

2022-23 Singles Free Skate Requirements – This chart reflects the rules in place for the 2022-23 season, which begins July 1, 2022.

Note: Includes requirements approved at 2022 Governing Council and 2022 ISU Congress for July 1, 2022, implementation.



LEVEL	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p align="center">NO TEST</p> <p align="center">1:40 maximum</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • All single jumps allowed except for the single Axel. <ul style="list-style-type: none"> ○ No single Axels, double, triple or quadruple jumps allowed. ○ Number of single jumps (except single Axels) is not limited provided the maximum number of jump elements allowed is not exceeded. • Max 2 jump combinations or 1 jump combination and 1 jump sequence. <ul style="list-style-type: none"> ○ Jump combinations <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. ○ <u>A jump sequence consists of two or three jumps in which the second and/or the third jump is an Axel-type (waltz) jump with a direct step from the landing curve of the first/second jump into the take-off curve of the Axel-type (waltz) jump.</u> 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • Spins may change feet and/or position • Spins may start with a flying entry • Minimum 3 revolutions <p>These spins must be of a different character.</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • Step Sequence <ul style="list-style-type: none"> ○ Must use one-half the ice surface ○ Moves in the field and spiral sequences are allowed but will not be counted as elements ○ Jumps may be included in the step sequence <p>If IJS is used, then: ChSt</p>
<p align="center">PRE- PRELIMINARY</p> <p align="center">1:40 maximum</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • All single jumps, including the single Axel, allowed. <ul style="list-style-type: none"> ○ No double, triple or quadruple jumps allowed. ○ Axel may be repeated once as a solo jump or part of a jump sequence or jump combination (maximum of two single Axels). ○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded. • Max 2 jump combinations, or 1 jump combination and 1 jump sequence. <ul style="list-style-type: none"> ○ Jump combinations <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. ○ <u>A jump sequence consists of two or three jumps in which the second and/or the third jump is an Axel-type jump with a direct step from the landing curve of the first/second jump in to the take-off curve of the Axel-type jump.</u> 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • Spins may change feet and/or position • Spins may start with a flying entry • Minimum 3 revolutions <p>Spins must be of a different character.</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • Step Sequence <ul style="list-style-type: none"> ○ Must use one-half the ice surface ○ Moves in the field and spiral sequences are allowed but will not be counted as elements ○ Jumps may be included in the step sequence <p>If IJS is used, then: ChSt</p>
<p align="center">PRELIMINARY</p> <p align="center">2:00 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump or a waltz jump.* • All single jumps, including the single Axel, allowed. Only 2 different double jumps may be attempted (limited to double Salchow, double toe loop and double loop). <ul style="list-style-type: none"> ○ Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed. ○ An Axel plus up to two different, allowable double jumps may be repeated once (but not more) as solo jumps or part of a jump sequence or jump combination. ○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded. • Max 2 jump combinations, or 1 jump combination and 1 jump sequence. <ul style="list-style-type: none"> ○ Jump combinations <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. ○ <u>A jump sequence consists of two or three jumps in which the second and/or the third jump is an Axel-type jump with a direct step from the landing curve of the first/second jump in to the take-off curve of the Axel-type jump.</u> 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • Spins may change feet and/or position • Spins may start with a flying entry • Minimum 3 revolutions <p>Spins must be of a different character.</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • Step Sequence <ul style="list-style-type: none"> ○ Must fully utilize the ice surface ○ Moves in the field and spiral sequences are allowed but will not be counted as elements ○ Jumps may be included in the step sequence <p>If IJS is used, then: ChSt</p>

