

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



General Event Parameters:

1. Levels are based on the skaters' highest skating skills test passed (standard, adult or adult 50+).
2. Music of skater's choice, including vocal music, not to exceed the maximum (less time is fine).
3. Skaters perform two different step sequences of their choice; any shape or pattern is permitted; however, skaters must make it clear when their first step sequence ends, and their second begins.
4. Each of the step sequences must include the required steps and/or turns listed for each level.
5. Each step sequence may, and is encouraged to, include additional steps or turns.
6. Each step sequence must utilize the full ice surface.
7. Skaters are encouraged to focus on edge quality, clarity of turns, multi-directional and one-foot skating.
8. 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	HIGHEST <u>SKATING SKILLS</u> TEST	REQUIRED ELEMENTS
Adult Pre-Bronze 1:00 max.	Adult Pre-Bronze or Pre-Preliminary	Each of the two step sequences must include: <ol style="list-style-type: none"> 1. Forward outside three-turn 2. Inside mohawk 3. Demonstration of forward outside and forward inside edges
Adult Bronze 1:00 max.	Adult Bronze or <u>Standard or Skate United Preliminary</u>	Each of the two step sequences must include: <ol style="list-style-type: none"> 1. At least two consecutive forward outside power three-turns 2. Forward inside three-turn 3. At least one set of alternating three-turns (outside or inside)
Adult Silver 1:00 max.	Adult Silver or <u>Standard or Skate United Pre-Bronze</u>	Each of the two step sequences must include: <ol style="list-style-type: none"> 1. Backward inside three-turns on each foot 2. Backward outside three-turns on each foot 3. At least two consecutive power pulls (backward or forward)
Adult Gold 1:30 max.	Adult Gold or <u>Standard or Skate United Bronze</u>	Each of the two step sequences must include: <ol style="list-style-type: none"> 1. Forward outside double three (either foot) 2. Forward inside double three (either foot) 3. At least two consecutive cross strokes (backward or forward)
Masters Intermediate 1:30 max.	Adult Intermediate or <u>Standard or Skate United Pre-Silver</u>	Each of the two step sequences must include: <ol style="list-style-type: none"> 1. Choice of backward double three (inside or outside) 2. At least two different brackets with clear entry and exit edges 3. Forward inside 1 ½ twizzle 4. Forward outside 1 ½ twizzle
Masters Novice 2:00 max.	Adult Novice or <u>Standard or Skate United Silver</u>	Each of the two step sequences must include: <ol style="list-style-type: none"> 1. At least two different counters with clear entry and exit edges 2. Forward outside and forward inside loop (either foot) 3. Backward outside double twizzle 4. Backward inside double twizzle

LEVEL	HIGHEST SKATING SKILLS TEST	REQUIRED ELEMENTS
Masters Junior 2:00 max.	Adult Junior or <u>Standard or Skate United</u> <u>Pre-Gold</u>	Each of the two step sequences must include: <ol style="list-style-type: none"> 1. At least two different rockers with clear entry and exit edges 2. At least two different choctaws 3. Backward outside and backward inside loop (either foot) 4. A combination of at least three different turns done on one foot
Masters Senior 2:00 max.	Adult Senior or <u>Standard or Skate United</u> <u>Gold</u>	Each of the two step sequences must include: <ol style="list-style-type: none"> 1. At least one of each of the following turns: three-turn, bracket, rocker, counter, choctaw, loop, and twizzle. 2. A combination of at least three different turns, to be selected from counter, rocker, bracket, twizzle and loop, done on one foot. 3. An upper body movement. (Any movements of the arms, head and torso that have an effect on the balance of the main body core.) <p>Note: If necessary, skaters may combine items 1 and 2. For example, performing three different consecutive turns on one foot may also count toward the requirement of demonstrating all seven of the listed turns/steps.</p>