



# DID YOU KNOW?

## FAN GUIDE TO FIGURE SKATING

Not sure what to watch for during the 2025 Prevagen U.S. Championships?  
**WE'VE GOT YOUR BACK!**

### THINGS TO KNOW

**WINNERS FROM EACH DISCIPLINE ARE CROWNED U.S. CHAMPION AT THE END OF THE EVENT, BEST IN THE U.S.!**

These competitors often go on to compete in the ISU World Championships and, ultimately, The Olympics.



**KNOWING THE ANATOMY OF A SKATE WILL HELP YOU IDENTIFY DIFFERENT MOVES WHILE YOU WATCH.**

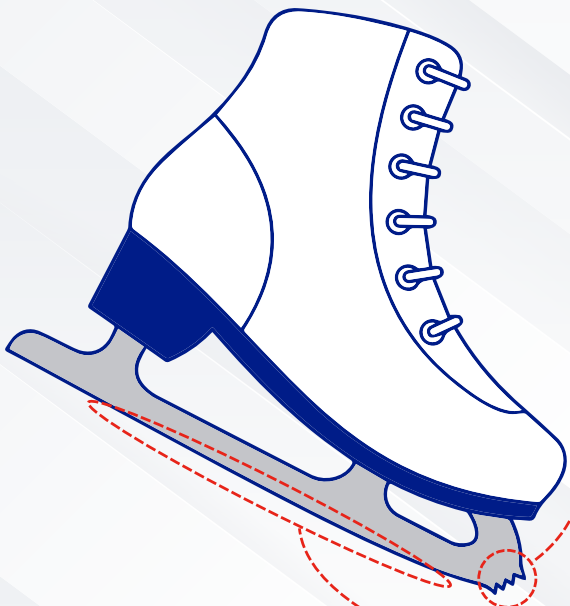
The **toe pick** is at the front of the skate, and you'll see it used in toe jumps and footwork.

**Edges** are on either side of the blade. Inside edges are on the inside of both feet. Outside edges are on the outside of each foot.



### WHILE YOU WATCH

As skaters shift weight and bend their knees, they're switching between edges throughout their programs!





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### HOW THE NUMBERS WORK



A maximum of nine judges makes up the judging panel.

Judges determine a technical score and program component score.

Each element a skater performs is assigned a base value, giving the skater credit for every element they perform. **Judges grade the quality of each element within a range of -5 to +5.**

Base values are established on each element's level of difficulty. **Judges will award points on a scale from 0.25 to 10 for five program components.**

Each portion of competition gets these two sets of scores. For example, single skaters will get a technical and program component score for their short program first, which is their segment score. Once they receive their segment score for their free skate, the two segment scores are added together to determine the competition score. The highest competition score is the winner!



### WHILE YOU WATCH

**SKATING SKILLS: THINK TECHNIQUE.**  
Does the skater look like they are in control as they move through their program? How effortless do they look as they perform?

**TRANSITIONS: THINK ELEMENT LINKING.**  
How is the skater getting from jump to jump or jump to spin? How does their time between elements look?

**PERFORMANCE: THINK EMOTION.**  
Does the skater seem to be connecting to their music on the ice?

**COMPOSITION: THINK CHOREOGRAPHY.**  
How do the skater's program elements work with their music choice?

**INTERPRETATION OF MUSIC: THINK CREATIVITY.**  
How is the skater translating their music into movement on the ice?



**WHILE YOU WATCH** You'll be able to see the judges at their computers at a long table on one side of the rink!

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## KEEP AN EYE OUT

**SINGLES** is divided into men and women, and competition consists of two segments: the short program and free skate.



**WHILE YOU WATCH**  
Is the skater alone on the ice?  
You're watching singles!

**PAIRS** competition consists of a short program and free skate.



**WHILE YOU WATCH**  
Are there two skaters performing jumps and spins in unison? You're watching pairs!

**ICE DANCE** competition consists of two segments: rhythm dance and free dance.



**WHILE YOU WATCH**  
Are there two skaters performing dance patterns to a specific rhythm of music? You're watching ice dance!

## THERE ARE TWO DIFFERENT TYPES OF JUMPS IN SKATING: TOE JUMPS AND EDGE JUMPS.

In toe jumps, the skater will use their toe pick to help launch them into the air.

**TYPES OF TOE JUMPS:**  
TOE LOOP, FLIP, LUTZ

**WHILE YOU WATCH**  
Did the skater dig their toe in to help catapult them into the air? That's a toe jump!

In edge jumps, the skater will use their own strength, just bending their knees and jumping.

**TYPES OF EDGE JUMPS:**  
SALCHOW, LOOP, AXEL

**WHILE YOU WATCH**  
Was the skater moving forward when they launched into the air? You just saw them do an Axel!

All jumps should end with the skater on one foot.

## THERE ARE THREE DIFFERENT TYPES OF SPINS IN SKATING: UPRIGHT SPINS, SIT SPINS AND CAMEL SPINS.

In an **upright spin**, the skater is upright while they rotate.

In a **sit spin**, the skater is low and close to the ice with one knee bent and the other extended.

In a **camel spin**, the skater's free leg is held backwards with the knee above hip level.

You'll also see skaters do transitional elements in their programs like footwork, turns, spirals, steps and knee slides.

**WHILE YOU WATCH**  
Take note of how intricate and emotional these elements are. This plays into the skaters' final scores!

Results are determined by combining the scores of both segments of competition for all disciplines.

**WHILE YOU WATCH**  
Skaters receive their scores in an area called the Kiss and Cry. When you see them sitting with their coach on a bench waiting for scores, that's where they are!