

Technical Requirements – Singles

6000 Singles Rules

U.S. Figure Skating reserves the right to incorporate revisions made by the ISU for junior and senior events. The revisions or clarifications made to the international judging system by the ISU may be adopted by U.S. Figure Skating at its discretion at any time after the revision or clarification is issued. For novice events, revisions or clarifications will be posted as Technical Notifications on the Members Only site and, when applicable, published in the next U.S. Figure Skating rulebook.

6001 Use of IJS

Competitions and categories that are required to use the international judging system (IJS) are listed in rule 1041.

6010 Conduct of Singles Events

6020 Singles Event Names

6021 The title “men” or “women” will apply to all singles events at or above the intermediate level, all adult singles events, all intercollegiate singles events and all open singles events. All other singles events will use the title “boys” or “girls.” If boys and girls are competing against each other at the pre-juvenile level or lower, the title “singles” will apply (i.e. pre-juvenile singles free skate).

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. Accessories and props are not permitted.

6033 Men must wear full-length trousers.

6034 Any ornamentation attached to the clothing must be firmly fastened so as not to fall off while skating under normal competitive conditions.

6035 *Skate blades:* Figure skating blades used during competitions and tests (or hockey skate blades used during moves in the field tests or moves in the field events at competitions) must be sharpened to produce a flat to concave cross section without change to the width of the blade as measured between the two edges. However, a slight tapering or narrowing of the cross section of the blade is permitted.

6040 Music – Singles

The program shall be skated in harmony with the music chosen by the competitor. For singles short program and free skate, vocal music with lyrics is permitted.

6050 Duration of Skating – Singles

Timing starts from the moment the skater begins to move or skate. Timing stops when the skater comes to a complete stop at the end of the program.

6051 Permissible Time Allowance – Intermediate and Novice Short Programs, Pre-Preliminary and No Test Free Skates and All Adult Events

The duration of intermediate, and novice short programs, and pre-preliminary, no test and adult free skate must not exceed the maximum time allowed, but may be less, provided that all technical elements are included. Any element started after the permissible time will be considered in the marking as omitted. See rules 6913 and 1071 (C) for deductions for programs that exceed the time limit using the 6.0 system and the IJS respectively.

6052 Permissible Time Allowance – Junior and Senior Short Programs and All Free Skates (Except Pre-Preliminary, No Test and Adult)

Skaters are allowed to finish junior and senior short programs, and all free skates (except for pre-preliminary, no test and adult events) within 10 seconds plus or minus the required time.

A. Any element started after the permissible time must not be marked and will have no value.

B. Should the program be 30 or more seconds short of the prescribed range, no marks will be awarded.

See rules 6914 and (C) for deductions using the 6.0 system and the IJS respectively for programs that do not finish within the range of time allowed.

6060 Composition of Singles Events

6061 Senior, junior, novice and intermediate free skate events shall consist of a short program and a free skate. If a qualifying round is necessary at qualifying competitions, only the free skate shall be skated in the qualifying round. The championship round shall consist of a short program and a free skate. The short program must precede the free skate except in qualifying rounds.

6062 Juvenile singles events shall consist of free skate only; however, at nonqualifying competitions, a juvenile short program may be offered.

6063 For the adult championships, all singles events shall consist of free skate only.

6070 Segment Descriptions

6080 Short Program Description

The short program for singles is a program of specified free skate elements performed for a specified period of time to music of the skater's choice. The sequence of the elements is optional. It is judged on two aspects — the merit of the technical elements and the program components of the program.

- A. The short program for senior and junior singles shall consist of seven technical elements with connecting steps.
- B. The short program for novice and intermediate singles shall consist of six technical elements with connecting steps.

6090 Free Skate Description

6091 The free skate consists of a well-balanced program of free skate elements such as jumps, spins, steps and other linking movements executed with a minimum of two-footed skating in harmony with music of the skater's choice.

6092 Within the applicable well-balanced program requirements of the skater's level, the skater has complete freedom to select the free skate elements, the sum of which will comprise the program. All elements are to be linked together by connecting steps of a different nature and by other comparable free skating movements while fully utilizing the entire ice surface (forward and backward crossovers are not considered to be connecting steps). Special attention must be given to choreography, expression, interpretation of the music, intricate footwork and transitions between elements.

6100 Singles Definitions, General Criteria and Basic Requirements

6101 Jump element: An individual jump, a jump combination or a jump sequence. (Example: An individual jump is counted as one jump element; a jump combination is counted as one jump element; a jump sequence is counted as one jump element.)

- A. **Individual jump:** A jump performed by itself (e.g. not as a jump combination or sequence). Individual jumps are also referred to as solo jumps.
- B. **Jump combination:** In a jump combination, the landing foot of a jump is the take-off foot of the next jump. One full revolution on the ice between the jumps (free foot can touch the ice, but no weight transfer) keeps the element in the frame of the definition of a jump combination (but with an error). A jump combination may consist of the same or different jumps.
 1. An Euler (half-loop) becomes a listed jump with the value indicated in the scale of values (IJS) when used in combinations between two listed jumps. This applies to all levels.
 2. If the first jump of a two-jump combination fails to succeed and turns into a non-listed jump, the unit will still be considered as a jump combination.
- C. **Jump sequence:** A jump sequence consists of two or three jumps of any number of revolutions, in which the second and/or third jump is an Axel-type jump with a direct step from the landing curve of the first/second jump to the take-off curve of the Axel jump. One full revolution on the ice between the jumps (free foot can touch the ice, but without weight transfer) keeps the element in the frame of the definition of a jump sequence. Jumps executed in a jump sequence receive their full value.
- D. **Jump repetitions:** Each free skate has different limitations on which jumps can be repeated; however, the following rules are consistently applied at each level:
 1. Jumps with the same name but different numbers of revolutions are considered as different jumps. For example, a double loop is considered a different jump than a triple loop.
 2. If a jump that is only allowed to be repeated as part of a jump combination or jump sequence is executed twice as a solo jump, the second execution will only receive 70 percent of the base value in IJS events and will be scored according to rule 6914 (E) in 6.0 events.
 3. If a jump is executed more times than allowed, the additional attempt will be treated as an additional element and will not be considered but will count toward the maximum number of jump elements. If the additional jump is executed in a combination or sequence, only the individual jump which is not according to requirements will have no value. The jumps are considered in the order of execution.
 4. Because the triple toe loop and the triple toe Walley jumps are very similar in nature and equal in value, the skater may execute only one or the other of them but not both.
- E. **Non-listed jump:** See rule 1071 (A)(1)(d) and the List of Jumps at the end of the Technical Requirements – Singles section of the rulebook.

6102 Moves in the field sequence: A sequence of movements such as turns, spirals, arabesques, spread eagles, Ina Bauers and flowing moves with strong edges, connected with linking steps and footwork. Moves in the field sequences will be judged as transitions rather than as separate elements.

6103 Spins: A spin must have the minimum number of revolutions; however, a spin with less than three revolutions is considered a skating movement and not a spin. For any spin with a change of foot, the change must be preceded and followed by a spin position with at least three revolutions. The minimum number of required revolutions must be counted from the entry of the spin until its exit (except the final wind-up in spins in one position and flying spins).

- A. There are three basic spin positions:
 1. **Camel:** Free leg backwards with the knee higher than the hip level; however, layback, Biellmann and similar variations are still considered as upright spins
 2. **Sit:** The upper part of the skating leg at least parallel to the ice

3. **Upright:** Any position with the skating leg extended or slightly bent which is not a camel position
 - a. **Layback spin:** An upright spin in which head and shoulders are leaning backward with the back arched. The position of the free leg is optional.
 - b. **Sideways leaning spin:** An upright spin in which head and shoulders are leaning sideways and the upper body is arched. The position of the free leg is optional.

All spin positions not according to the above definitions are considered non-basic positions.

- B. In an event judged using IJS, a spin that has no basic position with at least two continuous revolutions will have no value unless otherwise noted in a Technical Notification.
- C. If a skater falls when entering a spin, or in any failed spin, a spin or spinning movement is allowed immediately after this fall or failure for the purpose of filling time. This additional spin/spinning movement will not be counted as an element.
- D. Types of spins:

1. **Spin combination:** Must have a minimum of two different basic positions with two revolutions in each of these positions anywhere within the spin. Must consist of changes of foot and/or position as specified. A change of foot and a change of position may be made either at the same time or separately. To receive full value in the scale of values in IJS events, a spin combination must include all three basic positions.
 - a. If the spinning centers before and after a change of foot are too far apart, and the criteria for two spins are fulfilled, only the part before the change of foot will be counted and considered for level features (in IJS).
 - b. The number of revolutions in positions that are non-basic is counted in the total number of revolutions, but changing to a non-basic positions is not considered as a change of position, which can only be from one basic position to another basic position (in IJS).
2. **Spin in one position:** May change feet (if allowed), but may not change position. Non-basic positions are allowed and counted in the total number of revolutions but, in IJS events, are not eligible for features to increase the level.
 - a. The concluding upright position at the end of the spin (final wind-up) is not considered to be another position, regardless of the number of revolutions, as long as no additional feature (change of edge, variation of position, etc.) is attempted in the final wind-up.
3. **Flying spin:** A spin with a flying entrance, no change of foot and no change of position. Non-basic positions are allowed and counted in the total number of revolutions but, in IJS events, are not eligible for features to increase the level.
 - a. The concluding upright position at the end of the spin (final wind-up) is not considered to be another position, regardless of the number of revolutions, as long as no additional feature (change of edge, variation of position, etc.) is attempted in the final wind-up.
 - b. A spin that begins with a jump and also changes feet and/or position is considered a spin with a flying entry, not a flying spin.
 - c. When a spin is commenced with a jump, no rotation is permitted on the ice before the take-off.

E. **Character:** In a well-balanced free skate, each spin performed must have a different character (abbreviation). Abbreviations can be found in the ISU scale of values for singles. Character is also referred to as “nature”.

1. A spin that begins with a backward entry and a spin that begins with a forward entry are considered to have the same character if they are otherwise the same type of spin. For example: a sit spin with a forward entry has the same character as a sit spin with a backward entry, and a spin combination with a change of foot and a forward entry has the same character as a spin combination with a change of foot and a backward entry.
2. A spin with a flying entry has a different character than a spin without a flying entry.
3. A spin with a change of foot has a different character than a spin without a change of foot.
4. All spin combinations without a change of foot and no flying entry are considered to have the same character, regardless of the number or types of positions. (The same is true for spin combinations with a flying entry – see paragraph 2 of this rule 6103 (E).)
5. All spin combinations with a change of foot and no flying entry are considered to have the same character, regardless of the number or types of positions and the number of changes of foot. (The same is true for spin combinations with a flying entry – see paragraph 2 of this rule 6103 (E).)

6104 Spiral: A position with one blade on the ice and free leg (including knee and foot) higher than the hip level. Spiral positions are classified according to the skating leg (right, left), edge (outside, inside), direction of skating (forward, backward) or position of the free leg (backward, forward, sideways).

A. **Spiral sequence:** Consists primarily of spirals. There must be at least two spiral positions held not less than three seconds each, or at least one spiral position held not less than six seconds.

6105 Step sequences: A series of unprescribed steps, turns and/or movements. All step sequences should be executed according to the character of the music. Short stops in accordance with the music are permitted. Non-listed jumps and retrogression are also permitted. Turns and steps must be balanced in their distribution throughout the sequence. Turns are three-turns, twizzles, brackets, loops, counters and rockers. Steps are toe steps, chassés, mohawks, choctaws, changes of edge and cross rolls. Pattern must be visible and identifiable and should be performed by using almost the full ice surface (e.g. straight line, serpentine, circle, oval or similar shape).

- A. **Choreographic step sequence:** Must fit the definition of a step sequence and be visible and identifiable; and it should be performed by using almost the full ice surface (e.g. straight line, serpentine, circle or oval). In IJS events, if it meets these requirements, it will be awarded a fixed base value and will only be evaluated by judges in GOE.
- B. **Choreographic sequence:** Consists of at least two different movements like spirals, arabesques, spread eagles, Ina Bauers, hydroblading, any jumps with a maximum of two revolutions, spins, etc. Steps and turns may be used to link the two or more different movements together. Listed elements included in the choreographic sequence will not be called and will not occupy a box. The pattern is not restricted, but the sequence must be clearly visible. The choreographic sequence commences with the first skating movement and is concluded with the preparation to the next element (if the choreographic sequence is not the last element of the program). It can be performed before or after the step sequence. If this requirement is not fulfilled, the sequence will have no value. In IJS events, if the choreographic sequence meets these requirements, it will be awarded a fixed base value and will be evaluated by the judges in GOE.

6106 Illegal elements/movements

Somersault-type jumps are illegal.

6200 Singles Free Skate Test Requirements

See rules 6412-6561 later in this section for the free skate test elements.

6210 Classification of Free Skate Tests

6211 The standard free skate tests are divided into eight classes which must be taken in the following order:

Standard Free Skate Test	Prerequisite
Standard pre-preliminary free skate	Standard pre-preliminary moves in the field test
Standard preliminary free skate	Standard preliminary moves in the field test and standard pre-preliminary free skate test
Standard pre-juvenile free skate	Standard pre-juvenile moves in the field test and standard preliminary free skate test
Standard juvenile free skate	Standard juvenile moves in the field test and standard pre-juvenile free skate test
Standard intermediate free skate	Standard intermediate moves in the field test and either the standard juvenile free skate test or adult gold free skate test
Standard novice free skate	Standard novice moves in the field test and standard intermediate free skate test
Standard junior free skate	Standard junior moves in the field test and standard novice free skate test
Standard senior free skate	Standard senior moves in the field test and standard junior free skate test

Any standard free skate test may be taken only after the candidate has completed the required moves in the field test as listed in the prerequisite column above. No free skate test is a prerequisite to any moves in the field test.

