



# 2025 Skate Colorado Compete USA Series Competition Listing

<p><b>Aspen Invitational (Lewis Arena)</b>  <b>Date: Dec 6-7, 2024</b>  <a href="http://www.aspenfigureskatingclub.com">www.aspenfigureskatingclub.com</a>            0861 Maroon Creek Rd            Aspen, CO            Competition Chair: Janette Buchanan  <a href="mailto:janettebuchanan@yahoo.com">janettebuchanan@yahoo.com</a>            (650) 465-1720  <b>Competition Application Deadline: November 1, 2024</b>  <b>Aspire CM will still be counted for this competition</b></p>	<p><b>Denver Invitational</b>            (South Suburban Sports Complex)  <b>Date: March 6-9, 2025</b>  <a href="http://www.denverfsc.org">www.denverfsc.org</a>            4810 E. County Line Road            Littleton, CO 80126            Competition Chair: Lisa May  <a href="mailto:di@dcfsc.org">di@dcfsc.org</a>            (720) 272-0290  <b>Competition Application Deadline: February 5, 2025</b></p>
<p><b>Ft. Collins Classic (EPIC)</b>  <b>Date: April 3-6, 2025</b>  <a href="http://www.fortcollinsfsc.org">www.fortcollinsfsc.org</a>            1801 Riverside            Fort Collins, CO 80525            Competition Chair: Amy Aspelund  <a href="mailto:aspelua@gmail.com">aspelua@gmail.com</a>            970-556-4850 (text only)  <b>Competition Application Deadline: February 28, 2025</b></p>	<p><b>Funtastics (APEX)</b>  <b>Date: April 11-13, 2025</b>  <a href="http://www.alpinesc.org">www.alpinesc.org</a>            13150 W 72<sup>nd</sup> Ave            Arvada, CO 80005            Competition Chair: Mary Lynn Conway  <a href="mailto:marylynn.conway@gmail.com">marylynn.conway@gmail.com</a>            720-300-0744  <b>Competition Application Deadline: TBD</b></p>
<p><b>Centennial Spring Classic (Monument Ice Rinks)</b>  <b>Date: May 10, 2025</b>  <a href="http://www.centennialskatingclub.org">www.centennialskatingclub.org</a>            16240 Old Denver Highway            Monument, CO 80132            Competition Chair: Lisa Landon  <a href="mailto:lisa_landon@comcast.net">lisa_landon@comcast.net</a>            (719) 659-0912  <b>Competition Application Deadline: April 4, 2025</b></p>	<p><b>Front Range Invitational (Greeley Ice Haus)</b>  <b>Date: May 31-June 1, 2025</b>  <a href="http://www.mountainviewskatingclub.com">www.mountainviewskatingclub.com</a>            900 8<sup>th</sup> Avenue            Greeley, CO 80633            Competition Chair: Sarah Mitchell  <a href="mailto:competition@mountainviewskating.com">competition@mountainviewskating.com</a>            (970) 978-3192  <b>Competition Application Deadline: 4/23/25</b></p>
<p><b>Broadmoor Open (World Arena)</b>  <b>Date: June 22, 2025</b>  <a href="http://www.broadmoorskatingclub.com">www.broadmoorskatingclub.com</a>            3185 Venetucci Blvd            Colorado Springs, CO 80906            Competition Chair: Janna Blanter  <a href="mailto:jblanter@yahoo.com">jblanter@yahoo.com</a>            (719) 492-7566  <b>Competition Application Deadline: May 4, 2025</b></p>	<p><b>Vail Invitational (Howelsen Ice Arena)</b>  <b>Date: July 17-20, 2025</b>  <a href="http://www.skateclubvail.com">www.skateclubvail.com</a>            Steamboat Springs, CO            Competition Chair: Kelly Deimund  <a href="mailto:scvclubinfo@gmail.com">scvclubinfo@gmail.com</a>            (970) 376-3945  <b>Competition Application Deadline: June 8, 2025</b></p>
<p><b>Cup of Colorado</b>            (South Suburban Sports Complex)  <b>Date: Aug 14-17, 2025</b>  <a href="http://www.denverfsc.org">www.denverfsc.org</a>            4810 E. County Line Road            Littleton, CO 80126            Competition Chair: Cassy Papajohn  <a href="mailto:cup@dcfsc.org">cup@dcfsc.org</a>            (303)919-0303  <b>Competition Application Deadline: July 16, 2025</b></p>	<p><b>Colorado Springs Invitational/RMSG</b>            (Monument Ice Rinks)  <b>Date: Sep 10-14, 2025</b>  <a href="http://www.centennialskatingclub.org">www.centennialskatingclub.org</a>            16240 Old Denver Highway            Monument, CO 80132            Competition Chair: Lisa Landon  <a href="mailto:lisa_landon@comcast.net">lisa_landon@comcast.net</a>            (719) 659-0912  <b>Competition Application Deadline: August 6, 2025</b></p>

