

SENIOR MEN WELL-BALANCED FREE SKATE 4:30 +/- 10 seconds		
PROGRAM	Competition: Must contain the following elements in any order.	<i>Effective starting November 1, 2017.</i> Test: Must follow competition requirements, in addition to the minimum requirements below.
JUMPS	<p>Maximum of eight jump elements</p> <ul style="list-style-type: none"> • One must be an Axel-type jump. • Jumps can contain any number of revolutions. <ul style="list-style-type: none"> • No double jump (including double Axel) can be included more than twice (as a solo jump or as part of a combination/sequence). • Of all the triple and quadruple jumps, only two can be executed twice. If at least one of these executions is in a jump combination or a jump sequence, both executions (of the same triple or quadruple jump) are evaluated in a regular way. If both executions (of the same triple or quadruple jump) are as solo jumps, the second of these solo jumps will receive 70 percent of its original base value. • Up to three jump elements may be jump combinations or jump sequences. <ul style="list-style-type: none"> • Jump combinations are limited to two jumps except that one jump combination may contain three jumps. • The number of jumps in a jump sequence is not limited. 	<p>Eight jump elements, which must include:</p> <ul style="list-style-type: none"> • <u>One single, double or triple Axel*</u> • <u>Four different double, triple or quad jumps, one of which must be a double Lutz, triple jump or quad jump*</u> • <u>Two two-jump or three-jump combinations, each including two jumps with at least two rotations</u> <p><i>*Required jumps may be performed as solo jumps, or as part of the permitted jump combinations and sequences</i></p>
SPINS	<p>Maximum of three spins</p> <ul style="list-style-type: none"> • One must be a spin combination with a minimum of 10 revolutions • One must be a flying spin or a spin with a flying entry with a minimum of six revolutions • One must be a spin with only one position with a minimum of six revolutions • All spins must be of a different character • In all spins, the change of foot is optional • All spins may begin with a flying entry • Each basic position must be held for a minimum of two revolutions to be counted • The skaters have freedom to select the kinds of spins they intend to execute within the spin types required 	<p>Three spins:</p> <p><u>Same as competition program requirements</u></p>
STEP SEQUENCE	<p>Maximum of one step sequence</p> <ul style="list-style-type: none"> • <u>Must be visible and identifiable and should be performed using almost the full ice surface</u> • Jumps may be included in the step sequences • Step sequences that are too short and barely visible cannot be considered as meeting the requirements of a step sequence, but additional step sequences connecting the various elements may be included at the discretion of the skater 	<p><u>Same as competition program requirements</u></p>
CHOREOGRAPHIC SEQUENCE	<p>Maximum of one choreographic sequence</p> <ul style="list-style-type: none"> • Must be clearly visible • Can be performed before or after the step sequence 	<p><u>Same as competition program requirements</u></p>
REMARKS	<ul style="list-style-type: none"> • Unless otherwise stated, all elements must meet the general criteria and basic requirements in order to be counted (see rule section 4100). • If an extra jump(s) is executed, only the individual jump(s) which is not according to the requirements will have no value. The jumps are considered in the order of execution. 	<ul style="list-style-type: none"> • <u>Unless otherwise stated, all elements must meet the general criteria and basic requirements in order to be counted (see rule section 4100).</u> • Extra elements may be added without penalty. • Two different elements may be retried, if necessary

