

2024-25 Singles Test Requirements

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Level	Jump Elements	Spins	Step Sequences	Notes
<p>Pre-Preliminary Singles Test</p> <p>1:40 maximum</p>	<p>• Five Jump Elements, the minimum must include:</p> <ul style="list-style-type: none"> • One Waltz jump or single Axel* • Four different jumps, two of which must be single jumps. The remaining two jumps may be half jumps (half Lutz or half flip), single jumps or one of each* <p>Two jump combinations, or one jump combination and one jump sequence are permitted; limited to two jumps except that one of these may include three jumps.</p> <p>*May be performed as solo jumps, or as part of the permitted jump combinations and jump sequences. No jump element may count for more than one of the jump requirements.</p> <p>No jump should be included more than twice.</p> <p><u>No double jumps are permitted.</u></p>	<p>Two Spins</p> <ul style="list-style-type: none"> • Spins must be of a different character • Min. 3 revs. • One spin MUST be a spin in ONE position • One spin MAY change positions • Spins may change feet • Spins may start with a flying entry <p>Note, for this test only:</p> <ul style="list-style-type: none"> • A two-foot spin is of a different character than a one-foot spin and would meet the requirements for one of the spins on this test. • A backward upright one-foot spin is considered of a different character than a forward upright one-foot spin, so both may be performed. • If a skater performs a sit spin or a camel spin, the spin must be in a recognizable position but does NOT need to achieve a basic position as defined in rule 6103 (A). 	<p>One Choreographic Sequence</p> <ul style="list-style-type: none"> • <u>Consists of at least two different movements (spirals, spread eagles, etc.).</u> • <u>Steps and turns may be used to link the movements together.</u> • <u>The pattern is NOT restricted, but the sequence MUST be clearly visible.</u> • <u>Listed elements (jumps and spins) are not permitted in the pChSq.</u> • 	<p>Candidates may choose to complete elements in a program (with or without music) or as isolated elements.</p> <p>See rule section 6100 for definitions and descriptions of elements.</p> <p>Candidates must do the minimum and may choose to execute higher jumps if they remain within the well-balanced program requirements.</p>
<p>Standard and Skate United Preliminary Singles Test</p> <p>2:10 maximum</p>	<p>Five Jump Elements, the minimum must include:</p> <ul style="list-style-type: none"> • One Waltz jump-or single Axel* • Three different single jumps* • One two-jump combination including two single jumps. <p>Two jump combinations, or one jump combination and one jump sequence are permitted; limited to two jumps except that one of these may include three jumps.</p> <p><u>Jumps with two rotations (limited to Salchow, toe loop, and loop) are permitted and may count toward any of the minimum requirements.</u></p> <p>*May be performed as solo jumps, or as part of the permitted jump combinations and jump sequences. No jump element may count for more than one of the jump requirements.</p> <p>No jump should be included more than twice.</p>	<p>Two Spins</p> <ul style="list-style-type: none"> • Spins must be of a different character • Min. 3 revs. • One spin MUST be a spin in ONE position • One spin MAY change positions • Spins may change feet • Spins may start with a flying entry <p>If two one position spins are executed, they must be in different basic positions.</p>	<p>One Choreographic Sequence</p> <ul style="list-style-type: none"> • <u>Consists of at least two different movements (spirals, spread eagles, etc.).</u> • <u>Steps and turns may be used to link the movements together.</u> • <u>The pattern is NOT restricted, but the sequence MUST be clearly visible.</u> • <u>Listed elements (jumps and spins) are not permitted in the pChSq.</u> 	<p>See rule section 6100 for definitions and descriptions of elements.</p> <p>Candidates must do the minimum and may choose to execute higher jumps if they remain within the well-balanced program requirements.</p>

