

2010– 2011 Singles Free Skating



2010-2011	JUMP ELEMENTS	SPINS	STEP SEQUENCES
JUVENILE 2:15 *means element is required	<ul style="list-style-type: none"> 1 must be an Axel-type jump* Max 5 Max 3 combos or sequences Combos limited to 2 jumps, but one 3 jump combo is permitted. Number of jumps in jump sequence is not limited. No more than 3 double jumps may be repeated (1 each), but only as part of combo or sequence. Maximum of 2 of any double jump No triple jumps 	<ul style="list-style-type: none"> 1 flying entry* (may change feet) Max 3 1 spin combination; w/without change of foot* May fly 1 spin with only 1 position No fly and no change of foot* Min 5 rev; 8 for combo; min 2 revs in position Spins must be of a different nature 	<ul style="list-style-type: none"> Step sequence Max 1 Straight line, circular, or serpentine Must use entire ice surface
INTERMEDIATE 2:30 *means element is required	<ul style="list-style-type: none"> 1 must be an Axel-type jump* Max 6 Max 3 combos or sequences Combos limited to 2 jumps, but one 3-jump combo is permitted. Number of jumps in jump sequence is not limited. No more than 3 jumps may be repeated, only 1 may be a triple. Double or triple jump repeated only in combo or seq. Max. 2 any double or triple. 	<ul style="list-style-type: none"> 1 flying entry* (may change feet) Max 3 1 spin combination; w/without change of foot* May fly 1 spin with only 1 position No fly and no change of foot* Min 5 rev; 8 for combo; min 2 revs in position Spins must be of a different nature 	<ul style="list-style-type: none"> Step sequence Max 1 Straight line, circular, or serpentine Must use entire ice surface
NOVICE LADIES 3:00 *means element is required	<ul style="list-style-type: none"> 1 must be an Axel-type jump* Max 6 Max 3 combos or sequences Combos limited to 2 jumps, but one 3-jump combo is permitted. Number of jumps in jump sequence is not limited. No more than 2 jumps that are 2 ½ or 3 revolutions may be repeated. If 2 ½ or triple jump repeated, must be in combo or sequence. 	<ul style="list-style-type: none"> Spins must be of a different nature Max 3 1 flying entry w/ no change of foot or position* 1 spin combination; w/without change of foot* 3rd spin is option of skater Min 6 rev; 10 for combo; min 2 revs in position Spins may change feet and start with a fly. Exception: the flying spin with no change of foot or position 	<ul style="list-style-type: none"> Step or spiral sequence Max 1 Steps: Must use entire ice surface to be awarded a fixed Base value Spirals: Minimum 2 spiral positions of three seconds each or 1 six second spiral for a fixed Base Value
NOVICE MEN 3:30 *means element is required	<ul style="list-style-type: none"> 1 must be an Axel-type jump* Max 7 Max 3 combos or sequences Combos limited to 2 jumps, but one 3-jump combo is permitted. Number of jumps in jump sequence is not limited. No more than 2 jumps that are 2 ½ or 3 revolutions may be repeated. If 2 ½ or triple jump repeated, must be in combo or sequence. 	<ul style="list-style-type: none"> Spins must be of a different nature Max 3 1 flying entry w/ no change of foot or position* 1 spin combination; w/without change of foot* 3rd spin is option of skater Min 6 rev; 10 for combo; min 2 revs in position Spins may change feet and start with a fly. Exception: the flying spin with no change of foot or position 	<ul style="list-style-type: none"> Step or spiral sequence Max 1 Steps: Must use entire ice surface to be awarded a fixed Base value Spirals: Minimum 2 spiral positions of three seconds each or 1 six second spiral for a fixed Base Value
JUNIOR LADIES 3:30 *means element is required	<ul style="list-style-type: none"> 1 must be an Axel-type jump* Max 7 Max 3 combos or sequences Combos limited to 2 jumps, but one 3-jump combo is permitted. Number of jumps in sequence is free 2 triples or quads may be repeated, but must be in combo or sequence 2 double Axel max as solo jump or in combo/sequence 	<ul style="list-style-type: none"> 1 flying entry* Max 3 1 spin combination; w/without change of foot* 1 spin with only 1 position* Min 6 rev; 10 for combo; min 2 revs in position All spins may change feet and start with a fly Spins must be of a different nature 	<ul style="list-style-type: none"> Step sequence Max 1 Straight line, circular, or serpentine
JUNIOR MEN 4:00 *means element is required	<ul style="list-style-type: none"> 1 must be an Axel-type jump* Max 8 Max 3 combos or sequences Combos limited to 2 jumps, but one 3-jump combo is permitted. Number of jumps in sequence is free 2 triples or quads may be repeated, but must be in combo or sequence 2 double Axel max as solo jump or in combo/sequence 	<ul style="list-style-type: none"> 1 flying entry* Max 3 1 spin combination; w/without change of foot* 1 spin with only 1 position* Min 6 rev; 10 for combo; min 2 revs in position All spins may change feet and start with a fly Spins must be of a different nature 	<ul style="list-style-type: none"> One step sequence Max 1 Straight line, circular, or serpentine
SENIOR LADIES 4:00 *means element is required	<ul style="list-style-type: none"> 1 must be an Axel-type jump* Max 7 Max 3 combos or sequences Combos limited to 2 jumps, but one 3-jump combo is permitted. Number of jumps in sequence is free 2 triples or quads may be repeated, but must be in combo or sequence 2 double Axel max as solo jump or in combo/sequence 	<ul style="list-style-type: none"> 1 flying entry* Max 3 1 spin combination; w/without change of foot* 1 spin with only 1 position* Min 6 rev; 10 for combo; min 2 revs in position All spins may change feet and start with a fly Spins must be of a different nature 	<ul style="list-style-type: none"> One step sequence Max 2 Straight line, circular, or serpentine One spiral sequence Minimum 2 spiral positions of three seconds each or 1 six second Spiral for a fixed Base Value
SENIOR MEN 4:30 *means element is required	<ul style="list-style-type: none"> 1 must be an Axel-type jump* Max 8 Max 3 combos or sequences Combos limited to 2 jumps, but one 3-jump combo is permitted. Number of jumps in sequence is free 2 triples or quads may be repeated, but must be in combo or sequence 2 double Axel max as solo jump or in combo/sequence 	<ul style="list-style-type: none"> 1 flying entry* Max 3 1 spin combination; w/without change of foot* 1 spin with only 1 position* Min 6 rev; 10 for combo; min 2 revs in position All spins may change feet and start with a fly Spins must be of a different nature 	<ul style="list-style-type: none"> Step Sequence Max 2 Straight line, circular, or serpentine If two sequences are performed, the second will be awarded a fixed Base Value.