



Q: *What is happening to the Pre-Free Skate through Free Skate 6 curriculum?*

A: The Pre-Free Skate through Free Skate 6 curriculum still exists and should be utilized within Learn to Skate USA classes.

Q: *What levels are included in Compete USA Aspire 1-4?*

A: We have consolidated Pre-Free Skate through Free Skate 6, Excel Beginner, and Excel High Beginner into Aspire 1-4. Effective March 5, 2024, No Test will no longer be offered as a level. Skaters have the option to participate in Aspire 4, Excel Pre-Preliminary, or Well-Balanced Pre-Preliminary. Please check the competition announcement as there will be a grace period through this transition.

Q: *Where should I place a skater who was Pre-Free Skate?*

A: Skaters will have the option to compete either as a Basic 6 or Aspire 1. Skaters should be placed in a level that suits their skill level.

Q: *Does a skater need an Aspire membership to compete in Aspire 1-4?*

A: No, skaters can compete in Aspire 1-4 with Learn to Skate USA membership or full membership (including Aspire).

Q: *Can a skater take their Pre-Preliminary singles test and still compete in Aspire 1-4?*

A: U.S. Figure Skating tests will not affect a skater's eligibility to compete in the Aspire 1-4 levels. This includes all skating skills, singles, and dance tests. If a skater has established a competitive floor, they cannot compete below that level. For more information on competitive floor, please refer to <https://www.usfigureskating.org/program-requirements>

Q: *Are there age restrictions in Aspire 1-4?*

A: No. All ages are allowed to participate in Aspire 1-4. Skaters should be divided by age whenever possible.

Q: *Where can I find program requirements?*

A: <https://learntoskateusa.com/CompeteUSA>

or

<https://www.usfigureskating.org/program-requirements>

Q: How many skaters should be placed in a group for Aspire 1-4 levels?

A: When utilized as part of a Compete USA event, there should be no more than 6 skaters in a group. All participants should receive an award.

Q: Is Aspire 1-4 part of the Excel series?

A: Yes, it will be an “Open” Event.

For Aspire 1-4, Excel Pre-Preliminary, and Excel Preliminary skaters must:

a. Register as a participant in the Series by the start of the competition or by the March 1, 2024 Excel Series entry deadline, whichever is earlier.

b. Participate in at least two Series competitions in order to receive an invitation to the 2024 Excel National Festival.

c. New this year: Skaters in these events must submit copies of their results via email to: CMallory@usfigureskating.org

Skaters may enter any Series competition, anywhere in the country (they do not have to compete only in their section). Skaters can compete in as many series competitions during the season as they desire.

New this year: Open event Excel Series athletes will receive recognition through the New Excel Series Online Podium throughout the Series season based on placement at Excel Series Competitions.

Q: What is a Choreographic Step Sequence?

A: A Choreographic Step Sequence must fit the definition of a step sequence and must be visible and identifiable. These step sequences can include moves in the field, spiral sequences, arabesques, spread eagles, Ina Bauers, split jumps, Etc. Jumps may be included. The purpose of the choreographic step sequence is to introduce skaters to both step and choreographic sequences. This will allow skaters to develop their skating skills and edge quality while fulfilling the program requirement of a step sequence.

Q: Can skaters attempt/perform spin variations in Aspire 1-4?

A: No. All spins must be in basic positions.

Q: Can a skater do two one-foot spins in Aspire 1?

A: No. Skaters must perform one upright 2-foot spin and one upright forward 1-foot spin (free foot optional).

Q: Can a skater do a sit spin to a scratch spin in Aspire 2?

A: No. A skater cannot do a combination spin in Aspire 2. It should be clear that the skater is completing the spin and not attempting a combination spin.

Q: In Aspire 3, can a skater do a back upright spin to a forward upright spin?

A: No. The required spin is a forward upright spin to back upright spin.

Q: How many times can a skater repeat a jump in a program?

A: Skaters can attempt all permitted jumps two times in a program as long as the maximum amount of jumping passes has not been exceeded. These jumps may be repeated as solo jumps or within a combination and/or sequence.

Q: How can a skater do five jumps in Aspire 1?

A: Here are two examples of how a skater can perform five jumps in Aspire 1 without violating the repetition rule:

Option 1	Option 2
Jump elements 1. Waltz jump 2. ½ Flip 3. ½ Lutz 4. Waltz jump 5. ½ Lutz	Jump elements 1. Waltz jump/waltz jump sequence 2. ½ Flip 3. ½ Lutz 4. ½ Flip 5. ½ Lutz
Spins 1. Two-foot spin 2. Forward one-foot spin	Spins 1. Two-foot spin 2. Forward one-foot spin
Step Sequence 1. Choreographic step sequence	Step Sequence 1. Choreographic step sequence

Q: Is a mazurka considered a jump element in Aspire 1?

A: No. All small hops such as mazurkas, bunny hops, ballet jumps, side toe hops, etc. can be utilized throughout the program and will not be judged as jump elements.

Q: Is it required to do a jump combination and/or sequence in Aspire 1-4?

A: No.

Q: Does a skater have to do five jump elements in Aspire 1-4?

A: No. The maximum number of jump elements in each level is 5.

Q: What is the definition of one jump pass/element?

A: Jumping elements are solo jumps, jump combinations and jump sequences.

Q: *What is the definition of a jump sequence?*

A: In Aspire 1 and 2, the only permitted jump sequence is a Waltz Jump/Waltz Jump with no turns or hops in between. In Aspire 3 and 4, 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.

Example 1:

Salchow/Waltz Jump/Toe Loop

Example 2:

Salchow/Toe Loop/Waltz Jump

Program Requirements:

<https://learntoskateusa.com/CompeteUSA>

<https://www.usfigureskating.org/program-requirements>

If you have any additional questions, please contact:

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