**Adult Beginner - Bronze Free Skate Program with Music**

**GENERAL EVENT PARAMETERS:**

- Skaters will skate to the music of their choice; vocal music is allowed
- To be skated on full ice
- The minimum number of required spin revolutions is indicated in parentheses following the spin description; revolutions must be in position.

### ADULT BEGINNER — 1:40 MAX

<table>
<thead>
<tr>
<th>JUMPS</th>
<th>SPINS</th>
<th>STEP SEQUENCES</th>
<th>QUALIFICATIONS</th>
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</thead>
</table>
| Max 4 Jump Elements:  
  - Jumps limited to bunny hop, mazurka, ballet and waltz jump  
  - Max 1 combination or sequence consisting of only the allowed listed jumps  
  - Max. 2 of any same jump | Max 2 Spins:  
  - Two forward upright spins, no change of foot, no flying entry (Min. 3 revolutions) | Connecting moves and steps should be demonstrated throughout the program | Skaters may not have passed any U.S. Figure Skating Free Skate tests |

### ADULT HIGH BEGINNER — 1:40 MAX

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</table>
| Max 4 Jump Elements:  
  - Jumps limited to bunny hop, mazurka, ballet, stag, split, waltz, 1/2 flip, 1/2 Lutz, 1/2 loop, toe loop, Salchow  
  - Max 1 combination or sequence consisting of only the allowed listed jumps  
  - Max. 2 of any same type jump | Max 2 Spins:  
  - Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions) | Connecting moves and steps should be demonstrated throughout the program | Skaters may not have passed any U.S. Figure Skating Free Skate tests |

### ADULT PRE-BRONZE — 1:40 MAX

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</table>
| Max 4 Jump Elements:  
  - Max 2 combinations or sequences  
    - 1 jump combination may contain 3 jumps, and the other may contain only 2 jumps  
    - Jump sequence is any listed jump immediately followed by a waltz jump  
    - Each jump may be repeated only once and only as part of a combination or sequence (maximum of 2 of any jump)  
  - Only single and half-revolution jumps are permitted (half flip and half Lutz are permitted)  
  - No single Lutz, single Axel, double or triple jumps are permitted | Max 2 Spins:  
  - Max Level 1  
  - Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E))  
  - Min 3 revs  
  - Spins with a flying entry are not permitted  
  - A two-foot spin is permitted as one of the spins at this level and is of a different character than a one-foot spin | Connecting steps throughout the program are required | Skaters may not have passed tests higher than U.S. Figure Skating Adult Pre-Bronze or Pre-Preliminary Free Skate |

### ADULT BRONZE — 1:50 MAX

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</table>
| Max 4 Jump Elements:  
  - Max 2 combinations or sequences  
    - 1 combination may contain 3 jumps, and the other may contain only 2 jumps  
    - Jump sequence is any listed jump immediately followed by a waltz jump  
    - Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump)  
  - All single jumps are permitted (except single Axel)  
  - No single Axel, double or triple jumps are permitted | Max 2 Spins:  
  - Max Level 1  
  - Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E))  
  - Min 3 revs total if no change of foot  
  - Min 3 revs each foot if change of foot  
  - Min 2 revs in each position  
  - No flying spins are permitted | Max 1 Sequence:  
  - 1 choreographic step sequence, fully utilizing at least 1/3 of the ice surface (may include moves in the field and spirals)  
  - Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such. | Skaters may not have passed tests higher than U.S. Figure Skating Adult Bronze or Preliminary Free Skate |