

**Well Balanced Programs / Intermediate - No Test Free Skating
2008-2009 Competition Season**

<p align="center">Intermediate - Free Skating</p> <p>10 elements 2:30</p> <p>Maximum 6 jump elements</p> <p>1 Axel-type jump*</p> <p>Maximum 3 combinations or sequences</p> <p>1 combination may have 3 jumps / others only 2</p> <p>Number of jumps in sequence is free</p> <p>3 doubles -or- 2 doubles and 1 triple may be repeated in combination or sequence and may only be repeated once</p> <p>Only 1 triple jump may be repeated</p> <p>1 Flying Spin* (5)</p> <p>1 Combination Spin with change of foot* (4-4)</p> <p>3rd spin optional (5) All spins may 'fly' All spins may change feet and/or position</p> <p>Spins must have different codes</p> <p>Maximum 1 step sequence</p>	<p align="center">Juvenile - Free Skating</p> <p>10 elements 2:15</p> <p>Maximum 6 jump elements</p> <p>1 Axel-type jump*</p> <p>Maximum 3 combinations or sequences</p> <p>1 combination may have 3 jumps / others only 2</p> <p>Number of jumps in sequence is free</p> <p>3 doubles may be repeated in combination or sequence and may only be repeated once</p> <p>Triple jumps are not permitted</p> <p>1 Flying Spin* (5)</p> <p>1 Combination Spin* (8) All spins may 'fly' All spins may change feet and/or position</p> <p>3rd spin optional (5)</p> <p>Spins must have different codes</p> <p>Maximum 1 step sequence</p>
<p align="center">Pre-Juvenile - Free Skating</p> <p>2:00</p> <p>Maximum 6 jump elements</p> <p>1 Axel-type jump*</p> <p>Number of different double jumps is not limited</p> <p>Axel & 3 double jumps may be repeated only once as individual jumps, in combination or in sequence</p> <p>No more than 3 combinations or sequences</p> <p>1 combination may have 3 jumps / others only 2</p> <p>Number of jumps in sequence is free</p> <p>Double Axel & triple jumps are not permitted</p> <p>Maximum 3 spins of a different nature (3)</p> <p>1 step sequence using full ice surface</p> <p><i>Check competition announcement for any special rules</i></p>	<p align="center">Preliminary - Free Skating</p> <p>1:30</p> <p>Maximum 5 jump elements</p> <p>1 single Axel or Waltz jump*</p> <p>Number of different double jumps is not limited</p> <p>Axel & 2 double jumps may be repeated only once as individual jumps, in combination or in sequence</p> <p>No more than 3 combinations or sequences</p> <p>1 combination may have 3 jumps / others only 2</p> <p>Number of jumps in sequence is free</p> <p>Double Axel & triple jumps are not permitted</p> <p>Maximum 2 spins of a different nature (3)</p> <p>1 step sequence using half ice surface</p> <p><i>Check competition announcement for any special rules</i></p>
<p align="center">Pre-Preliminary - Free Skating</p> <p>1:30</p> <p>Maximum 5 jump elements</p> <p>Double jumps are not permitted</p> <p>Maximum of 2 single Axels</p> <p>No more than 3 combinations or sequences</p> <p>All jumps may be repeated as individual jumps in combination or in sequence</p> <p>1 combination may have 3 jumps / others only 2</p> <p>Number of jumps in sequence is free</p> <p>Maximum 2 spins of a different nature (3)</p> <p>1 step sequence using half ice surface</p> <p><i>Check competition announcement for any special rules</i></p>	<p align="center">No Test - Free Skating</p> <p>1:30**</p> <p>Maximum 5 jump elements</p> <p>Axel and double jumps are not permitted</p> <p>All jumps may be repeated as individual jumps or in combination or sequence</p> <p>No more than 3 combinations or sequences</p> <p>1 combination may have 3 jumps / others only 2</p> <p>Number of jumps in sequence is free</p> <p>Maximum 2 spins of a different nature (3)</p> <p>1 step sequence using half ice surface</p> <p><i>Check competition announcement for any special rules</i></p>

* required element

** May vary by competition