<table>
<thead>
<tr>
<th>2017-18</th>
<th>JUMP ELEMENTS</th>
<th>SPINS</th>
<th>STEP SEQUENCES</th>
</tr>
</thead>
<tbody>
<tr>
<td>NO TEST</td>
<td>Max 5 Jump Elements</td>
<td>Max 2 Spins</td>
<td>Max 1 Sequence</td>
</tr>
<tr>
<td></td>
<td>• All single jumps allowed except for the single Axel</td>
<td>• Spins may change feet and/or position</td>
<td>• Step Sequence</td>
</tr>
<tr>
<td></td>
<td>o No single Axels, double, triple or quadruple jumps allowed</td>
<td>o Spins may start with a flying entry</td>
<td>o Must use one-half the ice surface</td>
</tr>
<tr>
<td></td>
<td>o Number of single jumps (except single Axels) is not limited provided the maximum number of jump elements allowed is not exceeded</td>
<td>o Min 3 revs.</td>
<td>o Moves in the field and spiral sequences are allowed but will not be counted as elements</td>
</tr>
<tr>
<td></td>
<td>Max 2 jump combinations or jump sequences</td>
<td>These spins must be of a different character</td>
<td>o Jumps may be included in the step sequence</td>
</tr>
<tr>
<td></td>
<td>o Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed</td>
<td>(For definition see U.S. Figure Skating rule 4103 (E))</td>
<td>If IJS is used, then: ChSt</td>
</tr>
<tr>
<td></td>
<td>o Jump sequences limited to a maximum of 3 single jumps</td>
<td></td>
<td></td>
</tr>
<tr>
<td>PRE-</td>
<td>Max 5 Jump Elements</td>
<td>Max 2 Spins</td>
<td>Max 1 Sequence</td>
</tr>
<tr>
<td>PRELIMINARY</td>
<td>• All single jumps, including the single Axel, allowed</td>
<td>• Spins may change feet and/or position</td>
<td>• Step Sequence</td>
</tr>
<tr>
<td></td>
<td>o No double, triple or quadruple jumps allowed</td>
<td>o Spins may start with a flying entry</td>
<td>o Must use one-half the ice surface</td>
</tr>
<tr>
<td></td>
<td>o Axel may be repeated once as a solo jump or part of a jump sequence or jump combination (maximum of 2 single Axels)</td>
<td>o Min 3 revs.</td>
<td>o Moves in the field and spiral sequences are allowed but will not be counted as elements</td>
</tr>
<tr>
<td></td>
<td>o Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</td>
<td>These spins must be of a different character</td>
<td>o Jumps may be included in the step sequence</td>
</tr>
<tr>
<td></td>
<td>Max 2 jump combinations or jump sequences</td>
<td>(For definition see U.S. Figure Skating rule 4103 (E))</td>
<td>If IJS is used, then: ChSt</td>
</tr>
<tr>
<td></td>
<td>o Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>o Jump sequences limited to a maximum of 3 single jumps</td>
<td></td>
<td></td>
</tr>
<tr>
<td>PRELIMINARY</td>
<td>Max 5 Jump Elements</td>
<td>Max 2 Spins</td>
<td>Max 1 Sequence</td>
</tr>
<tr>
<td></td>
<td>• 1 must be an Axel-type jump or a waltz jump*</td>
<td>• Spins may change feet and/or position</td>
<td>• Step Sequence</td>
</tr>
<tr>
<td></td>
<td>• 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)</td>
<td>o Spins may start with a flying entry</td>
<td>o Must use one-half the ice surface</td>
</tr>
<tr>
<td></td>
<td>o Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed</td>
<td>o Min 3 revs.</td>
<td>o Moves in the field and spiral sequences are allowed but will not be counted as elements</td>
</tr>
<tr>
<td></td>
<td>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</td>
<td>These spins must be of a different character</td>
<td>o Jumps may be included in the step sequence</td>
</tr>
<tr>
<td></td>
<td>o Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</td>
<td>(For definition see U.S. Figure Skating rule 4103 (E))</td>
<td>If IJS is used, then: ChSt</td>
</tr>
<tr>
<td></td>
<td>Max 2 jump combinations or sequences</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>o Jump combinations limited to 2 jumps except that one three jump combination with a maximum of 2 double jumps and 1 single jump is allowed</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>o Jump sequences limited to a maximum of 3 single or double jumps</td>
<td></td>
<td></td>
</tr>
<tr>
<td>PRE-JUVENILE</td>
<td>Max 5 Jump Elements</td>
<td>Max 2 Spins</td>
<td>Max 1 Sequence</td>
</tr>
<tr>
<td></td>
<td>• 1 must be an Axel-type jump*</td>
<td>• Spins may change feet and/or position</td>
<td>• Step Sequence</td>
</tr>
<tr>
<td></td>
<td>• All single and double jumps allowed except for the double Axel</td>
<td>o Spins may start with a flying entry</td>
<td>o Must use one-half the ice surface</td>
</tr>
<tr>
<td></td>
<td>o No double Axels, triple or quadruple jumps allowed</td>
<td>o Min 3 revs.</td>
<td>o Moves in the field and spiral sequences are allowed but will not be counted as elements</td>
</tr>
<tr>
<td></td>
<td>o An Axel plus up to 3 different double jumps may be repeated once (but no more) as solo jumps or part of a jump sequence or jump combination</td>
<td>These spins must be of a different character</td>
<td>o Jumps may be included in the step sequence</td>
</tr>
<tr>
<td></td>
<td>o Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</td>
<td>(For definition see U.S. Figure Skating rule 4103 (E))</td>
<td>If IJS is used, then: ChSt</td>
</tr>
<tr>
<td></td>
<td>Max 2 jump combinations or sequences</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>o Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 2 double jumps and 1 single jump is allowed</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>o Jump sequences limited to a maximum of 3 single or double jumps</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

