

## Adult Compulsory Moves – This chart reflects the rules in place beginning July 1, 2024

Note: the updates are to add the IJS codes, and alignment of general event parameters with standard track, with no changes to content



### General event parameters:

1. Adult silver and lower will be skated on half ice; adult gold through masters junior-senior will be skated on full ice.
2. Elements may be performed only once.
3. The skater must demonstrate the required elements (performed once only) and may use any additional elements from previous levels.
4. Music is not allowed.
5. Skaters may have the option to skate one level higher in compulsories than free skate programs
6. If using IJS, features will be awarded in accordance with the current US Adult Calling Clarifications.
7. Elements not according to requirements will receive no value.
8. In 6.0 events, a 0.2 deduction will be taken for each element performed from a higher level
9. Time Violations:
  1. For events judged under 6.0: for up to every 10 seconds in excess = 0.1
  2. For events judged under IJS: for up to every 5 seconds in excess = -0.5

Level	Jump Elements	Spins	Steps / Skating Skills
Adult Beginner 1:30 max	<ul style="list-style-type: none"> <li>• Mazurka</li> <li>• Waltz jump (<b>1Wz</b>)</li> </ul>	<ul style="list-style-type: none"> <li>• Forward beginning one-foot spin from backward crossovers (min. 2 revs)</li> </ul> <p><b>Usp</b></p>	<ul style="list-style-type: none"> <li>• Forward moving inside open mohawk, right and left (heel to instep)</li> <li>• Alternating right and left forward inside and outside edges across the width of the ice (one inside edge on each foot and one outside edge on each foot)</li> </ul> <p>Should only be judged under 6.0</p>
Adult High Beginner 1:30 max	<ul style="list-style-type: none"> <li>• Waltz jump (<b>1Wz</b>)</li> <li>• Half flip (<b>1HF</b>)</li> </ul>	<ul style="list-style-type: none"> <li>• Forward upright spin (min. 2 revs.)</li> </ul> <p><b>Usp</b></p>	<ul style="list-style-type: none"> <li>• <u>Forward</u> outside three-turn, right and left</li> <li>• Alternating right and left backward outside and inside edges across the width of the ice (one inside edge on each foot and one outside edge on each foot)</li> </ul> <p>Should only be judged under 6.0</p>
Adult Pre-Bronze 1:30 max	<ul style="list-style-type: none"> <li>• Single toe loop (<b>1T</b>)</li> <li>• Jump combination or sequence consisting of half-revolution jumps (half flip, half Lutz, half loop, waltz jump), toe loop, or Salchow – maximum 2 jumps in combination or 3 jumps in sequence</li> </ul> <p><b>(1HF, 1HLz, 1Eu, 1Wz, 1T, 1S)</b></p>	<ul style="list-style-type: none"> <li>• Forward upright spin (min. 3 revs.)</li> </ul> <p><b>Usp</b></p>	<ul style="list-style-type: none"> <li>• Two forward crossovers into a forward inside mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, either direction</li> <li>• Forward spiral (any edge)</li> </ul> <p>Should only be judged under 6.0</p>
Adult Bronze 1:30 max	<ul style="list-style-type: none"> <li>• Single Salchow (<b>1S</b>)</li> <li>• Jump combination or sequence consisting of half-revolution jumps and/or full-revolution jumps (no Lutz or Axel) – maximum 2 jumps in combination or 3 jumps in sequence</li> </ul>	<ul style="list-style-type: none"> <li>• Solo spin <u>in one position</u> with no change of foot (min. 3 revs.)</li> </ul> <p><b>Usp, LSp, SSp or CSp</b></p>	<ul style="list-style-type: none"> <li>• <u>Forward</u> inside three-turn, right and left</li> <li>• Spiral sequence (min. 2 spirals)</li> </ul> <p>Should only be judged under 6.0</p>

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Level	Jump Elements	Spins	Steps / Skating Skills
Adult Silver 1:30 max	<ul style="list-style-type: none"> <li>• Single loop (<b>1Lo</b>)</li> <li>• Jump combination with 2 single jumps</li> </ul>	<ul style="list-style-type: none"> <li>• Solo spin <u>in one position</u> with no change of foot (min. 3 revs.)</li> </ul> <p><b>USp, LSp, SSp or CSp</b></p>	<ul style="list-style-type: none"> <li>• Straight line step sequence</li> <li>• Choreographic sequence (pChSq)                             <ul style="list-style-type: none"> <li>o Must utilize ½ the ice surface</li> </ul> </li> </ul>
Adult Gold 1:30 max	<ul style="list-style-type: none"> <li>• Single Lutz or Axel (<b>1Lz or 1A</b>)</li> <li>• Jump combination (single + single, single + double, or double + single) that may include any single jump, double Salchow, or double toe loop</li> </ul>	<ul style="list-style-type: none"> <li>• Solo spin <u>in one position</u> with no change of foot (min. 4 revs.)</li> </ul> <p><b>USp, LSp, SSp or CSp</b></p>	<ul style="list-style-type: none"> <li>• Straight line step sequence</li> <li>• Step sequence (StSq)                             <ul style="list-style-type: none"> <li>o Must utilize full ice surface</li> <li>o If IJS, max Level 1 (5 turns)</li> </ul> </li> </ul>
Masters Intermediate-Novice 1:30 max	<ul style="list-style-type: none"> <li>• Choice of any solo jump (any single jump, double Salchow, double toe loop or double loop allowed) (<b>1S, 1T, 1Lo, 1F, 1Lz, 2S, 2T, 2Lo</b>)</li> <li>• Jump combination that may include any single jumps, double Salchow, double toe loop or double loop (single + single or double + single in any order)</li> </ul>	<ul style="list-style-type: none"> <li>• Solo spin <u>in one position with no change of foot</u> (min. 6 revs.)</li> </ul> <p><b>USp, LSp, SSp or CSp</b></p>	<ul style="list-style-type: none"> <li>• Straight line step sequence</li> <li>• Step sequence (StSq)                             <ul style="list-style-type: none"> <li>o Must utilize full ice surface</li> <li>o If IJS, max Level 2 (turns mandatory &amp; rotations)</li> </ul> </li> </ul>
Masters Junior-Senior 1:30 max	<ul style="list-style-type: none"> <li>• Choice of any solo jump (all single and double jumps allowed) (<b>1S, 1T, 1Lo, 1F, 1Lz, 1A, 2S, 2T, 2Lo, 2F, 2Lz, 2A</b>)</li> <li>• Jump combination that may include any single or double jumps (single + single, double + single in any order, or double + double)</li> </ul>	<ul style="list-style-type: none"> <li>• Solo spin <u>in one position with no change of foot</u> (min. 8 revs.)</li> </ul> <p><b>USp, LSp, SSp or CSp</b></p>	<ul style="list-style-type: none"> <li>• Straight line step sequence</li> <li>• Step sequence (StSq)                             <ul style="list-style-type: none"> <li>o Must utilize full ice surface</li> <li>o If IJS, max Level 4</li> </ul> </li> </ul>