2026-27 Singles Test Requirements

This chart reflects the rules in place for the 2026-27 season. Underlined changes are in effect for tests taken on or after March 3, 2026.

Level	Jump Elements	Spins	Step Sequences

Pre-Preliminary
 	
1:40 maximum
 	
Candidates may choose to complete elements in a program (with or without music) or as isolated elements.
	Five Jump Elements, the minimum must include:
	• 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*.
	
	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.
	
	*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.
	
	No jump should be included more than twice.
	
	No double jumps are permitted.
	
	Candidates must do the minimum but may choose to execute higher jumps.
		Two Spins
		Spins must have different IJS codes**
		• One spin MUST be a spin in ONE position
		  ○ Min. 3 revs.
		  ○ May change feet
		  ○ May NOT fly
		• One spin MAY change positions
		  ○ Min. 3 revs.
		  ○ May change feet
		  ○ May NOT fly
		
		**Note, for this test only:
		• 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).
			One Choreographic Sequence
			• Consists of at least two different movements (spirals, spread eagles, etc.).
			• Steps and turns may be used to link the movements together.
			• The pattern is NOT restricted, but the sequence MUST be clearly visible.
			• Listed elements (jumps and spins) are not permitted in the pChSq.

Standard and Skate United Preliminary
 	
2:10 maximum
	Five Jump Elements, the minimum must include:
	• One waltz jump or single Axel*
	• Three different single jumps*
	• One two-jump combination including two single jumps
	
	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.
	
	Jumps with two rotations (limited to Salchow, toe loop, and loop) are permitted and may count toward any of the minimum requirements.
	
	*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.
	
	No jump should be included more than twice.
	
	Candidates must do the minimum but may choose to execute higher jumps.
		Two Spins
		Spins must have different IJS codes**
		• One spin MUST be a spin in ONE position
		  ○ Min. 3 revs.
		  ○ Spins may change feet
		  ○ Spins may NOT start with a flying entry
		• One spin MAY change positions
		  ○ Min. 3 revs.
		  ○ May change feet
		  ○ May NOT fly
		
		**If two one-position spins are executed, they must be in different basic positions.
			One Choreographic Sequence
			• Consists of at least two different movements (spirals, spread eagles, etc.).
			• Steps and turns may be used to link the movements together.
			• The pattern is NOT restricted, but the sequence MUST be clearly visible.
			• Listed elements (jumps and spins) are not permitted in the pChSq.

TEST REQUIREMENTS ONLY

- See rule 6100 for definitions and descriptions.
- For all standard, adult and Skate United tests, extra elements may be added without penalty, and two different elements may be reskated, if necessary.
- 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.

2026-27 Singles Test Requirements

This chart reflects the rules in place for the 2026-27 season. Underlined changes are in effect for tests taken on or after March 3, 2026.

Level	Jump Elements	Spins	Step Sequences

Standard and Skate United Pre-Bronze
 	
2:10 maximum
	Five Jump Elements, the minimum must include:
	• 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
	
	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.
	
	Jumps with two rotations (except the double Axel) are permitted and may count toward any of the minimum requirements.
	
	*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.
	
	No jump should be included more than twice.
	
	Candidates must do the minimum but may choose to execute higher jumps.
		Two Spins
		Spins must have different IJS codes
		• One spin combination, with or without change of foot
		  ○ Min. 6 revs.
		  ○ May fly
		• One spin with only one position
		  ○ No change of foot
		  ○ Min. 4 revs.
		  ○ May fly
			One Choreographic Sequence
			• Consists of at least two different movements (spirals, spread eagles, etc.).
			• Steps and turns may be used to link the movements together.
			• The pattern is NOT restricted, but the sequence MUST be clearly visible.
			• Listed elements (jumps and spins) are not permitted in the pChSq.

Standard and Skate United Bronze
 	
2:40 maximum
	Five Jump Elements, the minimum must include:
	• One single Axel*
	• Three different single jumps*
	• One two-jump combination including two single jumps
	
	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.
	
	*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.
	
	Double jumps and one triple jump are permitted and may count toward any of the minimum requirements.
	
	No jump should be included more than twice.
	
	Candidates must do the minimum but may choose to execute higher jumps.
		Two Spins
		Spins must have different IJS codes
		• One spin combination; with or without change of foot
		  ○ Min. 8 revs.
		  ○ Min. 2 revs. in at least 2 different positions
		  ○ May fly
		• One spin with only one position; no change of foot
		  ○ Min. 5 revs.
		  ○ May fly
			One Step Sequence
			• Must fully utilize the ice surface

TEST REQUIREMENTS ONLY

- See rule 6100 for definitions and descriptions.
- For all standard, adult and Skate United tests, extra elements may be added without penalty, and two different elements may be reskated, if necessary.
- 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.