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<p>Standard and Skate United Pre-Bronze Singles Test</p> <p><u>2:10 maximum</u></p>	<p>Five Jump Elements, the minimum must include:</p> <ul style="list-style-type: none"> One Waltz jump-or single Axel* Three different single jumps (selected from the loop, flip, Lutz, or Axel). One two-jump combination including two single jumps. <p>Two jump combinations, or one jump combination and one jump sequence are permitted; limited to two jumps except that one of these may include three jumps.</p> <p><u>Jumps with two rotations (except the double Axel) are permitted and may count toward any of the minimum requirements.</u></p> <p>*May be performed as solo jumps, or as part of the permitted jump combinations and jump sequences. No jump element may count for more than one of the jump requirements.</p> <p>No jump should be included more than twice.</p>	<p>Two Spins</p> <ul style="list-style-type: none"> One spin combination, with or without change of foot** <ul style="list-style-type: none"> Min. 6 revs. One spin with only one position** <ul style="list-style-type: none"> No change of foot Min. 4 revs. <p>**Both spins may start with a flying entry.</p>	<p>One Choreographic Sequence</p> <ul style="list-style-type: none"> <u>Consists of at least two different movements (spirals, spread eagles, etc.).</u> <u>Steps and turns may be used to link the movements together.</u> <u>The pattern is NOT restricted, but the sequence MUST be clearly visible.</u> <u>Listed elements (jumps and spins) are not permitted in the pChSq.</u> 	<p>See rule section 6100 for definitions and descriptions of elements.</p> <p>Candidates must do the minimum and may choose to execute higher jumps if they remain within the well-balanced program requirements.</p>
<p>Standard and Skate United Bronze Singles Test</p> <p><u>2:40 maximum</u></p>	<p>Five Jump Elements, the minimum must include:</p> <ul style="list-style-type: none"> One single Axel*. Three different single jumps*. One two-jump combination including two single jumps. <p>Two jump combinations, or one jump combination and one jump sequence are permitted; limited to two jumps except that one of these may include three jumps.</p> <p>*May be performed as solo jumps, or as part of the permitted jump combinations and jump sequences. No jump element may count for more than one of the jump requirements.</p> <p><u>Jumps with two rotations are permitted and may count toward any of the minimum requirements.</u></p> <p>One triple jump is permitted. It may be performed as a solo jump or in one of the jump combinations or sequences, and it fulfills the requirement of a single or double jump.</p> <p>No jump should be included more than twice.</p>	<p>Two Spins</p> <ul style="list-style-type: none"> One spin combination; with or without change of foot** <ul style="list-style-type: none"> Min. 8 revs. Min. 2 revs. in at least 2 different positions One spin with only one position; no change of foot** <ul style="list-style-type: none"> Min. 5 revs. <p>**Both spins may start with a flying entry.</p>	<p>One Step Sequence</p> <ul style="list-style-type: none"> Must fully utilize the ice surface 	<p>See rule section 6100 for definitions and descriptions of elements.</p> <p>Candidates must do the minimum and may choose to execute higher jumps if they remain within the well-balanced program requirements.</p> <p>An IJS Protocol may be used for test credit.</p> <p>Refer to Technical Notification <u>303</u> for scores.</p>

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<p>Standard and Skate United Pre-Silver Singles Test</p> <p><u>3:10 maximum</u></p> <p>and</p> <p>Adult Intermediate Singles Test</p> <p><u>3:10 maximum</u></p>	<p>Six Jump Elements, the minimum must include:</p> <ul style="list-style-type: none"> One single Axel* One double jump* One two-jump combination including at least one double jump. Three additional single-jump elements which may be the same as jumps already performed* <p>Three jump combinations or two jump combinations and one jump sequence are permitted. They are limited to two jumps except that one of these may include three jumps.</p> <p>*May be performed as solo jumps, or as part of the permitted jump combinations and jump sequences. No jump element may count for more than one of the jump requirements.</p> <p><u>Jumps with a higher number of rotations are permitted and may count toward any of the minimum requirements.</u></p> <p>No jump should be included more than twice.</p>	<p>Two Spins</p> <ul style="list-style-type: none"> One spin combination; with or without change of foot; may fly** <ul style="list-style-type: none"> Min. 8 revs. Min. 2 revs. in each position One spin with only one position; may change feet, may fly** <ul style="list-style-type: none"> Min. 5 revs. <p>** One of the two spins MUST have a flying entry.</p>	<p>One Step Sequence</p> <ul style="list-style-type: none"> Must fully utilize the ice surface 	<p>See rule section 6100 for definitions and descriptions of elements.</p> <p>Candidates must do the minimum and may choose to execute higher jumps if they remain within the well-balanced program requirements.</p> <p>An IJS Protocol may be used for test credit.</p> <p>Refer to Technical Notification 303 for scores.</p>
<p>Standard and Skate United Silver Singles Test</p> <p><u>3:40 maximum</u></p> <p>and</p> <p>Adult Novice Singles Test</p> <p><u>3:10 maximum</u></p>	<p>Seven Jump Elements, the minimum must include:</p> <ul style="list-style-type: none"> One single Axel* Three different double jumps* One two-jump combination including two jumps with at least two rotations. Two additional single-jump elements which may be the same as the jumps already performed* <p>Three jump combinations or two jump combinations and one jump sequence are permitted. They are limited to two jumps except that one of these may include three jumps.</p> <p>*May be performed as solo jumps, or as part of the permitted jump combinations and jump sequences. No jump element may count for more than one of the jump requirements.</p> <p><u>Jumps with a higher number of rotations are permitted and may count toward any of the minimum requirements.</u></p> <p>No jump should be included more than twice.</p>	<p>Three Spins</p> <ul style="list-style-type: none"> One spin combination; with or without change of foot. <ul style="list-style-type: none"> Min. 10 revs. Min. 2 revs. in each position One flying spin with no change of foot or position <ul style="list-style-type: none"> Min. 6 revs. Third spin is option of skater. <ul style="list-style-type: none"> Min. 6 revs. if one-position spin Min. 10 revs. in combination <p>All spins may start with a flying entry.</p> <p>Spins must be of a different character. (To be of a different character, spins must have different IJS codes – i.e. CoSp, FSSp and CCoSp.)</p>	<p>One Choreographic Sequence</p> <ul style="list-style-type: none"> <u>Must be clearly visible.</u> <p><u>OR</u></p> <p>One Step Sequence</p> <ul style="list-style-type: none"> Must fully utilize the ice surface. 	<p>See rule section 6100 for definitions and descriptions of elements.</p> <p>Candidates must do the minimum and may choose to execute higher jumps if they remain within the well-balanced program requirements.</p> <p>An IJS Protocol may be used for test credit.</p> <p>Refer to Technical Notification 303 for scores.</p>

