

NZIFSA – 2026/27 Single Skating - FREE SKATING ELEMENTS

Grade	Jump Elements	Spin Elements	Choreo / Step Sequences
<p>KiwiSkate (All) Max 5 elements Time: Max 1:40</p> <p>Falls outside element: -0.5 Component factor: 1.67</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 single jumps - jumps performed solo may be repeated once in combination • Solo Single Salchow • Solo Single Toe Loop 	<ul style="list-style-type: none"> • Upright Spin without change of foot (min 3 revs) <p>Spin 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 - For level base difficult turns and steps are not expected to be on clean edges.
<p>Pre Elementary (All) Max 6 elements Time: 1:30 (+/- 10 Sec)</p> <p>Falls outside element: -0.5 Component factor: 1.67</p>	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • Upright Spin without change of foot (min 3 revs) <p>Spin 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 - For level base difficult turns and steps are not expected to be on clean edges.
<p>Elementary (All) Max 7 elements Time: 1:30 (+/- 10 Sec)</p> <p>Falls outside element: -0.5 Component factor: 1.67</p>	<p>Max 4 jump elements</p> <ul style="list-style-type: none"> • 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 <p>Triple & Quad jumps are not permitted</p>	<p>Max 2 different spins of a different abbreviation:</p> <ul style="list-style-type: none"> • One Spin Combination <ul style="list-style-type: none"> - With or without change of foot - Min 4 revs - Flying entry is not allowed • One Spin with no change of position <ul style="list-style-type: none"> - With or without change of foot. - Min 4 revs - Flying entry is allowed <p>Level 1 maximum on spins</p>	<ul style="list-style-type: none"> • Max 1 Step Sequence <ul style="list-style-type: none"> - Fully utilises at least half the ice surface - For level base difficult turns and steps are not expected to be on clean edges. <p>Maximum: Level 1</p>

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<p>Juvenile (All) Max 7 elements Time: 2:00 (+/- 10 sec)</p> <p>Falls outside element: -0.5 Component factor: 1.67</p>	<p>Max 4 jump elements</p> <ul style="list-style-type: none"> • 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 <p>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 <u>4</u> revs in total - Flying entry is not allowed • One spin with no change of position <ul style="list-style-type: none"> - With or without a change of foot - Min <u>4</u> revs in total - Flying entry is allowed <p>Level 2 maximum on spins</p>	<ul style="list-style-type: none"> • 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 <p>Maximum: Level 2 Features 3) Body, 4) Clusters and 5) <u>Body movements in turn combination features</u> not awarded</p>
<p>Basic Novice (All) Max 8 elements Time: 2:30 (+/- 10 sec)</p> <p>Falls outside element: -0.5 Component factor: 1.67</p> <p>Jump Bonus Applies Jump variety bonus – 2pts if all 6 type of jumps performed</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 1 combination <u>without Euler</u> and 1 sequence <ul style="list-style-type: none"> - Combo/sequence can only contain 2 jumps - <u>An Euler can only be executed once</u> <p>Only one single and one double jump can be repeated once (each) 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) - 1 feature per foot if change of foot - Flying entry is allowed • One spin with no change of position <ul style="list-style-type: none"> - 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 <p>Maximum: Level 2 Maximum: Level Base</p>	<ul style="list-style-type: none"> • Max 1 Step Sequence <ul style="list-style-type: none"> - 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 <p>Maximum: Level 2 Features 3) Body, 4) Clusters and 5) <u>Body movements in turn combination features</u> not awarded</p>

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<p>Intermediate Novice (All) Max 8 elements Time: 2:30 (+/- 10 sec)</p> <p>Falls outside element: -0.5</p> <p>Component factor: U12 & Girls – 1.7 Boys – 2.0</p> <p>Jump Bonus Applies Jump variety bonus – 2pts if all 6 type of jumps performed</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 1 combination <u>without Euler</u> and 1 sequence <ul style="list-style-type: none"> - Combo/sequence can only contain 2 jumps - <u>An Euler can only be executed once</u> <p>Only one single and one double jump can be repeated once (each) 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) - 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 <ul style="list-style-type: none"> - 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 <p>Level 2 maximum on spins</p>	<ul style="list-style-type: none"> • Max 1 Step Sequence <ul style="list-style-type: none"> - 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 <p>Maximum: Level 2 Features 3) Body, 4) Clusters and 5) <u>Body movements in turn combination features</u> not awarded</p>
<p>Adv. Novice (All) Max 8 elements Time: 3:00 (+/- 10 sec)</p> <p>Falls outside element: -0.5</p> <p>Component factor: U12 & Girls – 2.13 Boys – 2.40</p> <p>Jump Bonuses Apply Jump variety bonus – 2pts if all 6 type of jumps performed</p> <p>1 bonus point for one Double Axel and 1 bonus point each for any two different triple jumps (Max 3 pts).</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 1 combination <u>without Euler</u> and 1 sequence <ul style="list-style-type: none"> - 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 - <u>An Euler can only be executed once</u> <p>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.</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 <u>Camel</u> spin (6 revs) with no change of position: <ul style="list-style-type: none"> - Min 8 revs in total (6 without change of foot) - Without change of foot <p>Level 3 maximum on spins</p>	<ul style="list-style-type: none"> • Max 1 Choreographic Sequence

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<p>Junior (All) Max <u>10</u> elements Time: 3:30 (+/- 10 sec) Falls: -1.0</p> <p>Component factor: U12 & Women – 2.67 Men – 3.33</p> <p>2nd half last 3 jumps 1.1 multiplier</p>	<p>Max <u>6</u> jump elements</p> <ul style="list-style-type: none"> • 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: <ul style="list-style-type: none"> - 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 	<p>Max 3 different spins of a different abbreviation:</p> <ul style="list-style-type: none"> • 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 - Optional change of foot • <u>One must be a choreographic Spin</u> <ul style="list-style-type: none"> - <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> 	<ul style="list-style-type: none"> • Max 1 Choreographic Sequence
<p>Senior (All) Max <u>11</u> elements Time: 4:00 (+/- 10 sec) Falls: -1.0 1st & 2nd, -2.0 3rd & 4th, -3.0 5+</p> <p>Component factor: Women – 2.67 Men – 3.33</p> <p>2nd half last 3 jumps 1.1 multiplier</p>	<p>Max <u>6</u> jump elements</p> <ul style="list-style-type: none"> • 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: <ul style="list-style-type: none"> - 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 	<p>Max 3 different spins of a different abbreviation:</p> <ul style="list-style-type: none"> • 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 - Optional change of foot • <u>One must be a choreographic Spin</u> <ul style="list-style-type: none"> - <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> 	<ul style="list-style-type: none"> • Max 1 Step Sequence <ul style="list-style-type: none"> - Fully utilises the ice surface - <u>Min 2 difficult turns & steps on clean edges for level basic</u> • Max 1 Choreographic Sequence <ul style="list-style-type: none"> - Sequence must be clearly visible - Fixed Base value - Marked on GOE only