

Revised Free Program Requirements

September 29th, 2009

As per the 2010 AWG Technical Package, the following changes are now in place for the AWG as the 2009-2010 Skate Canada StarSkate Technical requirements have changed. It was stated in the AWG Technical Package, that any changes made in the 2009-2010 StarSkate Technical Package would be accepted by the AWG. The new requirements for the Free Programs are as follows:

Ladies 1

Free Skate Competition: One (1) minute 30 seconds (1:30) or two (2) minute program (plus or minus 10 seconds) to music.

Well Balanced Program Criteria (Canadian STARSkate – Preliminary Level)

All elements will be called no higher than Level 1.

- 1) Maximum six jump elements.
 - a) All single jumps permitted and maximum one double jump which may be a double Salchow or a double toe loop.
 - b) Must include at least one Axel type jump (waltz or single Axel).
 - c) Maximum two combinations or sequences. Jump combinations may contain no more than two jumps.
 - d) No jump included more than twice and if a jump is repeated it must be in combination or sequence. The double jump may not be repeated.
- 2) Maximum of two spins of any nature.
 - a) Maximum one may be a flying spin.
 - b) One spin of any nature.
- 3) Maximum one step sequence or spiral sequence.

Ladies 2

Free Skate Competition - Two minute (2:00) or two minute and 30 second (2:30) program (plus or minus 10 seconds) to music.

Well Balanced Program Criteria (Canadian STARSkate – Junior Bronze Level)

All elements will be called no higher than Level 1.

- 1) Maximum of seven jump elements.
 - a) All single jumps permitted and maximum two double jumps which may be up to and including a double loop.
 - b) Must include at least one Axel type jump (waltz or single Axel).
 - c) Maximum two combinations or sequences. Jump combinations may contain no more than two jumps.
 - d) No jump included more than twice and if a jump is repeated it must be in combination or sequence. The double jumps may not be repeated.
- 2) Maximum of three spins.
 - a) One spin must be a combination spin (change of foot optional mandatory).
 - b) One spin must be a flying spin.
 - c) One spin of any nature.
- 3) Maximum one step sequence or spiral sequence.

Ladies 3

Free Skate Competition – Two minute and thirty second (2:30) or three minute (3:00) program (plus or minus 10 seconds) to music.

Well Balanced Program Criteria: (Canadian STARSkate – Senior Bronze Level)

All elements will be called no higher than Level 1.

- 1) Maximum of seven jump elements.
 - a) All single and double jumps permitted except double Axel.
 - b) Must include at least one Axel type jump (waltz or single Axel).
 - c) Maximum three combinations or sequences. Jump combinations may contain no more than two jumps.
 - d) No jump included more than twice and if a jump is repeated it must be in combination or sequence.

- 2) Maximum of three spins.
 - a) One spin must be a combination spin (change of foot optional mandatory).
 - b) One spin must be a flying spin in one position with no change of foot.
 - c) One spin of any nature.

- 3) Maximum one step sequence or spiral sequence.

Ladies 4

Free Skate Competition – Three minute (3:00) or three and one half minute (3:30) program (plus or minus 10 seconds) to music.

Well Balanced Program Criteria: (Canadian STARSkate – Senior Silver Level)

- 1) Maximum of seven jump elements.
 - a) All jumps permitted.
 - b) Must include at least one Axel type jump (waltz or Axel type).
 - c) Maximum three combinations or sequences. Jump combinations may contain no more than two jumps.
 - d) No jump included more than twice and if a jump is repeated it must be in combination or sequence.

- 2) Maximum of three spins.
 - a) One spin must be a combination spin (change of foot optional mandatory).
 - b) One spin must be a flying spin one position with no change of foot.
 - c) One spin of any nature.

- 3) Maximum one step sequence or spiral sequence.

The following are some instructions to help in understanding the well balanced program. There is a lot of detail but it might answer some questions when constructing the program.

INSTRUCTIONS FOR UNDERSTANDING THE WELL BALANCED PROGRAM REQUIREMENTS:

Jump Elements: Jump elements include all jumps done alone, in combination and in sequence

