



**SKATE**  
AUSTRALIA

AUSTRALIAN ARTISTIC COMMITTEE

## **FREESKATING MANUAL**

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## 1. FREESKATING

The basic movements in a freeskating routine consist of jumps, spins and footwork blended in harmony with the skater's choice of music. Freeskating permits complete freedom as to style, content and music used in composition. Skaters are not restricted by prescribed routines or patterns (except in International Short Programs which have compulsory items) as exists in Figure or Dance skating.

Freeskating performances are skated in an interpretative manner so as to capture the tempo and the mood of the music. Where good form is maintained at all times throughout the routine, an impression is projected of complete program mastery. The virtuosity of the skater is gauged by the speed and height of the jumps, the control and velocity of the spins and the individuality and sureness of the footwork.

Presentation and "showmanship" are important in the achievement of proper program effect. Freeskating allows the widest scope in the selection of costuming which should complement the routine, but not detract from the skater's performance (within the guidelines set out in Rule 6.00 of the CAOC Rule Book).

Freeskating, where the proper balance and degree of program content exists, is considered by many to be the most spectacular form of this sport.

## 2. PERFORMANCE VALUES

Freeskating performance can rise to artistic levels, which compare favourably with all media of musical expression, on skates or off. When one witnesses this calibre of skating by a fine singles skater or pairs team, it becomes a thrilling experience. Our appreciation is often a mixture of admiration for the craftsmanship of the skilful skating technician and a reflection of the combined beauty of the music, line and movement displayed in the skating program.

Unfortunately, freeskating programs are too often mere packages of content items and only secondary thoughts are given to the routine construction and skating presentation. The performance that is missing in many routines is generally not attributable to any lack of skill on the part of the skater but rather to a lack of consideration for the components of artistic impression as being a matter of serious importance.

Artistic Impression is subordinate to Technical Merit only in as much as there can be no program without some measure of content. Artistic Impression is not subordinate in rank. It goes beyond the limitations of Technical Merit in that it demonstrates the craftsmanship, the degree of competence and the skill that is present in the skater. An artist does not earn a reputation for the materials that he uses but rather for their usage. So must it be for the freeskater.

Full credit for items of content should be awarded ONLY when the item is executed gracefully, with clean and firm entrances and exits. This is not to say that a wobbly jump or spin is without routine value, but this should be recognised as being considerably less meritorious than a bold and firm landing of the same item. Further credit should be assigned to items that are skated with a degree of spontaneity and with a measure of originality.

No freeskating performance is complete until the skater demonstrates his ability to roller skate. This is the province of "footwork" in the routine and it will add an element to the freeskating performance that jumps and spins alone will not provide. Footwork pulls the routine together and blends the major content items into a freeskating performance where otherwise they would be simply a collection of freeskating movements. The skating of a routine, as well as the content items presented, should be arranged in harmony with the musical selection.

Creative footwork is always present in a quality skating performance. The over use of cross pulls and other plain strokes as linkage between jumps and spins is undesirable and detracts from the routine and should result in lowering of the grade given for such a performance. Content items should be linked together with varied and interesting connective movements.

A competent singles skater is one who can skate in harmony with his musical selection. Care must be taken in the choice of musical accompaniment as the music should be compatible with the skater's ability to interpret music, and his skating strength. Too often a skater of restricted ability is further handicapped by thunderous music, which could challenge even the most powerful senior man competitor. While selection of the program music is a most individual concern, judgement must be used to determine what will be fitting and proper for that skater's level of proficiency.

## 3. SPINS

A centred spin is a series of continuous revolutions around a stationary axis, which passes through a portion of the body.

Spinning can be described as an attempt on the part of the skater to defy the laws of centrifugal force. The three dimensions of spinning are:

- CIRCULAR MOMENTUM
- CENTERED AXIS
- NUMBER OF REVOLUTIONS.

Circular momentum refers specifically to the speed of the revolutions involved in the spin.

Centred axis (referred to as spotting the spin) means the spinning axis stationary in one spot on the skating surface.

Number of revolutions refers to the number of times the skater revolves 360 degrees in one position.

A spin must be more than one revolution. It is desirable that each position of a spin be held at least three revolutions, the entrances and exits not being counted. It is possible to perform all spins in either a clockwise or counter clockwise direction. However, in the analysis of a spin, the spinning direction is not considered. The one most important factor in any spin is the ability to control and maintain the body positions while spinning.

In the evaluation of a spin, three component parts should be considered:

- THE ENTRANCE
- THE SPIN
- THE EXIT.

These three factors must be the basis for evaluation of all spins. Entrances into spins are varied and are designed to gain momentum for the spin itself. Extreme violent movements, excessive pumping, or any other exaggerated method used to gain momentum should be avoided. Travelling is common in gaining speed by the use of successive one-foot turns, which increase the circular momentum of the skater before centering the spin.

A travel spin is a spin in which the axis of rotation moves. The travel is a method of entry into a spin and is not evaluated as a true spin, which by definition must have a stationary axis of rotation for at least three revolutions.

On the exits of spins the upright position should not be considered as an additional spin unless it precedes another position. The upright position is the natural exit position for all spins.

The use of toe-stops caused by loss of balance, loss of edge or skate control, or loss of body position, which occurs during entrances, spinning positions or exits is unacceptable. In freeskating programmes the use of toe-stops to deliberately slow down the momentum of the skater on the entrance or during a spin should be penalised by the judges in the Artistic Impression (B) mark.

There are many methods by which spins may be satisfactorily performed and many methods of entering and finishing spins. Any method which spots the spin and produces a sufficient number of revolutions, in keeping with the accepted rules for form should be considered a good method. Any method which does not meet these requirements should be given less credit in proportion to its error.

### 3.1 Spins Classified

Spins may be done on any edge, but should be classified into two categories:

- Circle Spins
- Pivot Spins

#### 3.1.1 Edge Spins (sometimes referred to as circle spins)

Definitely trace a circle. No wheels pivot. The skate creates a small circle (no more than one skate length radius) around the centre on which it revolves. There are usually three wheels on the surface all of which are rolling.

There are as many edge spins as there are edges. ie inside forward, outside forward, inside back and outside back.



### 3.1.2 Pivot Spins

Similar to edge spins except that one wheel pivots around which the others slide or roll. Only four are used including the inside forward heel pivot, the outside forward heel pivot, the inside back toe pivot and the outside back toe pivot.

A spin which alternates from an edge to a pivot while on the same spinning edge should be given less credit than one that remains constant as either an edge or pivot spin.

## 3.2 Two Foot Spins

All toe foot spins are edge spins with each skate tracing a circle around a central axis which runs through the middle of the body. The most common two foot spins are:-

### 3.2.1 Heel and Toe

The heel and toe is a combination of the IB on one skate and the IF on the other skate. The front wheels of the IF are sliding while the rear wheels of the IB are doing the same. This is a very common spin and it is not difficult

### 3.2.2 Crossed-Foot

The crossed-foot spin properly executed consists of two outside edges, one forward and one backwards. The heels and knees are turned out and the feet are crossed. The knees should be kept as straight as possible in this spin.

### 3.2.3 Faked Cross Foot

The faked cross foot is a variety of cross foot spin but is executed on a combination of opposite edges, both moving in the same direction, for example a leading outside forward edge crossed over a trailing inside forward or an inside back edge crossed over an outside back. This spin may also be performed on toes or heels. The faked cross foot spin is quite common but carries a limited amount of technical merit and is often skated out of control.

## 3.3 One Foot Spins classified

The three basic spinning positions are:-

- UPRIGHT      The body spins in an upright position
- SIT            A spin in which the seat is lower than the employed knee.
- CAMEL        A spin in which the body is in a continuous arched line from the head through the free foot while no less than parallel to the floor.

All One Foot spins should be performed with no more than three wheels on the surface.

## 3.4 Combination Spins

A Combination spin is a spin where either the body position or the spinning edge changes or both, without involving a change of feet. The difficulty of a combination spin depends on the difficulty of the component spins. Each spin in a combination spin must be held for three revolutions to receive proper credit. The transition between each spin should be quick, and without loss of spinning speed.

The upright spin is not considered as a change in position unless it precedes another position as the upright spin is the natural exit for all spins.

EXAMPLES:-

- 3 spin combination:      OB Camel - OB sit - OB Camel
- 4 spin combination      OF Camel-OF sit-IB Camel-IB sit

## 3.5 Change Spins

A change spin is a spin which involves a change of feet. Although the change of feet is the basic factor, it is also important that the desired spins, edge and body position is held for a minimum of three revolutions, both prior to and directly after the change of foot, to gain full credit. When the skater uses combination spins before and/or after the change of foot, the edge and position of each element of the combination spin must be held for a minimum of three revolutions to gain full credit.

EXAMPLES:-

- Change-foot OF Camel-OB Camel
- Combination Change-foot OF Sit-IB Sit-OB Sit
- Combination/Change-foot/Combination OF Camel-IB Sit-OB Camel-OB Sit

THE DIFFICULTY OF COMBINATION AND CHANGE SPINS DEPENDS ON:-

- The difficulty of the component spins
- The quality of the component spins
- The order in which the spins are skated e.g. a camel spin following a sit spin is more difficult than a sit spin following a camel spin.
- The number of spins in the combination provided that each is done well.

### 3.6 Assessing Combination and Change Spins

- A good combination or change spin should show:-
- Good body control and line throughout the spin
- At least three rotations in each component spin
- A constant spinning edge or pivot
- Strong and fast spins
- No use of the toe stop during transition or during a spin
- A smooth, and precise transition from one spin to another without loss of speed
- Each component spin of equal quality
- The quality and difficulty of each spin in a combination is more important than the number of spins.
- A combination spin showing a large number of spins each held for one rotation or less is negative and should not be given high credit

### 3.7 Jump Spins

A jump spin is a spin where a jump is used as a means of entry. Although the jumped entry is the basic factor, it is also important that the desired spin (edge and position) is held for a minimum of three revolutions. When a skater uses a jumped entry into a combination spin, the combination spin must conform to the requirements for combination spins (see above) to gain full credit.

When scoring judges should give the highest credit to the skater landing jump spins directly onto the required edge. Proportionately less credit is given to the skater who lands jump spins on the flat of the skate and then rocks to the desired edge. Still less credit is given to the skater who lands jump spins on an improper edge and then must rock over to correct the edge. The use of toe-stop aid for jump spins is expressly prohibited during take-off or landing.

EXAMPLES:-

- Jump spin Jump OB Camel
- Jump/Combination Jump OB Camel OB Sit

### 3.8 Spin-Jump-Change-Foot Spin

A jump change foot spin is a spin which involves a jump and a change of feet between the component spins. The proper execution of the Jump-Change is the basic factor, but it is important that the desired spins (both edge and position) are maintained for the required three revolutions both before and after the Jump-Change. When a skater uses combination spins before and/or after the Jump-Change then these spins must conform to the regulations for combination spins (see Combination Spins above) in order to receive full credit.

When scoring Jump-Change spins, the highest credit should be given to the skater who lands the Jump-Change directly on the desired spinning edge. Proportionately less credit is given to the skater who lands Jump-Change spins on the flat of the skate and then rocks to the desired edge. Still less credit is given to the skater who lands Jump-Change on an improper edge and then must rock over to correct the edge. The use of toe-stop aid for Jump-Change spins is expressly prohibited during take-off or landing.

### **3.9 Variations to Standard Spins**

Experimentation and creativity of unusual and varied spins or spinning positions, within the realm of good form and taste, are both essential ingredients in the development of a complete free skating programme.

#### **3.9.1 Spin Variations**

A Spin Variation is any spin that is out of the ordinary in both body positions and unusual method of spinning. Variations would include such items as: Heel Spin, Inverted Camel, Broken Ankle Camel, Toe-Stop Spin, Layback Upright, Twistover etc. These items if performed well, but not in excess, should be awarded more credit in the Technical Merit (A) mark.

#### **3.9.2 Heel Spin**

A pivot spin in which the toe wheels are lifted from the floor and the heel wheels pivot at the centre of the circle. The most common heel spins are the OF Heel Camel and the OB Heel Camel.

#### **3.9.3 Inverted Camel**

A spin in the Camel position with the hips and shoulders front side and facing up.

#### **3.9.4 Layover Camel**

A spin in the Camel position with the shoulder line and hip line perpendicular to the skating surface in the open position. The most common Layover Camel is the OB layover (similar to the inverted but not turned completely over).

#### **3.9.5 Twistover**

Same as the layover except in the closed position. The most common Twistover is the IB Twistover Camel (executed by the free side hip and upper body closing into and under the employed side).

#### **3.9.6 Broken Ankle**

A spin in which the ankle is disjointed to the side of the skate and spun on the edge of the front and back wheels on the same side of the skate (only 2 wheels are in contact with the skating surface). The most common Broken Ankle spins are the IB Broken Ankle Camel (inside forward and back wheels) and the OB Broken Ankle Camel (outside front and back wheels).

### **3.10 Common Errors in Spins**

#### **3.10.1 Not Holding Position for Three Revolutions**

By far the most common error in spinning due to the difficulty of creating and maintaining the momentum needed to spin and hold each position on a required edge. Although the minimum requirement is three revolutions for any spin, it should be recognised that the degree of difficulty of a spin increases proportionately with each added revolution.

#### **3.10.2 Poor Body Posture/Position**

Sit spins not executed with the seat below the knee. Camel positions with the free leg or upper body less than parallel to the floor, bent free leg, free foot pointed downward, etc. Any position not pleasing to the eye should be considered poor body posture.

#### **3.10.3 Toe-Stopping**

The use of the toe-stop of the employed skate to maintain balance during a spin. The use of the toe-stop in this manner would carry the same penalty as a cheated jump.

#### **3.10.4 Edge Rockover**

Although commonly seen on Jump and Change Foot Spins, edge rockovers often occur with weak skaters attempting to hold one edge. Rockovers should occur intentionally and only after three revolutions of the previous edge.

#### **3.10.5 Drifting or Travelling (Not the same as travel camel)**

An attempted centred spin with an axis that does not remain stationary.

### 3.10.6 Spinning Flat

Refers to spinning with all four wheels on the skating surface. A flat spin contains no edge and generally spins less than the minimum of three revolutions.

### 3.10.7 Large Spinning Circle

A spin in which the spinning circle exceeds one skate length radius. Skaters who spin a large spinning circle generally do not complete three revolutions and display poor spinning ability.