6212 The adult free skate tests are divided into eight classes which must be taken in the following order:

Adult Free Skate Test	Prerequisite
Adult pre-bronze free skate	Adult pre-bronze moves in the field test or standard pre-preliminary moves in the field test
Adult bronze free skate	Adult bronze moves in the field test (adult 21+ or adult 50+ passing average) or standard preliminary moves in the field test, and adult pre-bronze free skate test or standard pre-preliminary free skate test
Adult silver free skate	Adult silver moves in the field test (adult 21+ or adult 50+ passing average) or standard pre-juvenile moves in the field test, and adult bronze free skate test or standard preliminary free skate test
Adult gold free skate	Adult gold moves in the field test (adult 21+ or adult 50+ passing average) or standard juvenile moves in the field test, and adult silver free skate test or standard pre-juvenile free skate test
Adult intermediate free skate	Adult intermediate moves in the field test (adult 21+ or adult 50+ passing average) or standard intermediate moves in the field test, and adult gold free skate test or standard juvenile free skate test
Adult novice free skate	Adult novice moves in the field test (adult 21+ or adult 50+ passing average) or standard novice moves in the field test, and adult or standard intermediate free skate test
Adult junior free skate	Adult junior moves in the field test (adult 21+ or adult 50+ passing average) or standard junior moves in the field test, and adult or standard novice free skate test
Adult senior free skate	Adult senior moves in the field test (adult 21+ or adult 50+ passing average) or standard senior moves in the field test, and adult or standard junior free skate test

- A. The passing of a lower level adult free skate test does not qualify the candidate to take the next higher level standard free skate test, except as noted in rule 6211.

- B. To qualify for any adult free skate test, the candidate must be 21 years of age or older and must have passed the preceding adult or standard prerequisite test listed above. No free skate test is a prerequisite to any moves in the field test.

6213 The Skate United free skate tests are divided into eight classes which must be taken in the following order:

Skate United Free Skate Test	Prerequisite
Skate United pre-preliminary free skate	Skate United or standard pre-preliminary moves in the field test
Skate United preliminary free skate	Skate United or standard preliminary moves in the field test and Skate United or standard pre-preliminary free skate test
Skate United pre-juvenile free skate	Skate United or standard pre-juvenile moves in the field test and Skate United or standard preliminary free skate test
Skate United juvenile free skate	Skate United or standard juvenile moves in the field test and Skate United or standard pre-juvenile free skate test
Skate United intermediate free skate	Skate United or standard intermediate moves in the field test and Skate United or standard juvenile free skate test
Skate United novice free skate	Skate United or standard novice moves in the field test and Skate United or standard intermediate free skate test
Skate United junior free skate	Skate United or standard junior moves in the field test and Skate United or standard novice free skate test
Skate United senior free skate	Skate United or standard senior moves in the field test and Skate United or standard junior free skate test

- A. The Skate United test track is for candidates who have physical disabilities, as defined by the Americans with Disabilities Act (ADA), Candidates must complete the prerequisites as shown in this rule 6213.
- B. Free skate test equivalencies are allowed in one direction only from the standard track to the Skate United track, not from the Skate United track to the standard track. (Example: a skater who passes the standard intermediate free skate and standard novice moves in the field tests is eligible to take the Skate United novice free skate test; however, a skater who passes the Skate United intermediate free skate and Skate United novice moves in the field tests is not eligible to then take the standard novice free skate test.) As an exception to this rule, the standard pre-preliminary free skate test and Skate United pre-preliminary free skate test have equivalent passing standards, so either test meets the prerequisite requirement for the standard preliminary free skate test or Skate United preliminary free skate test.
- C. Skate United candidates who need additional accommodations may also apply for a Skating Accommodations Memorandum as outlined in rule 4005.

6214 The adaptive skating free skate tests are divided into four classes which must be taken in the following order:

Adaptive Skating Free Skate Test	Prerequisite
Adaptive skating pre-bronze free skate	None
Adaptive skating bronze free skate	Adaptive skating pre-bronze free skate test
Adaptive skating silver free skate	Adaptive skating bronze free skate test
Adaptive skating gold free skate	Adaptive skating silver free skate test

- A. Moves in the field tests are not prerequisites for adaptive skating free skate tests.
- B. An adaptive skating free skate test may be given to any Special Olympics or adaptive skating athlete who is registered with a Special Olympics or adaptive skating program.
- C. Adaptive skating free skate tests are a separate series of tests. The passing of a lower level adaptive skating free skate test does not qualify the candidate to take the next higher level standard or adult free skate test.
- D. Free skate tests may be given to adaptive skating candidates at all levels specified in rules 6211, 6212 and 6214, regardless of the age of the athlete.

6220 General Requirements for Free Skate Tests

6221 For free skate tests, music is chosen by the candidate. Vocal music with lyrics is permitted.

6222 In the event of a substantive change to any singles well-balanced free skate requirement(s) by the ISU or U.S. Figure Skating, the chair of the Singles Development and Technical Committee will revise the affected free skate test(s) to include such change(s) as soon as practical. The chair will notify the chairs of the Judges, Rules and Tests Committees, and U.S. Figure Skating will post the change on the Members Only site, notify club test chairs and ensure test forms are modified accordingly.

6230 Marking of Singles Free Skate Tests

6231 Pre-preliminary and adult pre-bronze free skate tests are marked “pass,” “pass with honors” or “retry” only for the entire test. Adaptive skating tests are marked “pass” or “retry” only for the entire test. For all other free skate test levels, marks will be awarded on a scale ranging from -3 to +3, in whole number increments, with “0” equal to passing average for test level expectation. Three marks must be awarded. The first mark is for “elements,” the second mark is for “skating,” and the third mark is for “program.”

- 6232** The following must be observed:
- A. During the skating of free skate tests with a program:
 1. Elements: see rules 6100-6106
 2. Skating: see rule 6923 (A)(3)
 3. Program: see rule 6923 (A)(1-2)
 - B. During the skating of free skate tests without a program:
 1. Elements: see rules 6100-6106
- 6233** For adult candidates (adult intermediate through senior free skate tests) and Skate United candidates, the candidate should show the same level of achievement as that of a standard candidate at one test level below.
- 6234 Mandatory Deductions:**
- A. If the skater fails to finish a free skate test program within the maximum time duration allowed under rules 6412-6561, a penalty of one point (-1) is deducted from the total for up to every 10 seconds in excess. (See rule 4513.)
 1. Adult intermediate and novice free skate tests must not exceed the maximum program length of the masters intermediate-novice singles well-balanced free skate requirements in rule 6521.
 2. Adult junior and senior free skate tests must not exceed the maximum program length of the masters junior-senior singles well-balanced free skate requirements in rule 6511.
 - B. Illegal elements/movements: (see rule 6106), a penalty of one point (-1) is deducted from the total for each occurrence
- 6235** For all free skate tests except the pre-preliminary, adult pre-bronze and adaptive skating free skate tests the following information is listed:
- A. Pass total: The total points which must be obtained for the test from an individual judge in order to obtain a “pass” from that judge.
 - B. Honors total: The total points which must be obtained for the test from an individual judge in order to obtain a “pass with honors” from that judge.
 - C. Distinction total: The total points which must be obtained for the test from an individual judge in order to obtain a “pass with distinction” from that judge.
- 6236** In order to pass a free skate test, a candidate must have received a “pass total” or a “pass” for the entire test from a majority of the judges. In the case where there is no majority test result among the panel, the second highest result among the panel is awarded (i.e. if results are “pass,” “pass with honors,” and “pass with distinction,” the skater is awarded “pass with honors”).
- 6237 Adaptive Skating Free Skate Tests:**
- Adaptive skating free skate tests are to be judged on a “pass” or “retry” basis.
- A. To pass a standard or adult free skate test as an adaptive skating candidate, a candidate should achieve a comfortable level of performance with the new concepts introduced at each level.
 - B. Any number of elements may be reskated at the request of the judge-in-charge.
 - C. Adaptive skating candidates may be assisted during the test by a coach or another athlete from the boards or on the ice.
 - D. Guidelines and specific examples of appropriate verbal cues, translations or prompting can be found in the Adaptive Skating Manual on usfigureskating.org.
- 6238 Reskating Any Element of a Free Skate Test:**
- A. At the completion of any test and before any other test is conducted, the judge-in-charge must ask the other two judges individually if they wish to see any element reskated before the judges turn in their judging sheets. Should the judges wish a reskate, they must indicate to the judge-in-charge what they wish to be reskated. This will be done privately without conference. If a majority of the panel requests a reskate, the judge-in-charge will direct the skater to reskate the agreed-upon element(s). If the judges do not agree on which element(s) to reskate, the judge-in-charge will decide. A brief rest and warm-up is permitted before the reskate is performed.
 - B. A reskate may only be requested if warranted in order to mark a test as “pass”, not as “pass with honors” or “pass with distinction.”
 - C. After a free skate test, two different elements may be reskated, if necessary.
 - D. Upon a request for a reskate, the skater may choose to complete any element that fulfills the stated requirement.
 - E. A skater who omitted a required element or substituted for a required element in the test may use one of their reskates to fulfill the stated requirement.
- 6300 Test Expectations, Pass Totals and Judging Panels for Standard Free Skate Tests**
- 6301 Pre-Preliminary Free Skate Test**
- Test expectations:** The purpose of this test is to encourage beginning skaters to learn the fundamentals of free skating. No great deal of technical ability, carriage or flow is expected. The candidate must show knowledge of the elements, fairly good edges and some evidence of good form. See rule 6481 for element requirements and optional program duration. Expectations are equivalent for Skate United candidates.
- Pass/pass with honors/retry:** The entire test will be marked on a “pass,” “pass with honors” or “retry” basis only, and individual marks will not be awarded. The “pass,” “pass with honors” or “retry” will be arrived at by consideration of the composite of each element in relation to the whole.
- Judging panel required (standard and Skate United):** One or three bronze or higher rank singles test judges.

- 6302 Preliminary Free Skate Test**
Test expectations: The purpose of this test is to continue the encouragement of beginning skaters to learn the fundamentals of free skating. The candidate must demonstrate knowledge of the elements and a good sense of power (speed/flow). A relationship with the music should be attempted in the program. See rule 6471 for element requirements and program duration. For Skate United preliminary free skate test, see rule 6233.
Pass total: 0 to 3 points
Honors total: 4 to 6 points
Distinction total: 7 to 9 points
Judging panel required (standard and Skate United): Three bronze or higher rank singles test judges; or one silver or higher rank singles test judge.
- 6303 Pre-Juvenile Free Skate Test**
Test expectations: The fundamentals of free skating must be demonstrated, although not necessarily mastered. Good edges, flow, power, extension and posture are required for all of the elements of free skating (jumps, spins and connecting moves). The program should utilize the ice surface and demonstrate some relationship with the music. See rule 6461 for element requirements and program duration. For Skate United pre-juvenile free skate test, see rule 6233.
Pass total: 0 to 3 points
Honors total: 4 to 6 points
Distinction total: 7 to 9 points
Judging panel required (standard and Skate United): Three bronze or higher rank singles test judges.
- 6304 Juvenile Free Skate Test**
Test expectations: The candidate must skate the selected elements (jumps, spins and connecting steps) on good edges, with good form, flow, power and preciseness. The candidate must also skate to the music and utilize the ice surface. See rule 6452 for element requirements and program duration. For Skate United juvenile free skate test, see rule 6233.
Pass total: 0 to 3 points
Honors total: 4 to 6 points
Distinction total: 7 to 9 points
Judging panel required (standard and Skate United): Three bronze or higher rank singles test judges.
- 6305 Intermediate Free Skate Test**
Test expectations: Strong, smooth edges and turns, combined with correct posture and effortless flow while utilizing the music and the ice surface are expected of the candidate in all types of free skating elements (jumps, spins and connecting steps). For element requirements, see rule 6442. For program duration, see rule 6442 (standard) or 6521 (adult). For adult intermediate free skate test, see rules 6233 and 6234 (A)(1). For Skate United intermediate free skate test, see rule 6233.
Pass total: 0 to 3 points
Honors total: 4 to 6 points
Distinction total: 7 to 9 points
Judging panel required (standard, adult and Skate United): Three silver or higher rank singles test judges.
- 6306 Novice Free Skate Test**
Test expectations: The candidate must give a performance that is generally good. The preciseness of the footwork should be nearly faultless, body motions well timed with the music, and the flow and power very good in all free skating elements (jumps, spins and connecting steps). The program should fully utilize the ice surface, and no major or consistent errors should be in evidence. For element requirements, see rule 6432. For program duration, see rule 6432 (standard) or 6521 (adult). For adult novice free skate test, see rules 6233 and 6234 (A)(1). For Skate United novice free skate test, see rule 6233.
Pass total: 0 to 3 points
Honors total: 4 to 6 points
Distinction total: 7 to 9 points
Judging panel required (standard, adult and Skate United): Three silver or higher rank singles test judges.
- 6307 Junior Free Skate Test**
Test expectations: The candidate must give a performance that is generally very good in all respects. Focus should be on power, flow, edge quality, line and footwork control. The program should demonstrate a good, harmonious composition that is skated to the music with rhythm and expression, while utilizing the full ice surface. For element requirements, see rule 6422. For program duration, see rule 6422 (standard) or 6511 (adult). For adult junior free skate test, see rules 6233 and 6234 (A)(2). For the Skate United junior free skate test, see rule 6233.
Pass total: 0 to 3 points
Honors total: 4 to 6 points
Distinction total: 7 to 9 points
Judging panel required (standard, adult and Skate United): Three gold singles test judges.

6308 Senior Free Skate Test

Test expectations: The candidate must give an excellent performance displaying power, strong edge control and depth, extension and precise footwork control in all aspects of the selected elements. The program should fully utilize the ice surface, have a change of pace and superbly express the mood and rhythm of music. Harmonious steps and connecting movements in time to the music should be maintained throughout the program. For element requirements, see rule 6412. For program duration, see rule 6412 (standard) or 6511 (adult). For adult senior free skate test, see rules 6233 and 6234 (A)(2). For the Skate United senior free skate test, see rule 6233.

