

# 2025-26 Singles Test Requirements

This chart reflects the rules in place for the 2025-26 season. Underlined changes are in effect for tests taken on or after March 4, 2025.



Level	Jump Elements	Spins	Step Sequences	Notes
<b>Pre-Preliminary</b> <b>1:40 maximum</b>	<ul style="list-style-type: none"> <li><b>Five Jump Elements, the minimum must include:</b> <ul style="list-style-type: none"> <li>One Waltz jump or single Axel*</li> <li>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*</li> </ul> </li> </ul> <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>No double jumps are permitted.</p>	<p><b>Two Spins</b></p> <ul style="list-style-type: none"> <li>Spins must be of a different character</li> <li>Min. 3 revs.</li> <li>One spin <b>MUST</b> be a spin in ONE position</li> <li>One spin <b>MAY</b> change positions</li> <li>Spins may change feet</li> <li>Spins may <b>NOT</b> start with a flying entry</li> </ul> <p>Note, for this test only:</p> <ul style="list-style-type: none"> <li>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.</li> <li>A backward upright one-foot spin is considered of a different character than a forward upright one-foot spin, so both may be performed.</li> <li>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).</li> </ul>	<p><b>One Choreographic Sequence</b></p> <ul style="list-style-type: none"> <li>Consists of at least two different movements (spirals, spread eagles, etc.).</li> <li>Steps and turns may be used to link the movements together.</li> <li>The pattern is NOT restricted, but the sequence <b>MUST</b> be clearly visible.</li> <li>Listed elements (jumps and spins) are not permitted in the pChSq.</li> </ul>	<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>
<b>Standard and Skate United Preliminary</b> <b>2:10 maximum</b>	<p><b>Five Jump Elements, the minimum must include:</b></p> <ul style="list-style-type: none"> <li>One Waltz jump-or single Axel*</li> <li>Three different single jumps*</li> <li>One two-jump combination including two single jumps.</li> </ul> <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>Jumps with two rotations (limited to Salchow, toe loop, and loop) are permitted and may count toward any of the minimum requirements.</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><b>Two Spins</b></p> <ul style="list-style-type: none"> <li>Spins must be of a different character</li> <li>Min. 3 revs.</li> <li>One spin <b>MUST</b> be a spin in ONE position</li> <li>One spin <b>MAY</b> change positions</li> <li>Spins may change feet</li> <li>Spins may <b>NOT</b> start with a flying entry</li> </ul> <p>If two one position spins are executed, they must be in different basic positions.</p>	<p><b>One Choreographic Sequence</b></p> <ul style="list-style-type: none"> <li>Consists of at least two different movements (spirals, spread eagles, etc.).</li> <li>Steps and turns may be used to link the movements together.</li> <li>The pattern is NOT restricted, but the sequence <b>MUST</b> be clearly visible.</li> <li>Listed elements (jumps and spins) are not permitted in the pChSq.</li> </ul>	<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>

- 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.