## 3.11 SINGLES SPINS

<b>Class A</b>		<b>Class B</b>	
1	Layover Camel (any edge)	1	OB Camel (arabesque)
2	Camel - Jump - Change - Camel	2	IB Camel (arabesque)
3	Sit - Jump - Change - Sit	3	IF Sit Spin
4	Camel - Sit - Camel (Combination)	4	OB Sit Spin
5	Jump Camel	5	Camel - Change - Camel
6	Jump Sit Spin	6	Jump Spin (into any listed B class spin - must be landed on an edge)
7	Inverted Camel (any edge)	7	Combination Camel - Sit
8	Heel Camel Spin (forward or backward)	8	Sit - Change - Sit
9	Broken Ankle Spin (forward or backward)	9	Combination Sit

(Note: This list of Class A and Class B spins is not the same as the CIPA list of Class A and Class B spins for the Short Program)

<b>Class C</b>		<b>Class D</b>	
1	IB Sit (Haines)	1	IF Upright
2	OF Sit Spin	2	IB Upright
3	Crossed Foot Spin	3	OF Upright
4	OF Camel	4	OB Upright
5	Upright Combination		
6	Jump or Change Spin		
7	IF Camel		

<b>Class E</b>	
1	Heel and Toe
2	Two Toe
3	Two Heel
4	Fake Crossed Foot
5	Fake Crossed Toe

## 4. JUMPS

A Jump is a movement involving a turn or turns which carries the entire body and skates off the skating surface.

A Leap does not involve a turn.

Jumps and leaps can be performed in a variety of positions while the skater is in the air. Some of these positions lend themselves readily to certain jumps and are mentioned in the description of these jumps.

### 4.1 *The Three Dimensions of Jumping*

The three dimensions of jumping are:-

- **MOMENTUM**                      The speed of the skater immediately before the jump.(How fast)
- **HEIGHT**                              The elevation at the apex or peak of the jump (how high)
- **TRAVEL**                              The distance between take off and landing (how far)

Any weakness in any of these three jumping essentials will detract from the beauty and value of the jump or jumps.

It is possible to perform all jumps with rotation in either a clockwise or an anti-clockwise direction. In the analysis of a jump the direction of rotation is not considered as a judging point. A skater performing a jump or group of jumps, in both rotational directions shows exceptional versatility and should receive additional credit provided that each of the jumps is of acceptable quality.

The most important factor in successful execution of any jump is body control. This is the critical judging point from both the point of view of the legitimacy of the jump and the grading of the value of this content item. Evaluation of any jump should be based on its three component parts;- The take-off, the jump itself and the landing.

### 4.2 *Assessing Quality of Jumps*

#### 4.2.1 General

- Momentum (how fast), Height (how high), Travel (how far)
- Take-off and landing edges
- The number of rotations in the air
- Body positions
- Sureness and control
- Preparation for jumps should be as subtle as possible
- There should be no slowing of speed, particularly with use of toe stop, or break of the flow of the routine in preparation for a jump

#### 4.2.2 Take-Off

- Correct edge as listed for the jump
- Not hooked - any tendency for the skate to turn will result in a break of momentum
- No unpermitted use of toe stops especially on Salchow and Loop

#### 4.2.3 Flight Through the Air

- Elevation before rotation
- Good body position
- Neat low wrap. Legs or feet crossed below the knee is better than a high wrap with the free foot rising above the knee. The axis of body rotation should be in a straight line and relatively vertical to the skating surface.
- Positions which are visually pleasing, unusual and interpretive of the music should be given more credit
- Correct amount of rotation. As the number of rotations in the air increases the difficulty of the jump increases. If there is under rotation to cause hooked or pulled take-offs or landings, less credit should be given on both the technical merit (A mark) and the artistic impression (B mark).
- Good height, length and travel through the air

#### 4.2.4 Landing

- Correct edge - no toe stops

- On same arc as take-off edge
- Good body position
- No break in momentum
- Landing edge held long enough to demonstrate body control

#### 4.2.5 Sureness and Control

Any skater showing obvious strain or effort while performing content items in a freeskating routine should be penalised in both the Technical Merit (A mark) and the Artistic Impression (B mark).

#### 4.2.6 Use of Toe Stops on Jumps

Unpermitted toe -assist should not be used on the take-off or landing of any jump and should be penalised on the technical merit (A mark) and the artistic impression (B mark)

#### 4.2.7 Combination Jumps

- A combination jump is a succession of two or more jumps.
- The landing edge of the preceding jump forms the take-off edge of the following jump.  
If a turn, change of edge or footwork occurs between the jumps, then it is not classed as a combination jump.

EXAMPLES:-

- 2 jump Combination      Colledge - Double Salchow
- 3 jump Combination      Double Lutz - Euler - Double Flip
- 4 jump Combination      Axel - Loop - Euler - Double Salchow
- 5 jump Combination      Waltz - Loop - Mapes - Euler - Salchow

#### 4.2.8 Value of Jumps

The value depends on

- Difficulty of component jumps
- The quality of the component jumps
- The number of component jumps
- The overall quality of performance
- The number of jumps in a combination is less important than the difficulty and quality of the jumps which make up the combination.

#### 4.2.9 Assessment of Combination Jumps

- All judging points for jumps apply
- A good combination will:
  - Have rhythm and flow throughout
  - Have good body control
  - Have travel across the floor
- All take offs and landings on the same arc and almost in a straight line
- Correct take-off and landing edges for all jumps
- Correct rotation for all jumps
- Similar speed, strength and height of all jumps
- No hesitation or straining between the jumps

#### 4.2.10 Jump Series

A Jump Series is similar to a combination jump except that footwork, turns, changes of edge and other items are performed between the jumps. Generally a series of jumps is easier than a combination of the same jumps, although this is not always the case.

EXAMPLES:-

- Colledge - Three Turn - Axel

- Axel - Loop - Double Mapes - Euler - Step Three Turn - Double Flip

#### 4.2.11 Connecting Jumps

A connecting jump is a single rotation jump which is used to link jumps of more than one rotation in a combination. The Euler and OB Loop are common examples.

EXAMPLES:-

- Axel-Loop-Double Mapes-Euler-Double Salchow

#### 4.2.12 Set-Up Jumps

A set-up jump is a half rotation jump which preceded a more difficult jump to facilitate the entry into the harder jump. The set-up jump is generally not considered as part of a combination.

EXAMPLES:-

- Waltz - Double Loop

#### 4.2.13 Jumping Positions

Following is a list of the most common positions used while jumping in a freeskating programme. When performing any of the jumping positions listed below the arms may be carried close to the body, rounded, in attitudes or in any helpful and graceful position.

#### 4.2.14 The Standard Jumping Position

The body must be in good form while in the air. The head should be erect, the back straight, hips carried under the body, shoulders held down, and the legs carried fairly close together and in a controlled position.

#### 4.2.15 The Open Jumping Position

The open positions involves all the qualities listed above but allows the feet to be spread apart rather than kept close together. The positioning of the arms may also play a role in enhancing the open position.

#### 4.2.16 The Split Jumping Position

The split position requires all the elements of good form listed above, but with the legs extended in a split position. The two major types of split position are the FULL SPLIT executed with the hips carried across the leg line and the STRADDLE SPLIT done with the hips in line with the legs.

#### 4.2.17 The Stag Jumping Position

In the stag jumping position, one leg is bent and the foot brought under the body. The Stag may be performed in the full or the straddle position.

### 4.3 Novelty Jumps

#### 4.3.1 Mazurka

Scissoring action with legs extended downwards and straight, feet crossed below the knees.

#### 4.3.2 Tuck

Both legs held tightly together and bent at the knees and hips so as to bring the feet under the body.

#### 4.3.3 Cannonball Tuck

Both legs tucked under the body with both arms wrapped around the legs.

#### 4.3.4 Shoot The Duck Tuck

One leg extended forward similar to the front part of a scissor split, while the other leg is tucked under the body.

#### 4.3.5 Statue of Liberty

One hand extended high over the head while the other hand is held tightly across the mid-section of the body, the elbow bent.

#### 4.3.6 Pisces (Arch Back)

A partial backbend in the air with the legs and arms rounded backwards

### **4.4 Variations to Standard Jumps**

Variations to standard jumps are permitted in the interest of development of the sport. Any variation must conform to the generally recognised criteria of good form a taste.

#### 4.4.1 Inner Edge Landings of Standard Jumps

These jumps should be given less credit than the standard jumps from which they are derived.

### **4.5 Common Errors in Jumping**

#### 4.5.1 Cheated Take-Off

Use of the toe-stop of the employed skate for jumping, turning open, rocking over to a different edge, turning to a new edge, or any method used to give a false appearance of correctness.

#### 4.5.2 Cheated Landing

The use of the toe-stop assist of the employed skate. Landing on an incorrect edge and turning or changing to the correct edge, pulling or hooking of edges, two-foot landings, or any method used to give a false impression of correctness.

#### 4.5.3 Stepping Out

Usually caused by over rotation of a backward landing which cannot be controlled on one foot necessitating stepping onto the free foot. The landing of any jump or combination must be held for long enough to show balance and body control to receive full credit for the item.

#### 4.5.4 Broken Rhythm in a Combination Jump

Jumps executed in combination should flow from one jump to the next without obvious strain, effort and hesitation. Loss of balance and body control breaks the rhythm of the jumps and less credit should be given.

### **4.6 Jumps Classified**

#### 4.6.1 Half Turn Jumps

Half turn jumps are performed on one foot only (One foot jumps) or from one foot to the other (two foot jumps). Generally most of the half turn jumps are done as parts of foot work.

#### 4.6.2 One Foot Jumps

##### **4.6.2.1 One Foot Half Turn Jumps**

All the one-foot turns (3's, Brackets, Counters, and rockers) may be jumped. There are 16 that rotate counter clockwise and 16 that rotate clockwise.

##### **4.6.2.2 Two Foot Jumps**

###### **MOHAWK JUMPS**

All the mohawk turns may be jumped. The right to left mohawk jumps are rotated counter clockwise while the left to right are rotated clockwise. The forward mohawks are often crossed in front on the landings.

###### **CHOCTAW JUMPS**

All the choctaw turns may be jumped. The right to left Choctaw jumps are rotated counter clockwise while the left to right jumps are rotated clockwise. The forward choctaw jumps may be crossed in front on the landings.



Generally the more common half turn jumps have the same take-off edges and toe-plants as the recognised full turn jumps but with a half turn rotation in the air and a forward landing with or without a toe assist by the free foot. The landing edges and toe-plant on the landing of these jumps are optional as noted in the descriptions. Either method is considered equally correct. **TOE-PLANT** refers to the **CORRECT** use of the toe-stop on the take-off or landing of a jump. **TOE-ASSIST** refers to the **INCORRECT** use of the toe stop on the take-off or landing of a jump.

### 4.6.3 Full Turn Jumps

#### 4.6.3.1 Singles, Doubles, Triples and Quadruples

Many of the full turn jumps are named after the skaters who first executed the jumps. (Mapes, Pat Lowe, Axel, Salchow, Boeckl). All single jumps can be made into doubles by adding a full rotation in the air. eg Double Mapes, Double Salchow, Double Flip.

#### 4.6.3.2 1 ½, 2 ½, 3 ½ Turn Jumps

Most full turn jumps can be converted into 1 ½ turn jumps by adding ½ turn in the air. The landing is either on a forward edge or with a toe-plant. The full 1 ½ turns should be rotated in the air, not one turn in the air landing backwards with ½ turn rotation on the toe stop before stepping forwards.

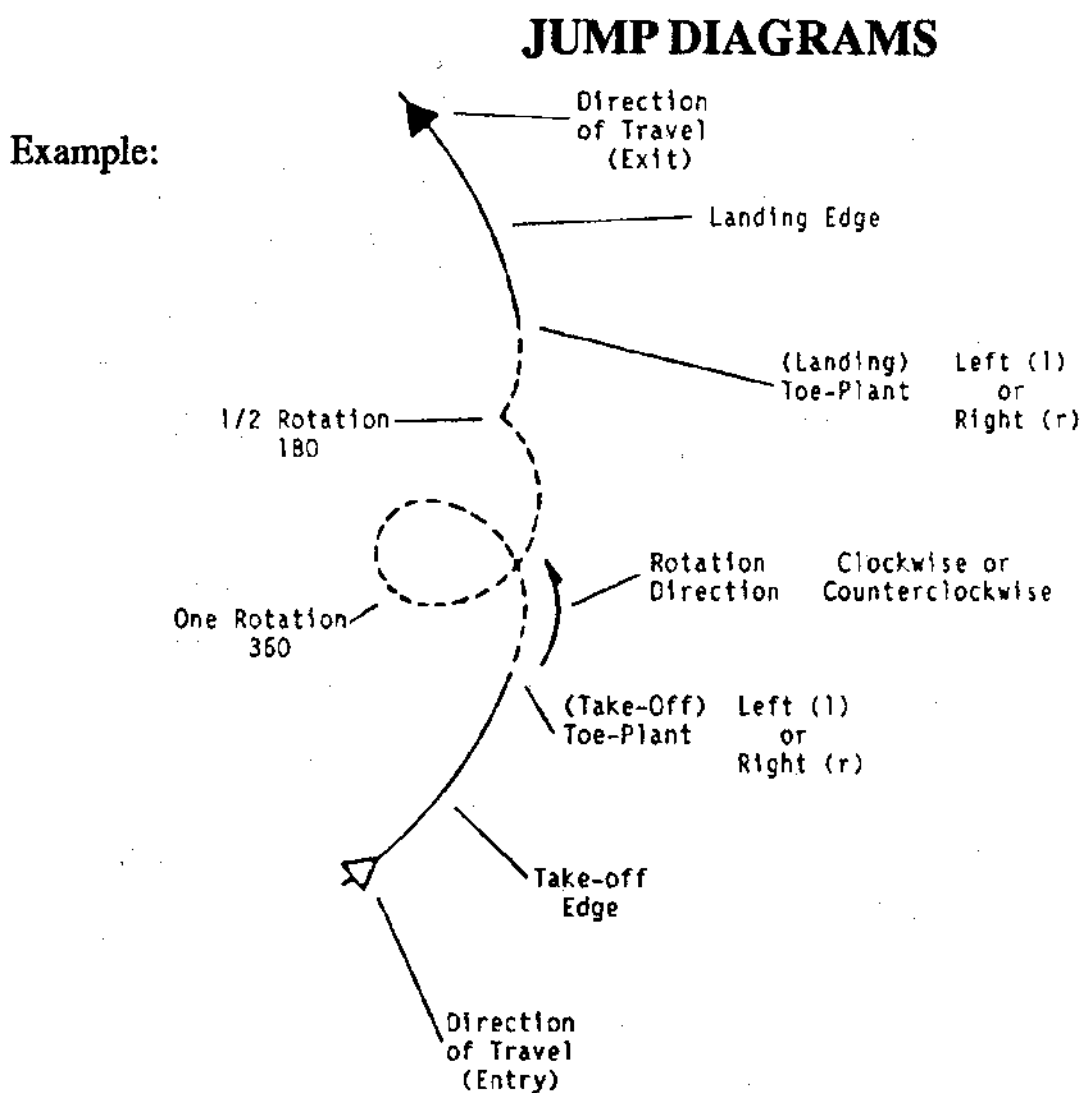


Figure 1 - JUMP DIAGRAMS

\*() denotes optional toe-plant on the landing of a jump.

