

NZIFSA – 2025/26 Single Skating - FREE SKATING ELEMENTS v3

Grade	Jump Elements	Spin Elements	Choreo / Step Sequences
KiwiSkate (All) Max 5 elements Time: Max 1:40 Falls outside element: -0.5 Component factor: 1.67	<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 <u>single</u> jumps jumps performed solo may be repeated once in combination <u>Solo Single</u> Salchow <u>Solo Single</u> Toe Loop 	<ul style="list-style-type: none"> Upright Spin without change of foot (min 3 revs) Spin Maximum: Level 1 	<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
Pre Elementary (All) Max 6 elements Time: 1:30 (+/- 10 Sec) Falls outside element: -0.5 Component factor: 1.67	<ul style="list-style-type: none"> Optional <u>solo single</u> Jump (selected from Loop, Flip or Lutz) Optional <u>solo single</u> Jump (selected from Loop, Flip or Lutz); different to above <u>Solo Single</u> Salchow <u>Solo Single</u> Toe Loop 	<ul style="list-style-type: none"> Upright Spin without change of foot (min 3 revs) Spin Maximum: Level 1 	<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
Elementary (All) Max 7 elements Time: 1:30 (+/- 10 Sec) Falls outside element: -0.5 Component factor: 1.67	<u>Max 4 jump elements</u> <ul style="list-style-type: none"> <u>Max 2 jump combinations or 1 combination and 1 sequence</u> <u>Combo/sequence can only contain 2 jumps</u> <u>Any jump can be repeated only once, and this repetition must be done either in a jump combination or jump sequence</u> <p>Triple & Quad jumps are not permitted</p>	<u>Max 2 different spins of a different abbreviation:</u> <ul style="list-style-type: none"> <u>One Spin Combination</u> <ul style="list-style-type: none"> <u>With or without change of foot</u> <u>Min 4 revs</u> Flying entry is not allowed <u>One Spin with no change of position</u> <ul style="list-style-type: none"> <u>With or without change of foot.</u> <u>Min 4 revs</u> 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"> <u>Fully utilises at least half the ice surface</u> <p>Maximum: Level 1</p>

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Juvenile (All) Max 7 elements Time: 2:00 (+/- 10 sec) Falls outside element: -0.5 Component factor: 1.67	<u>Max 4 jump elements</u> <ul style="list-style-type: none"> <u>Max 2 jump combinations or 1 combination and 1 sequence</u> <u>Combo/sequence can only contain 2 jumps</u> <u>Any jump can be repeated only once, and this repetition must be done either in a jump combination or jump sequence</u> <u>Triple & Quad jumps are not permitted</u>	Max 2 different spins of a different abbreviation: <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 4 revs in total <u>Flying entry is not allowed</u> One spin with no change of position <ul style="list-style-type: none"> With or without a change of foot Min 4 revs in total <u>Flying entry is allowed</u> Level 2 maximum on spins	<ul style="list-style-type: none"> Max 1 Step Sequence Fully utilises the ice surface <u>Must include min one skating movement (e.g spiral, spread eagle, Ina Baurer, hydroblading etc)</u> <u>Min 1 difficult turn & step on clean edges for level basic</u> Maximum: Level 2
Basic Novice (All) Max 8 elements Time: 2:30 (+/- 10 sec) Falls outside element: -0.5 Component factor: 1.67	Max 5 jump elements <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 Only one single and one double jump may be repeated once (each) Triple & Quad jumps are not permitted	Max 2 different spins of a different abbreviation: <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 <u>Non Basic position is not counted as feature.</u> <u>Flying entry is allowed</u> Maximum: Level 2 One spin with no change of position <ul style="list-style-type: none"> Without a change of foot Basic position with a min of 6 revs <u>No level features are allowed.</u> <u>8 revs can be done but will not count as attempted feature.</u> <u>Flying entry is not allowed</u> Maximum: Level Base 	<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 Maximum: Level 2 Body and Cluster features not awarded

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Intermediate Novice (All) Max 8 elements Time: 3:00 (+/- 10 sec) Falls outside element: -0.5 Component factor: U12 & Girls – 1.7 Boys – 2.0	Max 5 jump elements <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) Triple & Quad jumps are not permitted</p>	Max 2 different spins of a different abbreviation: <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 <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) 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 Body and Cluster features not awarded</p>
Adv. Novice (All) Max 9 elements Time: 3:00 (+/- 10 sec) Falls outside element: -0.5 Component factor: U12 & Girls – 2.13 Boys – 2.40 Jump Bonuses Apply Max 3 bonus points. 1 bonus point for one Double Axel and 1 bonus point each for any two different triple jumps.	Max 6 jump elements <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. The same type of jump independent of revolutions cannot be included more than three times.</p>	Max 2 different spins of a different abbreviation: <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>sit</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) With or 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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Junior (All) Max 11 elements Time: 3:30 (+/- 10 sec) Falls: -1.0 Component factor: U12 & Women – 2.67 Men – 3.33 2 nd half last 3 jumps 1.1 multiplier	Max 7 jump elements <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 	Max 3 different spins of a different abbreviation: <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
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 2 nd half last 3 jumps 1.1 multiplier	Max 7 jump elements <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 	Max 3 different spins of a different abbreviation: <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