Pass total: 0 to 3 points

Honors total: 4 to 6 points

Distinction total: 7 to 9 points

Judging panel required (standard, adult and Skate United): Three gold singles test judges.

6310 Test Expectations, Pass Totals and Judging Panels for Adult Free Skate Tests

6311 Adult Pre-Bronze Free Skate Test

Test expectations: Expectations for this test align with the pre-preliminary free skate test. The purpose of this test is to encourage beginning adult skaters to learn the fundamentals of free skating. No great deal of technical ability, carriage or flow is expected. The candidate must show knowledge of the elements, fairly good edges and some evidence of good form. See rule 6561 for element requirements and program duration.

Pass/pass with honors/retry: The entire test will be marked on a “pass,” “pass with honors” or “retry” basis, and individual marks will not be awarded. The “pass,” “pass with honors” or “retry” will be arrived at by consideration of the composite of each element in relation to the whole.

Judging panel required: One or three bronze or higher rank singles test judges.

6312 Adult Bronze Free Skate Test

Test expectations: Expectations for this test align with the preliminary free skate test. The purpose of this test is to continue the encouragement of beginning adult skaters to learn the fundamentals of free skating. The candidate must demonstrate knowledge of the elements and a sense of strength and continuous flow. A relationship with the music should be attempted in the program. See rule 6551 for element requirements and program duration.

Pass total: 0 to 3 points

Honors total: 4 to 6 points

Distinction total: 7 to 9 points

Judging panel required: Three bronze or higher rank singles test judges, or one silver or higher rank singles test judge.

6313 Adult Silver Free Skate Test

Test expectations: Expectations for this test align with the pre-juvenile free skate test. The fundamentals of free skating must be demonstrated, although not necessarily mastered. Good edges, flow, strength, extension and form are required for all of the elements of free skating (jumps, spins and connecting moves). The program should utilize the ice surface and demonstrate some relationship with the music. See rule 6541 for element requirements and program duration.

Pass total: 0 to 3 points

Honors total: 4 to 6 points

Distinction total: 7 to 9 points

Judging panel required: Three bronze or higher rank singles test judges.

6314 Adult Gold Free Skate Test

Test expectations: Expectations for this test align with the juvenile free skate test. The candidate must skate the selected elements (jumps, spins and connecting steps) on good edges, with good form, continuous flow, strength and preciseness. The candidate must also skate to the music and utilize the ice surface. See rule 6531 for element requirements and program duration.

Pass total: 0 to 3 points

Honors total: 4 to 6 points

Distinction total: 7 to 9 points

Judging panel required: Three bronze or higher rank singles test judges.

6320 Test Expectations, Required Elements, Duration and Judging Panels for Adaptive Skating Free Skate Tests

6321 Adaptive Skating Pre-Bronze Free Skate Test

Test expectations: This is an Advanced Beginner Freestyle program. A well-balanced program consists of elements selected from Badges 1-12 with emphasis on glide and turns.

Requirements are the following six elements in any order:

1. Consecutive forward one-foot swizzles (left foot and right foot)
2. Consecutive backward one-foot swizzles (left foot and right foot)
3. Bunny hop or two-foot jump in place
4. Forward pivot
5. Forward lunge or shoot-the-duck (at any depth)
6. T-stop (left or right)

The program should also incorporate moves skills such as two-foot turns, gliding forward to backward and backward to forward, consecutive forward crossovers (left and right), and forward inside and outside edges.

Any number of elements may be reskated at the request of the judge-in-charge (see rule 6237).

Pass/retry: The entire test will be marked on a “pass” or “retry” basis only, and individual marks will not be awarded. The “pass” or “retry” will be arrived at by consideration of the quality of the performance and the content.

Duration: Women and Men — 1:30 +/- 10 seconds to music of the skater’s choice.

Judging panel required: One or three bronze or higher rank singles test judge.

6322 Adaptive Skating Bronze Free Skate Test

Test expectations: This is an Intermediate Level Freestyle program. A well-balanced program consists of elements with an emphasis on flow, carriage and a slightly more advance skill level.

Requirements are the following seven elements in any order:

1. Half flip jump
2. Half Lutz jump
3. Waltz jump
4. Forward spiral
5. Two-foot spin (minimum of five revolutions)
6. One-foot spin (minimum of three revolutions in the upright position only)
7. Hockey stop

The program should also incorporate moves skills such as consecutive backward crossovers (left and right), consecutive forward outside and inside edges, consecutive backward outside and inside edges, forward inside three-turns (left and right), forward inside mohawks and simple footwork (mohawk step sequence, waltz three-step sequence, etc.).

Any number of elements may be reskated at the request of the judge-in-charge (see rule 6237).

Pass/retry: The entire test will be marked on a “pass” or “retry” basis only, and individual marks will not be awarded. The “pass” or “retry” will be arrived at by consideration of the quality of the performance and the content.

Duration: Women and Men — 2:00 +/- 10 seconds to music of the skater’s choice.

Judging panel required: Three bronze or higher rank singles test judges, or one silver or higher rank singles test judge.

6323 Adaptive Skating Silver Free Skate Test

Test expectations: A well-balanced program consists of free skating elements with an emphasis on spins, jumps and footwork.

Requirements are the following seven elements in any order:

1. Waltz jump
2. Salchow jump
3. Toe loop jump
4. Combination jump (waltz jump/toe loop)
5. One-foot solo spin with only one position and no change of foot (solo camel, solo sit spin, solo layback, solo upright) (minimum of four revolutions)
6. Upright back spin, any entry allowed (minimum of four revolutions)
7. Straight line step sequence utilizing one-half of the ice

The program should also incorporate moves skills such as consecutive backward crossovers (left and right), consecutive forward outside and inside edges, consecutive backward outside and inside edges, forward inside three-turns (left and right), forward inside mohawks and simple footwork (mohawk step sequence, waltz three-step sequence, etc.).

Any number of elements may be reskated at the request of the judge-in-charge (see rule 6237).

Pass/retry: The entire test will be marked on a “pass” or “retry” basis only, and individual marks will not be awarded. The “pass” or “retry” will be arrived at by consideration of the quality of the performance and the content.

Duration: Women and Men — 2:00 +/- 10 seconds to music of the skater’s choice.

Judging panel required: Three bronze or higher rank singles test judges, or one silver or higher rank singles test judge.

6324 Adaptive Skating Gold Free Skate Test

Test expectations: This is an Advanced Freestyle program. A well-balanced program consists of free skating elements with emphasis placed on spins, spin combinations, advanced jumps, jump combinations and footwork.

Requirements are the following eight elements in any order:

1. Salchow jump
2. Toe loop jump
3. Single loop, flip or Lutz jump (choice of skater)
4. Combination jump (a Salchow, toe loop, loop, flip or Lutz with either a toe loop or loop jump) – choice of skater
5. A different combination jump (a Salchow, toe loop, loop, flip or Lutz with either a toe loop or loop jump) – choice of skater with a different first jump, the second jump may be repeated (toe loop or loop jump).
6. One-foot solo spin with only one position and no change of foot (solo camel, solo sit spin, solo layback, solo upright) (minimum of five revolutions)
7. One-foot combination spin with only one change of position and one change of foot (minimum of six revolutions with three revolutions per foot)
8. Straight line step sequence utilizing at least three-quarters of the ice

Program should also incorporate moves skills.

Any number of elements may be reskated at the request of the judge-in-charge (see rule 6237).

Pass/retry: The entire test will be marked on a “pass” or “retry” basis only, and individual marks will not be awarded. The “pass” or “retry” will be arrived at by consideration of the quality of the performance and the content.

Duration: Women and Men — 2:30 +/- 10 seconds to music of the skater’s choice.

Judging panel required: Three bronze or higher rank singles test judges, or one silver or higher rank singles test judge.

6400 Singles Competition Requirements and Standard and Adult Free Skate Test Elements

6410 Senior Singles

For test qualifications and age requirement for qualifying competitions, see the National Qualifying Series Athlete Handbook

A. Test qualifications: Senior moves in the field test and the senior free skate test

B. Age requirements: None

6411 Elements for the Senior Men's and Women's Short Program

	SENIOR MEN SHORT PROGRAM 2:40 +/- 10 seconds Must contain the following seven elements in any order	SENIOR WOMEN SHORT PROGRAM 2:40 +/- 10 seconds Must contain the following seven elements in any order
AXEL-TYPE JUMP	One double or triple Axel	One double or triple Axel
SOLO JUMP	One triple or one quadruple jump	One triple jump
JUMP COMBINATION	One jump combination consisting of a double jump and a triple jump (in either order), two triple jumps, a quadruple jump and a double jump (in either order) or a quadruple jump and a triple jump (in either order) <ul style="list-style-type: none"> The two jumps performed in the combination may be the same or different; however, the jumps included must be different than the solo jump and the Axel-type jump 	One jump combination consisting of a double jump and a triple jump (in either order) or two triple jumps <ul style="list-style-type: none"> The two jumps performed in the combination may be the same or different; however, the jumps included must be different than the solo jump and the Axel-type jump
FLYING SPIN	One flying spin <ul style="list-style-type: none"> Any type of flying spin is permitted, but the landing position must be different than the spin in one position Minimum of eight revolutions in landing position, which may be different from the flying position. The required revolutions can be executed in any variation of the landing position. 	One flying spin <ul style="list-style-type: none"> Any type of flying spin is permitted, but the landing position must be different than the spin in one position Minimum of eight revolutions in landing position, which may be different from the flying position. The required revolutions can be executed in any variation of the landing position.
SPIN IN ONE POSITION	One camel spin or sit spin <ul style="list-style-type: none"> With only one change of foot, which may be executed in the form of a step over or a jump Minimum of six revolutions on each foot in the chosen basic position Cannot be commenced with a jump 	One layback/sideways leaning spin, sit spin or camel spin without change of foot <ul style="list-style-type: none"> Minimum of eight revolutions in position If performing a layback/sideways leaning spin, any position is permitted as long as the basic layback or sideways leaning position is maintained for at least eight revolutions without rising to an upright position. After the required revolutions, it is possible to execute the Biellmann position. Cannot be commenced with a jump
SPIN COMBINATION	One spin combination <ul style="list-style-type: none"> With only one change of foot Minimum of two different basic positions with at least two revolutions in each of these positions Minimum of six revolutions on each foot Cannot be commenced with a jump, but the change of foot may be executed in the form of a step over or a jump 	One spin combination <ul style="list-style-type: none"> With only one change of foot Minimum of two different basic positions with at least two revolutions in each of these positions Minimum of six revolutions on each foot Cannot be commenced with a jump, but the change of foot may be executed in the form of a step over or a jump
STEP SEQUENCE	One step sequence <ul style="list-style-type: none"> Must be visible and identifiable and should be performed using almost the full ice surface 	One step sequence <ul style="list-style-type: none"> Must be visible and identifiable and should be performed using almost the full ice surface
REMARKS	<ul style="list-style-type: none"> See rule 2054 for U.S. Collegiate Figure Skating Championships requirements. Unless otherwise stated, all elements must meet the general criteria and basic requirements in order to be counted (see rule section 6100). Jumps that do not satisfy the requirements will have no value. If the same jump is executed as a solo jump and as a part of the jump combination, the repeated jump will not be counted (if this repetition is in a jump combination, only the individual jump which is not according to the above requirements will not be counted). If an extra jump(s) is executed, only the individual jump(s) which is not according to requirements will have no value. The jumps are considered in the order of execution. 	

6412 Elements for the Senior Men's and Women's Free Skate and Free Skate Test

SENIOR MEN & WOMEN WELL-BALANCED FREE SKATE & FREE SKATE TEST 4:00 +/- 10 seconds		
PROGRAM	Competition: Must contain the following elements in any order.	Test: Must meet the minimum requirements below.
JUMPS	<p>Maximum of seven jump elements</p> <ul style="list-style-type: none"> • One must be an Axel-type jump. • Jumps can contain any number of revolutions. <ul style="list-style-type: none"> • No double jump (including double Axel) can be included more than twice (as a solo jump or as part of a combination/sequence). • Of all the triple and quadruple jumps, only two can be executed twice. Of the two repetitions, only one can be a quadruple jump. <ul style="list-style-type: none"> • If at least one of these executions is in a jump combination or a jump sequence, both executions (of the same triple or quadruple jump) are evaluated in a regular way. If both executions (of the same triple or quadruple jump) are as solo jumps, the second of these solo jumps will receive 70 percent of its original base value. • There may be up to three jump combinations <u>or two jump combinations and one jump sequence</u>. • Jump combinations <u>and jump sequences</u> are limited to two jumps except that one jump combination <u>or one jump sequence</u> may contain three jumps. 	<p>Seven jump elements, which must include:</p> <ul style="list-style-type: none"> • One single, double or triple Axel* • Four different double, triple or quad jumps, one of which must be a double Lutz, triple jump or quad jump* • Two two-jump or three-jump combinations, each including two jumps with at least two rotations <p>*May be performed as solo jumps, or as part of the permitted jump combinations and sequences, but no jump element may count for more than one of the jump requirements</p>
SPINS	<p>Maximum of three spins</p> <ul style="list-style-type: none"> • One must be a spin combination with a minimum of 10 revolutions • One must be a flying spin or a spin with a flying entry with a minimum of six revolutions • One must be a spin with only one position with a minimum of six revolutions • All spins must be of a different character • In all spins, the change of foot is optional • All spins may begin with a flying entry • Each basic position must be held for a minimum of two revolutions to be counted • The skaters have freedom to select the kinds of spins they intend to execute within the spin types required 	<p>Three spins: Same as competition program requirements</p>
STEP SEQUENCE	<p>Maximum of one step sequence</p> <ul style="list-style-type: none"> • Must be visible and identifiable and should be performed using almost the full ice surface • Jumps may be included in the step sequence • Step sequences that are too short and barely visible cannot be considered as meeting the requirements of a step sequence, but additional step sequences connecting the various elements may be included at the discretion of the skater 	<p>Same as competition program requirements</p>
CHOREOGRAPHIC SEQUENCE	<p>Maximum of one choreographic sequence</p> <ul style="list-style-type: none"> • Must be clearly visible • Can be performed before or after the step sequence 	<p>Same as competition program requirements</p>
REMARKS	<ul style="list-style-type: none"> • Unless otherwise stated, all elements must meet the general criteria and basic requirements in order to be counted (see rule section 6100). • If an extra jump(s) is executed, only the individual jump(s) which is not according to the requirements will have no value. The jumps are considered in the order of execution. 	<ul style="list-style-type: none"> • Unless otherwise stated, all elements must meet the general criteria and basic requirements in order to be counted (see rule section 6100). • Extra elements may be added without penalty. • Two different elements may be reskated, if necessary (see rule 6238)

