

Well-balanced Program Requirements (U.S. Figure Skating rulebook requirements)

LEVEL	<i>Jumps</i>	<i>Spins</i>	<i>Steps</i>	<i>Qualifications</i>
No Test Time 1:00-1:30 +/-10	Max 5 Single Jumps (no Axel) Max 3 combos or sequences Combos limited to 2 jumps, but one 3 jump is permitted Number of jumps in sequence is not limited	Max 2 Spins must be a different nature Minimum three revolutions each Spins may change feet and start with a fly	Max 1 Straight line, circular or serpentine Must use one half the ice surface	May <u>not</u> have passed any official U.S. Figure Skating free skate tests.
Pre-preliminary Time: 1:30 +/- 10	Max 5 Single Jumps (Axel permitted, no doubles) Max 3 combos or sequences Combos limited to 2 jumps, but one 3 jump is permitted Number of jumps in sequence is not limited Axel may be repeated as individual jump, combo, or sequence. Max 2 Axels.	Max 2 Spins must be a different nature Minimum three revolutions each Spins may change feet and start with a fly	Max 1 Straight line, circular or serpentine Must use one half the ice surface	Must have passed no higher than U.S. Figure Skating Pre-preliminary free skate test.
Preliminary Time: 1:30 +/- 10	Max 5 1 Axel or Waltz jump type jump Max 3 combos or sequences Combos limited to 2 jumps, but one 3 jump is permitted Number of jumps in sequence is not limited Only 2 different double jumps may be attempted (double Salchow, toe or loop only) Axel and no more than 2 different double jumps may be repeated as individual jumps, combos, or in sequences. Max of 2 Axels or any double jump	Max 2 Spins must be a different nature Minimum three revolutions each Spins may change feet and start with a fly	Max 1 Straight line, circular or serpentine Must use one half the ice surface	Must have passed no higher than U.S. Figure Skating Preliminary free skate test.