

Compulsory Moves Challenge

GENERAL EVENT PARAMETERS:

1. Will be skated on half ice
2. Elements may be skated in any order. They will be evaluated in a program format similar to a short program and may be performed only once. The skater may include connecting steps between the required elements.
3. Music is not allowed.
4. Applicable deductions:
 - a. Time Violations up to every 10 seconds in excess = -0.1
 - b. Fall Deductions in and out of elements: for each fall = -0.1
5. For events using IJS, click [HERE](#).

LEVEL	SOLO JUMP	JUMP COMBINATION/SEQUENCE	SPIN	CHOREO/STEP SEQUENCE
LEVEL 1 1:15 max	<ul style="list-style-type: none"> • Half Flip or • Half Lutz 	Jump Sequence <ul style="list-style-type: none"> • Waltz Jump + Waltz Jump (A direct step into the 2nd waltz jump from the landing of the 1st waltz jump) 	<ul style="list-style-type: none"> • Forward One-Foot Upright Spin <ul style="list-style-type: none"> o No flying entry o No change of foot o Min. 3 revs. 	<ul style="list-style-type: none"> • Partial Choreographic Sequence (pChSq) <ul style="list-style-type: none"> o Must include a spiral on each foot (skated forward or backward) with fully extended free leg. Other skating movements may be performed.
LEVEL 2 1:15 max	<ul style="list-style-type: none"> • Single Salchow or • Single Toe Loop 	Jump Combination <ul style="list-style-type: none"> • Waltz Jump + Single Toe Loop (Only the above jump combination is allowed) 	<ul style="list-style-type: none"> • Forward Sit Spin <ul style="list-style-type: none"> o No flying entry o No change of foot o Min. 3 revs. 	<ul style="list-style-type: none"> • Partial Choreographic Sequence (pChSq) <ul style="list-style-type: none"> o Must include one spiral with variation and one of the following: <ul style="list-style-type: none"> • Split Jump • Stag Jump • Falling Leaf
LEVEL 3 1:15 max	<ul style="list-style-type: none"> • Single Loop 	Choice of one of the following jump combination options: <ul style="list-style-type: none"> • Single Flip + Single Toe Loop • Single Lutz + Single Toe Loop • Single Flip + Single Loop • Single Lutz + Single Loop 	<ul style="list-style-type: none"> • Forward Camel Spin <ul style="list-style-type: none"> o No flying entry o No change of foot o Min. 3 revs. 	<ul style="list-style-type: none"> • Partial Choreographic Sequence (pChSq) <ul style="list-style-type: none"> o At least 2 different skating movements and clearly visible
LEVEL 4 1:15 max	<ul style="list-style-type: none"> • Double Salchow or • Double Toe Loop 	Choice of one of the following jump combination options: <ul style="list-style-type: none"> • Single Axel + Single Toe Loop • Single Axel + Single Loop 	<ul style="list-style-type: none"> • Combination Spin <ul style="list-style-type: none"> o No flying entry o No change of foot o Min. 6 revs. total 	<ul style="list-style-type: none"> • Partial Choreographic Sequence (pChSq) <ul style="list-style-type: none"> o At least 2 different skating movements and clearly visible