**\*\*\* All 2025 Skate Colorado Compete USA  
Competition Series awards will be  
presented at this competition \*\*\***



# 2025 Skate Colorado Compete USA Series

**MISSION STATEMENT:** To provide an opportunity for Colorado skaters to develop their skating skills in a fun, competitive environment.

**AWARDS:** During the competition season, skaters and teams/clubs will have the chance to compete at several different competitions and earn points for a final standing. Trophies and medals will be awarded at the Skate Colorado Compete USA competition at the 2025 Colorado Springs Invitational.

*Skate Colorado Compete USA Series Team Banner (3x4) – 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place banners will be awarded to the club/skating school with the most points scored throughout the entire series (all 10 competitions) by skaters representing that club/skating school (points for clubs and skating schools located at the same rink will be added together to enhance and create more of a “team” concept). Points will be awarded based upon the same system as the individual points. **Only the top 10 team members’ OVERALL scores FOR THE ENTIRE SEASON (including move up points) will count toward the team points for the determination of the team trophy.** Tie breakers will be the same as the individual tie breakers.*

## Free Skate Program and Elements/Compulsory Series Point System

A skater must enter **BOTH** a Free Skate/Program **AND** an Elements/Compulsory event in each of **at least TWO (2)** of the registered Skate Colorado Compete USA Competitions to be eligible for accumulating points. **Only up to the best 4 scores (free skate and compulsory/elements added together) of the season will be totaled for the final score in the series.** Each event will have a maximum of six skaters. Both youth and adults may accumulate points! **The compulsory moves/element event no longer has to be at the same level.**

The system for scoring points for the trophies will be as follows:

1 <sup>st</sup> place	6 points
2 <sup>nd</sup> place	5 points
3 <sup>rd</sup> place	4 points
4 <sup>th</sup> place	3 points
5 <sup>th</sup> place	2 points
6 <sup>th</sup> place	1 point

*\* A skater will earn three points toward their overall standing each time the skater competes in a level that is higher than the level competed at the previous competition for Free Skate/Program OR Element/Compulsory throughout the duration of the series. In order to keep the extra three points, the skater must compete in that level or higher in all subsequent competitions in that event. Move up points will be awarded for events at all competitions in the series (even though the event point scores may not be one of the final four best scores).*

In the event that there is only one skater in an event, the skater will have the choice to skate alone OR move up a level to compete against other skaters. In this case, those skaters will be allowed to move back to their original level to compete at the next competition and shall not be awarded the 3 point move up credit.

If an event has 2-6 skaters, the points will be awarded as if there were six skaters in the group. If there is only one skater in the group, that skater will be awarded three points.

**In case of a tie, the total number of skaters that the competitor has skated against throughout the series (all competitions and not just the competitions with the 4 best scores) will be the 1st tie breaker. The total score for all free skate events during the season will be the 2nd tie breaker, the total score for all compulsory events during the season will be the 3<sup>rd</sup> tie breaker, and the number of levels increased throughout the season will be the 4<sup>th</sup> tie breaker.**

All points follow the skater throughout the series, so if a skater moves up to higher levels, the points follow the skater. Once a skater moves up a level, they may not compete at a lower level unless they moved up as a result of having no other skaters in their group.

