

Elements is all about taking RISKS and CHALLENGING your skills!
Learning a new jump? Test it out in Elements. A new spin variation or feature?
Elements is where you show what you CAN do *and* try something NEW.

In each of the five categories skaters will perform four elements. Each skater will skate the first element before proceeding to the next element. In each category a ranking will be produced including total points. Report cards will be provided and all categories will be judged on CPC.

- Group sizes will be 6-9 skaters and each category will be sorted by competitive free skate category.
- Warm Up times: Intro Elements and Elements 1: 3 minutes, Elements 2, 3 and Open: 4 minutes.
- A technical panel will identify the executed elements and a panel of three judges, one of whom will serve as Event Referee, will assign one GOE for each element performed. Consensus judging will apply. If an agreement cannot be reached on the GOE, the Referee's call will stand.
- After the warm up, skaters must stand by the boards until they have performed their first element. Once they have finished performing the first element, they may warm up subsequent elements in the warm up area until they are called to perform the next element.
- Elements 1-3, Open Categories Element #4: If a spin is performed it must have a different spin code than the spin performed in element #3. A jump may only be repeated once. Example: Jump Combo is 2T+2T+C. A 2T may not be included in element #4. The 2T has been repeated more than once.
- Jump combinations will only be invalidated if a skater performs a jump with more revolutions than permitted or includes more jumps than permitted.
- Standard bonus points will be awarded for double axel and higher jumps identified as fully rotated by the technical panel.

The technical official will identify the element as performed and will invalidate an element if it is not according to requirements.

Examples:

- i. Requirement is a flying combination spin. Spin is identified as a change combination spin. This is an incorrect element. The element is invalidated.
- ii. Requirement is a combination spin with all three positions and only two positions are successfully executed. Spin is identified as a combination spin with two positions.
- iii. Jump combination requirement is two doubles. Skater performs 3S+1T. Combination is invalidated as the 3T contain more than the permitted number of revolutions. Skater performs 2Lo+1T+C. Judges will reduce GOE by -3. The combination is not invalidated.
- iv. Skater steps out and falls after the first jump of the jump combination. The technical official will identify the element as "First Jump"+C. Judges will reduce GOE by -3.

Elements Criteria 2015-2016

INTRO ELEMENTS: Must be competing STAR 2 or STAR 3. All elements called to a maximum of base level.

1. 1F or 1Lz
2. 1Lo+1Lo+C
3. Forward Camel or Sit Spin. No difficult variations, flying entry or change of foot.
4. Forward Spiral Sequence (may have up to 8 steps between spirals)

ELEMENTS 1: Must be competing no higher than STAR 4. All elements called to a maximum of base level.

1. 1A
2. 1Lz+1T+C or 1Lz+1Lo+C or 2S or 2T
3. Combination Spin with three basic positions; change of foot optional; no flying entry.
4. Any spin or jump element of skater's choice. Jump combo may not exceed 2 jumps. Spin must be different than #3; ok to repeat features from #3. Jumps in 1,2, & 4 – no jump may be executed more than twice in total.

ELEMENTS 2: Must be competing no higher than Pre-Juvenile or Senior Bronze and not passed higher than complete Senior Bronze Free Skate test. Levels called for spin elements.

1. Any double jump.
2. Jump Combination – single or double jumps; may not contain more than 2 jumps.
3. Combination Spin with three basic positions; change of foot and flying entry optional.
4. Any spin or jump element of skater's choice. Jump combo may not exceed 2 jumps. Spin must be different than #3; ok to repeat features from #3. Jumps in 1,2, & 4 – no jump may be executed more than twice in total.

ELEMENTS 3: Not competing Pre-Novice or higher. Levels called for spin elements.

1. Any double jump.
2. Jump Combination – must include two double jumps; may not contain more than 2 jumps. No triple jumps.
3. Spin in one position with change of foot. Flying entry permitted.
4. Any spin or jump element of skater's choice. Jump combo may not exceed 3 jumps. Spin must be different than #3; ok to repeat features from #3. Jumps in 1,2, & 4 – no jump may be executed more than twice in total.

OPEN ELEMENTS: Passed any free skate test. Levels called for spin elements.

1. 2Lz or 2A.
2. Jump Combination – Any double or triple jumps; no more than two jumps. If triple attempted, second jump may be a single.
3. Spin of choice.
4. Any spin or jump element of skater's choice. Jump combo may not exceed 3 jumps. Spin must be different than #3; ok to repeat features from #3. Jumps in 1,2, & 4 – no jump may be executed more than twice in total.