2024-2025 STAR 2 Free Skate Technical Requirements Guide

JUMPS	Maximum Five Required (5) Jump Elements						
Required Jump Elements	**Single Salchow**		**Single Toe Loop**		**Single Loop**	**Single Flip** OR **Single Lutz**	**Waltz Jump + Single Toe Loop Combination**
STAR 2 WBP Restrictions	Count all required jump elements that have been completed, **regardless of the order of execution**						
Error	Includes more than five jump elements.		Required jump element is repeated.	Incorrect element is included.	Second jump combination included.	Single Axel or Double Jump included.	Jump sequence included.	Less than required five jump elements.
Penalty	Additional elements will be marked as Invalid Element.		The second executed element will be marked as Invalid Element.	Incorrect element is marked as Invalid Element.	The element not meeting the requirements is marked as Invalid Element.	Single Axel or Double Jump is marked as Invalid Element.	The sequence is marked as Invalid Element.	No penalty.
Examples	1Lo 1T 1Lz 1W+1T **1F – Invalid Element** 1S	1S 1T 1F 1W+1T **1S – Invalid Element**	1S 1T **1W – Invalid Element** 1F 1Lo	1F 1W+1T 1T **1Lo+1Lo – Invalid Element** 1S	1S **1A – Invalid Element** 1Lz 1W+1T 1T	**1W+1T– Invalid Element** (executed as +SEQ) 1Lo 1S 1F 1T	1Lo 1S 1T 1F

SPINS	Maximum Two (2) Spin Elements				
Required Spin Elements	**BACKWARD UPRIGHT SPIN** e.g. BUSp			**SIT SPIN or CAMEL SPIN** e.g. SSp or CSp	
STAR 2 WBP Restrictions	**Consider the first executed spin:** 1. Check for BUSp 2. If no BUSp, check for CSp or SSp 3. If spin does not meet either criteria, spin element is marked as Invalid Element			**Consider the second executed spin:** 1. Check for BUSp 2. If no BUSp, check for CSp or SSp 3. If spin does not meet either criteria, spin element is marked as Invalid Element	
Error	Skater includes more than two spin elements.	Skater repeats a required spin element (i.e. same code).	Skater includes an incorrect spin element within program	Skater includes a spin element with a flying entry, difficult variations or a backward entry.	Skater includes less than the required spin elements
Penalty	Any additional spin elements will be marked as Invalid Element.	The second executed element will be marked as Invalid Element.	The incorrect element will be marked as Invalid Element.	The incorrect element will be marked as Invalid Element.	No penalty.
Examples	BUSp CSp **FUSp – Invalid Element**	SSp BUSp **BUSp – Invalid Element**	BUSp **CoSp – Invalid Element**	BUSp **FCSp – Invalid Element**	BUSp

FORWARD SPIRAL SEQUENCE & FORWARD TURN SEQUENCE				
Required Elements	**Forward Spiral Sequence** – Two forward spirals with one spiral on each foot, unsupported position; on either inside or outside edge.		**Forward Turn Sequence** – Forward Outside Three-Turn + Backward Crosscut + Backward Inside S Step (i.e. step forward); executed four times.	
Error	Skater includes additional Turn Sequence or Forward Spiral Sequence element.	Skater includes less than the required Turn Sequence or Spiral Sequence element.	Forward Spiral Sequence contains a supported or backwards spiral.	Skater performs less than 4 executions of forward turn sequence.
Penalty	Additional elements will be marked as Invalid Element.	No penalty.	Forward Spiral Sequence will be marked as an Invalid Element.	Judges reduce assessment by one level (i.e. from a Gold to a Silver).

