

ASPIRE FREE SKATE

Effective September 1, 2027

JUMPS		SPINS	CHOREOGRAPHIC ELEMENTS
Aspire 1 1:40 Max May not have passed any U.S. Figure Skating Test	Maximum 4 jump elements: Permitted jumps: • Waltz jump • ½ flip • ½ Lutz Max 1 jump sequence Permitted sequence: • Waltz jump+waltz jump with no turns or hops in between	Maximum 2 spins: Required spins: • Two-foot spin • Forward one foot spin (free foot optional)	Required: 1 Sequence must include 2 Choreographic Elements (and no more than 2) with limited steps in between. Permitted Choreographic Elements: • Spirals (forward) • Lunges (forward) • Shoot-the-Duck (forward) Must cover half the ice. No variation of position is allowed in elements
Aspire 2 1:40 Max Permitted tests include Pre-Preliminary Skating Skills and Preliminary Dances. Skaters may not have passed any Singles tests.	Maximum 4 jump elements: Permitted jumps: • Any jump from Aspire 1 • Single Salchow • Single toe loop Max 2 jump combinations, or 1 jump combination and 1 jump sequence Permitted combinations: • Waltz jump+toe loop • Salchow+toe loop Permitted jump sequence: • Waltz jump+waltz jump with no turns or hops in between	Maximum 2 spins: Required spin: • Forward sit spin Permitted spins: • Any spin from Aspire 1 • Back upright spin	Required: 1 Sequence must include 2 Choreographic Elements (and no more than 2) with limited steps in between. Permitted Choreographic Elements: • Spirals (forward or backward, variations of position permitted) • Lunges (forward or backward) • Shoot-the-Duck (forward or backward) • Forward Y or I spiral/glide • Spread Eagle • Ina Bauer Must cover half the ice. No variation of position is allowed in elements except spirals
Aspire 3 1:40 Max Permitted tests include all Aspire 2 permitted tests and Preliminary Skating Skills. Skaters may not have passed any Singles tests.	Maximum 4 jump elements: Permitted jumps: • Any jump from Aspire 1 and 2 • Single loop • Single flip Max 2 jump combinations (no sequence allowed) Required combination: • Any permitted listed jump+Euler+any permitted listed jump Only one combination may include an Euler.	Maximum 2 spins: Required spin: • Forward upright spin to backward upright spin Permitted spins: • Any spin from Aspire 1 and 2 • Forward camel spin	Maximum 1 Sequence: Choreographic step sequence (ChSt) • Cover one-half of the ice
Aspire 4 1:40 Max Permitted tests include all Aspire 3 permitted tests and Pre-Preliminary Singles.	Maximum 4 jump elements: Permitted jumps: • Any jump from Aspire 1, 2 and 3 • Single Lutz Max 2 jump combinations, or 1 jump combination and 1 jump sequence Required combination: • Lutz+toe loop or Lutz+loop	Maximum 2 spins: Required spin: • Forward camel to forward sit spin combination Permitted spins: • Any spin from Aspire 1, 2 and 3	Maximum 1 Sequence: Choreographic step sequence (ChSt) • one-half of the ice

CLARIFICATIONS:

Jumps:

- Maximum 2 of any same jump

Jump Sequence:

- A jump sequence consists of two or three jumps in which the second and/or the third jump is a waltz jump with a direct step from the landing curve of the first/second jump

Jump Combinations:

- Jump combinations are limited to two listed jumps. An Euler is not a listed jump but may be included between two listed jumps for one combination in Aspire 3 and 4.

Spins:

All Levels

- Minimum 3 revolutions
- No flying entry
- A spin may not be repeated
- Basic positions only (no variations)

Choreographic Elements:

Aspire 3 and 4

- Unlisted jumps may be included in the step sequence
- Edge and choreographic elements such as spiral sequences, spread eagles, Ina Bauers, etc., are allowed but will not be counted as elements