

FREE SKATE TEST JUNIOR

The candidate must give a performance that is generally very good in all respects. Focus should be on power, flow, edge quality, line and footwork control. The program should demonstrate a good, harmonious composition that is skated to the music with rhythm and expression, while utilizing the full ice surface. As specified in rule 6422, the following elements are required:

Jump elements (7)

One single, double or triple Axel.

Four different double, triple or quadruple jumps (one of which must be a double flip, double Lutz, triple or quadruple jump).

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

One additional jump element must include at least one listed jump, which may be any single, double, triple or quadruple jump and may be the same as a jump(s) already performed.

Spins (3)

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

One flying spin or spin with a flying entry (minimum 6 revolutions).

One spin with only one position (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 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 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, change feet, must be of different character.

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