

LEVEL	JUMP ELEMENTS	SPINS	SEQUENCES
<p>PRE- PRELIMINARY</p> <p>1:40 maximum</p> <p>Warmup Time: 4 minutes</p> <p>8 elements</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> All single jumps, including the single Axel, allowed. <ul style="list-style-type: none"> No double, triple or quadruple jumps allowed. Jumps may be repeated once (but no more) as solo jumps or part of a jump sequence or jump combination. Max 2 jump combinations, or 1 jump combination and 1 jump sequence. <ul style="list-style-type: none"> Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps. In Pre-Preliminary, a waltz jump counts as the Axel-type jump as defined in a jump sequence. 	<p>Max 2 Spins – Max Level 1</p> <p>Spins must have different codes Minimum 3 revolutions Spins may change feet Spins may NOT start with a flying entry</p> <ul style="list-style-type: none"> One spin MUST be a spin in ONE position One spin MAY change positions <p><i>If two one-position spins are performed, they must be executed in different basic positions.</i></p>	<p>Max 1 Choreographic Sequence (pChSq)**</p> <ul style="list-style-type: none"> Must be clearly visible Listed elements (jumps and spins) are not permitted in the PChSq.
<p>PRELIMINARY</p> <p>2:00 +/- 10 sec</p> <p>Warmup Time: 4 minutes</p> <p>8 elements</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> 1 must be an Axel-type jump or a waltz jump* All single jumps, including the single Axel, allowed. Only 2 different double jumps may be attempted (limited to double Salchow, double toe loop and double loop). <ul style="list-style-type: none"> Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed. An Axel plus up to two different, allowable double jumps may be repeated once (but not more) as solo jumps or part of a jump sequence or jump combination. Max 2 jump combinations, or 1 jump combination and 1 jump sequence. <ul style="list-style-type: none"> Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps with a maximum of two double jumps and one single jump. In Preliminary, a waltz jump counts as the Axel-type jump as defined in a jump sequence. 	<p>Max 2 Spins – Max Level 2</p> <p>Spins must have different codes Minimum 3 revolutions Spins may change feet Spins may NOT start with a flying entry</p> <ul style="list-style-type: none"> One spin MUST be a spin in ONE position One spin MAY change positions <p><i>If two one-position spins are performed, they must be executed in different basic positions.</i></p>	<p>Max 1 Choreographic Sequence (pChSq)**</p> <ul style="list-style-type: none"> Must be clearly visible Listed elements (jumps and spins) are not permitted in the PChSq.
<p>PRE-JUVENILE</p> <p>2:00 +/- 10 sec</p> <p>Warmup Time: 4 minutes</p> <p>8 elements</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> 1 must be an Axel-type jump*. All single and double jumps allowed except for the double Axel. <ul style="list-style-type: none"> No double Axels, triple or quadruple jumps allowed. An Axel plus up to three different double jumps may be repeated once (but no more) as solo jumps or part of a jump sequence or jump combination. Max 2 jump combinations, or 1 jump combination and 1 jump sequence <ul style="list-style-type: none"> Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps with a maximum of two double jumps and one single jump. 	<p>Max 2 Spins – Max Level 2</p> <p>Spins must have different codes Both spins may start with a flying entry.</p> <ul style="list-style-type: none"> 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> Minimum 6 revolutions 1 spin with only 1 position* <ul style="list-style-type: none"> No change of foot Minimum 4 revolutions 	<p>Max 1 Choreographic Sequence (pChSq)**</p> <ul style="list-style-type: none"> Must be clearly visible Listed elements (jumps and spins) are not permitted in the PChSq.

*Means element is required.

**See Domestic Calling Clarifications for more information.

This chart outlines the required elements in each program. Definitions of elements and the element categories used in this chart are included in the current version of the U. S. Figure Skating Rulebook. The definitions in the Rulebook shall be applied to the elements listed in these charts.