6420 Junior Singles

For test qualifications and age requirement for qualifying competitions, see the National Qualifying Series Athlete Handbook

A. Test qualifications: Junior moves in the field test or higher and the junior free skate test but no higher.

B. Age requirements: None

6421 Elements for the Junior Men's and Women's Short Program 2022-23

2022-23 SEASON	JUNIOR MEN SHORT PROGRAM 2:40 +/- 10 seconds Must contain the following seven elements in any order	JUNIOR WOMEN SHORT PROGRAM 2:40 +/- 10 seconds Must contain the following seven elements in any order
AXEL-TYPE JUMP	One double or triple Axel	One double Axel
SOLO JUMP	One double or triple <u>loop</u>	One double or triple <u>loop</u>
JUMP COMBINATION	One jump combination consisting of a double jump and a triple jump (in either order) or two triple jumps <ul style="list-style-type: none"> The two jumps performed in the combination may be the same or different; however, the jumps included must be different than the solo jump and the Axel-type jump 	One jump combination consisting of two double jumps, a double jump and a triple jump (in either order), or two triple jumps <ul style="list-style-type: none"> The two jumps performed in the combination may be the same or different; however, the jumps included must be different than the solo jump and the Axel-type jump
FLYING SPIN	One flying <u>camel</u> spin <ul style="list-style-type: none"> Only the prescribed type of flying spin is permitted Minimum of eight revolutions in landing position, which may be different from the flying position. The required revolutions can be executed in any variation of the landing position. 	One flying <u>camel</u> spin <ul style="list-style-type: none"> Only the prescribed type of flying spin is permitted Minimum of eight revolutions in landing position, which may be different from the flying position. The required revolutions can be executed in any variation of the landing position.
SPIN IN ONE POSITION	One <u>sit</u> spin <ul style="list-style-type: none"> With only one change of foot, which may be executed in the form of a step over or a jump Minimum of six revolutions on each foot in the chosen basic position Cannot be commenced with a jump 	One layback/sideways leaning spin or <u>sit</u> spin without change of foot <ul style="list-style-type: none"> Minimum of eight revolutions in position If performing a layback/sideways leaning spin, any position is permitted as long as the basic layback or sideways leaning position is maintained for at least eight revolutions without rising to an upright position. After the required revolutions, it is possible to execute the Biellmann position. Cannot be commenced with a jump
SPIN COMBINATION	One spin combination <ul style="list-style-type: none"> With only one change of foot Minimum of two different basic positions with at least two revolutions in each of these positions Minimum of six revolutions on each foot Cannot be commenced with a jump, but the change of foot may be executed in the form of a step over or a jump 	One spin combination <ul style="list-style-type: none"> With only one change of foot Minimum of two different basic positions with at least two revolutions in each of these positions Minimum of six revolutions on each foot Cannot be commenced with a jump, but the change of foot may be executed in the form of a step over or a jump
STEP SEQUENCE	One step sequence <ul style="list-style-type: none"> Must be visible and identifiable and should be performed using almost the full ice surface 	One step sequence <ul style="list-style-type: none"> Must be visible and identifiable and should be performed using almost the full ice surface
REMARKS	<ul style="list-style-type: none"> See rule 2054 for U.S. Collegiate Figure Skating Championships requirements. Unless otherwise stated, all elements must meet the general criteria and basic requirements in order to be counted (see rule section 6100). Jumps that do not satisfy requirements will have no value. If the same jump is executed as a solo jump and as a part of the jump combination, the repeated jump will not be counted (if this repetition is in a jump combination, only the individual jump which is not according to the above requirements will not be counted). If an extra jump(s) is executed, only the individual jump(s) which is not according to requirements will have no value. The jumps are considered in the order of execution. 	

*Requirements for future seasons can be found on the Members Only site.

6422 Elements for the Junior Men's and Women's Free Skate and Free Skate Test

JUNIOR MEN & WOMEN WELL-BALANCED FREE SKATE & FREE SKATE TEST 3:30 +/- 10 seconds		
PROGRAM	Competition: Must contain the following elements in any order.	Test: Must meet the minimum requirements below.
JUMPS	<p>Maximum of seven jump elements</p> <ul style="list-style-type: none"> • One must be an Axel-type jump. • Jumps can contain any number of revolutions. <ul style="list-style-type: none"> • No double jump (including double Axel) can be included more than twice (as a solo jump or as part of a combination/sequence). • Of all the triple and quadruple jumps, only two can be executed twice. Both repetitions may be quadruple jumps; this is an intentional variance from ISU rules. <ul style="list-style-type: none"> • If at least one of these executions is in a jump combination or a jump sequence, both executions (of the same triple or quadruple jump) are evaluated in a regular way. If both executions (of the same triple or quadruple jump) are as solo jumps, the second of these solo jumps will receive 70 percent of its original base value. • There may be up to three jump combinations <u>or two jump combinations and one jump sequence</u>. • Jump combinations <u>and jump sequences</u> are limited to two jumps except that one jump combination <u>or one jump sequence</u> may contain three jumps. 	<p>Seven jump elements, which must include:</p> <ul style="list-style-type: none"> • One single, double or triple Axel* • Four different double, triple or quad jumps, one of which must be a double flip, double Lutz, triple jump or quad jump* • One two-jump or three-jump combination including two jumps with at least two rotations • One additional jump element must include at least one listed jump, which may be any single, double, triple or quad jump and may be the same as a jump(s) already performed* <p>*May be performed as solo jumps, or as part of the permitted jump combinations and sequences, but no jump element may count for more than one of the jump requirements</p>
SPINS	<p>Maximum of three spins</p> <ul style="list-style-type: none"> • One must be a spin combination with a minimum of 10 revolutions • One must be a flying spin or a spin with a flying entry with a minimum of six revolutions • One must be a spin with only one position with a minimum of six revolutions • All spins must be of a different character • In all spins, the change of foot is optional • All spins may begin with a flying entry • Each basic position must be held for a minimum of two revolutions to be counted • The skaters have freedom to select the kinds of spins they intend to execute within the spin types required 	<p>Three spins: Same as competition program requirements</p>
CHOREOGRAPHIC SEQUENCE	<p><u>Maximum of one choreographic sequence</u></p> <ul style="list-style-type: none"> • <u>Must be clearly visible</u> 	<p>Same as competition program requirements</p>
REMARKS	<ul style="list-style-type: none"> • Unless otherwise stated, all elements must meet the general criteria and basic requirements in order to be counted (see rule section 6100). • If an extra jump(s) is executed, only the individual jump(s) which is not according to the requirements will have no value. The jumps are considered in the order of execution. 	<ul style="list-style-type: none"> • Unless otherwise stated, all elements must meet the general criteria and basic requirements in order to be counted (see rule section 6100). • Extra elements may be added without penalty. • Two different elements may be reskated, if necessary (see rule 6238)

6430 Novice Singles

For test qualifications and age requirement deadlines for qualifying competitions, see the National Qualifying Series Athlete Handbook.

A. Test qualifications: Novice moves in the field test or higher and the novice free skate test but no higher.

B. Age requirements: None

6431 Elements for the Novice Men's and Women's Short Program

	NOVICE MEN SHORT PROGRAM 2:30 maximum time Must contain the following six elements in any order	NOVICE WOMEN SHORT PROGRAM 2:30 maximum time Must contain the following six elements in any order
AXEL-TYPE JUMP	One single Axel or double Axel	One single Axel or double Axel
SOLO JUMP	One double or triple jump	One double or triple jump
JUMP COMBINATION	One jump combination consisting of two double jumps, a double jump and a triple jump (in either order) or two triple jumps <ul style="list-style-type: none"> The two jumps performed in the combination may be the same or different; however, the jumps included must be different than the solo jump and the Axel-type jump 	One jump combination consisting of two double jumps, a double jump and a triple jump (in either order) or two triple jumps <ul style="list-style-type: none"> The two jumps performed in the combination may be the same or different; however, the jumps included must be different than the solo jump and the Axel-type jump
SPIN IN ONE POSITION	One camel spin <ul style="list-style-type: none"> With only one change of foot, which may be executed in the form of a step over or a jump Minimum of five revolutions on each foot Cannot be commenced with a jump 	One layback/sideways leaning spin, sit spin or camel spin without change of foot <ul style="list-style-type: none"> Minimum of six revolutions in position If performing a layback/sideways leaning spin, any position is permitted as long as the basic layback or sideways leaning position is maintained for at least six revolutions without rising to an upright position. After the required revolutions, it is possible to execute the Biellmann position. Cannot be commenced with a jump
SPIN COMBINATION	One spin combination <ul style="list-style-type: none"> With only one change of foot Minimum of two different basic positions with at least two revolutions in each of these positions Minimum of five revolutions on each foot and two revolutions in each position Cannot be commenced with a jump, but the change of foot may be executed in the form of a step over or a jump 	One spin combination <ul style="list-style-type: none"> With only one change of foot Minimum of two different basic positions with at least two revolutions in each of these positions Minimum of five revolutions on each foot and two revolutions in each position Cannot be commenced with a jump, but the change of foot may be executed in the form of a step over or a jump
STEP SEQUENCE	One step sequence <ul style="list-style-type: none"> Must be visible and identifiable and should be performed using almost the full ice surface 	One step sequence <ul style="list-style-type: none"> Must be visible and identifiable and should be performed using almost the full ice surface
REMARKS	<ul style="list-style-type: none"> Unless otherwise stated, all elements must meet the general criteria and basic requirements in order to be counted (see rule section 6100). If the same jump is executed as a solo jump and as a part of the jump combination, the repeated jump will not be counted (if this repetition is in a jump combination, only the individual jump which is not according to the above requirements will not be counted). If an extra jump(s) is executed, only the individual jump(s) which is not according to requirements will have no value. The jumps are considered in the order of execution. 	

6432 Elements for the Novice Men's and Women's Free Skate and Free Skate Test

NOVICE MEN & WOMEN WELL-BALANCED FREE SKATE & FREE SKATE TEST 3:30 +/- 10 seconds		
PROGRAM	Competition: Must contain the following elements in any order.	Test: Must meet the minimum requirements below.
JUMPS	<p>Maximum of seven jump elements</p> <ul style="list-style-type: none"> • One must be an Axel-type jump. • Jumps can contain any number of revolutions. • No double jump (including double Axel) can be included more than twice (as a solo jump or as part of a combination/sequence). • Of all the triple and quadruple jumps, only two can be executed twice. Both repetitions may be quadruple jumps; this is an intentional variance from ISU rules. <ul style="list-style-type: none"> • If at least one of these executions is in a jump combination or a jump sequence, both executions (of the same triple or quadruple jump) are evaluated in a regular way. If both executions (of the same triple or quadruple jump) are as solo jumps, the second of these solo jumps will receive 70 percent of its original base value. • There may be up to three jump combinations <u>or two jump combinations and one jump sequence</u>. • Jump combinations <u>and jump sequences</u> are limited to two jumps except that one jump combination <u>or one jump sequence</u> may contain three jumps. 	<p>Seven jump elements, which must include:</p> <ul style="list-style-type: none"> • One single, double or triple Axel* • Three different double, triple or quadruple jumps* • One two-jump or three-jump combination including two jumps with at least two rotations • Two additional jump elements must each include at least one listed jump, which may contain any number of revolutions and may be the same as jumps already performed* <p>*May be performed as solo jumps, or as part of the permitted jump combinations and sequences, but no jump element may count for more than one of the jump requirements</p>
SPINS	<p>Maximum of three spins</p> <ul style="list-style-type: none"> • One must be a spin combination with a minimum of 10 revolutions. Change of foot is optional. • One must be a flying spin with a minimum of six revolutions and no change of position or change of foot • All spins must be of a different character • All spins may have a flying entry • Each basic position must be held for a minimum of two revolutions to be counted • The skaters have freedom to select the kinds of spins they intend to execute within the spin types required 	<p>Three spins: Same as competition program requirements</p>
STEP SEQUENCE	<p>Maximum of one step sequence</p> <ul style="list-style-type: none"> • Must be visible and identifiable and should be performed using almost the full ice surface • Jumps may be included in the step sequence • Step sequences that are too short and barely visible cannot be considered as meeting the requirements of a step sequence, but additional step sequences connecting the various elements may be included at the discretion of the skater • Moves in the field sequences and spiral sequences are permitted but will not be counted as elements; instead they will be counted as transitions and marked as such 	<p>Same as competition program requirements</p>
REMARKS	<ul style="list-style-type: none"> • Unless otherwise stated, all elements must meet the general criteria and basic requirements in order to be counted (see rule section 6100). • If an extra jump(s) is executed, only the individual jump(s) which is not according to the requirements will have no value. The jumps are considered in the order of execution. 	<ul style="list-style-type: none"> • Unless otherwise stated, all elements must meet the general criteria and basic requirements in order to be counted (see rule section 6100). • Extra elements may be added without penalty. • Two different elements may be reskated, if necessary (see rule 6238)

6440 Intermediate Singles

For test qualifications and age requirement deadlines for qualifying competitions, see the National Qualifying Series Athlete Handbook.

A. Test qualifications: Intermediate moves in the field test or higher and the intermediate free skate test but no higher.

