

FREE SKATE TEST SENIOR

The candidate must give an excellent performance displaying power, strong edge control and depth, extension and precise footwork control in all aspects of the selected elements. The program should fully utilize the ice surface, have a change of pace and superbly express the mood and rhythm of music. Harmonious steps and connecting movements in time to the music should be maintained throughout the program. As specified in rule 6412, 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 Lutz, triple jump or quadruple jump).

Two two-jump or three-jump combinations each including two jumps with at least two rotations.

Spins (3)

One spin combination (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.

Choreographic

One choreographic sequence must be clearly visible.

Duration: **4:00 +/-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.

All spins: may have a flying entry, may change feet, must be of a different character.

Extra elements may be added without penalty.

Two different elements may be reskated, if necessary.