LEVEL	JUMP ELEMENTS	SPINS	SEQUENCES
JUVENILE and OPEN JUVENILE 2:30 +/- 10 sec Warmup Time: 5 minutes 2nd half bonus: 1:15 <i>Age eligibility: see USFS rule 6400</i> 8 elements	Max 5 Jump Elements <ul style="list-style-type: none"> 1 must be an Axel-type jump*. All single and double jumps, including the double Axel, and one triple jump are allowed. <ul style="list-style-type: none"> No additional triple jumps and no quadruple jumps are allowed. No more than three different double jumps may be repeated and, if repeated, at least one attempt must be in a jump combination or a jump sequence. <ul style="list-style-type: none"> If both executions (of the double) are as solo jumps, the second of these jumps will receive 70% of its original base value. The triple jump can only be included once. Max 2 jump combinations, or 1 jump combination and 1 jump sequence. <ul style="list-style-type: none"> Jump combos and jump seqs are limited to 2 jumps except that 1 jump combo or 1 jump seq may include 3 jumps with a maximum of 2 double jumps and 1 single jump. If double Axel or triple jump is part of 3-jump combo/seq, then 2 other double jumps may be included. 	Max 2 Spins Spins must have different codes Both spins may start with a flying entry. <ul style="list-style-type: none"> 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> Minimum 8 revolutions Min 2 revs in each position 1 spin with only 1 position; no change of foot* <ul style="list-style-type: none"> Minimum 5 revolutions 	Max 1 Sequence – Max Level 1 <ul style="list-style-type: none"> One leveled step sequence* <ul style="list-style-type: none"> Must fully utilize the ice surface
BONUSES***	<ul style="list-style-type: none"> 1.0 for each double Axel 1.0 for one triple jump 		
INTERMEDIATE 3:00 +/- 10 sec Warmup Time: 6 minutes 2nd half bonus: 1:30 <i>Age eligibility: see USFS rule 6400</i> 9 elements	Max 6 Jump Elements <ul style="list-style-type: none"> 1 must be an Axel-type jump*. All single, double and triple jumps allowed. No quadruple jumps allowed. <ul style="list-style-type: none"> No more than 2 different jumps with 2 ½ or 3 revolutions may be repeated. If any double or triple jumps, including double Axel, are repeated, at least one attempt must be part of a jump combination or sequence. <ul style="list-style-type: none"> If both executions (of the double or triple) are as solo jumps, the second of these jumps will receive 70% of its original base value. No double or triple jump can be included more than twice. Max 3 jump combinations, or 2 jump combinations and 1 jump sequence. <ul style="list-style-type: none"> Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps. 	Max 2 Spins Spins must have different codes At least ONE of the two spins MUST have a flying entry** <ul style="list-style-type: none"> 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> Minimum 8 revolutions Minimum 2 revolutions in each position 1 spin with only 1 position*; may change feet <ul style="list-style-type: none"> Minimum 5 revolutions 	Max 1 Sequence – Max Level 2 <ul style="list-style-type: none"> One leveled step sequence* <ul style="list-style-type: none"> Must fully utilize the ice surface
BONUSES***	<ul style="list-style-type: none"> 1.0 for each triple jump (maximum 2, triples must be different) 1.0 for one combination or sequence with a double jump immediately followed by a triple jump (e.g. 2A+3T or 2A+3T+1A+SEQ or 2Lz+2A+3T+SEQ) 1.0 for one double Axel or triple jump followed by a single jump followed by a triple jump 		

*****Bonuses – General Notes for JUVENILE & INTERMEDIATE FREE SKATE**

- Bonuses apply only to jump elements that meet SP or FS well-balanced program requirements and repeat rules.
- Jump elements (individual jump or jump combination/sequence) are eligible for a maximum 1.0 bonus.
- Individual jump bonuses shall be applied to an eligible jump executed in combination/sequence only if the entire element is not eligible for a **Combo/Seq Bonus**.
- Bonuses noted “for one” in the chart above may be applied only once per program.
- The first jump element that meets the requirements is eligible for the bonus in that category.
- +REP does not block a bonus application.
- When bonuses are applied to jump elements, the repeat rule verifications in the software may fail and must be manually checked by the TC.
- Juvenile & Intermediate:** To be eligible for any bonus, jumps must be fully rotated, landed on the quarter (q) or under-rotated (<). Jumps with an edge attention (!) are eligible. Jump elements that include a wrong edge (e) or downgrade (<<) are **not eligible** for a bonus.

Combination/Sequence Bonuses:

- Executing a jump to achieve a **Combo/Seq Bonus** does not block an **Individual Jump Bonus** for said jump in a different jump element.
- Juvenile & Intermediate:** If ANY jump in a combination/sequence has a wrong edge or downgrade, the element is not eligible for a **Combo/Seq Bonus**.
- If jump combo/seq has one full revolution between the double jump and the triple jump that immediately follows with no weight transfer, it is still eligible for a **Combo/Seq Bonus**

*Means element is required.

