

2012-2013 Adult Singles Free Skate Requirements



2012-2013	JUMP ELEMENTS	SPINS	STEP/SPIRAL SEQUENCES
CHAMPIONSHIP MASTERS JUNIOR/SENIOR & MASTERS JUNIOR & MASTERS SENIOR 3:40 max * means element is required	Max 7 <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • Min 1*, max 3 combinations or sequences • Combinations limited to 2 jumps, but one 3-jump combination is permitted • Number of jumps in sequence is unlimited, but only the two highest-value jumps in a jump sequence will be counted • No Axels and multi-rotation jumps may be repeated more than once, and if repeated, those jumps must be in combination or sequence 	Max 3 <ul style="list-style-type: none"> • Spins must be of different nature (e.g. spin combinations with/without change of foot and/or change of position, spins with only 1 position, flying entry, etc.) • Min 5 revs total • Min 4 revs each foot if change of foot • Min 2 revs in position 	Max 1 To be chosen from: <ul style="list-style-type: none"> • Choreographic step sequence or • <u>Choreographic sequence</u> Must fully utilize the ice surface Additional moves in the field, spiral & step sequences will not be counted as elements but will be counted as transitions and marked as such.
CHAMPIONSHIP MASTERS INTERMEDIATE/NOVICE & MASTERS INTERMEDIATE & MASTERS NOVICE 3:10 max * means element is required	Max 6 <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • Min 1*, max 3 combinations or sequences • Two combinations/sequences are limited to 2 jumps, and one 3-jump combination/sequence is permitted • Only one double-double jump combination or sequence is permitted • Each jump may be repeated only once, and only as part of combination or sequence • Single and double jumps are permitted. No triple jumps are permitted • Only the following double jumps are permitted: double toe loop, double Salchow, double loop • Double flip, double Lutz, and double Axel are not permitted 	Max 3 <ul style="list-style-type: none"> • Spins must be of different nature (e.g. spin combinations with/without change of foot and/or change of position, spins with only 1 position, flying entry, etc.) • Min 5 revs total • Min 4 revs each foot if change of foot • Min 2 revs in position 	Max 1 To be chosen from: <ul style="list-style-type: none"> • Choreographic step sequence or • <u>Choreographic sequence</u> Must fully utilize the ice surface Additional moves in the field, spiral & step sequences will not be counted as elements but will be counted as transitions and marked as such.
CHAMPIONSHIP GOLD & ADULT GOLD 2:40 max * means element is required	Max 5 <ul style="list-style-type: none"> • All single jumps are permitted, including an Axel-type jump, plus the following double jumps: double toe loop, double Salchow. • Min 1*, max 3 combinations or sequences • Two combinations/sequences are limited to 2 jumps, and one 3-jump combination/sequence is permitted • No double-double jump combinations or sequences are permitted • Each jump may be repeated only once, and only as part of combination or sequence • Double loop, double flip, double Lutz, double Axel and triple jumps are not permitted 	Max 3 <ul style="list-style-type: none"> • Spins must be of different nature (e.g. spin combinations with/without change of foot and/or change of position, spins with only 1 position, flying entry, etc.) • Min 4 revs total • Min 4 revs each foot if change of foot • Min 2 revs in position 	Max 1 To be chosen from: <ul style="list-style-type: none"> • Choreographic step sequence or • <u>Choreographic sequence</u> Must fully utilize the ice surface Additional moves in the field, spiral & step sequences will not be counted as elements but will be counted as transitions and marked as such.

- 6.0 System Penalties:**
- 0.1 in each mark for each illegal element
 - 0.1 in each mark for time violation
 - 0.1 in 1st mark for insufficient revs.
 - 0.1 in 1st mark for step seq. not fully utilizing the ice
 - 0.2 in 1st mark should be deducted for each jump and/or spin element exceeding the max.
 - 0.2 in 1st mark should be deducted if an element indicated by an * is omitted

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<p>ADULT SILVER</p> <p>2:10 max</p> <p>* means element is required</p>	<p style="text-align: right;">Max 5</p> <ul style="list-style-type: none"> All single jumps are permitted, including an Axel-type jump. Min 1*, max 3 combinations or sequences Two combinations/sequences are limited to 2 jumps, and one 3-jump combination/sequence is permitted Each jump may be repeated only once, and only as part of combination or sequence. No double or triple jumps are permitted 	<p style="text-align: right;">Max 3</p> <ul style="list-style-type: none"> Spins must be of different nature (e.g. spin combinations with/without change of foot and/or change of position, spins with only 1 position, flying entry, etc.) Min 3 revs total Min 3 revs each foot if change of foot Min 2 revs in position 	<p style="text-align: right;">Max 1</p> <p>To be chosen from:</p> <ul style="list-style-type: none"> Step sequence or Spiral sequence (any pattern) <p>Must use at least ½ ice surface</p> <p>Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.</p>
<p>ADULT BRONZE</p> <p>1:50 max</p> <p>* means element is required</p>	<p style="text-align: right;">Max 4</p> <ul style="list-style-type: none"> All single jumps are permitted (except Axel) Min 1*, max 2 combinations or sequences; One combination/sequence may consist of three jumps, and the other may have only two jumps Each jump may be repeated only once, and only as part of combination or sequence (maximum of 2 of any jump) No Axel, double or triple jumps are permitted 	<p style="text-align: right;">Max 2</p> <ul style="list-style-type: none"> Spins must be of different nature (e.g. spin combinations with/without change of foot and/or change of position, spins with only 1 position, etc.). Min 3 revs total Min 3 revs each foot if change of foot Min 2 revs in position No flying spins are permitted 	<p style="text-align: right;">Max 1</p> <p>To be chosen from:</p> <ul style="list-style-type: none"> Step sequence or Spiral sequence (any pattern) <p>Must use at least ½ ice surface</p> <p>Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.</p>
<p>ADULT PRE BRONZE</p> <p>1:40 max</p> <p>* means element is required</p>	<p style="text-align: right;">Max 4</p> <ul style="list-style-type: none"> <u>Each jump may be repeated only once and only as part of combination or sequence (maximum of 2 of any jump)</u> <u>Only single and half-revolution jumps are allowed</u> No Lutz, Axel or double jumps are allowed Jump combinations and sequences are optional, but no more than 2 combinations or sequences may be included <u>One jump combination/sequence may consist of three jumps, and the other may have only two jumps.</u> 	<p style="text-align: right;">Max 2</p> <ul style="list-style-type: none"> Min 3 revs No flying spins are permitted 	<p style="text-align: right;">Max 1</p> <ul style="list-style-type: none"> Connecting steps throughout the program are required

6.0 System Penalties:

- 0.1 in each mark for each illegal element
- 0.1 in each mark for time violation
- 0.1 in 1st mark for insufficient revs.
- 0.1 in 1st mark for step seq. not fully utilizing the ice
- 0.2 in 1st mark should be deducted for each jump and/or spin element exceeding the max.
- 0.2 in 1st mark should be deducted if an element indicated by an * is omitted