

FREE SKATE TEST NOVICE

The candidate must give a performance that is generally good. The preciseness of the footwork should be nearly faultless, body motions well timed with the music, and the flow and power very good in all free skating elements (jumps, spins and connecting steps). The program should fully utilize the ice surface, and no major or consistent errors should be in evidence. As specified in rule 6432, the following elements are required:

Jump elements (7)

One single, double or triple Axel.

Three different double, triple or quadruple jumps.

One two-jump or three-jump combination including two jumps with at least two rotations.

Two additional jump elements each jump element must include at least one listed jump, which may contain any number of revolutions and may be the same as jumps already performed.

Spins (3)

One spin combination with at least one change of position and optional change of foot (minimum 10 revolutions).

One flying spin with no change of foot or position (minimum 6 revolutions).

One spin of a different character (minimum 6 revolutions).

Steps

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

Duration: **3:30 +/-10 seconds.**

For up to every +/-10 sec lacking or in excess: penalty of one (-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 the permitted jump combinations or sequences, but no jump element may count for more than one of the jump requirements.

All spins may have a flying entry.

Extra elements may be added without penalty. Two different elements may be reskated, if necessary.