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2026-2027 ADULT
PROGRAM REQUIREMENTS GUIDE
Singles, Pair, Ice Dance & Synchro
July 2026

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PART A: TECHNICAL REQUIREMENTS INTRODUCTION

Please review the entire Adult Technical Requirements when developing programs in preparation for the 2026-2027 skating season. Any changes to the well-balanced program requirements from last season are indicated with an underline or ~~strikethrough~~.

Music Requirements

Vocal music is permitted in all events. If vocal music is chosen, the piece(s) must contain lyrics in good taste and appropriate for competition.

Falls

All falls on elements or in isolation will be called.

Well Balanced Program Requirements

Maximum element requirements have been established for all Adult Free Skating, Adult Free Dance, and Adult Pairs events. Note that these are identified as maximum requirements, but there are no minimum requirements. **1W is only permitted as a jump element in Intro Open Free Skating and Bronze Free Skating.**

Elements that may be assigned a level of difficulty (i.e. spins, step sequences, lifts, etc.), may be called up to Level 4 for all categories.

Category Requirements

Skaters are expected to enter the appropriate category based on the technical program requirements. It is expected that skaters will skate to their ability.

Age Categories

The following age categories apply to Singles Free Skating and Artistic Free Skating events:
Note: Successive age categories may be combined if numbers warrant. Skaters must be notified prior to the start of the competition if age categories are being combined.

Young Adult	18 – 27 years
Class I	28-37 years
Class II	38-47 years
Class III	48-57 years
Class IV	58-67 years
Class V	68 years & over

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PART B: SINGLES FREE SKATING

Note: 1W is only permitted as a jump element in Intro Open Free Skating and Bronze Free Skating.

Adult Intro Open Free Skating

A maximum program time of 1:40 minutes. Program time may be shorter.

7 Elements

1) Four jump elements:
   a) Must include a waltz jump
   b) Maximum one jump combination
   c) No jumps higher than 1Lo
   d) No jump may be included more than twice. Repeated jump must be in combination
2) Two spin elements:
   a) Two spins of one position, and no flying entry
3) Forward Spiral Sequence: A sequence of two forward spirals; one spiral on each foot, unsupported position; on either inside or outside edge.

Adult Bronze Free Skating

A program time of 1:40minutes (+/- 10 sec).

7 Elements

1) Maximum four jump elements composed of single jumps
   a) Single axel, double jumps and triple jumps are not permitted
   b) Waltz Jump is permitted
   c) No jump can be included more than twice and if a jump is repeated it must be in combination
   d) Maximum of ~~two~~ one jump combination~~s~~ included. Jump combinations may contain no more than two jumps
2) Maximum of two spins
   a) ~~One~~ Both spins must be a one-position spin, change of foot permitted (i.e. USp, SSp, CSSp etc..)
   ~~b) One spin of any nature~~
   c) Spins must have different codes
   d) Flying spins are not permitted
3) Maximum one choreographic sequence

Adult Silver Free Skating

A program time of 2:00 minutes (+/- 10 sec).

7 **Elements**

1) Maximum four jump elements
   a) May include a single axel jump
   b) Double and triple jumps are not permitted
   c) 1W not permitted
   d) No jump can be included more than twice and if a jump is repeated it must be in combination or sequence
   e) Maximum of two jump combinations or one jump combination and one sequence. One jump combination or one sequence may contain three jumps.
2) Maximum two spin elements
   a) One of which must be a one position spin, change of foot permitted, flying entry permitted ~~combination spin with a change of foot~~
   b) All spins must have different spin codes
3) Maximum one choreographic sequence

Adult Gold Free Skating

A program time of 2:50 minutes (+/- 10 sec.).

9 Elements

1) Maximum five jump elements
   a) May include an axel jump, single and double jumps (no higher than Double Loop)
   b) 1W not permitted
   c) No jump can be included more than twice and if a jump is repeated it must be in combination or sequence
   d) Maximum of ~~three~~ two jump combinations or ~~two~~ one jump combinations and one sequence. One jump combination or one sequence may contain three jumps
2) Maximum three spin elements
   a) One spin must be a combination spin with a change of foot and two basic positions
   b) One spin must be a flying spin
   c) One spin may be of any nature
   d) All spins must have different codes
3) Maximum one step sequence

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Adult Masters Free Skating

A program time of 3:00 minutes (+/- 10 sec.).