B. Age requirements: Under age 18

6441 Elements for the Intermediate Men's and Women's Short Program

	INTERMEDIATE MEN SHORT PROGRAM 2:10 maximum time Must contain the following six elements in any order	INTERMEDIATE WOMEN SHORT PROGRAM 2:10 maximum time Must contain the following six elements in any order
AXEL-TYPE JUMP	One single Axel or double Axel	One single Axel or double Axel
SOLO JUMP	One double or triple jump	One double or triple jump
JUMP COMBINATION	One jump combination consisting of a single jump and a double jump (in either order), two double jumps, a single jump and a triple jump (in either order), a double jump and a triple jump (in either order) or two triple jumps <ul style="list-style-type: none"> The two jumps performed in the combination may be the same or different; however, the jumps included must be different than the solo jump and the Axel-type jump 	One jump combination consisting of a single jump and a double jump (in either order), two double jumps, a single jump and a triple jump (in either order), a double jump and a triple jump (in either order) or two triple jumps <ul style="list-style-type: none"> The two jumps performed in the combination may be the same or different; however, the jumps included must be different than the solo jump and the Axel-type jump
SPIN IN ONE POSITION	One camel spin with no change of position <ul style="list-style-type: none"> One change of foot <u>required</u> Minimum of <u>four</u> revolutions in position <u>on each foot</u> May <u>not</u> commence with a jump 	One <u>camel</u> spin with <u>no change of position</u> <ul style="list-style-type: none"> One change of foot <u>required</u> Minimum of <u>four</u> revolutions in position <u>on each foot</u> May <u>not</u> commence with a jump
SPIN COMBINATION	One spin combination <ul style="list-style-type: none"> With only one change of foot Minimum of two different basic positions with at least two revolutions in each of these positions Minimum of five revolutions on each foot and two revolutions in each position <u>May not</u> be commenced with a jump, but the change of foot may be executed in the form of a step over or a jump 	One spin combination <ul style="list-style-type: none"> With only one change of foot Minimum of two different basic positions with at least two revolutions in each of these positions Minimum of five revolutions on each foot and two revolutions in each position <u>May not</u> be commenced with a jump, but the change of foot may be executed in the form of a step over or a jump
STEP SEQUENCE	One step sequence <ul style="list-style-type: none"> Only simple variety (seven turns) and rotation in each direction covering at least 1/3 of the pattern in total for each rotational direction will be evaluated for a maximum of Level 2 Must be visible and identifiable and should be performed using almost the full ice surface 	One step sequence <ul style="list-style-type: none"> Only simple variety (seven turns) and rotation in each direction covering at least 1/3 of the pattern in total for each rotational direction will be evaluated for a maximum of Level 2 Must be visible and identifiable and should be performed using almost the full ice surface
REMARKS	<ul style="list-style-type: none"> Unless otherwise stated, all elements must meet the general criteria and basic requirements in order to be counted (see rule section 6100). If the same jump is executed as a solo jump and as a part of the jump combination, the repeated jump will not be counted (if this repetition is in a jump combination, only the individual jump which is not according to the above requirements will not be counted). If an extra jump(s) is executed, only the individual jump(s) which is not according to requirements will have no value. The jumps are considered in the order of execution. 	

6442 Elements for the Intermediate Men's and Women's Free Skate and Free Skate Test

INTERMEDIATE MEN & WOMEN WELL-BALANCED FREE SKATE & FREE SKATE TEST 3:00 +/- 10 seconds		
PROGRAM	Competition: Must contain the following elements in any order.	Test: Must meet the minimum requirements below.
JUMPS	<p>Maximum of six jump elements</p> <ul style="list-style-type: none"> • One must be an Axel-type jump • All single, double and triple jumps are permitted. Quadruple jumps are not permitted. • No more than two different jumps with 2½ or three 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 at least one of these executions is in a jump combination or a jump sequence, both executions (of the same double or triple jump) are evaluated in a regular way. If both executions (of the same double or triple jump) are as solo jumps, the second of these solo jumps will receive 70 percent of its original base value. • No double or triple jump can be included more than twice. • There may be up to three jump combinations <u>or two jump combinations and one jump sequence</u>. • Jump combinations <u>and jump sequences</u> are limited to two jumps except that one jump combination <u>or one jump sequence</u> may contain three jumps. 	<p>Six jump elements, which must include:</p> <ul style="list-style-type: none"> • One single Axel or double Axel* • One double or triple jump* • One two-jump or three-jump combination including at least one double jump or one triple jump • Three additional jump elements each must include at least one listed jump, which may be any single, double or triple jumps and may be the same as jumps already performed* <p>*May be performed as solo jumps, or as part of the permitted jump combinations and sequences, but no jump element may count for more than one of the jump requirements</p>
SPINS	<p>Maximum of two spins</p> <ul style="list-style-type: none"> • One must be a spin combination with at least one change of position, optional change of foot, and a minimum of eight revolutions • One must be a spin in one position with a minimum of five revolutions and <u>optional</u> change of foot • All spins must be of a different character • <u>One spin must</u> have a flying entry • Each basic position must be held for a minimum of two revolutions to be counted • The skaters have freedom to select the kinds of spins they intend to execute within the spin types required 	<p>Two spins: Same as competition program requirements</p>
STEP SEQUENCE	<p>Maximum of one step sequence</p> <ul style="list-style-type: none"> • Only simple variety (seven turns) and rotation in each direction covering at least 1/3 of the pattern in total for each rotational direction will be evaluated for a maximum of Level 2 • Must be visible and identifiable and should be performed using almost the full ice surface • Jumps may be included in the step sequence • Step sequences that are too short and barely visible cannot be considered as meeting the requirements of a step sequence, but additional step sequences connecting the various elements may be included at the discretion of the skater • Moves in the field sequences and spiral sequences are permitted but will not be counted as elements; instead they will be counted as transitions and marked as such 	<p>Same as competition program requirements</p>
REMARKS	<ul style="list-style-type: none"> • Unless otherwise stated, all elements must meet the general criteria and basic requirements in order to be counted (see rule section 6100). • If an extra jump(s) is executed, only the individual jump(s) which is not according to the requirements will have no value. The jumps are considered in the order of execution. 	<ul style="list-style-type: none"> • Unless otherwise stated, all elements must meet the general criteria and basic requirements in order to be counted (see rule section 6100). • Extra elements may be added without penalty. • Two different elements may be reskated, if necessary (see rule 6238)

6450 Juvenile Singles and Open Juvenile Singles

Note: Open juvenile singles is a nonqualifying event.

For test qualifications and age requirement deadlines for qualifying competitions, see the National Qualifying Series Athlete Handbook.

A. Test qualifications: Juvenile moves in the field test or higher, and juvenile free skate test but no higher.

B. Age requirements:

1. Juvenile: 12 years of age or younger for girls; 13 years of age or younger for boys
2. Open Juvenile: 13 years of age or older for girls; 14 years of age or older for boys

6451 Elements for the Juvenile/Open Juvenile Boys and Girls Short Program

JUVENILE/OPEN JUVENILE BOYS & GIRLS SHORT PROGRAM OPTIONAL FOR NONQUALIFYING COMPETITIONS – NOT A SEGMENT AT QUALIFYING COMPETITIONS (Juvenile events at <u>National Qualifying Series events</u>, sectional singles challenges and the U.S. Figure Skating Championships will still consist of a free skate only.) 2:10 maximum time Must contain the following six elements in any order	
AXEL-TYPE JUMP	One single Axel or double Axel
SOLO JUMP	One single or double jump
JUMP COMBINATION	One jump combination consisting of a single jump and a double jump (in either order) or two double jumps. <ul style="list-style-type: none"> • The two jumps performed in the combination may be the same or different; however, the jumps included must be different than the solo jump and the Axel-type jump
SPIN IN ONE POSITION	One spin with only one position <ul style="list-style-type: none"> • No change of foot • Minimum of five revolutions in position • May commence with a jump
SPIN COMBINATION	One spin combination <ul style="list-style-type: none"> • With only one change of foot • Minimum of two different basic positions with at least two revolutions in each of these positions • Minimum of five revolutions on each foot and two revolutions in each position • Cannot be commenced with a jump, but the change of foot may be executed in the form of a step over or a jump
STEP SEQUENCE	One choreographic step sequence <ul style="list-style-type: none"> • Must be visible and identifiable and should be performed using almost the full ice surface • A step sequence that meets the minimum requirements above will be awarded a fixed base value and evaluated by the judges in GOE • A step sequence that does not meet the minimum requirements above will receive no value
REMARKS	<ul style="list-style-type: none"> • No triple jumps permitted. • Unless otherwise stated, all elements must meet the general criteria and basic requirements in order to be counted (see rule section 6100). • If the same jump is executed as a solo jump and as a part of the jump combination, the repeated jump will not be counted (if this repetition is in a jump combination, only the individual jump which is not according to the above requirements will not be counted). • If an extra jump(s) is executed, only the individual jump(s) which is not according to requirements will have no value. The jumps are considered in the order of execution.

6452 Elements for the Juvenile/Open Juvenile Boys and Girls Free Skate and Free Skate Test

JUVENILE/OPEN JUVENILE BOYS & GIRLS WELL-BALANCED FREE SKATE & FREE SKATE TEST 2:30 +/- 10 seconds		
PROGRAM	Competition: Must contain the following elements in any order.	Test: Must meet the minimum requirements below.
JUMPS	<p>Maximum of five jump elements</p> <ul style="list-style-type: none"> • One must be an Axel-type jump. • All single and double jumps, including the double Axel, and one triple jump are permitted. • No additional triple or quadruple jumps are permitted. • 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 at least one of these executions is in a jump combination or a jump sequence, both executions (of the same double jump) are evaluated in a regular way. If both executions (of the same double jump) are as solo jumps, the second of these solo jumps will receive 70 percent of its original base value. • No double jump can be included more than twice. The allowed triple jump can only be included once. • There may be up to two jump combinations <u>or one jump combination and one jump sequence</u>. <ul style="list-style-type: none"> • Jump combinations <u>and jump sequences</u> are limited to two jumps except that one jump combination <u>or one jump sequence</u> may contain 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/<u>sequence</u>, then two other double jumps may be included. 	<p>Five jump elements, which must include:</p> <ul style="list-style-type: none"> • One single Axel or double Axel* • Three different single or double jumps* • One two-jump or three-jump combination including two single jumps, one single jump and one double jump (in either order) or two double jumps <p>One triple jump is permitted. It may be performed as a solo jump or in one of the jump combinations or sequences, and it fulfills the requirement of a single or double jump.</p> <p>*May be performed as solo jumps, or as part of the permitted jump combinations and sequences, but no jump element may count for more than one of the jump requirements</p>
SPINS	<p>Maximum of two spins</p> <ul style="list-style-type: none"> • One must be a spin combination with at least one change of position, optional change of foot, and a minimum of eight revolutions • One must be a spin in one position with a minimum of five revolutions and no change of foot • All spins must be of a different character • Both spins may have a flying entry • Each basic position must be held for a minimum of two revolutions to be counted. • The skaters have freedom to select the kinds of spins they intend to execute within the spin types required 	<p>Two spins: Same as competition program requirements</p>
STEP SEQUENCE	<p>Maximum of one choreographic step sequence</p> <ul style="list-style-type: none"> • Must be visible and identifiable and should be performed using almost the full ice surface • A step sequence that meets the minimum requirements above will be awarded a fixed base value and evaluated by the judges in GOE • A step sequence that does not meet the minimum requirements above will receive no value • Jumps may be included in the step sequence • Step sequences that are too short and barely visible cannot be considered as meeting the requirements of a step sequence, but additional step sequences connecting the various elements may be included at the discretion of the skater • Moves in the field sequences and spiral sequences are permitted but will not be counted as elements; instead they will be counted as transitions and marked as such 	<p>Same as competition program requirements</p>
REMARKS	<ul style="list-style-type: none"> • Unless otherwise stated, all elements must meet the general criteria and basic requirements in order to be counted (see rule section 6100). • If an extra jump(s) is executed, only the individual jump(s) which is not according to the requirements will have no value. The jumps are considered in the order of execution. 	<ul style="list-style-type: none"> • Unless otherwise stated, all elements must meet the general criteria and basic requirements in order to be counted (see rule section 6100). • Extra elements may be added without penalty. • Two different elements may be reskated, if necessary (see rule 6238)

6460 Pre-Juvenile Singles

- A. Test qualifications as of the closing date for entries: Pre-juvenile moves in the field test or higher and the pre-juvenile free skate test but no higher.
 B. Age requirements: None

6461 Elements for the Pre-Juvenile Girls and Boys Free Skate and Free Skate Test

PRE-JUVENILE BOYS & GIRLS WELL-BALANCED FREE SKATE & FREE SKATE TEST 2:00 +/- 10 seconds		
PROGRAM	Competition: Must contain the following elements in any order.	Test: Must meet the minimum requirements below.
JUMPS	Maximum of five jump elements <ul style="list-style-type: none"> • One must be an Axel-type jump • All single and double jumps are permitted except double Axel • No double Axels, triple or quadruple jumps are permitted • An Axel plus up to three different double jumps may be repeated once (but not more) as solo jumps or part of a jump sequence or jump combination • The number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • There may be up to two jump combinations <u>or one jump combination and one jump sequence</u> • Jump combinations <u>and jump sequences</u> are limited to two jumps except that one jump combination <u>or one jump sequence</u> may include three jumps with a maximum of two double jumps and one single jump 	Five jump elements, which must include: <ul style="list-style-type: none"> • One waltz jump or single Axel* • Three different jumps selected from single loop, single flip, single Lutz, single Axel, or any double jump, except double Axel* • One two-jump or three-jump combination including two single jumps, one single jump and one double jump (in either order) or two double jumps (double Axel is not permitted) *May be performed as solo jumps, or as part of the permitted jump combinations and sequences, but no jump element may count for more than one of the jump requirements
SPINS	Maximum of two spins <ul style="list-style-type: none"> • One must be a spin combination with at least one change of position, optional change of foot, and a minimum of six revolutions • One must be a spin in one position with a minimum of four revolutions and no change of foot • All spins must be of a different character • Both spins may have a flying entry • The skaters have freedom to select the kinds of spins they intend to execute within the spin types required 	Two spins: Same as competition program requirements
STEP SEQUENCE	One choreographic step sequence <ul style="list-style-type: none"> • Must be visible and identifiable and should be performed using almost the full ice surface • Jumps may be included in the step sequence • Step sequences that are too short and barely visible cannot be considered as meeting the requirements of a step sequence, but additional step sequences connecting the various elements may be included at the discretion of the skater • Moves in the field sequences and spiral sequences are permitted but will not be counted as elements 	Same as competition program requirements
REMARKS	<ul style="list-style-type: none"> • Unless otherwise stated, all elements must meet the general criteria and basic requirements in order to be counted (see rule section 6100). 	<ul style="list-style-type: none"> • Unless otherwise stated, all elements must meet the general criteria and basic requirements in order to be counted (see rule section 6100). • Extra elements may be added without penalty. • Two different elements may be reskated, if necessary (see rule 6238)

