

Singles Test Requirements

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Level	Jump Elements	Spins	Step Sequences	Notes
<p>Pre-Preliminary Singles Test</p> <p>1:40 maximum</p>	<p>5 Jump Elements, which must include:</p> <ul style="list-style-type: none"> 1 waltz jump or single Axel* 4 different jumps, 2 of which must be single jumps. The remaining two jumps may be half jumps (half Lutz or half flip), single jumps or one of each.* <p>2 jump combinations, or 1 jump combination and 1 jump sequence are permitted; limited to two jumps except that one of these may include three jumps.</p> <p>*May be performed as solo jumps, or as part of the permitted jump combinations and jump sequences. No jump element may count for more than one of the jump requirements.</p> <p>No jump should be included more than twice.</p>	<p>2 Spins</p> <ul style="list-style-type: none"> Spins must be of a different character Min. 3 revs. <u>One spin MUST be a spin in ONE position</u> <u>One spin MAY change positions</u> Spins may change feet Spins may start with a flying entry <p>Note, for this test only:</p> <ul style="list-style-type: none"> A two-foot spin is of a different character than a one-foot spin and would meet the requirements for one of the spins on this test. A backward upright one-foot spin is considered of a different character than a forward upright one-foot spin, so both may be performed. If a skater performs a sit spin or a camel spin, the spin must be in a recognizable position but does NOT need to achieve a basic position as defined in rule 6103 (A). 	<p>Through 11/30/23</p> <p>1 Step Sequence</p> <ul style="list-style-type: none"> Must use one-half the ice surface <u>Skating skills</u> and spiral sequences are allowed but will not be counted as elements Jumps may be included in the step sequence <p>Beginning 12/1/23</p> <p>1 Choreographic Sequence</p> <ul style="list-style-type: none"> Must be clearly visible 	<p>Candidates may choose to complete elements in a program (with or without music) or as isolated elements.</p> <p>See rule section 6100 for definitions and descriptions of elements.</p>
<p>Standard and Skate United Preliminary Singles Test</p> <p>2:00 +/- 10 sec</p>	<p>5 Jump Elements, which must include:</p> <ul style="list-style-type: none"> 1 waltz jump or single Axel* 3 different single or allowable double jumps (double Salchow, double toe loop or double loop)* 1 two-jump or three-jump combination including 2 single jumps, 1 single jump and 1 double jump (in either order) or 2 allowable double jumps (double Salchow, double toe loop or double loop) <p>2 jump combinations, or 1 jump combination and 1 jump sequence are permitted; limited to two jumps except that one of these may include three jumps.</p> <p>*May be performed as solo jumps, or as part of the permitted jump combinations and jump sequences. No jump element may count for more than one of the jump requirements.</p> <p>No jump should be included more than twice.</p>	<p>2 Spins</p> <ul style="list-style-type: none"> Spins must be of a different character Min. 3 revs. <u>One spin MUST be a spin in ONE position</u> <u>One spin MAY change positions</u> Spins may change feet Spins may start with a flying entry <p>If two one position spins are executed, they must be in different basic positions.</p>	<p>Through 11/30/23</p> <p>1 Step Sequence</p> <ul style="list-style-type: none"> Must fully utilize the ice surface <u>Skating skills</u> and spiral sequences are allowed but will not be counted as elements Jumps may be included in the step sequence <p>Beginning 12/1/23</p> <p>1 Choreographic Sequence</p> <ul style="list-style-type: none"> Must be clearly visible 	<p>See rule section 6100 for definitions and descriptions of elements.</p>

