



## U.S. Figure Skating Nonqualifying Competitions

### EVENT: Adult Compulsory Moves

#### General event parameters:

1. Beginner to Silver: Elements skated on ½ ice; Gold/Masters: Elements skated on full-ice
2. Elements may be performed only once
3. Music is not allowed
4. Minimum number of revolutions is noted in parentheses

Level	Time	Elements
Adult Beginner	1:30 MAX	<ul style="list-style-type: none"> <li>• Mazurka</li> <li>• Waltz jump</li> <li>• Forward beginning one-foot spin from backward crossovers (min 2 revs)</li> <li>• Forward moving inside open mohawk (right and left) – heel to instep</li> <li>• Alternating right and left forward inside and outside edges across the width of the ice (one inside edge on each foot and one outside edge on each foot)</li> </ul>
Adult High Beginner	1:30 MAX	<ul style="list-style-type: none"> <li>• Waltz jump</li> <li>• ½ flip</li> <li>• Forward upright spin (Min. 2 revolutions)</li> <li>• Backward outside 3-turn right and left</li> <li>• Alternating right and left backward outside and inside edges across the width of the ice (one inside edge on each foot and one outside edge on each foot)</li> </ul>
Adult Pre-Bronze	1:30 MAX	<ul style="list-style-type: none"> <li>• Single toe loop</li> <li>• Jump combination or sequence consisting of half revolution jumps (½ flip, ½ Lutz, ½ loop, waltz), toe loop, or Salchow – maximum of 2 jumps in combination and 3 jumps in a sequence</li> <li>• Forward upright spin (Min. 3 revolutions)</li> <li>• Two forward crossovers into a forward inside mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge either direction</li> <li>• Forward spiral (any edge)</li> </ul>
Adult Bronze	1:30 MAX	<ul style="list-style-type: none"> <li>• Single Salchow</li> <li>• Jump combination or sequence consisting of ½ revolution jumps and/or full revolution jumps (no Lutz or Axel) – maximum 2 jumps in combination and 3 jumps in a sequence</li> <li>• Solo spin with no change of foot (min. 3 revolutions)</li> <li>• Backward inside 3-turn right and left</li> <li>• Spiral sequence (min. 2 spirals)</li> </ul>
Adult Silver	1:30 MAX	<ul style="list-style-type: none"> <li>• Single loop</li> <li>• Single/single jump combination</li> <li>• Solo spin with no change of foot (min. 3 revolutions)</li> <li>• Straight line step sequence</li> </ul>
Adult Gold	1:30 MAX	<ul style="list-style-type: none"> <li>• Single Lutz or Axel</li> <li>• Jump combination (Single/single, single/double, double/single) that may include any single jump, double Salchow, or double toe loop</li> <li>• Solo spin with no change of foot (min 4 revolutions)</li> <li>• Straight line step sequence</li> </ul>
Masters Intermediate/Novice	1:30 MAX	<ul style="list-style-type: none"> <li>• Choice of any solo jump (any single jump, double Salchow, double toe loop or double loop allowed)</li> <li>• Jump combination that may include any single jump, double Salchow, double toe loop or double loop</li> <li>• Solo spin of skater's choice (min. 6 revolutions)</li> <li>• Straight line step sequence</li> </ul>

Masters Junior/Senior	1:30 MAX	<ul style="list-style-type: none"><li>• Choice of any solo jump (all single and double jumps allowed)</li><li>• Jump combination that may include any single or double jump</li><li>• Solo spin of skater's choice (min. 8 revolutions)</li><li>• Straight line step sequence</li></ul>
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