

NZIFSA – 2019 Single Skating - FREE SKATING ELEMENTS -

Grade	Jump Elements	Spin Elements	Choreo / Step Sequences
<p>KiwiSkate (Ladies and Men) Max 5 elements Time: Max 1:40</p> <p>Falls: -0.5</p> <p>Components: SS / PE</p>	<ul style="list-style-type: none"> • Optional Jump, <ul style="list-style-type: none"> - different from those below - may be a combination with only 2 jumps - jumps performed solo may be repeated once in combination • Salchow • Toe Loop 	<ul style="list-style-type: none"> • Upright Spin without change of foot (min 3 revs) <p>Maximum: Level 1</p>	<ul style="list-style-type: none"> • Simple Step Sequence <ul style="list-style-type: none"> - A least one half the length of the rink - Fixed Base value - Marked on GOE only
<p>Pre Elementary (Ladies and Men) Max 5 elements Time: Max 2:15</p> <p>Falls: -0.5</p> <p>Components: SS / PE</p>	<ul style="list-style-type: none"> • Optional Jump (selected from Loop, Flip or Lutz) • Salchow • Toe Loop 	<ul style="list-style-type: none"> • Upright Spin without change of foot (min 3 revs) <p>Maximum: Level 1</p>	<ul style="list-style-type: none"> • Simple Step Sequence <ul style="list-style-type: none"> - At least one half the length of the rink - Fixed Base value - Marked on GOE only
<p>Elementary (Ladies and Men) Max 7 elements Time: Max 2:15</p> <p>Falls: -0.5</p> <p>Components: SS / PE</p>	<ul style="list-style-type: none"> • Loop Jump • Flip or Lutz • Optional Jump 1 – different from those above – solo jump; combo not permitted • Optional Jump 2 – different from those above <ul style="list-style-type: none"> - may be a jump combo of 2 jumps - jumps performed solo may be repeated once in combination 	<ul style="list-style-type: none"> • One foot spin <ul style="list-style-type: none"> - No change of position (choice of upright, sit or camel) - Min 4 revs • Optional Spin - different to those above <ul style="list-style-type: none"> - Without change of foot. - Can be a Combo spin without a change of foot - Min 4 revs <p>Maximum: Level 1</p>	<ul style="list-style-type: none"> • Step Sequence <ul style="list-style-type: none"> - Fully utilises the ice surface - Fixed Base value - Marked on GOE only

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<p>Juvenile U12 & 12+ (Ladies and Men) Max 7 elements Time: 2:15 (+/- 10 sec) Falls: -0.5 Components: SS / PE</p>	<p>Max 4 jump elements</p> <ul style="list-style-type: none"> • One must be an Axel type jump • Max 2 jump combinations or sequences <ul style="list-style-type: none"> - Jump combos can only contain 2 jumps - Sequences can have any number of jumps – only 2 most difficult will count <p>Any single and double jump cannot be executed more than twice in total Triple jumps are not permitted</p>	<p>Max 2 different spins of a different abbreviation:</p> <ul style="list-style-type: none"> • One must be a spin combination <ul style="list-style-type: none"> - With or without a change of foot - Min 6 revs in total • One spin with no change of position <ul style="list-style-type: none"> - With or without a change of foot - Min 6 revs in total <p style="text-align: center;">Flying entry is allowed</p> <p>Maximum: Level 2</p>	<ul style="list-style-type: none"> • Max 1 Step Sequence <ul style="list-style-type: none"> - Fully utilises the ice surface <p>Maximum: Level 2</p>
<p>Basic Novice (Ladies and Men) Max 7 elements Time: 2:30 (+/- 10 sec) Falls: -0.5 Components: SS / PE</p>	<p>Max 4 jump elements</p> <ul style="list-style-type: none"> • One must be an Axel type jump • Max 2 jump combinations or sequences <ul style="list-style-type: none"> - Combo/sequence can only contain 2 jumps <p>Any single and double jump cannot be executed more than twice in total Triple & Quad jumps are not permitted</p>	<p>Max 2 different spins of a different abbreviation:</p> <ul style="list-style-type: none"> • One must be a spin combination <ul style="list-style-type: none"> - With or without a change of foot - Min 8 revs in total (6 without change of foot) • One spin with no change of position <ul style="list-style-type: none"> - With or without a change of foot - Min 8 revs in total (6 without change of foot) <p style="text-align: center;">Flying entry is allowed</p> <p>Maximum: Level 2</p>	<ul style="list-style-type: none"> • Max 1 Step Sequence <ul style="list-style-type: none"> - Fully utilises the ice surface <p>Maximum: Level 2</p>
<p>Int Novice & Intermediate (Ladies & Men) Max 8 elements Time: 3:00 (+/- 10 sec) Falls: -0.5 Components: SS / PE / IN</p>	<p>Max 5 jump elements</p> <ul style="list-style-type: none"> • One must be an Axel type jump • Max 2 jump combinations or sequences <ul style="list-style-type: none"> - Combo/sequence can only contain 2 jumps <p>Any single and double jump cannot be executed more than twice in total Triple & Quad jumps are not permitted</p>	<p>Max 2 different spins of a different abbreviation:</p> <ul style="list-style-type: none"> • One must be a spin combination <ul style="list-style-type: none"> - With a change of foot - Min 8 revs in total - Without flying entrance • One spin with no change of position <ul style="list-style-type: none"> - With or without a change of foot - With flying entrance - Min 8 revs in total (6 without change of foot) <p>Maximum: Level 2</p>	<ul style="list-style-type: none"> • Max 1 Step Sequence <ul style="list-style-type: none"> - Fully utilises the ice surface <p>Maximum: Level 2</p>

