

2022-2023 Adult Singles Free Skating Requirements – This chart has been updated with the changes from the U.S. Figure Skating Governing Council that will go into effect July 1, 2022.



2022-2023	JUMP ELEMENTS	SPINS	STEP SEQUENCE
<p>CHAMPIONSHIP MASTERS JUNIOR-SENIOR & MASTERS JUNIOR-SENIOR</p> <p>3:40 maximum</p> <p>2nd half bonus: 1:50</p> <p>* means element is required</p>	<p>Max 7 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump or a waltz jump* • Max 3 combinations or sequences <ul style="list-style-type: none"> ◦ 1 jump combination may contain 3 jumps; the remaining jump combinations are limited to 2 jumps ◦ <u>Jump combinations and jump sequences are limited to two jumps except that one jump combination or jump sequence may include 3 jumps</u> ◦ <u>Jump sequence is any listed jump immediately followed by an Axel-type jump and/or the third jump is an Axel-type jump with a direct step from the landing curve of the first/second jump into the take-off curve of the Axel-type jump.</u> • No Axels or multi-rotation jumps may be repeated more than once, and if repeated, those jumps must be in combination or sequence • If both executions (of the same Axel or multi-rotation jump) are as solo jumps, the second of these jumps will receive 70% of its original base value 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • Spins must be of different character (for definition, see U.S. Figure Skating rule 6103) • Min 5 revs total if no change of foot • Min 4 revs each foot if change of foot • Min 2 revs in each position 	<p>Max 1 Step Sequence</p> <ul style="list-style-type: none"> • 1 choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals) • Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.
<p>CHAMPIONSHIP MASTERS INTERMEDIATE-NOVICE & MASTERS INTERMEDIATE-NOVICE</p> <p>3:10 maximum</p> <p>2nd half bonus: 1:35</p> <p>* means element is required</p>	<p>Max 6 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump or a waltz jump* • Max 3 combinations or sequences <ul style="list-style-type: none"> ◦ 1 jump combination may contain 3 jumps; the remaining jump combinations are limited to 2 jumps ◦ Only 1 jump combination may include 2 double jumps ◦ <u>Jump combinations and jump sequences are limited to two jumps except that one jump combination or jump sequence may include 3 jumps</u> ◦ <u>Jump sequence is any listed jump immediately followed by an Axel-type jump and/or the third jump is an Axel-type jump with a direct step from the landing curve of the first/second jump into the take-off curve of the Axel-type jump.</u> • Each jump may be repeated only once, and only as part of a combination or sequence • If both executions of the same jump are as solo jumps, the second of these jumps will receive 70% of its original base value • All single jumps and the following double jumps are permitted: double toe loop, double Salchow, double loop • Double flip, double Lutz, double Axel and triple jumps are not permitted 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • Spins must be of different character (for definition, see U.S. Figure Skating rule 6103) • Min 5 revs total if no change of foot • Min 4 revs each foot if change of foot • Min 2 revs in each position 	<p>Max 1 Step Sequence</p> <ul style="list-style-type: none"> • 1 choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals) • Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.

