



2023-2024 Adult Free Skate Program Requirements Quick Reference Guide

CATEGORY / TIME	JUMPS No jump included more than twice.	SPINS (All codes must be different for each category)			SPIRAL / STEP / CHOREO
Intro Open (1:40 max) <u>3 PCs</u>	Max 4 jumps <u>Must include 1W</u> <u>No jump higher than 1Lo</u>	Max 2 Spins			Forward Spiral Sequence
	Max 1 jump Combos. No Sequences permitted (2 jumps permitted in jump combo)	Two spins of one position			
Bronze (1:40 ±0:10) <u>3 PCs</u>	Max 4 jumps	Max 2 Spins			Max of 1 Choreographic Sequence
	Single jumps only (Axel not permitted) Maximum 2 jump combinations (2 jumps permitted in jump combo)	Spin in one position (Change of foot permitted)	Spin of any nature		
Silver (2:00 ±0:10) <u>3 PCs</u>	Max 5 jumps Double and triple jumps not permitted	Max 2 spins			Max of 1 Choreographic Sequence
	Max 3 jump combos or 2 jump combos & 1 seq (1 jump combo/seq may contain 3 jumps)	CCoSp	Spin of any nature		
Gold (2:50 ±0:10) <u>3 PCs</u>	Max 5 jumps No jump higher than 2Lo	Max 3 Spins			Max of 1 Step Sequence
	Max 3 jump combos or 2 jump combos & 1 seq (1 jump combo/seq may contain 3 jumps)	CCoSp	1 Flying Spin	1 spin of any nature	
Masters (3:00 ±0:10) <u>3 PCs</u>	Max 6 jumps Must include 1A (triple jumps not permitted)	Max 3 spins			Max of 1 Step Sequence
	Max 3 jump Combos or 2 jump combos & 1 seq (1 jump combo/seq may contain 3 jumps)	CCoSp	1 Flying Spin	1 spin of any nature	
Masters Elite (3:00 ±0:10) <u>3 PCs</u>	Max 6 jumps Must include 1A All jumps permitted	Max 3 spins			Max of 1 Step Sequence
	Max 3 jump Combos or 2 jump combos & 1 seq (1 jump combo/seq may contain 3 jumps)	CCoSp	1 Flying Spin	1 spin of any nature	

All falls, both during and between elements will be identified and have a value.