



U.S. Figure Skating Nonqualifying Competitions

EVENT: Adult Compulsory Moves

General event parameters:

1. Beginner to Silver: Elements skated on ½ ice; Gold/Masters: Elements skated on full-ice
2. Elements may be performed only once
3. Music is not allowed
4. Minimum number of revolutions is noted in parentheses

Level	Time	Elements
Adult Beginner	1:30 MAX	<ul style="list-style-type: none"> • Mazurka • Waltz jump • Forward beginning one-foot spin from backward crossovers (min 2 revs) • Forward moving inside open mohawk (right and left) – heel to instep • 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)
Adult High Beginner	1:30 MAX	<ul style="list-style-type: none"> • Waltz jump • ½ flip • Forward upright spin (Min. 2 revolutions) • Backward outside 3-turn right and left • 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)
Adult Pre-Bronze	1:30 MAX	<ul style="list-style-type: none"> • Single toe loop • Jump combination or sequence consisting of half revolution jumps (½ flip, ½ Lutz, ½ loop, waltz), toe loop, or Salchow – maximum of 2 jumps in combination and 3 jumps in a sequence • Forward upright spin (Min. 3 revolutions) • 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 • Forward spiral (any edge)
Adult Bronze	1:30 MAX	<ul style="list-style-type: none"> • Single Salchow • Jump combination or sequence consisting of ½ revolution jumps and/or full revolution jumps (no Lutz or Axel) – maximum 2 jumps in combination and 3 jumps in a sequence • Solo spin with no change of foot (min. 3 revolutions) • Backward inside 3-turn right and left • Spiral sequence (min. 2 spirals)
Adult Silver	1:30 MAX	<ul style="list-style-type: none"> • Single loop • Single/single jump combination • Solo spin with no change of foot (min. 3 revolutions) • Straight line step sequence
Adult Gold	1:30 MAX	<ul style="list-style-type: none"> • Single Lutz or Axel • Jump combination (Single/single, single/double, double/single) that may include any single jump, double Salchow, or double toe loop • Solo spin with no change of foot (min 4 revolutions) • Straight line step sequence
Masters Intermediate/Novice	1:30 MAX	<ul style="list-style-type: none"> • Choice of any solo jump (any single jump, double Salchow, double toe loop or double loop allowed) • Jump combination that may include any single jump, double Salchow, double toe loop or double loop • Solo spin of skater's choice (min. 6 revolutions) • Straight line step sequence
Masters Junior/Senior	1:30 MAX	<ul style="list-style-type: none"> • Choice of any solo jump (all single and double jumps allowed) • Jump combination that may include any single or double jump • Solo spin of skater's choice (min. 8 revolutions) • Straight line step sequence