Trophies will be awarded 1-3 in each level from Snowplow Sam through Aspire 4 and Adult 1-6. The trophies will be awarded to the skaters at their level as of the last competition in which they compete.

### **Rules and Format:**

## **COMPETITION ANNOUNCEMENT**

The **Skate Colorado Compete USA Series** is sponsored equally by the participating ice rinks and/or U.S. Figure Skating member clubs. Competition packages will be available at all participating ice rinks and/or via the club or rink websites. Each competition will have its own entry forms and specific rules so please make sure to read the entire announcement for each competition.

## **ELIGIBILITY RULES FOR PARTICIPANTS**

The competition is open to ALL skaters who are current eligible (ER 1.00) members of either the Learn to Skate USA Program and/or are full members of U.S. Figure Skating. To be eligible, skaters must have submitted a membership application or be a member in good standing. Members of other organizations are eligible to compete but must be registered with the host Learn to Skate USA Program/Club or any other Learn to Skate USA Program/Club.

Eligibility will be based on skill level as of the closing date of entries.

All Snowplow Sam through Basic 6 skaters are eligible to skate at highest level passed OR one level higher BUT not both levels in the same event during the same competition and **NO official U.S. Figure Skating tests may have been passed including MIF or individual dances.**

All Aspire 1 - 4 may compete at the free skate level or compulsory moves level that best fits their skill level.

***It is very important to the success of the series that skaters are placed in the correct divisions. If, for whatever reason, the local organizing committee and/or their Chief Referee discover that a skater has been placed in a category that is below their class level, the chair and referee will have the option to move the skater to the proper division, even if this has to be done the day of the competition. This will ensure that every event is as fair as possible to the competitors.***

### **Elements: Snowplow Sam – Basic 6**

Format: Each skater will perform one element at a time (in program format) - no excessive connecting steps or choreography

- To be skated on ½ ice, no music
- **All elements must be skated in the order listed – no additional elements are allowed**
- **The skater must demonstrate the required elements as described**
- **Each element may only be attempted once**
- Time: 1:00 MAX

### **Compulsory: Levels 1-4**

Format: In program format, using a **limited number** of connecting steps, the skating order of the required elements is optional

- To be skated on ½ ice, no music
- Each element may only be attempted once
- A .2 deduction will be taken for each element missing, repeated or from a higher level
- Time: 1:15 MAX

### **Adult 1-6 Compulsory**

Format: In program format, using a **limited number** of connecting steps, the skating order of the required elements is optional

- To be skated on ½ ice, no music
- Each element may only be attempted once
- A .2 deduction will be taken for each element missing, repeated or from a higher level
- Time: 1:30 MAX

### **Programs with Music: Snowplow Sam – Basic 6**

Format: The skating order of the required elements is optional. The elements are not restricted as to the number of times the element is executed or length of glides, number of revolutions, etc. unless otherwise specified.

- To be skated on full ice with music
- **The skater must demonstrate the required elements as described and may use any additional elements from their current level or a previous level**
- If the description of a required move states the direction of the element or the placement of the free leg, then options are **NOT** allowed
- A .2 deduction will be taken for each element performed from a higher level
- Bonus skills from the same level or below are allowed but will NOT be judged elements
- Time: 1:10 MAX

### **Programs with Music: Adult 1 – 6**

Format: The skating order of the required elements is optional. The elements are not restricted as to the number of times element is executed, or length of glides, number of revolutions, etc. unless otherwise stated. Connecting steps and transitions should be demonstrated throughout the program.

