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# 2025 Figure Skating Holiday Classic

## Chevy Chase Club

### Saturday, December 20



The Figure Skating Holiday Classic will be conducted in accordance with the rules and regulations of U.S. Figure Skating, as set forth in the current rulebook, as well as any pertinent updates which have been posted on the U.S. Figure Skating website.

**SKATING LEVEL:** Competition level is the highest test passed as of the entry deadline in the discipline the skater is entering. Entrants may skate one level above that for which they qualify, but they may not skate down in any event.

**REGISTRATION:** Registration will open on November 10 and **close by December 10**. Please email [ksidwell@chevychaseclub.org](mailto:ksidwell@chevychaseclub.org) with all entries. **Entries should include the skater's name, age, level, and event(s).**

**ENTRIES:** All entries must be received by December 10.

- **Registration fees per event - Basic Elements, Interpretive Event, Jump, Spin & Spiral Challenge: \$20. Programs to music : \$25 will be charged to the member account.**

**LATE ENTRIES:** Late entries will be charged a \$5 late fee per event, if accepted.

**REFUND POLICY:** Entry fees will not be refunded after December 11, 2025 unless no competition exists or the event is canceled.

**FACILITIES:** The competition will be held at the Chevy Chase Club Skate Shop and Arena. There will be locker rooms available for competitor use.

**COACHING:** All rink-side coaches must be contracted by Chevy Chase Club. There is no coaching permitted for interpretive events.

**PROGRAMS & MUSIC:** All programs must be choreographed by a CCC instructor or be approved by the CCC Skating Director in advance to ensure that skaters are competing at the appropriate level. Music must be prepared by a CCC instructor or approved by the CCC Skating Director.

**JUDGING SYSTEM:** The 6.0 Majority Judging System will be used for all events.

**SKATER CHECK-IN:** Check in will be open one hour before the first event and run through the last event of the day. The check in table will be located in front of the fireplace in the skate shop. Please check in promptly upon arrival.

**PHOTOGRAPHY:** Action photos will be made available by a third party organization.

**AWARDS:** All participants will receive an award for every event entered. **More information will be available about how to pick up your awards, when the schedule is released.**

**OFFICIAL NOTICES:** Skaters are expected to arrive 45 minutes prior to the scheduled time of their event. A tentative schedule of events will be posted prior to the competition.

**CONTACT INFO:** If you have questions, please contact Kevin Sidwell at [ksidwell@chevychaseclub.org](mailto:ksidwell@chevychaseclub.org)

**The following pages list the required information about all the events:**

- Please consult with your figure skating instructor for which events and levels your skater should enter.
- Additional Events may be added to accommodate skaters.

**Events Offered:**

- **Basic Elements:** (no music or prepared choreography needed)  
For skaters in these levels: Snowplow Sam to Basic 6
- **Interpretive Event:** (no music or prepared choreography needed)  
For skaters in these levels: Basic 4 Skaters and up
- **Jump, Spin & Spiral Challenge:**  
For skaters in these levels: Pre-Free Skate and above skaters

**PROGRAMS TO MUSIC**

- **Basic Program:**  
For skaters in these levels: Snowplow Sam to Basic 6
- **Aspire 1-4:**  
For skaters in these levels: Pre-Free Skate, Free Skate 1-6
- **Well-Balanced Free Skate Programs:**  
Excel Pre-Preliminary & Preliminary  
Pewter Open Test Level  
Bronze Open Test Level  
Silver Open Test Level  
Gold Open Test Level
- **Solo Free Dance:**  
All USFS levels welcome.

- ★ All competitors programs must be choreographed by a CCC instructor or be approved by the CCC Skating Director in advance to ensure that skaters are competing at the appropriate level.
- ★ Music must be prepared by a CCC instructor and approved by the CCC Skating Director.

