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National Freeskating

To obtain level novice A, a skater will have to skate a program in the miniemen category

To obtain level novices B, a skater will have to skate a program in the novice A category

To obtain level advanced novices, a skater will have to skate a program in the novice B category

To obtain junior level, a skater will have to skate a program in the advanced novice category

To obtain senior level, a skater will have to skate a program in the junior category

Small Bronze

Free Skating 2:15 min., +/- 15 sec

A well balanced Free Skating program for Singles must contain:

- a) Maximum of 4 jump elements for Girls and Boys.
4 different single jumps (double jumps are also allowed)
1 jump combination with Toeloop - second jump of the combination must be a Toeloop, single or double.
There may be up to two (2) jump combinations or sequences. Jump combinations can contain only two (2) jumps. A jump sequence can contain any number of jumps, but only two most difficult jumps will be counted. Triple jumps are not permitted.
All different types of (basic) jumps (except axel) must be showed!
In case one or two basic jumps are missing, the whole last jump element executed, will receive 0.00, (*) .
- b) There must be a maximum of two (2) spins of a different nature (abbreviation), one of which must be a
spin combination with no change of foot (minimum of six (6) revolutions in total)
sit or a camel spin with no change of foot (minimum of six (6) revolutions in total).
- c) There must be a maximum:
 - (i) For Girls one (1) step sequence or one (1) spiral sequence consisting of max. two (2) spiral positions. The spiral sequence will have a fixed Base value and evaluated in GOE only.
 - (ii) For Boys maximum of one (1) step sequence

Levels explanations:

All elements, which are subject to Levels, only features up to **Level 2** will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

NO COMPONENTS WILL BE JUDGED

THE SKATER MUST OBTAIN AT LEAST THE BASE VALUE FOR THE REQUIRED ELEMENTS BY THE MAJORITY OF THE JUDGES. WITH THE EXCEPTION THAT 1 ELEMENT CAN HAVE -1 BY THE MAJORITY OF THE JUDGES. ALL THE REQUIRED ELEMENTS MUST HAVE BEEN CALLED

BRONZE

Free Skating 2:30 min., +/- 10 sec

A well balanced Free Skating program for Singles must contain:

- a) Maximum of 4 jump elements for Girls and Boys one of which must be an Axel type jump.
1 double jumps
1 axel type jump
1 jump combination with loop – second jump of the combination must be a Loop, single or double.
There may be up to two (2) jump combinations or sequences. Jump combinations can contain only two (2) jumps. A jump sequence can contain any number of jumps, but only two most difficult jumps will be counted. Triple jumps are not permitted.
All different types of (basic) jumps must be showed!
In case one or two basic jumps are missing, the whole last jump element executed, will receive 0.00, (*).
- b) There must be a maximum of two (2) spins of a different nature (abbreviation), one of which must be
spin combination with change of foot (minimum of six (6) revolutions in total)
one position spin with change of foot (minimum of six (6) revolutions in total).
- c) There must be a maximum:
 - (i) For Girls one (1) step sequence or one (1) spiral sequence consisting of max. two (2) spiral positions. The spiral sequence will have a fixed Base value and evaluated in GOE only.
 - (ii) For Boys maximum of one (1) step sequence

Levels explanations:

All elements, which are subject to Levels, only features up to **Level 2** will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

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THE SKATER MUST OBTAIN AT LEAST THE BASE VALUE FOR THE REQUIRED ELEMENTS BY THE MAJORITY OF THE JUDGES. WITH THE EXCEPTION THAT ONE ELEMENT CAN HAVE -1 BY THE MAJORITY OF THE JUDGES. ALL THE REQUIRED ELEMENTS MUST HAVE BEEN CALLED

Small silver

Free Skating 3:00 min., +/- 10 sec.

A well balanced Free Skating program for Singles Boys and Girls must contain:

- a) Maximum of 5 jump elements for Girls and 6 jump elements for Boys one of which must be an Axel type jump.
4 different double jumps
1 jump combination of two (2) double jumps
There may be up to two (2) jump combinations or sequences. A jump combination can contain only two (2) jumps. A jump sequence can contain any number of jumps, but only two most difficult jumps will be counted.
Only two (2) jumps with two and a half (2 1/2) or more revolutions can be repeated either in a jump combination or in a jump sequence.
All different types of (basic) jumps must be showed!
In case one or two basic jumps are missing, the whole last jump element executed, will receive 0.00, (*)
- b) There must be a maximum of two (2) spins of a different nature, one of which must be **Spin combination with change of foot**(minimum of ten (10) revolutions in total)
Flying spin or a spin with a flying entrance(6) revolutions in total).
All spins must have level 2
- c) There must be a maximum:
 - (i) for Girls one (1) step sequence or one (1) spiral sequence consisting of max. two (2) spiral positions. The spiral sequence will have a fixed Base value and evaluated in GOE only.
 - (ii) for Boys maximum of one (1) step sequence

