

**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><b>NO TEST</b> <b>1:40 maximum</b></p>	<p><b>Max 5 Jump Elements</b></p> <ul style="list-style-type: none"> <li>All single jumps allowed except for the single Axel.                             <ul style="list-style-type: none"> <li>No single Axels, double, triple or quadruple jumps allowed.</li> <li>Number of single jumps (except single Axels) is not limited provided the maximum number of jump elements allowed is not exceeded.</li> </ul> </li> <li>Max 2 jump combinations or 1 jump combination and 1 jump sequence.                             <ul style="list-style-type: none"> <li>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.</li> <li><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></li> </ul> </li> </ul>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>Spins may change feet and/or position</li> <li>Spins may start with a flying entry</li> <li>Minimum 3 revolutions</li> </ul> <p>These spins must be of a different character.</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>Step Sequence                             <ul style="list-style-type: none"> <li>Must use one-half the ice surface</li> <li>Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>Jumps may be included in the step sequence</li> </ul> </li> </ul> <p><b>If IJS is used, then: ChSt</b></p>
<p><b>PRE- PRELIMINARY</b> <b>1:40 maximum</b></p>	<p><b>Max 5 Jump Elements</b></p> <ul style="list-style-type: none"> <li>All single jumps, including the single Axel, allowed.                             <ul style="list-style-type: none"> <li>No double, triple or quadruple jumps allowed.</li> <li>Axel may be repeated once as a solo jump or part of a jump sequence or jump combination (maximum of two single Axels).</li> <li>Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded.</li> </ul> </li> <li>Max 2 jump combinations, or 1 jump combination and 1 jump sequence.                             <ul style="list-style-type: none"> <li>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.</li> <li><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></li> </ul> </li> </ul>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>Spins may change feet and/or position</li> <li>Spins may start with a flying entry</li> <li>Minimum 3 revolutions</li> </ul> <p>Spins must be of a different character.</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>Step Sequence                             <ul style="list-style-type: none"> <li>Must use one-half the ice surface</li> <li>Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>Jumps may be included in the step sequence</li> </ul> </li> </ul> <p><b>If IJS is used, then: ChSt</b></p>
<p><b>PRELIMINARY</b> <b>2:00 +/- 10 sec</b>  *means element is required</p>	<p><b>Max 5 Jump Elements</b></p> <ul style="list-style-type: none"> <li>1 must be an Axel-type jump or a waltz jump.*</li> <li>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"> <li>Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed.</li> <li>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.</li> <li>Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded.</li> </ul> </li> <li>Max 2 jump combinations, or 1 jump combination and 1 jump sequence.                             <ul style="list-style-type: none"> <li>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.</li> <li><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></li> </ul> </li> </ul>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>Spins may change feet and/or position</li> <li>Spins may start with a flying entry</li> <li>Minimum 3 revolutions</li> </ul> <p>Spins must be of a different character.</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>Step Sequence                             <ul style="list-style-type: none"> <li>Must fully utilize the ice surface</li> <li>Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>Jumps may be included in the step sequence</li> </ul> </li> </ul> <p><b>If IJS is used, then: ChSt</b></p>