- When counting jump elements, a combination jump (two jumps) counts as one jump element and a jump sequence (two or more jumps) counts as one jump element
 - Example: Axel, 2toe loop and 2Salchow + 2toe loop combination is three jump elements even though there are four jumps
 - Example: Lutz-1/2-loop-flip sequence, loop/loop combination, Axel is three jump elements even though it is five jumps.
- In every program there must be a forward take-off jump (referred to as an “Axel type” jump). This typically will be either a waltz jump or one of the Axel jumps. If an Axel type jump is not included, but the skater performed the maximum allowed number of jumps, in CPC the last executed of the allowed number of jumps would not count for points
- In every case there is a maximum number of jump elements that may be included (jumps in excess of this maximum will receive no points (0.00 value) .
- Combinations or sequences in excess of the maximum will receive no points (0.00 value).
- No jump may be included more than twice. Further, if a jump is repeated (i.e., included twice in a program) one of the jumps must be in combination or sequence. (Note: Jumps of the same name but different rotations are considered as different jumps, i.e. 2loop and 1loop are considered as different jumps). If a repeated jump is not performed in combination or sequence, the repeated jump should be treated as a jump sequence with only one jump. It will count in the total number of combinations and sequences allowed. There is no other penalty.
- If a jump is executed that is of a higher level of difficulty than permitted for a given category (i.e. 2loop executed in a preliminary free skate program) then the jump will receive no points (0.00 value). If said jump is a part of a combination or sequence then the element will still be counted as a combination or sequence and the other jumps in the element will be scored as per combination or sequence principles of calculation.
- If a skater executes more double jumps than are permitted for a given category (i.e. two double jumps (the same or different) are executed in a preliminary free skate program) the skater shall receive no points (0.00 value) but still count in the total number of executed jump elements.

Spin Elements: Spin elements include any spin-like movement that has at least three rotations in total. Spin elements are categorized as spins of one position, combination spins and flying spins. In each case there are a maximum number of spins that may receive credit in any program. In addition, there is some content that is mandatory. Spins in excess of the maximum will receive no points (0.00 value).

- If a spin does not meet one of the requirements for a program and the maximum number of spins has been executed, then the spin not meeting requirements will be worth 0.00 points

Example: junior bronze free skate: three spins are executed, two combinations and a spin in one position. There is no spin with a flying entry. In CPC, the last executed spin will receive no points.

Step Sequences: Any step sequences beyond the maximum will receive no points (0.00 value).

- In order to be identified as a step sequence it must cover at least half of the ice surface.

Spiral Sequences: Any spiral sequences beyond the maximum will receive no points (0.00 value).

- In order to be identified as a spiral sequence there must be at least two spiral positions with the free leg (including knee and foot) higher than the hip level each held for a minimum of 3 seconds.

DEFINITION OF TERMS:

Jump Element: A solo jump, jump combination or jump sequence.

Jump Combination: A jump combination may consist of the same or another single, double, triple or quadruple jump. In a jump combination the landing foot of the first jump is the take off foot of the second. The element remains a jump combination (with an error) even when there are two (2) three turns in between jumps with a slight touch down (without weight transfer).

Jump Sequence: A jump sequence may consist of any number of jumps of any number of revolutions that may be linked by non-listed jumps and/or hops immediately following each other while maintaining the jump rhythm (knee); there can be no **turns/steps***, crossovers or stroking during the sequence.

* **Turns:** three turns, twizzles, brackets, loops, counters, rockers.

* **Steps:** running steps, toe steps, chasses, mohawks, choctaws, curves with change of edge, cross-rolls.

Any kinds of hops and unlisted jumps inside the sequence are allowed.

From the moment the jump sequence does not fulfill the above requirements, the remainder of the jump sequence will be ignored and the element will be called "name of the first jump(s) plus sequence". In this case the GOE relates to the whole element. So in free skating judges always evaluate what they see independent of the call.

If an Axel type jump immediately follows any other jump (without any steps, turns, hops, mazurkas and unlisted jumps), **it is considered as a jump sequence** and will be identified as one jump element.

Examples of acceptable jump sequences are as follows:

1A+1/2Lo+2S

1Lz+1/2Lo+1/2F+1A

Spin Combination:

A spin combination must contain at least one change of position with at least two rotations before and after the change. A change of foot is optional (minimum two+two revolutions).

Flying Spin:

A flying spin is a spin that begins with a flying entry. A flying spin may also be a combination spin (minimum three revolutions).

Spin in One Position:

A spin in one position may not contain a change of position. A change of foot is optional. A change of foot does not make the spin a combination (minimum three revolutions).

Illegal

Elements/Movements:

- Somersault type elements including cartwheels, back flips and rolling on the ice.
- Lying and/or prolonged stationary kneeling on both knees on the ice at any moment including the splits on the ice.
- Kneeling or sliding (two knees, legs or combination of body parts) or supporting oneself on the ice with a hand(s).

Props:

- Props may not be used. Any item that is held in the hand or removed during the performance is considered to be a prop. If an item falls off on its own, it is not a prop.

ADDENDA A: TECHNICAL PACKAGE 2010 ARCTIC WINTER GAMES

The safety of the skater must be a major consideration in the selection of clothing. Tails, boot covers, and trailing fabric that could trip the skater should be avoided.