**Basic Elements:**

Skaters will take the ice in groups. Each skater will perform each element when directed by a judge/referee (No Music). To be skated on 1/2 ice.

| LEVEL               | TIME            | SKATING RULES/STANDARDS                                                                                                                                                                                                                                                                                                                                                                                                |
|---------------------|-----------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>SNOWPLOW SAM</b> | <b>1:00 max</b> | <ul style="list-style-type: none"> <li>• March followed by a two-foot glide and dip</li> <li>• Forward swizzles, 2-3 in a row</li> <li>• Forward snowplow stop</li> <li>• Backward wiggles, 2-6 in a row</li> </ul>                                                                                                                                                                                                    |
| <b>BASIC 1</b>      | <b>1:00 max</b> | <ul style="list-style-type: none"> <li>• Forward two-foot glide and dip</li> <li>• Forward swizzles, 6-8 in a row</li> <li>• Beginning snowplow stop on one or two feet</li> <li>• Backward wiggles, 6-8 in a row</li> </ul>                                                                                                                                                                                           |
| <b>BASIC 2</b>      | <b>1:00 max</b> | <ul style="list-style-type: none"> <li>• Forward one-foot glide (no variations), either foot</li> <li>• Scooter pushes, 2-3 each foot</li> <li>• Moving snowplow stop</li> <li>• Two-foot turn in place, forward to backward</li> <li>• Backward swizzles, 6-8 in a row</li> </ul>                                                                                                                                     |
| <b>BASIC 3</b>      | <b>1:00 max</b> | <ul style="list-style-type: none"> <li>• Beginning forward stroking showing correct use of blade</li> <li>• Forward half-swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive</li> <li>• Forward slalom</li> <li>• Moving forward to backward two-foot turn on a circle</li> <li>• Beginning backward one-foot glide, either foot</li> </ul>                                               |
| <b>BASIC 4</b>      | <b>1:00 max</b> | <ul style="list-style-type: none"> <li>• Forward outside edge on a circle, clockwise or counterclockwise</li> <li>• Forward crossovers, clockwise and counterclockwise, 4-6 consecutive</li> <li>• Backward half-swizzle pumps on a circle, either cw or ccw, 4-6 consecutive</li> <li>• Backward one-foot glides (no variations), right and left</li> <li>• Beginning two-foot spin, maximum 4 revolutions</li> </ul> |
| <b>BASIC 5</b>      | <b>1:00 max</b> | <ul style="list-style-type: none"> <li>• Backward outside edge on a circle, clockwise or counterclockwise</li> <li>• Backward crossovers, clockwise and counterclockwise, 4-6 consecutive</li> <li>• Forward outside three-turn, right and left</li> <li>• Advanced two-foot spin, minimum 4 revolutions</li> <li>• Hockey stop</li> </ul>                                                                             |
| <b>BASIC 6</b>      | <b>1:00 max</b> | <ul style="list-style-type: none"> <li>• Forward inside three-turn, right and left</li> <li>• Mohawk, right to left and left to right</li> <li>• Bunny hop</li> <li>• Basic forward spiral on a straight line (no variations), right or left</li> <li>• Beginning one-foot spin, maximum 3 revolutions, optional free leg and entry position</li> <li>• T-stop, right or left</li> </ul>                               |

**Interpretive Event – no preparation needed:**

All levels Basic 4 and up welcome. Skaters will be grouped by level.

Skaters will hear the music chosen for their group for the first time twice during the warm up. Then each skater will listen to the music once more before performing to the music. Each group will have a different piece of music.

## **Jump, Spin & Spiral Challenge:**

Event Levels are grouped according to Free Skate level of skater indicated below.  
Skater will perform one element at a time, as directed by the judges