2026-27 Singles Test Requirements

This chart reflects the rules in place for the 2026-27 season. Underlined changes are in effect for tests taken on or after March 3, 2026.

Level	Jump Elements	Spins	Step Sequences

Standard and Skate United Pre-Silver
 	
3:10 maximum
 	
and
 	
Adult Intermediate
 	
3:10 maximum
	Six Jump Elements, the minimum must include:
	• 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*
	
	Up to 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.
	
	*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.
	
	Jumps with a higher number of rotations are permitted and may count toward any of the minimum requirements.
	
	No jump should be included more than twice.
	
	Candidates must do the minimum but may choose to execute higher jumps.
		Two Spins
		Spins must have different IJS codes
		• One spin combination; with or without change of foot
		  ○ Min. 8 revs.
		  ○ Min. 2 revs. in each position
		  ○ May fly**
		• One spin with only one position
		  ○ Min. 5 revs.
		  ○ May change feet
		  ○ May fly**
		
		** **One** of the two spins **MUST** have a flying entry.
			One Step Sequence
			• Must fully utilize the ice surface

Standard and Skate United Silver
 	
3:40 maximum
 	
and
 	
Adult Novice
 	
3:10 maximum
	Six Jump Elements, the minimum must include:
	• One single Axel*
	• Three different double jumps*
	• 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*
	• Additional jumps may be performed without penalty
	
	Up to 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.
	
	*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.
	
	Jumps with a higher number of rotations are permitted and may count toward any of the minimum requirements.
	
	No jump should be included more than twice.
	
	Candidates must do the minimum but may choose to execute higher jumps.
		Three Spins
		Spins must have different IJS codes
		• One spin combination; with or without change of foot
		  ○ Min. 10 revs.
		  ○ Min. 2 revs. in each position
		  ○ May fly
		• One flying spin with no change of foot or position
		  ○ Min. 6 revs.
		  ○ May fly
		• One choreographic spin
		  ○ Min. 3 consecutive revs. on one or two blades
		  ○ May change feet one or more times
		  ○ May fly
			One Choreographic Sequence
			• Must be clearly visible.

TEST REQUIREMENTS ONLY

- See rule 6100 for definitions and descriptions.
- For all standard, adult and Skate United tests, extra elements may be added without penalty, and two different elements may be reskated, if necessary.
- 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.

2026-27 Singles Test Requirements

This chart reflects the rules in place for the 2026-27 season. Underlined changes are in effect for tests taken on or after March 3, 2026.

Level	Jump Elements	Spins	Step Sequences

Standard and Skate United Pre-Gold
 	
3:40 maximum
 	
and
 	
Adult Junior Singles Test
 	
3:40 maximum
	Six Jump Elements, the minimum must include:
	• One single Axel*
	• Four different double jumps, 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.
	• Additional jumps may be performed without penalty
	
	Up to 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.
	
	*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.
	
	Jumps with a higher number of rotations are permitted and may count toward any of the minimum requirements.
	
	No jump should be included more than twice.
	
	Candidates must do the minimum but may choose to execute higher jumps.
		Three Spins
		Spins must have different IJS codes
		• One spin combination; with or without change of foot
		  ○ Min. 10 revs.
		  ○ All 3 basic positions with min 2 revs in each position
		  ○ May fly
		• One spin in one position
		  ○ Min. 6 revs.
		  ○ May change feet
		  ○ May fly
		• One choreographic spin
		  ○ Min. 3 consecutive revs. on one or two blades
		  ○ May change feet one or more times
		  ○ May fly
			One Choreographic Sequence
			• Must be clearly visible

Standard and Skate United Gold
 	
4:10 maximum
 	
and
 	
Adult Senior
 	
3:40 maximum
	Six Jump Elements, the minimum must include:
	• One single Axel*
	• Three different double jumps, 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.
	• Additional jumps may be performed without penalty
	
	Up to 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.
	
	*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.
	
	Jumps with a higher number of rotations are permitted and may count toward any of the minimum requirements.
	
	No jump should be included more than twice.
	
	Candidates must do the minimum but may choose to execute higher jumps.
		Three Spins
		Spins must have different IJS codes
		• One spin combination; with or without change of foot
		  ○ Min. 10 revs.
		  ○ All 3 basic positions with min 2 revs in each position
		  ○ May fly
		• One spin in one position
		  ○ Min. 6 revs.
		  ○ May change feet
		  ○ May fly
		• One choreographic spin
		  ○ Min. 3 consecutive revs. on one or two blades
		  ○ May change feet one or more times
		  ○ May fly
			Two Sequences
			One Step Sequence
			• Must fully utilize the ice surface.
			
			AND
			
			One Choreographic Sequence
			• Must be clearly visible

TEST REQUIREMENTS ONLY

- See rule 6100 for definitions and descriptions.
- For all standard, adult and Skate United tests, extra elements may be added without penalty, and two different elements may be reskated, if necessary.
- 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.

