

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



General event parameters:

1. Levels pre-juvenile and above are for Excel and well-balanced events combined.
2. Pre-juvenile and lower will be skated on half ice; juvenile through senior will be skated on full ice.
3. Elements may be performed only once.
4. The skater must demonstrate the required elements (performed once only) and may use any additional elements from previous levels.
5. Music is not allowed.
6. Skaters may have the option to skate one level higher in compulsories than free skate programs.
7. Skaters with physical disabilities may register for standard track or Skate United Track for events.
8. If using IJS, features will be awarded in accordance with ISU communications; for exceptions, see Domestic Singles Calling Clarifications for no test - intermediate.
9. Calling Procedures: Excel pre-preliminary and Excel preliminary will follow Excel Program Technical Information; no test - intermediate will follow Domestic Singles Calling Clarifications; novice - senior will follow ISU communications.
10. In 6.0 events, a 0.2 deduction will be taken for each element performed from a higher level.
11. Elements not according to requirements will receive no value.
12. Time Violations: IJS – for up to every 5 seconds in excess: Aspire 1-4 and no test through novice = -0.5; junior through senior = -1.0 6.0 – for up to every 10 seconds in excess: all levels = 0.1

LEVEL	SOLO JUMP	JUMP COMBINATION	SPIN	CHOREO/STEP SEQUENCE
Aspire 1 1:15 max <i>From Compete USA</i>	<ul style="list-style-type: none"> Waltz Jump (1Wz) ½ Flip (1HF) 	<ul style="list-style-type: none"> N/A 	<ul style="list-style-type: none"> One-foot Forward Upright Spin (USp) <ul style="list-style-type: none"> No change of foot Min. 3 revs. 	<ul style="list-style-type: none"> Choreographic Step Sequence (ChSt) <ul style="list-style-type: none"> Must utilize ½ the ice surface
Aspire 2 1:15 max <i>From Compete USA</i>	<ul style="list-style-type: none"> Single Salchow (1S) Single Toe Loop (1T) 	<ul style="list-style-type: none"> N/A 	<ul style="list-style-type: none"> Forward Sit Spin (SSp) <ul style="list-style-type: none"> No change of foot Min. 3 revs. 	<ul style="list-style-type: none"> Choreographic Step Sequence (ChSt) <ul style="list-style-type: none"> Must utilize ½ the ice surface
Aspire 3 1:15 max <i>From Compete USA</i>	<ul style="list-style-type: none"> Single Loop (1Lo) 	<ul style="list-style-type: none"> Single Salchow + Single Toe (1S+1T) 	<ul style="list-style-type: none"> Forward Upright Spin to Backward Upright Spin (CUSp) <ul style="list-style-type: none"> Min. 6 revs. total 	<ul style="list-style-type: none"> Choreographic Step Sequence (ChSt) <ul style="list-style-type: none"> Must utilize ½ the ice surface
Aspire 4 1:15 max <i>From Compete USA</i>	<ul style="list-style-type: none"> Single Flip (1F) 	<ul style="list-style-type: none"> Waltz Jump + Euler + Salchow (1Wz+1Eu+1S) 	<ul style="list-style-type: none"> Forward Camel Spin to Forward Sit Spin (CoSp) <ul style="list-style-type: none"> No change of foot Min. 6 revs. total 	<ul style="list-style-type: none"> Choreographic Step Sequence (ChSt) <ul style="list-style-type: none"> Must utilize ½ the ice surface
Excel Pre-Preliminary 1:15 max <i>From Compete USA</i>	<ul style="list-style-type: none"> Single Flip (1F) 	<ul style="list-style-type: none"> Single Loop + Single Loop (1Lo+1Lo) 	<ul style="list-style-type: none"> Camel Spin (CSp) <ul style="list-style-type: none"> No change of foot Min. 3 revs. 	<ul style="list-style-type: none"> Choreographic Sequence (pChSq) <ul style="list-style-type: none"> Must utilize ½ the ice surface

