

NZIFSA – 2026/27 Single Skating - FREE SKATING ELEMENTS v2

Grade	Jump Elements	Spin Elements	Choreo / Step Sequences
KiwiSkate (All) Max 5 elements Time: Max 1:40 Falls outside element: -0.5 Component factor: 1.67	- Optional Jump, - different from those below - may be a combination with only 2 single jumps - jumps performed solo may be repeated once in combination - Solo Single Salchow - Solo Single Toe Loop	Upright Spin without change of foot (min 3 revs) Spin Maximum: Level 1	- Simple Step Sequence - A least one half the length of the rink - Fixed Base value - Marked on GOE only - For level base difficult turns and steps are not expected to be on clean edges.
Pre Elementary (All) Max 6 elements Time: 1:30 (+/- 10 Sec) Falls outside element: -0.5 Component factor: 1.67	- Optional solo single Jump (selected from Loop, Flip or Lutz) - Optional solo single Jump (selected from Loop, Flip or Lutz); different to above - Solo Single Salchow - Solo Single Toe Loop	Upright Spin without change of foot (min 3 revs) Spin Maximum: Level 1	- Simple Step Sequence - At least one half the length of the rink - Fixed Base value - Marked on GOE only - For level base difficult turns and steps are not expected to be on clean edges.
Elementary (All) Max 7 elements Time: 1:30 (+/- 10 Sec) Falls outside element: -0.5 Component factor: 1.67	Max 4 jump elements - Max 2 jump combinations or 1 combination and 1 sequence - Combo/sequence can only contain 2 jumps - Any jump can be repeated only once, and this repetition must be done either in a jump combination or jump sequence Triple & Quad jumps are not permitted	Max 2 different spins of a different abbreviation: - One Spin Combination - With or without change of foot - Min 4 revs Flying entry is not allowed - One Spin with no change of position - With or without change of foot. - Min 4 revs Flying entry is allowed Level 1 maximum on spins	- Max 1 Step Sequence - Fully utilises at least half the ice surface - For level base difficult turns and steps are not expected to be on clean edges. Maximum: Level 1

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Juvenile (All) Max 7 elements Time: 2:00 (+/- 10 sec) Falls outside element: -0.5 Component factor: 1.67	Max 4 jump elements - Max 2 jump combinations or 1 combination and 1 sequence - Combo/sequence can only contain 2 jumps - Any jump can be repeated only once, and this repetition must be done either in a jump combination or jump sequence Triple & Quad jumps are not permitted	Max 2 different spins of a different abbreviation: - One must be a spin combination - With or without a change of foot - Min <u>4</u> revs in total Flying entry is not allowed - One spin with no change of position - With or without a change of foot - Min <u>4</u> revs in total Flying entry is allowed Level 2 maximum on spins	- Max 1 Step Sequence - Fully utilises the ice surface - Must include min one skating movement (e.g spiral, spread eagle, Ina Baurer, hydroblading etc) - Min 1 difficult turn / step on clean edges for level basic Maximum: Level 2 Features 3) Body, 4) Clusters and 5) <u>Body movements in turn combination features</u> not awarded
Basic Novice (All) Max 8 elements Time: 2:30 (+/- 10 sec) Falls outside element: -0.5 Component factor: 1.67 Jump Bonus Applies Jump variety bonus – 2pts if all 6 type of jumps performed	Max 5 jump elements - One must be an Axel type jump - Max 2 jump combinations or 1 combination <u>without Euler</u> and 1 sequence - Combo/sequence can only contain 2 jumps <u>An Euler can only be executed once</u> Only one single and one double jump can be repeated once (each) Triple & Quad jumps are not permitted	Max 2 different spins of a different abbreviation: - One must be a spin combination - With or without a change of foot - Min 8 revs in total (6 without change of foot) 1 feature per foot if change of foot Flying entry is allowed - One spin with no change of position - Without a change of foot - Basic position (camel, sit, layback or upright) with a min of 6 revs - No level features are allowed. 8 revs can be done but will not count as attempted feature. Flying entry is not allowed Maximum: Level 2 Maximum: Level Base	- Max 1 Step Sequence - Fully utilises the ice surface - Must include min one skating movement (e.g spiral, spread eagle, Ina Baurer, hydroblading etc). If missing no level given. - Min 2 difficult turns & steps on clean edges for level basic Maximum: Level 2 Features 3) Body, 4) Clusters and 5) <u>Body movements in turn combination features</u> not awarded