Levels explanations:

All elements, which are subject to Levels, only features up to **Level 2** will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

NO COMPONENTS WILL BE JUDGED

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silver

Free Skating 3:00 min., +/- 10 sec. for girls

Free Skating 3:30 min., +/- 10 sec. for boys

A well balanced Free Skating program for Singles must contain:

- a) Maximum 6 jump elements for Girls and 7 jump elements for Boys one of which must be an Axel type jump.

5 different double jumps

1 jump combination with double Toeloop – second jump of the combination must be the Toeloop

1 jump combination with double Loop – second jump of the combination must be the Loop

There may be up to two (2) jump combinations or sequences. A jump combination can contain only two (2) jumps. A jump sequence can contain any number of jumps, but only two most difficult jumps will be counted.

Only two (2) jumps with two and a half (2 1/2) revolutions or more can be repeated either in a jump combination or in a jump sequence.

All different types of (basic) jumps must be showed!

In case one or two basic jumps are missing, the whole last jump element executed, will receive 0.00, (*)

- b) There must be a maximum of two (2) spins of a different nature, one of which must be **Spin combination with change of foot and at least one change of position**(minimum of ten (10) revolutions) **level 3**
Flying spin where the landing position must be the same as the flying position (minimum of six (6) revolutions) **level 2**
- c) There must be a maximum:
- (i) for Girls one (1) step sequence or one (1) spiral sequence consisting of max. two (2) spiral positions. The spiral sequence will have a fixed Base value and evaluated in GOE only.
 - (ii) for Boys maximum of one (1) step sequence

Levels explanations:

All elements, which are subject to Levels may not include more features than necessary to increase the base value up to **Level 3**. Any additional feature will not count for Level requirements and will be ignored by the Technical Panel.

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Small Gold

Free Skating 3:30 min., +/- 10 sec. for Ladies

Free Skating 4:00 min., +/- 10 sec. for Men

A well balanced Free Skating program for **Men** must contain:

- maximum of 8 jump elements one of which must be an Axel type jump.
All double jumps have to be performed.
1 triple jump
- maximum of 3 spins, one of which must be
Spin combination with all three basic positions and only one change of foot level 4
Flying spin or a spin with a flying entrance at least level 3
one a spin with only one position which must be either camel or sit and one change of foot level 2.
- maximum of **1 step sequence at least level 2**

A well balanced Free Skating program for **Ladies** must contain:

- maximum of 7 jump elements one of which must be an Axel type jump.
All double jumps have to be performed.
1 triple jump
- maximum of 3 spins, one of which must be
Spin combination with all three basic positions and only one change of foot level 4
Flying spin or a spin with a flying entrance at least level 3
Layback spin level 2
- maximum of **1 step sequence at least level 2**

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Gold

Free Skating 4:00 min., +/- 10 sec. for Ladies

Free Skating 4:30 min., +/- 10 sec. for Men

A well balanced Free Skating program for **Men** must contain:

- maximum of 8 jump elements one of which must be an Axel type jump.
At least 2 different triple jumps one of which must be in combination with a double jump
- maximum of 3 spins, one of which must be
Spin combination with all three basic positions and only one change of foot level 4
Flying spin or a spin with a flying entrance at least level 3
one a spin with only one position which must be either camel or sit and one change of foot level 3.
- maximum **1 step sequence at least level 2**

A well balanced Free Skating program for **Ladies** must contain:

- maximum of 7 jump elements one of which must be an Axel type jump.
At least 2 different triple jumps one of which must be in combination with a double jump
- maximum of 3 spins, one of which must be
Spin combination with all three basic positions and only one change of foot level 4
Flying spin or a spin with a flying entrance at least level 3
Layback spin level 3
- maximum **1 step sequence at least level 2**

NO COMPONENTS WILL BE JUDGED

THE SKATER MUST OBTAIN AT LEAST THE BASE VALUE FOR THE REQUIRED ELEMENTS BY THE MAJORITY OF THE JUDGES. WITH THE EXCEPTION THAT ONE ELEMENT CAN HAVE -1 BY THE MAJORITY OF THE JUDGES. ALL THE REQUIRED ELEMENTS MUST HAVE BEEN CALLED