

## BC/YT Section STARSKATE Well Balanced Free Skating Program Requirements

Revised August 2009

Event	Jump Elements	Spin Elements	STEP SEQUENCES
Elementary	Maximum 6 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. <u>No more than 2 jumps in a combination.</u> 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  <u>or spiral sequence</u>
Pre Preliminary	Max. 6 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. <u>No more than 2 jumps in a combination.</u> No jump can be included more than twice & any repeated jump must be in comb. or seq. <u>Only 2 different jumps may be repeated</u>	Maximum of 1 combination spin, no change of foot	
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. <u>No more than 2 jumps in a combination.</u> No jump can be included more than twice & any repeated jump must be in comb. or seq. <u>Only 2 different jumps may be repeated.</u>	Maximum 2 spins of any nature  Maximum one may be a flying spin  2 <sup>nd</sup> 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. <u>No more than 2 jumps in a combination.</u> No jump can be included more than twice & any repeated jump must be in comb. or seq. <u>Only 2 different jumps may be repeated.</u>	Maximum 3 spins One spin must be a combination, change of foot <u>mandatory</u> One spin must be a flying spin One spin may be of any nature	
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. <del>One combination may contain a max. of 3 jumps</del> <u>No more than 2 jumps in a combination.</u> No jump can be included more than twice & any repeated jump must be in comb. or seq. <u>3 different jumps may be repeated.</u>	Maximum 3 spins One spin must be a combination, change of foot <u>mandatory</u> One spin must be a flying spin in one position <u>with no change of foot</u>	
Junior Silver	Max. 7 jump elements- must include an Axel-type jump, waltz or 1A All jumps permitted	One spin may be of any nature.	
Senior Silver	Max. 3 jump combinations and/ or sequences. <del>One combination may contain a max. of 3 jumps.</del> <u>No more than 2 jumps in a combination</u> No jump can be included more than twice & any repeated jump must be in comb. or seq. <u>3 different jumps may be repeated.</u>	Maximum 3 spins One spin must be a combination, change of foot <u>mandatory</u> One spin must be a flying spin in one position <u>with no change of foot</u> One spin of any nature; 4 <sup>th</sup> spin may be included; see Tech package for specifics	Ladies: Maximum 1 step seq. <u>or 1 spiral seq.</u>  Men: Maximum 1 step seq. <u>1<sup>st</sup> allowed step or spiral seq will be counted. Additional step or spiral seq. considered as transitions in CPC; no deduction in 6.0</u>
Gold			

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