**ASPIRE COMPULSORY**

*FORMAT:* In simple program form, using a limited number of connecting steps, the skating order of the required elements is optional.

- To be skated on half-ice
- No music
- The skater must demonstrate the required elements listed
- A deduction will be taken for each element performed from a higher level
- Skaters with physical disabilities may register for standard track or Skate United Track for events

<table>
<thead>
<tr>
<th>LEVEL</th>
<th>TIME</th>
<th>SKATING RULES/STANDARDS</th>
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</thead>
</table>
| Aspire 1 | 1:15 max  | - Waltz Jump  
- ½ Flip  
- One-foot upright spin  
- Choreographic step sequence |
| Aspire 2 | 1:15 max  | - Single Salchow  
- Single Toe Loop  
- Sit spin  
- Choreographic step sequence |
| Aspire 3 | 1:15 max  | - Single Loop  
- Salchow/Toe loop jump combination  
- Forward upright spin to back upright spin combination  
- Choreographic step sequence |
| Aspire 4 | 1:15 max  | - Single Flip  
- Waltz Jump-Euler-Salchow jump combination  
- Camel-Sit spin combination  
- Choreographic step sequence |