|                                                                                                                                                                |                                        |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------|
| <b>Pewter Jump, Spin &amp; Spiral Event:</b>                                                                                                                   | <b>Pre-Free Skate &amp; FS1</b>        |
| <ul style="list-style-type: none"><li>• Waltz Jump</li><li>• One-foot Spin</li><li>• Straight Line Spiral</li></ul>                                            |                                        |
| <b>Bronze Jump, Spin &amp; Spiral Event:</b>                                                                                                                   | <b>Free Skate 2 &amp; Free Skate 3</b> |
| <ul style="list-style-type: none"><li>• Salchow Jump</li><li>• Scratch Spin</li><li>• Outside Edge Spiral</li></ul>                                            |                                        |
| <b>Silver Jump, Spin &amp; Spiral Event:</b>                                                                                                                   | <b>Free Skate 4 &amp; Free Skate 5</b> |
| <ul style="list-style-type: none"><li>• Loop Jump</li><li>• Sit Spin</li><li>• Straight Line Edge Variation*</li></ul>                                         |                                        |
| <b>Gold Jump, Spin &amp; Spiral Event:</b>                                                                                                                     | <b>Free Skate 6 and up</b>             |
| <ul style="list-style-type: none"><li>• Lutz – Euler – Flip Combination Jump</li><li>• Lay Back Spin or Back Camel</li><li>• Outside Edge Variation*</li></ul> |                                        |

\* Variation Edge could involve a catch foot position, hyrdoblade, Bielman, spread eagle etc..

## **PROGRAMS TO MUSIC**

The skating order of the required elements is optional. The elements are not restricted as to the number of times the element is executed or length of glides, number of revolutions, etc., unless otherwise specified. To be skated on full ice with music. The skater may use elements from a previous level, but not higher levels.

### **Basic Programs:**

The skating order of the required elements is optional. The elements are not restricted as to the number of times the element is executed or length of glides, number of revolutions, etc., unless otherwise specified. To be skated on full ice with music. The skater may use elements from a previous level, but not higher levels.

| <b>LEVEL</b>            | <b>TIME</b>     | <b>SKATING RULES/STANDARDS</b>                                                                                                                                                                                                                                                                                                                                                                                   |
|-------------------------|-----------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>SNOWPLOW<br/>SAM</b> | <b>1:10 max</b> | <ul style="list-style-type: none"><li>• March followed by a two-foot glide and dip</li><li>• Forward swizzles, 2-3 in a row</li><li>• Forward snowplow stop</li><li>• Backward wiggles, 2-6 in a row</li></ul>                                                                                                                                                                                                   |
| <b>BASIC 1</b>          | <b>1:10 max</b> | <ul style="list-style-type: none"><li>• Forward two-foot glide and dip</li><li>• Forward swizzles, 6-8 in a row</li><li>• Beginning snowplow stop on one or two feet</li><li>• Backward wiggles, 6-8 in a row</li></ul>                                                                                                                                                                                          |
| <b>BASIC 2</b>          | <b>1:10 max</b> | <ul style="list-style-type: none"><li>• Forward one-foot glide (no variations), either foot</li><li>• Scooter pushes, right and left foot, 2-3 each foot</li><li>• Moving snowplow stop</li><li>• Two-foot turn in place, forward to backward</li><li>• Backward swizzles, 6-8 in a row</li></ul>                                                                                                                |
| <b>BASIC 3</b>          | <b>1:10 max</b> | <ul style="list-style-type: none"><li>• Beginning forward stroking showing correct use of blade</li><li>• Forward half-swizzle pumps on a circle, either cw or ccw, 4-6 consecutive</li><li>• Forward slalom</li><li>• Moving forward to backward two-foot turn on a circle</li><li>• Beginning backward one-foot glide, either foot</li></ul>                                                                   |
| <b>BASIC 4</b>          | <b>1:10 max</b> | <ul style="list-style-type: none"><li>• Forward outside edge on a circle, clockwise or counterclockwise</li><li>• Forward crossovers, clockwise and counterclockwise, 4-6 consecutive</li><li>• Backward half-swizzle pumps on a circle, either cw or ccw, 4-6 consecutive</li><li>• Backward one-foot glides (no variations), right and left</li><li>• Beginning two-foot spin, maximum 4 revolutions</li></ul> |
| <b>BASIC 5</b>          | <b>1:10 max</b> | <ul style="list-style-type: none"><li>• Backward outside edge on a circle, clockwise or counterclockwise</li><li>• Backward crossovers, clockwise and counterclockwise, 4-6 consecutive</li><li>• Forward outside three-turn, right and left</li><li>• Advanced two-foot spin, minimum 4 revolutions</li><li>• Hockey stop</li></ul>                                                                             |
| <b>BASIC 6</b>          | <b>1:10 max</b> | <ul style="list-style-type: none"><li>• Forward inside three-turn, right and left</li><li>• Mohawk, right to left and left to right</li><li>• Bunny hop</li><li>• Basic forward spiral on a straight line (no variations), right or left</li><li>• Beginning one-foot spin, maximum 3 revolutions, opt. free leg and entry position</li><li>• T-stop, right or left</li></ul>                                    |