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Level	Jump Elements	Spins	Step Sequences	Notes
<b>Standard and Skate United Pre-Bronze</b> 2:10 maximum	<p><b>Five Jump Elements, the minimum must include:</b></p> <ul style="list-style-type: none"> <li>One Waltz jump-or single Axel*</li> <li>Three different single jumps (selected from the loop, flip, Lutz, or Axel).</li> <li>One two-jump combination including two single jumps.</li> </ul> <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>Jumps with two rotations (except the double Axel) are permitted and may count toward any of the minimum requirements.</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><b>Two Spins</b></p> <ul style="list-style-type: none"> <li>One spin combination, with or without change of foot**<ul style="list-style-type: none"> <li>Min. 6 revs.</li> </ul></li> <li>One spin with only one position**<ul style="list-style-type: none"> <li>No change of foot</li> <li>Min. 4 revs.</li> </ul></li> </ul> <p>**Both spins may start with a flying entry.</p>	<p><b>One Choreographic Sequence</b></p> <ul style="list-style-type: none"> <li>Consists of at least two different movements (spirals, spread eagles, etc.).</li> <li>Steps and turns may be used to link the movements together.</li> <li>The pattern is NOT restricted, but the sequence MUST be clearly visible.</li> <li>Listed elements (jumps and spins) are not permitted in the pChSq.</li> </ul>	<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>
<b>Standard and Skate United Bronze</b> 2:40 maximum	<p><b>Five Jump Elements, the minimum must include:</b></p> <ul style="list-style-type: none"> <li>One single Axel*.</li> <li>Three different single jumps*.</li> <li>One two-jump combination including two single jumps.</li> </ul> <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>Double jumps and one triple jump are permitted and may count toward any of the minimum requirements.</p> <p>No jump should be included more than twice.</p>	<p><b>Two Spins</b></p> <ul style="list-style-type: none"> <li>One spin combination; with or without change of foot**<ul style="list-style-type: none"> <li>Min. 8 revs.</li> <li>Min. 2 revs. in at least 2 different positions</li> </ul></li> <li>One spin with only one position; no change of foot**<ul style="list-style-type: none"> <li>Min. 5 revs.</li> </ul></li> </ul> <p>**Both spins may start with a flying entry.</p>	<p><b>One Step Sequence</b></p> <ul style="list-style-type: none"> <li>Must fully utilize the ice surface</li> </ul>	<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>

- 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.
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Level	Jump Elements	Spins	Step Sequences	Notes
<b>Standard and Skate United Pre-Silver</b>  3:10 maximum and <b>Adult Intermediate</b>  3:10 maximum	<p><b>Six Jump Elements, the minimum must include:</b></p> <ul style="list-style-type: none"> <li>One single Axel*.</li> <li>One double jump*.</li> <li>One two-jump combination including at least one double jump.</li> <li>Three additional single-jump elements which may be the same as jumps already performed*</li> </ul> <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>Jumps with a higher number of rotations are permitted and may count toward any of the minimum requirements.</p> <p>No jump should be included more than twice.</p>	<p><b>Two Spins</b></p> <ul style="list-style-type: none"> <li>One spin combination; with or without change of foot; may fly**<ul style="list-style-type: none"> <li>Min. 8 revs.</li> <li>Min. 2 revs. in each position</li> </ul></li> <li>One spin with only one position; may change feet, may fly**<ul style="list-style-type: none"> <li>Min. 5 revs.</li> </ul></li> </ul> <p>** One of the two spins <b>MUST</b> have a flying entry.</p>	<p><b>One Step Sequence</b></p> <ul style="list-style-type: none"> <li>Must fully utilize the ice surface</li> </ul>	<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>
<b>Standard and Skate United Silver</b>  3:40 maximum and <b>Adult Novice</b>  3:10 maximum	<p><b>Seven Jump Elements, the minimum must include:</b></p> <ul style="list-style-type: none"> <li>One single Axel*</li> <li>Three different double jumps*</li> <li>One two-jump combination including two jumps with at least two rotations.</li> <li>Two additional single-jump elements which may be the same as the jumps already performed*</li> </ul> <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>Jumps with a higher number of rotations are permitted and may count toward any of the minimum requirements.</p> <p>No jump should be included more than twice.</p>	<p><b>Three Spins</b></p> <ul style="list-style-type: none"> <li>One spin combination; with or without change of foot.<ul style="list-style-type: none"> <li>Min. 10 revs.</li> <li>Min. 2 revs. in each position</li> </ul></li> <li>One flying spin with no change of foot or position<ul style="list-style-type: none"> <li>Min. 6 revs.</li> </ul></li> <li>Third spin is option of skater.<ul style="list-style-type: none"> <li>Min. 6 revs. if one-position spin</li> <li>Min. 10 revs. in combination</li> </ul></li> </ul> <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><b>One Choreographic Sequence</b></p> <ul style="list-style-type: none"> <li>Must be clearly visible.</li> </ul> <p>OR</p> <p><b>One Step Sequence</b></p> <ul style="list-style-type: none"> <li>Must fully utilize the ice surface.</li> </ul>	<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>

