



## U.S. Figure Skating Nonqualifying Competitions

### EVENT: Step Sequences

General event parameters:

1. Levels are based on the skaters' highest Moves in the Field test passed.
2. Music of skater's choice, including vocal music, not to exceed the maximum (less time is fine).
3. Skates perform two different step sequences of their choice; any shape or pattern is permitted; however, skaters must make it clear when their first step sequence ends, and their second begins.
4. Each of the step sequences must include the required steps and/or turns listed for each level.
5. Each step sequence may, and is encouraged to, include additional steps or turns.
6. Each step sequence must utilize the full ice surface.
7. Skaters are encouraged to focus on edge quality, clarity of turns, multi-directional and one-foot skating.

Level	Time	Required elements
Pre-Preliminary	1:00 max.	Each of the two step sequences must include: <ul style="list-style-type: none"> <li>- Forward outside 3-turn</li> <li>- Inside mohawk</li> <li>- Demonstration of forward outside &amp; forward inside edges</li> </ul>
Preliminary	1:00 max.	Each of the two step sequences must include: <ul style="list-style-type: none"> <li>- At least two consecutive forward outside power 3-turns</li> <li>- Forward inside 3-turn</li> <li>- At least one set of alternating 3-turns (outside or inside)</li> </ul>
Pre-Juvenile	1:00 max.	Each of the two step sequences must include: <ol style="list-style-type: none"> <li>1. Backward inside 3-turns on each foot</li> <li>2. Backward outside 3-turns on each foot</li> <li>3. At least 2 consecutive power pulls (backward or forward)</li> </ol>
Juvenile & Open Juv.	1:30 max.	Each of the two step sequences must include: <ol style="list-style-type: none"> <li>1. Forward outside double 3 (either foot)</li> <li>2. Forward inside double 3 (either foot)</li> <li>3. At least 2 consecutive cross strokes (backward or forward)</li> </ol>
Intermediate	1:30 max.	Each of the two step sequences must include: <ol style="list-style-type: none"> <li>1. Choice of backward double 3</li> <li>2. At least 2 different brackets with clear entry &amp; exit edges</li> <li>3. Forward inside 1 ½ twizzle</li> <li>4. Forward outside 1 ½ twizzle</li> </ol>
Novice	2:00 max.	Each of the two step sequences must include: <ol style="list-style-type: none"> <li>1. At least 2 different counters with clear entry &amp; exit edges</li> <li>2. Forward outside &amp; forward inside loop (either foot)</li> <li>3. Backward outside double twizzle</li> <li>4. Backward inside double twizzle</li> </ol>
Junior	2:00 max.	Each of the two step sequences must include: <ol style="list-style-type: none"> <li>1. At least 2 different rockers with clear entry &amp; exit edges</li> <li>2. At least 2 different choctaws</li> <li>3. Backward outside &amp; backward inside loop (either foot)</li> <li>4. A combination of at least 3 different turns done on one foot</li> </ol>
Senior	2:00 max.	Each of the two step sequences must include: <ol style="list-style-type: none"> <li>1. At least 1 of each of the following turns: 3-turn, bracket, rocker, counter, choctaw, loop, and twizzle.</li> <li>2. A combination of at least 3 different turns, to be selected from counter, rocker, bracket, twizzle and loop, done on one foot.</li> <li>3. An upper body movement. (Any movements of the arms, head and torso that have an effect on the balance of the main body core.)</li> </ol> <p><i>Note: If necessary, skaters may combine items 1 &amp; 2. For example, performing 3 different consecutive turns on one foot may also count towards the requirement of demonstrating all seven of the listed turns/steps.</i></p>