## 4.7 Jump Descriptions

### 4.7.1 Leaps and Hops

#### LEAPS AND HOPS (Jumps without Rotation)

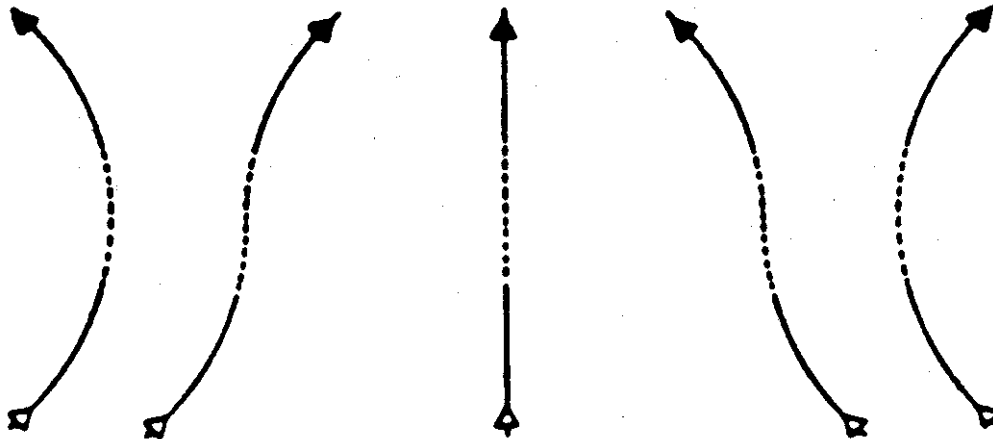


Figure 2 - LEAPS AND HOPS

JUMP	COUNTERCLOCKWISE ROTATION		CLOCKWISE ROTATION	
	Take-off	Landing	Take-off	Landing
<i>Forward Leap</i>	LF	RF	RF	LF
LF to RF or vice versa. No edges required but may be done on edges.				
<i>Bunny Hop</i>	LF	LF (r)	RF	RF (l)
LF to LF (with right toe-plant) or vice versa. No edges required but may be done on edges. Swing free leg forward on take-off. Toe-stop of free foot takes surface slightly ahead or along side of landing foot.				
<i>Toe Bunny Hop</i>	RF (l)	LF (r)	LF (r)	RF (l)
Start on RF. Left foot extends in front. Simultaneously slide right foot forward and plant left toe-stop. Jump off left toe stop with right foot extended forward in the air. Land on right toe-stop, pushing onto LF. No edges required but may be done on edges. Can be done vice versa.				
<i>Double Bunny Hop</i>	LF	RF (l)	RF	LF (r)
Start on LF. swing right free leg forward and jump at the same time. Scissor left foot forward and land on				

left toe-stop pushing onto RF. No edges required but may be done on edges. Can be done vice versa.

*Backward Leap* RB LB LB RB

Same as forward leap except it is done backwards

*Back Bunny Hop* RB RB (1) LB LB (r)

Same as bunny hop except movement is backward. Swing free leg backward on take-off. Toe-stop of free foot takes the surface slightly behind or alongside the landing foot.

*Backward Toe Bunny Hop* RB (1) LB (r) LB (r) RB (1)

Same as Toe Bunny Hop except the movement is backward. Start on RB. Left foot extends in back. Simultaneously slide right foot backwards and plant left toe-stop. Jump off left toe-stop with right foot extended backwards in the air. Land on right toe-stop, pushing onto LB. No edges required but may be done on edges. Can be done vice versa

#### 4.7.2 Half Turn Jumps

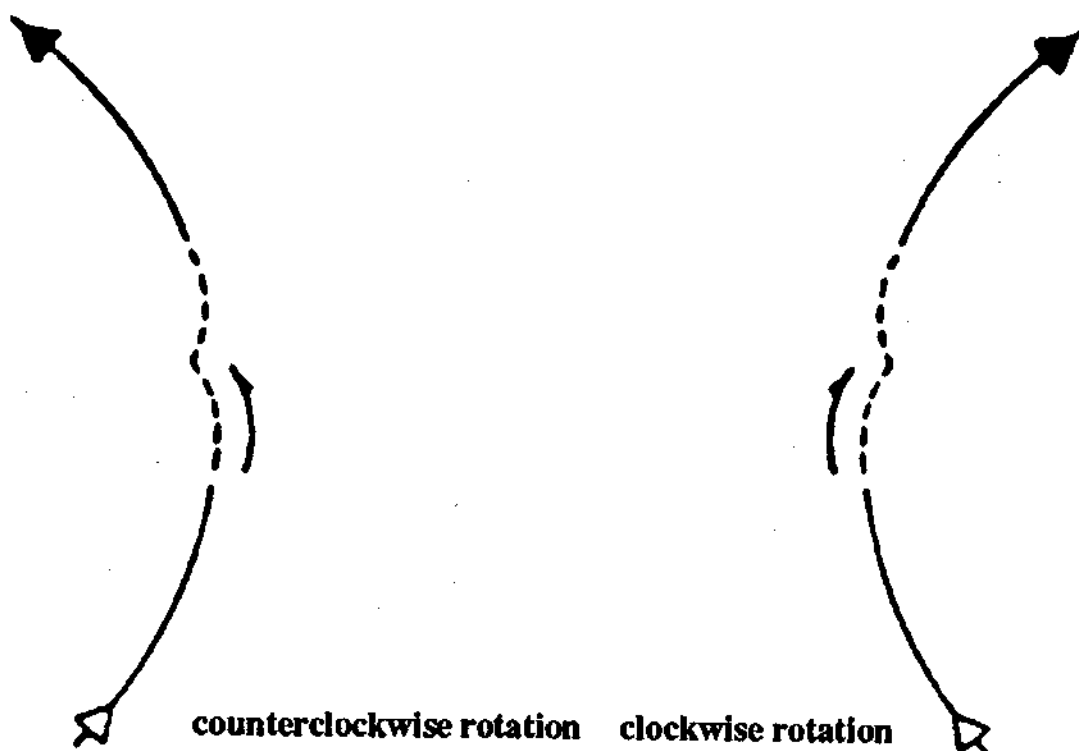


Figure 3 - HALF TURN JUMPS

JUMP	COUNTERCLOCKWISE ROTATION		CLOCKWISE ROTATION	
	Take-Off	Landing	Take-Off	Landing
<i>Three Jumps</i>	LOF	LIB	ROF	RIB

RIF	ROB	LIF	LOB
LIB	LOF	RIB	ROF
ROB	RIF	LOB	LIF

*Mohawk Jumps*

RIF	LIB	LIF	RIB
ROB	LOF	LOB	ROF

*Waltz Jump*

LOF	ROB	ROF	LOB
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The Waltz Jump is from LOF to ROB or from ROF to LOB. Use of the free leg for lift. Land with the free leg in front of the body with follow-through to the extended - back landing position.

*Half Loop*

ROB	*RIF (1)	LOB	*LIF (r)
ROB	*LOF (r)	LOB	*ROF (1)

The use of the toe-stop assist on the take-off is incorrect. The listed landing edges are optional and may be done with or without the toe-plant.

*Half Mapes*

ROB (1)	*RIF (1)	LOB (r)	*LIF (r)
ROB (1)	*LOF (r)	LOB (r)	*ROF (1)

The listed landing edges and toe plant are optional.

*Half Salchow*

LIB	*RIF (1)	RIB	*LIF (r)
LIB	*LOF (r)	RIB	*ROF (1)

The use of the toe-stop assist on the take-off is incorrect. The listed landing edges and toe plant are optional.

*Half Flip*

LIB (r)	*RIF (1)	RIB (1)	*LIF (r)
LIB (r)	*LOF (r)	RIB (1)	*ROF (1)

The listed landing edges and toe-plant are optional.

## HALF TURN JUMPS (180 degree Rotation)

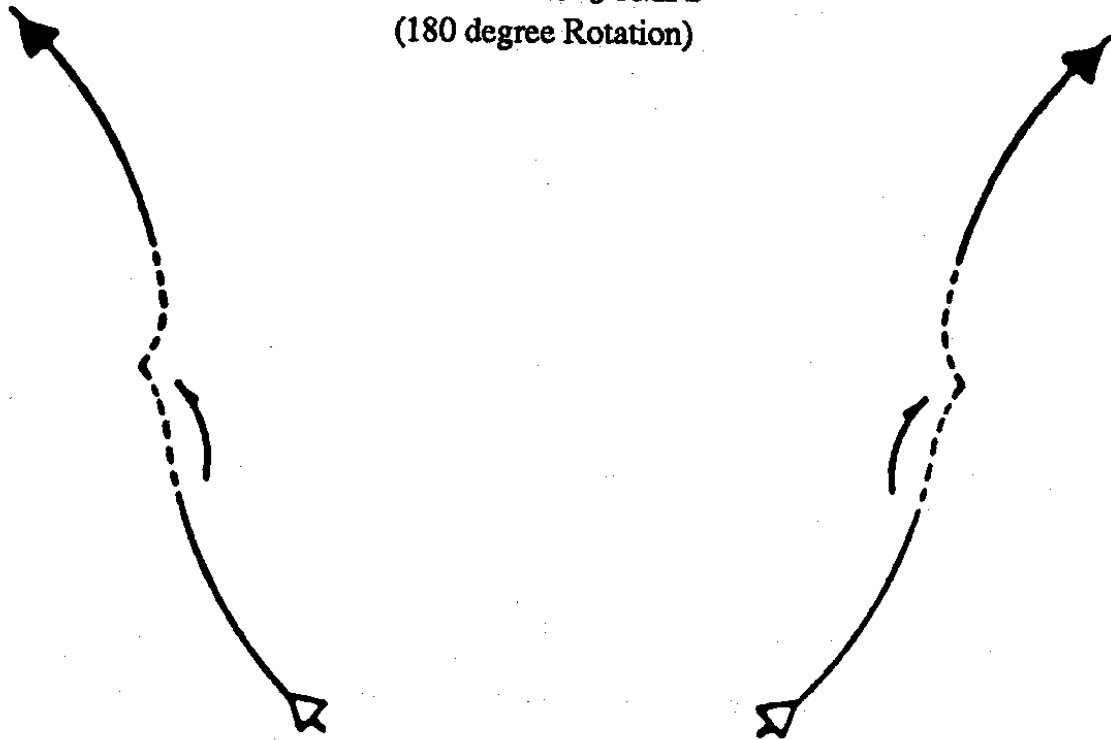


Figure 4 - HALF TURN JUMPS (180 Degrees Rotation)

JUMP	COUNTERCLOCKWISE ROTATION		CLOCKWISE ROTATION	
	Take-off	Landing	Take-off	Landing
<i>Counter Jumps</i>	ROF	ROB	LOF	LOB
	LIF	LIB	RIF	RIB
	LOB	LOF	ROB	ROF
	RIB	RIF	LIB	LIF
<i>Choctaw Jumps</i>	ROF	LIB	LOF	RIB
	RIB	LOF	LIB	ROF
<i>Half Walley</i>	RIB	*RIF (1)	LIB	*LIF (r)
	RIB	*LOF (r)	LIB	*ROF (1)

The use of the toe-stop assist on the take-off is incorrect. The landing edges and toe-plant are optional.

<i>Half Toe Walley</i>	RIB (1)	*RIF (1)	LIB (r)	*LIF (r)
	RIB (1)	*LOF (r)	LIB (r)	*ROF (1)

The listed landing edges and toe-plant on landing are optional.

<i>Half Dayney</i>	LOB	*RIF (1)	ROB	*LIF (r)
	LOB	*LOF (r)	ROB	*ROF (1)

The use of the toe-stop on the take-off is incorrect. The listed landing edges and toe plant are optional.

<i>Half Lutz</i>	LOB (r)	*RIF (1)	ROB (1)	*LIF (r)
	LOB (r)	*LOF (r)	ROB (1)	*ROF (1)

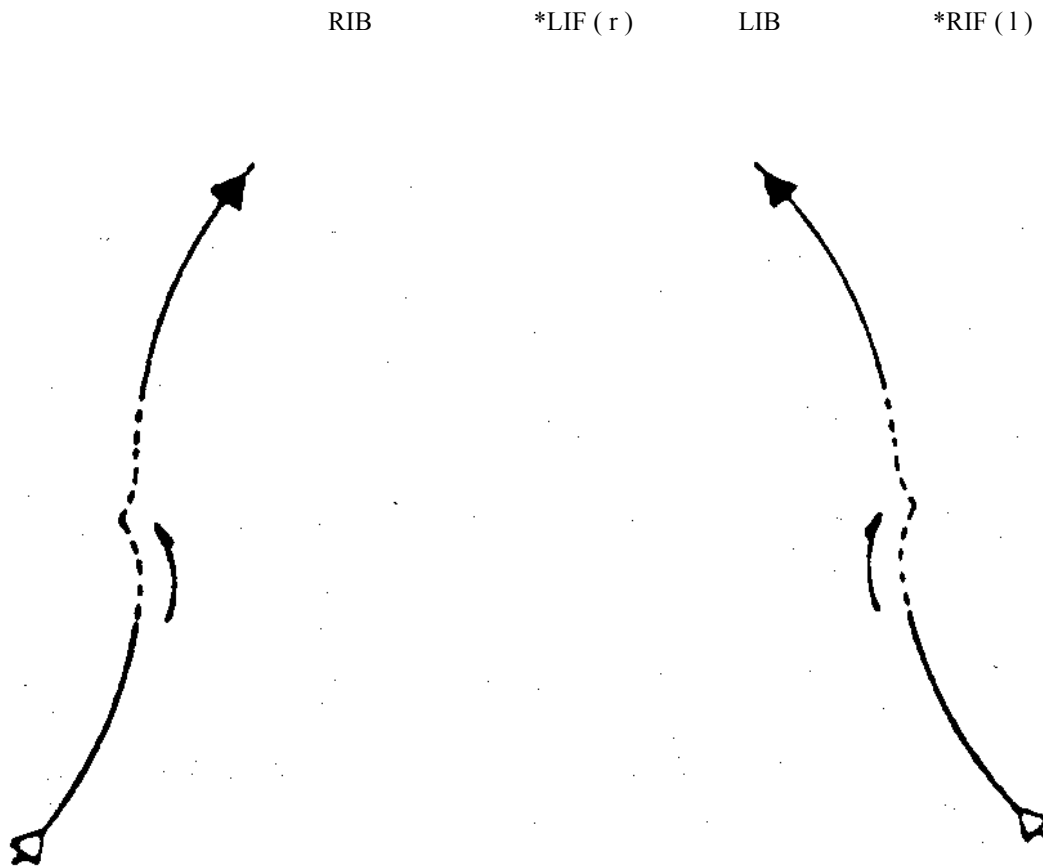
The listed landing edges and toe plant are optional for the landing.

