

2024-2025 Singles Well-Balanced Free Skate Requirements – This chart reflects the rules in place for the 2024-2025 season, which began March 5, 2024. This was updated June 17, 2024.



Effective March 5, 2024, the No Test level has merged with Aspire 4 and is now a part of the Aspire Program. [Program requirements may be found at this link:](https://www.usfigureskating.org/sites/default/files/media-files/Aspire%20Free%20Skate%201-4%202023-24_Jan%201-Jun%2030.pdf)
https://www.usfigureskating.org/sites/default/files/media-files/Aspire%20Free%20Skate%201-4%202023-24_Jan%201-Jun%2030.pdf

LEVEL	JUMP ELEMENTS	SPINS	SEQUENCES
PRE- PRELIMINARY 1:40 maximum	<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. Jumps may be repeated once (but no more) as solo jumps or part of a jump sequence or jump combination. 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 (including waltz) jump with a direct step from the landing curve of the first/second jump into the take-off curve of the Axel-type jump. 	<p>Max 2 Spins – Max Level 1</p> <p>Spins must have different codes Minimum 3 revolutions Spins may change feet Spins may start with a flying entry</p> <ul style="list-style-type: none"> One spin MUST be a spin in ONE position One spin MAY change positions <p><i>If two one-position spins are performed, they must be executed in different basic positions.</i></p>	<p>Max 1 Choreographic Sequence (pChSq)**</p> <ul style="list-style-type: none"> Consists of at least 2 different movements (spirals, spread eagles, unlisted jumps, etc). Steps and turns may be used to link the movements together. The pattern is NOT restricted, but the sequence MUST be clearly visible. Listed elements (jumps and spins) are not permitted in the pChSq.
PRELIMINARY 2:00 +/- 10 sec	<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. 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 (including waltz) jump with a direct step from the landing curve of the first/second jump into the take-off curve of the Axel-type jump. 	<p>Max 2 Spins – Max Level 2</p> <p>Spins must have different codes Minimum 3 revolutions Spins may change feet Spins may start with a flying entry</p> <ul style="list-style-type: none"> One spin MUST be a spin in ONE position One spin MAY change positions <p><i>If two one-position spins are performed, they must be executed in different basic positions.</i></p>	<p>Max 1 Choreographic Sequence (pChSq)**</p> <ul style="list-style-type: none"> Consists of at least 2 different movements (spirals, spread eagles, unlisted jumps, etc). Steps and turns may be used to link the movements together. The pattern is NOT restricted, but the sequence MUST be clearly visible. Listed elements (jumps and spins) are not permitted in the pChSq.
PRE-JUVENILE 2:00 +/- 10 sec	<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. 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 into the take-off curve of the Axel-type jump. 	<p>Max 2 Spins – Max Level 2</p> <p>Spins must have different codes Both spins may start with a flying entry.</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>Max 1 Choreographic Sequence (pChSq)**</p> <ul style="list-style-type: none"> Consists of at least 2 different movements (spirals, spread eagles, unlisted jumps, etc). Steps and turns may be used to link the movements together. The pattern is NOT restricted, but the sequence MUST be clearly visible. Listed elements (jumps and spins) are not permitted in the pChSq.

*Means element is required.

**See Domestic Calling Clarifications for more information.

This chart outlines the required elements in each program. Definitions of elements and the element categories used in this chart are included in the current version of the U. S. Figure Skating Rulebook. The definitions in the Rulebook shall be applied to the elements listed in these charts.

LEVEL	JUMP ELEMENTS	SPINS	SEQUENCES
<p>JUVENILE and OPEN JUVENILE</p> <p>2:30 +/- 10 sec</p> <p>2nd half bonus: 1:15</p> <p><i>For age eligibility, see U.S. Figure Skating rule 6400</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. ○ 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 into the take-off curve of the Axel-type jump. 	<p>Max 2 Spins</p> <p>Spins must have different codes Both spins may start with a flying entry.</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>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 1
<p>INTERMEDIATE</p> <p>3:00 +/- 10 sec</p> <p>2nd half bonus: 1:30</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 into the take-off curve of the Axel-type jump. 	<p>Max 2 Spins</p> <p>Spins must have different codes At least ONE of the two spins MUST have a flying entry**</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 ○ Minimum 2 revolutions in each position • 1 spin with only 1 position*; may change feet <ul style="list-style-type: none"> ○ Minimum 5 revolutions 	<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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LEVEL	JUMP ELEMENTS	SPINS	SEQUENCES
<p>NOVICE</p> <p>3:30 +/- 10 sec</p> <p>2nd half bonus: 1:45</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 into the take-off curve of the Axel-type jump. 	<p>Max 3 Spins</p> <p>Spins must have different codes All spins may start with a flying entry</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>Max 1 Sequence</p> <ul style="list-style-type: none"> • <u>One choreographic sequence*</u> • <u>Must be clearly visible</u>
<p>JUNIOR</p> <p>3:30 +/- 10 sec</p> <p>2nd half bonus: 1:45</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 into the take-off curve of the Axel-type jump. 	<p>Max 3 Spins</p> <p>Spins must have different codes All spins may change feet and start with a flying entry.</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>Max 1 Sequence</p> <ul style="list-style-type: none"> • One choreographic sequence* <ul style="list-style-type: none"> ○ Must be clearly visible
<p>SENIOR</p> <p>4:00 +/- 10 sec</p> <p>2nd half bonus: 2:00</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 into the take-off curve of the Axel-type jump. 	<p>Max 3 Spins</p> <p>Spins must have different codes All spins may change feet and start with a flying entry.</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>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

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