## **Aspire, 1-4 Programs:**

The skating order of the required elements is optional. The elements are not restricted as to the number of times the element is executed or length of glides, number of revolutions, etc., unless otherwise specified. To be skated on full ice with music. The skater may use elements from a previous level, but not higher levels.

| <b>ASPIRE 1 — 1:40min MAX</b>                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                         |
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| <b>JUMPS</b>                                                                                                                                                                                                                                                                                                                                                                                                                         | <b>SPINS</b>                                                                                                                                                                                                                                                                                     | <b>STEP SEQUENCES</b>                                                                                                                                                                                                                                                                                                                                   |
| <p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> <li>• Maximum 2 of any same jump</li> </ul> <p>Permitted jumps:</p> <ul style="list-style-type: none"> <li>• Waltz Jump</li> <li>• 1/2 flip</li> <li>• 1/2 lutz</li> </ul> <p>Max 1 jump sequence • Euler is not permitted</p> <p>Permitted sequence:</p> <ul style="list-style-type: none"> <li>• Waltz jump/waltz jump - no turns or hops in between</li> </ul> | <p>Maximum 2 spins:</p> <p>Required spins:</p> <ul style="list-style-type: none"> <li>• Two-foot spin</li> <li>• Forward one foot spin (free foot optional)</li> </ul> <p>• Minimum 3 revolutions</p> <p>• No flying entry</p> <p>• A Spin may not be repeated</p> <p>• Basic positions only</p> | <p>Maximum 1 Sequence:</p> <p>Choreographic Step Sequence (ChSt)</p> <ul style="list-style-type: none"> <li>• One 1/2 of the ice</li> </ul> <p>• Jumps may be included in the step sequence</p> <p>• Moves in the field, Spiral Sequences, Arabesques, Spread Eagles, Ina Bauers, Split Jumps, Etc. are allowed but will not be counted as elements</p> |

| <b>ASPIRE 2 — 1:40min MAX</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                         |
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| <b>JUMPS</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | <b>SPINS</b>                                                                                                                                                                                                                                                                                                  | <b>STEP SEQUENCES</b>                                                                                                                                                                                                                                                                                                                                   |
| <p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> <li>• Maximum 2 of any same jump</li> </ul> <p>Permitted jumps:</p> <ul style="list-style-type: none"> <li>• Any jump from Aspire 1</li> <li>• Single Salchow</li> <li>• Single Toe loop</li> </ul> <p>Max 2 jump combinations, or 1 jump combination and 1 jump sequence: • Euler is not permitted</p> <p>Permitted combinations:</p> <ul style="list-style-type: none"> <li>• Waltz jump/toe loop</li> <li>• Salchow/toe loop</li> </ul> <p>Permitted jump sequence:</p> <ul style="list-style-type: none"> <li>• Waltz jump/waltz jump - no turns or hops in between</li> </ul> | <p>Maximum 2 spins:</p> <p>Permitted spins:</p> <ul style="list-style-type: none"> <li>• Any spin from Aspire 1</li> <li>• Back upright spin</li> <li>• Forward Sit Spin</li> </ul> <p>• Minimum 3 revolutions</p> <p>• No flying entry</p> <p>• A Spin may not be repeated</p> <p>• Basic positions only</p> | <p>Maximum 1 Sequence:</p> <p>Choreographic Step Sequence (ChSt)</p> <ul style="list-style-type: none"> <li>• One 1/2 of the ice</li> </ul> <p>• Jumps may be included in the step sequence</p> <p>• Moves in the field, Spiral Sequences, Arabesques, Spread Eagles, Ina Bauers, Split Jumps, Etc. are allowed but will not be counted as elements</p> |