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

6.0 System Penalties:

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

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

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<p>CHAMPIONSHIP ADULT GOLD & ADULT GOLD</p> <p>2:40 maximum</p> <p>2nd half bonus: 1:20</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • Max 3 combinations or sequences <ul style="list-style-type: none"> ◦ <u>Jump combinations and jump sequences are limited to two jumps except that one jump combination or jump sequence may include 3 jumps</u> ◦ <u>Jump sequence is any listed jump immediately followed by an Axel-type jump and/or the third jump is an Axel-type jump with a direct step from the landing curve of the first/second jump into the take-off curve of the Axel-type jump.</u> ◦ Each jump combination may include only 1 double jump ◦ Each jump may be repeated only once, and only as part of a combination or sequence ◦ If both executions of the same jump are as solo jumps, the second of these jumps will receive 70% of its original base value • All single jumps, including the single Axel, and the following double jumps are permitted: double toe loop, double Salchow. • Double loop, double flip, double Lutz, double Axel and triple jumps are not permitted 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • Max Level 3 • Spins must be of different character (for definition, see U.S. Figure Skating rule 6103) • Min 4 revs total if no change of foot • Min 4 revs each foot if change of foot • Min 2 revs in each position 	<p>Max 1 Step Sequence</p> <ul style="list-style-type: none"> • 1 choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals) • Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.
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2022-2023	JUMP ELEMENTS	SPINS	STEP/SPIRAL SEQUENCES
<p>CHAMPIONSHIP ADULT SILVER AND ADULT SILVER</p> <p>2:10 maximum</p> <p>2nd half bonus: 1:05</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • Max 2 combinations or sequences <ul style="list-style-type: none"> ◦ <u>Jump combinations and jump sequences are limited to two jumps except that one jump combination or jump sequence may include 3 jumps</u> ◦ <u>Jump sequence is any listed jump immediately followed by an Axel-type jump and/or the third jump is an Axel-type jump with a direct step from the landing curve of the first/second jump into the take-off curve of the Axel-type jump.</u> • Non-listed jumps of not more than 1 revolution performed as part of connecting footwork preceding single jumps are permitted • Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump). • If both executions of the same jump are as solo jumps, the second of these jumps will receive 70% of its original base value • All single jumps, including single Axel, are permitted • No double or triple jumps are permitted 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • Max Level 2 • Spins must be of different character (for definition, see U.S. Figure Skating rule 6103) • Min 3 revs total if no change of foot • Min 3 revs each foot if change of foot • Min 2 revs in each position 	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • 1 choreographic step sequence, fully utilizing at least ½ of the ice surface (may include moves in the field and spirals) • Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.

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- 0.2 in 1st mark for each jump and/or spin element exceeding max.
- 0.2 in 1st mark if a required element is omitted

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

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<p>ADULT BRONZE 1:50 maximum</p>	<p>Max 4 Jump Elements</p> <ul style="list-style-type: none"> • Max 2 combinations or sequences <ul style="list-style-type: none"> ◦ 1 combination may contain 3 jumps, and the other may contain only 2 jumps ◦ <u>Jump combinations and jump sequences are limited to two jumps except that one jump combination or jump sequence may include 3 jumps</u> ◦ <u>Jump sequence is any listed jump immediately followed by a waltz-type jump and/or the third jump is a waltz-type jump with a direct step from the landing curve of the first/second jump into the take-off curve of the waltz-type jump.</u> • Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump) • All single jumps are permitted (except single Axel) • No single Axel, double or triple jumps are permitted 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • Max Level 1 • Spins must be of different character (for definition, see U.S. Figure Skating rule 6103) • Min 3 revs total if no change of foot • Min 3 revs each foot if change of foot • Min 2 revs in each position • Spins with a flying entry are not permitted 	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • 1 choreographic step sequence, fully utilizing at least ½ of the ice surface (may include moves in the field and spirals) • Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.
<p>ADULT PRE BRONZE 1:40 maximum</p>	<p>Max 4 Jump Elements</p> <ul style="list-style-type: none"> • Max 2 combinations or sequences <ul style="list-style-type: none"> ◦ 1 jump combination may contain 3 jumps, and the other may contain only 2 jumps ◦ <u>Jump combinations and jump sequences are limited to two jumps except that one jump combination or jump sequence may include 3 jumps</u> ◦ <u>Jump sequence is any listed jump immediately followed by a waltz-type jump and/or the third jump is a waltz-type jump with a direct step from the landing curve of the first/second jump into the take-off curve of the waltz-type jump.</u> • Each jump may be repeated only once and only as part of a combination or sequence (maximum of 2 of any jump) • Only single and half-revolution jumps are permitted (<u>half flip and half lutz are permitted</u>) • No single Lutz, single Axel or double or triple jumps are permitted 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • Max Level 1 • Spins must be of different character (for definition, see U.S. Figure Skating rule 6103) • Min 3 revs • Spins with a flying entry are not permitted • A two-foot spin is permitted as one of the spins at this level and is of a different character than a one-foot spin 	<ul style="list-style-type: none"> • Connecting steps throughout the program are required

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- 0.2 in 1st mark if a required element is omitted

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