### HALF TURN JUMPS (180 degree Rotation)



Figure 5 - HALF TURN JUMPS - Bracket, Mohawk

JUMP	COUNTERCLOCKWISE ROTATION		CLOCKWISE ROTATION	
	Take-off	Landing	Take-off	Landing
<i>Bracket Jumps</i>	ROF	RIB	LOF	LIB
	LIF	LOB	RIF	ROB
	LOB	*LIF (r)	ROB	*RIF (1)
	RIB	*ROF (1)	LIB	*LOF (r)
<i>Mohawk Jumps</i>	ROF	LOB	LOF	ROB

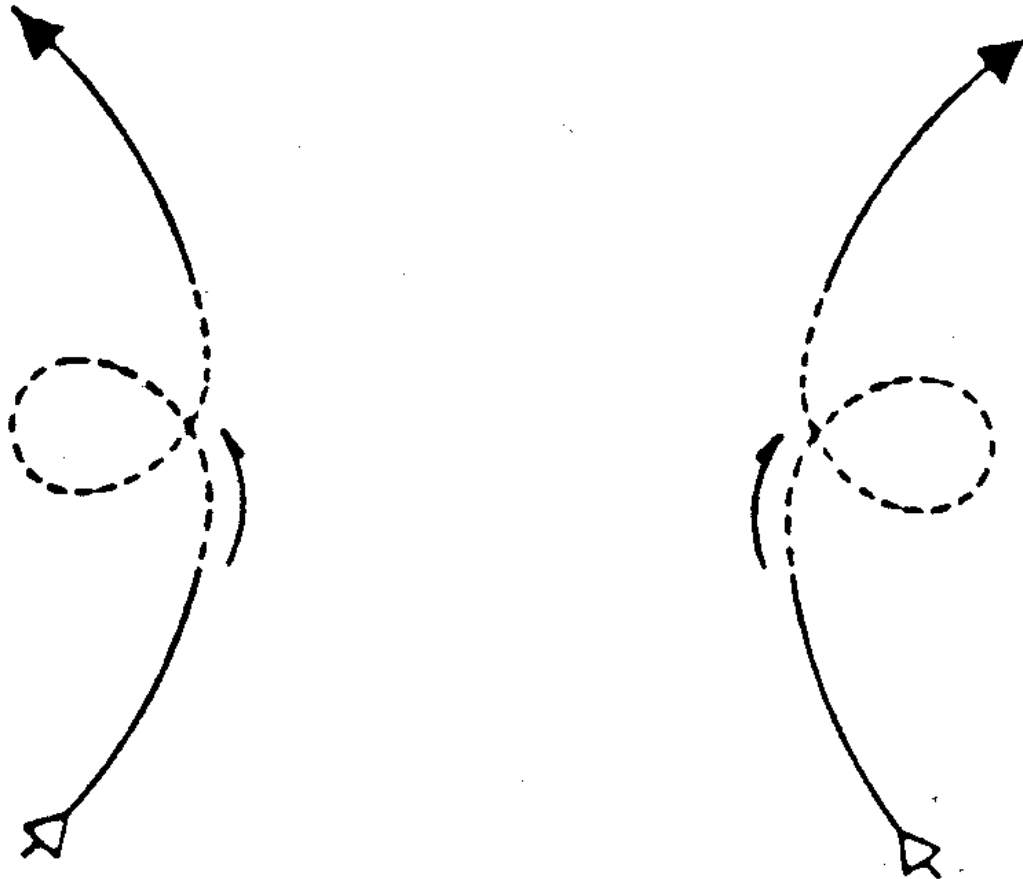


**Figure 6 - HALF TURN JUMPS - Rocker, Choctaw**

JUMP	COUNTERCLOCKWISE ROTATION		CLOCKWISE ROTATION	
	Take-off	Landing	Take-off	Landing
<i>Rocker Jumps</i>	LOF	LOB	ROF	ROB
	LIF	LIB	RIF	RIB
	ROB	*ROF (1)	LOB	*LOF (r)
	LIB	*LIF (r)	RIB	*RIF (1)
<i>Choctaw Jumps</i>	RIF	LOB	LIF	ROB
	ROB	*LIF (r)	LOB	*RIF (1)

\*The toe-plant landings for jumps marked with asterisk are optional

## FULL TURN JUMPS (360 degree Rotation)



**Figure 7 - FULL TURN JUMPS**

JUMP	COUNTERCLOCKWISE ROTATION		CLOCKWISE ROTATION	
	Take-off	Landing	Take-off	Landing
<i>Euler</i>	ROB	LIB	LOB	RIB
Often called a loop step. The use of toe assist on the take-off of this jump is incorrect.				
<i>Loop Jumps</i>	LOF	LOF	ROF	ROF
	LOF	*LOF ( R )	ROF	*LOF ( L )
	RIF	RIF	LIF	LIF



RIF	*RIF ( L )	LIF	*LIF ( R )
ROB	ROB	LOB	LOB
LIB	LIB	RIB	RIB

The use of toe-assist of the take-off is incorrect. The use of toe plant on the forward landings is optional. However the jump must be fully rotated before the toe plant is used.

<i>Mapes</i>	ROB ( 1 )	ROB	LOB ( r )	LOB
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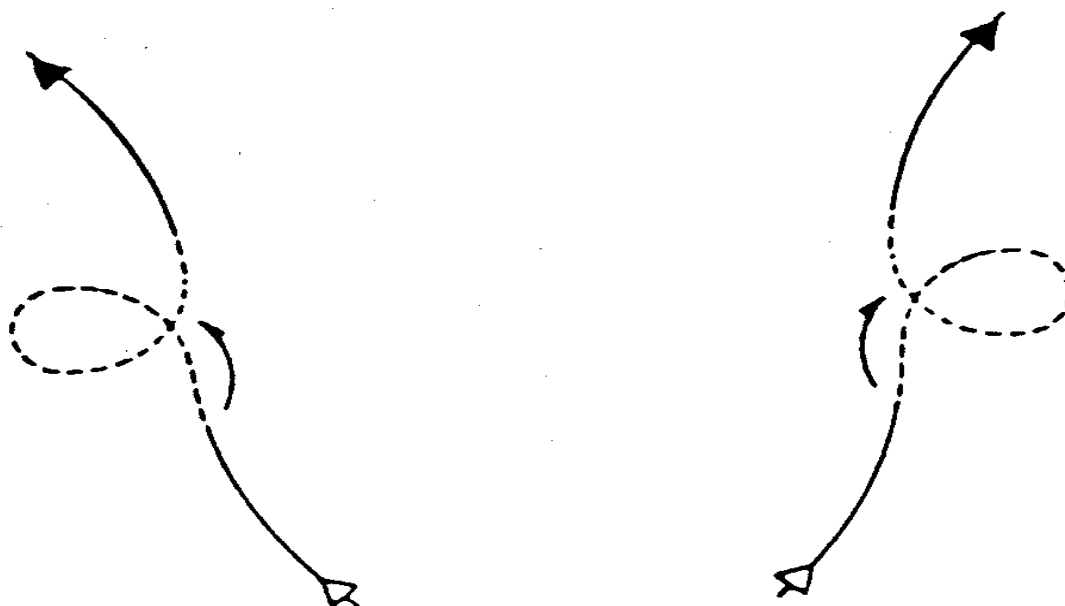
A loop jump with a toe plant. Often called a toe loop. Stepping forward onto the toe-stop into the direction of travel during take-off, or turning open is incorrect. Execution of the mapes in this manner is really a toe waltz jump and should be given less credit in both the Technical Merit (A mark) and the Artistic Impression (B) mark. This error is signalled by definite delay between toe plant and take-off.

<i>Salchow</i>	LIB	ROB	RIB	LOB
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The use of the toe stop assist on the take-off of this jump is incorrect.

<i>Flip</i>	LIB ( r )	ROB	RIB ( 1 )	LOB
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**FULL TURN JUMPS  
(360 degree Rotation)**



**Figure 8 - FULL TURN JUMPS**

JUMP	COUNTERCLOCKWISE ROTATION		CLOCKWISE ROTATION	
	Take-off	Landing	Take-off	Landing

*Pat Lowe* RIB LIB LIB RIB

The use of toe-assist on the take-off is incorrect

*Walley* RIB ROB LIB LOB

The use of toe assist on the take-off is incorrect

*Toe Walley* RIB ( 1 ) ROB LIB ( r ) LOB

Stepping forward onto the toe-stop or turning open is incorrect and should be given less credit in both the "A" and the "B" mark. Rockover to the outside edge on take-off makes this jump into a mapes.

*Lutz without Toe (Dayney)* LOB ROB ROB LOB

*Lutz* LOB ( r ) ROB ROB ( 1 ) LOB

Rockover to the inner edge on take-off changes this jump into a flip.

*Wilson* ROB LOB LOB ROB

## ONE AND A HALF TURN JUMPS (540 degree Rotation)

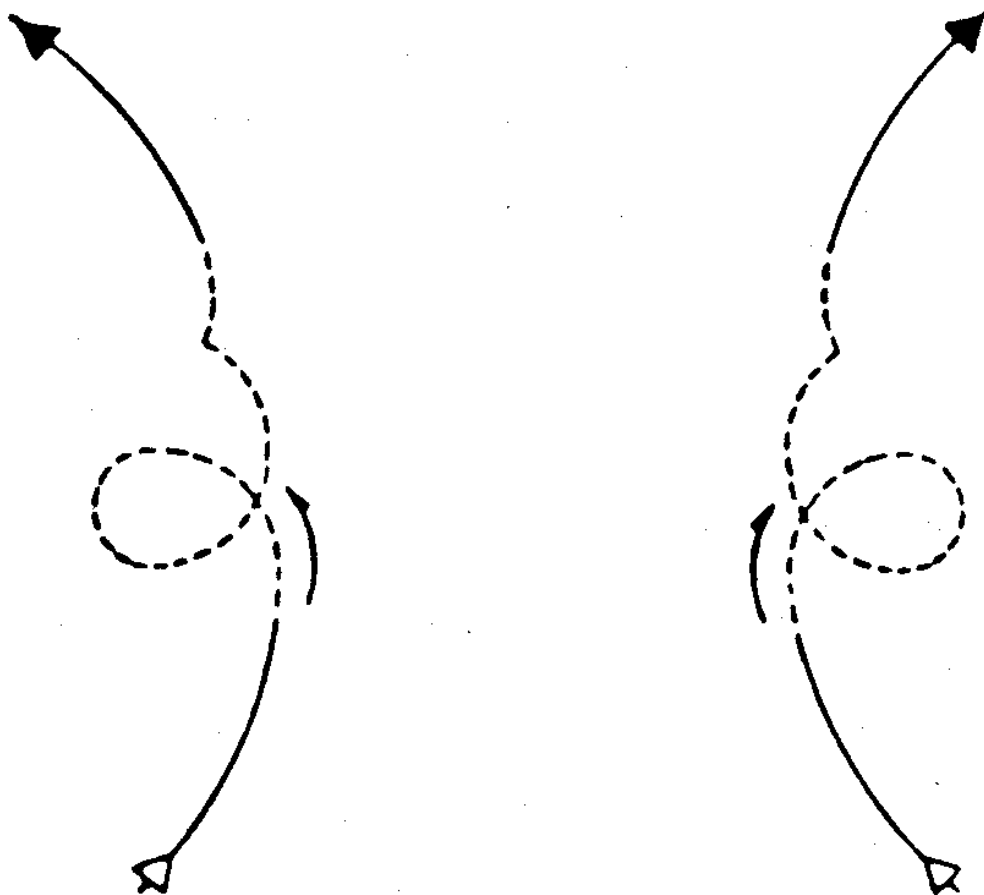


Figure 9 - ONE AND A HALF TURN JUMPS

JUMP	COUNTERCLOCKWISE ROTATION		CLOCKWISE ROTATION	
	Take-off	Landing	Take-off	Landing
<i>Axel</i>	LOF	ROB	ROF	LOB
<i>Colledge</i>	LOF	LIB	ROF	RIB
<i>Boeckl</i>	RIF	ROB	LIF	LOB

<i>Boeckay (inner back Boeckl)</i>	RIF	LIB	LIF	LIB
<i>1 ½ Loop</i>	ROB	*LOF ( r )	LOB	*ROF ( 1 )
	ROB	*RIF ( 1 )	LOB	*LIF ( r )

The use of toe-assist on the take-off is incorrect. Landing edges and toe-plant are optional.

