

BC/YT Section STARSKATE Well Balanced Free Skating Program Requirements

Revised June 2010

Event	Jump Elements	Spin Elements	STEP SEQUENCES
Elementary	Maximum <u>5</u> jump elements (must include a Waltz jump and no higher than a loop jump). Within the jump elements there can be no more than 2 jump combinations and/or sequences. No more than 2 jumps in a combination. Repeated jumps do not have to be in a comb. or seq. No restriction as to number of repeated jumps.	Maximum 2 spins: No flying spins permitted 1 spin of one position, not in combination, no change of foot	Maximum 1 step sequence or spiral sequence Steps and/or spirals will be considered in Transitions in CPC and Presentation in 6.0
Pre Preliminary	Max. <u>5</u> jump elements - must include a waltz jump No jump higher than 1Lz No axel or double jumps are permitted Max. 2 jump combinations and/ or sequences. No more than 2 jumps in a combination. No jump can be included more than twice & any repeated jump must be in comb. or seq.	Maximum of 1 combination spin, <u>change of foot permitted in Pre-Preliminary</u>	
Preliminary	Max. 6 jump elements-must include an Axel-type jump, waltz or 1A Max. 1 double jump permitted –either 2S or 2T Max. 2 jump combinations and/ or sequences. No more than 2 jumps in a combination. No jump can be included more than twice & any repeated jump must be in comb. or seq.	Maximum 2 spins of any nature: Maximum one may be a flying spin 2 nd spin may be of any nature	
Junior Bronze	Max. 7 jump elements- must include an Axel-type jump, waltz or 1A Only 2 double jumps permitted up to and including 2Lo. The double jump may not be repeated Max. 2 jump combinations and/ or sequences. No more than 2 jumps in a combination. No jump can be included more than twice & any repeated jump must be in comb. or seq.	Maximum 3 spins: One spin must be a combination, change of foot mandatory One spin must be a flying spin One spin may be of any nature	Maximum 1 step sequence or spiral sequence
Senior Bronze	Max. 7 jump elements- must include an Axel-type jump, waltz or 1A All single and double jumps permitted except 2A Max. 3 jump combinations and/ or sequences. No more than 2 jumps in a combination. No jump can be included more than twice & any repeated jump must be in comb. or seq.	Maximum 3 spins: One spin must be a combination, change of foot mandatory One spin must be a flying spin in one position with no change of foot	
Junior Silver	Max. 7 jump elements- must include an Axel-type jump, waltz or 1A All jumps permitted Max. 3 jump combinations and/ or sequences. No more than 2 jumps in a combination	One spin may be of any nature.	
Senior Silver	No jump can be included more than twice & any repeated jump must be in comb. or seq.	Maximum 3 spins: One spin must be a combination, change of foot mandatory One spin must be a flying spin in one position with no change of foot	Ladies: Maximum 1 step seq. or 1 spiral seq. Men: Maximum 1 step seq. 1 st allowed step or spiral seq will be counted. Additional step or spiral seq. considered as transitions in CPC; no deduction in 6.0
Gold		One spin of any nature; 4 th spin may be included; see Tech package for specifics	

*Note: For all levels, re 'a spin of any nature', the skater cannot repeat a spin that has already been performed.