



2026-2027 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) 3 PCs	Max 4 jumps Must include 1W No jump higher than 1Lo	Max 2 Spins (Max level 4)			Forward Spiral Sequence (One spiral on each foot, unsupported position)
	Max 1 jump Combo. No Sequences permitted (2 jumps permitted in jump combo)	Two spins of one position (must be different codes)			
Bronze (1:40 ±0:10) 3 PCs	Max 4 jumps	Max 2 Spins (Max level 4)			Max of 1 Choreographic Sequence
	Single jumps only (1 W permitted, Axel not permitted) Maximum <u>2</u> jump combinations (2 jumps permitted in jump combo)	Spin in one position (Change of foot permitted, no flying entry)	<u>Spin in one position</u> (Change of foot permitted, no flying entry) Spin of any nature		
Silver (2:00 ±0:10) 3 PCs	Max 4 jumps 1W, Double and triple jumps not permitted (Axel permitted)	Max 2 spins (Max level 4)			Max of 1 Choreographic Sequence
	<u>Max 2 jump combos or 1 jump combos & 1 seq</u> (1 jump combo/seq may contain 3 jumps)	<u>Spin in one position</u> (Change of foot permitted, flying entry permitted) CCoSp	Spin of any nature		
Gold (2:50 ±0:10) 3 PCs	Max 5 jumps No jump higher than 2Lo, 1W not permitted	Max 3 Spins (Max level 4)			Max of 1 Step Sequence (Max level 4)
	Max <u>3</u> <u>2</u> jump combos or <u>2</u> <u>1</u> jump combos & <u>1</u> seq (1 jump combo/seq may contain 3 jumps)	CCoSp	1 Flying Spin	1 spin of any nature	
Masters (3:00 ±0:10) 3 PCs	Max 5 jumps Must include 1A (triple jumps not permitted, 1W not permitted)	Max 3 spins (Max level 4)			Max of 1 Step Sequence (Max level 4)
	Max <u>3</u> <u>2</u> jump Combos or <u>2</u> <u>1</u> jump combos & <u>1</u> seq (1 jump combo/seq may contain 3 jumps)	CCoSp	1 Flying Spin	<u>1 spin in one position of any nature</u>	
Masters Elite (3:00 ±0:10) 3 PCs	Max 5 jumps Must include 1A All jumps permitted except 1W	Max 3 spins (Max level 4)			Max of 1 Step Sequence (Max level 4)
	Max <u>3</u> <u>2</u> jump Combos or <u>2</u> <u>1</u> jump combos & <u>1</u> seq (1 jump combo/seq may contain 3 jumps)	CCoSp	1 Flying Spin	<u>1 spin in one position of any nature</u>	

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