2015-16 Singles Free Skating Requirements – This chart has been updated with the changes from the U.S. Figure Skating Governing Council with changes that will go into effect July 1, 2015. Junior and Senior events subject to change by the ISU.

2015-16	JUMP ELEMENTS	SPINS	STEP SEQUENCES
NO TEST **<u>1:40 maximum</u>** *means element is required	**Max 5 Jump Elements** • All single jumps allowed except for the single Axel o No single Axels, double, triple or quadruple jumps allowed o Number of single jumps (except single Axels) is not limited provided the maximum number of jump elements allowed is not exceeded • Max 2 jump combinations or jump sequences o Jump combinations limited to 2 jumps <u>except that one 3-jump combination with a maximum of 3 single jumps is permitted.</u> o Jump sequences limited to a maximum of 3 single jumps o <u>Half-loop is considered a listed jump with the value of a single loop when used in a sequence or combination.</u>	**Max 2 Spins** • Spins may change feet and/or position • Spins may start with a flying entry • Min 3 revs. These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))	**Max 1 Sequence** • Step Sequence o Must use one-half the ice surface o Moves in the field and spiral sequences are permitted but will not be counted as elements o Jumps may be included in the step sequence **If IJS is used, then: ChSt**
PRE-PRELIMINARY **<u>1:40 maximum</u>** *means element is required	**Max 5 Jump Elements** • All single jumps, including the single Axel, allowed o No double, triple or quadruple jumps allowed o Axel may be repeated once as a solo jump or part of a jump sequence or jump combination (maximum of 2 single Axels) o Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Max 2 jump combinations or jump sequences o Jump combinations limited to 2 jumps <u>except that one 3-jump combination with a maximum of 3 single jumps is permitted.</u> o Jump sequences limited to a maximum of 3 single jumps o <u>Half-loop is considered a listed jump with the value of a single loop when used in a sequence or combination</u>	**Max 2 Spins** • Spins may change feet and/or position • Spins may start with a flying entry • Min 3 revs. These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))	**Max 1 Sequence** • Step Sequence o Must use one-half the ice surface o Moves in the field and spiral sequences are permitted but will not be counted as elements o Jumps may be included in the step sequence **If IJS is used, then: ChSt**
PRELIMINARY **1:30 +/- 10 sec** *means element is required	**Max 5 Jump Elements** • 1 must be an Axel or a waltz jump-type 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) o Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed o 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 o Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Max 2 jump combinations or sequences o Jump combinations limited to 2 jumps <u>except that one three jump combination with a maximum of 2 double jumps and 1 single jump permitted</u> o Jump sequences limited to a maximum of 3 single or double jumps. o <u>Half-loop is considered a listed jump with the value of a single loop when used in a sequence or combination</u>	**Max 2 Spins** • Spins may change feet and/or position • Spins may start with a flying entry • Min 3 revs. These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))	**Max 1 Sequence** • Step Sequence o Must use one-half the ice surface o Moves in the field and spiral sequences are permitted but will not be counted as elements o Jumps may be included in the step sequence **If IJS is used, then: ChSt**
PRE-JUVENILE **2:00 +/- 10 sec** *means element is required	**Max 5 Jump Elements** • 1 must be an Axel-type jump* • All single and double jumps allowed except for the double Axel o No triple or quadruple jumps allowed o An Axel plus up to 3 different double jumps may be repeated once (but no more) as solo jumps, in jump sequences or in jump combinations o Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Max 2 jump combinations or sequences o Jump combinations limited to 2 jumps <u>except that one 3-jump combination with a maximum of 2 double jumps and 1 single jump is permitted</u> o Jump sequences limited to a maximum of 3 single or double jumps o <u>Half-loop is considered a listed jump with the value of a single jump when used in a sequence or combination</u>	**Max 2 Spins** • 1 spin combination, with or without change of foot* o May start with a flying entry o Min 6 revs • 1 spin with only 1 position* o No change of foot o May start with a flying entry o Min 4 revs These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))	**Max 1 Sequence** • Step Sequence o Must fully utilize the ice surface o Moves in the field and spiral sequences are permitted but will not be counted as elements o Jumps may be included in the step sequence **If IJS is used, then: ChSt**