- To be skated on full ice
- Vocal music is allowed.
- **The skater must demonstrate the required elements as described and may use, but is not required to use, any additional elements from their current level or a previous level**
- A .2 deduction will be taken for each element missing, repeated or from a higher level
- Time 1:40 MAX

### **Free Skate: Aspire 1-4**

- To be skated on full ice
- Vocal music is allowed
- Time 1:40 MAX

# Required Descriptions for Elements & Compulsories

LEVEL	TIME	SKATING RULES/STANDARDS
<b>SNOWPLOW SAM</b>	<b>1:00 max</b>	<ul style="list-style-type: none"> <li>• March followed by a two-foot glide and dip</li> <li>• Forward swizzles, 2-3 in a row</li> <li>• Forward snowplow stop</li> <li>• Backward wiggles, 2-6 in a row</li> </ul>
<b>BASIC 1</b>	<b>1:00 max</b>	<ul style="list-style-type: none"> <li>• Forward two-foot glide and dip</li> <li>• Forward swizzles, 6-8 in a row</li> <li>• Beginning snowplow stop on one or two feet</li> <li>• Backward wiggles, 6-8 in a row</li> </ul>
<b>BASIC 2</b>	<b>1:00 max</b>	<ul style="list-style-type: none"> <li>• Forward one-foot glide (no variations), either foot</li> <li>• Scooter pushes, 2-3 each foot</li> <li>• Moving snowplow stop</li> <li>• Two-foot turn in place, forward to backward</li> <li>• Backward swizzles, 6-8 in a row</li> </ul>
<b>BASIC 3</b>	<b>1:00 max</b>	<ul style="list-style-type: none"> <li>• Beginning forward stroking showing correct use of blade</li> <li>• Forward half-swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive</li> <li>• Forward slalom</li> <li>• Moving forward to backward two-foot turn on a circle</li> <li>• Beginning backward one-foot glide, either foot</li> </ul>
<b>BASIC 4</b>	<b>1:00 max</b>	<ul style="list-style-type: none"> <li>• Forward outside edge on a circle, clockwise or counterclockwise</li> <li>• Forward crossovers, clockwise and counterclockwise, 4-6 consecutive</li> <li>• Backward half-swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive</li> <li>• Backward one-foot glides (no variations), right and left</li> <li>• Beginning two-foot spin, maximum 4 revolutions</li> </ul>
<b>BASIC 5</b>	<b>1:00 max</b>	<ul style="list-style-type: none"> <li>• Backward outside edge on a circle, clockwise or counterclockwise</li> <li>• Backward crossovers, clockwise and counterclockwise, 4-6 consecutive</li> <li>• Forward outside three-turn, right and left</li> <li>• Advanced two-foot spin, minimum 4 revolutions</li> <li>• Hockey stop</li> </ul>
<b>BASIC 6</b>	<b>1:00 max</b>	<ul style="list-style-type: none"> <li>• Forward inside three-turn, right and left</li> <li>• Mohawk, right to left and left to right</li> <li>• Bunny hop</li> <li>• Basic forward spiral on a straight line (no variations), right or left</li> <li>• Beginning one-foot spin, maximum 3 revolutions, optional free leg and entry position</li> <li>• T-stop, right or left</li> </ul>

