<table>
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</table>
| Pre-Preliminary Singles Test | 5 Jump Elements, which must include:  
• 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.** | 2 Spins  
• Spins must be of a different character  
• Min. 3 revs.  
• One spin MUST be a spin in ONE position  
• One spin MAY change positions  
• Spins may change feet  
• Spins may start with a flying entry | Through 11/30/23  
1 Step Sequence  
• Must use one-half 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 | Candidates may choose to complete elements in a program (with or without music) or as isolated elements. See rule section 6100 for definitions and descriptions of elements. |
| 1:40 maximum | 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.  
*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. No jump should be included more than twice. | ** | | |
| Standard and Skate United Preliminary Singles Test | 5 Jump Elements, which must include:  
• 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) | 2 Spins  
• Spins must be of a different character  
• Min. 3 revs.  
• One spin MUST be a spin in ONE position  
• One spin MAY change positions  
• Spins may change feet  
• Spins may start with a flying entry | Through 11/30/23  
1 Step Sequence  
• 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 | See rule section 6100 for definitions and descriptions of elements. |
| 2:00 +/- 10 sec | 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.  
*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. No jump should be included more than twice. | ** | | |
# Singles Test Requirements

This chart reflects the rules currently in place for the 2023-24 season. Underlined changes are in effect for tests taken on or after July 1, 2023.

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</table>
| **Standard and Skate United Pre-Bronze Singles Test**<br>2:00 +/- 10 sec | 5 Jump Elements, which must include:  
- 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)  
  
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.  
  
*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.  
  
No jump should be included more than twice. | 2 Spins  
- 1 spin combination, with or without change of foot*  
  - Min. 6 revs.  
  - 1 spin with only 1 position*  
  - No change of foot  
  - Min. 4 revs.  
  
Both spins may start with a flying entry. | 1 Step Sequence  
- 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 jump sequence  
Beginning 12/1/23  
1 Choreographic Sequence  
- Must be clearly visible | See rule section 6100 for definitions and descriptions of elements. |

| **Standard and Skate United Bronze Singles Test**<br>2:30 +/- 10 sec | 5 Jump Elements, which must include:  
- 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.  
  
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.  
  
*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.  
  
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.  
  
No jump should be included more than twice. | 2 Spins  
- 1 spin combination; with or without change of foot*  
  - Min. 8 revs.  
  - Min. 2 revs. in at least 2 different positions  
  - 1 spin with only 1 position; no change of foot*  
  - Min. 5 revs.  
  
Both spins may start with a flying entry. | 1 Step Sequence  
- Must fully utilize the ice surface | See rule section 6100 for definitions and descriptions of elements. |
## Singles Test Requirements

This chart reflects the rules currently in place for the 2023-24 season. Underlined changes are in effect for tests taken on or after July 1, 2023.

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| **Standard and Skate United Pre-Silver Singles Test** | 6 Jump Elements, which must include:  
• 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*  

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.  
*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.  
No jump should be included more than twice. | 2 Spins  
• 1 spin combination; with or without change of foot*; may fly**  
  o Min. 8 revs.  
  o Min. 2 revs. in each position  
• 1 spin with only 1 position*; may change feet, may fly**  
  o Min. 5 revs.  
  ** One of the two spins MUST have a flying entry. | 1 Step Sequence  
• Must fully utilize the ice surface | See rule section 6100 for definitions and descriptions of elements. |
| **3:00 +/- 10 sec and Adult Intermediate Singles Test** | | | | |
| **3:10 max** | | | | |
| **Standard and Skate United Silver Singles Test** | 7 Jump Elements, which must include:  
• 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*  

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.  
*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.  
No jump should be included more than twice. | 3 Spins  
• 1 spin combination; with or without change of foot*  
  o Min. 10 revs.  
  o Min. 2 revs. in each position  
• 1 flying spin with no change of foot or position*  
  o Min. 6 revs.  
• 3rd spin is option of skater  
  o Min. 6 revs. if one-position spin  
  o Min. 10 revs. in combination  
  All spins may start with a flying entry.  
  Spins must be of a different character. | 1 Step Sequence  
• Must fully utilize the ice surface | See rule section 6100 for definitions and descriptions of elements. |
| **3:30 +/- 10 sec and Adult Novice Singles Test** | | | | |
| **3:10 max** | | | | |
# Singles Test Requirements

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<td><strong>Standard and Skate United Pre-Gold Singles Test</strong>&lt;br&gt;3:30 +/- 10 sec and Adult Junior Singles Test&lt;br&gt;3:40 max</td>
<td>7 Jump Elements, which must include:&lt;br&gt;• 1 single, double or triple Axel*&lt;br&gt;• 4 different double, triple or quadruple jumps, one of which must be a double flip, double Lutz, double Axel, triple jump or quad jump*&lt;br&gt;• 1 two-jump or three-jump combination including 2 jumps with at least 2 rotations&lt;br&gt;• 1 additional jump element must which may be any single, double, triple or quad jump and may be the same as jumps already performed*&lt;br&gt;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.&lt;br&gt;*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.&lt;br&gt;No jump should be included more than twice.</td>
<td>3 Spins&lt;br&gt;• 1 spin combination; with or without change of foot*&lt;br&gt;o Min. 10 revs.&lt;br&gt;o All 3 basic positions with min 2 revs in each position&lt;br&gt;• 1 spin with a flying entry*&lt;br&gt;o Min. 6 revs.&lt;br&gt;• 1 spin with only 1 position*&lt;br&gt;o Min. 6 revs.&lt;br&gt;All spins may change feet and start with a flying entry.&lt;br&gt;Spins must be of a different character.</td>
<td>1 Choreographic Sequence&lt;br&gt;• Must be clearly visible</td>
<td>See rule section 6100 for definitions and descriptions of elements.</td>
</tr>
<tr>
<td><strong>Standard and Skate United Gold Singles Test</strong>&lt;br&gt;4:00 +/- 10 sec and Adult Senior Singles Test&lt;br&gt;3:40 max</td>
<td>7 Jump Elements, which must include:&lt;br&gt;• 1 single, double or triple Axel*&lt;br&gt;• 4 different double, triple or quadruple jumps, one of which must be a double Lutz, double Axel, triple jump or quad jump*&lt;br&gt;• 2 two-jump or three-jump combinations, each including 2 jumps with at least 2 rotations&lt;br&gt;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.&lt;br&gt;*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.&lt;br&gt;No jump should be included more than twice.</td>
<td>3 Spins&lt;br&gt;• 1 spin combination; with or without change of foot*&lt;br&gt;o Min. 10 revs.&lt;br&gt;o All 3 basic positions with min 2 revs in each position&lt;br&gt;• 1 spin with a flying entry*&lt;br&gt;o Min. 6 revs.&lt;br&gt;• 1 spin with only 1 position*&lt;br&gt;o Min. 6 revs.&lt;br&gt;All spins may change feet and start with a flying entry.&lt;br&gt;Spins must be of a different character.</td>
<td>2 Sequences&lt;br&gt;1 Step Sequence&lt;br&gt;• Must fully utilize the ice surface&lt;br&gt;1 Choreographic Sequence&lt;br&gt;• Must be clearly visible</td>
<td>See rule section 6100 for definitions and descriptions of elements.</td>
</tr>
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</table>

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).

Version 3.0, 11/28/23