

**Well Balanced Programs / Senior - Novice Free Skating
2008-2009 Competition Season**

<p>Senior Men - Free Skating</p> <p>13 elements 4:30</p> <p>Maximum 8 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>2 triples or quads may be repeated in combination or sequence and may only be repeated once. 3 double Axels maximum.</p> <p>1 Flying Spin* (6) All spins may 'fly' All spins may change feet</p> <p>1 Combination Spin* (10)</p> <p>1 spin in one position* (6)</p> <p>Spins must have different codes</p> <p>2 step sequences (must be different patterns)</p>	<p>Senior Ladies - Free Skating</p> <p>12 elements 4:00</p> <p>Maximum 7 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>2 triples or quads may be repeated in combination or sequence and may only be repeated once. 3 double Axels maximum.</p> <p>1 Flying Spin* (6) All spins may 'fly' All spins may change feet</p> <p>1 Combination Spin* (10)</p> <p>1 spin in one position* (6)</p> <p>Spins must have different codes</p> <p>1 step sequence</p> <p>1 spiral sequence (2 spirals minimum)</p>
<p>Junior Men - Free Skating</p> <p>12 elements 4:00</p> <p>Maximum 8 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>2 triples or quads may be repeated in combination or sequence and may only be repeated once. 3 double Axels maximum.</p> <p>1 Flying Spin* (6)</p> <p>1 Combination Spin* (10) All spins may 'fly' All spins may change feet</p> <p>1 spin in one position* (6)</p> <p>Spins must have different codes</p> <p>1 step sequence</p>	<p>Junior Ladies - Free Skating</p> <p>11 elements 3:30</p> <p>Maximum 7 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>2 triples or quads may be repeated in combination or sequence and may only be repeated once. 3 double Axels maximum.</p> <p>1 Flying Spin* (6)</p> <p>1 Combination Spin* (10) All spins may 'fly' All spins may change feet</p> <p>1 spin in one position* (6)</p> <p>Spins must have different codes</p> <p>1 step sequence</p>
<p>Novice Men - Free Skating</p> <p>11 elements 3:30</p> <p>Maximum 7 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>2 triples or double Axel may be repeated in combination or sequence and may only be repeated once</p> <p>1 Flying Spin w/ no change of foot or position* (6)</p> <p>1 Combination Spin* (10) All spins may 'fly' Combo & optional spins may change feet</p> <p>3rd spin optional (6)</p> <p>Spins must have different codes</p> <p>1 step or spiral sequence (2 spirals min)</p>	<p>Novice Ladies - Free Skating</p> <p>10 elements 3:00</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>2 triples or double Axel may be repeated in combination or sequence and may only be repeated once</p> <p>1 Flying Spin w/ no change of foot or position* (6)</p> <p>1 Combination Spin* (10) All spins may 'fly' Combo & optional spins may change feet</p> <p>3rd spin optional (6)</p> <p>Spins must have different codes</p> <p>1 step or spiral sequence (2 spirals min)</p>

* required element