

2025-26 High School – Team Maneuvers

	Jumps	Spins	Edge or Skating Skill Sequence
A <u>Skaters may not have passed higher than Preliminary Singles</u> <i>(This level is best suited for skaters that compete Aspire through Preliminary Excel)</i>	1. Waltz jump 2. Mazurka 3. Salchow/toe loop combination 4. Optional: Single Loop	1. Two-foot spin (min 3 revs) 2. Forward upright one-foot spin (min 3 revs) 3. Forward sit spin (NO variations) 4. Optional: Backward upright spin	1. Forward Power Three Turns - one side only (as performed on Preliminary Skating Skills) 2. Basic forward spiral on a straight line (no variations), right or left 3. Choreographic step sequence – ½ ice length 4. Optional: Backward one-foot glides, both feet
B <u>Skaters may not have passed higher than Pre-Silver Singles</u> <i>(This level is best suited for skaters that compete Pre-Juvenile through Intermediate Excel)</i>	1. Any single jump (Axel allowed) 2. Waltz jump/loop jump combination 3. Split jump 4. Optional: Single Lutz	1. Forward upright spin (optional free foot position, min 5 revs) 2. Forward or backward camel spin (optional free foot position, min 5 revs) 3. Combination spin, at least one change of position. (no fly, no change of foot, min 6 revs total) 4. Optional: Backward sit spin (min 3 revs)	1. Forward OR Backward Power Circle - one side/direction only (as performed on Bronze Skating Skills) 2. Forward to Backward Lunge 3. Choreographic sequence (at least 2 different movements REQUIRED, pattern not restricted, see Rule 6105)* 4. Optional: Five-Step Mohawk Sequence (as performed on Pre-Bronze Skating Skills)

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Notes:

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Note: This document is multiple pages. Please download the document to your personal device to view the entire chart and event parameters.