SENIOR LADIES WELL-BALANCED FREE SKATE 4:00 +/- 10 seconds		
PROGRAM	Competition: Must contain the following elements in any order.	<u>Effective starting November 1, 2017.</u> Test: Must follow competition requirements, in addition to the minimum requirements below.
JUMPS	<p>Maximum of seven jump elements</p> <ul style="list-style-type: none"> • One must be an Axel-type jump. • Jumps can contain any number of revolutions. • No double jump (including double Axel) can be included more than twice (as a solo jump or as part of a combination/sequence). • Of all the triple and quadruple jumps, only two can be executed twice. If at least one of these executions is in a jump combination or a jump sequence, both executions (of the same triple or quadruple jump) are evaluated in a regular way. If both executions (of the same triple or quadruple jump) are as solo jumps, the second of these solo jumps will receive 70 percent of its original base value. • Up to three jump elements may be jump combinations or jump sequences. • Jump combinations are limited to two jumps except that one jump combination may contain three jumps. • The number of jumps in a jump sequence is not limited. 	<p>Seven jump elements, which must include:</p> <ul style="list-style-type: none"> • One single, double or triple Axel* • Four different double, triple or quad jumps, one of which must be a double Lutz, triple jump or quad jump* • Two two-jump or three-jump combinations, each including two jumps with at least two rotations <p>*Required jumps may be performed as solo jumps, or as part of the permitted jump combinations and sequences</p>
SPINS	<p>Maximum of three spins</p> <ul style="list-style-type: none"> • One must be a spin combination with a minimum of 10 revolutions • One must be a flying spin or a spin with a flying entry with a minimum of six revolutions • One must be a spin with only one position with a minimum of six revolutions • All spins must be of a different character • In all spins, the change of foot is optional • All spins may begin with a flying entry • Each basic position must be held for a minimum of two revolutions to be counted • The skaters have freedom to select the kinds of spins they intend to execute within the spin types required 	<p>Three spins: Same as competition program requirements</p>
STEP SEQUENCE	<p>Maximum of one step sequence</p> <ul style="list-style-type: none"> • <u>Must be visible and identifiable and should be performed using almost the full ice surface</u> • Jumps may be included in the step sequence • Step sequences that are too short and barely visible cannot be considered as meeting the requirements of a step sequence, but additional step sequences connecting the various elements may be included at the discretion of the skater 	<p>Same as competition program requirements</p>
CHOREOGRAPHIC SEQUENCE	<p>Maximum of one choreographic sequence</p> <ul style="list-style-type: none"> • Must be clearly visible • Can be performed before or after the step sequence 	<p>Same as competition program requirements</p>
REMARKS	<ul style="list-style-type: none"> • Unless otherwise stated, all elements must meet the general criteria and basic requirements in order to be counted (see rule section 4100). • If an extra jump(s) is executed, only the individual jump(s) which is not according to the requirements will have no value. The jumps are considered in the order of execution. 	<ul style="list-style-type: none"> • <u>Unless otherwise stated, all elements must meet the general criteria and basic requirements in order to be counted (see rule section 4100).</u> • Extra elements may be added without penalty. • Two different elements may be retried, if necessary

JUNIOR MEN WELL-BALANCED FREE SKATE 4:00 +/- 10 seconds		
PROGRAM	Competition: Must contain the following elements in any order.	<u>Effective starting November 1, 2017.</u> Test: Must follow competition requirements, in addition to the minimum requirements below.
JUMPS	Maximum of eight jump elements <ul style="list-style-type: none"> • One must be an Axel-type jump. • Jumps can contain any number of revolutions. • No double jump (including double Axel) can be included more than twice (as a solo jump or as part of a combination/sequence). • Of all the triple and quadruple jumps, only two can be executed twice. If at least one of these executions is in a jump combination or a jump sequence, both executions (of the same triple or quadruple jump) are evaluated in a regular way. If both executions (of the same triple or quadruple jump) are as solo jumps, the second of these solo jumps will receive 70 percent of its original base value. • Up to three jump elements may be jump combinations or jump sequences. <ul style="list-style-type: none"> • Jump combinations are limited to two jumps except that one jump combination may contain three jumps. • The number of jumps in a jump sequence is not limited. 	Eight jump elements, which must include: <ul style="list-style-type: none"> • <u>One single, double or triple Axel*</u> • <u>Four different double, triple or quad jumps, one of which must be a double flip, double Lutz, triple jump or quad jump*</u> • <u>One two-jump or three-jump combination including two jumps with at least two rotations</u> <p><u>*Required jumps may be performed as solo jumps, or as part of the permitted jump combinations and sequences</u></p>
SPINS	Maximum of three spins <ul style="list-style-type: none"> • One must be a spin combination with a minimum of 10 revolutions • One must be a flying spin or a spin with a flying entry with a minimum of six revolutions • One must be a spin with only one position with a minimum of six revolutions • All spins must be of a different character • In all spins, the change of foot is optional • All spins may begin with a flying entry • Each basic position must be held for a minimum of two revolutions to be counted • The skaters have freedom to select the kinds of spins they intend to execute within the spin types required 	Three spins: <u>Same as competition program requirements</u>
STEP SEQUENCE	Maximum of one step sequence <ul style="list-style-type: none"> • <u>Must be visible and identifiable and should be performed using almost the full ice surface</u> • Jumps may be included in the step sequence • Step sequences that are too short and barely visible cannot be considered as meeting the requirements of a step sequence, but additional step sequences connecting the various elements may be included at the discretion of the skater 	<u>Same as competition program requirements</u>
REMARKS	<ul style="list-style-type: none"> • Unless otherwise stated, all elements must meet the general criteria and basic requirements in order to be counted (see rule section 4100). • If an extra jump(s) is executed, only the individual jump(s) which is not according to the requirements will have no value. The jumps are considered in the order of execution. 	<ul style="list-style-type: none"> • <u>Unless otherwise stated, all elements must meet the general criteria and basic requirements in order to be counted (see rule section 4100).</u> • Extra elements may be added without penalty. • Two different elements may be retried, if necessary