6470 Preliminary Singles

- A. Test qualifications as of the closing date for entries: preliminary moves in the field test or higher and the preliminary free skate test but no higher.
 B. Age requirements: None

6471 Elements for the Preliminary Boys and Girls Free Skate and Free Skate Test

PRELIMINARY BOYS & GIRLS WELL-BALANCED FREE SKATE & FREE SKATE TEST 2:00 +/- 10 seconds		
PROGRAM	Competition: Must contain the following elements in any order.	Test: Must meet the minimum requirements below.
JUMPS	Maximum of five jump elements <ul style="list-style-type: none"> • One must be an Axel-type jump or a waltz jump • All single jumps, including the single Axel, are permitted. Only two different double jumps, chosen from double Salchow, double toe loop and double loop, may be attempted. • Double flip, double Lutz, double Axel, triple and quadruple jumps are not permitted. • 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. • The number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • There may be up to two jump combinations <u>or one jump combination and one jump sequence</u> <ul style="list-style-type: none"> • Jump combinations <u>and</u> jump sequences are limited to two jumps except that one jump combination <u>or one jump sequence</u> may include three jumps with a maximum of two double jumps and one single jump 	Five jump elements, which must include: <ul style="list-style-type: none"> • One waltz jump or single Axel* • Three different single or allowable double jumps* • One two-jump or three-jump combination including two single jumps, one single jump and one allowable double jump (in either order) or two allowable double jumps <p>*May be performed as solo jumps, or as part of the permitted jump combinations and sequences, but no jump element may count for more than one of the jump requirements</p>
SPINS	Maximum of two spins <ul style="list-style-type: none"> • All spins must be of a different character • Each spin must have a minimum of three revolutions • Spins may change feet and/or positions • Spins may start with a flying entry • The skaters have freedom to select the kinds of spins they intend to execute within the spin types allowed 	Two spins: Same as competition program requirements Note: For this test, if a skater performs a sit spin or a camel spin, the spin must be in a recognizable position but does NOT need to achieve a basic position as defined in rule 6103 (A).
STEP SEQUENCE	One choreographic step sequence <ul style="list-style-type: none"> • Must be visible and identifiable and should be performed using almost the full ice surface • Jumps may be included in the step sequence • Step sequences that are too short and barely visible cannot be considered as meeting the requirements of a step sequence, but additional step sequences connecting the various elements may be included at the discretion of the skater • Moves in the field sequences and spiral sequences are permitted but will not be counted as elements 	Same as competition program requirements
REMARKS	<ul style="list-style-type: none"> • Unless otherwise stated, all elements must meet the general criteria and basic requirements in order to be counted (see rule section 6100). 	<ul style="list-style-type: none"> • Unless otherwise stated, all elements must meet the general criteria and basic requirements in order to be counted (see rule section 6100). • Extra elements may be added without penalty. • Two different elements may be reskated, if necessary (see rule 6238)

6480 Pre-Preliminary Singles

A. Test qualifications as of the closing date for entries: pre-preliminary moves in the field test or higher and the pre-preliminary free skate test but no higher.

B. Age requirements: None

6481 Elements for the Pre-Preliminary Boys and Girls Free Skate and Free Skate Test

PRE-PRELIMINARY BOYS & GIRLS WELL-BALANCED FREE SKATE & FREE SKATE TEST 1:40 maximum		
PROGRAM	Competition: Must contain the following elements in any order.	Test: Must meet the minimum requirements below. Note: The skater may choose to complete the elements in a program (with or without music), or as isolated elements.
JUMPS	<p>Maximum of five jump elements</p> <ul style="list-style-type: none"> • All single jumps, including single Axel, are permitted, but double, triple and quadruple jumps are not permitted • The Axel may be repeated once (but not more) as a solo jump, or in a jump sequence or jump combination • The number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • There may be up to two jump combinations <u>or one jump combination and one jump sequence</u> • Jump combinations <u>and jump sequences</u> are limited to two jumps except that one jump combination <u>or one jump sequence</u> may include three jumps 	<p>Five jump elements, which must include:</p> <ul style="list-style-type: none"> • One waltz jump or single Axel* • Four different jumps, two of which must be single jumps. The remaining two jumps may be half jumps (half Lutz and half flip), single jumps or one of each.* <p>*May be performed as solo jumps, or as part of the permitted jump combinations and sequences, but no jump element may count for more than one of the jump requirements</p>
SPINS	<p>Maximum of two spins</p> <ul style="list-style-type: none"> • All spins must be of a different character • Each spin must have a minimum of three revolutions • Spins may change feet and/or positions • Spins may start with a flying entry • Skaters have freedom to select the kinds of spins they intend to execute within the spin types allowed 	<p>Two spins: Same as competition program requirements</p> <p>Note:</p> <ul style="list-style-type: none"> • A two-foot spin is of a different character than a one-foot spin and would meet the requirements for one of the spins on this test. • For this test only, a backward upright one-foot spin is considered of a different character than a forward upright one-foot spin, so both may be performed. • For this test, if a skater performs a sit spin or a camel spin, the spin must be in a recognizable position but does NOT need to achieve a basic position as defined in rule 6103 (A).
STEP SEQUENCE	<p>One choreographic step sequence</p> <ul style="list-style-type: none"> • Must utilize one-half the ice surface • Jumps may be included in the step sequence • Step sequences that are too short and barely visible cannot be considered as meeting the requirements of a step sequence, but additional step sequences connecting the various elements may be included at the discretion of the skater • Moves in the field sequences and spiral sequences are permitted but will not be counted as elements 	Same as competition program requirements
REMARKS	<ul style="list-style-type: none"> • Unless otherwise stated, all elements must meet the general criteria and basic requirements in order to be counted (see rule section 6100). 	<ul style="list-style-type: none"> • Unless otherwise stated, all elements must meet the general criteria and basic requirements in order to be counted (see rule section 6100). • If performed as a program, extra elements may be added without penalty. • Two different elements may be reskated, if necessary (see rule 6238)

6490 No Test Singles

- A. Test qualifications as of the closing date for entries: may not have passed any free skate tests, but may have passed moves in the field tests without restriction.
- B. Age requirements: None

6491 Elements for the No Test Boys and Girls Free Skate

NO TEST BOYS & GIRLS WELL-BALANCED FREE SKATE 1:40 maximum Competition: Must contain the following elements in any order	
JUMPS	Maximum of five jump elements <ul style="list-style-type: none"> • All single jumps are permitted except for the single Axel • No single Axels, double, triple or quadruple jumps are permitted • The number of single jumps (except single Axels) is not limited provided the maximum number of jump elements allowed is not exceeded • There may be up to two jump combinations <u>or one jump combination and one jump sequence</u> • Jump combinations <u>and jump sequences</u> are limited to two jumps except that one jump combination <u>or one jump sequence</u> may include three jumps
SPINS	Maximum of two spins <ul style="list-style-type: none"> • All spins must be of a different character • Each spin must have a minimum of three revolutions • Spins may change feet and/or positions • Spins may start with a flying entry • The skaters have freedom to select the kinds of spins they intend to execute within the spin types allowed
STEP SEQUENCE	One choreographic step sequence <ul style="list-style-type: none"> • Must utilize one-half the ice surface • Jumps may be included in the step sequence • Step sequences that are too short and barely visible cannot be considered as meeting the requirements of a step sequence, but additional step sequences connecting the various elements may be included at the discretion of the skater. • Moves in the field sequences and spiral sequences are permitted but will not be counted as elements
REMARKS	<ul style="list-style-type: none"> • Unless otherwise stated, all elements must meet the general criteria and basic requirements in order to be counted (see rule section 6100).

6500 Adult Singles Competition Requirements and Free Skate Test Elements

All adult singles events are open only to competitors who are 21 years of age or older at the closing date for entries. See rule 2552 for age categories.

6510 Championship Masters Junior-Senior Singles and Masters Junior-Senior Singles

Test qualifications, as of the closing date for entries, skaters must have passed at least one of the following:

- A. The adult or standard novice free skate test;
- B. Prior to Oct. 1, 1977, the 4th figure test;
- C. On or after Oct. 1, 1977, and prior to Oct. 1, 1979, the 8th figure test.

6511 Elements for the Championship Masters Junior-Senior and Masters Junior-Senior Free Skate

CHAMPIONSHIP MASTERS JUNIOR-SENIOR AND MASTERS JUNIOR-SENIOR WELL-BALANCED FREE SKATE 3:40 maximum time Competition: Must contain the following elements in any order	
JUMPS	Maximum of seven jump elements <ul style="list-style-type: none">• One must be an Axel-type jump• There may be up to three jump combinations <u>or two jump combinations and one jump sequence</u>• Jump combinations and jump sequences are limited to two jumps except that one jump combination <u>or one jump sequence</u> may include three jumps• No Axels or multi-rotation jumps may be repeated more than once, and if repeated, those jumps must be in combination or sequence. If at least one of these executions is in a jump combination or a jump sequence, both executions (of the same Axel or multi-rotation jump) are evaluated in a regular way. If both executions (of the same Axel or multi-rotation jump) are as solo jumps, the second of these solo jumps will receive 70 percent of its original base value.
SPINS	Maximum of three spins of a different character <ul style="list-style-type: none">• If a spin includes a change of foot, it must have a minimum of four revolutions on each foot. All other spins must have a minimum of five revolutions.• There must be a minimum of two revolutions in each position, or the position will not be counted.• The skaters have freedom to select the kinds of spins they intend to execute within the spin types allowed.
STEP SEQUENCE	Maximum of one choreographic step sequence (may include moves in the field and spirals) <ul style="list-style-type: none">• Must be visible and identifiable and should be performed using almost the full ice surface• A sequence that meets the minimum requirements above will be awarded a fixed base value and evaluated by the judges in GOE• A sequence that does not meet the minimum requirements above will receive no value• Jumps may be included in the step sequence• Sequences that are too short and barely visible cannot be considered as meeting the requirements• Additional moves in the field sequences, spiral sequences and step sequences are permitted but will not be counted as elements; instead they will be counted as transitions and marked as such
REMARKS	<ul style="list-style-type: none">• Unless otherwise stated, all elements must meet the general criteria and basic requirements in order to be counted (see rule section 6100).• If an extra jump(s) is executed, only the individual jump(s) which is not according to the requirements will have no value. The jumps are considered in the order of execution.

6520 Championship Masters Intermediate-Novice Singles and Masters Intermediate-Novice Singles

Test qualifications, as of the closing date for entries:

- A. Skaters must have passed at least one of the following:
1. The adult or standard intermediate free skate test;
 2. Prior to Oct. 1, 1977, the 3rd figure test;
 3. On or after Oct. 1, 1977, and prior to Oct. 1, 1979, the 8th figure test.
- B. Skaters must not have passed:
1. On or after Oct. 1, 1977, and prior to Oct. 1, 1991, higher than the standard junior free skate test;
 2. On or after Oct. 1, 1991, higher than the adult or standard novice free skate test.

6521 Elements for the Championship Masters Intermediate-Novice and Masters Intermediate-Novice Free Skate

CHAMPIONSHIP MASTERS INTERMEDIATE-NOVICE AND MASTERS INTERMEDIATE-NOVICE WELL-BALANCED FREE SKATE 3:10 maximum time Competition: Must contain the following elements in any order	
JUMPS	Maximum of six jump elements <ul style="list-style-type: none"> • One must be an Axel-type jump • There may be up to three jump combinations or <u>two jump combinations and one jump sequence</u> • Jump combinations <u>and jump sequences</u> are limited to two jumps except that one jump combination or one jump sequence may include three jumps • Only one jump combination or one jump sequence may include two double jumps • Each jump may be repeated only once and only in combination or sequence. If at least one of these executions is in a jump combination or a jump sequence, both executions (of the same single or double jump) are evaluated in a regular way. If both executions (of the same single or double jump) are as solo jumps, the second of these solo jumps will receive 70 percent of its original base value. • All single jumps and the following double jumps may be performed: double toe loop, double Salchow and double loop • Double flip, double Lutz, double Axel and triple jumps are not permitted
SPINS	Maximum of three spins of a different character <ul style="list-style-type: none"> • If a spin includes a change of foot, it must have a minimum of four revolutions on each foot. All other spins must have a minimum of five revolutions. • There must be a minimum of two revolutions in each position, or the position will not be counted. • The skaters have freedom to select the kinds of spins they intend to execute within the spin types allowed.
STEP SEQUENCE	Maximum of one choreographic step sequence (may include moves in the field and spirals) <ul style="list-style-type: none"> • Must be visible and identifiable and should be performed using almost the full ice surface • A sequence that meets the minimum requirements above will be awarded a fixed base value and evaluated by the judges in GOE • A sequence that does not meet the minimum requirements above will receive no value • Jumps may be included in the step sequence • Sequences that are too short and barely visible cannot be considered as meeting the requirements • Additional moves in the field sequences, spiral sequences and step sequences are permitted but will not be counted as elements; instead they will be counted as transitions and marked as such
REMARKS	<ul style="list-style-type: none"> • Unless otherwise stated, all elements must meet the general criteria and basic requirements in order to be counted (see rule section 6100). • If an extra jump(s) is executed, only the individual jump(s) which is not according to the requirements will have no value. The jumps are considered in the order of execution.

