

2010 – 2011 Free Skating Requirements - No Test to Pre-Juvenile



| 2010-2011 | JUMP ELEMENTS | SPINS | STEP SEQUENCES |
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| <p>NO TEST</p> <p>Times Vary 1:00 to 1:30</p> <p>Refer to competition announcement</p> <p>*means element is required</p> | <ul style="list-style-type: none"> • Single Jumps (Axel not allowed) Max 5 • Max 3 combos or sequences • Combos limited to 2 jumps, but one 3 jump combo is permitted. • Number of jumps in jump sequence is not limited. • No single Axels, double jumps, or triple jumps | <ul style="list-style-type: none"> • Spins must be of a different nature Max 2 • Min 3 revs • Spins may change feet, position, and start with a fly | <ul style="list-style-type: none"> • Straight line, circular, or serpentine* Max 1 • Must use one half the ice surface |
| <p>PRE- PRELIMINARY</p> <p>Times Vary 1:00 to 1:30</p> <p>Refer to competition announcement</p> <p>*means element is required</p> | <ul style="list-style-type: none"> • Single Jumps (Axel may be included) Max 5 • Max 3 combos or sequences • Combos limited to 2 jumps, but one 3-jump combo is permitted. • Number of jumps in jump sequence is not limited. • Axel may be repeated as individual jump, as part of jump combination, or jump sequence. Maximum of 2 Axels • No double or triple jumps | <ul style="list-style-type: none"> • Spins must be of a different nature Max 2 • Min 3 revs • Spins may change feet, position, and start with a fly | <ul style="list-style-type: none"> • Straight line, circular, or serpentine* Max 1 • Must use one half the ice surface |
| <p>PRELIMINARY</p> <p>1:30</p> <p>*means element is required</p> | <ul style="list-style-type: none"> • 1 must be an Axel/waltz jump-type jump* Max 5 • Max 3 combos or sequences • Combos limited to 2 jumps, but one 3-jump combo is permitted. • Number of jumps in jump sequence is not limited. • Only two different double jumps may be attempted (limited to double Salchow, double toe loop, and double loop only) • Axel and no more than 2 different double jumps may be repeated as individual jumps, as part of jump combination, or jump sequence. Maximum of 2 Axels or any double jump • No double flips, double lutztes, double Axels or triple jumps | <ul style="list-style-type: none"> • Spins must be of a different nature Max 2 • Min 3 revs • Spins may change feet, position, and start with a fly | <ul style="list-style-type: none"> • Straight line, circular, or serpentine* Max 1 • Must use one half the ice surface |
| <p>PRE-JUVENILE</p> <p>2:00</p> <p>*means element is required</p> | <ul style="list-style-type: none"> • 1 must be an Axel-type jump* Max 5 • Max 3 combos or sequences • Combos limited to 2 jumps, but one 3-jump combo is permitted. • Number of jumps in jump sequence is not limited. • Number of different double jumps is not limited. • Axel and no more than 3 different double jumps may be repeated as individual jumps, as part of jump combination, or jump sequence. Maximum of 2 Axels or any double jump • No double Axels or triple jumps | <ul style="list-style-type: none"> • Spins must be of a different nature Max 3 • Min 3 revs • Spins may change feet, position, and start with a fly | <ul style="list-style-type: none"> • Straight line, circular, or serpentine* Max 1 • Must use entire ice surface |