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

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<p><b>NOVICE LADIES &amp; MEN</b></p> <p><b>3:30 +/- 10 sec</b></p> <p><b>2<sup>nd</sup> half bonus: 1:45</b></p> <p>*Means element is required</p>	<p><b>Max 7 Jump Elements</b></p> <ul style="list-style-type: none"> <li>1 must be an Axel-type jump*.</li> <li>Jumps can contain any number of revolutions.                             <ul style="list-style-type: none"> <li>Of all the triples and quads, only two can be executed twice.                                     <ul style="list-style-type: none"> <li>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.</li> </ul> </li> <li>No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence.</li> </ul> </li> <li>Max 3 jump combinations, or 2 jump combinations and 1 jump sequence                             <ul style="list-style-type: none"> <li>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.</li> <li><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></li> </ul> </li> </ul>	<p><b>Max 3 Spins</b></p> <ul style="list-style-type: none"> <li>1 spin combination; with or without change of foot*                             <ul style="list-style-type: none"> <li>Minimum 10 revolutions</li> <li>Minimum 2 revolutions in each position</li> </ul> </li> <li>1 flying spin with no change of foot or position*                             <ul style="list-style-type: none"> <li>Minimum 6 revolutions</li> </ul> </li> <li>3rd spin is option of skater                             <ul style="list-style-type: none"> <li>Minimum 6 revolutions if one position spin</li> <li>Minimum 10 revolutions in combination</li> </ul> </li> </ul> <p>All spins may start with a flying entry. Spins must be of a different character.</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>One leveled step sequence*                             <ul style="list-style-type: none"> <li>Must fully utilize the ice surface</li> </ul> </li> </ul>
<p><b>JUNIOR LADIES &amp; MEN</b></p> <p><b>3:30 +/- 10 sec</b></p> <p><b>2<sup>nd</sup> half bonus: 1:45</b></p> <p>*Means element is required</p>	<p><b>Max 7 Jump Elements</b></p> <ul style="list-style-type: none"> <li>1 must be an Axel-type jump*.</li> <li>Jumps can contain any number of revolutions.                             <ul style="list-style-type: none"> <li>Of all the triples and quads, only two can be executed twice.                                     <ul style="list-style-type: none"> <li>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.</li> </ul> </li> <li>No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence.</li> </ul> </li> <li>Max 3 jump combinations, or 2 jump combinations and 1 jump sequence.                             <ul style="list-style-type: none"> <li>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.</li> <li><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></li> </ul> </li> </ul>	<p><b>Max 3 Spins</b></p> <ul style="list-style-type: none"> <li>1 spin combination; with or without change of foot*                             <ul style="list-style-type: none"> <li>Minimum 10 revolutions</li> <li>All 3 basic positions with min 2 revs in each position for highest base value</li> </ul> </li> <li>1 spin with a flying entry*                             <ul style="list-style-type: none"> <li>Minimum 6 revolutions</li> </ul> </li> <li>1 spin with only 1 position*                             <ul style="list-style-type: none"> <li>Minimum 6 revolutions</li> </ul> </li> </ul> <p>All spins may change feet and start with a flying entry. Spins must be of a different character.</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li><u>One choreographic step sequence*</u> <ul style="list-style-type: none"> <li>Must be clearly visible</li> </ul> </li> </ul>
<p><b>SENIOR LADIES &amp; MEN</b></p> <p><b>4:00 +/- 10 sec</b></p> <p><b>2<sup>nd</sup> half bonus: 2:00</b></p> <p>*Means element is required</p>	<p><b>Max 7 Jump Elements</b></p> <ul style="list-style-type: none"> <li>1 must be an Axel-type jump*.</li> <li>Jumps can contain any number of revolutions.                             <ul style="list-style-type: none"> <li>Of all the triples and quads, only two can be executed twice.                                     <ul style="list-style-type: none"> <li>Of the two repetitions only one can be a quad jump. Only one quad jump can be repeated.</li> <li>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.</li> </ul> </li> <li>No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence.</li> </ul> </li> <li>Max 3 jump combinations, or 2 jump combinations and 1 jump sequence                             <ul style="list-style-type: none"> <li>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.</li> <li><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></li> </ul> </li> </ul>	<p><b>Max 3 Spins</b></p> <ul style="list-style-type: none"> <li>1 spin combination; with or without change of foot*                             <ul style="list-style-type: none"> <li>Minimum 10 revolutions</li> <li>All 3 basic positions with min 2 revs in each position for highest base value</li> </ul> </li> <li>1 spin with a flying entry*                             <ul style="list-style-type: none"> <li>Minimum 6 revolutions</li> </ul> </li> <li>1 spin with only 1 position*                             <ul style="list-style-type: none"> <li>Minimum 6 revolutions</li> </ul> </li> </ul> <p>All spins may change feet and start with a flying entry. Spins must be of a different character.</p>	<p><b>Max 2 Sequences</b></p> <ul style="list-style-type: none"> <li>One leveled step sequence*                             <ul style="list-style-type: none"> <li>Must fully utilize the ice surface</li> </ul> </li> <li>One choreographic sequence*                             <ul style="list-style-type: none"> <li>Must be clearly visible</li> </ul> </li> </ul>