6530 Championship Adult Gold and Adult Gold Singles

Test Qualifications as of the closing date for entries:

A. Skaters must have passed at least one of the following:

1. The adult gold free skate test;
2. The standard juvenile free skate test;
3. Prior to Oct. 1, 1977, the 3rd figure test.

B. Skaters must not have passed:

1. Prior to Oct. 1, 1991, higher than the standard intermediate free skate test;
2. On or after Oct. 1, 1991, higher than the standard juvenile free skate test;
3. Prior to Oct. 1, 1977, higher than the 5th figure test;
4. On or after Oct 1, 1977, and prior to Oct. 1, 1979, the 8th figure test.

C. Skaters may have passed:

1. Any figure tests or moves-in-the-field tests on or after Oct. 1, 1977, and prior to Oct. 1, 1979, except for the 8th figure test;
2. Any figure tests or moves-in-the-field tests on or after Oct. 1, 1979.

6531 Elements for the Championship Adult Gold and Adult Gold Free Skate and Free Skate Test

CHAMPIONSHIP ADULT GOLD AND ADULT GOLD WELL-BALANCED FREE SKATE & TEST 2:40 maximum time		
PROGRAM	Competition: Must contain the following elements in any order.	Test: Must meet the minimum requirements below.
JUMPS	Maximum of five jump elements <ul style="list-style-type: none"> • There may be up to three jump combinations <u>or two jump combinations and one jump sequence</u> • Jump combinations <u>and jump sequences</u> are limited to two jumps except that one jump combination <u>or one jump sequence</u> may include three jumps • Each jump combination or sequence may include only one double jump • Each jump may be repeated only once and only in combination and/or sequence. If at least one of these executions is in a jump combination or a jump sequence, both executions (of the same single or double jump) are evaluated in a regular way. If both executions (of the same single or double jump) are as solo jumps, the second of these solo jumps will receive 70 percent of its original base value. • All single jumps (including single Axel) and the following double jumps may be performed: double toe loop and double Salchow • Double loop, double flip, double Lutz, double Axel and triple jumps are not permitted 	Five jump elements, which must include: <ul style="list-style-type: none"> • Four different single or allowable double jumps, two of which must be chosen from single Lutz, single Axel, double toe loop or double Salchow* • One two-jump or three-jump combination including two jumps with at least one rotation *May be performed as solo jumps, or as part of the permitted jump combinations and sequences, but no jump element may count for more than one of the jump requirements
SPINS	Maximum of three spins of a different character <ul style="list-style-type: none"> • If a spin includes a change of foot, it must have a minimum of four revolutions on each foot. All other spins must have a minimum of four revolutions. • There must be a minimum of two revolutions in each position, or the position will not be counted • The skaters have freedom to select the kinds of spins they intend to execute within the spin types allowed 	Three spins: Same as competition program requirements
STEP SEQUENCE	Maximum of one choreographic step sequence (may include moves in the field and spirals) <ul style="list-style-type: none"> • Must be visible and identifiable and should be performed using almost the full ice surface • A sequence that meets the minimum requirements above will be awarded a fixed base value and evaluated by the judges in GOE • A sequence that does not meet the minimum requirements above will receive no value • Jumps may be included in the step sequence • Sequences that are too short and barely visible cannot be considered as meeting the requirements • Additional moves in the field sequences, spiral sequences and step sequences are permitted but will not be counted as elements; instead they will be counted as transitions and marked as such 	Same as competition program requirements
REMARKS	<ul style="list-style-type: none"> • Unless otherwise stated, all elements must meet the general criteria and basic requirements in order to be counted (see rule section 6100). • If an extra jump(s) is executed, only the individual jump(s) which is not according to the requirements will have no value. The jumps are considered in the order of execution. 	<ul style="list-style-type: none"> • Unless otherwise stated, all elements must meet the general criteria and basic requirements in order to be counted (see rule section 6100). • Extra elements may be added without penalty. • Two different elements may be reskated, if necessary (see rule 6238)

6540 Championship Adult Silver and Adult Silver Singles

Test Qualifications as of the closing date for entries:

A. Skaters must have passed at least one of the following:

1. The adult silver free skate test;
2. Prior to Oct. 1, 1994, the standard juvenile free skate test;
3. On or after Oct. 1, 1994, the standard pre-juvenile free skate test;
4. Prior to Oct. 1, 1977, the 3rd figure test.

B. Skaters must not have passed:

1. Higher than the adult silver free skate test;
2. Prior to Oct. 1, 1994, higher than the standard juvenile free skate test;
3. On or after Oct. 1, 1994, higher than the standard pre-juvenile free skate test;
4. Prior to Oct. 1, 1977, higher than the 3rd figure test;
5. On or after Oct. 1, 1977, and prior to Oct. 1, 1979, the 8th figure test.

C. Skaters may have passed:

1. Any figure tests or moves-in-the-field test on or after Oct. 1, 1977, and prior to Oct. 1, 1979, except for the 8th figure test;
2. Any figure tests or moves-in-the-field tests on or after Oct. 1, 1979.

6541 Elements for the Championship Adult Silver and Adult Silver Free Skate and Free Skate Test

CHAMPIONSHIP ADULT SILVER AND ADULT SILVER WELL-BALANCED FREE SKATE & TEST 2:10 maximum time		
PROGRAM	Competition: Must contain the following elements in any order.	Test: Must meet the minimum requirements below.
JUMPS	<p>Maximum of five jump elements</p> <ul style="list-style-type: none"> • There may be up to two jump combinations <u>or one jump combination and one jump sequence</u> • Jump combinations <u>and jump sequences</u> are limited to two jumps except that one jump combination <u>or one jump sequence</u> may include three jumps • Additional jump sequences which contain non-listed jumps of not more than one revolution performed as part of connecting footwork preceding single jumps are permitted • Each jump may be repeated only once and only in combination or sequence • All single jumps, including single Axel, are permitted • No double or triple jumps are permitted 	<p>Five jump elements, which must include:</p> <ul style="list-style-type: none"> • Three different single jumps, two of which must be chosen from single loop, single flip, single Lutz, or single Axel* • One two-jump or three-jump combination including two single jumps • One jump sequence or additional jump combination consisting of waltz jumps or jumps of one full revolution <p>*Required jumps may be performed as solo jumps, or as part of the permitted jump combinations and sequences</p>
SPINS	<p>Maximum of two spins of a different character</p> <ul style="list-style-type: none"> • If a spin includes a change of foot, it must have a minimum of three revolutions on each foot. A spin without a change of foot must have a minimum of three revolutions. • There must be a minimum of two revolutions in each position, or the position will not be counted. • The skaters have freedom to select the kinds of spins they intend to execute within the spin types allowed. 	<p>Two spins: Same as competition program requirements</p> <p>Note: For this test, if a skater performs a sit spin or a camel spin, the spin must be in a recognizable position but does NOT need to achieve a basic position as defined in rule 6103 (A).</p>
STEP SEQUENCE	<p>Maximum of one choreographic step sequence (may include moves in the field and spirals) utilizing at least one-half of the ice surface</p> <ul style="list-style-type: none"> • Jumps may be included in the step sequence • Sequences that are too short and barely visible cannot be considered as meeting the requirements • Additional moves in the field sequences, spiral sequences and step sequences are permitted but will not be counted as elements; instead they will be counted as transitions and marked as such <p>When judged with IJS:</p> <ul style="list-style-type: none"> • A sequence that meets the minimum requirements above will be awarded a fixed base value and evaluated by the judges in GOE • A sequence that does not meet the minimum requirements above will receive no value 	<p>Same as competition program requirements</p>
REMARKS	<ul style="list-style-type: none"> • Unless otherwise stated, all elements must meet the general criteria and basic requirements in order to be counted (see rule section 6100). • If an extra jump(s) is executed, only the individual jump(s) which is not according to the requirements will have no value. The jumps are considered in the order of execution. 	<ul style="list-style-type: none"> • Unless otherwise stated, all elements must meet the general criteria and basic requirements in order to be counted (see rule section 6100). • Extra elements may be added without penalty. • Two different elements may be reskated, if necessary (see rule 6238)

6550 Adult Bronze Singles

Test Qualifications as of the closing date for entries:

- A. Skaters must have passed at least one of the following:
1. The adult bronze free skate test;
 2. The standard preliminary free skate test.
- B. Skaters must not have passed:
1. Higher than the adult bronze free skate test;
 2. Higher than the standard preliminary free skate test;
 3. Before Oct. 1, 1977, higher than the 2nd figure test;
 4. On or after Oct. 1, 1977, and prior to Oct. 1, 1979, the 8th figure test.
- C. Skaters may have passed:
1. The 2nd figure test, and no higher, before Oct. 1, 1977;
 2. Any figure tests or moves-in-the-field tests on or after Oct. 1, 1977, and prior to Oct. 1, 1979, except for the 8th figure test;
 3. Any figure tests or moves-in-the-field tests on or after Oct. 1, 1979.

6551 Elements for the Adult Bronze Free Skate and Free Skate Test

ADULT BRONZE WELL-BALANCED FREE SKATE & TEST 1:50 maximum time		
PROGRAM	Competition: Must contain the following elements in any order.	Test: Must meet the minimum requirements below.
JUMPS	<p>Maximum of four jump elements</p> <ul style="list-style-type: none"> • There may be up to two jump combinations <u>or one jump combination and one jump sequence</u> • Jump combinations <u>and jump sequences</u> are limited to two jumps except that one jump combination <u>or one jump sequence</u> may include three jumps • A jump sequence consists of two <u>or three</u> jumps of any number of revolutions in which the second <u>and/or the third</u> jump is a waltz jump with a direct step from the landing curve of the first/<u>second</u> jump to the take-off curve of the waltz jump • Each jump may be repeated only once and only in combination or in sequence • All single jumps, except single Axel, are permitted • No single Axel, double or triple jumps are permitted 	<p>Four jump elements, which must include:</p> <ul style="list-style-type: none"> • Three different jumps, selected from single toe, single Salchow, single loop, single flip or single Lutz* • One two-jump or three-jump combination including a waltz jump and/or allowable single jump(s) (no turn or change of foot between jumps) <p>*Required jumps may be performed as solo jumps, or as part of the permitted jump combinations and sequences.</p>
SPINS	<p>Maximum of two spins of a different character</p> <ul style="list-style-type: none"> • If a spin includes a change of foot, it must have a minimum of three revolutions on each foot. All other spins must have a minimum of three revolutions. • There must be a minimum of two revolutions in each position or the position will not be counted • Spins with a flying entry are not permitted • The skaters have freedom to select the kinds of spins they intend to execute within the spin types allowed 	<p>Two spins: Same as competition program requirements</p> <p>Note: For this test, if a skater performs a sit spin or a camel spin, the spin must be in a recognizable position but does NOT need to achieve a basic position as defined in rule 6103 (A).</p>
STEP SEQUENCE	<p>Maximum of one choreographic step sequence (may include moves in the field and spirals) utilizing at least one-half of the ice surface</p> <ul style="list-style-type: none"> • Jumps may be included in the step sequence • Sequences that are too short and barely visible cannot be considered as meeting the requirements • Additional moves in the field sequences, spiral sequences and step sequences are permitted but will not be counted as elements; instead they will be counted as transitions and marked as such <p>When judged with IJS:</p> <ul style="list-style-type: none"> • A sequence that meets the minimum requirements above will be awarded a fixed base value and evaluated by the judges in GOE • A sequence that does not meet the minimum requirements above will receive no value 	<p>Same as competition program requirements</p>
REMARKS	<ul style="list-style-type: none"> • Unless otherwise stated, all elements must meet the general criteria and basic requirements in order to be counted (see rule section 6100). 	<ul style="list-style-type: none"> • Unless otherwise stated, all elements must meet the general criteria and basic requirements in order to be counted (see rule section 6100). • Extra elements may be added without penalty. • Two different elements may be reskated, if necessary (see rule 6238)

6560 Adult Pre-Bronze Singles

A. Test qualifications as of the closing date for entries: Passed no higher than the adult pre-bronze free skate test, or the pre-preliminary free skate test.

6561 Elements for the Adult Pre-Bronze Free Skate and Free Skate Test

ADULT PRE-BRONZE WELL-BALANCED FREE SKATE & TEST 1:40 maximum time		
PROGRAM	Competition: Must contain the following elements in any order.	Test: Must meet the minimum requirements below. Note: The skater may choose to complete the elements in a program (with or without music), or as isolated elements.
JUMPS	<p>Maximum of four jump elements</p> <ul style="list-style-type: none"> • There may be up to two jump combinations <u>or one jump combination and one jump sequence</u> • Jump combinations <u>and jump sequences</u> are limited to two jumps except that one jump combination <u>or one jump sequence</u> may include three jumps • A jump sequence consists of two <u>or three</u> jumps of any number of revolutions in which the second <u>and/ or the third</u> jump is a waltz jump with a direct step from the landing curve of the first/<u>second</u> jump to the take-off curve of the waltz jump • Each jump may be repeated only once and only in combination or sequence • Only single and half-revolution jumps are permitted • No single Lutz, single Axel or double jumps are permitted 	<p>Two different half or allowable single jumps*</p> <p>*Required jumps may be performed as solo jumps, or as part of the permitted jump combinations and sequences.</p>
SPINS	<p>A maximum of two spins of a different character</p> <ul style="list-style-type: none"> • Spins with a flying entry are not permitted • Spins must have a minimum of three revolutions • 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 • The skaters have freedom to select the kinds of spins they intend to execute within the spin types allowed 	<p>Two spins: Same as competition requirements</p> <p>Note:</p> <ul style="list-style-type: none"> • A two-foot spin is of a different character than a one-foot spin and would meet the requirements for one of the spins on this test. • For this test only, a backward upright one-foot spin is considered of a different character than a forward upright one-foot spin, so both may be performed. • For this test, if a skater performs a sit spin or a camel spin, the spin must be in a recognizable position but does NOT need to achieve a basic position as defined in rule 6103 (A).
STEPS	Connecting steps throughout the program are required	Same as competition requirements
REMARKS	<ul style="list-style-type: none"> • Unless otherwise stated, all elements must meet the general criteria and basic requirements in order to be counted (see rule section 6100). 	<ul style="list-style-type: none"> • Unless otherwise stated, all elements must meet the general criteria and basic requirements in order to be counted (see rule section 6100). • If performed as a program, extra elements may be added without penalty. • Two different elements may be reskated, if necessary (see rule 6238)

6700 **Emotional Performance and Lyrical Pop/Character/Comedy Events**

For Masters Emotional Performance, Masters Lyrical Pop/Character/Comedy, Adult Gold Emotional Performance, Adult Gold Lyrical Pop/Character/Comedy, Adult Silver Emotional Performance, Adult Silver Lyrical Pop/Character/Comedy, Adult Bronze Emotional Performance and Adult Bronze Lyrical Pop/Character/Comedy: Test qualifications as of the closing date for entries, program duration, program requirements and restrictions, and judging and marking will be as specified in the Nonqualifying Competition Showcase Guidelines, posted on the Members Only site.

