

US Figure Skating Well-Balanced Free Skate Track

No Test through Juvenile/Open Juvenile Compulsory Moves Programs

Programs will be skated as a continuous program with all elements performed once in any order without music.

The times listed for the individual categories below are maximum time limits; however, there is no minimum time requirement. If the maximum time is exceeded, no timing deduction will be taken; however, judging will stop. Elements are listed below for each category.

A mark for Required Elements (6.0 system first mark) will be the only mark awarded. Additional, repeated or omitted elements will be penalized by a deduction of 0.2 points.

Additional elements include jumps of 1/2 revolution or greater, and spins or spin-like movements of 1 revolution or greater.

| Level | Requirements | Time Limit (Max) |
|-----------------|---|------------------|
| No-Test | Skater may not have passed any Free Skating Test. No Basic Skills Members. Will be skated on a half sheet of ice. Required Elements – Loop jump, Jump combinations to include a Toe Loop (may not use a Loop or Axel), Solo spin - Sit or Camel, Spiral sequence – must include a forward and backward spiral. Additional spirals and balance moves such as Ina Bauers, spread eagles, lunges, and shoot the ducks may be included. | 1:00 |
| Pre-Preliminary | Skater may not have passed the Preliminary Free Skating Test. Will be skated on a half sheet of ice. Required Elements – Flip jump, Jump combination Waltz jump/Toe Loop or Salchow/Toe Loop, Solo spin - Sit or Camel, Spiral sequence – must include a forward and backward spiral. Additional spirals and balance moves such as Ina Bauers, spread eagles, lunges, and shoot the ducks may be included. | 1:00 |
| Preliminary | Skater may not have passed the Pre-Juvenile Free Skating Test. Will be skated on a half sheet of ice. Required Elements – Lutz jump, Jump combination jump (may not use Lutz jump or Axel). Camel spin, Spiral sequence – must include a forward and backward spiral. Additional spirals and balance moves such as Ina Bauers, spread eagles, lunges, and shoot the ducks may be included. | 1:15 |
| Pre-Juvenile | Skater may not have passed the Juvenile Free Skating Test. Will be skated on a half sheet of ice. Required Elements – Lutz jump, Combination jump consisting of two single jumps or double-single. Combination spin with no change of foot and one change of position, Additional spirals and balance moves such as Ina Bauers, spread eagles, lunges, and shoot the ducks may be included. | 1:30 |
| Juvenile | Skater may not have passed the Intermediate Free Skating Test. Will be skated on a full sheet of ice. Skater must be 12 years of age or under by the close of entries. Required elements – Axel, Straight line sequence, Combination spin with one change of foot and one change of position, Combination jump consisting of a double-single or double-double. Additional spirals and balance moves such as Ina Bauers, spread eagles, lunges, and shoot the ducks may be included. | 1:30 |
| Open Juvenile | Same s Juvenile Compulsory Moves, except the skater must have reached the age of 13 by the close of entries. Skated on a full sheet of ice. | 1:30 |