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Standard and Skate United Pre-Bronze Singles Test 2:00 +/- 10 sec	5 Jump Elements, which must include: <ul style="list-style-type: none"> 1 waltz jump or single Axel* 3 different jumps selected from single loop, single flip, single Lutz, single Axel, or any double jump, except double Axel* 1 two-jump or three-jump combination including 2 single jumps, 1 single jump and 1 double jump (in either order) or 2 double jumps (double Axel is not allowed) <p>2 jump combinations, or 1 jump combination and 1 jump sequence are permitted; limited to two jumps except that one of these may include three jumps.</p> <p>*May be performed as solo jumps, or as part of the permitted jump combinations and jump sequences. No jump element may count for more than one of the jump requirements.</p> <p>No jump should be included more than twice.</p>	2 Spins <ul style="list-style-type: none"> 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> Min. 6 revs. 1 spin with only 1 position* <ul style="list-style-type: none"> No change of foot Min. 4 revs. <p>Both spins may start with a flying entry.</p>	<p>Through 11/30/23</p> <p>1 Step Sequence</p> <ul style="list-style-type: none"> Must fully utilize the ice surface Skating skills and spiral sequences are allowed but will not be counted as elements Jumps may be included in the step sequence <p>Beginning 12/1/23</p> <p>1 Choreographic Sequence</p> <ul style="list-style-type: none"> Must be clearly visible 	See rule section 6100 for definitions and descriptions of elements.
Standard and Skate United Bronze Singles Test 2:30 +/- 10 sec	5 Jump Elements, which must include: <ul style="list-style-type: none"> 1 single Axel or double Axel* 3 different single or double jumps* 1 two-jump or three-jump combination including 2 single jumps, 1 single jump and 1 double jump (in either order) or 2 double jumps. <p>2 jump combinations, or 1 jump combination and 1 jump sequence are permitted; limited to two jumps except that one of these may include three jumps.</p> <p>*May be performed as solo jumps, or as part of the permitted jump combinations and jump sequences. No jump element may count for more than one of the jump requirements.</p> <p>One triple jump is permitted. It may be performed as a solo jump or in one of the jump combinations or sequences, and it fulfills the requirement of a single or double jump.</p> <p>No jump should be included more than twice.</p>	2 Spins <ul style="list-style-type: none"> 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> Min. 8 revs. Min. 2 revs. in at least 2 different positions 1 spin with only 1 position; no change of foot* <ul style="list-style-type: none"> Min. 5 revs. <p>Both spins may start with a flying entry.</p>	<p>1 Step Sequence</p> <ul style="list-style-type: none"> Must fully utilize the ice surface 	See rule section 6100 for definitions and descriptions of elements.

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<p>Standard and Skate United Pre-Silver Singles Test</p> <p>3:00 +/- 10 sec</p> <p>and</p> <p>Adult Intermediate Singles Test</p> <p>3:10 max</p>	<p>6 Jump Elements, which must include:</p> <ul style="list-style-type: none"> 1 single Axel or double Axel* 1 double or triple jump* 1 two-jump or three-jump combination including at least 1 double jump or 1 triple jump 3 additional jump elements which may be any single or double jump and may be the same as jumps already performed* <p>3 jump combinations, or 2 jump combinations and 1 jump sequence are permitted; limited to two jumps except that one of these may include three jumps.</p> <p>*May be performed as solo jumps, or as part of the permitted jump combinations and jump sequences. No jump element may count for more than one of the jump requirements.</p> <p>No jump should be included more than twice.</p>	<p>2 Spins</p> <ul style="list-style-type: none"> 1 spin combination; with or without change of foot*; may fly** <ul style="list-style-type: none"> Min. 8 revs. Min. 2 revs. in each position 1 spin with only 1 position*; may change feet, may fly** <ul style="list-style-type: none"> Min. 5 revs. <p>** One of the two spins MUST have a flying entry.</p>	<p>1 Step Sequence</p> <ul style="list-style-type: none"> Must fully utilize the ice surface 	<p>See rule section 6100 for definitions and descriptions of elements.</p>
<p>Standard and Skate United Silver Singles Test</p> <p>3:30 +/- 10 sec</p> <p>and</p> <p>Adult Novice Singles Test</p> <p>3:10 max</p>	<p>7 Jump Elements, which must include:</p> <ul style="list-style-type: none"> 1 single, double or triple Axel* 3 different double, triple or quadruple jumps* 1 two-jump or three-jump combination including 2 jumps with at least 2 rotations 2 additional jump elements which may contain any number of revolutions and may be the same as jumps already performed* <p>3 jump combinations, or 2 jump combinations and 1 jump sequence are permitted; limited to two jumps except that one of these may include three jumps.</p> <p>*May be performed as solo jumps, or as part of the permitted jump combinations and jump sequences. No jump element may count for more than one of the jump requirements.</p> <p>No jump should be included more than twice.</p>	<p>3 Spins</p> <ul style="list-style-type: none"> 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> Min. 10 revs. Min. 2 revs. in each position 1 flying spin with no change of foot or position* <ul style="list-style-type: none"> Min. 6 revs. 3rd spin is option of skater <ul style="list-style-type: none"> Min. 6 revs. if one-position spin Min. 10 revs. in combination <p>All spins may start with a flying entry. Spins must be of a different character.</p>	<p>1 Step Sequence</p> <ul style="list-style-type: none"> Must fully utilize the ice surface 	<p>See rule section 6100 for definitions and descriptions of elements.</p>

