

# Adult Beginner - Bronze Free Skate Program with Music

## GENERAL EVENT PARAMETERS:

- Skaters will skate to the music of their choice; vocal music is allowed
- To be skated on full ice
- The minimum number of required spin revolutions is indicated in parentheses following the spin description; revolutions must be in position.

### ADULT BEGINNER — 1:40 MAX

JUMPS	SPINS	STEP SEQUENCES	QUALIFICATIONS
Max 4 Jump Elements <ul style="list-style-type: none"> <li>• Jumps limited to bunny hop, mazurka, ballet and waltz jump</li> <li>• Max 1 combination or sequence consisting of only the allowed listed jumps</li> <li>• Max. 2 of any same jump</li> </ul>	Max 2 Spins <ul style="list-style-type: none"> <li>• Two forward upright spins, no change of foot, no flying entry (Min. 3 revolutions)</li> </ul>	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed any U.S. Figure Skating Free Skate tests

### ADULT HIGH BEGINNER — 1:40 MAX

JUMPS	SPINS	STEP SEQUENCES	QUALIFICATIONS
Max 4 Jump Elements: <ul style="list-style-type: none"> <li>• Jumps limited to bunny hop, mazurka, ballet, stag, split, waltz, ½ flip, ½ Lutz, ½ loop, toe loop, Salchow</li> <li>• Max 1 combination or sequence consisting of only the allowed listed jumps</li> <li>• Max. 2 of any same type jump.</li> </ul>	Max 2 Spins: <ul style="list-style-type: none"> <li>• Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions)</li> </ul>	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed any U.S. Figure Skating Free Skate tests

### ADULT PRE-BRONZE — 1:40 MAX

JUMPS	SPINS	STEP SEQUENCES	QUALIFICATIONS
Max 4 Jump Elements: <ul style="list-style-type: none"> <li>• Max 2 combinations or sequences                             <ul style="list-style-type: none"> <li>o 1 jump combination may contain 3 jumps, and the other may contain only 2 jumps</li> <li>o Jump sequence is any listed jump immediately followed by a waltz jump</li> </ul> </li> <li>• Each jump may be repeated only once and only as part of a combination or sequence (maximum of 2 of any jump)</li> <li>• Only single and half-revolution jumps are permitted (<u>half flip and half lutz are permitted</u>)</li> <li>• No single Lutz, single Axel, double or triple jumps are permitted</li> </ul>	Max 2 Spins: <ul style="list-style-type: none"> <li>• Max Level 1</li> <li>• Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 E)</li> <li>• Min 3 revs</li> <li>• Spins with a flying entry are not permitted</li> <li>• 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</li> </ul>	Connecting steps throughout the program are required	Skaters may not have passed tests higher than U.S. Figure Skating Adult Pre-Bronze or Pre-Preliminary Free Skate

### ADULT BRONZE — 1:50 MAX

JUMPS	SPINS	STEP SEQUENCES	QUALIFICATIONS
Max 4 Jump Elements: <ul style="list-style-type: none"> <li>• Max 2 combinations or sequences                             <ul style="list-style-type: none"> <li>o 1 combination may contain 3 jumps, and the other may contain only 2 jumps</li> <li>o Jump sequence is any listed jump immediately followed by a waltz jump</li> </ul> </li> <li>• Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump)</li> <li>• All single jumps are permitted (except single Axel)</li> <li>• No single Axel, double or triple jumps are permitted</li> </ul>	Max 2 Spins: <ul style="list-style-type: none"> <li>• Max Level 1</li> <li>• Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E))</li> <li>• Min 3 revs total if no change of foot</li> <li>• Min 3 revs each foot if change of foot</li> <li>• Min 2 revs in each position</li> <li>• No flying spins are permitted</li> </ul>	Max 1 Sequence: <ul style="list-style-type: none"> <li>• 1 choreographic step sequence, fully utilizing at least ½ of the ice surface (may include moves in the field and spirals)</li> <li>• 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.</li> </ul>	Skaters may not have passed tests higher than U.S. Figure Skating Adult Bronze or Preliminary Free Skate