

2024-2025 Singles Free Skate Requirements – This chart reflects the rules in place for the 2024-2025 season, which began March 5, 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 <u>**See Domestic Calling Clarifications for more information</u>	Max 5 Jump Elements <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. <u>No jump, regardless of number of revolutions, can be included more than twice</u> 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. 	Max 2 Spins <ul style="list-style-type: none"> Spins must have different codes Minimum 3 revolutions One spin MUST be a spin in ONE position One spin MAY change positions Spins may change feet Spins may start with a flying entry <p>If two one-position spins are performed, they must be executed in different basic positions.</p>	Max 1 Choreographic Sequence (pChSq)** <ul style="list-style-type: none"> <u>Consists of at least 2 different movements (spirals, spread eagles, unlisted jumps, etc).</u> <u>Steps and turns may be used to link the movements together.</u> <u>The pattern is NOT restricted, but the sequence MUST be clearly visible.</u> <u>Listed elements (jumps and spins) are not permitted in the pChSq.</u>
PRELIMINARY 2:00 +/- 10 sec *means element is required <u>**See Domestic Calling Clarifications for more information</u>	Max 5 Jump Elements <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. <u>No jump, regardless of number of revolutions, can be included more than twice</u> 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. 	Max 2 Spins <ul style="list-style-type: none"> Spins must have different codes Minimum 3 revolutions One spin MUST be a spin in ONE position One spin MAY change positions Spins may change feet Spins may start with a flying entry <p>If two one-position spins are performed, they must be executed in different basic positions.</p>	Max 1 Choreographic Sequence (pChSq)** <ul style="list-style-type: none"> <u>Consists of at least 2 different movements (spirals, spread eagles, unlisted jumps, etc).</u> <u>Steps and turns may be used to link the movements together.</u> <u>The pattern is NOT restricted, but the sequence MUST be clearly visible.</u> <u>Listed elements (jumps and spins) are not permitted in the pChSq.</u>
PRE-JUVENILE 2:00 +/- 10 sec *Means element is required <u>**See Domestic Calling Clarifications for more information</u>	Max 5 Jump Elements <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. <u>No jump, regardless of number of revolutions, can be included more than twice</u> 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. 	Max 2 Spins <ul style="list-style-type: none"> Spins must have different codes 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>	Max 1 Choreographic Sequence (pChSq)** <ul style="list-style-type: none"> <u>Consists of at least 2 different movements (spirals, spread eagles, unlisted jumps, etc).</u> <u>Steps and turns may be used to link the movements together.</u> <u>The pattern is NOT restricted, but the sequence MUST be clearly visible.</u> <u>Listed elements (jumps and spins) are not permitted in the pChSq.</u>

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.

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LEVEL	JUMP ELEMENTS	SPINS	SEQUENCES
JUVENILE and OPEN JUVENILE GIRLS & BOYS 2:30 +/- 10 sec 2nd half bonus: 1:15 <i>*Means element is required</i> <i>For age eligibility, see U.S. Figure Skating rule 6400</i>	Max 5 Jump Elements <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. No jump, regardless of number of revolutions, can be included more than twice 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. 	Max 2 Spins <ul style="list-style-type: none"> <u>Spins must have different codes</u> 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>	Max 1 Sequence <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
INTERMEDIATE WOMEN & MEN 3:00 +/- 10 sec 2nd half bonus: 1:30 <i>*Means element is required</i>	Max 6 Jump Elements <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. 	Max 2 Spins <ul style="list-style-type: none"> <u>Spins must have different codes</u> 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>	Max 1 Sequence <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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****The ISU is proposing a change to the junior and senior free skate requirements, which, if ratified has a PENDING implementation date. This change will impact senior, junior and novice free skate domestically and reduce the required jump elements by 1 (from max 7 jump elements to max 6 jump elements) and replace one spin with a choreographic spin. More information will be made available as it is released from the ISU.**

LEVEL	JUMP ELEMENTS	SPINS	SEQUENCES
NOVICE WOMEN & MEN 3:30 +/- 10 sec 2nd half bonus: 1:45 *Means element is required	Max 7 Jump Elements** <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. 	Max 3 Spins** <ul style="list-style-type: none"> <u>Spins must have different codes</u> 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>	Max 1 Sequence <ul style="list-style-type: none"> <u>One choreographic sequence*</u> <u>Must be clearly visible</u>
JUNIOR WOMEN & MEN 3:30 +/- 10 sec 2nd half bonus: 1:45 *Means element is required	Max 7 Jump Elements** <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. 	Max 3 Spins** <ul style="list-style-type: none"> <u>Spins must have different codes</u> 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>	Max 1 Sequence <ul style="list-style-type: none"> <u>One choreographic sequence*</u> <ul style="list-style-type: none"> Must be clearly visible
SENIOR WOMEN & MEN 4:00 +/- 10 sec 2nd half bonus: 2:00 *Means element is required	Max 7 Jump Elements** <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. 	Max 3 Spins** <ul style="list-style-type: none"> <u>Spins must have different codes</u> 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>	Max 2 Sequences <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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