2026-27 Singles Test Requirements

This chart reflects the rules in place for the 2026-27 season. Underlined changes are in effect for tests taken on or after March 3, 2026.

Level	Jump Elements	Spins	Step Sequences
Adult Pre-Bronze 1:40 maximum	**Two Jump Elements, which must include:** • Two different half or allowable single jumps* *May be performed as solo jumps, or as part of the permitted jump combinations and sequences. Two jump combinations or one jump combination and one jump sequence are permitted. They are limited to two jumps except that one of these may include three jumps. Each jump may be repeated only once and only in combination or sequence. Only single and half-revolution jumps are permitted. Single Lutz, single Axel, double jumps and triple jumps are not permitted.	**Two Spins** Spins must have different IJS codes • Spins must have a minimum of three revolutions. • Spins with a flying entry are not permitted. • A two-foot spin is permitted as one of the spins at this level and is considered different than a one-foot spin. • For this test only, a backward upright one-foot spin is considered different than a forward upright one-foot spin, so both may be performed. • For this test, 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). • The skaters have freedom to select the kinds of spins they intend to execute within the spin types allowed	• Connecting steps throughout the program are required
Adult Bronze 1:50 maximum	**Four Jump Elements, which must include:** • Three different jumps, selected from single toe loop, single Salchow, single loop, single flip or single Lutz • One two-jump or three-jump combination including a waltz jump and/or allowable single jump(s) (no turn or change of foot between jumps) *May be performed as solo jumps, or as part of the permitted jump combinations and sequences, but no jump element may count for more than one of the jump requirements. Two jump combinations or one jump combination and one jump sequence are permitted. They are limited to two jumps except that one of these may include three jumps. Each jump may be repeated only once and only in combination or sequence. All single jumps except single Axel are permitted. No double or triple jumps are permitted.	**Two Spins** Spins must have different IJS codes • If a spin includes a change of foot, it must have a minimum of three revolutions on each foot. All other spins must have a minimum of three revolutions. • There must be a minimum of two revolutions in each position, or the position will not be counted. • For this test, 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). • The skaters have freedom to select the kinds of spins they intend to execute within the spin types allowed	**One Step Sequence** • May include skating skills elements and spirals • Jumps may be included in the step sequence

TEST REQUIREMENTS ONLY

- See rule 6100 for definitions and descriptions.
- For all standard, adult and Skate United tests, extra elements may be added without penalty, and two different elements may be reskated, if necessary.
- 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.

2026-27 Singles Test Requirements

This chart reflects the rules in place for the 2026-27 season. Underlined changes are in effect for tests taken on or after March 3, 2026.

Level	Jump Elements	Spins	Step Sequences
Adult Silver 2:10 maximum	**Five Jump Elements, which must include:** • Three different single jumps, two of which must be chosen from single loop, single flip, single Lutz or single Axel • One two-jump or three-jump combination including two single jumps • One jump sequence or additional jump combination consisting of waltz jumps or jumps of one full revolution *May be performed as solo jumps, or as part of the permitted jump combinations and sequences, but no jump element may count for more than one of the jump requirements Two jump combinations or one jump combination and one jump sequence are permitted. They are limited to two jumps except that one of these may include three jumps. Each jump may be repeated only once and only in combination or sequence. All single jumps (including single Axel) are permitted. No double or triple jumps are permitted.	**Two Spins** Spins must have different IJS codes • If a spin includes a change of foot, it must have a minimum of three revolutions on each foot. A spin without a change of foot must have a minimum of three revolutions. • There must be a minimum of two revolutions in each position, or the position will not be counted. • The skaters have freedom to select the kinds of spins they intend to execute within the spin types allowed.	**One Step Sequence** • Must be clearly visible and identifiable • May include skating skills elements and spirals • Jumps may be included in the step sequence
Adult Gold 2:40 maximum	**Five Jump Elements, which must include:** • Four different single or allowable double jumps, two of which must be chosen from single Lutz, single Axel, double toe loop or double Salchow* • One two-jump or three-jump combination or sequence including two jumps with at least one rotation *May be performed as solo jumps, or as part of the permitted jump combinations and sequences, but no jump element may count for more than one of the jump requirements. 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. A maximum of one double jump may be included in each jump combination or sequence. Each jump may be repeated only once and only in combination or sequence. All single jumps (including single Axel), double toe loop and double Salchow are permitted. Double loop, double flip, double Lutz, double Axel and triple jumps are not permitted.	**Three Spins** Spins must have different IJS codes • If a spin includes a change of foot, it must have a minimum of four revolutions on each foot. All other spins must have a minimum of four revolutions. • There must be a minimum of two revolutions in each position, or the position will not be counted. • The skaters have freedom to select the kinds of spins they intend to execute within the spin types allowed.	**One Step Sequence** • Must be clearly visible and identifiable • May include skating skills elements and spirals • Jumps may be included in the step sequence

TEST REQUIREMENTS ONLY

- See rule 6100 for definitions and descriptions.
- For all standard, adult and Skate United tests, extra elements may be added without penalty, and two different elements may be reskated, if necessary.
- 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.