<i>1 ½ Mapes</i>	ROB(1)	*RIF ( 1 )	LOB ( r )	*LIF ( r )
	ROB(1)	*LOF ( r )	LOB ( r )	*ROF ( 1 )

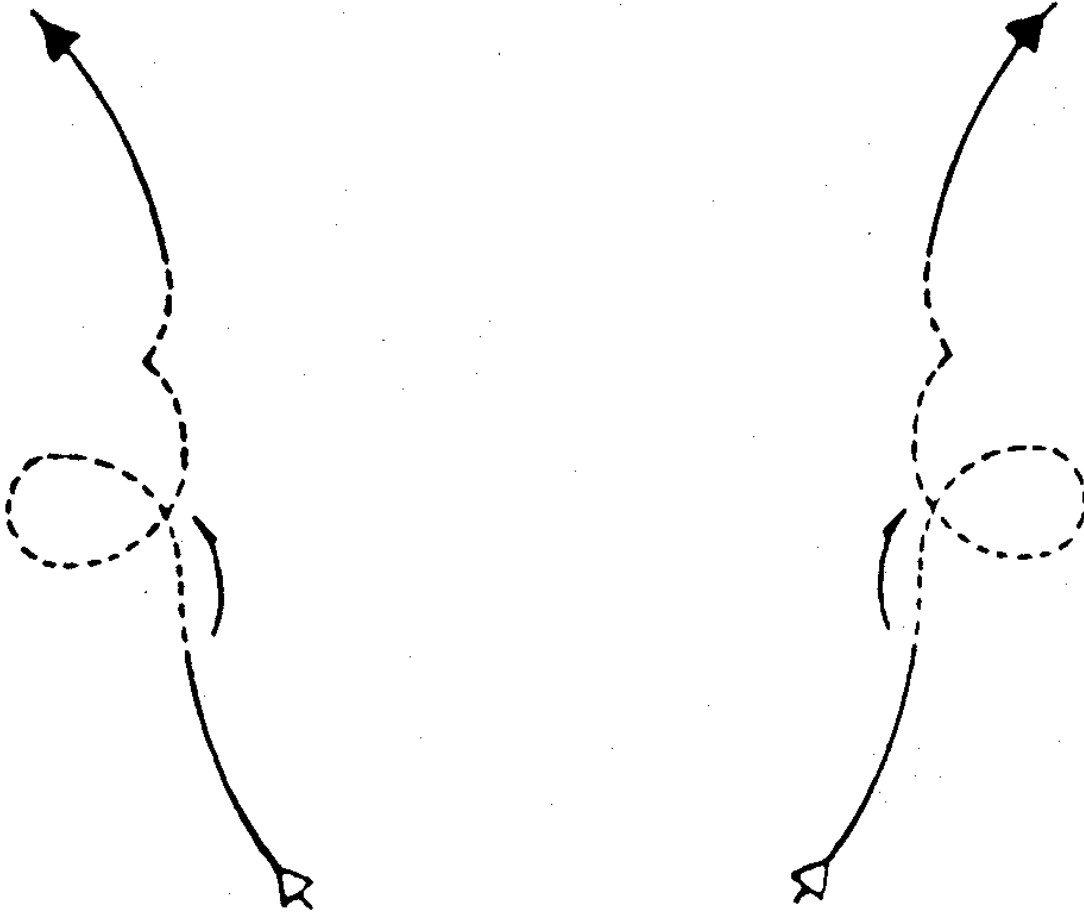
Stepping forward onto the toe-stop into the direction of travel is incorrect. Execution of a 1 ½ Mapes this way should be down graded in both the Technical Merit (A Mark) and the Artistic Impression (B Mark). Either landing and the use of the toe plant is optional.

<i>1 ½ Salchow</i>	LIB	*RIF ( 1 )	RIB	*LIF ( r )
		*LOF ( r )		*ROF ( 1 )

The use of toe-assist on the take-off is incorrect.

<i>1 ½ Flip</i>	LIB ( r )	*RIF ( 1 )	RIB ( 1 )	*LIF ( r )
		*LOF ( r )		*ROF ( 1 )

## ONE AND A HALF TURN JUMPS (540 degree Rotation)



**Figure 10 - ONE AND A HALF TURN JUMPS**

JUMP	COUNTERCLOCKWISE		CLOCKWISE	
	Take-off	Landing	Take-off	Landing
<i>1 ½ Walley</i>	RIB	*RIF (1) *LOF (r)	LIB	*LIF (r) *ROF (1)
<i>1 ½ Toe Walley</i>	RIB(l)	*RIF (1) *LOF (r)	LIB (r)	*LIF (r) *ROF (1)
<i>1 ½ Lutz Without Toe (Dayney)</i>	LOB	*RIF (1) *LOF (r)	ROB	*LIF (r) *ROF (1)
<i>1 ½ Lutz</i>	LOB (r)	*RIF (1)	ROB (1)	*LIF (r)

**4.8 Singles Jumps****Class A**

- 1 Triple Mapes
- 2 Triple Toe Walley
- 3 Triple Salchow
- 4 Triple Flip
- 5 Triple Loop
- 6 Triple Lutz
- 7 Triple Axel Paulsen
- 8 Triple Boeckl

**Class B**

- 1 Double Mapes
- 2 Double Toe Walley
- 3 Double Salchow
- 4 Double Flip
- 5 Double Loop
- 6 Double Lutz
- 7 Double Axel Paulsen
- 8 Double Boeckl
- 9 Split Flip
- 10 Split Lutz

**Class C**

- 1 11/2 Flip
- 2 11/2 Lutz
- 3 Wilson
- 4 Lutz without Toe
- 5 Boeckl
- 6 Axel Paulsen
- 7 Colledge
- 8 Loop (IF or OF)
- 9 Split Mapes
- 10 Split Toe Walley

**Class D**

- 1 Euler (1/2 Loop)
- 2 Split or Stag Waltz
- 3 Walley
- 4 Lutz
- 5 Pat Lowe
- 6 11/2 Mapes
- 7 11/2 Toe Walley
- 8 Combination Jump (3 jumps including one full turn jump)

**Class E**

- 1 Salchow
- 2 Mapes
- 3 Toe Walley
- 4 Waltz Jump
- 5 Flip
- 6 Stag
- 7 Split (1/2 rev)
- 8 Mazurka (1/2 rev)

**Class F**

- 1 Bunny Hop
- 2 Split
- 3 Stag Leap
- 4 Flying Turns (Threes, Brackets, Rockers, Counters - 1 of 16)
- 5 Mohawk (1 of 4)
- 6 Choctaw (1 of 4)
- 7 1/2 Flip
- 8 1/2 Lutz

## 5. FOOTWORK

### 5.1 Class A

Advanced movements - steps involving one - foot turns (including loops)

### 5.2 Class B

Secondary movements - steps involving two - foot turns

### 5.3 Class C

Primary movements - sequences of edges not involving turns.

### 5.4 Footwork Arrangements

#### 5.4.1 Straightaway

A sequence arranged to travel from one end of the skating surface to the other, to either side or on the long axis and covering at least three quarters of the skating surface.

#### 5.4.2 Diagonal

A sequence arranged to travel from one corner of the skating surface to the opposite corner and covering at least three quarters of the of the length of the diagonal of the surface.

#### 5.4.3 Circular

A sequence which travels in a circle around the skating surface.

#### 5.4.4 Semi - Circular

A sequence arranged in a half circle starting on one side of the skating surface and ending on the other side.

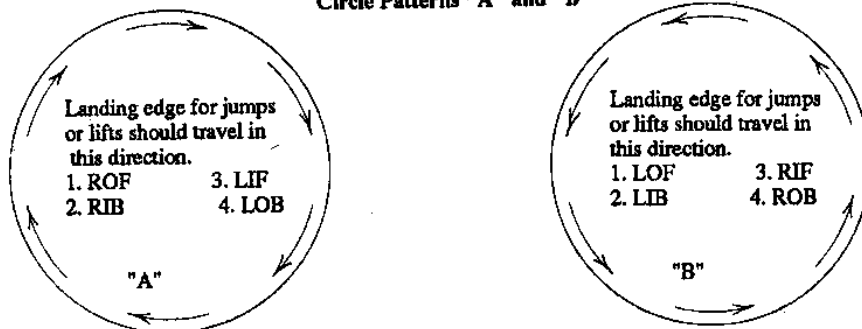
#### 5.4.5 Serpentine

A sequence of footwork which starts on the long axis at one end of the skating surface, travels a semi - circle to cross the long axis at the centre of the skating surface, changes direction in a semi - circle that finishes on the long axis at the opposite end from where it commenced.

### 5.5 Assessing Quality of Footwork

- Difficulty of turns
- Variety of turns skated in both directions and either foot
- Fast and exciting
- Covers a good length of the skating surface
- Skated with flow and appears easy
- Good form and body line
- Expressive of the music
- Skated with feet and not just arms. Do not forget to look at the feet if the skater uses a lot of arm and body movement
- Integrated with the content items of routine

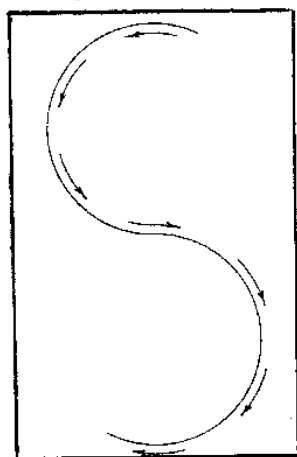
**Circle Patterns "A" and "B"**



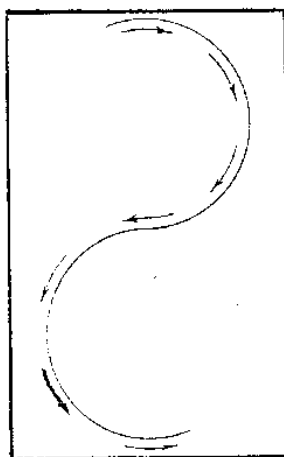
**Note:** If proper landing direction is used, skaters should have no problem with a natural exit because of barriers.

**"S" Pattern**

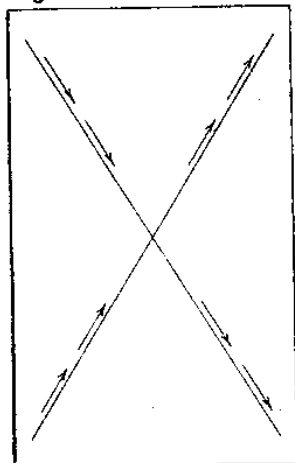
**"S" Shape Pattern "A"**



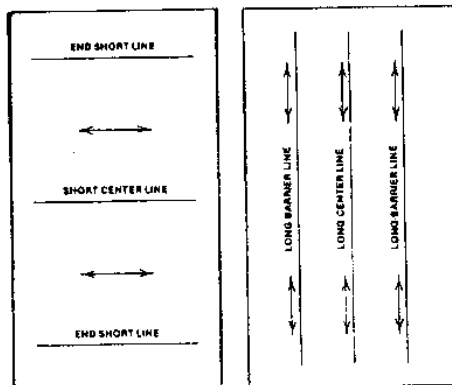
**Reverse "S" Shape Pattern "B"**



**Diagonal Pattern**



**Straight Line Patterns—  
Short "A" and Long "B"**



**"A" Across rink**

**"B" Lengthwise/Down Rink**

**Figure 11 - FOOTWORK PATTERNS**



## 6. REGULATIONS FOR FREESKATING PROFICIENCY TESTS

### 6.1 General

Candidates will be required to perform a routine of their own choice containing elements from the allowed requirements lists. This program will be skated to a piece of music of the candidate's choice.

Included with the application form for the test, each candidate will supply (4) copies of his/her contents list for the test, typed or printed on 14cm \* 19cm paper. The list will show each jump, spin and footwork sequence in order of execution, and numbered so that judges may easily follow the progress of the test requirements.

One copy of the contents list must be attached to the Test Report.

Outside assistance during the progress of free skating proficiency tests is not permitted. This will result in all judges awarding a below minimum mark for Technical Merit, and therefore failure of the test.

Two marks will be awarded for the performance. The first mark will be for Technical Merit, the second for Artistic impression. Each mark shall be from 0 to 10.

At the completion of the routine, prior to awarding the marks, judges may request to see any failed item to a maximum of three (3), skated on its own. The majority of judges will decide which three (3) items are to be skated.

This is to apply when there is inconsistency in the three (3) items the judges wish to see repeated. When all judges agree that the same four (4) or more items are to be repeated the test is failed.

When a test is passed in spite of one (1) or more items being failed in the routine, there is no need to ask the skater to repeat the failed items.

Judges shall advise the referee of the items they wish to see repeated and the referee shall instruct the skater to perform the items one at a time. Judges shall take into account the best performance of any repeated item when awarding the marks for the test.

Judges are advised that all content items in a proficiency test must be evaluated at the level of the performance presented against the perfect item and the required level of performance for the proficiency test being skated. i.e. **Between Average and Fair (5.5) for the first bronze bar**, Fair (6.0) for the remaining bronze bars and between Fair and Good (6.5) for bronze medal, Good (7.0) for silver and between good and very good (7.5) for gold. All errors, including the toe assist on the take off of the salchow, double salchow and the double loop will be considered as a part of the performance of the item as a whole, in deciding the performance value of any item.

When marks are awarded, if a candidate fails more than two items, or two items of the same type, the judge shall award a failing grade for Technical Merit, and total mark that is below the minimum passing total for the test, therefore the candidate must fail the test. It is not necessary to award a below minimum mark for technical merit.

- **SPINS** All spins must be rotated in the required position at least three (3) revolutions on the correct foot or feet, edge, and body position. There should be no deviation in the employed foot from the intended spinning edge during the three (3) revolutions.
- **JUMPS** The candidate must take-off and land on the correct foot and edge with the correct amount of rotation, without any assistance from the free foot except where specified.
- **FOOTWORK** Footwork must be of the required level and cover the required amount of floor.

## 6.2 Evaluation

In scoring consideration is given to the following:-

- Variety of Content
- Difficulty of Content
- Form
- Virtuosity
- Programme Arrangement
- Musical Interpretation

The routine will be evaluated with an A and a B mark. The A mark is for Technical Merit and the B mark is for Artistic Impression. To pass the test the candidate must receive at least the minimum passing total, for the test being skated, without a below minimum mark, being contained in that total, from a majority of judges.

The marking of the freeskating test must take into consideration the level of difficulty of the jumps, spins and footwork which are presented in the program. It is important to note that the technical merit mark is based upon the quality or level of the content used in a routine - not on the amount or the quantity.

Should the content be skated out of order in the test, there will be a penalty of 0.5 from the Artistic Impression mark. Omitted content will carry a penalty of 1.0 from the Technical Merit mark, for each omitted item. Additional jump or spin elements may not be skated. Should additional jump or spin elements be skated, these will be given no credit and there will be a penalty of 0.5 from the Artistic Impression mark.

In scoring the test, consideration is given to the following;

### 6.2.1 Technical Merit

- Variety of Content
- Difficulty & Quality of Content - see above.

### 6.2.2 Artistic Impression

- Form - see above.
- Virtuosity - see above
- Interpretation
- Arrangement

- **FORM.** Carriage, flow and motion, reflecting smoothness and ease of performance while jumping, spinning and the skating of footwork
- **VIRTUOSITY** The impression conveyed by the speed and height of the jumps, the control and velocity of the spins and the individuality and sureness of the footwork. Consideration should be given to the sureness of the take-off and the landing on jumps: the sureness of entrance and exit on spins and the proper spotting of spins at their point of origin.
- **INTERPRETATION** This is the individual's interpretation of the rhythm, tempo and mood of his music. Movements of the routine should be arranged to conform and harmonise with the musical pattern. The skater's "showmanship" is displayed by the projection of ease, accomplishment and confidence. Stereotyped body and arm positions should be avoided, along with affected attitudes.
- **PROGRAMME ARRANGEMENT** The program should be patterned so that the various types of content are not lumped together either at one particular position in the routine or at one location on the skating surface. Programs should cover the whole skating surface in an interesting and varied manner. The program should give the impression of continuity, not a collection of successive isolated highlights.