2024-2025 STAR 3 Free Skate Technical Requirements Guide

JUMPS

STAR 3 WBP Restrictions	Maximum of five jump elements. Must include at least one Axel type jump.		Must include five different types of single jumps.	No Double Jumps permitted	Maximum two jump combinations. One jump combination must be 1Lo+1Lo.				Repeated jumps must be in combination. No jump included more than twice.	
Error	Includes more than five jump elements.	Waltz Jump or Single Axel jump not included.	Less than five different types of jump are included.	Double jump included.	Jump sequence included; planned or result of jump error (i.e. fall and execute 2nd jump)	Includes third combination.	1Lo+1Lo not included		Repeated jump not in combination.	Jump included more than twice.
Penalty	Extra jump elements will be marked as Invalid Element. If only Axel type jump is 6th element, the last two elements will be marked Invalid Element.	The last executed element will be marked as Invalid Element.	The last repeated jump element type is marked as Invalid Element. Waltz and Axel are considered same type.	Jump element is marked as Invalid Element.	The sequence is marked as Invalid Element. If skater falls on first jump and executes 2nd jump, the 2nd jump is ignored.	The extra jump combo is marked as Invalid Element. 1Lo+1Lo will count regardless of the order of execution.	Reduce assessment of last executed combination by one level. If no combination included, reduce last executed jump element by one level		Repeated jump element assessment will be reduced by one level.	Jumps included more than twice will be marked as Invalid Element. 1Lo+1Lo will count regardless of the order of execution.
Examples Elements noted with ** in examples are to be marked as "**Invalid Element**" on Judging Sheets.	1Lo+1Lo 1W 1Lz 1S+1T 1F **1S****	1Lo+1Lo 1T 1Lz 1F+1T **1S****	1A 1Lo+1Lo 1A+1T 1F **1T****	1Lz **2S**** 1Lo+1Lo 1A 1F+1T	**1Lz+1A**** (done as sequence) 1Lo+1Lo 1W 1F 1T	1Lz 1A 1Lo+1Lo **1F** (fall, ignore 2nd jump) 1S	1A+1T **1F+1T**** **1Lo+1Lo**	1W 1S+1T 1F 1Lz **1Lz+1Lo** *(reduce element assessment one level)*	1A 1S+1T **1A*** 1Lo+1Lo 1F *Reduce element assessment one level*	1A **1F+1Lo**** 1S 1Lo+1Lo 1T

SPINS — Maximum Two (2) Spin Elements

Required Spin Elements	BACKWARD UPRIGHT SPIN e.g. BUSp			COMBINATION SPIN Must include at least one camel and one sit position Forward Entry Only, Change of Foot Optional, No Difficult Variations e.g. CoSp or CCoSp					
STAR 3 WBP Restrictions	Consider the first executed spin: If spin does not meet criteria for either required spin element, the element is marked as Invalid.			Consider the second executed spin: If spin does not meet criteria for either required spin element, the element is marked as Invalid.					
Error	Skater includes more than two spin elements.	Skater repeats a required spin element (i.e. same code).	Skater includes an incorrect spin element within program.	Skater includes a flying entry, difficult variations or a backward entry.	CoSP/CCoSp camel and sit position not attempted or skater changes feet twice.	Either sit or camel not attempted	Both camel and sit attempted, only one attained	Less than 3 revs on one foot in CCoSp.	Skater includes less than the required spin elements
Penalty	Any additional spin elements will be marked as Invalid Element.	The second executed element with same code will be marked as Invalid Element.	The incorrect element will be marked as Invalid Element.	The spin element will be marked as Invalid Element.	The element will be marked as Invalid Element.	Element rating no higher than Bronze	Element rating no higher than Silver	Foot with less than 3 revs is ignored	No penalty.
Examples	BUSp	CCoSp	BUSp	BUSp	BUSp			CoSp	BUSp

	CoSp **FUSp – Invalid Element**	BUSp **BUSp – Invalid Element**	**CSp – Invalid Element**	**FCCoSp – Invalid Element**	**CoSp/CCoSp – Invalid Element**				

FORWARD SPIRAL SEQUENCE

	Two forward spirals with one spiral on each foot, unsupported position; on either inside or outside edge.		
Error	Skater includes additional Forward Spiral Sequence element.	Skater does not include required Forward Spiral Sequence element.	The Forward Spiral Sequence contains a supported or backwards spiral.
Penalty	Additional elements will be marked as Invalid Element.	No penalty.	The Forward Spiral Sequence element will be marked as Invalid Element.

2024-2025 STAR 4 Free Skate Technical Requirements Guide

JUMPS — BONUS: Only one 1A receives a bonus

STAR 4 WBP Restrictions	Maximum of five jump elements. Must include at least one Axel (1A).		Must include five different types of single jumps.	No Double Jumps permitted	Maximum two jump combinations. One jump combination must be 1Lo+1Lo.			Repeated jumps must be in combination. No jump included more than twice.	
Error	Includes more than five jump elements.	Single Axel jump not included. Waltz jump does not count.	Less than five different types of jump are included.	Double jump included.	Jump sequence included; planned or result of jump error (i.e. fall and execute 2nd jump)	Includes third combination.	1Lo+1Lo not included	Repeated jump not in combination.	Jump included more than twice.
Penalty	Extra jump elements will be marked as Invalid Element. If only Axel type jump is 6th element, the last two elements will be marked Invalid Element.	The last executed element will be marked as Invalid Element.	The last repeated jump element type is marked as Invalid Element. Waltz and Axel are considered same type.	Jump element is marked as Invalid Element.	The sequence is marked as Invalid Element. If skater falls on first jump and executes 2nd jump, the 2nd jump is ignored.	The extra jump combo is marked as Invalid Element. 1Lo+1Lo will count regardless of the order of execution.	Reduce assessment of last executed combination by one level. If no combination included, reduce last executed jump element by one level	Repeated jump element assessment will be reduced by one level.	Jumps included more than twice will be marked as Invalid Element. 1Lo+1Lo will count regardless of the order of execution.
Examples (Elements noted with ** in examples are to be marked as "**Invalid Element**" on Judging Sheets.)	1Lo+1Lo / 1W / 1Lz / 1S+1T / 1F / **1S****	1Lo+1Lo / 1T / 1Lz / 1F+1T / **1S****	1A / 1Lo+1Lo / 1A+1T / 1F / **1T****	1Lz / **2S**** / 1Lo+1Lo / 1A / 1F+1T	**1Lz+1A**** (done as sequence) / 1Lo+1Lo / 1W / 1F / 1T — 1Lz / 1A / 1Lo+1Lo / **1F** (fall, ignore 2nd jump) / 1S	1A+1T / **1F+1T**** / 1Lo+1Lo	1W / 1S+1T / 1F / 1Lz / **1Lz+1Lo** *(reduce element assessment one level)*	1A / 1S+1T / **1A*** / 1Lo+1Lo / 1F / **Reduce element assessment one level*	1A / **1F+1Lo**** / 1S / 1Lo+1Lo / 1T