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Excel Preliminary 1:15 max <i>From Compete USA</i>	<ul style="list-style-type: none"> • Single Lutz (1Lz) 	<ul style="list-style-type: none"> • Single Flip + Single Loop (1F + 1Lo) 	<ul style="list-style-type: none"> • Camel-sit combination spin (CoSp) <ul style="list-style-type: none"> ○ No change of foot ○ Min. 6 revs. total 	<ul style="list-style-type: none"> • Choreographic Sequence (pChSq) <ul style="list-style-type: none"> ○ Must utilize ½ the ice surface
No Test 1:15 max <i>From Compete USA</i>	<ul style="list-style-type: none"> • Single Loop (1Lo) 	<u>Choose one:</u> <ul style="list-style-type: none"> • Jump combination to include a single toe loop (may not use single loop or single Axel) <ul style="list-style-type: none"> ○ Single Axel or higher not permitted 	<ul style="list-style-type: none"> • Upright Spin with Change of Foot (CUSp) <ul style="list-style-type: none"> ○ Min. 3 revs. on each foot 	<ul style="list-style-type: none"> • Choreographic sequence (pChSq) <ul style="list-style-type: none"> ○ Must utilize ½ the ice surface
Pre-Preliminary 1:15 max <i>From Compete USA</i>	<ul style="list-style-type: none"> • Single Lutz (1Lz) 	<ul style="list-style-type: none"> • Single Jump + Single Jump <ul style="list-style-type: none"> ○ Single Axel or higher not permitted. 	<ul style="list-style-type: none"> • Spin Combination with one change of position (CoSp) <ul style="list-style-type: none"> ○ No change of foot ○ Min. 6 revs total 	<ul style="list-style-type: none"> • Choreographic Sequence (pChSq) <ul style="list-style-type: none"> ○ Must utilize ½ the ice surface
Preliminary 1:15 max <i>From Compete USA</i>	<ul style="list-style-type: none"> • Single Axel (1A) 	<ul style="list-style-type: none"> • Single Jump + Single Jump <ul style="list-style-type: none"> ○ Single Axel or higher not permitted. 	<ul style="list-style-type: none"> • Spin Combination with one change of foot (CCoSp) <ul style="list-style-type: none"> ○ Min. 3 revs. each foot 	<ul style="list-style-type: none"> • Choreographic Sequence (pChSq) <ul style="list-style-type: none"> ○ Must utilize ½ the ice surface
Pre-Juvenile 1:15 max	<u>Choose one:</u> <ul style="list-style-type: none"> • Single Axel (1A) • Double Salchow (2S) 	<ul style="list-style-type: none"> • Single Jump + Single Jump <ul style="list-style-type: none"> ○ May not include single Axel 	<u>Choose one:</u> <ul style="list-style-type: none"> • Layback Spin (LSp) • Camel Spin (CSp) <ul style="list-style-type: none"> ○ No change of foot ○ Min. 5 revs. 	<ul style="list-style-type: none"> • Choreographic sequence (pChSq) <ul style="list-style-type: none"> ○ Must utilize ½ the ice surface

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Juvenile and Open Juvenile 1:15 max	<u>Choose one:</u> <ul style="list-style-type: none"> • Double Salchow (2S) • Double Toe Loop (2T) 	<u>Choose one:</u> <ul style="list-style-type: none"> • Single Jump + Single Jump • Double Jump + Single Jump • Single Jump + Double Jump <ul style="list-style-type: none"> ○ May not repeat solo jump. 	<ul style="list-style-type: none"> • Combination spin with one change of foot (CCoSp) <ul style="list-style-type: none"> ○ Min. 4 revs. on each foot 	<ul style="list-style-type: none"> • Step sequence (StSq) <ul style="list-style-type: none"> ○ Must utilize full ice surface ○ If IJS, max Level 1 (5 turns)
Intermediate 1:30 max	<u>Choose one:</u> <ul style="list-style-type: none"> • Double Salchow (2S) • Double Toe Loop (2T) • Double Loop (2Lo) 	<u>Choose one:</u> <ul style="list-style-type: none"> • Single Jump + Single Jump • Double Jump + Single Jump • Single Jump + Double Jump • Double Jump + Double Jump <ul style="list-style-type: none"> ○ May not repeat solo jump. 	<u>Choose one:</u> <ul style="list-style-type: none"> • Flying camel spin (FCSp) • Flying sit spin (FSSp) <ul style="list-style-type: none"> ○ No change of foot ○ No change of position ○ Min. 6 revs. 	<ul style="list-style-type: none"> • Step sequence (StSq) <ul style="list-style-type: none"> ○ Must utilize full ice surface ○ If IJS, max Level 2 (turns mandatory & rotations)
Novice 1:30 max	<u>Choose one:</u> <ul style="list-style-type: none"> • Double Loop (2Lo) • Double Flip (2F) 	<u>Choose one:</u> <ul style="list-style-type: none"> • Double Jump + Single Jump • Single Jump + Double Jump • Double Jump + Double Jump <ul style="list-style-type: none"> ○ May not repeat solo jump. 	<u>Choose one:</u> <ul style="list-style-type: none"> • Flying camel spin (FCSp) • Flying sit spin (FSSp) <ul style="list-style-type: none"> ○ No change of foot ○ No change of position ○ Min. 8 revs. 	<ul style="list-style-type: none"> • Step Sequence (StSq) <ul style="list-style-type: none"> ○ Must utilize full ice surface ○ If IJS, max Level 4
Junior 1:30 max	<u>Choose one:</u> <ul style="list-style-type: none"> • Double Flip (2F) • Double Lutz (2Lz) 	<u>Choose one:</u> <ul style="list-style-type: none"> • Double Jump + Double Jump • Triple Jump + Double Jump • Double Jump + Triple Jump <ul style="list-style-type: none"> ○ May not repeat solo jump. 	<ul style="list-style-type: none"> • Combination spin with one change of foot (CCoSp) <ul style="list-style-type: none"> ○ Min. 5 revs. on each foot 	<ul style="list-style-type: none"> • Step Sequence (StSq) <ul style="list-style-type: none"> ○ Must utilize full ice surface ○ If IJS, max Level 4
Senior 1:30 max	<u>Choose one:</u> <ul style="list-style-type: none"> • Double Flip (2F) • Double Lutz (2Lz) 	<u>Choose one:</u> <ul style="list-style-type: none"> • Double Jump + Double Jump • Triple Jump + Double Jump • Double Jump + Triple Jump <ul style="list-style-type: none"> ○ May not repeat solo jump. 	<ul style="list-style-type: none"> • Combination spin with one change of foot (CCoSp) <ul style="list-style-type: none"> ○ Min. 5 revs. on each foot 	<ul style="list-style-type: none"> • Step Sequence (StSq) <ul style="list-style-type: none"> ○ Must utilize full ice surface ○ If IJS, max Level 4