



U.S. Figure Skating Nonqualifying Competitions

EVENT: COMPULSORY MOVES

General event parameters:

1. No Test – Pre-Juvenile: Elements skated on ½ ice
2. Juvenile – Senior: Elements skated on full-ice
3. The skater must demonstrate the required elements (performed once only) and may use any additional elements from previous levels.
4. A 0.2 deduction will be taken for each element performed from a higher level.
5. Music is not allowed.
6. Skaters may compete at their test level or one level higher.

Level	Time	Skating rules/standards
No-Test	1:15 max.	<ul style="list-style-type: none"> • Loop jump • Jump combination to include a toe loop (may not use a loop or Axel) • Upright spin with change of foot – minimum 3 revolutions on each foot • Choreographic step sequence
Pre-Preliminary	1:15 max.	<ul style="list-style-type: none"> • Lutz jump • Jump combination: single/single (no Axel) • Spin combination with no change of foot - min. 6 revolutions • Choreographic step sequence
Preliminary	1:15 max.	<ul style="list-style-type: none"> • Axel jump • Jump combination: single/single (no Axel *as of 2/11/2022) • Spin combination with one change of foot – minimum 3 revolutions on each foot • Choreographic step sequence
Pre – Juvenile	1:15 max.	<ol style="list-style-type: none"> 1. Axel or double Salchow 2. Jump combination: single/single (may include Axel) 3. Layback spin or camel spin - minimum 3 revolutions 4. Step sequence – must include rotating in both directions
Juvenile & Open Juv.	1:15 max.	<ol style="list-style-type: none"> 1. Double Salchow or double toe loop 2. Jump combination: single/single or double/single 3. Layback spin or camel spin - minimum 4 revolutions 4. Step sequence – must include 3 difficult turns and rotating in both directions
Intermediate	1:30 max.	<ol style="list-style-type: none"> 1. Double Salchow, double toe loop or double loop 2. Jump combination: single/single or double/single, double/double 3. Flying spin, minimum five revolutions 4. Step sequence – must include 4 difficult turns and rotations in both directions
Novice	1:30 max.	<ol style="list-style-type: none"> 1. Double loop or double flip 2. Jump combination: double/single or double/double 3. Flying spin - minimum six revolutions 4. Step sequence – must include 5 difficult turns and rotations in both directions
Junior	1:30 max.	<ol style="list-style-type: none"> 1. Double flip or double Lutz 2. Jump combination: double/double or triple/double 3. Combination spin - minimum 10 revolutions all 3 basic positions required (min 5 on each foot) 4. Step sequence – must include 7 difficult turns and rotations in both directions
Senior	1:30 max.	<ol style="list-style-type: none"> 1. Double Lutz or double Axel 2. Jump combination: double/double or triple/double 3. Combination spin - all 3 basic positions required (min. 6 on each foot) 4. Step sequence – must include 7 difficult turns and rotations in both directions