Well Balanced Programs / Intermediate - No Test Free Skating
2009-2010 Competition Season

Intermediate - Free Skating

10 elements

2:30

Maximum 6 jump elements
- 1 Axel-type jump*
- Maximum 3 combinations or sequences
  - 1 combination may have 3 jumps / others only 2
  - Number of jumps in sequence is free
  - 3 doubles -or- 2 doubles and 1 triple may be repeated in combination or sequence and may only be repeated once
  - Only 1 triple jump may be repeated

1 Flying Spin* (5)

1 Combination Spin with change of foot* (4-4)

3rd spin optional (5)
- Spins must have different codes

All spins may 'fly'
All spins may change feet and/or position

Maximum 1 step sequence

Juvenile - Free Skating

10 elements

2:15

Maximum 6 jump elements
- 1 Axel-type jump*
- Maximum 3 combinations or sequences
  - 1 combination may have 3 jumps / others only 2
  - Number of jumps in sequence is free
  - 3 doubles may be repeated in combination or sequence and may only be repeated once
  - Triple jumps are not permitted

1 Flying Spin* (5)

1 Combination Spin* (8)

3rd spin optional (5)
- Spins must have different codes

All spins may 'fly'
All spins may change feet and/or position

Maximum 1 step sequence

Pre-Juvenile - Free Skating

2:00

Maximum 5 jump elements

1 Axel-type jump*
- Number of different double jumps is not limited
- Axel & 3 double jumps may be repeated only once as individual jumps, in combination or in sequence
- No more than 3 combinations or sequences
- 1 combination may have 3 jumps / others only 2
- Number of jumps in sequence is free
- Double Axel & triple jumps are not permitted

Maximum 3 spins of a different nature (3)

1 step sequence using full ice surface

Check competition announcement for any special rules

Preliminary - Free Skating

1:30

Maximum 5 jump elements

1 single Axel or Waltz jump*
- Only 2 different double jumps may be performed chosen from double toe loop, Salchow or loop
- Axel & the 2 chosen double jumps may be repeated only once as individual jumps, in combination or in sequence
- No more than 3 combinations or sequences
- 1 combination may have 3 jumps / others only 2
- Number of jumps in sequence is free
- Double flip, Lutz, Axel & triple jumps are not permitted

Maximum 2 spins of a different nature (3)

1 step sequence using half ice surface

Check competition announcement for any special rules

Pre-Preliminary - Free Skating

1:30

Maximum 5 jump elements

Double jumps are not permitted
- Maximum of 2 single Axels
- No more than 3 combinations or sequences
- All jumps may be repeated as individual jumps in combination or in sequence
- 1 combination may have 3 jumps / others only 2
- Number of jumps in sequence is free

Maximum 2 spins of a different nature (3)

1 step sequence using half ice surface

Check competition announcement for any special rules

No Test - Free Skating

1:30**

Maximum 5 jump elements

Axel and double jumps are not permitted
- All jumps may be repeated as individual jumps or in combination or sequence
- No more than 3 combinations or sequences
- 1 combination may have 3 jumps / others only 2
- Number of jumps in sequence is free

Maximum 2 spins of a different nature (3)

1 step sequence using half ice surface

Check competition announcement for any special rules

* required element

** May vary by competition

5/7/2009