LEVEL	SOLO JUMP	JUMP COMBINATION/SEQUENCE	SPIN	CHOREO/STEP SEQUENCE
<b>Level 1</b> 1:15 max	<ul style="list-style-type: none"> <li>• Half Flip or</li> <li>• Half Lutz</li> </ul>	<ul style="list-style-type: none"> <li>• Waltz Jump + Waltz Jump + SEQ</li> </ul>	<ul style="list-style-type: none"> <li>• Forward One-Foot Upright Spin                             <ul style="list-style-type: none"> <li>◦ No flying entry</li> <li>◦ No change of foot</li> <li>◦ Min. 3 revs.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Spiral on Both Legs                             <ul style="list-style-type: none"> <li>◦ No Variations</li> <li>◦ Forward (FSpr1) or Backwards (BSpr1)</li> <li>◦ Leg must be hip level or higher for min. 3 secs.</li> </ul> </li> </ul>
<b>Level 2</b> 1:15 max	<ul style="list-style-type: none"> <li>• Single Salchow or</li> <li>• Single Toe Loop</li> </ul>	<ul style="list-style-type: none"> <li>• Waltz Jump + Single Toe Loop</li> </ul>	<ul style="list-style-type: none"> <li>• Forward Sit Spin                             <ul style="list-style-type: none"> <li>◦ No flying entry</li> <li>◦ No change of foot</li> <li>◦ Min. 3 revs.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Choreographic Sequence (pChSq) that must be one spiral with variation and one of the following:                             <ul style="list-style-type: none"> <li>◦ Split Jump</li> <li>◦ Stag Jump</li> <li>◦ Falling Leaf</li> </ul> </li> </ul>
<b>Level 3</b> 1:15 max	<ul style="list-style-type: none"> <li>• Single Loop</li> </ul>	Choice of one of the following options: <ul style="list-style-type: none"> <li>• Single Flip + Single Toe Loop</li> <li>• Single Lutz + Single Toe Loop</li> <li>• Single Flip + Single Loop</li> <li>• Single Lutz + Single Loop</li> </ul>	<ul style="list-style-type: none"> <li>• Forward Camel Spin                             <ul style="list-style-type: none"> <li>◦ No flying entry</li> <li>◦ No change of foot</li> <li>◦ Min. 3 revs.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Choreographic Sequence (pChSq)                             <ul style="list-style-type: none"> <li>◦ Must be 2 different skating movements and clearly visible</li> </ul> </li> </ul>
<b>Level 4</b> 1:15 max	<ul style="list-style-type: none"> <li>• Double Salchow or</li> <li>• Double Toe Loop</li> </ul>	Choice of one of the following options: <ul style="list-style-type: none"> <li>• Single Axel + Single Toe Loop</li> <li>• Single Axel + Single Loop</li> </ul>	<ul style="list-style-type: none"> <li>• Combination Spin                             <ul style="list-style-type: none"> <li>◦ No flying entry</li> <li>◦ No change of foot</li> <li>◦ Min. 6 revs. total</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Choreographic Sequence (pChSq)                             <ul style="list-style-type: none"> <li>◦ Must be 2 different skating movements and clearly visible</li> </ul> </li> </ul>



**ADULT 1 — 1:30 MAX****ELEMENTS**

- Forward marching
- Forward two-foot glide
- Forward swizzle (4-6 in a row)
- Forward snowplow stop on one or two feet

**ADULT 2 — 1:30 MAX****ELEMENTS**

- Forward skating across the width of the ice
- Forward one-foot glides
- Forward slalom
- Backward skating
- Backward swizzles, 4-6 in a row

**ADULT 3 — 1:30 MAX****ELEMENTS**

- Forward stroking using the blade properly
- Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise
- Forward chasses on a circle, clockwise and counterclockwise
- Backward skating to a long two-foot glide
- Backward snowplow stop, right and left

**ADULT 4 — 1:30 MAX****ELEMENTS**

- Forward outside edge on a circle, right and left
- Forward inside edge on a circle, right and left
- Forward crossovers, clockwise and counterclockwise
- Hockey stop, both directions
- Backward one-foot glides, right and left

**ADULT 5 — 1:30 MAX****ELEMENTS**

- Backward outside edge and backward inside edge on a circle, right and left
- Backward crossovers, clockwise and counterclockwise
- Forward outside three-turn, right and left
- Beginning two-foot spin (min 2 revs)

**ADULT 6 — 1:30 MAX****ELEMENTS**

- Forward stroking with crossover end patterns
- Backward stroking with crossover end patterns
- Forward inside three-turn, right and left
- T-stop
- Lunge
- Two-foot spin into one-foot spin (min 2 revs on 1 foot)

