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

<table>
<thead>
<tr>
<th>JUMPS</th>
<th>SPINS</th>
<th>STEP SEQUENCES</th>
</tr>
</thead>
</table>
| 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 JUS is used, then ChSt |

### PRE-PRELIMINARY — 1:40 MAX

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| 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 JUS is used, then ChSt |

### PRELIMINARY — 2:00 +/- 10 SECONDS

<table>
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| Max 5 Jump Elements  
- 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 JUS is used, then ChSt |