2013-14 Adult Singles Free Skate Requirements

2013-14	JUMP ELEMENTS	SPINS	STEP/SPIRAL SEQUENCES
CHAMPIONSHIP MASTERS JUNIOR/SENIOR & MASTERS JUNIOR & MASTERS SENIOR 3:40 max * means element is required	**Max 7** • 1 must be an Axel-type jump* • Min 1*, max 3 combinations or sequences • Two combinations/sequences are limited to two jumps, and one three-jump combination/sequence is permitted • Number of jumps in sequence is unlimited, but only the two highest-value jumps in a jump sequence will be counted • No Axels and multi-rotation jumps may be repeated more than once, and if repeated, those jumps must be in combination or sequence	**Max 3** • Spins must be of different character (for definition, see USFS rule 4103E) • Min 5 revs total if no change of foot • Min 4 revs each foot if change of foot • Min 2 revs in position	**Max 1** To be chosen from: • Choreographic step sequence or • Choreographic sequence Must fully utilize the ice surface Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.
CHAMPIONSHIP MASTERS INTERMEDIATE/ NOVICE & MASTERS INTERMEDIATE & MASTERS NOVICE 3:10 max * means element is required	**Max 6** • 1 must be an Axel-type jump* • Min 1*, max 3 combinations or sequences • Two combinations/sequences are limited to two jumps, and one three-jump combination/sequence is permitted • Each jump may be repeated only once, and only as part of combination or sequence • All single jumps and the following double jumps are permitted: double toe loop, double Salchow, double loop • Only one double-double jump combination or sequence is permitted • Double flip, double Lutz, double Axel and triple jumps are not permitted	**Max 3** • Spins must be of different character (for definition, see USFS rule 4103E) • Min 5 revs total if no change of foot • Min 4 revs each foot if change of foot • Min 2 revs in position	**Max 1** To be chosen from: • Choreographic step sequence or • Choreographic sequence Must fully utilize the ice surface Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.
CHAMPIONSHIP GOLD & ADULT GOLD 2:40 max * means element is required	**Max 5** • Min 1*, max 3 combinations or sequences • Two combinations/sequences are limited to two jumps, and one three-jump combination/sequence is permitted • Each jump may be repeated only once, and only as part of combination or sequence • All single jumps, including an Axel-type jump, are permitted, as are the following double jumps: double toe loop, double Salchow. • No double-double jump combinations or sequences are permitted • Double loop, double flip, double Lutz, double Axel and triple jumps are not permitted	**Max 3** • Spins must be of different character (for definition, see USFS rule 4103E) • Min 4 revs total if no change of foot • Min 4 revs each foot if change of foot • Min 2 revs in position	**Max 1** To be chosen from: • Choreographic step sequence or • Choreographic sequence Must fully utilize the ice surface Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.

Spins of a different character – this refers to the abbreviation of a spin, e.g. Combination spin with a change of foot (CCoSp) and a combination with no change of foot (CoSp) are spins of a different character; and a flying sit spin (FSSp) and a sit spin (SSp) are of a different character. For more information, see USFS rule 4103E.

6.0 System Penalties:

- 0.1 in each mark for each illegal element
- 0.1in each mark for time violation
- 0.1 in 1st mark for insufficient revs.
- 0.1 in 1st mark for step seq. not fully utilizing the ice
- 0.2 in 1st mark should be deducted for each jump and/or spin element exceeding the max.
- 0.2 in 1st mark should be deducted if an element indicated by an * is omitt

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ADULT SILVER 2:10 max * means element is required	**Max 5** • Min 1*, max 2 combinations or sequences • One combination/sequence may consist of three jumps, and the other may have only two jumps • Additional jump sequences which contain non-listed jumps of not more than one revolution (i.e. mazurkas, half-loops, etc.) performed as part of connecting footwork preceding single jumps are permitted • Each jump may be repeated only once, and only as part of combination or sequence • All single jumps are permitted, including an Axel-type jump. • No double or triple jumps are permitted	**Max 2** • Spins must be of different character (for definition, see USFS rule 4103E) • Min 3 revs total if no change of foot • Min 3 revs each foot if change of foot • Min 2 revs in position	**Max 1** To be chosen from: • Step sequence or • Spiral sequence (any pattern) Must use at least ½ ice surface Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.
ADULT BRONZE 1:50 max * means element is required	**Max 4** • Min 1*, max 2 combinations or sequences; • One combination/sequence may consist of three jumps, and the other may have only two jumps • Each jump may be repeated only once, and only as part of combination or sequence (maximum of 2 of any jump) • All single jumps are permitted (except Axel) • No Axel, double or triple jumps are permitted	**Max 2** • Spins must be of different character (for definition, see USFS rule 4103E) • Min 3 revs total if no change of foot • Min 3 revs each foot if change of foot • Min 2 revs in position • No flying spins are permitted	**Max 1** To be chosen from: • Step sequence or • Spiral sequence (any pattern) Must use at least ½ ice surface Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.
ADULT PRE BRONZE 1:40 max * means element is required	**Max 4** • Jump combinations and sequences are optional, but no more than 2 combinations or sequences may be included • One jump combination/sequence may consist of three jumps, and the other may have only two jumps. • Each jump may be repeated only once and only as part of combination or sequence (maximum of 2 of any jump) • Only single and half-revolution jumps are allowed • No Lutz, Axel or double jumps are allowed	**Max 2** • Min 3 revs • No flying spins are permitted	**Max 1** • Connecting steps throughout the program are required

Spins of a different character – this refers to the abbreviation of a spin, e.g. combination spin with a change of foot (CCoSp) and a combination with no change of foot (CoSp) are spins of a different character; and a flying sit spin (FSSp) and a sit spin (SSp) are of a different character. For more information, see USFS rule 4103E.

6.0 System Penalties:

- 0.1 in each mark for each illegal element
- 0.1in each mark for time violation
- 0.1 in 1st mark for insufficient revs.
- 0.1 in 1st mark for step seq. not fully utilizing the ice
- 0.2 in 1st mark should be deducted for each jump and/or spin element exceeding the max.
- 0.2 in 1st mark should be deducted if an element indicated by an * is omitted