9 Elements

1) Maximum five jump elements
   a) All single and double jumps are permitted (1W and triple jumps are not permitted)
   b) One must be an axel
   c) No jump can be included more than twice and if a jump is repeated it must be in combination or sequence.
   d) Maximum of ~~three~~ two jump combinations or ~~two~~ one jump combinations and one sequence. One jump combination or one sequence may consist of up to three jumps.
2) Maximum three spins
   a) One spin must be a combination spin with a change of foot and two basic positions
   b) One spin must be a flying spin
   c) One spin must be a one position spin ~~may be of any nature~~
   d) All spins must be different codes
3) Maximum one step sequence

Adult Masters Elite Free Skating

A program time of 3:00 minutes (+/- 10 sec.).

9 Elements

1) Maximum five jump elements
   a) All jumps except 1W are permitted
   b) One must be an axel
   c) No jump can be included more than twice and if a jump is repeated it must be in combination or sequence
   d) Maximum of ~~three~~ two jump combinations or ~~two~~ one jump combinations and one sequence. One jump combination or one sequence may consist of up to three jumps.
2) Maximum three spins
   a) One spin must be a combination spin with a change of foot and two basic positions
   b) One spin must be a flying spin
   c) One spin must be a one position spin ~~may be of any nature~~
   d) All spins must be different codes
3) Maximum one step sequence

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PART C: ARTISTIC FREE SKATING EVENTS

Background: Artistic free skating programs are designed by the skaters and/or coach and focus on the skater's ability to interpret music to create a clear mood/theme or create a story through skating movement. A variety of skating moves should be selected for their value in enhancing the skater's interpretation of the music rather than for their technical difficulty. Movements should not be merely a collection of pleasing or spectacular moves assembled to popular music for the purpose of entertaining an audience (exhibition/show programs). Costumes must be **simple and modest** to enhance the interpretation and must **not be theatrica**l in nature. Props of any kind are not permitted.

An artistic program is intended through its process to increase body and choreographic vocabulary and awareness, by meeting specific content criteria. The criteria include:

- Compositional form/development of theme (e.g., a completed idea)
- Dynamics (e.g., sustained, collapse, sharp, smooth)
- Use of space (e.g., planes, directions, indirect, asymmetric shapes)
- Use of full body (e.g., torso, head, hands, legs, feet)
- Use of music (e.g., phrasing, style, awareness, and sensitivity to musical elements while performing)

NOTE: In the Open Adult Artistic Partner category:

- Overhead lifts are not permitted and will be considered as an illegal element
- Small dance lifts which may be either ascending and descending or rotational in character, in which the lifting partner does not raise their hands higher than the shoulder level are permitted

Event	Recommended Skating Level	Program Time
Adult Introductory Artistic Free Skating	For skaters approximately at the Intro Open Free Skating category level	One Artistic program 1:30 minutes (+/- 10 sec.) in length
Adult Bronze Artistic Free Skating	For skaters approximately at the Bronze Free Skating level	
Adult Silver Artistic Free Skating	For skaters approximately at the Silver Free Skating level	
Adult Gold Artistic Free Skating	For skaters approximately at the Gold and/or Masters Free Skating level	
Adult Elite Artistic Free Skating	For skaters approximately at the level of former competitive skaters	One Artistic program of 2:00 minutes (+/- 10 sec.) in length
Adult Open Partner (Couples) Artistic Free Skating	For skaters approximately at the Bronze to Silver Free Skating level (both skaters)	One Artistic program of 1:40 minutes (+/- 10 sec.) in length
Adult Open Masters Partner (Couples) Artistic Free Skating	For skaters approximately at the Gold to Elite Masters Free Skating level (both skaters)	One Artistic program of 2:10 minutes (+/- 10 sec.) in length

Note: Those skaters wanting a more theatrical performance are encouraged to enter the "Showcase" categories.

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PART D: DANCE EVENTS

PARTNERED DANCE: Dance teams are composed of two skaters.

Pattern Dance

Event	Dance #1	Dance #2
Adult STAR 4/5 Dance	Swing (2 sequences)	Ten-Fox (3 sequences)
Adult STAR 6/7 Dance	European (2 sequences)	Foxtrot (4 sequences)
Adult STAR 8/9 Dance	American (2 sequences)	Tango (2 sequences)
Adult STAR 10/Gold Dance	Viennese (3 sequences)	Paso (3 sequences)
Adult Elite Dance *(For former competitive skaters or skaters approximately at this level)*	Westminster (2 sequences)	Tango Romantica (2 sequences)

FREE DANCE (Partnered):

Dance teams must be composed of two skaters.