SPINS — Maximum Two (2) Spin Elements

Required Spin Elements	BACKWARD UPRIGHT SPIN e.g. BUSp			COMBINATION SPIN — Must include at least one camel and one sit position. Forward Entry Only, Change of Foot Optional, No Difficult Variations. e.g. CoSp or CCoSp					
STAR 4 WBP Restrictions	Consider the first executed spin: If spin does not meet criteria for either required spin element, the element is marked as Invalid.			Consider the second executed spin: If spin does not meet criteria for either required spin element, the element is marked as Invalid.					
Error	Skater includes more than two spin elements.	Skater repeats a required spin element (i.e. same code).	Skater includes an incorrect spin element within program.	Skater includes a flying entry, difficult variations or a backward entry.	CCoSp - camel and sit position not attempted or skater changes feet twice.	Either sit or camel not attempted	Both camel and sit attempted, only one attained	Less than 3 revs on one foot in CCoSp.	Skater includes less than the required spin elements
Penalty	Any additional spin elements will be marked as Invalid Element.	The second executed element with same code will be marked as Invalid Element.	The incorrect element will be marked as Invalid Element.	The spin element will be marked as Invalid Element.	The element will be marked as Invalid Element.	Element rating no higher than Bronze	Element rating no higher than Silver	Foot with less than 3 revs is ignored	No penalty.
Examples	BUSp / CoSp / **FUSp – Invalid Element**	CCoSp / BUSp / **BUSp – Invalid Element**	BUSp / **CSp – Invalid Element**	BUSp / **FCCoSp – Invalid Element**	BUSp / **CCoSp – Invalid Element**			CoSp	BUSp

FORWARD SPIRAL SEQUENCE		
	Two forward spirals with one spiral on each foot, unsupported position; on either inside or outside edge.	
Error	Skater includes additional Forward Spiral Sequence element.	Skater does not include required Forward Spiral Sequence element.	The Forward Spiral Sequence contains a supported or backwards spiral.
Penalty	Additional elements will be marked as Invalid Element.	No penalty.	The Forward Spiral Sequence element will be marked as Invalid Element.

2024-2025 STAR 5 Free Skate Technical Requirements Guide

JUMPS

Jumps are considered in order of execution. If an extra jump(s) is executed, only the individual jump that is not according to requirements will have no value.

STAR 5 WBP Restrictions	Maximum of five jump elements		Must include at least one Axel (1A)		Maximum two double jumps. Cannot be in combination or repeated.		Maximum two jump combinations		Repeated jumps must be in combination. No jump included more than twice.	
Error	Includes more than five jump elements.		Axel jump not included. A waltz jump does NOT meet the requirement, must be 1A.		Repeated double jump.	Double jump included in combination.	Error after 1st jump that leads to combination not meeting definition.	Number of combos is more than 2, or if there is a jump sequence.	Repeated jump not in combination.	Jump included more than twice.
Penalty	Additional jump elements will be marked as Invalid. If only Axel jump is 6th element, the last two elements will be Invalid.		The last executed element will be marked as Invalid.		The second repeated double jump is marked as Invalid.	Only the double jump is marked as Invalid.	Element marked +COMBO at error and 2nd jump invalid	The first jump of the extra combo is counted and marked +REP.	Jump will be marked as +REP.	Jumps included more than twice will be Invalid.
Examples	1Lo+1Lo 2T 1Lz 1A+1T 1F 1S*	1Lo+1Lo 2T 1Lz 1F+1T 1S* 1A*	1S 1T 1F 1Lo+1Lo 1Lz*	1W 1S+1T 1F 1Lo+1Lo 1Lz*	2S 1Lo+1Lo 2S* 1A 1Lz	1F 1A+1T 1S 2T*+1T 1Lz	1A 1F+COMBO+2T* 2Lo 1Lz 2S	1A+1T 1Lo+1Lo 1F+1T*+REP	2S 1A 2T 1A+REP 1Lo+1T	1A 1Lo+1Lo 2S 1F+1Lo* 2T

SPINS   All spins to be called to maximum Level B

Four situations where "V" sign is awarded: 1. Step over/no clear visible jump in flying spins; 2. Only 2 basic positions in any spin combination; 3. Less than 3 revs on one foot in any change of foot spin; 4. Not reaching a basic position for at least 2 revs on one foot in a one position spin with a change of foot. Maximum of one "V" will be awarded. Multiple errors will be reflected in GOE.

