

USFS Testing and Competition Guidelines for Success

Freestyle Test Level	Competition Level	Highest Jump(s) Needed	Recommended Minimum On-Ice Hours per week ¹	Recommended Minimum Days per week	Recommended Minimum Number of Lessons (15-20 minutes each)	Recommended Minimum Off-Ice Time per week (hours) ²
Pre-Preliminary	Limited Beginner	Half Jumps, Waltz Jump, Salchow, Toe Loop	2	2	2 Freestyle	1
Preliminary, Pre-Juvenile	Limited Pre-preliminary	Loop, Flip, Lutz	3	3	2 Freestyle, 1-2 moves	2
Juvenile	Pre-preliminary	Axel	4	3	2-3 freestyle, 1-2 moves	2-3
Intermediate, Novice (Jumps needed)	Preliminary	Double Salchow, Double Toe Loop, Double Loop	6	4	3 freestyle, 3 moves	4
Junior, Senior (Jumps needed)	Pre-Juvenile	Double Flip, Double Lutz	8	5	3-5 freestyle, 4 moves	4-5
Intermediate, Novice (On-ice hours and lessons needed)	Juvenile	Double Axel	10	6	4 freestyle	6
Junior, Senior (On-ice hours and lessons needed)	Intermediate	Double Axel, Triple Salchow, Triple Toe Loop	12	6	4-5 freestyle	6-7
	Novice	Double Axel, Triple Salchow, Triple Toe Loop, Triple Loop	12	6	5 freestyle	8
	Junior	Triple Flip	14	6	5-6 freestyle	10
	Senior	Triple Lutz	14	6	5-6 freestyle	12

¹Minimum Ice time needed, but skaters will improve faster and at a steadier rate with more on-ice time and more lessons.

²Includes: Off-ice conditioning, Ballet, Weight Training, Off-Ice Jumps, etc.