

FORMAT: In simple program form, using a limited number of connecting steps, the skating order of the required elements is optional.

- To be skated on half-ice
- No music
- The skater must demonstrate the required elements listed
- A deduction will be taken for each element performed from a higher level
- Skaters with physical disabilities may register for standard track or Skate United Track for events

LEVEL	TIME	SKATING RULES/STANDARDS
Aspire 1	1:15 max	<ul style="list-style-type: none"> • Waltz Jump • ½ Flip • One-foot upright spin • Choreographic step sequence
Aspire 2	1:15 max	<ul style="list-style-type: none"> • Single Salchow • Single Toe Loop • Sit spin • Choreographic step sequence
Aspire 3	1:15 max	<ul style="list-style-type: none"> • Single Loop • Salchow/Toe loop jump combination • Forward upright spin to back upright spin • Choreographic step sequence
Aspire 4	1:15 max	<ul style="list-style-type: none"> • Single Flip • Waltz Jump-Euler-Salchow jump combination • Camel-Sit spin combination • Choreographic step sequence