

2023-24 Singles Free Skate Requirements – This chart reflects the rules in place for the 2023-24 season, which begins July 1, 2023.

Note: Proposed changes to No Test, Pre-Preliminary, and Preliminary spin requirements, pending 2023 Governing Council approval for July 1, 2023 implementation.



LEVEL	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p>NO TEST</p> <p>1:40 maximum</p> <p>Possible changes if ratified at the 2023 Gov. Council Implementation Date: 7-1-2023</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> All single jumps allowed except for the single Axel. <ul style="list-style-type: none"> No single Axels, double, triple or quadruple jumps allowed. Number of single jumps (except single Axels) is not limited provided the maximum number of jump elements allowed is not exceeded. Max 2 jump combinations or 1 jump combination and 1 jump sequence. <ul style="list-style-type: none"> Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps. A jump sequence consists of two or three jumps in which the second and/or the third jump is an Axel-type (<u>waltz</u>) jump with a direct step from the landing curve of the first/second jump into the take-off curve of the Axel-type (<u>waltz</u>) jump. 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> Spins must be of a different character Minimum 3 revolutions One spin MUST be a spin in ONE position One spin MAY change positions Spins may change feet <u>and/or position</u> Spins may start with a flying entry 	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> Step Sequence <ul style="list-style-type: none"> Must use one-half the ice surface Moves in the field and spiral sequences are allowed but will not be counted as elements Jumps may be included in the step sequence <p>If IJS is used, then: ChSt</p>
<p>PRE- PRELIMINARY</p> <p>1:40 maximum</p> <p>Possible changes if ratified at the 2023 Gov. Council Implementation Date: 7-1-2023</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> All single jumps, including the single Axel, allowed. <ul style="list-style-type: none"> No double, triple or quadruple jumps allowed. Axel may be repeated once as a solo jump or part of a jump sequence or jump combination (maximum of two single Axels). Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded. Max 2 jump combinations, or 1 jump combination and 1 jump sequence. <ul style="list-style-type: none"> Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps. A jump sequence consists of two or three jumps in which the second and/or the third jump is an Axel-type (<u>including waltz</u>) 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. 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> Spins must be of a different character Minimum 3 revolutions One spin MUST be a spin in ONE position One spin MAY change positions Spins may change feet <u>and/or position</u> Spins may start with a flying entry 	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> Step Sequence <ul style="list-style-type: none"> Must use one-half the ice surface Moves in the field and spiral sequences are allowed but will not be counted as elements Jumps may be included in the step sequence <p>If IJS is used, then: ChSt</p>
<p>PRELIMINARY</p> <p>2:00 +/- 10 sec</p> <p>*means element is required</p> <p>Possible changes if ratified at the 2023 Gov. Council Implementation Date: 7-1-2023</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> 1 must be an Axel-type jump or a waltz jump.* 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"> Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed. 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. Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded. Max 2 jump combinations, or 1 jump combination and 1 jump sequence. <ul style="list-style-type: none"> Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps with a maximum of two double jumps and one single jump. A jump sequence consists of two or three jumps in which the second and/or the third jump is an Axel-type (<u>including waltz</u>) 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. 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> Spins must be of a different character Minimum 3 revolutions One spin MUST be a spin in ONE position One spin MAY change positions Spins may change feet <u>and/or position</u> Spins may start with a flying entry 	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> Step Sequence <ul style="list-style-type: none"> Must fully utilize the ice surface Moves in the field and spiral sequences are allowed but will not be counted as elements Jumps may be included in the step sequence <p>If IJS is used, then: ChSt</p>

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

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