



Alert

Date: October 27, 2016

Updated: January 9, 2017

Updated: January 26, 2017

Re: Intermediate Short Program, Well-Balanced Free Skate, **Free Skate Test, and Test Track Free Skate**

As of February 1, 2017, the following changes become effective for the Intermediate Short Program, Well-Balanced Free Skate, **Free Skate Test**, and Test Track Free Skate:

1. For both the Intermediate Short Program and the Intermediate Free Skate, the step sequence requirement will be changed from a choreographic step sequence to a leveled step sequence, with a maximum of Level 2. The only features that will be evaluated for a level are:
 - a. Feature #1, minimum variety (five difficult turns and steps) or simple variety (seven difficult turns and steps), and
 - b. Feature #2, rotations in either direction (left and right) with full body rotation covering at least 1/3 of the pattern in total for each rotational direction.
2. For the Intermediate Short Program an additional 10 seconds will be added to accommodate the required leveled step sequence. The maximum time allowed for the Intermediate Short Program will be 2:10.
3. For the Intermediate Well-Balanced Free Skate, an additional 10 seconds will be added to accommodate the required leveled step sequence. The program length for the Intermediate Free Skate will be 2:40 +/- 10 seconds.
4. **For the Intermediate Free Skate Test, an additional 10 seconds will be added to match the new program length for the Intermediate Well-Balanced Free Skate. The program length for the Intermediate Free Skate Test will be 2:40 +/- 10 seconds.**
5. For the Intermediate Test Track Free Skate, an additional 10 seconds will be added to match the new program length for the Intermediate Free Skate Test and Intermediate Well-Balanced Free Skate. The program length for the Intermediate Test Track Free Skate will be 2:40 +/- 10 seconds.

To view the full program requirements for the Intermediate Short Program and Intermediate Well-Balanced Free Skate, please visit <http://www.usfigureskating.org/story?id=84109>.