

## 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 <ul style="list-style-type: none"> <li>• Only single jumps allowed except single Axel               <ul style="list-style-type: none"> <li>◦ No single Axels</li> <li>◦ Number of single jumps (except single Axels) is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Max 2 jump combinations or jump sequences               <ul style="list-style-type: none"> <li>◦ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed</li> <li>◦ Jump sequence is any listed jump immediately followed by a waltz jump</li> </ul> </li> </ul>	Max 2 Spins <ul style="list-style-type: none"> <li>• Spins must be of a different character</li> <li>• One spin MUST be a spin in one position</li> <li>• One spin may change positions</li> <li>• Spins may change feet</li> <li>• Spins may start with a flying entry</li> <li>• Min 3 revs.</li> </ul>	<ul style="list-style-type: none"> <li>• Max 1 Choreographic sequence</li> <li>• Must use one-half the ice surface</li> <li>• Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>• Jumps may be included in the sequence</li> </ul> If IJS is used, then pChSq

### PRE-PRELIMINARY — 1:40 MAX

JUMPS	SPINS	STEP SEQUENCES
Max 5 Jump Elements <ul style="list-style-type: none"> <li>• All single jumps, including single Axel, allowed               <ul style="list-style-type: none"> <li>◦ No double, triple or quadruple jumps allowed</li> <li>◦ Axel may be repeated once as a solo jump or part of a jump sequence or combination (maximum of 2 single Axels)</li> <li>◦ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Max 2 jump combinations or jump sequences               <ul style="list-style-type: none"> <li>◦ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed</li> <li>◦ Jump sequence is any listed jump immediately followed by an Axel-type jump</li> </ul> </li> </ul>	Max 2 Spins <ul style="list-style-type: none"> <li>• Spins must be of a different character</li> <li>• One spin MUST be a spin in one position</li> <li>• One spin may change positions</li> <li>• Spins may change feet</li> <li>• Spins may start with a flying entry</li> <li>• Min 3 revs.</li> </ul>	<ul style="list-style-type: none"> <li>• Max 1 Choreographic sequence</li> <li>• Must use one-half the ice surface</li> <li>• Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>• Jumps may be included in the sequence</li> </ul> If IJS is used, then pChSq

### PRELIMINARY — 2:00 +/- 10 SECONDS

JUMPS	SPINS	STEP SEQUENCES
Max 5 Jump Elements <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump or a waltz jump*</li> <li>• 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)               <ul style="list-style-type: none"> <li>◦ Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed</li> <li>◦ 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</li> <li>◦ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Max 2 jump combinations or sequences               <ul style="list-style-type: none"> <li>◦ 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</li> <li>◦ Jump sequence is any listed jump immediately followed by an Axel-type jump</li> </ul> </li> </ul>	Max 2 Spins <ul style="list-style-type: none"> <li>• Spins must be of a different character</li> <li>• One spin MUST be a spin in one position</li> <li>• One spin may change positions</li> <li>• Spins may change feet</li> <li>• Spins may start with a flying entry</li> <li>• Min 3 revs.</li> </ul>	<ul style="list-style-type: none"> <li>• Max 1 Choreographic sequence</li> <li>• Must use one-half the ice surface</li> <li>• Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>• Jumps may be included in the sequence</li> </ul> If IJS is used, then pChSq