WBP Restrictions	COMBINATION SPIN No flying entry, No difficult variations, Change of foot optional e.g. CoSp or CCoSp		SIT SPIN or CAMEL SPIN Flying entry optional, No change of foot, No difficult variations e.g. SSp, FSSp or CSp, FCSp	
	Minimum Requirements:	**Penalty:**	**Minimum Requirements:**	**Penalty:**
	Must have at least 3 revs on one foot	No value	Must have at least 3 revs	No value
	At least two different basic positions must have at least 2 revs each	No value	Of those 3 revs, there must be at least 2 revs in the intended basic position	No value
Limitations	Flying entry is NOT permitted	Flying entry attempted – No value	Change of foot is NOT permitted	Change of foot attempted – No value
	Difficult variations are NOT permitted	Difficult variations attempted – No value	Difficult variations are NOT permitted	Difficult variations attempted – No value
Grade of Execution (GOE)	CoSp – Minimum 5 revs CCoSp – Minimum 3 revs on each foot	GOE reduction for "Less than required revolutions"	Minimum 4 revs	GOE reduction for "Less than required revolutions"

SPIRAL SEQUENCE	Spiral Sequence to be called to maximum Level B		
	Spiral Sequence – At least two spirals connected by any number of steps, turns, hops, or other comparable moves; one spiral on each foot, one must be unsupported position. Positions must be sustained (i.e. not kicked). The first two performed spirals shall be identified as the required spirals for the sequence.		
Error	Sustained position with knee and foot <u>at or</u> below hip on one or both spirals	Spirals separated by other elements (i.e. jump or spin)	Both spirals performed on the same foot	Both spirals in supported position
Penalty	No value	No Value	No Value	No value

*All falls, both during and between elements will be identified and have a value.

JUMPS

Jumps are considered in order of execution. If an extra jump(s) is executed, only the individual jump that is not according to requirements will have no value.

STAR 6 WBP Restrictions	Maximum of five jump elements. Must include at least one Axel.	Must include at least one Double Jump	May only repeat one jump			Maximum two jump combinations (no jump sequences) or error in execution of combination.		Jump combinations may contain no more than two jumps	A jump may only be repeated once	No jump may be included more than twice
Penalty	Additional jump elements will be marked as Invalid. If only Axel jump is 6th element, the last two elements will be Invalid.	If no double jump is attempted, the last executed single jump will be marked as Invalid. If the Axel is invalidated, it will still count for WBP.	Jumps of different revolutions may be repeated. If more than one jump is repeated, then the second repeated jump will be invalidated and receive no value.			Error after 1st jump that leads to combination not meeting definition will be called: 1st jump +COMBO + 2nd jump*	If the number of combos is more than 2, or if there is a jump sequence, only the 1st jump is counted and marked with +REP	Only the extra jump(s) will receive no value	A repeated jump, if not in combo will be identified as +REP and will not be considered as a combo attempt	Only the jump(s) included more than twice will receive no value, even when in a jump combo
Examples	1Lo+1Lo 2T 1Lz 1A+1T 1F 1S*	1Lo+1Lo 2T 1Lz 1F+1T 1S* 1A*	1A 1F 1S 1Lo+1Lo 1Lz+1T*	1F 1S+1T 1Lz 1Lo+1Lo 1A*	1F+1T 2Lo 1A 2S 2T	1F+1T 2Lo 1F 2S+1T* 1A	1A+2T 2S 2Lo 2Lo+1Lo 2F	1A 1F+COMBO+2T* 2Lo 1Lz 2S	1A+1T 1Lo+1Lo 1F+1T*+REP ⎯⎯ 1Lz+1A*+REP	1Lz+1Lo+2Lo*	1Lz 2F 1A+2T 2Lo 1Lz+REP	1A 2S 2T 2T+2T* 1F+1Lo

SPINS   All spins to be called to maximum Level B

Four situations where "V" sign is awarded: 1. Step over/no clear visible jump in flying spins; 2. Only 2 basic positions in any spin combination; 3. Less than 3 revs on one foot in any change of foot spin; 4. Not reaching a basic position for at least 2 revs on one foot in a one position spin with a change of foot. Maximum of one "V" will be awarded. Multiple errors will be reflected in GOE.