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<p>PRE-JUVENILE</p> <p>2:00 +/- 10 sec</p> <p>*Means element is required</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> 1 must be an Axel-type jump*. All single and double jumps allowed except for the double Axel. <ul style="list-style-type: none"> No double Axels, triple or quadruple jumps allowed. An Axel plus up to three different double jumps may be repeated once (but no more) as solo jumps or part of a jump sequence or jump combination. Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded. Max 2 jump combinations, or 1 jump combination and 1 jump sequence. <ul style="list-style-type: none"> Jump combinations <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. <u>A jump sequence consists of two or three jumps in which the second and/or the third jump is an Axel-type jump with a direct step from the landing curve of the first/second jump in to the take-off curve of the Axel-type jump.</u> 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> Minimum 6 revolutions 1 spin with only 1 position* <ul style="list-style-type: none"> No change of foot Minimum 4 revolutions <p>Both spins may start with a flying entry.</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> Step Sequence <ul style="list-style-type: none"> Must fully utilize the ice surface Moves in the field and spiral sequences are allowed but will not be counted as elements Jumps may be included in the step sequence <p>If IJS is used, then: ChSt</p>
<p>JUVENILE and OPEN JUVENILE GIRLS & BOYS</p> <p>2:30 +/- 10 sec</p> <p>2nd half bonus: 1:15</p> <p>*Means element is required</p> <p><i>For age eligibility, see U.S. Figure Skating rule 6450</i></p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> 1 must be an Axel-type jump*. All single and double jumps, including the double Axel, and one triple jump are allowed. <ul style="list-style-type: none"> No additional triple jumps and no quadruple jumps are allowed. No more than three different double jumps may be repeated and, if repeated, at least one attempt must be in a jump combination or a jump sequence. <ul style="list-style-type: none"> If both executions (of the double) are as solo jumps, the second of these jumps will receive 70% of its original base value. No double jump can be included more than twice. The triple jump can only be included once. Max 2 jump combinations, or 1 jump combination and 1 jump sequence. <ul style="list-style-type: none"> Jump combinations <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. If double Axel or triple jump is part of three-jump combination/<u>sequence</u>, then two other double jumps may be included. <u>A jump sequence consists of two or three jumps in which the second and/or the third jump is an Axel-type jump with a direct step from the landing curve of the first/second jump in to the take-off curve of the Axel-type jump.</u> 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> Minimum 8 revolutions Min 2 revs in each position 1 spin with only 1 position; no change of foot* <ul style="list-style-type: none"> Minimum 5 revolutions <p>Both spins may start with a flying entry.</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> One choreographic step sequence* <ul style="list-style-type: none"> Must fully utilize the ice surface
<p>INTERMEDIATE WOMEN & MEN</p> <p>3:00 +/- 10 sec</p> <p>2nd half bonus: 1:30</p> <p>*Means element is required</p>	<p>Max 6 Jump Elements</p> <ul style="list-style-type: none"> 1 must be an Axel-type jump*. All single, double and triple jumps allowed. No quadruple jumps allowed. <ul style="list-style-type: none"> No more than 2 different jumps with 2 ½ or 3 revolutions may be repeated. If any double or triple jumps, including double Axel, are repeated, at least one attempt must be part of a jump combination or sequence. <ul style="list-style-type: none"> If both executions (of the double or triple) are as solo jumps, the second of these jumps will receive 70% of its original base value. No double or triple jump can be included more than twice. Max 3 jump combinations, or 2 jump combinations and 1 jump sequence. <ul style="list-style-type: none"> Jump combinations <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. <u>A jump sequence consists of two or three jumps in which the second and/or the third jump is an Axel-type jump with a direct step from the landing curve of the first/second jump in to the take-off curve of the Axel-type jump.</u> 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> <u>1 spin combination; with or without change of foot*; may fly**</u> <ul style="list-style-type: none"> <u>Minimum 8 revolutions</u> <u>Minimum 2 revolutions in each position</u> <u>1 spin with only 1 position*; may change feet, may fly**</u> <ul style="list-style-type: none"> <u>Minimum 5 revolutions</u> <p>** One of the two spins MUST have a flying entry.</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> One leveled step sequence* <ul style="list-style-type: none"> Must fully utilize the ice surface Max Level 2

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