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LEVEL	JUMP ELEMENTS	SPINS	SEQUENCES
<p>NOVICE 3:30 +/- 10 sec Warmup Time: 6 minutes 2nd half bonus: 1:45 11 elements</p>	<p>Max 7 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump*. • Jumps can contain any number of revolutions. <ul style="list-style-type: none"> ○ Of all the triples and quads, only two can be executed twice. <ul style="list-style-type: none"> ▪ If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value. ○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence. • Max 3 jump combinations, or 2 jump combinations and 1 jump sequence. <ul style="list-style-type: none"> ○ Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps. 	<p>Max 3 Spins Spins must have different codes All spins may start with a flying entry</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* (Minimum 10 revolutions) <ul style="list-style-type: none"> ○ Minimum 2 revolutions in each position • 1 flying spin with no change of foot or position* (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>Max 1 Sequence</p> <ul style="list-style-type: none"> • One choreographic sequence* <ul style="list-style-type: none"> ○ Must be clearly visible
<p>BONUSES***</p>	<ul style="list-style-type: none"> • 1.0 for each triple Axel • 1.0 for each different combination or sequence with two consecutive triple jumps (max two) • 1.0 for one double Axel immediately followed by a triple jump (must be a 2A+triple) • 1.0 for one double Axel or triple jump followed by a single jump followed by a triple jump • 2.0 Repertoire Bonus 		
<p>JUNIOR 3:30 +/- 10 sec Warmup Time: 6 minutes 2nd half bonus: 1:45 11 elements</p>	<p>Max 7 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump*. • Jumps can contain any number of revolutions. <ul style="list-style-type: none"> ○ Of all the triples and quads, only two can be executed twice. <ul style="list-style-type: none"> ▪ If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value. ○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence. • Max 3 jump combinations, or 2 jump combinations and 1 jump sequence. <ul style="list-style-type: none"> ○ Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps. 	<p>Max 3 Spins Spins must have different codes. All spins may change feet and start with a flying entry.</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* (Minimum 10 revs) <ul style="list-style-type: none"> ○ All 3 basic positions with min 2 revs in each position for highest base value • 1 spin with a flying entry* (Min 6 revs) • 1 spin with only 1 position* (Min 6 revs) 	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • One choreographic sequence* <ul style="list-style-type: none"> ○ Must be clearly visible
<p>BONUSES***</p>	<ul style="list-style-type: none"> • 1.0 for each triple Axel • 1.0 for each quad • 1.0 for each different combination or sequence with two consecutive triple jumps (max 2) 		

*****Bonuses - General Notes for NOVICE & JUNIOR FREE SKATE**

- **Bonuses apply only to jump elements that meet SP or FS well-balanced program requirements and repeat rules.**
- Jump elements (individual jump or jump combination/sequence) are eligible for a maximum 1.0 bonus.
- Individual jump bonuses shall be applied to an eligible jump executed in combination/sequence only if the entire element is not eligible for a **Combo/Seq Bonus**.
- Bonuses noted “for one” in the chart above may be applied only once per program.
- **The first jump element that meets the requirements is eligible for the bonus in that category.**
- +REP does not block a bonus application.
- When bonuses are applied to jump elements, the repeat rule verifications in the software may fail and must be manually checked by the TC.
- **Novice & Junior:** To be eligible for any bonus, jumps must be fully rotated or landed on the quarter (q). Jump elements that include an attention (!), wrong edge (e), under-rotation (<) or downgrade (<<) are **not eligible** for a bonus.
- Repertoire Bonus may be awarded in **novice only**, once per program for four different triple or quad jumps. This bonus may be added by the DO at the direction of the TC.

Combination/Sequence Bonuses:

- Executing a jump to achieve a **Combo/Seq Bonus** does not block an **Individual Jump Bonus** for said jump in a different jump element.
- **Novice & Junior:** If ANY jump in a combination/sequence has a wrong edge, edge attention, under-rotation or downgrade, the element is not eligible for a **Combo/Seq Bonus**.
- **Novice & Junior:** Triple-triple jump combinations/sequences must be different but may contain ONE of the same jumps (for example: 3S+3T+2A+SEQ and 3Lz+ 3T or 3Lo+2A+3T+SEQ and 3F+3Lo or 3F+3T and 3Lz+3T).
- If combination or sequence has one full turn in between the consecutive jumps with no weight transfer, it is still eligible for a **Combo/Seq Bonus**.

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LEVEL	JUMP ELEMENTS	SPINS	SEQUENCES
<p>SENIOR</p> <p>4:00 +/- 10 sec</p> <p>Warmup Time: 6 minutes</p> <p>2nd half bonus: 2:00</p> <p>12 elements</p>	<p>Max 7 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump*. • Jumps can contain any number of revolutions. <ul style="list-style-type: none"> ○ Of all the triples and quads, only two can be executed twice. <ul style="list-style-type: none"> ▪ Of the two repetitions only one can be a quad jump. Only one quad jump can be repeated. ▪ If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value. ○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence. • Max 3 jump combinations, or 2 jump combinations and 1 jump sequence. <ul style="list-style-type: none"> ○ Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps. 	<p>Max 3 Spins</p> <p>Spins must have different codes All spins may change feet and start with a flying entry.</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Minimum 10 revolutions ○ All 3 basic positions with min 2 revs in each position for highest base value • 1 spin with a flying entry* <ul style="list-style-type: none"> ○ Minimum 6 revolutions • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ Minimum 6 revolutions 	<p>Max 2 Sequences</p> <ul style="list-style-type: none"> • One leveled step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface • One choreographic sequence* <ul style="list-style-type: none"> ○ Must be clearly visible

*Means element is required.

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