- For all standard, adult and Skate United tests, extra elements may be added without penalty, and two different elements may be reskated, if necessary.
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Level	Jump Elements	Spins	Step Sequences	Notes
<b>Standard and Skate United Pre-Gold</b>  <b>3:40 maximum</b>  <b>and</b>  <b>Adult Junior Singles Test</b>  <b>3:40 maximum</b>	<p><b>Seven Jump Elements, the minimum must include:</b></p> <ul style="list-style-type: none"> <li>One single Axel*</li> <li>Four different double jumps, one of which must be a double flip, double Lutz, or double Axel.*</li> <li>One two-jump combination including two jumps with at least two rotations.</li> <li>One additional single-jump element which may be the same as the jumps already performed*</li> </ul> <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>Jumps with a higher number of rotations are permitted and may count toward any of the minimum requirements.</p> <p>No jump should be included more than twice.</p>	<p><b>Three Spins</b></p> <ul style="list-style-type: none"> <li>One spin combination; with or without change of foot. <ul style="list-style-type: none"> <li>Min. 10 revs.</li> <li>All 3 basic positions with min 2 revs in each position</li> </ul> </li> <li>One spin with a flying entry <ul style="list-style-type: none"> <li>Min. 6 revs.</li> </ul> </li> <li>One spin with only 1 position <ul style="list-style-type: none"> <li>Min. 6 revs.</li> </ul> </li> </ul> <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><b>One Choreographic Sequence</b></p> <ul style="list-style-type: none"> <li>Must be clearly visible</li> </ul>	<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>

TEST REQUIREMENTS ONLY

- For all standard, adult and Skate United tests, extra elements may be added without penalty, and two different elements may be reskated, if necessary.
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<b>Standard and Skate United Gold</b>  4:10 maximum and <b>Adult Senior</b>  3:40 maximum	<p><b>Seven Jump Elements, the minimum must include:</b></p> <ul style="list-style-type: none"> <li>One single Axel*</li> <li>Four different double, one of which must be a double flip, double Lutz, or double Axel.*</li> <li>Two, two-jump combinations, each including two jumps with at least two rotations.</li> </ul> <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>Jumps with a higher number of rotations are permitted and may count toward any of the minimum requirements.</p> <p>No jump should be included more than twice.</p>	<p><b>Three Spins</b></p> <ul style="list-style-type: none"> <li>One spin combination; with or without change of foot.           <ul style="list-style-type: none"> <li>Min. 10 revs.</li> <li>All 3 basic positions with min 2 revs in each position</li> </ul> </li> <li>One spin with a flying entry           <ul style="list-style-type: none"> <li>Min. 6 revs.</li> </ul> </li> <li>One spin with only 1 position           <ul style="list-style-type: none"> <li>Min. 6 revs.</li> </ul> </li> </ul> <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><b>Two Sequences</b> <b>One Step Sequence</b></p> <ul style="list-style-type: none"> <li>Must fully utilize the ice surface.</li> </ul> <p><b>AND</b></p> <p><b>One Choreographic Sequence</b></p> <ul style="list-style-type: none"> <li>Must be clearly visible</li> </ul>	<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>

