



## U.S. Figure Skating Nonqualifying Competitions

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### **EVENT:** Introductory Levels Compulsory Event

Format: In simple program form, using a limited number of connecting steps, the skating order of the required elements is optional

- To be skated on ½ ice
- No music is allowed
- The skater must demonstrate the required elements and may use any additional elements from previous levels
- A 0.2 deduction will be taken for each element performed from a higher level
- *Skaters may have the option to skate one level higher in compulsories than their free skate program*

| Level         | Time      | Skating rules/standards   |
|---------------|-----------|---|
| Beginner      | 1:15 max. | <ol style="list-style-type: none"><li>1. Waltz jump</li><li>2. ½ jump of choice</li><li>3. Forward two-foot or one-foot spin, minimum three revolutions (free leg position optional)</li><li>4. Forward or backward spiral</li></ol>  |
| High Beginner | 1:15 max. | <ol style="list-style-type: none"><li>1. Toe loop jump</li><li>2. Salchow jump</li><li>3. Forward scratch spin - minimum three revolutions</li><li>4. Forward or backward spiral</li></ol>  |
| No-Test       | 1:15 max. | <ol style="list-style-type: none"><li>1. Loop jump</li><li>2. Jump combination to include a toe loop (may not use a loop or Axel)</li><li>3. Solo spin - sit <u>or</u> camel spin - minimum three revolutions</li><li>4. Spiral sequence, must include a forward and backward spiral. Additional spirals and balance moves may be included.</li></ol> |