2 Spins</p> <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 • Spins with a flying entry are not permitted 	<p>Max 1 Sequence</p> <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.
<p>ADULT PRE BRONZE</p> <p>1:40 maximum</p>	<p>Max 4 Jump Elements</p> <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 an Axel-type 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 or double or triple jumps are permitted 	<p>Max 2 Spins</p> <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 	<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

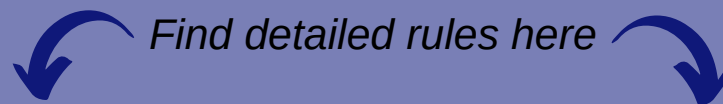
NOTE: All times are MAXIMUM times. There is no +/- 10 second leeway for adult programs. All programs – IJS and 6.0 -- over the maximum time will receive a deduction.

ADULT CALLING CLARIFICATIONS

Please note that for IJS the callings for various elements in the adult track differs a bit from that of the standard track. The age gap as well as physical ability in the adult track is much wider than that in the standard track. In order to make various levels attainable for more skaters, there are various restrictions to what is allowed at each level.

A few highlights:

- There are no leveled step sequence in adult skating in the USFS structure (the rule differs a bit for ISU)
- There are many modifications from the standard track as to what counts as a feature to achieve levels on spins in adult skating
- A Waltz jump is an acceptable axel-type jump at ALL levels of the adult skating track.
- The deduction for each fall is 0.25 for Pre-Bronze and 0.50 for all other adult levels

 Find detailed rules here

[Adult Calling Clarification Document](#)

Currently the most widely open levels are really only the Senior level in the standard (well-balanced) track where there aren't much age restriction as other levels (however, in the future it may likely be limited to skaters of 17 years and above to match the future ISU requirements for international competitions) and the Master Jr/Sr level in the adult track (where the only requirement is to be 21 years of age and above)

TEST AND COMPETING LEVELS FOR ADULTS

The recent name changes to different test levels did not affect the adult track. Test names remain as previous

U.S. Figure Skating Adult Tests

ADULT SKATING SKILLS 21+ or 50+	ADULT SINGLES 21+ or 50+	ADULT PATTERN DANCE <i>Partnered – Lead or Follow</i> <i>Solo – Lead or Follow;</i> 21+ or 50+	ADULT FREE DANCE 21+ or 50+	ADULT SOLO FREE DANCE 21+ or 50+	ADULT PAIRS
Pre-Bronze	Pre-Bronze	Preliminary	Pre-Bronze	Juvenile	
Bronze	Bronze	Pre-Bronze	Bronze	Intermediate	Bronze
Silver	Silver	Bronze	Silver	Novice	Silver
Gold	Gold	Pre-Silver	Gold	Junior	Gold
Intermediate	Intermediate	Silver		Senior	
Novice	Novice	Pre-Gold			
Junior	Junior	Gold			
Senior	Senior	International			

Adult intermediate, novice, junior and senior tests are for adult athletes that have passed their gold tests, and challenge themselves by taking tests above that level. The skills on the intermediate-level tests are similar to those on the pre-silver tests in the standard track.

Adults are only permitted to compete at level higher than their highest passed freeskate (singles) test at non-qualifying competitions. For qualifying competitions, all adult competitor must have passed the freeskate (singles) test equivalent to the level they are registering for prior to the given date each season.

***Note that ALL adult programs have a definite maximum time. Unlike standard or excel track, it does not give +/-10 second. One's program can be a few seconds under the maximum but CANNOT go over even by 1 second.*



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