

Well-Balanced Free Skate Program

GENERAL EVENT PARAMETERS:

- Skaters may not enter both a well-balanced free skate event and an excel free skate event at the same competition
- Skaters will skate to the music of their choice
- Level will be determined by the highest free skate test passed; skaters may compete at the highest level they have passed or skate up one level higher.
- Skaters with physical disabilities may register for standard track or Skate United Track for events
- Step sequence clarification: Implementation date December 1, 2023: pChSq (confirmed or no value)

NO TEST — 1:40 MAX

JUMPS	SPINS	STEP SEQUENCES
Max 5 Jump Elements • Only single jumps allowed except single Axel ◦ No single Axels ◦ Number of single jumps (except single Axels) is not limited provided the maximum number of jump elements allowed is not exceeded • Max 2 jump combinations or jump sequences ◦ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed ◦ Jump sequence is any listed jump immediately followed by a waltz jump	Max 2 Spins • Spins must be of a different character • One spin MUST be a spin in one position • One spin may change positions • Spins may change feet • Spins may start with a flying entry • Min 3 revs.	Max 1 Sequence • Step sequence ◦ Must use one-half the ice surface ◦ Moves in the field and spiral sequences are allowed but will not be counted as elements ◦ Jumps may be included in the step sequence If IJS is used, then ChSt

PRE-PRELIMINARY — 1:40 MAX

JUMPS	SPINS	STEP SEQUENCES
Max 5 Jump Elements • All single jumps, including single Axel, allowed ◦ No double, triple or quadruple jumps allowed ◦ Axel may be repeated once as a solo jump or part of a jump sequence or combination (maximum of 2 single Axels) ◦ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Max 2 jump combinations or jump sequences ◦ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed ◦ Jump sequence is any listed jump immediately followed by an Axel-type jump	Max 2 Spins • Spins must be of a different character • One spin MUST be a spin in one position • One spin may change positions • Spins may change feet • Spins may start with a flying entry • Min 3 revs.	Max 1 Sequence • Step sequence ◦ Must use one-half the ice surface ◦ Moves in the field and spiral sequences are allowed but will not be counted as elements ◦ Jumps may be included in the step sequence If IJS is used, then ChSt

PRELIMINARY — 2:00 +/- 10 SECONDS

JUMPS	SPINS	STEP SEQUENCES
Max 5 Jump Elements • 1 must be an Axel-type jump or a waltz jump* • All single jumps, including single Axel, allowed. Only 2 different double jumps may be attempted (limited to double Salchow, double toe loop and double loop) ◦ Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed ◦ An Axel plus up to two different, allowed double jumps may be repeated once (but not more) as solo jumps or part of a jump sequence or combination ◦ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Max 2 jump combinations or sequences ◦ Jump combinations limited to 2 jumps except that one three jump combination with a maximum of 2 double jumps and 1 single jump is allowed ◦ Jump sequence is any listed jump immediately followed by an Axel-type jump	Max 2 Spins • Spins must be of a different character • One spin MUST be a spin in one position • One spin may change positions • Spins may change feet • Spins may start with a flying entry • Min 3 revs.	Max 1 Sequence • Step sequence ◦ Choreographic step sequence full ice ◦ Moves in the field and spiral sequences are allowed but will not be counted as elements ◦ Jumps may be included in the step sequence If IJS is used, then ChSt