There will be a 2.0 point deduction for every illegal element/movement included in the Program.

ADDENDA A: TECHNICAL PACKAGE 2010 ARCTIC WINTER GAMES

Ladies 1 1:30 max.	1 Axel type jump (axel or waltz jump)	Single Jump One Lutz jump	Jump Combination Single jump/loop combination (lutz or axel may not be repeated)	Spin Camel spin min. 3 rev.	Spin Layback or sideways leaning spin (min. 3 rev.)	Spin Combination Minimum 2 positions (change of foot optional)- min. 4 rev.	Step Sequence A straight line footwork sequence, must use full ice surface
Ladies 2 1:45 max.	Axel	Jump 1 other single or double jump	Jump Combination May include 1 double jump; may not repeat axel or solo jump	Spin Any flying sping, min. 3 rev	Spin Combination min. 2 positions (may change foot)- min. 4 rev.	Spiral Sequence one on each foot (not required to use full ice)	Step Sequence A straight line footwork sequence, must use full ice surface
Ladies 3 2:00 max.	Axel	Double Jump Any double jump (excluding a double axel)	Jump Combination Any single jump followed by a double- may not repeat axel or solo jump	Spin Flying camel spin min. 4 rev.	Spin Combination With only 1 change of foot and at least 2 basic positions. Min. 3 rev. each	Spiral Sequence one on each foot (not required to use full ice)	Step Sequence A straight line footwork sequence, must use full ice surface
Ladies 4 2:15 max.	Axel or Double Axel	Double Jump immediately preceded by steps (may not repeat Double Axel)	Jump Combination Consisting of 2 Double jumps-may not repeat Double Axel or solo jump	Spin Layback or Sideways leaning spin, min. 5 rev.	Spin Combination with only 1 change of foot and at least 2 basic positions. Min. 4 rev. each foot	Spiral Sequence 3 spiral positions and at least one change of foot	Step Sequence Any footwork sequence, must use full ice

2010 AWG Short Program Requirements

ADDENDA A: TECHNICAL PACKAGE 2010 ARCTIC WINTER GAMES

	JUMP ELEMENTS	SPINS	STEP SEQUENCES
Ladies 1 1:30 or 2:00 plus or minus 10 sec.	<ul style="list-style-type: none"> •All single jumps permitted and maximum 1 double jump which may be a double Salchow or a double toe loop. • Must include at least one Axel type jump (waltz or single Axel). • Maximum two combinations or sequences. Jump combinations may contain no more than two jumps. •No jump included more than twice and if a jump is repeated it must be in combination or sequence. The double jump may not be repeated. Max. 6	<ul style="list-style-type: none"> •Maximum one may be a flying spin. •One spin of any nature. Max. 2	<ul style="list-style-type: none"> •one step sequence Max. 1
Ladies 2 2:00 or 2:30 plus or minus 10 sec.	<ul style="list-style-type: none"> • All single jumps permitted and maximum two double jumps which may be up to and including a double loop. • Must include at least one Axel type jump (waltz or single Axel). •Maximum two combinations or sequences. Jump combinations may contain no more than two jumps. •No jump included more than twice and if a jump is repeated it must be in combination or sequence. The double jumps may not be repeated. Max. 7	<ul style="list-style-type: none"> •One spin must be a combination spin (change of foot optional mandatory). •One spin must be a flying spin. •One spin of any nature. Max. 3	<ul style="list-style-type: none"> •one step sequence or spiral sequence. Max. 1
Ladies 3 2:30 or 3:00 plus or minus 10 sec.	<ul style="list-style-type: none"> • All single and double jumps permitted except double Axel. • Must include at least one Axel type jump (waltz or single Axel). • Maximum three combinations or sequences. Jump combinations may contain no more than two jumps. •No jump included more than twice and if a jump is repeated it must be in combination or sequence. Max. 7	<ul style="list-style-type: none"> •One spin must be a combination spin (change of foot optional mandatory). •One spin must be a flying spin in one position with no change of foot. •One spin of any nature. Max. 3	<ul style="list-style-type: none"> •one step sequence or spiral sequence. Max. 1
Ladies 4 3:00 or 3:30 plus or minus 10 sec.	<ul style="list-style-type: none"> •All jumps permitted. • Must include at least one Axel type jump (waltz or Axel type). •Maximum three combinations or sequences. Jump combinations may contain no more than two jumps. •No jump included more than twice and if a jump is repeated it must be in combination or sequence. Max. 7	<ul style="list-style-type: none"> •One spin must be a combination spin (change of foot optional mandatory). •One spin must be a flying spin one position with no change of foot. •One spin of any nature. Max. 3	<ul style="list-style-type: none"> •one step sequence or spiral sequence. Max. 1

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