WBP Restrictions	COMBINATION SPIN WITH CHANGE OF FOOT No flying entry, Difficult variations permitted e.g. CCoSp		SIT SPIN or CAMEL SPIN Flying entry optional, No change of foot, No difficult variations e.g. SSp, FSSp or CSp, FCSp	
	Minimum Requirements:	**Penalty:**	**Minimum Requirements:**	**Penalty:**
	Must have at least 3 revs on one foot	No value	Must have at least 3 revs	No value
	At least two different basic positions must have at least 2 revs each	No value	Of those 3 revs, there must be at least 2 revs in the intended basic position	No value

Limitations	Flying entry is NOT permitted	Flying entry attempted – No value	Change of foot is NOT permitted	Change of foot attempted – No value
	Difficult variations permitted	Maximum Level B	Difficult variations are NOT permitted	Difficult variations attempted – No value
Grade of Execution (GOE)	Minimum 3 revs on each foot	GOE reduction for "Less than required revolutions"	Minimum 4 revs	GOE reduction for "Less than required revolutions"

SPIRAL OR STEP SEQUENCE			All SpSq or StSq to be called to maximum Level B		
	SpSq – At least two spirals connected by any number of steps, turns, hops, or other comparable moves; one spiral on each foot, one must be unsupported position. Positions must be sustained (i.e. not kicked). The first two performed spirals shall be identified as the required spirals for the sequence.			StSq – A sequence of steps and turns in a pattern across the ice. Must be visible and identifiable and must fully utilize the ice surface.	
Error	Sustained position with knee and foot at or below hip on one or both spirals	Spirals separated by other elements (i.e. jump or spin)	Both spirals performed on the same foot	Both spirals in supported position	Step sequence is not visible, identifiable or does not fully utilize the ice surface.
Penalty	No value	No Value	No Value	No value	No Value

*All falls, both during and between elements will be identified and have a value.

2024-2025 STAR 7 Free Skate Technical Requirements Guide

JUMPS

Required Elements	One solo Axel (1A) (2A not permitted)	One Double Jump	One Jump Combination (One Double and One Single / Two Doubles)					
Error	Wrong number of revs.	Wrong number of revs.	Two solo jumps, neither in combo.	Wrong number of revs.	The same jump may not be repeated in two separate jump boxes. Single Axel and Solo Double Jump may not be repeated.			No second jump.
Penalty	No value	No value	Benefit to skater where to add +COMBO	No value	Repeated jump receives no value (in a jump combo, only the repeated jump will not be counted)			Final GOE must be -5
Examples	1W* ---- 2A*	2T+1T 1S* ---- 1A	1A 2Lo+COMBO 2S (fall on 2Lo)	1A 2Lo 2S+COMBO	1Lz+1Lo* +COMBO	2Lo 1Lz+2Lo* 1A	2T+2Lo 1A 2T*	1A*+2T 1A 2Lo	1Lz+COMBO (GOE must be -5) 1A 2T

SPINS   All spins to be called to maximum Level B

Required Elements	COMBINATION SPIN WITH CHANGE OF FOOT No flying entry, Difficult variations permitted e.g. CCoSp Only 2 basic positions = "V"		FLYING SIT SPIN or FLYING CAMEL SPIN No change of foot, Difficult variations permitted e.g. FSSp or FCSp Stepping over/no clear visible jump = "V"	
	Minimum Requirements:	Penalty:	Minimum Requirements:	Penalty:
	Must have at least 3 revs on each foot	No value	Must have at least 3 revs	No value
	At least two different basic positions must have at least 2 revs each	No value	Of those 3 revs, there must be at least 2 revs in the intended basic position	No value
Limitations	Difficult variations are permitted	Maximum Level B	Difficult variations are permitted	Maximum Level B
	Flying entry is NOT permitted	No value	Change of foot is NOT permitted	No value
	Second change of foot is NOT permitted	No value		
Grade of Execution (GOE)	Minimum 4 revs on each foot	GOE reduction for "Less than required revolutions"	Minimum 5 revs	GOE reduction for "Less than required revolutions"

STEP SEQUENCE   Step Sequence to be called to maximum Level B

Required Element	Step Sequence – A sequence of steps and turns in a pattern across the ice. Must be visible and identifiable and must fully utilize ice surface (e.g. straight line, serpentine, circle, oval, or similar shape).
Error	Step sequence is not visible, identifiable or does not fully utilize the ice surface
Penalty	No Value

*All falls, both during and between elements will be identified and have a value.

2024-2025 STAR 8 Free Skate Technical Requirements Guide

JUMPS

Jumps are considered in order of execution. If an extra jump(s) is executed, only the individual jump that is not according to requirements will have no value.

