

2009 – 2010 Free Skating Requirements - No Test to Pre-Juvenile



2009-2010	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p><b>NO TEST</b></p> <p>Times Vary 1:00 to 1:30</p> <p>Refer to competition announcement</p> <p>*means element is required</p>	<ul style="list-style-type: none"> <li>• Single Jumps (Axel not allowed) <b>Max 5</b></li> <li>• Max 3 combos or sequences</li> <li>• Combos limited to 2 jumps, but one 3 jump combo is permitted.</li> <li>• Number of jumps in jump sequence is not limited.</li> <li>• No single Axels, double jumps, or triple jumps</li> </ul>	<ul style="list-style-type: none"> <li>• Spins must be of a different nature <b>Max 2</b></li> <li>• Min 3 revs</li> <li>• Spins may change feet, position, and start with a fly</li> </ul>	<ul style="list-style-type: none"> <li>• Straight line, circular, or serpentine* <b>Max 1</b></li> <li>• Must use one half the ice surface</li> </ul>
<p><b>PRE- PRELIMINARY</b></p> <p>Times Vary 1:00 to 1:30</p> <p>Refer to competition announcement</p> <p>*means element is required</p>	<ul style="list-style-type: none"> <li>• Single Jumps (Axel may be included) <b>Max 5</b></li> <li>• Max 3 combos or sequences</li> <li>• Combos limited to 2 jumps, but one 3-jump combo is permitted.</li> <li>• Number of jumps in jump sequence is not limited.</li> <li>• Axel may be repeated as individual jump, as part of jump combination, or jump sequence. Maximum of 2 Axels</li> <li>• No double or triple jumps</li> </ul>	<ul style="list-style-type: none"> <li>• Spins must be of a different nature <b>Max 2</b></li> <li>• Min 3 revs</li> <li>• Spins may change feet, position, and start with a fly</li> </ul>	<ul style="list-style-type: none"> <li>• Straight line, circular, or serpentine* <b>Max 1</b></li> <li>• Must use one half the ice surface</li> </ul>
<p><b>PRELIMINARY</b></p> <p>1:30</p> <p>*means element is required</p>	<ul style="list-style-type: none"> <li>• 1 must be an Axel/waltz jump-type jump* <b>Max 5</b></li> <li>• Max 3 combos or sequences</li> <li>• Combos limited to 2 jumps, but one 3-jump combo is permitted.</li> <li>• Number of jumps in jump sequence is not limited.</li> <li>• Only two different double jumps may be attempted (limited to double Salchow, double toe loop, and double loop only)</li> <li>• Axel and no more than 2 different double jumps may be repeated as individual jumps, as part of jump combination, or jump sequence. Maximum of 2 Axels or any double jump</li> <li>• No double flips, double lutztes, double Axels or triple jumps</li> </ul>	<ul style="list-style-type: none"> <li>• Spins must be of a different nature <b>Max 2</b></li> <li>• Min 3 revs</li> <li>• Spins may change feet, position, and start with a fly</li> </ul>	<ul style="list-style-type: none"> <li>• Straight line, circular, or serpentine* <b>Max 1</b></li> <li>• Must use one half the ice surface</li> </ul>
<p><b>PRE-JUVENILE</b></p> <p>2:00</p> <p>*means element is required</p>	<ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump* <b>Max 5</b></li> <li>• Max 3 combos or sequences</li> <li>• Combos limited to 2 jumps, but one 3-jump combo is permitted.</li> <li>• Number of jumps in jump sequence is not limited.</li> <li>• Number of different double jumps is not limited.</li> <li>• Axel and no more than 3 different double jumps may be repeated as individual jumps, as part of jump combination, or jump sequence. Maximum of 2 Axels or any double jump</li> <li>• No double Axels or triple jumps</li> </ul>	<ul style="list-style-type: none"> <li>• Spins must be of a different nature <b>Max 3</b></li> <li>• Min 3 revs</li> <li>• Spins may change feet, position, and start with a fly</li> </ul>	<ul style="list-style-type: none"> <li>• Straight line, circular, or serpentine* <b>Max 1</b></li> <li>• Must use entire ice surface</li> </ul>