6900 **Marking of Singles – 6.0 and IJS**

6910 **Marking of Singles – 6.0 System**

6911 The 6.0 system is marked on a scale from 0 to 6, of which:

0.0 = Not Skated	4.0 = Good
1.0 = Very Poor	5.0 = Very Good
2.0 = Poor	6.0 = Outstanding
3.0 = Mediocre	

- A. Decimals to one place are permitted as further intermediate values (e.g. 3.8, 4.4, 5.5).
- B. When deserved, a judge may award the mark of 6.0 either in the first mark or in the second mark, but not in both, except for the last competitor.

6912 Under the 6.0 system, the judges must penalize clothing not meeting the requirements of rule section 6030 by a deduction of 0.1 in the second mark.

6913 **Marking of Singles Short Programs – 6.0 System**

In the singles short program, for those events that are judged under the 6.0 system, two marks shall be awarded on a scale from 0 to 6 (see rule 6911). The first mark shall be for technical elements (formerly “required elements”) and the second mark shall be for program components (formerly “presentation”).

- A. For the marking of the technical elements, see rule 6921 (D)(3). In addition, the judges must consider the difficulty of the elements and transitions, and speed.
- B. For the marking of the program components, see rule 6923.
- C. Every failure in the technical elements must be reflected only in the first mark, according to the importance of the element failed or omitted and the gravity of the mistake itself, since there is no direct relationship between the first and second marks. However, marks must be deducted for failures in the second mark if the harmonious and artistic aspects of the program are involved.
- D. The execution of a non-prescribed element in place of a prescribed element must be considered as an omission; an additional deduction of 0.2 for an extra element should be taken in the mark for technical elements.
- E. When movements which are not allowed are included, deductions must be made both for technical elements and program components. The penalty to be applied should be 0.1 in each mark for each forbidden element performed.
- F. An element is omitted when it is not tried; the jump combination is omitted when neither one of the two jumps is attempted.
 - 1. Any element commenced after the permissible time allowance will be considered as omitted in the marking. In the event an element is commenced before but completed after the allowable time duration, appropriate deductions must be made for exceeding the maximum time permitted, but the element is to be judged as skated. The referee must advise the judges of any element begun after the time limit, and also of any program that exceeds the permissible time limit.
- G. A whistle shall be blown by the referee when the allowable time has elapsed, and the judges shall cease judging the performance. If a competitor fails to finish the short program within the time limit, there should be a 0.1 deduction in the marks for technical elements and program components for up to every 10 seconds in excess.
- H. In each of the required spins with less than the required number of revolutions, a deduction of 0.1 must be made in the mark for technical elements.
- I. Deductions must be made according to the following scale of values:

Elements	Failures	Omissions
Jump combination, solo jumps, spins, flying spins and spin combinations	0.1 to 0.4	0.5
Step sequences and spiral sequences	0.1 to 0.3	0.4
Extra or repeated elements	0.2	-

- J. See also rules 1401 and 1402.

6914 Marking of Singles Free Skate – 6.0 System

In the singles free skate, for those events that are judged under the 6.0 system, two marks shall be awarded on a scale from 0 to 6 (see rule 6911). The first mark shall be for technical elements (formerly “technical merit”) and the second mark shall be for program components (formerly “presentation”).

- A. In the marking of technical elements, see rule 6921 (D)(3). In addition, the following must be considered:
 - 1. Difficulty of the performance (with no credit given for portions thereof which are missed);
 - 2. Variety;
 - 3. Cleanness and sureness;
 - 4. Speed.
- B. For the marking of the program components, see rule 6923.
- C. Where free skating moves are repeated (i.e. jumps, spins, step sequences), the full value of the move repeated must not be awarded by the judges in the mark for technical elements. The foregoing shall not, however, apply to combinations.
- D. All the elements of a free skate (the jumps, spins, step sequences and particularly the glide, footwork and the difficulty and variety of the steps) must be taken into consideration in the mark for technical elements and be rewarded according to their relative merit as to difficulty:
 - 1. No individual element can be given predominant importance, and the program must be considered as a whole.
 - 2. Excessive values must not be assigned to triple or quadruple jumps especially when of poor quality. In addition, no extra credit should be given for a poorly executed triple or quadruple jump when compared with a well-executed double jump.
 - 3. The spins must have the required minimum number of revolutions, the lack of which must be reflected by the judges in their marks.
- E. A program is not considered well-balanced when it contains an extra number or less than the required minimum number of an element, or when it lacks connecting steps between the elements. When a program is not well-balanced, the deduction should be 0.2 from the mark for technical elements for each extra or lacking element.
- F. Any element started after the permissible time must not be marked and will have no value.
- G. A whistle shall be blown by the referee when the allowable time has elapsed, and the judges shall cease judging the performance. If the skater fails to finish a free skate within the allowed range of time, there should be a 0.1 deduction in both marks for up to every 10 seconds lacking or in excess of the prescribed range.

6920 Marking of Singles – IJS

6921 Total Element Score – Singles – IJS

- A. *Scale of Values*: The scale of values of the elements of singles skating is published and updated on the Members Only site. This scale of values contains base values of all the elements and adjustments for the quality of their execution.
- B. *Base Values*: Base values of elements are measured in points and increase with the increasing difficulty of the elements. An element’s difficulty depends:
 - 1. For jumps: On the names of the jumps listed in the order of their difficulty (toe loop, Salchow, loop, flip, Lutz and Axel) and the number of revolutions;
 - 2. For other elements: On their levels of difficulty.
- C. *Levels of Difficulty of Elements*: The technical panel will determine the name and level of difficulty (when necessary) of elements. Spins and step sequences (except choreographic step sequences and choreographic sequences) are divided depending on their difficulty into five levels according to the number of features achieved: Basic Level (B) in case of no features, Level 1 in case of one feature, Level 2 in case of two features, Level 3 in case of three features and Level 4 in case of four features. The descriptions of characteristics that give an element a certain level of difficulty are published on the Members Only site.
- D. *Grade of Execution (GOE)*:
 - 1. Each judge will mark the quality of execution of every element depending on the positive and/or negative features of the execution and errors.
 - 2. The GOE is marked from +5, +4, +3, +2, +1, 0 (base value), -1, -2, -3, -4, -5.
 - 3. The guidelines for marking grades of execution are published on the Members Only site.
- E. In the short program, if an unprescribed or additional element (performed) substitutes a required element (not performed), the respective box will be blocked, and this performed element will be considered as not according to requirements. Unlisted or additional elements such as jumps, spins, steps or repetitions, even of failed elements, are not marked and consequently do not block a “box” (spot) of another type of element.

6922 Illegal Elements/Movements

Every illegal element/movement performed in the program will be penalized by a deduction (see rule 1071 (C)) If an illegal element/movement is performed during the execution of any element, the deduction for an illegal element/movement will apply, and the element will be called Basic Level if the requirements for at least Basic Level are fulfilled. See rule 6106 for a list of illegal elements/movements.

6923 Program Component Score – Singles – IJS

In addition to the total element score, the skater’s whole performance is evaluated by three program components: (1) Composition, (2) Presentation and (3) Skating Skills.

A. Definitions and criteria for analyzing the program components

1. **Composition:** 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. In evaluating the Composition, the following must be considered:
 - a. Unity;
 - b. Connections between and within elements;
 - c. Pattern and ice coverage;
 - d. Multidimensional movements and use of space;
 - e. Choreography reflecting musical phrase and form.
2. **Presentation:** The demonstration of engagement, commitment and involvement based on an understanding of the music and composition. In evaluating the Presentation, the following must be considered:
 - a. Expressiveness and projection;
 - b. Variety and contrast of energy and of movements;
 - c. Musical sensitivity and timing.
3. **Skating Skills:** The ability of the skater to execute the skating repertoire of steps, turns and skating movement, with blade and body control. In evaluating the Skating Skills, the following must be considered:
 - a. Variety of edges, steps, turns, movements and directions;
 - b. Clarity of edges, steps, turns, movements and body control;
 - c. Balance and glide;
 - d. Flow;
 - e. Power and speed.

B. Marks for Program Components

1. Program components are marked on a scale of 0.25 to 10.00 in increments of 0.25, with a separate mark given for each program component, of which:

0.25-0.75 =	Extremely poor	5.00-5.75 =	Average
1.00-1.75 =	Very poor	6.00-6.75 =	Above average
2.00-2.75 =	Poor	7.00-7.75 =	Good
3.00-3.75 =	Weak	8.00-8.75 =	Very good
4.00-4.75 =	Fair	9.00-9.75 =	Excellent
		10.00 =	Outstanding

2. Increments are used for evaluation of performances containing some features of one degree and some of the next degree.
3. Guidelines for judging are published and updated on the Members Only site.

6924 Deductions are taken by the event referee and judges (where applicable) for certain violations of the rules as set forth in rule 1071.

List of Jumps

Definitions:

- Half revolution jump – any jump of one-half (180 degrees) revolution in the air
- Single jump – any jump of one or more, but less than two, revolutions in the air
- Double jump – any jump of two or more, but less than three, revolutions in the air
- Triple jump – any jump of three or more, but less than four, revolutions in the air
- Quadruple jump – any jump of four or more, but less than five, revolutions in the air

Comment:

f – forward T – rotation as in a three-turn (natural rotation)
 b – backward C – rotation as in a counter (counter rotation)
 o – outside ! – toe push
 i – inside ^ – split position in air

Listed Jumps: Jumps that are in the ISU scale of values (defined by the take off, not the landing foot)

Description	Name	Code
bo! 1 Tbo	Single Toe Loop	1T
bo! 2 Tbo	Double Toe Loop	2T
bo! 3 Tbo	Triple Toe Loop	3T
bo! 4 Tbo	Quadruple Toe Loop	4T
bi! 1 Cbo	Single Toe Walley	1T
bi! 2 Cbo	Double Toe Walley	2T
bi! 3 Cbo	Triple Toe Walley	3T
bi! 4 Cbo	Quadruple Toe Walley	4T
bi 1 Tbo	Single Salchow	1S
bi 2 Tbo	Double Salchow	2S
bi 3 Tbo	Triple Salchow	3S
bi 4 Tbo	Quadruple Salchow	4S
bo 1 Tbo	Single Loop (Rittberger)	1Lo
bo 2 Tbo	Double Loop	2Lo
bo 3 Tbo	Triple Loop	3Lo
bo 4 Tbo	Quadruple Loop	4Lo
bi! 1 Tbo	Single Flip	1F
bi! 2 Tbo	Double Flip	2F
bi! 3 Tbo	Triple Flip	3F
bi! 4 Tbo	Quadruple Flip	4F
bi! 1 ^ Tbo	Split Single Flip	1F
bo! 1 Cbo	Single Lutz	1Lz
bo! 2 Cbo	Double Lutz	2Lz
bo! 3 Cbo	Triple Lutz	3Lz
bo! 4 Cbo	Quadruple Lutz	4Lz
bo! 1 ^ Cbo	Split Single Lutz	1Lz
bo! 2 ^ Cbo	Split Double Lutz	2Lz
fo 1 ½ Tbo	Single Axel	1A
fo 2 ½ Tbo	Double Axel	2A
fo 3 ½ Tbo	Triple Axel	3A
fo 4 ½ Tbo	Quadruple Axel	4A
fo 1 ½ Tbi	Single One-Foot Axel	1A
fo 2 ½ Tbi	Double One-Foot Axel	2A

Non-listed Jumps: Jumps not in the ISU scale of values, do not have a point value and do not count as jump elements when performed on their own.

Description	Name	Code
bo 1 Tbi	Half-Loop (Euler)*	-
bi! ½ T!fi	Half Flip (Half Toe Salchow)**	-
bi! ½ ^ T!fi	Split	-
bo! ½ C!fi	Half Lutz**	-
fo ½ Tbo	Waltz Jump (Three Jump)***	-
fi 1 ½ Tbo	Inside Axel	-
fi 2 ½ Tbo	Double Inside Axel	-
bi 1 Cbo	Walley	-

*An Euler (half-loop) becomes a listed jump with the value indicated in the scale of values (IJS) when used in combinations, in between two listed jumps, for all levels.

**Half flip and half Lutz count as jump elements in the pre-preliminary free skate test but not in the preliminary well-balanced free skate competition event. Half flip and half Lutz count as jump elements in the adult pre-bronze free skate test and also in the adult pre-bronze well-balanced free skate competition event.

***A waltz jump counts as a jump element and meets the requirement for an Axel-type jump element for no test, pre-preliminary, preliminary and all adult singles well-balanced free skate competition events. For allowable jumps in the corresponding free skate tests, please review the individual test requirements in rules 6471 (preliminary), 6481 (pre-preliminary), 6531 (adult gold), 6541 (adult silver), 6551 (adult bronze) and 6561 (adult pre-bronze).