

**2011-2012 Singles Free Skating Requirements** – This chart has been updated with changes made to the US Figure Skating Governing Council that will go into effect June 1, 2011

Singles 2011/12 FS Elements Version 1.0 – 05/02/11 KSH



2011-2012	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<b>JUVENILE</b> 2:15 *means element is required	• 1 must be an Axel-type jump* • Max 2 combos or sequences • Combos limited to 2 jumps • Number of jumps in jump sequence is not limited. • No more than 3 double jumps may be repeated (1 each), but only as part of combo or sequence. Max 2 of same double jump • No triple jumps <b>Max 5</b>	• 1 spin combination; w/without change of foot* May fly • 1 spin with only 1 position May fly; no change of foot* • Min 5 rev; 8 for combo; min 2 revs in position • Spins must be of a different nature <b>Max 2</b>	• One choreographed step sequence • Straight line, circular, or serpentine • Must use entire ice surface <b>Max 1</b>
<b>INTERMEDIATE</b> 2:30 *means element is required	• 1 must be an Axel-type jump* • 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 more than 3 jumps may be repeated; only 1 may be a triple. Double or triple jump repeated only in combo or seq. Max 2 same double or triple. <b>Max 6</b>	• 1 spin combination; w/without change of foot* May fly • 1 spin with only 1 position May fly; no change of foot* • Min 5 rev; 8 for combo; min 2 revs in position • Spins must be of a different nature <b>Max 2</b>	• One choreographed step sequence • Straight line, circular, or serpentine • Must use entire ice surface <b>Max 1</b>
<b>NOVICE LADIES</b> 3:00 *means element is required	• 1 must be an Axel-type jump* • 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 more than 2 jumps that are 2 ½ or 3 revolutions may be repeated. If double Axel or triple jumps repeated, must be in combo or sequence. • No more than two of the same type of double or triple may be attempted. <b>Max 6</b>	• Spins must be of a different nature • 1 flying entry w/ no change of foot or position* • 1 spin combination; w/without change of foot* • 3rd spin is option of skater • Min 6 rev; 10 for combo; min 2 revs in position • Spins may change feet and start with a fly. Exception: the flying spin with no change of foot or position <b>Max 3</b>	• One leveled step sequence • Straight line, circular, or serpentine <b>Max 1</b>
<b>NOVICE MEN</b> 3:30 *means element is required	• 1 must be an Axel-type jump* • 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. • One double Axel and two different triple jumps may be repeated. If double Axel or triple jumps repeated, must be in combo or sequence. • No more than two of the same type of double or triple may be attempted. <b>Max 7</b>	• Spins must be of a different nature • 1 flying entry w/ no change of foot or position* • 1 spin combination; w/without change of foot* • 3rd spin is option of skater • Min 6 rev; 10 for combo; min 2 revs in position • Spins may change feet and start with a fly. Exception: the flying spin with no change of foot or position <b>Max 3</b>	• One leveled step sequence • Straight line, circular, or serpentine <b>Max 1</b>
<b>JUNIOR LADIES</b> 3:30 *means element is required	• 1 must be an Axel-type jump* • 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. • 2 triples or quads may be repeated, but must be in combo or sequence • 2 double Axel max as solo jump or in combo/sequence <b>Max 7</b>	• 1 flying entry* • 1 spin combination; w/without change of foot* • 1 spin with only 1 position* • Min 6 rev; 10 for combo; min 2 revs in position • All spins may change feet and start with a fly • Spins must be of a different nature <b>Max 3</b>	• One leveled step sequence • Straight line, circular or serpentine <b>Max 1</b>
<b>JUNIOR MEN</b> 4:00 *means element is required	• 1 must be an Axel-type jump* • 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. • 2 triples or quads may be repeated, but must be in combo or sequence • 2 double Axel max as solo jump or in combo/sequence <b>Max 8</b>	• 1 flying entry* • 1 spin combination; w/without change of foot* • 1 spin with only 1 position* • Min 6 rev; 10 for combo; min 2 revs in position • All spins may change feet and start with a fly • Spins must be of a different nature <b>Max 3</b>	• One leveled step sequence • Straight line, circular or serpentine <b>Max 1</b>
<b>SENIOR LADIES</b> 4:00 *means element is required	• 1 must be an Axel-type jump* • 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. • 2 triples or quads may be repeated, but must be in combo or sequence • 2 double Axel max as solo jump or in combo/sequence <b>Max 7</b>	• 1 flying entry* • 1 spin combination; w/without change of foot* • 1 spin with only 1 position* • Min 6 rev; 10 for combo; min 2 revs in position • All spins may change feet and start with a fly • Spins must be of a different nature <b>Max 3</b>	• One leveled step sequence may be straight line, circular or serpentine • One choreographed spiral sequence with at least 2 spirals on edges: min. 3 seconds each or only 1 spiral on edges for min 6 sec. <b>Max 2</b>
<b>SENIOR MEN</b> 4:30 *means element is required	• 1 must be an Axel-type jump* • 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. • 2 triples or quads may be repeated, but must be in combo or sequence • 2 double Axel max as solo jump or in combo/sequence <b>Max 8</b>	• 1 flying entry* • 1 spin combination; w/without change of foot* • 1 spin with only 1 position* • Min 6 rev; 10 for combo; min 2 revs in position • All spins may change feet and start with a fly • Spins must be of a different nature <b>Max 3</b>	• One leveled step sequence may be straight line, circular or serpentine • If two sequences are performed, the second will be choreographed steps and be awarded a fixed Base Value <b>Max 2</b>