Pre-Free Skate - Free Skate 1-6 Compulsory

**FORMAT:** In simple program form, using a limited number of connecting steps, the skating order of the required elements is optional.
- To be skated on half-ice
- No music
- The skater must demonstrate the required elements listed
- **Bonus skills from the same level or below are allowed but will not be judged elements**
- A 0.2 deduction will be taken for each element performed from a higher level.
- Skaters with physical disabilities may register for standard track or Skate United Track for events

<table>
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<tr>
<th>LEVEL</th>
<th>TIME</th>
<th>SKATING RULES/STANDARDS</th>
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| PRE-FREE SKATE| 1:15 max| • Two forward crossovers into a forward inside mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, one set each direction clockwise and counterclockwise  
  • One-foot upright spin, optional entry and free foot position, minimum 3 revolutions  
  • Mazurka – right or left  
  • Waltz jump |
| FREE SKATE 1  | 1:15 max| • Forward stroking, 4-6 consecutive powerful strokes  
  • Backward outside three-turn, right and left  
  • One-foot upright spin, entry from backward crossovers, with free foot in crossed leg position (scratch spin), minimum 4 revolutions  
  • Toe loop  
  • Half flip jump |
| FREE SKATE 2  | 1:15 max| • Alternating forward outside spiral (right and left) and forward inside spiral (right and left) on a continuous axis  
  • Backward inside three-turn, right and left  
  • Beginning back spin, optional entry and free-foot position, maximum 3 revolutions  
  • Half Lutz  
  • Salchow jump |
| FREE SKATE 3  | 1:15 max| • Alternating mohawk/crossover sequence, right to left and left to right  
  • Waltz three-turns, 2 sets clockwise and 2 sets counterclockwise  
  • Advanced back spin with free foot in crossed leg position, minimum 3 revolutions  
  • Loop jump  
  • Waltz jump-toe loop or Salchow-toe loop jump combination |
| FREE SKATE 4  | 1:15 max| • Forward power 3s, 2-3 consecutive sets, right or left  
  • Sit spin, minimum 3 revolutions  
  • Half loop jump  
  • Flip jump |
| FREE SKATE 5  | 1:15 max| • Backward outside three-turn, mohawk (backward power three-turn), 2-3 sets both directions  
  • Camel spin, minimum 3 revolutions  
  • Waltz jump-loop jump combination  
  • Lutz jump |
| FREE SKATE 6  | 1:15 max| • Forward power pulls, minimum 3 on each foot  
  • Camel, sit spin combination, minimum of 4 revolutions total  
  • Waltz jump-Euler (half loop)-Salchow jump combination  
  • Axel jump; minimum requirement is a clear attempt either stationary or moving |