



U.S. Figure Skating Nonqualifying Competitions

EVENT: Free Skate 1-6 Program Event

Format: The skating order of the required elements is optional. The elements are not restricted as to the number of times an element is executed, length of glides, number of revolutions, etc., unless otherwise stated. Connecting moves and steps should be demonstrated throughout the program. Vocal music is allowed.

- To be skated on full ice
- The skater must demonstrate the required elements and may use but is not required to use any additional elements from previous levels
- A 0.2 deduction will be taken for each element performed from a higher level
- Time 1:30+/-10sec

Level	Time	Skating rules / standards
Free Skate 1	1:30+/-10 sec	<ol style="list-style-type: none"> 1. Advanced forward stroking, 4-6 consecutive 2. One-foot upright scratch spin from backward crossovers, minimum three revolutions 3. Waltz jump from backward crossovers 4. Half flip jump
Free Skate 2	1:30+/-10 sec	<ol style="list-style-type: none"> 1. Forward outside spiral, right or left 2. Beginning back spin – entry optional, minimum two revolutions 3. Waltz jump, side toe hop, waltz jump sequence 4. Toe loop jump
Free Skate 3	1:30+/-10 sec	<ol style="list-style-type: none"> 1. Forward crossovers in a figure 8 2. Back spin, minimum three revolutions 3. Salchow jump 4. Waltz jump-toe loop or Salchow-toe loop jump combination
Free Skate 4	1:30+/-10 sec	<ol style="list-style-type: none"> 1. Forward power 3's, 2-3 consecutive sets, right or left 2. Sit spin, minimum three revolutions 3. Loop jump 4. Waltz jump-loop jump combination
Free Skate 5	1:30+/-10 sec	<ol style="list-style-type: none"> 1. Camel spin, minimum three revolutions 2. Forward upright spin to back upright spin, minimum three revolutions each foot 3. Loop-loop jump combination 4. Flip jump
Free Skate 6	1:30+/-10 sec	<ol style="list-style-type: none"> 1. Camel, sit spin combination, minimum of four revolutions total 2. Split jump or stag jump 3. Waltz jump, ½ loop, Salchow jump sequence 4. Lutz jump