TEST REQUIREMENTS ONLY

- For all standard, adult and Skate United tests, extra elements may be added without penalty, and two different elements may be reskated, if necessary.
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<b>Adult Pre-Bronze</b> <b>1:40 maximum</b>	<p><b>Two Jump Elements, which must include:</b></p> <ul style="list-style-type: none"> <li>Two different half or allowable single jumps*</li> </ul> <p>*May be performed as solo jumps, or as part of the permitted jump combinations and sequences.</p> <p>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.</p> <p>Each jump may be repeated only once and only in combination or sequence.</p> <p>Only single and half-revolution jumps are permitted. Single Lutz, single Axel, double jumps and triple jumps are not permitted.</p>	<p><b>Two Spins</b></p> <p>Must have different IJS codes</p> <ul style="list-style-type: none"> <li>Spins must have a minimum of three revolutions.</li> <li>Spins with a flying entry are not permitted.</li> <li>A two-foot spin is permitted as one of the spins at this level and is considered different than a one-foot spin.</li> <li>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.</li> <li>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).</li> <li>The skaters have freedom to select the kinds of spins they intend to execute within the spin types allowed</li> </ul>	<ul style="list-style-type: none"> <li>Connecting steps throughout the program are required</li> </ul>	See rule section 6100 for definitions and descriptions of elements.
<b>Adult Bronze</b> <b>1:50 maximum</b>	<p><b>Four Jump Elements, which must include:</b></p> <ul style="list-style-type: none"> <li>Three different jumps, selected from single toe loop, single Salchow, single loop, single flip or single Lutz</li> <li>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)</li> </ul> <p>*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.</p> <p>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.</p> <p>Each jump may be repeated only once and only in combination or sequence.</p> <p>All single jumps except single Axel are permitted. No double or triple jumps are permitted.</p>	<p><b>Two Spins</b></p> <p>Must have different IJS codes</p> <ul style="list-style-type: none"> <li>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.</li> <li>There must be a minimum of two revolutions in each position, or the position will not be counted.</li> <li>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).</li> <li>The skaters have freedom to select the kinds of spins they intend to execute within the spin types allowed</li> </ul>	<p><b>One Choreographic Step Sequence</b></p> <ul style="list-style-type: none"> <li>May include skating skills elements and spirals</li> <li>Jumps may be included in the step sequence</li> </ul>	See rule section 6100 for definitions and descriptions of elements.

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<b>Adult Silver</b> 2:10 maximum	<p><b>Five Jump Elements, which must include:</b></p> <ul style="list-style-type: none"> <li>Three different single jumps, two of which must be chosen from single loop, single flip, single Lutz or single Axel</li> <li>One two-jump or three-jump combination including two single jumps</li> <li>One jump sequence or additional jump combination consisting of waltz jumps or jumps of one full revolution</li> </ul> <p>*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</p> <p>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.</p> <p>Each jump may be repeated only once and only in combination or sequence.</p> <p>All single jumps (including single Axel) are permitted. No double or triple jumps are permitted.</p>	<p><b>Two Spins</b></p> <ul style="list-style-type: none"> <li>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.</li> <li>There must be a minimum of two revolutions in each position, or the position will not be counted.</li> <li>The skaters have freedom to select the kinds of spins they intend to execute within the spin types allowed.</li> </ul> <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><b>One Choreographic Step Sequence</b></p> <ul style="list-style-type: none"> <li>May include skating skills elements and spirals</li> <li>Jumps may be included in the step sequence</li> </ul>	<p>See rule section 6100 for definitions and descriptions of elements.</p> <p>An IJS Protocol may be used for test credit.</p> <p><b>Refer to Technical Notification 303 for scores.</b></p>
<b>Adult Gold</b> 2:40 maximum	<p><b>Five Jump Elements, which must include:</b></p> <ul style="list-style-type: none"> <li>Four different single or allowable double jumps, two of which must be chosen from single Lutz, single Axel, double toe loop or double Salchow*</li> <li>One two-jump or three-jump combination or sequence including two jumps with at least one rotation</li> </ul> <p>*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.</p> <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. A maximum of one double jump may be included in each jump combination or sequence.</p> <p>Each jump may be repeated only once and only in combination or sequence.</p> <p>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.</p>	<p><b>Three Spins</b></p> <ul style="list-style-type: none"> <li>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.</li> <li>There must be a minimum of two revolutions in each position, or the position will not be counted.</li> <li>The skaters have freedom to select the kinds of spins they intend to execute within the spin types allowed.</li> </ul> <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><b>One Choreographic Step Sequence</b></p> <ul style="list-style-type: none"> <li>May include skating skills elements and spirals</li> <li>Jumps may be included in the step sequence</li> </ul>	<p>See rule section 6100 for definitions and descriptions of elements.</p> <p>An IJS Protocol may be used for test credit.</p> <p><b>Refer to Technical Notification 303 for scores.</b></p>

