

## NZIFSA – 2022 Single Skating - FREE SKATING ELEMENTS - V3

Grade	Jump Elements	Spin Elements	Choreo / Step Sequences
<p><b>KiwiSkate</b> (All) Max 5 elements Time: Max 1:40</p> <p><b>Falls: -0.5</b></p> <p><b>Components:</b> CO/PR/SS</p>	<ul style="list-style-type: none"> <li>• Optional Jump,               <ul style="list-style-type: none"> <li>- different from those below</li> <li>- may be a combination with only 2 jumps</li> <li>- jumps performed solo may be repeated once in combination</li> </ul> </li> <li>• Salchow</li> <li>• Toe Loop</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Upright Spin</b> without change of foot (min 3 revs)</li> </ul> <p><b>Maximum: Level 1</b></p>	<ul style="list-style-type: none"> <li>• Simple Step Sequence               <ul style="list-style-type: none"> <li>- A least one half the length of the rink</li> <li>- Fixed Base value - <b>Marked on GOE only</b></li> </ul> </li> </ul>
<p><b>Pre Elementary</b> (All) Max 6 elements Time: Max 2:15</p> <p><b>Falls: -0.5</b></p> <p><b>Components:</b> CO/PR/SS</p>	<ul style="list-style-type: none"> <li>• Optional Jump (selected from Loop, Flip or Lutz)</li> <li>• Optional Jump (selected from Loop, Flip or Lutz); different to above</li> <li>• Salchow</li> <li>• Toe Loop</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Upright Spin</b> without change of foot (min 3 revs)</li> </ul> <p><b>Maximum: Level 1</b></p>	<ul style="list-style-type: none"> <li>• Simple Step Sequence               <ul style="list-style-type: none"> <li>- At least one half the length of the rink</li> <li>- Fixed Base value - <b>Marked on GOE only</b></li> </ul> </li> </ul>
<p><b>Elementary</b> (All) Max 7 elements Time: Max 2:15</p> <p><b>Falls: -0.5</b></p> <p><b>Components:</b> CO/PR/SS</p>	<ul style="list-style-type: none"> <li>• Loop Jump</li> <li>• Flip or Lutz</li> <li>• Optional Jump 1 – different from those above – solo jump; combo not permitted</li> <li>• Optional Jump 2 – different from those above               <ul style="list-style-type: none"> <li>- may be a jump combo of 2 jumps</li> <li>- jumps performed solo may be repeated once in combination</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• One foot spin               <ul style="list-style-type: none"> <li>- No change of position (choice of upright, sit or camel)</li> <li>- Min 4 revs</li> </ul> </li> <li>• Optional Spin - different to those above               <ul style="list-style-type: none"> <li>- Without change of foot.</li> <li>- Can be a Combo spin without a change of foot</li> <li>- Min 4 revs</li> </ul> </li> </ul> <p><b>Maximum: Level 1</b></p>	<ul style="list-style-type: none"> <li>• Step Sequence               <ul style="list-style-type: none"> <li>- Fully utilises the ice surface</li> <li>- Fixed Base value - <b>Marked on GOE only</b></li> </ul> </li> </ul>

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<p><b>Juvenile</b> (All) Max 7 elements Time: 2:15 (+/- 10 sec)</p> <p><b>Falls: -0.5</b></p> <p>Components: CO/PR/SS</p>	<p>Max 4 jump elements</p> <ul style="list-style-type: none"> <li>One must be an Axel type jump</li> <li>Max 2 jump combinations or sequences                             <ul style="list-style-type: none"> <li>Combo/sequence can only contain 2 jumps</li> </ul> </li> </ul> <p><b><u>Only one single and one double jump may be repeated once (each)</u></b> Triple jumps are not permitted</p>	<p>Max 2 different spins of a different abbreviation:</p> <ul style="list-style-type: none"> <li>One must be a spin combination                             <ul style="list-style-type: none"> <li>With or without a change of foot</li> <li>Min 6 revs in total</li> </ul> </li> <li>One spin with no change of position                             <ul style="list-style-type: none"> <li>With or without a change of foot</li> <li>Min 6 revs in total</li> </ul> </li> </ul> <p style="text-align: center;"><b>Flying entry is allowed</b></p> <p><b>Maximum: Level 2</b></p>	<ul style="list-style-type: none"> <li>Max 1 Step Sequence                             <ul style="list-style-type: none"> <li>Fully utilises the ice surface</li> </ul> </li> </ul> <p><b>Maximum: Level 2</b></p>
<p><b>Basic Novice</b> (All) Max 7 elements Time: 2:30 (+/- 10 sec)</p> <p><b>Falls: -0.5</b></p> <p>Components: CO/PR/SS</p>	<p>Max 4 jump elements</p> <ul style="list-style-type: none"> <li>One must be an Axel type jump</li> <li>Max 2 jump combinations or sequences                             <ul style="list-style-type: none"> <li>Combo/sequence can only contain 2 jumps</li> </ul> </li> </ul> <p><b><u>Only one single and one double jump may be repeated once (each)</u></b> Triple &amp; Quad jumps are not permitted</p>	<p>Max 2 different spins of a different abbreviation:</p> <ul style="list-style-type: none"> <li>One must be a spin combination                             <ul style="list-style-type: none"> <li>With or without a change of foot</li> <li>Min 8 revs in total (6 without change of foot)</li> </ul> </li> <li>One spin with no change of position                             <ul style="list-style-type: none"> <li>With or without a change of foot</li> <li>Min 8 revs in total (6 without change of foot)</li> </ul> </li> </ul> <p style="text-align: center;"><b>Flying entry is allowed</b></p> <p><b>Maximum: Level 2</b></p>	<ul style="list-style-type: none"> <li>Max 1 Step Sequence                             <ul style="list-style-type: none"> <li>Fully utilises the ice surface</li> </ul> </li> </ul> <p><b>Maximum: Level 2</b></p>
<p><b>Intermediate Novice</b> (All) Max 8 elements Time: 3:00 (+/- 10 sec)</p> <p><b>Falls: -0.5</b></p> <p>Components: CO/PR/SS</p>	<p>Max 5 jump elements</p> <ul style="list-style-type: none"> <li>One must be an Axel type jump</li> <li>Max 2 jump combinations or sequences                             <ul style="list-style-type: none"> <li>Combo/sequence can only contain 2 jumps</li> </ul> </li> </ul> <p><b><u>Only one single and one double jump may be repeated once (each)</u></b> Triple &amp; Quad jumps are not permitted</p>	<p>Max 2 different spins of a different abbreviation:</p> <ul style="list-style-type: none"> <li>One must be a spin combination                             <ul style="list-style-type: none"> <li>With a change of foot</li> <li>Min 8 revs in total</li> </ul> </li> <li>One spin with no change of position                             <ul style="list-style-type: none"> <li>With or without a change of foot</li> <li>Min 8 revs in total (6 without change of foot)</li> </ul> </li> </ul> <p style="text-align: center;"><b>Flying entry is allowed</b></p> <p><b>Maximum: Level 2</b></p>	<ul style="list-style-type: none"> <li>Max 1 Step Sequence                             <ul style="list-style-type: none"> <li>Fully utilises the ice surface</li> </ul> </li> </ul> <p><b>Maximum: Level 2</b></p>

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