

Special Olympics Singles Free Skate Program Requirements Quick Reference Guide

CATEGORY / TIME	JUMPS	SPINS or TURNS		SPIRAL / STEP / OTHER
Level 1 (1:00 ±0:10) 2 PCs: Presentation and Skating Skills	2 Jump Elements	Max 2 TURNS		Forward two foot to one foot glide on a curve
	Forward Gliding Two Foot Jump Backward Gliding Two Foot Jump	Forward two foot turn	Backward two foot turn	Backward Push/Glide Sequence
Level 2 (1:40 max.) 2 PCs: Presentation and Skating Skills	3 Jump Elements	Max 2 Spins		Forward Spiral
	Power Jump Rotating Power Jump Combination Jump – Two foot forward to backward/two foot backward to forward	Forward One Foot Spin	Alternating foot spin	
Level 3 (1:40 max.) 2 PCs: Presentation and Skating Skills	3 Jump Elements	Max 2 Spins		Circular Spiral Sequence
	Waltz Jump Salchow Toe Loop	Forward Upright Spin	Backward Upright Spin	
Level 4 (2:00 ±0:10) 2 PCs: Presentation and Skating Skills	5 Jump Elements	Max 2 Spins		Forward Spiral Sequence 3-Turn sequence
	Salchow Toe Loop Loop Flip OR Lutz Waltz Jump/Toe Loop combination	Backward Upright Spin	Sit OR Camel Spin	
Level 5 (2:00 ±0:10) 2 PCs: Presentation and Skating Skills	Max 5 Jumps	Max 2 Spins		Forward Spiral Sequence
	Must include one axel type jump (Waltz or Axel) Must include Five different types of single jumps Must include Loop/Loop combination	Backward Upright Spin	Combination Spin (No flying entry, no difficult variations, change of foot optional)	

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CATEGORY / TIME	JUMPS Each category must have an Axel. No jump included more than twice.	SPINS All codes must be different for each category			SPIRAL / STEP / CHOREO
Level 6 (2:00 ±0:10) 2 PCs: Presentation and Skating Skills	Max 5 jumps Maximum two double jumps May only repeat one jump	Max 2 Spins			Forward Spiral Sequence
	Max 2 jump Combos. No Sequences permitted (2 jumps permitted in jump combo)	(F)SSp or (F)CSp (1 position, no change of foot, flying entry optional. No DV permitted)	CoSp OR CCoSp (3/3 revs) (No flying entry. DV permitted)		
Open (3:00 ±0:10) 2 PCs: Presentation and Skating Skills	Max 6 jumps	Max 3 Spins (Max Level B). DV permitted in all spins			Max. one Step, spiral or Choreo sequence
	Max 3 jump Combos or 2 jump combos & 1 seq (2 jumps permitted in jump combo or seq)	CCoSp (4/4 revs) (flying entry optional)	Flying Spin (4 revs) (1 pos / no change of foot)	Spin of any nature (5 revs) (flying entry optional)	