- For all standard, adult and Skate United tests, extra elements may be added without penalty, and two different elements may be reskated, if necessary.
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Level	Required Elements	Notes
<b>Adaptive Skating Pre-Bronze</b> 1:40 maximum	<p><b>Requirements</b> are the following six elements in any order:</p> <ol style="list-style-type: none"> <li>1. Consecutive forward one-foot swizzles (left foot and right foot)</li> <li>2. Consecutive backward one-foot swizzles (left foot and right foot)</li> <li>3. Bunny hop or two-foot jump in place</li> <li>4. Forward pivot</li> <li>5. Forward lunge or shoot-the-duck (at any depth)</li> <li>6. T-stop (left or right)</li> </ol> <p>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.</p>	<p>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.</p> <p>Any number of elements may be reskated at the request of the judge-in-charge (see rule 6237).</p>
<b>Adaptive Skating Bronze</b> 2:10 maximum	<p><b>Requirements</b> are the following seven elements in any order:</p> <ol style="list-style-type: none"> <li>1. Half flip jump</li> <li>2. Half Lutz jump</li> <li>3. Waltz jump</li> <li>4. Forward spiral</li> <li>5. Two-foot spin (minimum of five revolutions)</li> <li>6. One-foot spin (minimum of three revolutions in the upright position only)</li> <li>7. Hockey stop</li> </ol> <p>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.).</p>	<p>This is an Intermediate Level Freestyle program. A well-balanced program consists of elements with an emphasis on flow, carriage and a slightly more advance skill level.</p> <p>Any number of elements may be reskated at the request of the judge-in-charge (see rule 6237).</p>

- 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.

# 2025-26 Singles Test Requirements

This chart reflects the rules in place for the 2025-26 season. Underlined changes are in effect for tests taken on or after March 4, 2025.



Level	Required Elements	Notes
<b>Adaptive Skating Silver</b> 2:10 maximum	<p><b>Requirements</b> are the following seven elements in any order:</p> <ol style="list-style-type: none"> <li>1. Waltz jump</li> <li>2. Salchow jump</li> <li>3. Toe loop jump</li> <li>4. Combination jump (waltz jump/toe loop)</li> <li>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)</li> <li>6. Upright back spin, any entry allowed (minimum of four revolutions)</li> <li>7. Straight line step sequence utilizing one-half of the ice</li> </ol> <p>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.).</p>	<p>A well-balanced program consists of free skating elements with an emphasis on spins, jumps and footwork.</p> <p>Any number of elements may be reskated at the request of the judge-in-charge (see rule 6237).</p>
<b>Adaptive Skating Gold</b> 2:40 maximum	<p><b>Requirements</b> are the following eight elements in any order:</p> <ol style="list-style-type: none"> <li>1. Salchow jump</li> <li>2. Toe loop jump</li> <li>3. Single loop, flip or Lutz jump (choice of skater)</li> <li>4. Combination jump (a Salchow, toe loop, loop, flip or Lutz with either a toe loop or loop jump) – choice of skater</li> <li>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).</li> <li>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)</li> <li>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)</li> <li>8. Straight line step sequence utilizing at least three-quarters of the ice</li> </ol> <p>The program should also incorporate moves skills.</p>	<p>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.</p> <p>Any number of elements may be reskated at the request of the judge-in-charge (see rule 6237).</p>

- 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.