

## **Solo Compulsories:**

Skater does three elements from their freestyle level with a one-minute time frame using one half of the ice. No music is used. Skater must do the elements in the order listed below with a minimum of connecting moves. These are the elements to be used.

FS 1	FS 2	FS 3	FS 4	FS 5
½ Flip	Dance step	Salchow	Loop	Lutz
Spiral	½ Lutz	Toe-loop	Sit spin	Camel, sit, upright
2 Foot spin	Scratch spin	Change foot spin	Flip	Axel
FS 6	FS 7	FS 8	FS 9	
Jump com	Walleys	Spin lutz	Double flip	
Lay back	Flying cam	Flying sit	Double lutz	
Double sal	Axel jump combo	Double sal combo	Flying camel into jump sit	

## **Jump & Spin Teams**

### **Description**

A jump and spin team -two skaters from the same category level, but do not have to be the same test level. Skaters may skate above, but cannot skate below a test level category.

One team of two skaters enters the ice and stops. The first skater begins and performs the same jump two times. After the second attempt the first skater stops. The second skater then begins to perform the same spin two times. After the second attempt, the second skater stops. Both skaters can bow and exit the ice together.

### **Category levels:**

Low= Pre Alpha- Delta (1/2 ice)  
Medium= Freestyle 1-3 (1/2 ice)  
Intermediate = Freestyle 4-5 (1/2 ice)  
High = Freestyle 6-10 (full ice)

### **Maneuvers List:**

#### **Low**

Jump: two foot hop or bunny hop  
Spin: two foot spin

#### **Intermediate:**

Jump: loop or axel  
Spin: sit spin or back spin

#### **Medium:**

Jump: 1/2 flip or toe loop jump  
Spin: Two foot or one foot spin

#### **High:**

Jump: double salchow or double loop  
Spin: flying camel or flying sit spin

### **Judging:**

The judge is to judge the quality of each element NOT the difficulty!