Any variation from the set time for the program will be reflected in the mark for Artistic Impression (to a maximum penalty of 0.5)

Music shall be of the candidate's own choice. As part of the mark for Artistic Impression is based on the skater's interpretation of rhythm, tempo and mood, skaters should assist themselves by skating to music they know and understand.

Vocal music is permitted for all freeskating tests. Use of vocal music which uses offensive or obscene words in any language will result in automatic failure of the test by a below minimum mark for "B" Mark (Artist Impression) from all judges.

## 7. FREESKATING SINGLES TESTS

From October 2016 the number of freeskating tests is reduced from 9 to 8 with the deletion of the Gold Bar from the schedule. Skaters who hold either the silver medal or the gold bar will progress to the gold medal as the next test.

The table below indicates the equivalence of these tests to the current test structure.

Current Test schedule	Previous Test schedule equivalent	Next test to be skated
1 - 1 <sup>st</sup> Bronze Bar	1 - Bronze Bar	2 - 2 <sup>nd</sup> Bronze Bar
2 - 2 <sup>nd</sup> Bronze Bar		
3 - Bronze Medal	2 - Bronze Medal	4 - 1 <sup>st</sup> Silver Bar
4 - 1 <sup>st</sup> Silver Bar		
5 - 2 <sup>nd</sup> Silver Bar	3 - Silver Bar	6 - Silver Medal
6 - Silver Medal	4 - Silver Medal	7 – Gold Medal
7 – Gold Medal	5 - Gold Bar	8 – Gold Challenge
8 – Gold Challenge		

### 7.1 TEST (Award. First Bronze Bar)

All three judges must hold a Bronze Freeskating Commission. This test may be refereed by a Bronze Freeskating Judge or a commissioned Referee.

#### Routine Requirements

MARK: Minimum mark from a majority of judges. 5.0 for TM 5.0 for AI  
Minimum passing total from a majority of judges 11.0  
TIME: Up to 2 minutes (+ 5 seconds)

#### 7.1.1 REQUIREMENTS

- 1 Forward spiral to be a minimum of  $\frac{1}{2}$  the length of the skating surface displaying 1 edge.
- 1 diagonal sequence of primary footwork (to be a minimum of  $\frac{1}{2}$  the length of the skating surface)
- IB Upright Spin
- IF Upright Spin
- Heel & Toe
- Waltz Jump
- Mape Jump
- Bunny Hop
- Salchow
- A jump combination of 2 jumps from any of the compulsory jumps.

### 7.2 NO 2 Test (Award- Second Bronze Bar)

All three judges must hold a Bronze Freeskating Commission. This test may be refereed by a Bronze Freeskating Judge or a commissioned Referee.

#### 7.2.1 Routine Requirements

MARK: Minimum mark from a majority of judges 5.0 for TM 5.0 for AI  
Minimum passing total from a majority of judges 12.0  
TIME: Up to 2.30 minutes (+ 5 seconds)

#### Requirements

- 1 diagonal sequence of secondary footwork (using at least  $\frac{3}{4}$  of the length of the skating surface)
- OF Upright Spin.
- OB Upright Spin
- Either an Upright Change spin or an upright Combination spin
- Loop (OB) Jump
- Flip
- A jump combination of 3 jumps from any of the following
  - Waltz Jump
  - Mape Jump
  - Salchow
  - Loop
  - Flip
- A forward serpentine spiral sequence including 1 change of edge on one foot ( $\frac{1}{2}$  the length of the floor).

### 7.3 NO 3 Test (Award- Bronze Medal)

All three judges must hold a Bronze Freeskating Commission. This test may be refereed by a Bronze Freeskating Judge or a commissioned Referee.

#### 7.3.1 Routine Requirements

MARK: Minimum mark from a majority of judges 5.0 for TM 5.0 for AI  
Minimum passing total from a majority of judges 13.0  
TIME : Up to 2.30 minutes (+ 5 seconds)

## Requirements

- 1 Diagonal sequence of Advance footwork (using at least  $\frac{3}{4}$  of the length of the skating surface)
- Upright Change spin
- Upright combination spin
- 1 Spin from the following list
  - IB Sit
  - OF Sit
  - OB Camel
- Flip Jump
- Euler Jump
- Lutz Jump
- Jump combination of 3 Jumps from the following list
  - Mape Jump
  - Salchow Jump
  - Loop (OB) Jump
  - Lutz
- Backwards spiral ( $\frac{1}{2}$  the length of the skating surface)

### 7.4. NO. 4 Test (Award- 1<sup>st</sup> Silver Bar)

All three judges must hold a Silver Freeskating Commission. This test may be refereed by a Silver Freeskating Judge or a commissioned Referee

#### 7.4.1 Routine Requirements

MARK: Minimum mark from a majority of judges 5.0 for TM 5.0 for AI

Minimum passing total from a majority of judges 14.0

TIME: Up to 3.30 minutes (+ 10 seconds)

## Requirements

- A sequence of advanced serpentine footwork.
- 1 Sit Spin from the following list.
  - IB Sit
  - OF Sit
  - OB Sit
- 1 Camel Spin from the following list
  - OB Camel
  - OF Camel
- 1 Spin from the following list
  - Sit – Change- Sit
  - Sit Combination
  - Combination Camel – Sit
  - Camel – Change- Camel
- Axel Jump
- 1 Jump from the following List
  - Double Salchow
  - Double Mape
- A Jump Combination of 3 jumps one of which must be an axel and the other 2 of at least 1 revolution.
- A backward Serpentine spiral sequence including a change of edge on 1 foot.

### 7.5 NO 5 Test (Award- 2<sup>nd</sup> Silver Bar)

All three judges must hold a Silver Freeskating Commission. This test may be refereed by a Silver Freeskating Judge or a commissioned Referee.

### 7.5.1 Routine Requirements

MARK: Minimum mark from a majority of judges 5.0 for TM 5.0 for AI  
Minimum passing total from a majority of judges 14.0  
TIME: Up to 3.30 minutes (+ 10 seconds)

#### Requirements

- Circular sequence of Advanced footwork
- Camel combination
- 1 Spin from the following list.
  - Sit Combination
  - Sit- Jump- Sit
  - Sit- Jump- Change-Sit
  - OF Camel –OB Sit
  - OB Camel – OB Sit
  - OF Camel- IB Sit
  - Sit- Change- Sit
- Double Mape
- Double Salchow
- Double Flip
- A jump combination of 3 – 5 jumps which includes at least 1 double jump.
- One spiral sequence with a change of foot (over  $\frac{3}{4}$  of the length of the skating surface).

### 7.6 NO 6 Test (Award- Silver Medal)

All three judges must hold a Silver Freeskating Commission. This test may be refereed by a Silver Freeskating Judge or a commissioned Referee.

#### 7.6.1 Routine Requirements

MARK: Minimum mark from a majority of judges 5.0 for TM 5.0 for AI  
Minimum passing total from a majority of judges 14.0  
TIME: Up to 3.30 minutes (+ 10 seconds)

#### Requirements.

- 2 pieces of advanced footwork.
- 1 Class A spin
- Any Camel – Change- Camel
- Any Camel Combination
- 1 Spin from the following List
  - Sit- Jump- Sit (OF Camel Optional\*)
  - Sit- Jump- Change- Sit (OF Camel Optional\*)
  - Camel- Sit- Change- Sit
  - OB Camel- OB Sit
  - IB Camel – IB Sit (OF edge optional)
- Double Flip
- 1 Jump from the following list
  - Double Lutz
  - Double Loop
- A jump combination for 3 – 5 jumps inclusive of at least 1 double jump.

\* As an International skater it is usual to use a camel to enter these spins to develop enough speed to execute 3 revolutions on each.

### 7.7. NO 7. Test (Award- Gold Medal)

All three judges must hold a Gold Freeskating Commission. This test may be refereed by a Gold Freeskating Judge or a commissioned Referee.

#### **7.7.1 Routine Requirements**

MARK: Minimum mark from a majority of judges 5.0 for TM 5.0 for AI  
Minimum passing total from a majority of judges 15.0  
TIME: Up to 4 minutes (+ 10 seconds)

#### **Requirements.**

- 2 Pieces of Advanced footwork
- 1 Class A Spin
- Camel combination with a sit spin
- 1 combination spin including 1 A class spin
- Double Loop Combination
- A Jump Combination containing any 2 double revolution jumps
- A Jump combination containing 3 – 5 jumps including 2 double jumps.

#### **7.8. NO 8. Test (Gold Challenge)**

All three judges must hold a Gold Freeskating Commission. This test may be refereed by a Gold Freeskating Judge or a commissioned Referee.

#### **7.8.1 Routine Requirements**

MARK: Minimum mark from a majority of judges 5.0 for TM 5.0 for AI  
Minimum passing total from a majority of judges 15.0  
TIME: Up to 4 minutes (+ 10 seconds)

#### **Requirements.**

- 2 A Class spins
- Layover camel (any edge)
- Inverted Camel (any edge)
- Broken Ankle (Forward or Backward)
- Heel Camel (Forward or Backward)
- Combination spin including an A class spin and a sit spin
- Double Axel
- A Jump combination containing a Double Flip plus any other double revolution Jump
- A Jump combination containing a Double Lutz and Double Loop plus another double revolution jump
- A choice of any triple jump

A Euler or a Loop jump may be used as an extra jump to connect the jump sequence.



## 8. INLINE FREESKATING SINGLES TESTS

### 8.1 No 1 TEST (Award - 1st Bronze bar – *INLINE INTRODUCTION*)

The 3 judges must hold at least a Bronze F/S commission. This test may be refereed by a Bronze F/S judge or a commissioned Referee.

#### 8.1.1 Routine requirements

Mark Minimum Mark from a majority of the judges: 5.0 for TM 5.0 for AI  
Minimum Passing Total from a majority of the judges 11.0

Time: Up to 2 minutes 30 seconds (+/- 5 seconds)

- Requirements
- 1 straightaway sequence of Primary Forward footwork (to be a minimum of half the length of the skating surface)
  - 1 Diagonal sequence of Primary Forward footwork (to be a minimum of half the length of the skating surface)
  - IB Upright Spin

The upright is only required to complete a minimum of 2 revolutions for this test. However the spin **MUST** be done with the wheels and NOT the stopper.

- Heel and Toe
- Two Heel Spin
- Waltz Jump
- Mapes Jump
- Plus 1 Jump from the following list.
  - Bunny Hop
  - 1/2 Salchow
  - 1/2 Loop
- A Jump Combination of 2 Jumps from the following list.
  - Waltz Jump
  - Mapes Jump
  - Bunny Hop
  - 1/2 Mapes
  - Mazurka Jump

## 8.2 No 2 TEST (Award - Bronze Medal – INLINE)

The 3 judges must hold at least a Bronze F/S commission. This test may be refereed by a Bronze F/S judge or a commissioned Referee.

### 8.2.1 Routine requirements

Mark	Minimum Mark from a majority of the judges:	5.0 for TM	5.0 for AI
	Minimum Passing Total from a majority of the judges	13.0	
Time:	Up to 2 minutes 30 seconds (+/- 5 seconds)		
Requirements	<ul style="list-style-type: none"><li>▪ 1 straightaway sequence of Primary Backward footwork (to be a minimum of 3/4 the length of the skating surface)</li><li>▪ 1 Diagonal sequence of Secondary footwork (to be a minimum of 3/4 the length of the skating surface)</li><li>▪ IB Upright Spin The upright is required to complete a minimum of 3 revolutions for this test. However the spin <b>MUST</b> be done with the wheels and NOT the stopper.</li><li>▪ Choose one of these spins<ul style="list-style-type: none"><li>• OB Upright Spin</li><li>• OF Upright Spin</li></ul></li><li>1. The upright is required to complete a minimum of 3 revolutions for this test. However the spin <b>MUST</b> be done with the wheels and NOT the stopper.</li><li>▪ Salchow</li><li>▪ Flip</li><li>▪ Plus 1 Jump from the following list.<ul style="list-style-type: none"><li>• Euler</li><li>• 1/2 Lutz</li><li>• Loop (OB or IB)</li><li>• Pat Lowe</li></ul></li><li>▪ A Jump Combination of 2 Jumps from the following list. No repeated jumps.<ul style="list-style-type: none"><li>• Flip</li><li>• Euler</li><li>• Salchow</li><li>• Mapes</li><li>▪ Waltz Jump</li></ul></li></ul>		

### 8.3 No 3 TEST (Award - Silver Bar – *INLINE*)

The 3 judges must hold at least a Silver F/S commission. This test may be refereed by a Silver F/S judge or a commissioned Referee.

#### 8.3.1 Routine requirements

Mark	Minimum Mark from a majority of the judges:	5.0 for TM	5.0 for AI
	Minimum Passing Total from a majority of the judges	14.0	
Time:	Up to 3 minutes (+/- 10 seconds)		
Requirements	<ul style="list-style-type: none"><li>▪ 1 semi circular sequence of Primary footwork (to be the width of the skating surface)</li><li>▪ 1 Diagonal sequence of Secondary footwork (to be a minimum of 3/4 the length of the skating surface)</li><li>▪ Change or Combination Upright Spin</li><li>1. The uprights are required to complete a minimum of 3 revolutions for this test. The spin <b>MUST</b> be done with the wheels and NOT the stopper.</li><li>▪ Choose one of these spins<ul style="list-style-type: none"><li>• OB Camel Spin</li><li>• IB Sit Spin</li></ul></li><li>• Axel</li><li>▪ 1 ½ or Double Mapes</li><li>▪ Plus 1 Jump from the following list.<ul style="list-style-type: none"><li>• 1 ½ Salchow or Double Salchow</li><li>• Lutz</li><li>• 1 ½ Flip or Double Flip</li><li>• College</li><li>• Boeckl</li></ul></li><li>▪ A Jump Combination of 3 Jumps from the following list. No jumps to be repeated and choose between a euler or loop (ob) as joining jumps.<ul style="list-style-type: none"><li>• Axel</li><li>• 1 ½ Flip or Double Flip</li><li>• 1 ½ Salchow or Double Salchow</li><li>• Double Mapes</li></ul></li></ul>		

#### 8.4 No 4 Test (**Award - Silver Medal – INLINE**)

The 3 judges must hold at least a Silver F/S commission. This test may be refereed by a Silver F/S judge or a commissioned Referee.