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<p>Standard and Skate United Pre-Gold Singles Test</p> <p><u>3:40 maximum</u></p> <p>and</p> <p>Adult Junior Singles Test</p> <p><u>3:40 maximum</u></p>	<p>Seven Jump Elements, the minimum must include:</p> <ul style="list-style-type: none"> One single Axel* Four different double, one of which must be a double flip, double Lutz, or double Axel.* One two-jump combination including two jumps with at least two rotations. One additional single-jump element which may be the same as the jumps already performed* <p>Three jump combinations or two jump combinations and one jump sequence are permitted. They are limited to two jumps except that one of these may include three jumps.</p> <p>*May be performed as solo jumps, or as part of the permitted jump combinations and jump sequences. No jump element may count for more than one of the jump requirements.</p> <p><u>Jumps with a higher number of rotations are permitted and may count toward any of the minimum requirements.</u></p> <p>No jump should be included more than twice.</p>	<p>Three Spins</p> <ul style="list-style-type: none"> One spin combination; with or without change of foot. <ul style="list-style-type: none"> Min. 10 revs. All 3 basic positions with min 2 revs in each position One spin with a flying entry <ul style="list-style-type: none"> Min. 6 revs. One spin with only 1 position <ul style="list-style-type: none"> Min. 6 revs. <p>All spins may change feet and start with a flying entry.</p> <p>Spins must be of a different character. (To be of a different character, spins must have different IJS codes – i.e. CoSp, FSSp and CCoSp.)</p>	<p>One Choreographic Sequence</p> <ul style="list-style-type: none"> Must be clearly visible 	<p>See rule section 6100 for definitions and descriptions of elements.</p> <p>Candidates must do the minimum and may choose to execute higher jumps if they remain within the well-balanced program requirements.</p> <p>An IJS Protocol may be used for test credit.</p> <p>Refer to Technical Notification 303 for scores.</p>
<p>Standard and Skate United Gold Singles Test</p> <p><u>4:10 maximum</u></p> <p>and</p> <p>Adult Senior Singles Test</p> <p><u>3:40 maximum</u></p>	<p>Seven Jump Elements, the minimum must include:</p> <ul style="list-style-type: none"> One single Axel* Four different double, one of which must be a double flip, double Lutz, or double Axel.* Two, two-jump combinations, each including two jumps with at least two rotations. <p>Three jump combinations or two jump combinations and one jump sequence are permitted. They are limited to two jumps except that one of these may include three jumps.</p> <p>*May be performed as solo jumps, or as part of the permitted jump combinations and jump sequences. No jump element may count for more than one of the jump requirements.</p> <p><u>Jumps with a higher number of rotations are permitted and may count toward any of the minimum requirements.</u></p> <p>No jump should be included more than twice.</p>	<p>Three Spins</p> <ul style="list-style-type: none"> One spin combination; with or without change of foot. <ul style="list-style-type: none"> Min. 10 revs. All 3 basic positions with min 2 revs in each position One spin with a flying entry <ul style="list-style-type: none"> Min. 6 revs. One spin with only 1 position <ul style="list-style-type: none"> Min. 6 revs. <p>All spins may change feet and start with a flying entry.</p> <p>Spins must be of a different character. (To be of a different character, spins must have different IJS codes – i.e. CoSp, FSSp and CCoSp.)</p>	<p>Two Sequences</p> <p>One Step Sequence</p> <ul style="list-style-type: none"> Must fully utilize the ice surface. <p>AND</p> <p>One Choreographic Sequence</p> <ul style="list-style-type: none"> Must be clearly visible 	<p>See rule section 6100 for definitions and descriptions of elements.</p> <p>Candidates must do the minimum and may choose to execute higher jumps if they remain within the well-balanced program requirements.</p> <p>An IJS Protocol may be used for test credit.</p> <p>Refer to Technical Notification 303 for scores.</p>

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NOTES:

- For **adult pre-bronze through adult gold singles test** requirements, please see rules 6531 (adult gold), 6541 (adult silver), 6551 (adult bronze) and 6561 (adult pre-bronze).
- For **adaptive skating pre-bronze through gold singles test** requirements, please see rules 6321 (pre-bronze), 6322 (bronze), 6323 (silver) and 6324 (gold).
- For tests taken using competition protocols, standard program lengths with respect to minimum times will apply.
- Candidates must do the minimum and may choose to execute higher jumps if they remain within the well-balanced program requirements.

TEST REQUIREMENTS ONLY