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JUVENILE and OPEN JUVENILE **2:15 +/- 10 sec** *means element is required	**Max 5 Jump Elements** • 1 must be an Axel-type jump* • All single and double jumps, including the double Axel, allowed o No triple or quadruple jumps allowed o No more than 3 different double jumps may be repeated and, if repeated, at least one attempt must be in a jump combination or a jump sequence o No double jump can be repeated more than once • Max 2 jump combinations or sequences o Jump combinations limited to 2 jumps <u>except one may be a 3-jump combination with a max of 2 double jumps and 1 single jump</u> o <u>Half loop is considered a listed jump with the value of a single jump when used in a sequence or combination</u> o Number of jumps in jump sequence is not limited	**Max 2 Spins** • 1 spin combination; with or without change of foot* o Min 8 revs o Min 2 revs in each position • 1 spin with only 1 position; no change of foot* o Min 5 revs Both spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))	**Max 1 Sequence** • One choreographic step sequence* o Must fully utilize the ice surface
INTERMEDIATE **2:30 +/- 10 sec** *means element is required	**Max 6 Jump Elements** • 1 must be an Axel-type jump • All single, double and triple jumps allowed o <u>No more than 2 different jumps with 2 ½ or 3 revolutions may be repeated</u> o <u>If any double or triple jumps, including double Axel, are repeated, at least one attempt must be part of a jump combination or sequence</u> o <u>No double or triple jump can be repeated more than once</u> • Max 3 jump combinations or sequences o Combinations are limited to 2 jumps o One 3-jump combination is permitted o Number of jumps in jump sequence is not limited	**Max 2 Spins** • 1 spin combination; with or without change of foot* o Min 8 revs o Min 2 revs in each position • 1 spin with only 1 position; no change of foot* o Min 5 revs Both spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))	**Max 1 Sequence** • One choreographic step sequence* o Must fully utilize the ice surface
NOVICE LADIES **3:00 +/- 10 sec** *means element is required	**Max 6 Jump Elements** • 1 must be an Axel-type jump* • All single, double and triple jumps are allowed o <u>No more than 1 double Axel and 2 different triple jumps may be repeated, and if repeated, at least 1 attempt must be as part of a jump combination or sequence.</u> o There is no limit to the number of different double jumps that can be repeated, but no double or triple jump can be included more than twice • Max 3 jump combinations or sequences o Combinations limited to 2 jumps o One 3-jump combination is permitted o Number of jumps in jump sequence is not limited	**Max 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 All spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))	**Max 1 Sequence** • One leveled step sequence* o Must fully utilize the ice surface
NOVICE MEN **3:30 +/- 10 sec** *means element is required	**Max 7 Jump Elements** • 1 must be an Axel-type jump* • All single, double and triple jumps are allowed o No more than 1 double Axel and 2 different triple jumps may be repeated, and if repeated, at least one attempt must be part of a jump combination or sequence. o There is no limit to the number of different double jumps that can be repeated, but no double or triple jump can be included more than twice • Max 3 jump combinations or sequences o Combinations limited to 2 jumps o One 3-jump combination is permitted o Number of jumps in jump sequence is not limited	**Max 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 All spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))	**Max 1 Sequence** • One leveled step sequence* o Must fully utilize the ice surface

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JUNIOR LADIES **3:30 +/- 10 sec** *means element is required	**Max 7 Jump Elements** • 1 must be an Axel-type jump* • Jumps can contain any number of revolutions o Of all the triples or quads, only 2 can be executed twice ▪ 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 o 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 sequences o Combinations limited to 2 jumps o One 3-jump combination is permitted o Number of jumps in a sequence is not limited	**Max 3 Spins** • 1 spin combination; with or without change of foot* o Min 10 revs o Min 2 revs in each position • 1 spin with a flying entry* o Min 6 revs • 1 spin with only 1 position* o Min 6 revs All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))	**Max 1 Sequence** • One leveled step sequence* o Must fully utilize the ice surface
JUNIOR MEN **4:00 +/- 10 sec** *means element is required	**Max 8 Jump Elements** • 1 must be an Axel-type jump* • Jumps can contain any number of revolutions o Of all the triples or quads, only 2 can be executed twice ▪ 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 o 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 sequences o Combinations limited to 2 jumps o One 3-jump combination is permitted o Number of jumps in a sequence is not limited	**Max 3 Spins** • 1 spin combination; with or without change of foot* o Min 10 revs o Min 2 revs in each position • 1 spin with a flying entry* o Min 6 revs • 1 spin with only 1 position* o Min 6 revs All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))	**Max 1 Sequence** • One leveled step sequence* o Must fully utilize the ice surface
SENIOR LADIES **4:00 +/- 10 sec** *means element is required	**Max 7 Jump Elements** • 1 must be an Axel-type jump* • Jumps can contain any number of revolutions o Of all the triples or quads, only 2 can be executed twice ▪ 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 o 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 sequences o Combinations limited to 2 jumps o One 3-jump combination is permitted o Number of jumps in a sequence is not limited	**Max 3 Spins** • 1 spin combination; with or without change of foot* o Min 10 revs o Min 2 revs in each position • 1 spin with a flying entry* o Min 6 revs • 1 spin with only 1 position* o Min 6 revs All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))	**Max 2 Sequences** • One leveled step sequence* o Must fully utilize the ice surface • One choreographic sequence* o Must be clearly visible
SENIOR MEN **4:30 +/- 10 sec** *means element is required	**Max 8 Jump Elements** • 1 must be an Axel-type jump* • Jumps can contain any number of revolutions o Of all the triples or quads, only 2 can be executed twice ▪ 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 o 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 sequences o Combinations limited to 2 jumps o One 3-jump combination is permitted o Number of jumps in a sequence is not limited	**Max 3 Spins** • 1 spin combination; with or without change of foot* o Min 10 revs o Min 2 revs in each position • 1 spin with a flying entry* o Min 6 revs • 1 spin with only 1 position* o Min 6 revs All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))	**Max 2 Sequences** • One leveled step sequence* o Must fully utilize the ice surface • One choreographic sequence* o Must be clearly visible

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