

FREE SKATE TEST PRE-JUVENILE

The fundamentals of free skating must be demonstrated, although not necessarily mastered. Good edges, flow, power, extension and posture are required for all of the elements of free skating (jumps, spins and connecting moves). The preprogram should utilize the ice surface and demonstrate some relationship with the music. As specified in rule 6461, the following elements are required:

Jump elements (5)

One waltz jump or single Axel.

Three different jumps: selected from single loop, single flip, single Lutz, single Axel or any double jump, except double Axel.

One two-jump or three-jump combination selected from:

-two single jumps.

-one single jump and one double jump (in either order).

-two double jumps (double Axel is not permitted).

Spins (2)

One spin combination: with at least one change of position and opt. change of foot (minimum 6 revolutions).

One spin in one position: with no change of foot (minimum 4 revolutions).

Steps

One step sequence, must be visible and identifiable and should use almost the full ice surface.

Duration: **2:00 +/-10 seconds.**

For up to every +/-10 sec lacking or in excess: penalty of one point (-1) deduction 6234 (A).

For each illegal element/movement: penalty of one point (-1) deduction 6234(B).

Required jumps may be performed as solo jumps, or as part of jump combinations or sequences, but no jump element may count for more than one of the jump requirements.

Both spins may have a flying entry.

Extra elements may be added without penalty.

Two Different elements may be reked, if necessary.