| <b>ASPIRE 3 — 1:40min MAX</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                         |
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| <b>JUMPS</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | <b>SPINS</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | <b>STEP SEQUENCES</b>                                                                                                                                                                                                                                                                                                                                   |
| <p>Maximum 5 jump elements: • Maximum 2 of any same jump</p> <p>Permitted jumps:</p> <ul style="list-style-type: none"> <li>• Any jump from Aspire 1 and 2</li> <li>• Euler (half-loop)</li> <li>• Single loop</li> </ul> <p>Max 2 jump combinations, or 1 jump combination and 1 jump sequence:</p> <ul style="list-style-type: none"> <li>• Jump Sequence: A jump sequence consists of two or three jumps in which the second and/or the third jump is a waltz jump with a direct step from the landing curve of the first/second jump</li> <li>• Jump Combinations: Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps</li> </ul> | <p>Maximum 2 spins:</p> <p>Required spin:</p> <ul style="list-style-type: none"> <li>• Forward upright spin to back upright spin</li> </ul> <p>Permitted spins:</p> <ul style="list-style-type: none"> <li>• Any spin from Aspire 1 and 2</li> <li>• Forward Camel Spin</li> </ul> <p>• Minimum 3 revolutions</p> <p>• No flying entry</p> <p>• A Spin may not be repeated</p> <p>• Basic positions only</p> <p>• One spin must be the required spin</p> <p>• Second spin must be a spin in one position</p> | <p>Maximum 1 Sequence:</p> <p>Choreographic Step Sequence (ChSt)</p> <ul style="list-style-type: none"> <li>• One 1/2 of the ice</li> </ul> <p>• Jumps may be included in the step sequence</p> <p>• Moves in the field, Spiral Sequences, Arabesques, Spread Eagles, Ina Bauers, Split Jumps, Etc. are allowed but will not be counted as elements</p> |

| <b>ASPIRE 4 — 1:40min MAX</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                             |
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| <b>JUMPS</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | <b>SPINS</b>                                                                                                                                                                                                                                                                                                                                                                                  | <b>STEP SEQUENCES</b>                                                                                                                                                                                                                                                                                                                                       |
| <p>Maximum 5 jump elements: • Maximum 2 of any same jump</p> <p>Permitted jumps:</p> <ul style="list-style-type: none"> <li>• Any jump from Aspire 1, 2 and 3</li> <li>• Single Flip</li> <li>• Single Lutz</li> </ul> <p>Max 2 jump combinations, or 1 jump combination and 1 jump sequence:</p> <ul style="list-style-type: none"> <li>• Jump Sequence: A jump sequence consists of two or three jumps in which the second and/or the third jump is a waltz jump with a direct step from the landing curve of the first/second jump</li> <li>• Jump Combinations: Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps</li> </ul> | <p>Maximum 2 spins:</p> <p>Required spin:</p> <ul style="list-style-type: none"> <li>• Forward camel to forward sit spin combination</li> </ul> <p>Permitted spins:</p> <ul style="list-style-type: none"> <li>• Any Spin from Aspire 1, 2 and 3</li> <li>• Minimum 3 revolutions</li> <li>• No flying entry</li> <li>• A Spin may not be repeated</li> <li>• Basic positions only</li> </ul> | <p>Maximum 1 Sequence:</p> <p>Choreographic Step Sequence (ChSt)</p> <ul style="list-style-type: none"> <li>• One 1/2 of the ice</li> <li>• Jumps may be included in the step sequence</li> <li>• Moves in the field, Spiral Sequences, Arabesques, Spread Eagles, Ina Bauers, Split Jumps, Etc. are allowed but will not be counted as elements</li> </ul> |

### **Well-Balanced Free Skate Programs:**

Skaters will skate to the music of their choice. Level will be determined by the highest free skate test passed; skaters may compete at the highest level they have passed or skate up one level higher.