JUNIOR LADIES WELL-BALANCED FREE SKATE 3:30 +/- 10 seconds		
PROGRAM	Competition: Must contain the following elements in any order.	<u>Effective starting November 1, 2017.</u> Test: Must follow competition requirements, in addition to the minimum requirements below.
JUMPS	Maximum of seven jump elements <ul style="list-style-type: none"> • One must be an Axel-type jump. • Jumps can contain any number of revolutions. <ul style="list-style-type: none"> • No double jump (including double Axel) can be included more than twice (as a solo jump or as part of a combination/sequence). • Of all the triple and quadruple jumps, only two can be executed twice. If at least one of these executions is in a jump combination or a jump sequence, both executions (of the same triple or quadruple jump) are evaluated in a regular way. If both executions (of the same triple or quadruple jump) are as solo jumps, the second of these solo jumps will receive 70 percent of its original base value. • Up to three jump elements may be jump combinations or jump sequences. <ul style="list-style-type: none"> • Jump combinations are limited to two jumps except that one jump combination may contain three jumps. • The number of jumps in a jump sequence is not limited. 	Seven jump elements, which must include: <ul style="list-style-type: none"> • <u>One single, double or triple Axel*</u> • <u>Four different double, triple or quad jumps, one of which must be a double flip, double Lutz, triple jump or quad jump*</u> • <u>One two-jump or three-jump combination including two jumps with at least two rotations</u> <p><u>*Required jumps may be performed as solo jumps, or as part of the permitted jump combinations and sequences</u></p>
SPINS	Maximum of three spins <ul style="list-style-type: none"> • One must be a spin combination with a minimum of 10 revolutions • One must be a flying spin or a spin with a flying entry with a minimum of six revolutions • One must be a spin with only one position with a minimum of six revolutions • All spins must be of a different character • In all spins, the change of foot is optional • All spins may begin with a flying entry • Each basic position must be held for a minimum of two revolutions to be counted • The skaters have freedom to select the kinds of spins they intend to execute within the spin types required 	Three spins: <u>Same as competition program requirements</u>
STEP SEQUENCE	Maximum of one step sequence <ul style="list-style-type: none"> • <u>Must be visible and identifiable and should be performed using almost the full ice surface</u> • Jumps may be included in the step sequence • Step sequences that are too short and barely visible cannot be considered as meeting the requirements of a step sequence, but additional step sequences connecting the various elements may be included at the discretion of the skater. 	<u>Same as competition program requirements</u>
REMARKS	<ul style="list-style-type: none"> • Unless otherwise stated, all elements must meet the general criteria and basic requirements in order to be counted (see rule section 4100). • If an extra jump(s) is executed, only the individual jump(s) which is not according to the requirements will have no value. The jumps are considered in the order of execution. 	<ul style="list-style-type: none"> • <u>Unless otherwise stated, all elements must meet the general criteria and basic requirements in order to be counted (see rule section 4100).</u> • Extra elements may be added without penalty. • Two different elements may be retried, if necessary