##### 8.4.1 Routine requirements

Mark	Minimum Mark from a majority of the judges:	5.0 for TM	5.0 for AI
	Minimum Passing Total from a majority of the judges	14.0	
Time	Up to 3 minutes 30 seconds (+/- 10 seconds)		
Requirements	<ul style="list-style-type: none"><li>▪ 1 circular sequence of Secondary footwork (to be the width of the skating surface)</li><li>▪ 1 Diagonal sequence of Advanced footwork (to be a minimum of 3/4 the length of the skating surface)</li><li>▪ Change or combination sit spin</li><li>▪ Choose one of these spins<ul style="list-style-type: none"><li>• IB Camel Spin</li><li>• OF Camel Spin</li></ul></li><li>▪ Axel</li><li>▪ Double Salchow</li><li>▪ Plus 1 Jump from the following list.<ul style="list-style-type: none"><li>• Double Mapes</li><li>• Lutz</li><li>• Walley</li><li>• Double Flip</li></ul></li><li>▪ A Jump Combination of 3 Jumps from the following list. No jumps to be repeated and choose between a euler or loop (ob) as joining jumps.<ul style="list-style-type: none"><li>• Axel</li><li>• Double Salchow</li><li>• Double Mapes</li><li>• Double Flip</li></ul></li></ul>		

### 8.5 No 5 Test (*Award – Gold Bar – INLINE*)

The three judges must have at least a Gold F/S commission, and at least one judge should be from an outside club. May be refereed by a Gold F/S judge or a commissioned Referee.

#### 8.5.1 Routine requirements

Mark	Minimum Mark from a majority of the judges:	5.0 for TM	5.0 for AI
	Minimum Passing Total from a majority of the judges	15.0	
Time	Up to 3 minutes 30 seconds (+/- 10 seconds)		
Requirements	<ul style="list-style-type: none"><li>▪ 1 serpentine sequence of Secondary footwork (to be the width of the skating surface)</li><li>▪ 1 Diagonal sequence of Advanced footwork (to be a minimum of 3/4 the length of the skating surface)</li><li>▪ Change or Combination Camel to Sit Spin</li><li>▪ Choose one of these spins<ul style="list-style-type: none"><li>• Jump Camel Spin</li><li>▪ Camel Change or Combination Spin</li></ul></li><li>• Double Flip</li><li>• Double Loop</li><li>▪ Plus 1 Jump from the following list.<ul style="list-style-type: none"><li>• Double Axel</li><li>• Double Lutz</li><li>▪ Triple Mapes</li></ul></li><li>▪ A Jump Combination of 5 Jumps from the following list. No jumps to be repeated and choose between a euler or loop (ob) as joining jumps.<ul style="list-style-type: none"><li>• Axel</li><li>• Double Salchow</li><li>• Double Mapes</li><li>• Double Flip</li><li>▪ Double Loop</li></ul></li></ul>		

## 8.6 No 6 Test (*Award – Gold Medal – INLINE*)

The three judges must have at least a Gold F/S commission, and at least one judge should be from an outside club. May be refereed by a Gold F/S judge or a commissioned Referee.

### 8.6.1 Routine requirements

Mark	Minimum Mark from a majority of the judges:	5.0 for TM	5.0 for AI
	Minimum Passing Total from a majority of the judges	15.0	
Time:	Up to 3 minutes 30 seconds (+/- 10 seconds)		
Requirements	<ul style="list-style-type: none"><li>▪ 1 serpentine sequence of Advanced footwork (to be the width of the skating surface)</li><li>▪ 1 Diagonal sequence of Advanced footwork (to be a minimum of 3/4 the length of the skating surface)</li><li>• Change or Combination Camel Spin</li><li>▪ Choose one of these spins<ul style="list-style-type: none"><li>• Jump Camel Spin</li><li>• Heel Camel Spin</li></ul></li><li>▪ Double Axel</li><li>• Triple Mapes</li><li>▪ Plus 1 Jump from the following list.<ul style="list-style-type: none"><li>• Double Loop</li><li>• Double Lutz</li><li>• Triple Salchow</li></ul></li><li>▪ A Jump Combination of 3 Jumps from the following list. No jumps to be repeated and choose between a euler or loop (ob) as joining jumps.<ul style="list-style-type: none"><li>• Double Axel</li><li>• Triple Salchow</li><li>• Triple Mapes</li><li>• Double Flip</li><li>▪ Double Loop</li></ul></li></ul>		

## 9. INTERNATIONAL GRADES AND COMPETITION - GUIDELINES FOR JUDGING FREE SKATING SINGLES SHORT PROGRAMME - SET ELEMENTS

This is a guideline and not a requirement. The score for the short programme should not merely be the result of a sum of individual item values, it should reflect the total performance including both its good and bad aspects.

### 9.1 "A" MARK

SET ELEMENT	SCORE	TOTAL MAXIMUM SCORE
Axel	0.5 to 1.8	
Toe Assisted Jump	0.3 to 1.6	
Combination of Jumps	0.6 to 1.8	10.0
Class "A" Spin	0.7 to 1.8	
Combination Spin	0.4 to 1.6	
Step Sequence	0.5 to 1.6	

Note: Each element attempted but not performed will not be scored. Each element not attempted will be given a penalty of 0.5.

#### 9.1.1 Axel

- Single from 0.5 to 0.9
- Double from 1.0 to 1.6
- Triple from 1.7 to 1.8

Each rotation in the air must be complete. In case of under rotation the jump will be considered of lower degree (double instead of triple, single instead of double). An under-rotated single Axel will not receive credit at all.

The score inside each class (single, double, triple) will depend on the quality of the jump. To be considered: momentum, height, travel, take-off edges and landing edges, body position, sureness and control.

#### 9.1.2 Toe Assisted Jump

Single	Mapes / Toe Walley	from 0.3 to 0.5
	Flip/Lutz	from 0.4 to 0.6
Double	Mapes / Toe Walley	from 0.7 to 0.9
	Flip/Lutz	from 0.8 to 1.0
Triple	Mapes / Toe Walley	from 1.1 to 1.3
	Flip/Lutz	from 1.4 to 1.6

Each rotation in the air must be complete. In case of under rotation the jump will be considered of lower degree (double instead of triple, single instead of double). An under rotated single jump will receive no credit at all.

The score inside each class (single, double, triple) will depend on the quality of the jump. To be considered: momentum, height, travel, take-off edges and landing edges, body position, sureness and control.

#### 9.1.3 Combination of Jumps (Minimum 3, Maximum 5)

Including only one Double (Axel excepted)	from 0.6 to 0.9
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Including more than one double (Axel excepted)	from 1.0 to 1.2
Including one Double Axel or one triple	from 1.3 to 1.6
Including two triples or one Double Axel and one Triple	from 1.7 to 1.8

Combination of jumps is a succession of jumps in which the landing edge and foot are the take-off edge and foot of the subsequent jump, without intermediate turns, changes of edge or footwork.

Each rotation in the air must be complete. In case of under rotation the jump will be considered of lower degree.

The score inside each class will depend on the quality of the jumps and their degree of difficulty as listed below.

List of the jumps in decreasing order of difficulty

- Axel
- Loop
- Lutz
- Flip
- Salchow
- Toe Walley, Mapes (Toe Loop)

#### 9.1.4 Class "A" or Class "B" Spin

"B" Class spin	From 0.3 to 0.7
Jump Sit / Jump camel	From 0.7 to 1.0
Lay over Camel / Broken Ankle Camel	From 1.0 to 1.3
Heel Camel / Inverted Camel	From 1.3 to 1.6

#### 9.1.5 Spin Combination

Upright Spins Combination	From 0.4 to 0.7
Camel / Sit Spin Combination	From 0.8 to 1.2
Class "A" Spins Combination	From 1.2 to 1.6

To be given credit, a spin must be a combination of two or three positions with or without a change of foot. At least three revolutions in each position must be shown. The entry is optional. The score inside each class depends on the quality of the spin and the degree of difficulty of each spin.

#### 9.1.6 Step Sequence

The step sequence must be based on advanced footwork and cover at least three quarters of the diagonal of the skating surface. Score from 0.5 to 1.6

### 9.2 "B" MARK

Owing to the unusual features of the Content of Programme in a Set Element Short Programme, the score for Artistic Impression may in some cases be less linked than usual to the Technical Merit "A" Mark.

However, since it is impossible to evaluate form without referring to its content, the difference between the "A" and the "B" Mark should normally not exceed 1.0.

- Each fall will receive a penalty of 0.2
- Each additional element not listed will receive a penalty of 0.5.

**NOTE: A fall leading to penalty is a loss of balance where more than 50% of body weight is supported by any part of the body except the skates.**



## 10. APPENDIX A - REQUIREMENTS FOR CADET SHORT PROGRAMME – Oceania Championship

### 10.1 Time

Short Programme 2 minutes 15 seconds ( +/- 5 seconds)

### 10.2 Short Programme - Set Elements (Men & Ladies)

Items MUST be performed in the order shown below

1. Jump element (axel, combination jump or toe assisted jump)
2. Jump element (axel, combination jump or toe assisted jump)
3. Spin Element (spin or combination spin)
4. Jump element (axel, combination jump or toe assisted jump)
5. Step sequence (as per requirement for the year of competition)
6. Spin Element (spin or combination spin)

To clarify 1, 2 and 4 above skaters can choose the order in which they perform the jump elements. An example of each category must be completed.

To clarify 3 and 6 above skaters can choose the order in which they perform the spin elements. An example of each category must be completed.

#### NOTES ON SET ELEMENTS

##### **AXEL**

Must be single

##### **COMBINATION JUMP**

Minimum of three (3) jumps, maximum five (5) jumps, to include at least one axel and/or one jump with two (2) revolutions. (NO MORE THAN TWO REVOLUTIONS)

##### **TOE ASSISTED JUMP**

Single or Double

##### **SINGLE SPIN**

Select from the following list (entry & exit optional)

- |         |  |
|---------|--|
| A Class | Inverted Camel (any edge)                |
|         | Heel Camel (forward or backward)         |
|         | Layover Camel (any edge)                 |
|         | Jump Camel                               |
|         | Jump Sit                                 |
|         | <b>Broken ankle camel is not allowed</b> |
| B Class | OB Camel                                 |
|         | IB Camel                                 |
|         | OB Sit Spin                              |
| C Class | IB Sit Spin                              |
|         | OF Sit Spin                              |
|         | Cross foot spin                          |
|         | OF Camel                                 |

##### **COMBINATION SPIN**

Two (2) or three (3) positions with or without change of foot. Must include a sit spin (any edge). At least three (3) revolutions in each position. Entry & exit is optional

##### **STEP SEQUENCE**

Advanced footwork to comply with the prescribed footwork regulation for the year of competition.

# 11. APPENDIX B - REQUIREMENTS FOR YOUTH SHORT PROGRAMME – Oceania Championship

## 11.1 Time

Short Programme                              2 minutes 15 seconds ( +/- 5 seconds)

## 11.2 Short Programme - Set Elements (Men & Ladies)

Items MUST be performed in the order shown below

1. Jump element (axel, combination jump or toe assisted jump)
2. Jump element (axel, combination jump or toe assisted jump)
3. Spin Element (spin or combination spin)
4. Jump element (axel, combination jump or toe assisted jump)
5. Step sequence (as per requirement for the year of competition)
6. Spin Element (spin or combination spin)

To clarify 1, 2 and 4 above skaters can choose the order in which they perform the jump elements. An example of each category must be completed.

To clarify 3 and 6 above skaters can choose the order in which they perform the spin elements. An example of each category must be completed.

### NOTES ON SET ELEMENTS

#### **AXEL**

Must be single

#### **COMBINATION JUMP**

Minimum of three (3) jumps, maximum five (5) jumps, to include at least one jump with two (2) revolutions. (NO MORE THAN TWO REVOLUTIONS)

#### **TOE ASSISTED JUMP**

Single or Double

#### **SINGLE SPIN**

Select from the following list (entry & exit optional)

- |         |   |
|---------|---|
| A Class | Inverted Camel (any edge)                                   |
|         | Heel Camel (forward or backward)                            |
|         | Layover Camel (any edge)                                    |
|         | Jump Camel  |
|         | Jump Sit  |
|         | Broken ankle camel ( <b>Not advised for young skaters</b> ) |
| B Class | OB Camel  |
|         | IB Camel  |
|         | OB Sit Spin   |

#### **COMBINATION SPIN**

Two (2) or three (3) positions with or without change of foot. Must include a sit spin (any edge). At least three (3) revolutions in each position. Entry & exit is optional

#### **STEP SEQUENCE**

Advanced footwork to comply with the prescribed footwork regulation for the year of competition.

## 12. APPENDIX C - REQUIREMENTS FOR JUNIOR & SENIOR SHORT PROGRAMME AND LONG PROGRAM (JUNIOR, SENIOR, CADET OCEANIA AND YOUTH OCEANIA)

### 12.1 Time

Short Programme 2 minutes 15 seconds (+/- 5 seconds)

### 12.2 Short Programme - Set Elements (Men & Ladies)

Items MUST be performed in the order shown below

1. Jump element (axel, combination jump or toe assisted jump)
2. Jump element (axel, combination jump or toe assisted jump)
3. Spin Element (spin or combination spin)
4. Jump element (axel, combination jump or toe assisted jump)
5. Step sequence (as per requirement for the year of competition)
6. Spin Element (spin or combination spin)

To clarify 1, 2 and 4 above skaters can choose the order in which they perform the jump elements. An example of each category must be completed.

To clarify 3 and 6 above skaters can choose the order in which they perform the spin elements. An example of each category must be completed.

#### NOTES ON SET ELEMENTS

All jumps can be single, double or triple

Combination jump is minimum of three (3) maximum of five (5) including one (1) jump of at least two (2) rotations.

Single spin must be one (1) position and edge chosen from the list below

Combination must be two or three positions and/or edges, may include a change of feet and MUST include a sit spin.

Entry and exit for all spins is optional

Step sequence must be advanced and must conform to the prescribed pattern for the competitive year.

Choice of Single A Class SPIN

Select from the following list (entry & exit optional)

- Inverted Camel (any edge)
- Broken Ankle Spin (forward or backward)
- Heel Camel (forward or backward)
- Layover Camel (any edge)
- Jump Camel
- Jump Sit

For Junior Australian Championship & Oceania Championships skaters may choose one (1) of listed B class spins instead of an A class spin. Junior skaters MUST perform an A class spin in Junior grade at European and World competition

- OB Camel
- IB Camel
- IF Sit
- OB Sit

## SPIN COMBINATION

Two (2) or three (3) positions with or without change of foot. At least three (3) revolutions in each position. Must include a sit spin. Entry & exit is optional.

## STEP SEQUENCE

Advanced footwork to comply with the prescribed footwork regulation for the year of competition.

### **12.3 Long Programme - Set Elements (Men & Ladies)**

In the Free Skating Long Programme the skaters **MUST INCLUDE** at least two different step sequences Diagonal, Circular or Serpentine.