This chart highlights the elements in each program. It is not meant to replace the reading of the rules in the current version of the U.S. Figure Skating Rulebook. Should this chart disagree with the current U.S. Figure Skating Rulebook in any aspect, the rulebook takes precedence.

Singles 2017-18 FS Elements Version 2.0 – 6/2/17 AB
# 2017-18 Singles Free Skating Requirements

This chart has been updated with the changes from the U.S. Figure Skating Governing Council that will go into effect July 1, 2017.

## JUMP ELEMENTS

<table>
<thead>
<tr>
<th>Level</th>
<th>Elements</th>
<th>Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>JUVENILE and OPEN JUVENILE</strong></td>
<td><strong>Max 5 Jump Elements</strong></td>
<td>- 1 must be an Axel-type jump*&lt;br&gt;- All single and double jumps, including the double Axel, allowed&lt;br&gt;  o No triple or quadruple jumps allowed&lt;br&gt;  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&lt;br&gt;     - If both executions (of the double) are as solo jumps, the second of these jumps will receive 70% of its original base value&lt;br&gt;  o No double jump can be included more than twice&lt;br&gt;  o Max 2 jump combinations or sequences&lt;br&gt;     o Jump combinations limited to 2 jumps except one 3-jump combination with a maximum of 2 double jumps and 1 single jump is allowed&lt;br&gt;  o Number of jumps in jump sequence is not limited</td>
</tr>
<tr>
<td><strong>INTERMEDIATE</strong></td>
<td><strong>Max 6 Jump Elements</strong></td>
<td>- 1 must be an Axel-type jump*&lt;br&gt;- All single, double and triple jumps allowed. No quadruple jumps allowed.&lt;br&gt;  o No more than 2 different jumps with 2 ½ or 3 revolutions may be repeated&lt;br&gt;  o If any double or triple jumps, including double Axel, are repeated, at least one attempt must be part of a jump combination or sequence&lt;br&gt;     - 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&lt;br&gt;  o No double or triple jump can be included more than twice&lt;br&gt;  o Max 3 jump combinations or sequences&lt;br&gt;     o Jump combinations limited to 2 jumps except one 3-jump combination is allowed&lt;br&gt;  o Number of jumps in jump sequence is not limited</td>
</tr>
<tr>
<td><strong>NOVICE LADIES</strong></td>
<td><strong>Max 6 Jump Elements</strong></td>
<td>- 1 must be an Axel-type jump*&lt;br&gt;- All single, double and triple jumps are allowed. No quadruple jumps allowed.&lt;br&gt;  o No more than 1 double Axel and 2 different triple jumps may be repeated, and if repeated, at least 1 attempt must be part of a jump combination or sequence.&lt;br&gt;     - If both executions (of the double Axel or same triple) are as solo jumps, the second of these jumps will receive 70% of its original base value&lt;br&gt;  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&lt;br&gt;  o Max 3 jump combinations or sequences&lt;br&gt;     o Jump combinations limited to 2 jumps except one 3-jump combination is allowed&lt;br&gt;  o Number of jumps in jump sequence is not limited</td>
</tr>
<tr>
<td><strong>NOVICE MEN</strong></td>
<td><strong>Max 7 Jump Elements</strong></td>
<td>- 1 must be an Axel-type jump*&lt;br&gt;- All single, double and triple jumps are allowed. No quadruple jumps allowed.&lt;br&gt;  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.&lt;br&gt;     - If both executions (of the double Axel or same triple) are as solo jumps, the second of these jumps will receive 70% of its original base value&lt;br&gt;  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&lt;br&gt;  o Max 3 jump combinations or sequences&lt;br&gt;     o Jump combinations limited to 2 jumps except one 3-jump combination is allowed&lt;br&gt;  o Number of jumps in jump sequence is not limited</td>
</tr>
</tbody>
</table>