| <b>EXCEL PRE-PRELIMINARY — 1:20 to 2:10min MAX (Competing outside CCC MAX 1:40 min Please see Excel Requirements if competing outside of CCC: <a href="#">click here</a>)</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                             |
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| <b>JUMPS</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | <b>SPINS</b>                                                                                                                                                                                                                                                                                                                                                                                                  | <b>STEP &amp; CHOREO SEQUENCES</b>                                                                                                                                                                                                                                                                                                                                                                                          |
| <p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> <li>• All single jumps allowed, except for the Axel - No double, or higher jumps allowed <ul style="list-style-type: none"> <li>- Maximum of two of any of the same jump, may be as solo jumps or part of jump combinations/sequence</li> </ul> </li> <li>• Max 2 jump combinations, or 1 jump combination and 1 jump sequence <ul style="list-style-type: none"> <li>- Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps</li> <li>- A jump sequence consists of two or three jumps in which the second and/or the third jump is a waltz jump with a direct step from the landing curve of the first/second jump into the take-off curve of the waltz jump</li> </ul> </li> </ul> | <p>Max 2 Spins</p> <ul style="list-style-type: none"> <li>• One spin must be in a single position with no change of foot. Min. 3 revolutions</li> <li>• One spin may be either a single position spin with no change of foot or a combination spin with or without a change of foot <ul style="list-style-type: none"> <li>- Spins must be of a different character, no flying entries</li> </ul> </li> </ul> | <p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> <li>• One Choreographic Sequence (pChSq) <ul style="list-style-type: none"> <li>- Consists of at least 2 different movements (spirals, spread eagles, unlisted jumps, etc).</li> </ul> </li> <li>• Steps and turns may be used to link the movements together.</li> <li>- The pattern is NOT restricted, but the sequence MUST be clearly visible.</li> </ul> |

| <b>OPEN TEST PEWTER — 1:20 min to 2:40 MAX - skater must not have passed juvenile free skate</b>                                                                                                 |                                                 |                            |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------|----------------------------|
| <b>JUMPS</b>                                                                                                                                                                                     | <b>SPINS</b>                                    | <b>STEP SEQUENCES</b>      |
| <p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> <li>• Only single jumps allowed except single Axel <ul style="list-style-type: none"> <li>- No single Axels</li> </ul> </li> </ul> | <p>Max 2 Spins</p> <p>Minimum 3 revolutions</p> | <p>Maximum 1 Sequence:</p> |

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| <ul style="list-style-type: none"> <li>- Number of single jumps (except single Axels) is not limited provided the maximum number of jump elements allowed is not exceeded</li> <li>• Max 2 jump combinations or jump sequences</li> <li>- Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed</li> <li>- Jump sequence is any listed jump immediately followed by a waltz jump</li> </ul> | <ul style="list-style-type: none"> <li>• One spin MUST be a spin in ONE position</li> <li>• One spin MAY change positions</li> </ul> <p>If two one-position spins are performed, they must be executed in different basic positions, One spin may start with a flying entry</p> | <ul style="list-style-type: none"> <li>• One Choreographic Sequence (pChSq)</li> <li>- Consists of at least 2 different movements (spirals, spread eagles, unlisted jumps, etc). Steps and turns may be used to link the movements together.</li> <li>- The pattern is NOT restricted, but the sequence MUST be clearly visible.</li> </ul> |
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**OPEN TEST BRONZE 1:20 min to 2:40 MAX - skater must not have passed intermediate free skate**

