

Solo Compulsories:

Skater does three elements from their freestyle level with a one-minute time frame using one half of the ice. No music is used. Skater must do the elements in the order listed below with a minimum of connecting moves. These are the elements to be used.

FS 1 ½ Flip Spiral 2 Foot spin	FS 2 Dance step ½ Lutz Scratch spin	FS 3 Salchow Toe loop Change foot spin	FS 4 Loop Sit spin Flip	FS 5 Lutz Camel, sit, upright Axel
FS 6 Jump com Layback Double Salchow	FS 7 Walleys Flying cam Axel jump combo	FS 8 Spin lutz Flying sit Double Salchow combo	FS 9 Double flip Double Lutz Flying camel into jump sit	

Jump & Spin Teams

Description

A jump and spin team -two skaters from the same category level, but do not have to be the same test level. Skaters may skate above, but cannot skate below a test level category.

One team of two skaters enters the ice and stops. The first skater begins and performs the same jump two times. After the second attempt the first skater stops. The second skater then begins to perform the same spin two times. After the second attempt, the second skater stops. Both skaters can bow and exit the ice together.

Category levels:

Low= Pre Alpha- Delta (1/2 ice)
Medium= Freestyle 1-3 (1/2 ice)
Intermediate = Freestyle 4-5 (1/2 ice)
High = Freestyle 6-10 (full ice)

Maneuvers List:

Low

Jump: two foot hop or bunny hop
Spin: two foot spin

Intermediate:

Jump: ½ loop or Axel
Spin: sit spin or back spin

Medium:

Jump: 1/2 flip or toe loop jump
Spin: Two foot or one foot spin

High:

Jump: double Salchow or double loop
Spin: flying camel or flying sit spin

Judging:

The judge is to judge the quality of each element NOT the difficulty!