

Competitive Test Track Free Skating

Competitors must be 20 years of age or younger.

All levels shall consist of a Free Skating program only, there will be no Short Programs.

Events will be divided by age into groups as necessary. There will be no final rounds.

All events will be judged using the 6.0 judging system.

All program times are ± 10 seconds.

Penalties:

- Each mark for each illegal element
- each mark per 10 seconds time violation
- In 1st mark for insufficient revolutions
- In 1st mark for step sequence not fully utilizing the ice, Pre-Juvenile and above
- In 1st mark for each technical element not permitted in the event description

SENIOR FREE SKATING

Competitors must have passed the U.S. Figure Skating Junior Free Skating Test or higher.

Program Time: Men 4:30, Ladies 4:00

Jumps	Men: Maximum of eight (8) jump elements including at least four (4) different double jumps, one of which must be a double Lutz. Jump combinations and sequences are allowed. Ladies: Maximum of seven (7) jump elements including at least four (4) different double jumps, one of which must be a double Lutz. Jump combinations and sequences are allowed.
Spins	Four (4) spins, of which one must be a spin combination consisting of all three positions and one change of foot (minimum 2 revolutions in each position and 5 on each foot), one a flying spin and one a spin with only one position. Minimum six (6) revolutions are required for spins other than the combination spins.
Steps	Men: Two step sequences of a different nature. Ladies: One step sequence and one spiral sequence. See Rule 3640 for descriptions.

JUNIOR FREE SKATING

Competitors must have passed the U.S. Figure Skating Novice Free Skating Test but not the Senior Free Skating Test.
Program Time: Men 4:00, Ladies 3:30

Jumps	Men: Maximum of eight (8) jump elements including any single jumps and double jumps may only be the double Salchow, double toe loop, double loop and double flip. Jump combinations and sequences are allowed. Ladies: Maximum of seven (7) jump elements including any single jumps and double jumps may only be the double Salchow, double toe loop, double loop and double flip. Jump combinations and sequences are allowed.
Spins	Three (3) spins, of which one must be a spin combination consisting of all three positions and one change of foot (minimum 2 revolutions in each position and 5 on each foot), one a flying spin and one a spin with only one position. Minimum six (6) revolutions are required for spins other than the combination spins.
Steps	Men: Two step sequences of a different nature. Ladies: One step sequence and one spiral sequence. See Rule 3640 for descriptions.

NOVICE FREE SKATING

Competitors must have passed the U.S. Figure Skating Intermediate Free Skating Test but not the Junior Free Skating Test.
Program Time: Men 3:30, Ladies 3:00

Jumps	Maximum of seven (7) jump elements including any single jumps and double jumps may only be the double Salchow, double toe loop and double loop. Jump combinations and sequences are allowed.
Spins	Three (3) spins in any position of which one must be a spin combination with at least one change of foot (minimum 2 revolutions in each position and 5 on each foot). All spins may have flying entries. Minimum six (6) revolutions are required for spins other than the combination spin(s).
Steps	One step or spiral sequence. See Rule 3640 for descriptions.

INTERMEDIATE FREE SKATING

Competitors must have passed the U.S. Figure Skating Juvenile Free Skating Test but not the Novice Free Skating Test.
Program Time: 2:30

Jumps	Maximum of six (6) jump elements including any single jumps and double jumps may only be the double Salchow and double toe loop. Jump combinations and sequences are allowed.
Spins	Three (3) spins in any position of which one must be a spin combination with at least one change of foot (minimum 2 revolutions in each position and 4 on each foot). All spins may have flying entries. Minimum four (4) revolutions are required for spins other than the combination spin(s).
Steps	One step sequence straight line, circular or serpentine fully utilizing the ice surface.

JUVENILE FREE SKATING

Competitors must have passed the U.S. Figure Skating Pre-Juvenile Free Skating Test but not the Intermediate Free Skating Test.

Program Time: 2:15

Jumps	Maximum of six (6) jump elements including any single jumps, Axel permitted. Jump combinations and sequences are allowed.
Spins	Three (3) spins in any position of which one must be a spin combination with at least one change of foot (minimum 2 revolutions in each position and 4 on each foot). All spins may have flying entries. Minimum four (4) revolutions are required for spins other than the combination spin(s).
Steps	One step sequence straight line, circular or serpentine fully utilizing the ice surface.

PRELIMINARY FREE SKATING

Competitors must have passed the U.S. Figure Skating Pre-Preliminary Free Skating Test but not the Pre-Juvenile Free Skating Test.

Program Time: 1:30

Jumps	Maximum of five (5) jump elements including any single jumps, Axel not permitted. Jump combinations and sequences are allowed.
Spins	Minimum of two (2) spins of a different nature. Spin combinations are allowed, (minimum 2 revolutions in each position and 3 on each foot or 6 total). Minimum three (3) revolutions are required for spins other than the combination spin(s). Flying spins are not allowed.
Steps	Connecting moves and steps should be demonstrated throughout the program.

PRE-PRELIMINARY FREE SKATING

Competitors must not have passed the U.S. Figure Skating Preliminary Free Skating Test.

Program Time: 1:30

Jumps	Maximum of five (5) jump elements, all single jumps, Axel not permitted. Jump combinations and sequences using only a waltz jump, toe loop and/or Salchow are allowed.
Spins	Minimum of two (2) spins of a different nature with only one position. Minimum three (3) revolutions are required. Flying spins are not allowed.
Steps	Connecting moves and steps should be demonstrated throughout the program.