

2024-2025 MICHIGAN HIGH SCHOOL FIGURE SKATING TEAM COMPETITION SERIES

Team Events

Level A/High

This level includes all elements from 2025 USFS High level, and adds a MIHS-defined 4th element in each discipline

Jumps	Skating Skills	Spins
1 Single or double Axel	1 Sustained edge step (Gold SS #1)	1 Flying Spin (variations permitted, NO change of foot, min 5 revs)
2 Combination jump (double/double OR triple/double)	2 Twizzle sequence (max 3 twizzles, change of direction REQUIRED, change of foot REQUIRED, optional free foot psn, no more than 3 steps between twizzles)	2 Camel spin w/EITHER difficult entry OR difficult exit (NO fly, change of foot optional, variations permitted, min 5 revs)
3 Double or Triple flip or Lutz immediately preceded by connecting steps	3 Choreographic sequence (at least 2 different movements REQUIRED, pattern not restricted, see Rule 6105)	3 Combo spin (chg of foot REQUIRED, change of direction permitted, fly permitted, all 3 basic positions REQUIRED, min 2 revs per position, min 8 revs total)
4 Double loop or Salchow	4 Forward Loops (Silver SS #4)	4 Upright Front to Back spin (min 8 revs total)

Level B/Intermediate (skaters may not have passed higher than Silver Singles skate test)

This level includes all elements from 2025 USFS Intermediate level, and adds a MIHS-defined 4th element in each discipline

Jumps	Skating Skills	Spins
1 Double jump	1 Inside Slide Chasse pattern (PrePrel SS #4)	1 Layback spin (variations permitted, min 5 revs)
2 Jump sequence consisting of 2 or 3 jumps, with single Axel as 2 nd or 3 rd jump (no triples)	2 Short edge element (NO change of position, NO change of edge, max 7 second hold, see Rule 8375 for acceptable elements)	2 Flying spin (any position, no change of foot, variations permitted, min 5 revs)
3 Split jump	3 Circular choreographic step sequence	3 Combo spin (at least 1 change of position, change of foot optional, may fly, min 5 revs)
4 Single Axel	4 8-Step Mohawk sequence (Bronze SS #3)	4 Camel spin (no change of position or foot, no fly, min 5 revs)

Level C/Low (skaters may not have passed higher than PreBronze Singles skate test)

This level combines the elements for 2025 USFS Beginner and Low levels, and adds a MIHS-defined 4th element in each discipline

Jumps	Skating Skills	Spins
1 Half flip jump OR Single flip jump	1 One foot glide (right or left) OR Waltz Eight (PrePrelim SS #4)	1 Two-foot spin (min 3 revs) OR Forward upright spin (optional free foot position, min 3 revs)
2 Bunny hop OR Waltz jump / Euler / Salchow combo	2 Forward lunge (right or left) OR Forward shoot the duck (right or left)	2 Beginning back upright spin (min 3 revs) OR Sit spin (variations allowed, min 3 revs)
3 Waltz jump / Toe loop combo OR 3 leap sequence (can consist of falling leaf, mazurka, ballet jump, side toe hop, stag jump, split jump, Euler)	3 Choreographic step sequence (1/2 ice length) OR Straight line choreographic step sequence (full ice)	3 Forward upright spin (min 3 revs) OR Combo spin, at least one change of position (no fly, no change of foot, min 6 revs total)
4 Single toe loop OR Single Loop	4 Forward left and right spirals (PrePrelim SS #3) OR Consecutive Outside and Inside Spirals (Prelim SS #2)	4 Sit spin (min 3 revs) OR Back upright spin (min 3 revs)

ALL LEVELS: Spins for all levels are to be held in the basic position for the required revolutions. Features will be given value only if the required revolutions are accomplished. Combination spins must be held for required revolutions as stated.

At DISTRICT EVENTS, teams will have the option to use one retry per LEVEL; at STATES no retries will be permitted. If a competitor performs an element higher than that listed, that element will receive no credit (for example, if the element specified is a single Salchow and the competitor performs a double Salchow, no credit is given for the element)