## ILLUSTRATION OF THE PROGRESSION THROUGH THE LEVELS OF U.S FIGURE SKATING

Singles athletes begin with the Learn to Skate USA program, then progress to the "introductory levels," and finally choose whether to follow the test track or Well Balanced program category. Athletes may choose to move between test track and Well Balanced program at any point.

## LEARN TO SKATE USA PROGRAM

Competition levels for skaters within Compete USA include:
Snowplow Sam
Basic 1-6, Adult 1-4, Hockey 1-4
Pre-Free Skate and Free Skate 1-6

Skaters may begin or advance to the "introductory levels," which are an introduction to competitive figure skating.

Once skaters have competed at the introductory level, and begin the official U.S. Figure Skating test structure, they may then choose whether to enter the "Test Track Free Skate" or "Well Balanced Free Skate" program. Test requirements for both categories are the same, it is completely the choice of the athlete which track to follow.

Beginner
High Beginner

INTRODUCTORY LEVELS

## **TEST TRACK FREE SKATE**

**Pre-Preliminary** 

Preliminary

Pre-Juvenile

Juvenile

Intermediate

Novice

Junior

Senior

Skaters may choose, at any point, which track to follow. They may not, however, enter both events at the same competition. They may also move between the tracks at different nonqualifying competitions

## WELL BALANCED PROGRAM FREE SKATE

No-Test

Pre-Preliminary

**Preliminary** 

Pre-Juvenile

Juvenile/Open Juv.

Intermediate

Novice

Junior

Senior