

## 2007-2008 STARSkate Well Balanced Program Requirements

### Pre-Preliminary

- 1) Maximum 6 jump elements
  - a) No jump higher than 1Lz
  - b) Must include at least 1 waltz jump
  - c) Maximum 2 combinations or sequences
  - d) Maximum 2 different jumps repeated and no jump included more than twice. Repeated jumps must be in combo or sequence.
- 2) Maximum 2 spins
  - a) No flying spins permitted
  - b) 1 spin must be in one position, not in combination, no change of foot
  - c) Maximum 1 combination spin, no change of foot
- 3) Maximum 1 step sequence

### Preliminary

- 1) Maximum 6 jump elements
  - a) All single jumps permitted and one double jump from 2S or 2T
  - b) Must include at least 1 Axel type jump (waltz or single Axel)
  - c) Maximum 2 combinations or sequences
  - d) Maximum 2 different jumps repeated and no jump included more than twice. Repeated jumps must be in combo or sequence.
- 2) Maximum 2 spins of any nature
  - a) Maximum 1 may be a flying spin
- 3) Maximum 1 step sequence

### Junior Bronze

- 1) Maximum 6 jump elements
  - a) All single jumps permitted and two double jumps from up to and including 2Lo
  - b) Must include at least 1 Axel type jump (waltz or single Axel)
  - c) Maximum 2 combinations or sequences
  - d) Maximum 2 different jumps repeated and no jump included more than twice. Repeated jumps must be in combo or sequence.
- 2) Maximum 3 spins
  - a) 1 Spin must be a flying spin
  - b) 1 spin must be a combination (change of foot optional)
  - c) Third spin of any nature
- 3) Maximum 1 step sequence

### Senior Bronze

- 1) Maximum 7 jump elements
  - a) All single and double jumps permitted except 2A
  - b) Must include at least 1 Axel type jump (waltz or single Axel)
  - c) Maximum 3 combinations or sequences. One jump combination may contain a maximum of 3 jumps
  - d) Maximum 3 different jumps repeated and no jump included more than twice. Repeated jumps must be in combo or sequence.
- 2) Maximum 3 spins
  - a) 1 Spin must be a flying spin
  - b) 1 spin must be a combination (change of foot optional)
  - c) Third spin of any nature
- 3) Maximum 1 step sequence

**Junior Silver**

- 1) Maximum 7 jump elements
  - a) All jumps permitted
  - b) Must include at least 1 Axel type jump (waltz or Axel type)
  - c) Maximum 3 combinations or sequences. One jump combination may contain a maximum of 3 jumps
  - d) Maximum 3 different jumps repeated and no jump included more than twice. Repeated jumps must be in combo or sequence.
- 2) Maximum 3 spins
  - a) 1 Spin must be a flying spin
  - b) 1 spin must be a combination (change of foot optional)
  - c) Third spin of any nature
- 3) Maximum 1 step sequence

**Senior Silver**

- 1) Maximum 7 jump elements
  - a) All jumps permitted
  - b) Must include at least 1 Axel type jump (waltz or Axel type)
  - c) Maximum 3 combinations or sequences. One jump combination may contain a maximum of 3 jumps
  - d) Maximum 3 different jumps repeated and no jump included more than twice. Repeated jumps must be in combo or sequence.
- 2) Maximum 4 spins
  - a) 1 Spin must be a flying spin
  - b) 1 spin must be a combination (change of foot optional)
  - c) 2 spins of any nature
- 3)
  - a) Women:
    - i) Maximum 1 step sequence
    - ii) Maximum 1 spiral sequence
  - b) Men:
    - i) Maximum 2 different step sequences of a different nature

**Gold**

- 1) Maximum 7 jump elements
  - a) All jumps permitted
  - b) Must include at least 1 Axel type jump (waltz or Axel type)
  - c) Maximum 3 combinations or sequences. One jump combination may contain a maximum of 3 jumps
  - d) Maximum 3 different jumps repeated and no jump included more than twice. Repeated jumps must be in combo or sequence.
- 2) Maximum 4 spins
  - a) 1 Spin must be a flying spin
  - b) 1 spin must be a combination (change of foot optional)
  - c) 2 spins of any nature
- 3)
  - a) Women:
    - i) Maximum 1 step sequence
    - ii) Maximum 1 spiral sequence
  - b) Men:
    - i) Maximum 2 different step sequences of a different nature

*Note: As per the competitive stream, for all levels re a spin of any nature, the skater cannot repeat a spin that has already been performed.*