



Changes to Preliminary and Elementary Free Skate

All skaters, coaches and officials are advised of the following changes to the Preliminary and Elementary Free Skate Programs that were passed at the ISA AGM in April 2014, **effective immediately**.

Skaters will no longer perform a Choreographic Sequence but will perform a Step Sequence that will be evaluated for levels of difficulty up to Level 1.

Competitions where the announcements have already been issued will still perform the Choreographic Sequence unless the Local Organising Committee issues a communication advising of the change.

Preliminary Free Skate

A well balanced Free Skate program must contain:

- a) Maximum of 4 jump elements.
Any jump can be repeated only once and this repetition must be done either in a jump combination or jump sequence.
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.
- b) There must be a maximum of two (2) spins of a different nature (abbreviation)
 - One of which must be a spin combination with or without change of foot (min 4 revs in total), NO Flying Entry.
 - One spin with no change of position and with or without change of foot (min 4 revs in total), May commence with a Fly.
- c) There must be one (1) step sequence covering at least ½ the ice surface

Elementary Free Skate

A well balanced Free Skate program must contain:

- a) Maximum of 4 jump elements.
Any jump can be repeated only once and this repetition must be done either in a jump combination or jump sequence.
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.
- b) There must be a maximum of two (2) spins of a different nature (abbreviation)
 - One of which must be a spin combination with or without change of foot (min 4 revs in total), NO Flying Entry.
 - One spin with no change of position and with or without change of foot (min 4 revs in total), May commence with a Fly.
- c) There must be one (1) step sequence fully utilising the ice surface

Authorised by: Lisa Jelinek, Operational Director Technical Regulations
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