Each step sequence not performed will be given a deduction of 0.5 from the A mark

- A jump of the same kind (type & rotation), with the exception of one (1) revolution jumps or less, can be performed no more than three (3) times in the whole program
  - If the skater performs the same jump (type and rotation) more than three (3) times, a deduction of 0.3 from the A mark will be applied.
- All the combination jumps **MUST** be different
  - If a skater performs the same combination jumps more than once, a deduction of 0.3 from the A mark will be applied
- There **MUST** be at least two (2) different spins, one **MUST** be a combination
  - If the skater does not perform a combination spin, a deduction of 0.5 will be applied from the A mark
  - If the skater performs less than two (2) spins a deduction of 0.5 will be applied from the A mark
- Spins **MUST** be evenly distributed throughout the program, this means that between at least two spin elements in the long program there should be minimum two other different elements (at least one step sequence and one jump element). A deduction of 0.5 will be deducted by the referee from the B Mark for a program that it not well-balanced.
- All spins performed with additional hitching (entrance, change of positions or change of foot) of the employed foot (“pumping”) will be considered a poor quality spin, and therefore any spins performed in this way will be penalized 0.3 in the A mark by the referee, for each executed spin.
- If the skater falls during travelling for the spin, the spin is considered attempted. If immediately repeated it would go against the well-balanced programme rule.
- It is allowed to do acrobatic movements (back flips, cartwheel, etc) once.
- Doubles and Triple jumps: If the skater presents one jump for three times one of these must be in a combination.
- FALLS – A fall leading to a penalty is when more than 50% of the body weight is supported by any part of the body except the skate/s. The penalty is 0.2 from the B mark by the referee for each and every fall

## 13. APPENDIX D – REQUIREMENTS FOR INLINE SHORT PROGRAMME

### 13.1 Time

Short Program	(Junior and Senior)	2 minutes 30 seconds (+/- 10 seconds)
Free Program	Junior	3 minutes 30 seconds (+/- 10 seconds)
	Senior	4 minutes (+/- 10 seconds)

### 13.2 Short Programme - Set Elements (Men & Ladies / Junior & Senior)

<b>JUMPS</b>	<p><b>Junior/Senior:</b></p> <ul style="list-style-type: none"> <li>a) One Axel Paulsen type jump (Single/double/triple);</li> <li>b) One double/triple jump immediately preceded by connecting steps and/or other comparable Free Skating movements, may not repeat jump a).</li> <li>c) One Jump combination consisting of a double jump, triple jump or quadruple jump and a single or double or triple jump, may not repeat jump a) or b);</li> </ul>
<b>SPINS and STEPS</b>	<ul style="list-style-type: none"> <li>d) One Flying spin (one position only without change of foot) with a minimum of four (4) revolutions in a basic position.</li> <li>e) One spin with only one position, no flying entrance: <ul style="list-style-type: none"> <li>• Men: Camel spin or sit spin with only one change of foot (the position must be different than the flying spin landing position), minimum of four (4) revolutions per foot in basic position.</li> <li>• Ladies: Layback (or sideways) spin, minimum of four (4) revolutions in the required positions. No change of foot.</li> </ul> </li> <li>f) One Spin combination with only one change of foot and the 3 basic positions, with a minimum of four (4) revolutions per foot; No flying entrance.</li> <li>g) One step sequence fully utilizing the floor surface.</li> </ul> <p>The 5 Program Components are only judged in</p> <ul style="list-style-type: none"> <li>• Skating Skills</li> <li>• Transitions</li> <li>• Performance</li> <li>• Composition</li> <li>• Interpretation</li> </ul> <p>The factors for the Program Components is</p> <ul style="list-style-type: none"> <li>- for men 0.5</li> <li>- for ladies 0.5</li> </ul> <p>Deduction: 1.0 by fall on the Total Program Score (TPS)</p>

**More information about International Inline Freeskating has been sent to State CAOC Panels and can be downloaded from [www.sk8info.org](http://www.sk8info.org)**

### 13.3 Free Programme - Set Elements (Men & Ladies)

#### Free Program Junior

Long Program 3 minutes 30 seconds +/- 10 seconds

- a) Maximum of six (6) jumps for ladies & men
  - o One must be an axel type jump
  - o There may be up to two (3) jump combinations or sequences. One jump combination can contain up to 3 jumps and the other can contain only two (2) jumps. A jump sequence can contain any number of jumps but only the two most difficult jumps will be counted. A same jump with a different number of rotations will be counted as another jump
  - o Only 2 jumps with 2 or more revolutions can be repeated. The repetition must be in a jump combination or in a jump sequence
  
- b) There must be a maximum of 3 spins of a different nature (different name) o
  - o One spin must be a spin combination with change of foot (minimum of six (6) revolutions in total). This spin can be executed with a change of foot then a minimum of six (6) revolutions is required in total: or without a change of foot then a minimum of four (4) revolutions is required in total.
  - o One flying spin or spin with flying entrance. The spin can be executive with a change of foot then a minimum of six (6) revolutions is required in total, or without a change of foot then a minimum of four (4) revolutions is required in total
  - o One spin in a basic position only (with no change of position). The spin with no change of position can be executed with a change of foot then a minimum of six (6) or without a change of foot then a minimum of four (4) revolutions is required in total.
  - o Flying entrance is allowed for all spins
  
- c) There must be a maximum
  - o One (1) step sequence fully utilising the surface
  
- d) There must be a Choreographic Sequence which must:
  - o The choreographic sequence must fully utilise the skating surface for a minimum of 15 seconds. The element must be the choreograph highlight of the program and must contain
  - o At least one (1) gliding element on each foot, like but not limited to spirals, arabesques, spread eagles, Ina Beuers ... or any creative gliding position
  - o Creative jumps: small hops do not fulfil this requirement

The two requirements must be included in a strong choreographic style and should be executed according to the character of the music. Listed jumps including in the Choreographic Sequence will not be called and will not occupy the jump box element. The pattern is not restricted, but the sequence must be clearly visible with a beginning and an end.

This element is called ChSq1(choreographic sequence confirmed) or ChSq0 (if not confirmed)

The Technical Panel identifies the Choreographic sequences which commences with the first skating movement and is concluded with the preparation for the next element (if not the last element in the program). It can be performed before or after the step sequence.

The Choreographic Sequence is included in the Senior Free Program.

Program Components are judged in;

- o Skating Skill
- o Transitions
- o Performance/execution
  - o Choreography/Composition
- o Interpretation

Deduction for fall 1.0 from total program score Deduction for any type of acrobatic movement 1.0 from TPS

In the Free Skating Long Programme the skaters **MUST INCLUDE** at least two different step sequences Diagonal, Circular or Serpentine.

For each step sequence not performed will be given a deduction of 0.5 from the A Mark,

### **Free Program - Senior**

Long Program 4 minutes +/- 10 seconds

a) Maximum of seven (7) jumps for ladies & men

- o One must be an axel type jump
- o There may be up to three (3) jump combinations or sequences. Only one (1) jump combination can contain up to three (3) jumps and the others can contain only two (2) jumps. A jump sequence can contain any number of jumps but only the two most difficult jumps will be counted. A same jump with a different number of rotations will count as another jump.
- o Only 2 jumps with 2 or more revolutions can be repeated. The repetition must be in a jump combination or in a jump sequence

b) There must be a maximum of three (3) spins of a different nature (different name)

- o One spin must be a spin combination with change of foot (minimum of six (6) revolutions in total). This spin can be executed with a change of foot then a minimum of six (6) revolutions is required in total: or without a change of foot then a minimum of four (4) revolutions is required in total.
- o One flying spin or spin with flying entrance. The spin can be executed with a change of foot then a minimum of six (6) revolutions is required in total, or without a change of foot then a minimum of four (4) revolutions is required in total
- o One spin in a basic position only (with no change of position). The spin with no change of position can be executed with a change of foot then a minimum of six (6) revolutions is required or without a change of foot then a minimum of four (4) revolutions is required in total.
- o Flying entrance is allowed for all spins

c) There must be a maximum

- o One (1) step sequence fully utilising the surface

d) There must be a Choreographic Sequence

- o The Choreographic Sequence must fully utilise the skating surface for a minimum of 15 seconds. The element must be the choreograph highlight of the program and must contain
  
- o At least one (1) gliding element on each foot, like but not limited to spirals, arabesques, spread eagles, Ina Beuers ... or any creative gliding position
- o Creative jumps: small hops do not fulfil this requirement

The two requirements must be included in a strong choreographic style and should be executed according to the character of the music. Listed jumps including in the Choreographic Sequence will not be called and will not occupy the jump box element. The pattern is not restricted, but the sequence must be clearly visible with a beginning and an end.

This element is called ChSq1(choreographic sequence confirmed) or ChSq0 (if not confirmed)

The Technical Panel identifies the Choreographic sequences which commences with the first skating movement and is concluded with the preparation for the next element (if not the last element). It can be performed before or after the step sequence.

The Choreographic Sequence is included in the Senior Free Program

Program Components are judged in

- o Skating Skill
- o Transitions
- o Performance/execution
  - o Choreography/Composition
- o Interpretation

Deduction for fall 1.0 from total program score Deduction for any type of somersault 1.0 from TPS

The Panel's points for each Program Component is then multiplied by a factor as follows

Men	Short Program	0.5	Free Skating	1.4
Ladies	Short Program	0.5	Free Skating	1.2

**Prohibited elements:**

- o Any kind of Somersault – deduction (2.0).

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## **APPENDIX E - GENERAL RULES FOR SET ELEMENTS - SHORT PROGRAMME**

1. The single elements listed may also be skated in combination jumps or spins.
2. The elements must be skated in the order specified for the grade.
3. The six listed elements must not be repeated. No additional elements may be skated. Each additional element attempted will carry a penalty of 0.5 from the “B” mark with no credit given to the “A” mark.
4. An element not attempted will carry a penalty of 0.5. The penalty will be taken from the “A” mark.
5. FALLS - will receive a penalty of 0.2 for each fall. This penalty will be deducted from the “B” mark.
6. Additional position in the combination spin will carry a penalty of 0.5 taken from the “A” mark.
7. Additional jump in the combination jump will carry a penalty of 0.5 taken from the “A” mark.
8. All spins performed with additional hitching (entrance, change of positions or change of foot) of the employed foot (“pumping”) will be considered a poor quality spin, and therefore any spins performed in this way will be penalized 0.3 in the A Mark by the referee, for each executed spin.
9. A bad execution of a Toe-loop if presented as Toe Assisted Jump, will be penalized 0.5 from the A Mark by the referee.
10. It is allowed to do acrobatic movements (back flips, cartwheel etc) once.

**NOTE: A fall leading to penalty is a loss of balance where more than 50% of body weight is supported by any part of the body except the skates.**

## 14. APPENDIX F - PENALTIES

GENERAL			
1	Kneeling or laying on the floor during the routine	0.3	Deductions by the Referee – B Mark
2	Kneeling or laying on the floor at the beginning or the end of the routine for more than 5 seconds	0.3	Deductions by the Referee – B Mark
3	Costume Violation	0.2-1.0	Deductions by the Referee – B Mark According to degree of violation
4	Duration shorter than required	0.2	Deductions by the Referee for each 10 seconds or under – A & B Mark

SHORT PROGRAMME – A MARK			
1	Jump Combination with more than 5 jumps	0.5	By the Referee
2	Single Spin with More than one (1) position	0.5	By the Referee
3	Spin Combination with more than 3 positions	0.5	By the Referee
4	Each element not attempted	0.5	By the Referee
5	“Pumping “in Spins	0.3	By the Referee
6	Bad execution of Mapes	0.5	By the Referee

SHORT PROGRAMME – B MARK			
1	Each Fall	0.2	By the Referee
2	Additional Element	0.5	By the Referee
3	Incorrect order of elements	0.5	By the Referee
4	Excess in acrobatic movements	0.2	By the Referee

LONG PROGRAMME			
1	Each Fall	0.2	By the Referee – B mark
2	Each set element not attempted	0.5	By the Referee – A Mark
3	Each jump (type/rotation) performed more than three (3) times	0.3	By the Referee – A Mark
4	Each combination jump performed more than once	0.3	By the Referee – A Mark
5	For programs not containing a combination spin	0.5	By the Referee – A Mark
6	For programs containing less than two (2) spins	0.5	By the Referee – A Mark
7	Program not well balanced	0.5	By the Referee - B Mark
8	“Pumping” in Spins	0.3	By the Referee – A Mark
9	Excess in acrobatic movements	0.2	By the Referee – B Mark
10	Not presenting the third double or triple in combination	0.3	By the Referee – A Mark

## Appendix G

### Step Sequences Restricted jumps: Short Programme Quad Single/Pairs

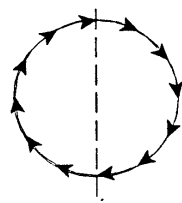
Recognised jumps with a visible preparation-execution-landing are not allowed in the step sequence: please be aware of extra recognised jumps in the short programme.

General:

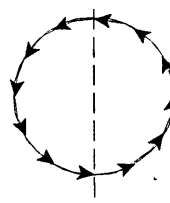
All footwork step sequences must be executed according to the character of the music using advanced footwork. Each step of the footwork must be progressive. No retrogression is permitted. Short stops in accordance with the music are permitted. **Jumps taken off and landed with a visible preparation – execution – landing, are not allowed in the short programme.**

#### 1. Circle Patterns “A” or “B” for year 2019 and 2022

Skated on a complete circle or oval utilizing at least three quarters (3/4) of the full width of the skating surface, using advanced footwork.



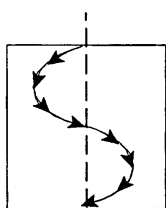
“A” Pattern



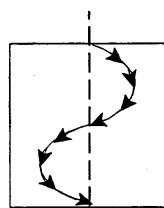
“B” Pattern

#### 2. Serpentine Footwork Step Sequence “A” or “B” for year 2017 and 2020.

Starting at any end of the skating floor and progress in at least two (2) bold curves of not less than one-half (1/2) of the width of the skating floor and ends at the opposite end of the skating floor using advanced footwork.

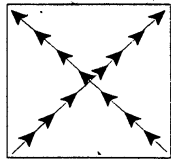


“A” Pattern

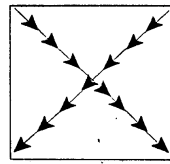


“B” Pattern

#### 3. Diagonal pattern “A” or “B” straight line footwork step sequence for year 2018 and 2021 Start at one end corner of the skating floor and ends near the diagonal opposite corner of the skating floor. To cover at least three quarters (3/4) of the floor with advanced footwork.



“A” Pattern



“B” Pattern

- Pairs Skating

Any choreographic movement where the girl is lifted off of the floor is to be considered a lift and therefore shall be penalized as an additional element **in the short programme**.