WBP Restrictions	Maximum of six jump elements. Must include at least one Axel.		Must include at least two different Double Jumps		Maximum of three jump combinations or two combinations and one sequence. May not contain more than two jumps.		Repeated jumps must be in combination. No jump included more than twice.	
Error	Includes more than six jump elements.		Less than two different double jumps are attempted.		Includes more than 2 jumps in the jump combination.	Includes extra jump combination or sequence.	Repeated jump not in combination.	Jump included more than twice.
Penalty	Additional jump elements will be marked as Invalid. If only Axel jump is 7th element, the last two elements will be Invalid.		The last executed single jump will be marked as Invalid. The number of invalidations will equal the number of missing attempted different doubles. If the Axel is invalidated, it will still count for WBP.		The third jump of the combination/sequence will be marked as Invalid.	The first jump of the extra combo/seq. is counted and marked +REP.	Repeated jump will be marked as +REP.	Jumps included more than twice will be marked as Invalid.
Examples	1Lo+2Lo 2T+1T 2Lz 1A+1T 1F 2S 1S*	1Lo+2Lo 2T+1T 1Lz 1F+1T 2Lo 1S* 1A*	1A 2T+1T 1F+2T 1S 1Lz+1Lo 1Lz*	1S 1Lz 1F+1T 1F 1Lz+1Lo* 1A*	2S+1Lo+1Lo*	1A+1T 1Lo+2Lo 2S+2T 1Lz+2T*+REP	2S+1T 1A 2T 1A+REP 2Lo 1Lz+1T	1A 2T+2T 2S 1F+2T* 1Lz 1F+1T

SPINS   All spins to be called to maximum Level B

Four situations where "V" sign is awarded: 1. Step over/no clear visible jump in flying spins; 2. Only 2 basic positions in any spin combination; 3. Less than 3 revs on one foot in any change of foot spin; 4. Not reaching a basic position for at least 2 revs on one foot in a one position spin with a change of foot. Maximum of one "V" will be awarded. Multiple errors will be reflected in GOE.

WBP Restrictions	COMBINATION SPIN WITH CHANGE OF FOOT Difficult variations permitted, Flying entry optional e.g. (F)CCoSp		FLYING SPIN IN ONE POSITION No change of foot, Difficult variations permitted e.g. FSSp, FCSp, FUSp, FLSp		SPIN OF ANY NATURE Flying entry optional, Difficult variations permitted	
	Minimum Requirements:	**Penalty:**	**Minimum Requirements:**	**Penalty:**	**Minimum Requirements:**	**Penalty:**
	Must have at least 3 revs on one foot	No value	Must have at least 3 revs	No value	All spin codes must be different	No value
	At least two different basic positions must have at least 2 revs each	No value	Of those 3 revs, there must be at least 2 revs in the intended basic position	No value		
Limitations	Difficult variations permitted	Maximum Level B	Difficult variations permitted	Maximum Level B	Difficult variations permitted	Maximum Level B

Grade of Execution (GOE)	Minimum 4 revs on each foot	GOE reduction for "Less than required revolutions"	Minimum 4 revs	GOE reduction for "Less than required revolutions"	Minimum 5 revs	GOE reduction for "Less than required revolutions"

CHOREOGRAPHIC SEQUENCE	Choreographic Sequence to be called to maximum <u>Level 1</u>
	ChSq – Sequence must include 2 different movements like spirals, arabesques, spread eagles, Ina Bauers, etc. Pattern is unrestricted but sequence must be clearly visible. Sequence commences with first skating movement and concludes with preparation to next element (if not last element of program).
	Minimum Requirements: / Penalty:
	Sequence must include 2 different movements and be clearly visible / No value

*All falls, both during and between elements will be identified and have a value.

JUMPS								
Required Elements	One solo Axel (1A or 2A)	One Double Jump	One Jump Combination (Two Doubles)					
Error	Wrong number of revs.	Wrong number of revs.	Two solo jumps, neither in combination.	Wrong number of revs.	The same jump may not be repeated in two separate jump boxes. Single Axel and Solo Double Jump may not be repeated.			No second jump.
Penalty	No value	No value	Benefit to skater where to add +COMBO	No value	Repeated jump receives no value (in a jump combo, only the repeated jump will not be counted)			Final GOE must be -5
Examples	1W* 1S* 1A	2T+2T 2Lo+COMBO 2S (fall on 2Lo)	1A 2Lo 2S+COMBO	2Lz+1Lo*	2Lo 2Lz+2Lo* 1A	2T+2Lo 1A 2T*	1A*+2T 1A 2Lo	2Lz+COMBO (GOE must be -5) 1A 2T

