

NZIFSA – 2024/25 Single Skating - FREE SKATING ELEMENTS v3

Grade	Jump Elements	Spin Elements	Choreo / Step Sequences
<p>KiwiSkate (All) Max 5 elements Time: Max 1:40</p> <p>Falls: -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 jumps - jumps performed solo may be repeated once in combination • Salchow • 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
<p>Pre Elementary (All) Max 6 elements Time: Max 2:15</p> <p>Falls: -0.5 Component factor: 1.67</p>	<ul style="list-style-type: none"> • Optional Jump (selected from Loop, Flip or Lutz) • Optional Jump (selected from Loop, Flip or Lutz); different to above • Salchow • 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
<p>Elementary (All) Max 7 elements Time: Max 2:15</p> <p>Falls: -0.5 Component factor: 1.67</p>	<ul style="list-style-type: none"> • Loop Jump • Flip or Lutz • Optional Jump 1 – different from those above – solo jump; combo not permitted • Optional Jump 2 – different from those above <ul style="list-style-type: none"> - may be a jump combo of 2 jumps - jumps performed solo may be repeated once in combination 	<ul style="list-style-type: none"> • One foot spin <ul style="list-style-type: none"> - No change of position (choice of upright, sit or camel) - Min 4 revs • Optional Spin - different to those above <ul style="list-style-type: none"> - Without change of foot. - Can be a Combo spin without a change of foot - Min 4 revs <p>Level 1 maximum on spins</p>	<ul style="list-style-type: none"> • Step Sequence <ul style="list-style-type: none"> - Fully utilises the ice surface - Fixed Base value - Marked on GOE only

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<p>Juvenile (All) Max 7 elements Time: 2:15 (+/- 10 sec)</p> <p>Falls: -0.5</p> <p>Component factor: 1.67</p>	<p>Max 4 jump elements</p> <ul style="list-style-type: none"> One must be an Axel type jump Max 2 jump combinations or 1 combination and 1 sequence <ul style="list-style-type: none"> Combo/sequence can only contain 2 jumps <p>Only one single and one double jump may be repeated once (each)</p> <p>Triple 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 6 revs in total One spin with no change of position <ul style="list-style-type: none"> With or without a change of foot Min 6 revs in total <p>Flying entries are allowed</p> <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 <p>Maximum: Level 2</p>
<p>Basic Novice (All) Max 8 elements Time: 2:30 (+/- 10 sec)</p> <p>Falls: -0.5</p> <p>Component factor: 1.67</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 and 1 sequence <ul style="list-style-type: none"> Combo/sequence can only contain 2 jumps <p>Only one single and one double jump may be repeated once (each)</p> <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 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"> <u>Without</u> a change of foot <u>Basic position with a min of 6 revs</u> Flying entry is <u>not</u> allowed <p>Maximum: Level 2</p> <p>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 <u>Must include min one skating movement (e.g spiral, spread eagle, Ina Baurer, hydroblading etc)</u> <u>Min 2 difficult turns & steps on clean edges for level basic</u> <p>Maximum: Level 2</p> <p>Body and Cluster features not awarded</p>
<p>Intermediate Novice (All) Max 8 elements Time: 3:00 (+/- 10 sec)</p> <p>Falls: -0.5</p> <p>Component factor: U12 & Girls – 1.7 Boys – 2.0</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 and 1 sequence <ul style="list-style-type: none"> Combo/sequence can only contain 2 jumps <p>Only one single and one double jump may be repeated once (each)</p> <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 <u>without</u> 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 <u>not</u> 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) 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 <u>Must include min one skating movement (e.g spiral, spread eagle, Ina Baurer, hydroblading etc)</u> <u>Min 2 difficult turns & steps on clean edges for level basic</u> <p>Maximum: Level 2</p> <p>Body and Cluster features not awarded</p>

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<p>Adv. Novice (All) Max 9 elements Time: 3:00 (+/- 10 sec) Falls: -0.5 Component factor: U12 & Girls – 2.13 Boys – 2.40 Jump Bonuses Apply</p>	<p>Max 6 jump elements</p> <ul style="list-style-type: none"> • One must be an Axel type jump • Max 2 jump combinations or 1 combination 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 <p>Any jump cannot be executed more than twice in total. No Quad jumps.</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 <u>no change of position</u>: <ul style="list-style-type: none"> - Min 6 revs in total - <u>With or without change of foot</u> <p>Level 3 maximum on spins</p>	<ul style="list-style-type: none"> • Max 1 Choreographic Sequence
<p>Junior (All) Max 11 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</p>	<p>Max 7 jump elements</p> <ul style="list-style-type: none"> • One must be an Axel type jump • Max 3 jump Combo or 2 Combo and 1 Seq: <ul style="list-style-type: none"> - One may contain 3 jumps - The other 2 can only contain 2 jumps • Any double, triple or quad jump cannot be executed more than twice in total • 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 • One must be a spin in one position <ul style="list-style-type: none"> - Min 6 revs in total - Optional change of foot 	<ul style="list-style-type: none"> • Max 1 Choreographic Sequence

<p>Senior (All) Max 12 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</p>	<p>Max 7 jump elements</p> <ul style="list-style-type: none"> • One must be an Axel type jump • Max 3 jump Combo or 2 Combo and 1 Seq: <ul style="list-style-type: none"> - One may contain 3 jumps - The other 2 can only contain 2 jumps • Any double, triple or quad jump cannot be executed more than twice in total • 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 • One must be a spin in one position <ul style="list-style-type: none"> - Min 6 revs in total - Optional change of foot 	<ul style="list-style-type: none"> • Max 1 Step Sequence <ul style="list-style-type: none"> - Fully utilises the ice surface • Max 1 Choreographic Sequence <ul style="list-style-type: none"> - Sequence must be clearly visible - Fixed Base value - Marked on GOE only
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