Adult Bronze Free Dance

A program time of 1:50 (+/- 10s) minutes. Vocal music is permitted.

1) Maximum of one short dance lift a maximum of seven seconds in duration. Lift shall be called to maximum Level 1.
2) Maximum of one dance spin. (No combination)
3) Maximum of one diagonal step sequence in hold – Style B

Adult Silver Free Dance

A program time of 2:30 (+/- 10s) minutes. Vocal music is permitted.

1) Maximum of one short dance lift a maximum of seven seconds in duration. Lift shall be called to maximum Level 2.
2) Maximum of one dance spin.
3) Maximum of one set of synchronized twizzles (FD variation) with minimum 2 steps and up to four steps between. Partners must be in contact at some point between the 1st and 2nd twizzles
4) Maximum of one straight line or curve step sequence in hold – Style B.

Adult Gold Free Dance

A program time of 3:00 minutes (+/- 10s). Vocal music is permitted.

1) Maximum of two (2) different type short lifts up to 8 seconds or one combination lift up to 13 seconds.
2) Maximum of one dance spin.
3) Maximum of one set of synchronized twizzles (FD variation) with minimum 2 steps and up to 4 steps between. Partners must be in contact at some point between the 1st and 2nd twizzles
4) Maximum of one straight line or one curve step sequence in hold – Style B.

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SOLO DANCE

Solo Pattern Dance

Event	Dance #1	Dance #2
Adult STAR 4/5 (Bronze)	Canasta (2 sequences)	Willow (2 sequences)
Adult STAR 6/7 (Silver)	Ten-Fox (2 sequences)	Fourteenstep (4 sequences)
Adult STAR 8/9 (Gold)	European (2 sequences)	Tango (2 sequences)
Adult STAR 10/Gold (Elite)	Starlight (2 sequences)	Quickstep (4 sequences)
Adult Solo Rhythm Dance	Westminster Waltz *(Follow criteria as outlined in 2026-2027 STAR Program Requirements Guide)*	

Solo Free Dance

Adult Bronze Solo Free Dance

A program time of 1:50 (+/- 10s) minutes. Vocal music is permitted.

1) Maximum one (1) short edge element.
2) Maximum of one (1) dance spin.
3) Maximum of one (1) choreographic step sequence. Called to maximum level one.
4) Maximum of one (1) solo twizzles series with minimum 2 steps and up to 4 steps
5) Maximum one (1) choreographic element.

Adult Gold Solo Free Dance

A program time of 1:50 minutes (+/- 10s). Vocal music is permitted.

1) Maximum one (1) short edge element.
2) Maximum of one (1) dance spin.
3) Maximum of one (1) choreographic step sequence.
4) Maximum of one (1) solo twizzles series with minimum 2 steps and up to 4 steps
5) Maximum one (1) choreographic element.

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PART E: PAIR EVENTS

Pair teams must be comprised of two skaters.

Adult Pair

A program time of 2:20 (+/- 10s). For skaters at the Bronze to Silver Free Skating level

1) Maximum of one lift from Group 1 or Group 2 with a minimum half revolution for the man and one revolution for the woman. The man's lifting hand(s) should be above their shoulder line. Variations of the woman's position, no-handed and one-handed lifts, and combination lifts are **not** permitted. Twist lifts are **not** permitted. A different take-off counts as a different lift
2) Maximum of one throw jump (single only). (1A not permitted)
3) Maximum of one solo jump (only singles jumps are allowed)
4) Maximum of one jump combination with maximum of 2 listed jumps. Only single jumps are allowed.
5) Maximum of one pair spin (may be in combination).
6) Maximum of one pivot figure.
7) Maximum of one choreographic sequence.

Adult Masters Pair

A program time of 3:30 minutes. For skaters approximately at the Gold to Elite Masters Free Skating level

1) Maximum of three different lifts, one of which may be a twist lift
2) Maximum of two throw jumps (single or double).
3) Maximum of one solo jump. Single, double, or triple jumps are permitted.
4) Maximum of one jump combination or sequence. Jump combination and sequence may include 3 jumps.
5) Maximum of one pair spin (may be in combination).
6) Maximum of one solo spin (may be in combination).
7) Maximum of one pivot figure or death spiral.
8) Maximum of one step sequence

Part F: SYNCHRO EVENTS

Illegal and Non-permitted Elements/Features, Additional Features/Extra Features and movements: All Adult categories will follow the specification for Novice

Calculation for teams with more than 16 skaters:

Team size - #of skaters	25% of the team
17	4
18	4
19	4
20	5

Adult I

8-20 skaters, maximum music time 3:10 minutes (program times may be shorter and will receive no penalty). Skaters must have reached the age of 18 as of July 1st preceding the competition.

