



## ***Technical Notification 211***

**Dated: June 21, 2018**

**Re: Junior and Senior Men's Free Skate Test Requirements and Junior and Senior Pairs Free Skate Test Requirements**

Per Rules TR 27.04 and TR 34.04, in the event of a substantive change to any singles or pairs well-balanced free skate requirement(s) by the ISU or U.S. Figure Skating, the chairs of the Singles and Pairs Committees will revise the affected free skate and pairs test(s) respectively to include such change(s) as soon as practical.

As such, **effective July 1, 2018**, the junior and senior men's free skate test will each be reduced by 30 seconds and will only require seven jump elements; and the junior and senior pairs tests will each be reduced by 30 seconds and will no longer require a solo spin combination.

Test Forms will be available beginning June 29 on the Members Only site and at <http://www.usfigureskating.org/story?id=59378>.

The new requirements can be found on the following pages.

**SENIOR MEN'S FREE SKATE TEST****4:00 +/- 10 seconds**

<b>PROGRAM</b>	<b>Test:</b> Must follow competition requirements (Rule 4200), in addition to the minimum requirements below.
<b>JUMPS</b>	<p><u>Seven</u> jump elements, which must include:</p> <ul style="list-style-type: none"><li>• One single, double or triple Axel*</li><li>• Four different double, triple or quad jumps, one of which must be a double Lutz, triple jump or quad jump*</li><li>• Two two-jump or three-jump combinations, each including two jumps with at least two rotations</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>See competition requirements for additional restrictions on jump repetitions.</p>
<b>SPINS</b>	<p>Three spins:</p> <ul style="list-style-type: none"><li>• One must be a spin combination with a minimum of 10 revolutions</li><li>• One must be a flying spin or a spin with a flying entry with a minimum of six revolutions</li><li>• One must be a spin with only one position with a minimum of six revolutions</li><li>• All spins must be of a different character</li><li>• In all spins, the change of foot is optional</li><li>• All spins may begin with a flying entry</li><li>• Each basic position must be held for a minimum of two revolutions to be counted</li><li>• The skaters have freedom to select the kinds of spins they intend to execute within the spin types required</li></ul>
<b>STEP SEQUENCE</b>	<p>Maximum of one step sequence</p> <ul style="list-style-type: none"><li>• Must be visible and identifiable and should be performed using almost the full ice surface</li><li>• Jumps may be included in the step sequence</li><li>• Step sequences that are too short and barely visible cannot be considered as meeting the requirements of a step sequence, but additional step sequences connecting the various elements may be included at the discretion of the skater</li></ul>
<b>CHOREOGRAPHIC SEQUENCE</b>	<p>Maximum of one choreographic sequence</p> <ul style="list-style-type: none"><li>• Must be clearly visible</li><li>• Can be performed before or after the step sequence</li></ul>
<b>REMARKS</b>	<ul style="list-style-type: none"><li>• Unless otherwise stated, all elements must meet the general criteria and basic requirements in order to be counted (see rule section 4100).</li><li>• Extra elements may be added without penalty.</li><li>• Two different elements may be reskated, if necessary</li></ul>

**JUNIOR MEN'S FREE SKATE TEST****3:30 +/- 10 seconds**

<b>PROGRAM</b>	<b>Test:</b> Must follow competition requirements (Rule 4210), in addition to the minimum requirements below.
<b>JUMPS</b>	<p><u>Seven</u> jump elements, which must include:</p> <ul style="list-style-type: none"><li>• One single, double or triple Axel*</li><li>• Four different double, triple or quad jumps, one of which must be a double flip, double Lutz, triple jump or quad jump*</li><li>• One two-jump or three-jump combination including two jumps with at least two rotations</li><li>• <u>One</u> additional jump element must include at least one listed jump, which may be any single, double, triple or quad jump and may be the same as a jump(s) already performed*</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>See competition requirements for additional restrictions on jump repetitions.</p>
<b>SPINS</b>	<p>Maximum of three spins</p> <ul style="list-style-type: none"><li>• One must be a spin combination with a minimum of 10 revolutions</li><li>• One must be a flying spin or a spin with a flying entry with a minimum of six revolutions</li><li>• One must be a spin with only one position with a minimum of six revolutions</li><li>• All spins must be of a different character</li><li>• In all spins, the change of foot is optional</li><li>• All spins may begin with a flying entry</li><li>• Each basic position must be held for a minimum of two revolutions to be counted</li><li>• The skaters have freedom to select the kinds of spins they intend to execute within the spin types required</li></ul>
<b>STEP SEQUENCE</b>	<p>Maximum of one step sequence</p> <ul style="list-style-type: none"><li>• Must be visible and identifiable and should be performed using almost the full ice surface</li><li>• Jumps may be included in the step sequence</li><li>• Step sequences that are too short and barely visible cannot be considered as meeting the requirements of a step sequence, but additional step sequences connecting the various elements may be included at the discretion of the skater.</li></ul>
<b>REMARKS</b>	<ul style="list-style-type: none"><li>• Unless otherwise stated, all elements must meet the general criteria and basic requirements in order to be counted (see rule section 4100).</li><li>• Extra elements may be added without penalty.</li><li>• Two different elements may be reskated, if necessary</li></ul>