NOVICE MEN WELL-BALANCED FREE SKATE 3:30 +/- 10 seconds		
PROGRAM	Competition: Must contain the following elements in any order.	<u>Effective starting November 1, 2017.</u> <u>Test: Must follow competition requirements, in addition to the minimum requirements below.</u>
JUMPS	<p>Maximum of seven jump elements</p> <ul style="list-style-type: none"> • One must be an Axel-type jump. • All single, double and triple jumps are permitted. Quadruple jumps are not permitted. • No more than one double Axel and two different triple jumps can be repeated, and if repeated, at least one attempt must be as part of a jump combination or a jump sequence. If at least one of these executions is in a jump combination or a jump sequence, both executions (of the double Axel or same triple jump) are evaluated in a regular way. If both executions (of the double Axel or same triple jump) are as solo jumps, the second of these solo jumps will receive 70 percent of its original base value. • There is no limit to the number of different double jumps that may be repeated, but no double or triple jump may be included more than twice. • Up to three jump elements may be jump combinations or jump sequences. • Jump combinations are limited to two jumps except that one jump combination may contain three jumps. • The number of jumps in a jump sequence is not limited. 	<p>Seven jump elements, which must include:</p> <ul style="list-style-type: none"> • <u>One single, double or triple Axel*</u> • <u>Three different double or triple jumps*</u> • <u>One two-jump or three-jump combination including two jumps with at least two rotations</u> <p><u>*Required jumps may be performed as solo jumps, or as part of the permitted jump combinations and sequences</u></p>
SPINS	<p>Maximum of three spins</p> <ul style="list-style-type: none"> • One must be a spin combination with a minimum of 10 revolutions • One must be a flying spin with a minimum of six revolutions and no change of position or change of foot • All spins must be of a different character • In the spin combination, the change of foot is optional • All spins may have a flying entry • Each basic position must be held for a minimum of two revolutions to be counted • The skaters have freedom to select the kinds of spins they intend to execute within the spin types required 	<p>Three spins: <u>Same as competition program requirements</u></p>
STEP SEQUENCE	<p>Maximum of one step sequence</p> <ul style="list-style-type: none"> • <u>Must be visible and identifiable and should be performed using almost the full ice surface</u> • Jumps may be included in the step sequence • Step sequences that are too short and barely visible cannot be considered as meeting the requirements of a step sequence, but additional step sequences connecting the various elements may be included at the discretion of the skater • Moves in the field sequences and spiral sequences are permitted but will not be counted as elements; instead they will be counted as transitions and marked as such 	<p><u>Same as competition program requirements</u></p>
REMARKS	<ul style="list-style-type: none"> • Unless otherwise stated, all elements must meet the general criteria and basic requirements in order to be counted (see rule section 4100). • If an extra jump(s) is executed, only the individual jump(s) which is not according to the requirements will have no value. The jumps are considered in the order of execution. 	<ul style="list-style-type: none"> • <u>Unless otherwise stated, all elements must meet the general criteria and basic requirements in order to be counted (see rule section 4100).</u> • Extra elements may be added without penalty. • Two different elements may be retried, if necessary

