

2022-23 Championship Singles Free Skate Requirements – This chart reflects the rules in place for the 2022-23 season, which begins July 1, 2022. Per the 2022-2023 intercollegiate handbook, these events will be judged using the 6.0 system. Thus, IJS references can be disregarded.



REQUIREMENTS FOR THE 2022-2023 Intercollegiate Series

<p>JUNIOR WOMEN & MEN</p> <p>3:30 +/- 10 sec</p> <p>2nd half bonus: 1:45</p> <p>*Means element is required</p>	<p>Max 7 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump*. • Jumps can contain any number of revolutions. <ul style="list-style-type: none"> ○ Of all the triples and quads, only two can be executed twice. <ul style="list-style-type: none"> ▪ If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value. ○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence. • Max 3 jump combinations, or 2 jump combinations and 1 jump sequence. <ul style="list-style-type: none"> ○ Jump combinations <u>and jump sequences</u> are limited to two jumps except that one jump combination <u>or one jump sequence</u> may include three jumps. ○ <u>A jump sequence consists of two or three jumps in which the second and/or the third jump is an Axel-type jump with a direct step from the landing curve of the first/second jump in to the take-off curve of the Axel-type jump.</u> 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Minimum 10 revolutions ○ All 3 basic positions with min 2 revs in each position for highest base value • 1 spin with a flying entry* <ul style="list-style-type: none"> ○ Minimum 6 revolutions • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ Minimum 6 revolutions <p>All spins may change feet and start with a flying entry. Spins must be of a different character.</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • <u>One choreographic sequence*</u> <ul style="list-style-type: none"> ○ Must be clearly visible
<p>SENIOR WOMEN & MEN</p> <p>4:00 +/- 10 sec</p> <p>2nd half bonus: 2:00</p> <p>*Means element is required</p>	<p>Max 7 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump*. • Jumps can contain any number of revolutions. <ul style="list-style-type: none"> ○ Of all the triples and quads, only two can be executed twice. <ul style="list-style-type: none"> ▪ Of the two repetitions only one can be a quad jump. Only one quad jump can be repeated. ▪ If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value. ○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence. • Max 3 jump combinations, or 2 jump combinations and 1 jump sequence <ul style="list-style-type: none"> ○ Jump combinations <u>and jump sequences</u> are limited to two jumps except that one jump combination <u>or one jump sequence</u> may include three jumps. ○ <u>A jump sequence consists of two or three jumps in which the second and/or the third jump is an Axel-type jump with a direct step from the landing curve of the first/second jump in to the take-off curve of the Axel-type jump.</u> 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Minimum 10 revolutions ○ All 3 basic positions with min 2 revs in each position for highest base value • 1 spin with a flying entry* <ul style="list-style-type: none"> ○ Minimum 6 revolutions • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ Minimum 6 revolutions <p>All spins may change feet and start with a flying entry. Spins must be of a different character.</p>	<p>Max 2 Sequences</p> <ul style="list-style-type: none"> • One leveled step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface • One choreographic sequence* <ul style="list-style-type: none"> ○ Must be clearly visible

**ONLY FOR USE AT THE
2022-2023 Intercollegiate Series Competitions**