2026-27 Singles Test Requirements

This chart reflects the rules in place for the 2026-27 season. Underlined changes are in effect for tests taken on or after March 3, 2026.

Level	Required Elements	Notes
Adaptive Skating Pre-Bronze 1:40 maximum	**Requirements** are the following six elements in any order: 1. Consecutive forward one-foot swizzles (left foot and right foot) 2. Consecutive backward one-foot swizzles (left foot and right foot) 3. Bunny hop or two-foot jump in place 4. Forward pivot 5. Forward lunge or shoot-the-duck (at any depth) 6. T-stop (left or right) The program should also incorporate moves skills such as two-foot turns, gliding forward to backward and backward to forward, consecutive forward crossovers (left and right), and forward inside and outside edges.	This is an Advanced Beginner Freestyle program. A well-balanced program consists of elements selected from Badges 1-12 with emphasis on glide and turns. Any number of elements may be reskated at the request of the judge-in-charge (see rule 6237).
Adaptive Skating Bronze 2:10 maximum	**Requirements** are the following seven elements in any order: 1. Half flip jump 2. Half Lutz jump 3. Waltz jump 4. Forward spiral 5. Two-foot spin (minimum of five revolutions) 6. One-foot spin (minimum of three revolutions in the upright position only) 7. Hockey stop The program should also incorporate moves skills such as consecutive backward crossovers (left and right), consecutive forward outside and inside edges, consecutive backward outside and inside edges, forward inside three-turns (left and right), forward inside mohawks and simple footwork (mohawk step sequence, waltz three-step sequence, etc.).	This is an Intermediate Level Freestyle program. A well-balanced program consists of elements with an emphasis on flow, carriage and a slightly more advanced skill level. Any number of elements may be reskated at the request of the judge-in-charge (see rule 6237).

TEST REQUIREMENTS ONLY

- See rule 6100 for definitions and descriptions.
- For all standard, adult and Skate United tests, extra elements may be added without penalty, and two different elements may be reskated, if necessary.
- 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.

2026-27 Singles Test Requirements

This chart reflects the rules in place for the 2026-27 season. Underlined changes are in effect for tests taken on or after March 3, 2026.

Level	Required Elements	Notes
Adaptive Skating Silver 2:10 maximum	**Requirements** are the following seven elements in any order: 1. Waltz jump 2. Salchow jump 3. Toe loop jump 4. Combination jump (waltz jump/toe loop) 5. One-foot solo spin with only one position and no change of foot (solo camel, solo sit spin, solo layback, solo upright) (minimum of four revolutions) 6. Upright back spin, any entry allowed (minimum of four revolutions) 7. Straight line step sequence utilizing one-half of the ice The program should also incorporate moves skills such as consecutive backward crossovers (left and right), consecutive forward outside and inside edges, consecutive backward outside and inside edges, forward inside three-turns (left and right), forward inside mohawks and simple footwork (mohawk step sequence, waltz three-step sequence, etc.).	A well-balanced program consists of free skating elements with an emphasis on spins, jumps and footwork. Any number of elements may be reskated at the request of the judge-in-charge (see rule 6237).
Adaptive Skating Gold 2:40 maximum	**Requirements** are the following eight elements in any order: 1. Salchow jump 2. Toe loop jump 3. Single loop, flip or Lutz jump (choice of skater) 4. Combination jump (a Salchow, toe loop, loop, flip or Lutz with either a toe loop or loop jump) – choice of skater 5. A different combination jump (a Salchow, toe loop, loop, flip or Lutz with either a toe loop or loop jump) – choice of skater with a different first jump, the second jump may be repeated (toe loop or loop jump). 6. One-foot solo spin with only one position and no change of foot (solo camel, solo sit spin, solo layback, solo upright) (minimum of five revolutions) 7. One-foot combination spin with only one change of position and one change of foot (minimum of six revolutions with three revolutions per foot) 8. Straight line step sequence utilizing at least three-quarters of the ice The program should also incorporate moves skills.	This is an Advanced Freestyle program. A well-balanced program consists of free skating elements with emphasis placed on spins, spin combinations, advanced jumps, jump combinations and footwork. Any number of elements may be reskated at the request of the judge-in-charge (see rule 6237).

TEST REQUIREMENTS ONLY

- See rule 6100 for definitions and descriptions.
- For all standard, adult and Skate United tests, extra elements may be added without penalty, and two different elements may be reskated, if necessary.
- 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.