NOVICE LADIES WELL-BALANCED FREE SKATE 3:00 +/- 10 seconds		
PROGRAM	Competition: Must contain the following elements in any order.	<u>Effective starting November 1, 2017.</u> <u>Test:</u> Must follow competition requirements, in addition to the minimum requirements below.
JUMPS	Maximum of six jump elements <ul style="list-style-type: none"> • One must be an Axel-type jump. • All single, double and triple jumps are permitted. Quadruple jumps are not permitted. • No more than one double Axel and two different triple jumps can be repeated, and if repeated, at least one attempt must be as part of a jump combination or a jump sequence. If at least one of these executions is in a jump combination or a jump sequence, both executions (of the same double Axel or triple jump) are evaluated in a regular way. If both executions (of the double Axel or same triple jump) are as solo jumps, the second of these solo jumps will receive 70 percent of its original base value. • There is no limit to the number of different double jumps that may be repeated, but no double or triple jump may be included more than twice. • Up to three jump elements may be jump combinations or jump sequences. • Jump combinations are limited to two jumps except that one jump combination may contain three jumps. • The number of jumps in a jump sequence is not limited. 	Six jump elements, which must include: <ul style="list-style-type: none"> • <u>One single, double or triple Axel*</u> • <u>Three different double or triple jumps*</u> • <u>One two-jump or three-jump combination including two jumps with at least two rotations</u> <u>*Required jumps may be performed as solo jumps, or as part of the permitted jump combinations and sequences</u>
SPINS	Maximum of three spins <ul style="list-style-type: none"> • One must be a spin combination with a minimum of 10 revolutions • One must be a flying spin with a minimum of six revolutions and no change of position or change of foot • All spins must be of a different character • In the spin combination, the change of foot is optional • All spins may have a flying entry • Each basic position must be held for a minimum of two revolutions to be counted • The skaters have freedom to select the kinds of spins they intend to execute within the spin types required 	Three spins: <u>Same as competition program requirements</u>
STEP SEQUENCE	Maximum of one step sequence <ul style="list-style-type: none"> • <u>Must be visible and identifiable and should be performed using almost the full ice surface</u> • Jumps may be included in the step sequence • Step sequences that are too short and barely visible cannot be considered as meeting the requirements of a step sequence, but additional step sequences connecting the various elements may be included at the discretion of the skater • Moves in the field sequences and spiral sequences are permitted but will not be counted as elements; instead they will be counted as transitions and marked as such 	<u>Same as competition program requirements</u>
REMARKS	<ul style="list-style-type: none"> • Unless otherwise stated, all elements must meet the general criteria and basic requirements in order to be counted (see rule section 4100). • If an extra jump(s) is executed, only the individual jump(s) which is not according to the requirements will have no value. The jumps are considered in the order of execution. 	<ul style="list-style-type: none"> • <u>Unless otherwise stated, all elements must meet the general criteria and basic requirements in order to be counted (see rule section 4100).</u> • Extra elements may be added without penalty. • Two different elements may be retried, if necessary

INTERMEDIATE WELL-BALANCED FREE SKATE

2:40 +/- 10 seconds

PROGRAM	Competition: Must contain the following elements in any order.	<u>Effective starting November 1, 2017.</u> Test: Must follow competition requirements, in addition to the minimum requirements below.
JUMPS	<p>Maximum of six jump elements</p> <ul style="list-style-type: none"> • One must be an Axel-type jump • All single, double and triple jumps are permitted. Quadruple jumps are not permitted. • No more than two different jumps with 2½ or three revolutions may be repeated. • If any double or triple jumps, including double Axel, are repeated, at least one attempt must be part of a jump combination or sequence. If at least one of these executions is in a jump combination or a jump sequence, both executions (of the same double or triple jump) are evaluated in a regular way. If both executions (of the same double or triple jump) are as solo jumps, the second of these solo jumps will receive 70 percent of its original base value. • No double or triple jump can be included more than twice. • Up to three jump elements may be jump combinations or jump sequences. • Jump combinations are limited to two jumps except that one jump combination may contain three jumps. • The number of jumps in a jump sequence is not limited. 	<p>Six jump elements, which must include:</p> <ul style="list-style-type: none"> • <u>One single Axel or double Axel*</u> • <u>One double or triple jump*</u> • <u>One two-jump or three-jump combination including at least one double jump or one triple jump</u> <p><u>*Required jumps may be performed as solo jumps, or as part of the permitted jump combinations and sequences</u></p>
SPINS	<p>Maximum of two spins</p> <ul style="list-style-type: none"> • One must be a spin combination with at least one change of position and a minimum of eight revolutions • One must be a spin in one position with a minimum of five revolutions and no change of foot • All spins must be of a different character • In the spin combination, the change of foot is optional • Both spins may have a flying entry • Each basic position must be held for a minimum of two revolutions to be counted • The skaters have freedom to select the kinds of spins they intend to execute within the spin types required 	<p>Two spins: <u>Same as competition program requirements</u></p>
STEP SEQUENCE	<p><u>Maximum of one step sequence</u></p> <ul style="list-style-type: none"> • <u>Only simple variety (seven turns) and rotation in each direction covering at least 1/3 of the pattern in total for each rotational direction will be evaluated for a maximum of Level 2</u> • <u>Must be visible and identifiable and should be performed using almost the full ice surface</u> • Jumps may be included in the step sequence • Step sequences that are too short and barely visible cannot be considered as meeting the requirements of a step sequence, but additional step sequences connecting the various elements may be included at the discretion of the skater • Moves in the field sequences and spiral sequences are permitted but will not be counted as elements; instead they will be counted as transitions and marked as such 	<p>One step sequence, fully utilizing the ice surface. Pattern is not restricted.</p>
REMARKS	<ul style="list-style-type: none"> • Unless otherwise stated, all elements must meet the general criteria and basic requirements in order to be counted (see rule section 4100). • If an extra jump(s) is executed, only the individual jump(s) which is not according to the requirements will have no value. The jumps are considered in the order of execution. 	<ul style="list-style-type: none"> • <u>Unless otherwise stated, all elements must meet the general criteria and basic requirements in order to be counted (see rule section 4100).</u> • Extra elements may be added without penalty. • Two different elements may be retried, if necessary

