

# WELL-BALANCED FREE SKATE PROGRAM

## GENERAL EVENT PARAMETERS:

- Skaters may not enter both a well-balanced free skate event and an excel free skate event at the same competition
- Skaters will skate to the music of their choice
- Level will be determined by the highest free skate test passed; skaters may compete at the highest level they have passed or skate up one level higher.
- Skaters with physical disabilities may register for standard track or Skate United Track for events

<b>PRE-PRELIMINARY –1:40 MAX</b>		
<b>JUMPS</b>	<b>SPINS</b>	<b>SEQUENCES</b>
<p>Max 5 jump elements</p> <ul style="list-style-type: none"> <li>• All single jumps, including the single Axel, allowed                             <ul style="list-style-type: none"> <li>◦ No double, triple or quadruple jumps allowed.</li> <li>◦ Jumps may be repeated once (but no more) as solo jumps or part of a jump sequence or jump combination.</li> </ul> </li> <li>• Max 2 jump combinations, or 1 jump combination and 1 jump sequence.                             <ul style="list-style-type: none"> <li>◦ Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps.</li> <li>◦ A jump sequence is any listed jump immediately followed by an Axel-type jump</li> </ul> </li> </ul>	<p>Max 2 Spins – Max Level 1</p> <p>Spins must have different codes Minimum 3 revolutions Spins may change feet Spins may start with a flying entry</p> <ul style="list-style-type: none"> <li>• One spin MUST be a spin in ONE position</li> <li>• One spin MAY change positions</li> </ul> <p>If two one-position spins are performed, they must be executed in different basic positions.</p>	<p>Max 1 Choreographic Sequence (pChSq)</p> <ul style="list-style-type: none"> <li>• Consists of at least 2 different movements (spirals, spread eagles, unlisted jumps, etc)</li> <li>• Steps and turns may be used to link the movements together.</li> <li>• The pattern is NOT restricted, but the sequence MUST be clearly visible.</li> <li>• Listed elements (jumps and spins) are not permitted in the pChSq</li> </ul>

<b>PRELIMINARY – 2:00 +/- 10 SECONDS</b>		
<b>JUMPS</b>	<b>SPINS</b>	<b>SEQUENCES</b>
<p>Max 5 jump elements</p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump or a waltz jump*</li> <li>• All single jumps, including the single Axel, allowed. Only 2 different double jumps may be attempted (limited to double Salchow, double toe loop and double loop).                             <ul style="list-style-type: none"> <li>◦ Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed.</li> <li>◦ An Axel plus up to two different, allowable double jumps may be repeated once (but not more) as solo jumps or part of a jump sequence or jump combination.</li> </ul> </li> <li>• Max 2 jump combinations, or 1 jump combination and 1 jump sequence.                             <ul style="list-style-type: none"> <li>◦ Jump combinations and sequences are limited to 2 jumps except that one three jump combination or sequence with a maximum of 2 double jumps and 1 single jump is allowed</li> <li>◦ A jump sequence is any listed jump immediately followed by an Axel-type jump</li> </ul> </li> </ul>	<p>Max 2 Spins – Max Level 2</p> <p>Spins must have different codes Minimum 3 revolutions Spins may change feet Spins may start with a flying entry</p> <ul style="list-style-type: none"> <li>• One spin MUST be a spin in ONE position</li> <li>• One spin MAY change positions</li> </ul> <p>If two one-position spins are performed, they must be executed in different basic positions.</p>	<p>Max 1 Choreographic Sequence (pChSq)</p> <ul style="list-style-type: none"> <li>• Consists of at least 2 different movements (spirals, spread eagles, unlisted jumps, etc)</li> <li>• Steps and turns may be used to link the movements together.</li> <li>• The pattern is NOT restricted, but the sequence MUST be clearly visible.</li> </ul> <p>Listed elements (jumps and spins) are not permitted in the pChSq</p>