**SENIOR PAIRS TEST**  
**4:00 +/- 10 seconds**

<b>PROGRAM</b>	<b>Test:</b> Must contain the following elements in any order
<b>LIFTS</b>	<p>Three different lifts:</p> <ul style="list-style-type: none"> <li>• Not all from <u>the same group</u></li> <li>• Two must be chosen from Groups 3-5</li> <li>• If two Group 5 lifts are executed, the take offs must be of a different nature (abbreviation)</li> <li>• Full extension of the lifting arm(s) required</li> <li>• Minimum of one revolution by the man (<u>no maximum</u>)</li> <li>• <u>All lifts</u> may include a carry feature</li> <li>• Carry lifts (one-half revolution exit/entry) are permitted and are not counted in the number of overhead lifts</li> </ul>
<b>TWIST LIFT</b>	<p>One twist lift:</p> <ul style="list-style-type: none"> <li>• Double or more revolutions</li> </ul>
<b>THROW JUMPS</b>	<p>Two different throw jumps</p> <ul style="list-style-type: none"> <li>• Double or more revolutions</li> </ul>
<b>SOLO JUMP</b>	<p>One solo jump</p> <ul style="list-style-type: none"> <li>• Double or more revolutions</li> </ul>
<b>JUMP COMBINATION/SEQUENCE</b>	<p>One jump combination or jump sequence</p> <ul style="list-style-type: none"> <li>• Jump combination may consist of two or three jumps</li> <li>• <u>Jump sequence limited to two jumps</u> (see new definition in rule 4101 (C)).</li> <li>• All jumps executed with more than two revolutions (double Axel and all triple and quadruple jumps) must be of a different nature (different name); however, the jump combination or sequence can include two same such jumps</li> <li>• At least two jumps must be a double or more revolutions</li> </ul>
<b>PAIR SPIN COMBINATION</b>	<p>One pair spin combination;</p> <ul style="list-style-type: none"> <li>• Must have at least one change of foot by each partner, not necessarily at the same time, and there must be three revolutions before and after the change of foot by both partners</li> <li>• Must have at least one change of position by each partner</li> <li>• Must have at least two different basic positions by each partner</li> <li>• Minimum of eight revolutions total</li> </ul>
<b>DEATH SPIRAL</b>	<p>One death spiral</p> <ul style="list-style-type: none"> <li>• Minimum of one full revolution by the man in pivot position</li> </ul>
<b>CHOREOGRAPHIC SEQUENCE</b>	<p>One choreographic sequence</p> <ul style="list-style-type: none"> <li>• Must be clearly visible</li> </ul>
<b>REMARKS</b>	<ul style="list-style-type: none"> <li>• Unless otherwise stated, all elements must meet the general criteria and basic requirements in order to be counted (see rule section 4100).</li> <li>• Extra elements may be added without penalty.</li> <li>• Two different elements may be reskated, if necessary</li> </ul>

**JUNIOR PAIRS TEST**  
**3:30 +/- 10 seconds**

<b>PROGRAM</b>	<b>Test:</b> Must contain the following elements in any order
<b>LIFTS</b>	Two different lifts <ul style="list-style-type: none"> <li>• Not all from <u>the same group</u></li> <li>• One must be chosen from Groups 3-5</li> <li>• Full extension of the lifting arm(s) required</li> <li>• Minimum of one revolution by the man (<u>no maximum</u>)</li> <li>• <u>Both lifts</u> may include a carry feature</li> <li>• Carry lifts (one-half revolution exit/entry) are permitted and are not counted in the number of overhead lifts</li> </ul>
<b>TWIST LIFT</b>	One twist lift: <ul style="list-style-type: none"> <li>• Double or more revolutions</li> </ul>
<b>THROW JUMPS</b>	Two different throw jumps <ul style="list-style-type: none"> <li>• Double or more revolutions</li> </ul>
<b>SOLO JUMP</b>	One solo jump <ul style="list-style-type: none"> <li>• Double or more revolutions</li> </ul>
<b>JUMP COMBINATION/SEQUENCE</b>	One jump combination or jump sequence <ul style="list-style-type: none"> <li>• Jump combination may consist of two or three jumps</li> <li>• <u>Jump sequence limited to two jumps (see new definition in rule 4101 (C)).</u></li> <li>• All jumps executed with more than two revolutions (double Axel and all triple and quadruple jumps) must be of a different nature (different name); however, the jump combination or sequence can include two same such jumps</li> <li>• At least two jumps must be a double or more revolutions</li> </ul>
<b>PAIR SPIN COMBINATION</b>	One pair spin combination; <ul style="list-style-type: none"> <li>• Must have at least one change of foot by each partner, not necessarily at the same time, and there must be three revolutions before and after the change of foot by both partners</li> <li>• Must have at least one change of position by each partner</li> <li>• Must have at least two different basic positions by each partner</li> <li>• Minimum of eight revolutions total</li> </ul>
<b>DEATH SPIRAL</b>	One death spiral <ul style="list-style-type: none"> <li>• Minimum of one full revolution by the man in pivot position</li> </ul>
<b>CHOREOGRAPHIC SEQUENCE</b>	One choreographic sequence <ul style="list-style-type: none"> <li>• Must be clearly visible</li> </ul>
<b>REMARKS</b>	<ul style="list-style-type: none"> <li>• Unless otherwise stated, all elements must meet the general criteria and basic requirements in order to be counted (see rule section 4100).</li> <li>• Extra elements may be added without penalty.</li> <li>• Two different elements may be reskated, if necessary</li> </ul>