4240 Juvenile Singles and Open Juvenile Singles

Note: Open juvenile singles events are considered nonqualifying events and are held at a regional championship only at the discretion of the local organizing committee.

A. Test qualifications as of the closing date for entry to the regional championships: Juvenile moves in the field test or higher, and juvenile free skate test but no higher.

B. Age requirements as of Sept. 1 prior to the regional championships:*

1. Open Juvenile: 14 years of age or older

2. Juvenile: Under 14 years of age

Beginning February 1, 2018, the following changes will take effect: Age requirements as of Sept. 1 prior to the regional championships: Open Juvenile: 13 years of age or older / Juvenile: Under 13 years of age

JUVENILE/OPEN JUVENILE WELL-BALANCED FREE SKATE 2:20 +/- 10 seconds		
PROGRAM	Competition: Must contain the following elements in any order.	<u>Effective starting November 1, 2017.</u> <u>Test: Must follow competition requirements, in addition to the minimum requirements below.</u>
JUMPS	Maximum of five jump elements <ul style="list-style-type: none"> • One must be an Axel-type jump. • All single and double jumps, including the double Axel, are permitted. • No triple or quadruple jumps are permitted. • No more than three different double jumps may be repeated, and if repeated, at least one attempt must be in a jump combination or a jump sequence. If at least one of these executions is in a jump combination or a jump sequence, both executions (of the same double jump) are evaluated in a regular way. If both executions (of the same double jump) are as solo jumps, the second of these solo jumps will receive 70 percent of its original base value. • No double jump can be included more than twice. • Up to two jump elements may be jump combinations or jump sequences. • Jump combinations are limited to two jumps except that skaters may perform one three-jump combination with a maximum of two double jumps. • The number of jumps in a jump sequence is not limited. 	Five jump elements, which must include: <ul style="list-style-type: none"> • One single Axel or double Axel* • Three different single or double jumps* • One two-jump or three-jump combination including two single jumps, one single jump and one double jump (in either order) or two double jumps <u>*Required jumps may be performed as solo jumps, or as part of the permitted jump combinations and sequences</u>
SPINS	Maximum of two spins <ul style="list-style-type: none"> • One must be a spin combination with at least one change of position and a minimum of eight revolutions • One must be a spin in one position with a minimum of five revolutions and no change of foot • All spins must be of a different character • In the spin combination, the change of foot is optional • Both spins may have a flying entry • The skaters have freedom to select the kinds of spins they intend to execute within the spin types required 	Two spins: <u>Same as competition program requirements</u>
STEP SEQUENCE	Maximum of one choreographic step sequence <ul style="list-style-type: none"> • <u>Must be visible and identifiable and should be performed using almost the full ice surface</u> • A step sequence that meets the minimum requirements above will be awarded a fixed base value and evaluated by the judges in GOE • A step sequence that does not meet the minimum requirements above will receive no value • Jumps may be included in the step sequence • Step sequences that are too short and barely visible cannot be considered as meeting the requirements of a step sequence, but additional step sequences connecting the various elements may be included at the discretion of the skater • <u>Moves in the field sequences and spiral sequences are permitted but will not be counted as elements; instead they will be counted as transitions and marked as such</u> 	<u>Same as competition program requirements</u>
REMARKS	<ul style="list-style-type: none"> • Unless otherwise stated, all elements must meet the general criteria and basic requirements in order to be counted (see rule section 4100). • If an extra jump(s) is executed, only the individual jump(s) which is not according to the requirements will have no value. The jumps are considered in the order of execution. 	<ul style="list-style-type: none"> • <u>Unless otherwise stated, all elements must meet the general criteria and basic requirements in order to be counted (see rule section 4100).</u> • Extra elements may be added without penalty. • Two different elements may be retried, if necessary

