



**OPTIONAL FOR NONQUALIFYING COMPETITIONS – NOT A SEGMENT AT QUALIFYING COMPETITIONS**

**(Juvenile events at regional championships, sectional championships and U.S. Championships will still consist of a free skate only.)**

<p><b>JUVENILE and OPEN JUVENILE GIRLS/BOYS</b> 2:10 max.</p>	<p>Single or Double Axel</p>	<p><b>Single or Double Jump</b> May not repeat Axel jump or jumps used in the combination</p>	<p><b>Jump Combination</b> Single/Double or Double/Double May not repeat Axel jump or solo jump performed</p>	<p><b>Spin</b> Only one position No change of foot May start with a fly Min. 5 revs.</p>	<p><b>Spin Combination</b> With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 5 revs. each foot Min. 2 revs in pos.</p>	<p><b>Choreographic Step Sequence</b> Fully utilizing the ice surface</p>
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**REQUIREMENTS FOR NONQUALIFYING AND QUALIFYING COMPETITIONS**

<p><b>INTERMEDIATE LADIES/MEN</b> 2:10 max.</p>	<p>Single or Double Axel</p>	<p><b>Double or Triple Jump</b> May not repeat double Axel or the triple jump used in the combination</p>	<p><b>Jump Combination</b> Single/Double, Double/Double, Single/Triple, Double/Triple or Triple/triple May not repeat Axel jump or solo jump performed</p>	<p><b>Spin</b> Only one position No change of foot May start with a fly Min. 5 revs. <u>Men: Must be a camel spin</u></p>	<p><b>Spin Combination</b> With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 5 revs. each foot Min. 2 revs in pos.</p>	<p><b>Leveled Step Sequence</b> Max Level 2. Only Simple Variety (5 turns) or Minimum Variety (7 turns) &amp; rotation in each direction covering at least a 1/3 of the pattern in total for each rotational direction will be evaluated for the level. Fully utilizing the ice surface</p>
<p><b>NOVICE LADIES</b> 2:30 max.</p>	<p>Single or Double Axel</p>	<p><b>Double or Triple Jump</b> May not repeat double Axel or either jump in combo</p>	<p><b>Jump Combination</b> Double/Double, Double/Triple or Triple/Triple May not repeat double Axel or solo jump performed</p>	<p><b>Layback/Sideways Leaning, Sit or Camel Spin</b> No change of foot No flying entry Min. 6 revs.</p>	<p><b>Spin Combination</b> With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 5 revs. each foot Min. 2 revs in pos.</p>	<p><b>Leveled Step Sequence</b> Fully utilizing the ice surface</p>
<p><b>NOVICE MEN</b> 2:30 max.</p>	<p>Single or Double Axel</p>	<p><b>Double or Triple Jump</b> May not repeat double Axel or either jump in combo</p>	<p><b>Jump Combination</b> Double/Double, Double/Triple or Triple/Triple May not repeat Double Axel or solo jump performed</p>	<p><b>Camel Spin</b> With only 1 change of foot No change of position No flying entry Min. 5 revs. each foot</p>	<p><b>Spin Combination</b> With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 5 revs. each foot Min. 2 revs in pos.</p>	<p><b>Leveled Step Sequence</b> Fully utilizing the ice surface</p>



**REQUIREMENTS FOR NONQUALIFYING AND QUALIFYING COMPETITIONS**

<b>JUNIOR LADIES</b> 2:40 +/- 10 sec	<b>Double Axel</b>	<b>Double or Triple <u>Flip</u></b>	<b>Jump Combination</b> Double/Double, Double/Triple or Triple/Triple May not repeat Double Axel or solo jump performed	<b>Flying <u>Camel Spin</u></b> Flying pos. may be different than landing pos. Min. 8 revs.	<b>Layback/ Sideways Leaning or <u>Sit Spin without change of foot</u></b> No flying entry Min. 8 revs.	<b>Spin Combination</b> With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 6 revs. each foot Min. 2 revs in pos.	<b>Leveled Step Sequence</b> Fully utilizing the ice surface
<b>JUNIOR MEN</b> 2:40 +/- 10 sec	<b>Double or Triple Axel</b>	<b>Double or Triple <u>Flip</u></b>	<b>Jump Combination</b> Double/Triple or Triple/Triple May not repeat Axel jump or solo jump performed	<b>Flying <u>Camel Spin</u></b> Flying pos. may be different than landing pos. Min. 8 revs.	<b><u>Sit Spin</u></b> With only 1 change of foot No flying entry Min. 6 revs. each foot	<b>Spin Combination</b> With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 6 revs. each foot Min. 2 revs in pos.	<b>Leveled Step Sequence</b> Fully utilizing the ice surface
<b>SENIOR LADIES</b> 2:40 +/- 10 sec	<b>Double or Triple Axel</b>	<b>Any Triple Jump</b> May not repeat Triple Axel or either jump in combo	<b>Jump Combination</b> Double/Triple or Triple/Triple May not repeat Axel jump or solo jump performed	<b>Flying Spin</b> Landing position different than spin in 1 position Min. 8 revs.	<b>Layback/ Sideways Leaning, Sit or Camel Spin without change of foot</b> No flying entry Min. 8 revs.	<b>Spin Combination</b> With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 6 revs. each foot Min. 2 revs in pos.	<b>Leveled Step Sequence</b> Fully utilizing the ice surface
<b>SENIOR MEN</b> 2:40 +/- 10 sec	<b>Double or Triple Axel</b>	<b>Any Triple or Quadruple Jump</b> May not repeat Triple Axel or either jump in combo	<b>Jump Combination</b> Double/Triple, Triple/Triple, Quad/Double, or Quad/Triple May not repeat Axel jump or solo jump performed	<b>Flying Spin</b> Landing position different than spin in 1 position Min. 8 revs.	<b>Sit or Camel Spin</b> With only 1 change of foot No flying entry Min. 6 revs. each foot	<b>Spin Combination</b> With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 6 revs. each foot Min. 2 revs in pos.	<b>Leveled Step Sequence</b> Fully utilizing the ice surface