

2009 – 2010 Free Skating Requirements



| 2009-2010 | 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 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 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* Max 3 1 combo with min 1 change of position* 3rd is option of the skater Min 5 rev; 8 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"> Straight line, circular, or serpentine Max 1 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* Max 3 1 combo with min 1 change of foot & 1 change of position* 3rd spin is option of skater Min 5 rev; 4 each foot 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"> Straight line, circular, or serpentine Max 1 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 Spirals: Minimum 2 spiral positions on edges: min 3 seconds each, Pattern can be any combination of curves. Only first 3 spirals count for levels |
| 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 Spirals: Minimum 2 spiral positions on edges: min 3 seconds each, Pattern can be any combination of curves. Only first 3 spirals count for levels |
| 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 3 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"> Straight line, circular, or serpentine Max 1 |
| 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 3 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"> Straight line, circular, or serpentine Max 1 |
| 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 3 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 One spiral sequence with at least 2 spirals on edges: min. 3 seconds each. Pattern can be any combination of curves. Only first 3 spirals count for levels. |
| 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 3 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"> Straight line, circular, or serpentine Max 2 If two sequences are performed, they must be different step sequences |