SPINS	All spins to be called to maximum Level 3			
Required Elements	COMBINATION SPIN WITH CHANGE OF FOOT No flying entry, Difficult variations permitted e.g. CCoSp Only 2 basic positions = "V"		SPIN IN ONE POSITION Change of foot optional, No flying entry, Difficult variations permitted e.g. (C)USp, (C)LSp, (C)CSp, (C)SSp	
	Minimum Requirements:	Penalty:	Minimum Requirements:	Penalty:
	Must have at least 3 revs on each foot	No value	Must have at least 3 revs	No value
	At least two different basic positions must have at least 2 revs each	No value	There must be at least 2 revs in the intended basic position (on both feet if change of foot is included)	No value
Limitations	Difficult variations are permitted	Maximum Level 3	Difficult variations are permitted	Maximum Level 3
	Flying entry is NOT permitted	No value	Flying entry is NOT permitted	No value
	Second change of foot is NOT permitted	No value	Second change of foot is NOT permitted	No value
Grade of Execution (GOE)	Minimum 5 revs on each foot	GOE reduction for "Less than required revolutions"	Minimum 6 revs (no change of foot) Minimum 5/5 revs (change of foot)	GOE reduction for "Less than required revolutions"

STEP SEQUENCE	Step Sequence to be called to maximum Level 3
Required Element	Step Sequence – A sequence of steps and turns in a pattern across the ice. Must be visible and identifiable and must fully utilize ice surface (e.g. straight line, serpentine, circle, oval, or similar shape).
Error	Step sequence is not visible, identifiable or does not fully utilize the ice surface
Penalty	No Value

*All falls, both during and between elements will be identified and have a value.

JUMPS

Jumps are considered in order of execution. If an extra jump(s) is executed, only the individual jump that is not according to requirements will have no value.

WBP Restrictions	Maximum of six jump elements. Must include at least one Axel.		Must include at least three different Double Jumps			Maximum three jump combinations or two combinations and one sequence. May not contain more than two jumps.		Repeated jumps must be in combination. No jump included more than twice.	
Error	Includes more than six jump elements.		Less than three different double jumps are attempted.			Includes more than two jumps in the jump combo.	Includes extra jump combination or sequence.	Repeated jump not in combination.	Jump included more than twice.
Penalty	Additional jump elements will be marked as Invalid. If only Axel jump is 7th element, the last two elements will be Invalid.		The last executed single jump will be marked as Invalid. The number of invalidations will equal the number of missing attempted different doubles. If the Axel is invalidated, it will still count for WBP.			The third jump of the combination will be marked as Invalid.	The first jump of the extra combo/sequence is counted and marked +REP.	Repeated jump will be marked as +REP.	Jumps included more than twice will be marked as Invalid.
Examples	2Lz+2T 2F+2T 1A 2Lz 2F 2S+2Lo 2S*	2Lz+2T 2F+2T 2S 2Lz 2S+2Lo 2Lo* 1A*	1A 2T+1T 2F+1T 1S 1Lz+1Lo 1Lz*	1F 1Lz 1F+1T 1A* 2S+1Lo* 2S	1A 1S 1F+1T 1Lo 1S*+1Lo* 1Lz*	2S+2Lo+1Lo*	1A+1T 2Lo+2Lo 2S+2T 1Lz+2T*+REP	2S+2T 1A 2T 1A+REP 2Lo 2Lz+2Lo	1A 2T+2T 2S 1F+2T* 2Lz 2F+2Lo

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SPINS   All spins to be called to maximum Level 4

Four situations where "V" sign is awarded: 1. Step over/no clear visible jump in flying spins; 2. Only 2 basic positions in any spin combination; 3. Less than 3 revs on one foot in any change of foot spin; 4. Not reaching a basic position for at least 2 revs on one foot in a one position spin with a change of foot. Maximum of one "V" will be awarded. Multiple errors will be reflected in GOE.

WBP Restrictions	COMBINATION SPIN WITH CHANGE OF FOOT Difficult variations permitted, Flying entry optional e.g. (F)CCoSp		FLYING SPIN IN ONE POSITION No change of foot, Difficult variations permitted e.g. FSSp, FCSp, FUSp, FLSp		SPIN OF ANY NATURE Flying entry optional, Difficult variations permitted	
	Minimum Requirements:	Penalty:	Minimum Requirements:	Penalty:	Minimum Requirements:	Penalty:
	Must have at least 3 revs on one foot	No value	Must have at least 3 revs	No value	All spin codes must be different	No value
	At least two different basic positions must have at least 2 revs each	No value	Of those 3 revs, there must be at least 2 revs in the intended basic position	No value	Spin in one position with change of foot, no basic for at least 3 revs on one foot	"V" awarded
Grade of Execution (GOE)	Minimum 5 revs on each foot	GOE reduction for "Less than required revolutions"	Minimum 5 revs	GOE reduction for "Less than required revolutions"	Minimum 5 revs	GOE reduction for "Less than required revolutions"

CHOREOGRAPHIC SEQUENCE	Choreographic Sequence to be called to maximum <u>Level 1</u>	
	ChSq – Sequence must include 2 different movements like spirals, arabesques, spread eagles, Ina Bauers, etc. Pattern is unrestricted but sequence must be clearly visible. Sequence commences with first skating movement and concludes with preparation to next element (if not last element of program).	
	Minimum Requirements:	**Penalty:**
	Sequence must include 2 different movements and be clearly visible	**No value**

*All falls, both during and between elements will be identified and have a value.