| <b>JUMPS</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | <b>SPINS</b>                                                                                                                                                                                                                                                                                                                                                                        | <b>STEP SEQUENCES</b>                                                                                                                                                                                                                                                                                                                                                                                            |
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| <p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> <li>• All single jumps, including single Axel, allowed <ul style="list-style-type: none"> <li>- No double, triple or quadruple jumps allowed</li> <li>- Axel may be repeated once as a solo jump or part of a jump sequence or combination (maximum of 2 single Axels)</li> <li>- Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Max 2 jump combinations or jump sequences <ul style="list-style-type: none"> <li>- Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed</li> <li>- Jump sequence is any listed jump immediately followed by an Axel-type jump</li> </ul> </li> </ul> | <p>Max 2 Spins</p> <p>Spins must have different codes<br/>Minimum 3 revolutions</p> <ul style="list-style-type: none"> <li>• One spin MUST be a spin in ONE position</li> <li>• One spin MAY change positions and/or feet</li> </ul> <p>If two one-position spins are performed, they must be executed in different basic positions.<br/>One spin may start with a flying entry</p> | <p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> <li>• One Choreographic Sequence (pChSq) <ul style="list-style-type: none"> <li>- Consists of at least 2 different movements (spirals, spread eagles, unlisted jumps, etc). Steps and turns may be used to link the movements together.</li> <li>- The pattern is NOT restricted, but the sequence MUST be clearly visible.</li> </ul> </li> </ul> |

**OPEN TEST SILVER— 1:50 min to 3:10 MAX - skater must passed preliminary test but not passed intermediate free skate**

| <b>JUMPS</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | <b>SPINS</b>                                                                                                                                                                                                                                                           | <b>STEP SEQUENCES</b>                                                                                                                                                                                                                                                                                                                                                                                            |
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| <p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump or a waltz jump*</li> <li>• All single jumps, including single Axel, allowed. <ul style="list-style-type: none"> <li>- Only 2 different double jumps may be attempted (limited to double Salchow, double toe loop and double loop)</li> <li>- Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed</li> <li>- An Axel plus up to two different, allowed double jumps may be repeated once (but not more) as solo jumps or part of a jump sequence or combination</li> <li>- Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Max 2 jump combinations or jump sequences <ul style="list-style-type: none"> <li>- Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed</li> <li>- Jump sequence is any listed jump immediately followed by an Axel-type jump</li> </ul> </li> </ul> | <p><b>Max 2 Spins</b></p> <p>1 spin combination, with or without change of foot. Min 8 revolutions, Min. 2 revolutions in each position</p> <p>1 spin with only 1 position. No Change of foot. Minimum 5 revolutions</p> <p>One spin may start with a flying entry</p> | <p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> <li>• One Choreographic Sequence (pChSq) <ul style="list-style-type: none"> <li>- Consists of at least 2 different movements (spirals, spread eagles, unlisted jumps, etc). Steps and turns may be used to link the movements together.</li> <li>- The pattern is NOT restricted, but the sequence MUST be clearly visible.</li> </ul> </li> </ul> |

| <b>OPEN TEST GOLD— 1:50min to 3:10 MAX - skater must passed preliminary test but not passed novice free skate</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                  |
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| <b>JUMPS</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | <b>SPINS</b>                                                                                                                                                                                                                                                             | <b>STEP SEQUENCES</b>                                                                                                                                                                                                                                                                                                                                                                                            |
| <p>Max 6 Jump Elements</p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump</li> <li>• All single, double &amp; triple jumps allowed. <ul style="list-style-type: none"> <li>- No jump can be repeated more than twice, if any jump is repeated it must also be part of a combination or sequence</li> </ul> </li> <li>• Max 2 jump combinations or jump sequences <ul style="list-style-type: none"> <li>- Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed</li> <li>- Jump sequence is any listed jump immediately followed by an Axel-type jump</li> </ul> </li> </ul> | <p><b>Max 2 Spins</b></p> <p>1 spin combination, with or without change of foot. Min 8 revolutions, Min. 2 revolutions in each position</p> <p>1 spin with only 1 position. No Change of foot. Minimum 5 revolutions</p> <p>Both Spins may start with a flying entry</p> | <p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> <li>• One Choreographic Sequence (pChSq) <ul style="list-style-type: none"> <li>- Consists of at least 2 different movements (spirals, spread eagles, unlisted jumps, etc). Steps and turns may be used to link the movements together.</li> <li>- The pattern is NOT restricted, but the sequence MUST be clearly visible.</li> </ul> </li> </ul> |

### **Solo Free Dance:**

Check USFS Solo Free Dance 'Test' rules for required elements.