# Required Descriptions for Programs with Music

LEVEL	TIME	SKATING RULES/STANDARDS
<b>SNOWPLOW SAM</b>	1:10 max	<ul style="list-style-type: none"> <li>• March followed by a two-foot glide and dip</li> <li>• Forward swizzles, 2-3 in a row</li> <li>• Forward snowplow stop</li> <li>• Backward wiggles, 2-6 in a row</li> </ul>
<b>BASIC 1</b>	1:10 max	<ul style="list-style-type: none"> <li>• Forward two-foot glide and dip</li> <li>• Forward swizzles, 6-8 in a row</li> <li>• Beginning snowplow stop on one or two feet</li> <li>• Backward wiggles, 6-8 in a row</li> </ul>
<b>BASIC 2</b>	1:10 max	<ul style="list-style-type: none"> <li>• Forward one-foot glide (no variations), either foot</li> <li>• Scooter pushes, right and left foot, 2-3 each foot</li> <li>• Moving snowplow stop</li> <li>• Two-foot turn in place, forward to backward</li> <li>• Backward swizzles, 6-8 in a row</li> </ul>
<b>BASIC 3</b>	1:10 max	<ul style="list-style-type: none"> <li>• Beginning forward stroking showing correct use of blade</li> <li>• Forward half-swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive</li> <li>• Forward slalom</li> <li>• Moving forward to backward two-foot turn on a circle</li> <li>• Beginning backward one-foot glide, either foot</li> </ul>
<b>BASIC 4</b>	1:10 max	<ul style="list-style-type: none"> <li>• Forward outside edge on a circle, clockwise or counterclockwise</li> <li>• Forward crossovers, clockwise and counterclockwise, 4-6 consecutive</li> <li>• Backward half-swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive</li> <li>• Backward one-foot glides (no variations), right and left</li> <li>• Beginning two-foot spin, maximum 4 revolutions</li> </ul>
<b>BASIC 5</b>	1:10 max	<ul style="list-style-type: none"> <li>• Backward outside edge on a circle, clockwise or counterclockwise</li> <li>• Backward crossovers, clockwise and counterclockwise, 4-6 consecutive</li> <li>• Forward outside three-turn, right and left</li> <li>• Advanced two-foot spin, minimum 4 revolutions</li> <li>• Hockey stop</li> </ul>
<b>BASIC 6</b>	1:10 max	<ul style="list-style-type: none"> <li>• Forward inside three-turn, right and left</li> <li>• Mohawk, right to left and left to right</li> <li>• Bunny hop</li> <li>• Basic forward spiral on a straight line (no variations), right or left</li> <li>• Beginning one-foot spin, maximum 3 revolutions, optional free leg and entry position</li> <li>• T-stop, right or left</li> </ul>