JUMPS							
Jumps are considered in order of execution. If an extra jump(s) is executed, only the individual jump that is not according to requirements will have no value.							

WBP Restrictions	Maximum of seven jump elements. Must include at least one Axel.		Must include at least four different Double Jumps			Maximum 3 jump combinations <u>or 2 combinations and 1 sequence</u>.		One jump combo/seq may have 3 jumps.	Repeated jumps must be in combination. No jump included more than twice.
Error	Includes more than seven jump elements.		Less than four different double jumps are attempted.			Includes extra jump combination or sequence.	Error after 1st or 2nd jump	Extra jump executed in more than one combination or sequence	Repeated jump not in combination	Jump included more than twice.
Penalty	Additional jump elements will be marked as Invalid. If only Axel jump is 8th element, the last two elements will be Invalid.		The last executed single jump will be marked as Invalid. The number of invalidations will equal the number of missing attempted different doubles. If the Axel is invalidated, it will still count for WBP.			The first jump of the extra combo is counted and marked +REP.	Combo/seq doesn't meet definition and will be called +COMBO/SEQ+2nd jump as applicable	Only the extra jump(s) will receive no value (Euler will be called clean or << only)	Repeated jump will be marked as +REP.	Jumps included more than twice will be marked as Invalid.
Examples	2Lz+2T 2F+2T 1A 2Lz 2F 2S+2Lo 2Lo 2S*	2Lz+2T 2F+2T 2S 2Lz 2S+2Lo 1S 2Lo* 2A*	1A 2F 1F+2T 1Lo 1S+1Lo 1Lz* 2Lo	1Lz 1Lo 2F 2S< 1F 2F+1T* 1A*	1A 1S 1F 1F+1T* 2Lo+1Lo* 2Lo 1Lz*	1A 1F 1S 1F+1T 1Lo* 1S*+1Lo* 1Lz*	1A+1Eu+2S 2Lo+2Lo 2S+2T 1Lz+2T*+REP	1A 2F+COMBO+2T* 2Lo+1A+SEQ+2T*	2T+2Lo 2F+1A+2T+SEQ 2Lz+1Lo+2Lo*	2S+2T 1A 2T 1A+REP 2Lo 2Lz+2Lo	1A 2T+2T 2S 1F+2T* 2Lz 2F+2Lo

SPINS All spins to be called to maximum Level 4					
Four situations where "V" sign is awarded: 1. Step over/no clear visible jump in flying spins; 2. Only 2 basic positions in any spin combination; 3. Less than 3 revs on one foot in any change of foot spin; 4. Not reaching a basic position for at least 2 revs on one foot in a one position spin with a change of foot. Maximum of one "V" will be awarded. Multiple errors will be reflected in GOE.					

WBP Restrictions	**COMBINATION SPIN WITH CHANGE OF FOOT** Difficult variations permitted, Flying entry optional e.g. (F)CCoSp		**FLYING CAMEL OR FLYING SIT SPIN** No change of foot, Difficult variations permitted e.g. FSSp or FCSp		**SPIN OF ANY NATURE** Flying entry optional, Difficult variations permitted
	Minimum Requirements:	Penalty:	Minimum Requirements:	Penalty:	Minimum Requirements:	Penalty:
	Must have at least 3 revs on one foot	No value	Must have at least 3 revs	No value	All spin codes must be different	No value
	At least two different basic positions must have at least 2 revs each	No value	Of those 3 revs, there must be at least 2 revs in the intended basic position	No value	Spin in one position with change of foot, no basic for at least 3 revs on one foot	"V" awarded

Limitations			Flying Upright or Flying Layback performed	No value		
Grade of Execution (GOE)	Minimum 5 revs on each foot	GOE reduction for "Less than required revolutions"	Minimum 6 revs	GOE reduction for "Less than required revolutions"	Minimum 6 revs	GOE reduction for "Less than required revolutions"

STEP SEQUENCE	Step Sequence to be called to maximum Level 4		
	Step Sequence – A sequence of steps and turns in a pattern across the ice. Must be visible and identifiable and must fully utilize ice surface (e.g. straight line, serpentine, circle, oval, or similar shape).	Minimum Requirements:	Penalty:
		Step sequence is not visible, identifiable or does not fully utilize the ice surface	No value

*All falls, both during and between elements will be identified and have a value.