



OPTIONAL FOR NONQUALIFYING COMPETITIONS – NOT A SEGMENT AT QUALIFYING COMPETITIONS

(Juvenile events at regional championships, sectional championships and U.S. Championships will still consist of a free skate only.)

<p>JUVENILE and OPEN JUVENILE GIRLS/BOYS 2:10 max.</p>	<p>Single or Double Axel</p>	<p>Single or Double Jump Immediately preceded by connecting steps May not repeat Axel jump or jumps used in the combination</p>	<p>Jump Combination Single/Double or Double/Double May not repeat Axel jump or solo jump performed</p>	<p>Spin Only one position No change of foot May start with a fly Min. 5 revs.</p>	<p>Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 5 revs. each foot Min. 2 revs in pos.</p>	<p>Choreographic Step Sequence Fully utilizing the ice surface</p>
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REQUIREMENTS FOR NONQUALIFYING AND QUALIFYING COMPETITIONS

<p>INTERMEDIATE LADIES/MEN 2:10 max.</p>	<p>Single or Double Axel</p>	<p>Double or Triple Jump Immediately preceded by connecting steps May not repeat double Axel or the triple jump used in the combination</p>	<p>Jump Combination Single/Double, Double/Double, Single/Triple, Double/Triple or Triple/triple May not repeat Axel jump or solo jump performed</p>	<p>Spin Only one position No change of foot May start with a fly Min. 5 revs. <u>Men: Must be a camel spin</u></p>	<p>Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 5 revs. each foot Min. 2 revs in pos.</p>	<p>Leveled Step Sequence Max Level 2. Only Simple Variety (5 turns) or Minimum Variety (7 turns) & rotation in each direction covering at least a 1/3 of the pattern in total for each rotational direction will be evaluated for the level. Fully utilizing the ice surface</p>
<p>NOVICE LADIES 2:30 max.</p>	<p>Single or Double Axel</p>	<p>Double or Triple Jump Immediately preceded by connecting steps May not repeat double Axel or either jump in combo</p>	<p>Jump Combination Double/Double, Double/Triple or Triple/Triple May not repeat double Axel or solo jump performed</p>	<p>Layback/Sideways Leaning, Sit or Camel Spin No change of foot No flying entry Min. 6 revs.</p>	<p>Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 5 revs. each foot Min. 2 revs in pos.</p>	<p>Leveled Step Sequence Fully utilizing the ice surface</p>
<p>NOVICE MEN 2:30 max.</p>	<p>Single or Double Axel</p>	<p>Double or Triple Jump Immediately preceded by connecting steps May not repeat double Axel or either jump in combo</p>	<p>Jump Combination Double/Double, Double/Triple or Triple/Triple May not repeat Double Axel or solo jump performed</p>	<p>Camel Spin With only 1 change of foot No change of position No flying entry Min. 5 revs. each foot</p>	<p>Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 5 revs. each foot Min. 2 revs in pos.</p>	<p>Leveled Step Sequence Fully utilizing the ice surface</p>

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<p>JUNIOR LADIES 2:40 +/- 10 sec</p>	<p>Double Axel</p>	<p>Double or Triple Flip Immediately preceded by connecting steps or other free skating movements</p>	<p>Jump Combination Double/Double, Double/Triple or Triple/Triple May not repeat Double Axel or solo jump performed</p>	<p>Flying Camel Spin Flying pos. may be different than landing pos. Min. 8 revs.</p>	<p>Layback/ Sideways Leaning or Sit Spin without change of foot No flying entry Min. 8 revs.</p>	<p>Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 6 revs. each foot Min. 2 revs in pos.</p>	<p>Leveled Step Sequence Fully utilizing the ice surface</p>
<p>JUNIOR MEN 2:40 +/- 10 sec</p>	<p>Double or Triple Axel</p>	<p>Double or Triple Flip Immediately preceded by connecting steps or other free skating movements</p>	<p>Jump Combination Double/Triple or Triple/Triple May not repeat Axel jump or solo jump performed</p>	<p>Flying Camel Spin Flying pos. may be different than landing pos. Min. 8 revs.</p>	<p>Sit Spin With only 1 change of foot No flying entry Min. 6 revs. each foot</p>	<p>Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 6 revs. each foot Min. 2 revs in pos.</p>	<p>Leveled Step Sequence Fully utilizing the ice surface</p>
<p>SENIOR LADIES 2:40 +/- 10 sec</p>	<p>Double or Triple Axel</p>	<p>Any Triple Jump Immediately preceded by connecting steps or other free skating movements May not repeat Triple Axel or either jump in combo</p>	<p>Jump Combination Double/Triple or Triple/Triple May not repeat Axel jump or solo jump performed</p>	<p>Flying Spin Landing position different than spin in 1 position Min. 8 revs.</p>	<p>Layback/ Sideways Leaning, Sit or Camel Spin without change of foot No flying entry Min. 8 revs.</p>	<p>Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 6 revs. each foot Min. 2 revs in pos.</p>	<p>Leveled Step Sequence Fully utilizing the ice surface</p>
<p>SENIOR MEN 2:40 +/- 10 sec</p>	<p>Double or Triple Axel</p>	<p>Any Triple or Quadruple Jump Immediately preceded by connecting steps or other free skating movements May not repeat Triple Axel or either jump in combo</p>	<p>Jump Combination Double/Triple, Triple/Triple, Quad/Double, or Quad/Triple May not repeat Axel jump or solo jump performed</p>	<p>Flying Spin Landing position different than spin in 1 position Min. 8 revs.</p>	<p>Sit or Camel Spin With only 1 change of foot No flying entry Min. 6 revs. each foot</p>	<p>Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 6 revs. each foot Min. 2 revs in pos.</p>	<p>Leveled Step Sequence Fully utilizing the ice surface</p>