**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

<table>
<thead>
<tr>
<th>Level</th>
<th>Time</th>
<th>Elements</th>
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| Adult Beginner             | 1:30 MAX | • Mazurka  
• Waltz jump  
• Forward beginning one-foot spin from backward crossovers (min 2 revs)  
• Forward moving inside open mohawk (right and left) – heel to instep  
• 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) |
| Adult High Beginner        | 1:30 MAX | • Waltz jump  
• ½ flip  
• Forward upright spin (Min. 2 revolutions)  
• Backward outside 3-turn right and left  
• 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) |
| Adult Pre-Bronze           | 1:30 MAX | • Single toe loop  
• 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  
• Forward upright spin (Min. 3 revolutions)  
• 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  
• Forward spiral (any edge) |
| Adult Bronze               | 1:30 MAX | • Single Salchow  
• 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  
• Solo spin with no change of foot (min. 3 revolutions)  
• Backward inside 3-turn right and left  
• Spiral sequence (min. 2 spirals) |
| Adult Silver               | 1:30 MAX | • Single loop  
• Single/single jump combination  
• Solo spin with no change of foot (min. 3 revolutions)  
• Straight line step sequence |
| Adult Gold                 | 1:30 MAX | • Single Lutz or Axel  
• Jump combination (Single/single, single/double, double/single) that may include any single jump, double Salchow, or double toe loop  
• Solo spin with no change of foot (min 4 revolutions)  
• Straight line step sequence |
| Masters Intermediate/Novice| 1:30 MAX | • Choice of any solo jump (any single jump, double Salchow, double toe loop or double loop allowed)  
• Jump combination that may include any single jump, double Salchow, double toe loop or double loop  
• Solo spin of skater’s choice (min. 6 revolutions)  
• Straight line step sequence |
<table>
<thead>
<tr>
<th>Masters Junior/Senior</th>
<th>1:30 MAX</th>
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<tbody>
<tr>
<td>• Choice of any solo jump (all single and double jumps allowed)</td>
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<tr>
<td>• Jump combination that may include any single or double jump</td>
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<tr>
<td>• Solo spin of skater’s choice (min. 8 revolutions)</td>
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<td>• Straight line step sequence</td>
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