	<b>JUMPS</b>	<b>SPINS</b>	<b>STEP SEQUENCE</b>
<b>Aspire 1 Free Skate</b> 1:40 Max	<b>Maximum 5 jump elements:</b> <i>Permitted jumps:</i> <ul style="list-style-type: none"> <li>Waltz jump</li> <li>½ flip</li> <li>½ lutz</li> </ul> <b>Max 1 jump sequence</b> <i>Permitted sequence:</i> <ul style="list-style-type: none"> <li>Waltz jump/waltz jump with no turns or hops in between</li> </ul>	<b>Maximum 2 spins:</b> <i>Required spins:</i> <ul style="list-style-type: none"> <li>Two-foot spin</li> <li>Forward one foot spin (free foot optional)</li> </ul>	<b>Maximum 1 Sequence:</b> <i>Choreographic Step Sequence (ChSt)</i> <ul style="list-style-type: none"> <li>One ½ of the ice</li> </ul>
<b>Aspire 2 Free Skate</b> 1:40 Max	<b>Maximum 5 jump elements:</b> <i>Permitted jumps:</i> <ul style="list-style-type: none"> <li>Any jump from Aspire 1</li> <li>Single Salchow</li> <li>Single Toe loop</li> </ul> <b>Max 2 jump combinations, or 1 jump combination and 1 jump sequence</b> <i>Permitted combinations:</i> <ul style="list-style-type: none"> <li>Waltz jump/toe loop</li> <li>Salchow/toe loop</li> </ul> <i>Permitted jump sequence:</i> <ul style="list-style-type: none"> <li>Waltz jump/waltz jump with no turns or hops in between</li> </ul>	<b>Maximum 2 spins:</b> <i>Permitted spins:</i> <ul style="list-style-type: none"> <li>Any spin from Aspire 1</li> <li>Back upright spin</li> <li>Forward Sit Spin</li> </ul>	<b>Maximum 1 Sequence:</b> <i>Choreographic Step Sequence (ChSt)</i> <ul style="list-style-type: none"> <li>One ½ of the ice</li> </ul>
<b>Aspire 3 Free Skate</b> 1:40 Max	<b>Maximum 5 jump elements:</b> <i>Permitted jumps:</i> <ul style="list-style-type: none"> <li>Any jump from Aspire 1 and 2</li> <li>Euler (half-loop)</li> <li>Single loop</li> </ul> <b>Max 2 jump combinations, or 1 jump combination and 1 jump sequence</b>	<b>Maximum 2 spins:</b> <i>Required spin:</i> <ul style="list-style-type: none"> <li>Forward upright spin to back upright spin</li> </ul> <i>Permitted spins:</i> <ul style="list-style-type: none"> <li>Any spin from Aspire 1 and 2</li> <li>Forward Camel Spin</li> </ul>	<b>Maximum 1 Sequence:</b> <i>Choreographic Step Sequence (ChSt)</i> <ul style="list-style-type: none"> <li>One ½ of the ice</li> </ul>
<b>Aspire 4 Free Skate</b> 1:40 Max	<b>Maximum 5 jump elements:</b> <i>Permitted jumps:</i> <ul style="list-style-type: none"> <li>Any jump from Aspire 1, 2 and 3</li> <li>Single Flip</li> <li>Single Lutz</li> </ul> <b>Max 2 jump combinations, or 1 jump combination and 1 jump sequence</b>	<b>Maximum 2 spins:</b> <i>Required spin:</i> <ul style="list-style-type: none"> <li>Forward camel to forward sit spin combination</li> </ul> <i>Permitted spins:</i> <ul style="list-style-type: none"> <li>Any Spin from Aspire 1, 2 and 3</li> </ul>	<b>Maximum 1 Sequence:</b> <i>Choreographic Step Sequence (ChSt)</i> <ul style="list-style-type: none"> <li>One ½ of the ice</li> </ul>

### ADULT 1 — 1:40 MAX

#### ELEMENTS

- Forward marching
- Forward two-foot glide
- Forward swizzle (4-6 in a row)
- Forward snowplow stop – two feet or one foot

### ADULT 4 — 1:40 MAX

#### ELEMENTS

- Forward outside edge on a circle, right and left
- Forward inside edge on a circle, right and left
- Forward crossovers, clockwise and counterclockwise
- Backward one-foot glides, right and left
- Hockey stop, both directions

### ADULT 2 — 1:40 MAX

#### ELEMENTS

- Forward skating across the width of the ice
- Forward one-foot glides
- Forward slalom
- Backward skating
- Backward swizzles, 4-6 in a row

### ADULT 5 — 1:40 MAX

#### ELEMENTS

- Backward outside edge on a circle, right and left
- Backward inside edge on a circle, right and left
- Backward crossovers, clockwise and counterclockwise
- Forward outside three-turn, right and left
- Beginning two-foot spin

### ADULT 3 — 1:40 MAX

#### ELEMENTS

- Forward stroking using the blade properly
- Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise
- Backward skating to a long two-foot glide
- Forward chasses on a circle, clockwise and counterclockwise
- Backward snowplow stop, Right and Left

### ADULT 6 — 1:40 MAX

#### ELEMENTS

- Forward stroking with crossover end patterns
- Backward stroking with crossover end patterns
- Forward inside three-turn, right and left
- T-stop
- Lunge
- Two-foot spin into one-foot spin (min 2 revs on 1 foot)