*means element is required

## SPINS

<table>
<thead>
<tr>
<th>Level</th>
<th>Elements</th>
<th>Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>JUVENILE and OPEN JUVENILE</strong></td>
<td><strong>Max 2 Spins</strong></td>
<td>- 1 spin combination; with or without change of foot*&lt;br&gt;  o Min 8 revs&lt;br&gt;  o Min 2 revs in each position&lt;br&gt;  o 1 spin with only 1 position; no change of foot*&lt;br&gt;     o Min 5 revs&lt;br&gt; 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))</td>
</tr>
<tr>
<td><strong>INTERMEDIATE</strong></td>
<td><strong>Max 2 Spins</strong></td>
<td>- 1 spin combination; with or without change of foot*&lt;br&gt;  o Min 8 revs&lt;br&gt;  o Min 2 revs in each position&lt;br&gt;  o 1 spin with only 1 position; no change of foot*&lt;br&gt;     o Min 5 revs&lt;br&gt; 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))</td>
</tr>
<tr>
<td><strong>NOVICE LADIES</strong></td>
<td><strong>Max 3 Spins</strong></td>
<td>- 1 spin combination; with or without change of foot*&lt;br&gt;  o Min 10 revs&lt;br&gt;  o Min 2 revs in each position&lt;br&gt;  o 1 flying spin with no change of foot or position*&lt;br&gt;     o Min 5 revs&lt;br&gt; 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))</td>
</tr>
<tr>
<td><strong>NOVICE MEN</strong></td>
<td><strong>Max 3 Spins</strong></td>
<td>- 1 spin combination; with or without change of foot*&lt;br&gt;  o Min 10 revs&lt;br&gt;  o Min 2 revs in each position&lt;br&gt;  o 1 flying spin with no change of foot or position*&lt;br&gt;     o Min 6 revs&lt;br&gt; 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))</td>
</tr>
</tbody>
</table>

*means element is required

---

This chart highlights the elements in each program. It is not meant to replace the reading of the rules in the current version of the U.S. Figure Skating Rulebook. Should this chart disagree with the current U.S. Figure Skating Rulebook in any aspect, the rulebook takes precedence.

---

Singles 2017-18 FS Elements Version 2.0 – 6/2/17 AB
### 2017-18 Singles Free Skating Requirements

This chart has been updated with the changes from the U.S. Figure Skating Governing Council that will go into effect July 1, 2017.

#### JUMP ELEMENTS
- **Junior Ladies**
  - 3:30 +/- 10 sec
  - Max 7 Jump Elements
    - 1 must be an Axel-type jump*
    - Jumps can contain any number of revolutions
      - 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
      - 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
      - Jump combinations limited to 2 jumps except one 3-jump combination is allowed
      - Number of jumps in a sequence is not limited
  *means element is required

- **Junior Men**
  - 4:00 +/- 10 sec
  - Max 8 Jump Elements
    - 1 must be an Axel-type jump*
    - Jumps can contain any number of revolutions
      - 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
      - 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
      - Jump combinations limited to 2 jumps except one 3-jump combination is allowed
      - Number of jumps in a sequence is not limited
  *means element is required

- **Senior Ladies**
  - 4:00 +/- 10 sec
  - Max 7 Jump Elements
    - 1 must be an Axel-type jump*
    - Jumps can contain any number of revolutions
      - 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
      - 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
      - Jump combinations limited to 2 jumps except one 3-jump combination is allowed
      - Number of jumps in a sequence is not limited
  *means element is required

- **Senior Men**
  - 4:30 +/- 10 sec
  - Max 8 Jump Elements
    - 1 must be an Axel-type jump*
    - Jumps can contain any number of revolutions
      - 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
      - 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
      - Jump combinations limited to 2 jumps except one 3-jump combination is allowed
      - Number of jumps in a sequence is not limited
  *means element is required

#### SPINS
- **Junior Ladies**
  - Max 3 Spins
    - 1 spin combination; with or without change of foot*
      - Min 10 revs
      - 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
    - 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))

- **Junior Men**
  - Max 3 Spins
    - 1 spin combination; with or without change of foot*
      - Min 10 revs
      - 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
    - 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))

- **Senior Ladies**
  - Max 3 Spins
    - 1 spin combination; with or without change of foot*
      - Min 10 revs
      - 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
    - 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))

- **Senior Men**
  - Max 3 Spins
    - 1 spin combination; with or without change of foot*
      - Min 10 revs
      - 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
    - 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))

#### STEP SEQUENCES
- **Junior Ladies**
  - Max 7 Jump Elements
    - 1 spin combination; with or without change of foot*
      - Min 10 revs
      - 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
    - 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))

- **Junior Men**
  - Max 8 Jump Elements
    - 1 spin combination; with or without change of foot*
      - Min 10 revs
      - 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
    - 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))

- **Senior Ladies**
  - Max 7 Jump Elements
    - 1 spin combination; with or without change of foot*
      - Min 10 revs
      - 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
    - 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))

- **Senior Men**
  - Max 8 Jump Elements
    - 1 spin combination; with or without change of foot*
      - Min 10 revs
      - 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
    - 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))

---

This chart highlights the elements in each program. It is not meant to replace the reading of the rules in the current version of the U.S. Figure Skating Rulebook. Should this chart disagree with the current U.S. Figure Skating Rulebook in any aspect, the rulebook takes precedence.