4250 Pre-Juvenile Singles

PRE-JUVENILE WELL-BALANCED FREE SKATE 2:00 +/- 10 seconds		
PROGRAM	Competition: Must contain the following elements in any order.	<u>Effective starting November 1, 2017.</u> Test: Must follow competition requirements, in addition to the minimum requirements below.
JUMPS	Maximum of five jump elements <ul style="list-style-type: none"> • One must be an Axel-type jump • All single and double jumps are permitted except double Axel <ul style="list-style-type: none"> • No double Axels, triple or quadruple jumps are permitted • An Axel plus up to three different double jumps may be repeated once (but not more) as solo jumps or part of a jump sequence or jump combination • The number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Up to two jump elements may be jump combinations or jump sequences <ul style="list-style-type: none"> • Jump combinations are limited to two jumps except that skaters may perform one three-jump combination with a maximum of two double jumps. • Jump sequences are limited to a maximum of three single or double jumps 	Five jump elements, which must include: <ul style="list-style-type: none"> • <u>One waltz jump or single Axel*</u> • <u>Three different jumps selected from single loop, single flip, single Lutz, single Axel, or any double jump, except double Axel*</u> • <u>One two-jump or three-jump combination including two single jumps, one single jump and one double jump (in either order) or two double jumps (double Axel is not permitted)</u> <u>*Required jumps may be performed as solo jumps, or as part of the permitted jump combinations and sequences</u>
SPINS	Maximum of two spins <ul style="list-style-type: none"> • One must be a spin combination with at least one change of position and a minimum of six revolutions • One must be a spin in one position with a minimum of four revolutions and no change of foot • All spins must be of a different character • In the spin combination, the change of foot is optional • Both spins may have a flying entry • The skaters have freedom to select the kinds of spins they intend to execute within the spin types required 	Two spins: <u>Same as competition program requirements</u>
STEP SEQUENCE	One step sequence <ul style="list-style-type: none"> • <u>Must be visible and identifiable and should be performed using almost the full ice surface</u> • Jumps may be included in the step sequence • Step sequences that are too short and barely visible cannot be considered as meeting the requirements of a step sequence, but additional step sequences connecting the various elements may be included at the discretion of the skater • Moves in the field sequences and spiral sequences are permitted but will not be counted as elements 	<u>Same as competition program requirements</u>
REMARKS	<ul style="list-style-type: none"> • Unless otherwise stated, all elements must meet the general criteria and basic requirements in order to be counted (see rule section 4100). 	<ul style="list-style-type: none"> • <u>Unless otherwise stated, all elements must meet the general criteria and basic requirements in order to be counted (see rule section 4100).</u> • Extra elements may be added without penalty. • Two different elements may be retried, if necessary