Elements:

- Intersection – max 1, (pi optional)
- Pivoting Element – Block ~~or Line (must be in two parallel lines) (Must be different shape Artistic Elements)~~
- Travelling Element ~~–~~ ~~Circle~~ shape ~~(feature: two different element shapes is permitted)~~
- No Hold Element – max 1 closed block (step sequence optional)
- Artistic Element – max ~~1~~ 2 ~~Block~~ Circle, Line, or Wheel ~~(Must be different shape from Pivoting Element) and max 1~~ ~~Wheel~~

Adult II

8-20 skaters, maximum music time 3:10 minutes (program times may be shorter and will receive no penalty). Skater must have reached the age of 18 as of July 1st preceding the competition.

Elements:

- Intersection – max 1, (pi optional)
- Pivoting Element – Block or Line (must be in two parallel lines) (Must be different shape from Artistic and Linear/Rotating Elements)
- Travelling Element – ~~Circle~~ Wheel shape (feature: two different element shapes is permitted)
- Artistic Element – Choice of Block, ~~Wheel~~ Circle or Line (Must be different shape from Linear/Rotating and Pivoting Elements)
- Linear/Rotating Element – Choice of Block, ~~Wheel~~ Circle or Line (Must be different shape from Artistic and Pivoting Elements)

Note: Artistic and Linear/Rotating element choice must be different. If the same, the Artistic Element will be called No Value

Adult III

8-20 skaters, maximum music time 2:40 minutes (program times may be shorter and will receive no penalty). Skaters must have reached the age of 18 before July 1st preceding the competition

Elements:

- Intersection – max 1 (pi optional)
- ~~Pivoting Element – Block or Line (must be in two parallel lines) (Must be different shape from Linear/Rotating Elements)~~
- Artistic Element – Choice of Block, Circle or Line (Must be different shape from Linear/Rotating and Pivoting Elements)
- Linear /Rotating Element – max 3 ~~1~~ Block, Circle, Wheel or Line (Must be different shape from ~~Pivoting~~ Artistic Element)~~, max. 1 wheel, max 1 circle~~

Note: Intersection must be executed with a face-to-face approach (Intersection max Level 1 ~~B~~ + pi max Level B) or the element will be given no value

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Part G; SUPPLEMENTARY EVENTS

SHOW CASE (USFS Dramatic and Light Skate Entertainment)

Background: Showcase programs are designed by the skaters and/or coach and focus on the skater's ability to entertain an audience through use of theatrics or artistic abilities. Programs may tell a story, create a mood or have an obvious theme. Costumes and props are permitted within the restrictions (feather boas are not permitted).

Event	Recommended Skating Level	Program Time
Adult Introductory Showcase	For skaters approximately at the Intro Open Free Skating category level	Maximum 1:40 minutes
Adult Bronze Showcase	For skaters approximately at the Bronze Free Skating level	Maximum 1:40 minutes
Adult Silver Showcase	For skaters approximately at the Silver Free Skating level	Maximum 1:40 minutes
Adult Gold Showcase	For skaters approximately at the Gold and/or Masters Free Skating level	Maximum 1:40 minutes
Adult Elite Showcase	For skaters approximately at the level of former competitive skaters	Maximum 1:40 minutes
Adult Open Partner Showcase	For skaters approximately at the Bronze to Silver Free Skating level (both skaters)	Maximum 1:40 minutes
Adult Open Masters Partner Showcase	For skaters approximately at the Gold to Elite Masters Free Skating level (both skaters)	Maximum 1:40 minutes

Program content requirements and event procedures for all levels are as follows:

- Theatrical costumes and hand props are permitted. Feathers and boas of any type are not permitted.
- Vocal music is permitted.
- A maximum of 1 minute will be permitted prior to each performance for the skater(s) to warm-up and set-up any props as necessary.
- All single jumps are permitted. Jumps of any higher rotation will be subject to an illegal element violation if included.