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Intermediate Novice (All) Max 8 elements Time: 2:30 (+/- 10 sec) Falls outside element: -0.5 Component factor: U12 & Girls – 1.7 Boys – 2.0 Jump Bonus Applies Jump variety bonus – 2pts if all 6 type of jumps performed	Max 5 jump elements - One must be an Axel type jump - Max 2 jump combinations or 1 combination <u>without Euler</u> and 1 sequence - Combo/sequence can only contain 2 jumps - An Euler can only be executed once Only one single and one double jump can be repeated once (each) Triple & Quad jumps are not permitted	Max 2 different spins of a different abbreviation: - One must be a spin combination - With or without a change of foot - Min 8 revs in total (6 without change of foot) 1 feature per foot if change of foot - Non Basic position is not counted as feature. Flying entry is not allowed - One spin with no change of position - With or without a change of foot - Min 8 revs in total (6 without change of foot) 1 feature per foot if change of foot Flying entry is allowed Level 2 maximum on spins	- Max 1 Step Sequence - Fully utilises the ice surface - Must include min one skating movement (e.g spiral, spread eagle, Ina Baurer, hydroblading etc). If missing no level given. - Min 2 difficult turns & steps on clean edges for level basic Maximum: Level 2 Features 3) Body, 4) Clusters and 5) <u>Body movements in turn combination features</u> not awarded
Adv. Novice (All) Max 8 elements Time: 3:00 (+/- 10 sec) Falls outside element: -0.5 Component factor: U12 & Girls – 2.13 Boys – 2.40 Jump Bonuses Apply Jump variety bonus – 2pts if all 6 type of jumps performed 1 bonus point for one Double Axel and 1 bonus point each for any two different triple jumps (Max 3 pts).	Max 5 jump elements - One must be an Axel type jump - Max 2 jump combinations or 1 combination <u>without Euler</u> and 1 sequence - One Combo/sequence can contain up to 3 jumps the other up to 2 jumps - Only 2 triple jumps can be repeated in a Combo or Seq - An Euler can only be executed once Any jump cannot be executed more than twice in total. No Quad jumps. The same type of jump independent of revolutions cannot be included more than <u>two</u> times.	Max 2 different spins of a different abbreviation: - One must be a spin combination with change of foot: - Min 8 revs in total - No flying entrance - One must be a flying <u>Camel</u> spin (6 revs) with no change of position: - Min 8 revs in total (6 without change of foot) - Without change of foot Level 3 maximum on spins	Max 1 Choreographic Sequence

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Junior (All) Max <u>10</u> elements Time: 3:30 (+/- 10 sec) Falls: -1.0 Component factor: U12 & Women – 2.67 Men – 3.33 2nd half last 3 jumps 1.1 multiplier	Max <u>6</u> jump elements - One must be an Axel type jump - Max <u>2</u> jump Combo or <u>1</u> Combo (<u>without an Euler</u>) and 1 Seq: - One Combo or Seq may contain 3 jumps - The other 2 can only contain 2 jumps <u>An Euler can only be executed once</u> <u>The same type of jump (independent of revs) cannot be executed more than 3 times</u> Any double cannot be executed more than twice Only two triple or quad jumps can be executed twice, only one repetition can be a quad If both triple or quad jumps are executed as solo jumps, SOV reduction is applied to the second solo jump	Max 3 different spins of a different abbreviation: - One must be a flying spin - Min 6 revs in total - One must be a combination spin - Min 10 revs in total - Optional change of foot <u>One must be a choreographic Spin</u> <u>Min 3 revs in total (on one or two blades)</u> <u>Any basic or non-basic position(s)</u> <u>Optional change(s) of foot (multiple times permitted)</u>	Max 1 Choreographic Sequence
Senior (All) Max <u>11</u> elements Time: 4:00 (+/- 10 sec) Falls: -1.0 1st & 2nd, -2.0 3rd & 4th, -3.0 5+ Component factor: Women – 2.67 Men – 3.33 2nd half last 3 jumps 1.1 multiplier	Max <u>6</u> jump elements - One must be an Axel type jump - Max <u>2</u> jump Combo or <u>1</u> Combo (<u>without an Euler</u>) and 1 Seq: - One Combo or Seq may contain 3 jumps - The other 2 can only contain 2 jumps <u>An Euler can only be executed once</u> <u>The same type of jump (independent of revs) cannot be executed more than 3 times</u> Any double cannot be executed more than twice Only two triple or quad jumps can be executed twice, only one repetition can be a quad If both triple or quad jumps are executed as solo jumps, SOV reduction is applied to the second solo jump	Max 3 different spins of a different abbreviation: - One must be a flying spin - Min 6 revs in total - One must be a combination spin - Min 10 revs in total - Optional change of foot <u>One must be a choreographic Spin</u> <u>Min 3 revs in total (on one or two blades)</u> <u>Any basic or non-basic position(s)</u> <u>Optional change(s) of foot (multiple times permitted)</u>	- Max 1 Step Sequence - Fully utilises the ice surface <u>Min 2 difficult turns & steps on clean edges for level basic</u> - Max 1 Choreographic Sequence - Sequence must be clearly visible - Fixed Base value - Marked on GOE only