4260 Preliminary Singles

PRELIMINARY WELL-BALANCED FREE SKATE 1:30 +/- 10 seconds		
PROGRAM	Competition: Must contain the following elements in any order.	<u>Effective starting November 1, 2017.</u> Test: Must follow competition requirements, in addition to the minimum requirements below.
JUMPS	<p>Maximum of five jump elements</p> <ul style="list-style-type: none"> • One must be an Axel-type jump or a waltz jump • All single jumps, including the single Axel, are permitted. Only two different double jumps, chosen from double Salchow, double toe loop and double loop, may be attempted. • Double flip, double Lutz, double Axel, triple and quadruple jumps are not permitted. • An Axel plus up to two different, allowable double jumps may be repeated once (but not more) as solo jumps or part of a jump sequence or jump combination. • The number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Up to two jump elements may be jump combinations or jump sequences <ul style="list-style-type: none"> • Jump combinations are limited to two jumps except that skaters may perform one three-jump combination with a maximum of two double jumps. • Jump sequences are limited to a maximum of three single or double jumps 	<p>Five jump elements, which must include:</p> <ul style="list-style-type: none"> • <u>One waltz jump or single Axel*</u> • <u>Three different single or allowable double jumps*</u> • <u>One two-jump or three-jump combination including two single jumps, one single jump and one allowable double jump (in either order) or two allowable double jumps</u> <p><u>*Required jumps may be performed as solo jumps, or as part of the permitted jump combinations and sequences</u></p>
SPINS	<p>Maximum of two spins</p> <ul style="list-style-type: none"> • All spins must be of a different character • Each spin must have a minimum of three revolutions • Spins may change feet and/or positions • Spins may start with a flying entry • The skaters have freedom to select the kinds of spins they intend to execute within the spin types allowed 	<p>Two spins: <u>Same as competition program requirements</u></p> <p><u>Note: For this test, if a skater performs a sit spin or a camel spin, the spin must be in a recognizable position but does NOT need to achieve a basic position as defined in rule 4103 (A).</u></p>
STEP SEQUENCE	<p>One step sequence</p> <ul style="list-style-type: none"> • Must utilize one-half the ice surface • Jumps may be included in the step sequence • Step sequences that are too short and barely visible cannot be considered as meeting the requirements of a step sequence, but additional step sequences connecting the various elements may be included at the discretion of the skater • Moves in the field sequences and spiral sequences are permitted but will not be counted as elements 	<u>Same as competition program requirements</u>
REMARKS	<ul style="list-style-type: none"> • Unless otherwise stated, all elements must meet the general criteria and basic requirements in order to be counted (see rule section 4100). 	<ul style="list-style-type: none"> • <u>Unless otherwise stated, all elements must meet the general criteria and basic requirements in order to be counted (see rule section 4100).</u> • Extra elements may be added without penalty. • Two different elements may be retried, if necessary

4270 Pre-Preliminary Singles

PRE-PRELIMINARY WELL-BALANCED FREE SKATE 1:40 maximum		
PROGRAM	Competition: Must contain the following elements in any order.	<u>Effective starting November 1, 2017.</u> Test: Must follow competition requirements, in addition to the minimum requirements below. Note: The skater may choose to complete the elements in a program, or as isolated elements.
JUMPS	Maximum of five jump elements <ul style="list-style-type: none"> • All single jumps, including single Axel, are permitted, but double, triple and quadruple jumps are not permitted • The Axel may be repeated once (but not more) as a solo jump, or in a jump sequence or jump combination • The number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Up to two jump elements may be jump combinations or jump sequences <ul style="list-style-type: none"> • Jump combinations are limited to two jumps except that skaters may perform one three-jump combination • Jumps sequences are limited to a maximum of three single jumps 	Five jump elements, which must include: <ul style="list-style-type: none"> • One waltz jump or single Axel • At least two different single jumps • Remaining jumps may be half jumps (half Lutz and half flip) and/or single jumps. <u>Required jumps may be performed as solo jumps, or as part of the permitted jump combinations and sequences</u>
SPINS	Maximum of two spins <ul style="list-style-type: none"> • All spins must be of a different character • Each spin must have a minimum of three revolutions • Spins may change feet and/or positions • Spins may start with a flying entry • The skaters have freedom to select the kinds of spins they intend to execute within the spin types allowed 	Two spins: <u>Same as competition program requirements</u> Note: <ul style="list-style-type: none"> • A two-foot spin is of a different character than a one-foot spin and would meet the requirements for one of the spins on this test. • For this test only, a backward upright one-foot spin is considered of a different character than a forward upright one-foot spin, so both may be performed. • For this test, if a skater performs a sit spin or a camel spin, the spin must be in a recognizable position but does NOT need to achieve a basic position as defined in rule 4103 (A).
STEP SEQUENCE	One step sequence <ul style="list-style-type: none"> • Must utilize one-half the ice surface • Jumps may be included in the step sequence • Step sequences that are too short and barely visible cannot be considered as meeting the requirements of a step sequence, but additional step sequences connecting the various elements may be included at the discretion of the skater • Moves in the field sequences and spiral sequences are permitted but will not be counted as elements 	<u>Same as competition program requirements</u>
REMARKS	<ul style="list-style-type: none"> • Unless otherwise stated, all elements must meet the general criteria and basic requirements in order to be counted (see rule section 4100). 	<ul style="list-style-type: none"> • Unless otherwise stated, all elements must meet the general criteria and basic requirements in order to be counted (see rule section 4100). • If performed as a program, extra elements may be added without penalty. • Two different elements may be retried, if necessary