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<p>Adv. Novice (Ladies & Men) Max 9 elements Time: 3:00 (+/- 10 sec) Falls: -0.5 Components: SS / TR / PE / IN</p>	<p>Max 6 jump elements</p> <ul style="list-style-type: none"> One must be an Axel type jump Max 2 jump Combo or Seq: <ul style="list-style-type: none"> Combo/sequence can only contain 2 jumps Only 2 jumps with 3 or more rotations can be repeated in Combo or Seq <p>Any jump cannot be executed more than twice in total. No Quad jumps.</p>	<p>Max 2 different spins of a different abbreviation:</p> <ul style="list-style-type: none"> One must be a spin combination with change of foot: <ul style="list-style-type: none"> Min 8 revs in total No flying entrance One must be a flying spin (6 revs), or a change foot spin in one position with a flying entrance (8 revs) <p>Maximum: Level 3</p>	<ul style="list-style-type: none"> Max 1 Step Sequence <ul style="list-style-type: none"> Fully utilises the ice surface <p>Maximum: Level 3</p>
<p>Junior (Ladies and Men) Max 11 elements Time: 3:30 (+/- 10 sec) Falls: -1.0 Components: SS / TR / PE / CH / IN 2nd half last 3 jumps 1.1 multiplier</p>	<p>Max 7 jump elements</p> <ul style="list-style-type: none"> One must be an Axel type jump Max 3 jump Combo or Seq: <ul style="list-style-type: none"> One combo may contain 3 jumps The other 2 can only contain 2 jumps Any double, triple or quad jump cannot be executed more than twice in total If both triple or quad jumps are executed as solo jumps, SOV reduction is applied to the second solo jump 	<p>Max 3 different spins of a different abbreviation:</p> <ul style="list-style-type: none"> One must be a spin in one position <ul style="list-style-type: none"> Min 6 revs in total Optional change of foot One must be a flying spin or spin with a flying entrance <ul style="list-style-type: none"> Min 6 revs in total One must be a combination spin <ul style="list-style-type: none"> Min 10 revs in total <p>Optional change of foot</p>	<ul style="list-style-type: none"> Max 1 Step Sequence <ul style="list-style-type: none"> Fully utilises the ice surface
<p>Senior (Ladies and Men) Max 12 elements Time: 4:00 (+/- 10 sec) Falls: -1.0 1st & 2nd, -2.0 3rd & 4th, -3.0 5+ Components: SS / TR / PE / CH / IN 2nd half last 3 jumps 1.1 multiplier</p>	<p>Max 7 jump elements</p> <ul style="list-style-type: none"> One must be an Axel type jump Max 3 jump Combo or Seq: <ul style="list-style-type: none"> One combo may contain 3 jumps The other 2 can only contain 2 jumps Any double, triple or quad jump cannot be executed more than twice in total If both triple or quad jumps are executed as solo jumps, SOV reduction is applied to the second solo jump 	<p>Max 3 different spins of a different abbreviation:</p> <ul style="list-style-type: none"> One must be a spin in one position <ul style="list-style-type: none"> Min 6 revs in total Optional change of foot One must be a flying spin or spin with a flying entrance <ul style="list-style-type: none"> Min 6 revs in total One must be a combination spin <ul style="list-style-type: none"> Min 10 revs in total <p>Optional change of foot</p>	<ul style="list-style-type: none"> Max 1 Step Sequence <ul style="list-style-type: none"> Fully utilises the ice surface Max 1 Choreographic Sequence <ul style="list-style-type: none"> Sequence must be clearly visible Fixed Base value - Marked on GOE only