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Level	Jump Elements	Spins	Step Sequences	Notes
<p>Standard and Skate United Pre-Gold Singles Test</p> <p>3:30 +/- 10 sec</p> <p>and</p> <p>Adult Junior Singles Test</p> <p>3:40 max</p>	<p>7 Jump Elements, which must include:</p> <ul style="list-style-type: none"> 1 single, double or triple Axel* 4 different double, triple or quadruple jumps, one of which must be a double flip, double Lutz, double Axel, triple jump or quad jump* 1 two-jump or three-jump combination including 2 jumps with at least 2 rotations 1 additional jump element which may be any single, double, triple or quad jump and may be the same as jumps already performed* <p>3 jump combinations, or 2 jump combinations and 1 jump sequence are permitted; limited to two jumps except that one of these may include three jumps.</p> <p>*May be performed as solo jumps, or as part of the permitted jump combinations and jump sequences. No jump element may count for more than one of the jump requirements.</p> <p>No jump should be included more than twice.</p>	<p>3 Spins</p> <ul style="list-style-type: none"> 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> Min. 10 revs. All 3 basic positions with min 2 revs in each position 1 spin with a flying entry* <ul style="list-style-type: none"> Min. 6 revs. 1 spin with only 1 position* <ul style="list-style-type: none"> Min. 6 revs. <p>All spins may change feet and start with a flying entry. Spins must be of a different character.</p>	<p>1 Choreographic Sequence</p> <ul style="list-style-type: none"> Must be clearly visible 	<p>See rule section 6100 for definitions and descriptions of elements.</p>
<p>Standard and Skate United Gold Singles Test</p> <p>4:00 +/- 10 sec</p> <p>and</p> <p>Adult Senior Singles Test</p> <p>3:40 max</p>	<p>7 Jump Elements, which must include:</p> <ul style="list-style-type: none"> 1 single, double or triple Axel* 4 different double, triple or quadruple jumps, one of which must be a double Lutz, double Axel, triple jump or quad jump* 2 two-jump or three-jump combinations, each including 2 jumps with at least 2 rotations <p>3 jump combinations, or 2 jump combinations and 1 jump sequence are permitted; limited to two jumps except that one of these may include three jumps.</p> <p>*May be performed as solo jumps, or as part of the permitted jump combinations and jump sequences. No jump element may count for more than one of the jump requirements.</p> <p>No jump should be included more than twice.</p>	<p>3 Spins</p> <ul style="list-style-type: none"> 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> Min. 10 revs. All 3 basic positions with min 2 revs in each position 1 spin with a flying entry* <ul style="list-style-type: none"> Min. 6 revs. 1 spin with only 1 position* <ul style="list-style-type: none"> Min. 6 revs. <p>All spins may change feet and start with a flying entry. Spins must be of a different character.</p>	<p>2 Sequences</p> <p>1 Step Sequence</p> <ul style="list-style-type: none"> Must fully utilize the ice surface <p>AND</p> <p>1 Choreographic Sequence</p> <ul style="list-style-type: none"> Must be clearly visible 	<p>See rule section 6100 for definitions and descriptions of elements.</p>

For **adult pre-bronze through adult gold singles test** requirements, please see rules 6531 (adult gold), 6541 (adult silver), 6551 (adult bronze) and 6561 (adult pre-bronze).

For **adaptive skating pre-bronze through gold singles test** requirements, please see rules 6321 (pre-bronze), 6322 (bronze), 6323 (silver) and 6324 (gold).