

2023-24 Adult Compulsory Moves – This chart reflects the rules in place for the 2023-24 season, which begins July 1, 2023



General event parameters:

1. Adult silver and lower will be skated on half ice; adult gold through masters junior-senior will be skated on full ice.
2. Elements may be performed only once.
3. Music is not allowed.
4. Time Violations:
 - a. IJS – for up to every 5 seconds in excess = -1.0
 - b. 6.0 – for up to every 10 seconds in excess = 0.1

Level	Jump Elements	Spins	Steps / Skating Skills
Adult Beginner 1:30 max	<ul style="list-style-type: none"> Mazurka Waltz jump 	<ul style="list-style-type: none"> Forward beginning one-foot spin from backward crossovers (min. 2 revs) 	<ul style="list-style-type: none"> Forward moving inside open mohawk, right and left (heel to instep) Alternating right and left forward inside and outside edges across the width of the ice (one inside edge on each foot and one outside edge on each foot)
Adult High Beginner 1:30 max	<ul style="list-style-type: none"> Waltz jump Half flip 	<ul style="list-style-type: none"> Forward upright spin (min. 2 revs.) 	<ul style="list-style-type: none"> <u>Forward</u> outside three-turn, right and left Alternating right and left backward outside and inside edges across the width of the ice (one inside edge on each foot and one outside edge on each foot)
Adult Pre-Bronze 1:30 max	<ul style="list-style-type: none"> Single toe loop Jump combination or sequence consisting of half-revolution jumps (half flip, half Lutz, half loop, waltz jump), toe loop, or Salchow – maximum 2 jumps in combination or 3 jumps in sequence 	<ul style="list-style-type: none"> Forward upright spin (min. 3 revs.) 	<ul style="list-style-type: none"> Two forward crossovers into a forward inside mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, either direction Forward spiral (any edge)
Adult Bronze 1:30 max	<ul style="list-style-type: none"> Single Salchow Jump combination or sequence consisting of half-revolution jumps and/or full-revolution jumps (no Lutz or Axel) – maximum 2 jumps in combination or 3 jumps in sequence 	<ul style="list-style-type: none"> Solo spin <u>in one position</u> with no change of foot (min. 3 revs.) 	<ul style="list-style-type: none"> <u>Forward</u> inside three-turn, right and left Spiral sequence (min. 2 spirals)
Adult Silver 1:30 max	<ul style="list-style-type: none"> Single loop Jump combination with 2 single jumps 	<ul style="list-style-type: none"> Solo spin <u>in one position</u> with no change of foot (min. 3 revs.) 	<ul style="list-style-type: none"> Straight line step sequence
Adult Gold 1:30 max	<ul style="list-style-type: none"> Single Lutz or Axel Jump combination (single + single, single + double, or double + single) that may include any single jump, double Salchow, or double toe loop 	<ul style="list-style-type: none"> Solo spin <u>in one position</u> with no change of foot (min. 4 revs.) 	<ul style="list-style-type: none"> Straight line step sequence

2023-24 Adult Compulsory Moves – This chart reflects the rules in place for the 2023-24 season, which begins July 1, 2023



Level	Jump Elements	Spins	Steps / Skating Skills
Masters Intermediate-Novice 1:30 max	<ul style="list-style-type: none"> Choice of any solo jump (any single jump, double Salchow, double toe loop or double loop allowed) Jump combination that may include any single jumps, double Salchow, double toe loop or double loop (single + single or double + single in any order) 	<ul style="list-style-type: none"> Solo spin <u>in one position with no change of foot</u> (min. 6 revs.) 	<ul style="list-style-type: none"> Straight line step sequence
Masters Junior-Senior 1:30 max	<ul style="list-style-type: none"> Choice of any solo jump (all single and double jumps allowed) Jump combination that may include any single or double jumps (single + single, double + single in any order, or double + double) 	<ul style="list-style-type: none"> Solo spin <u>in one position with no change of foot</u> (min. 8 revs.) 	<ul style="list-style-type: none"> Straight line step sequence