

Free Style Requirements

Quad

#1 Bronze Freestyle

Minimum Grade: 35 Passing Grade 100

Cost: \$7.00

Jumps: Three (3) Spins Two (2)
Bunny Hop Two Foot Spin
½ Mapes One Foot Upright
Mohawk Jump
One Sequence of Primary footwork
Maximum Time: 2 ½ minutes

#2 Bronze Freestyle

Minimum Grade: 35 Passing Grade 100

Cost: \$7.00

Jumps: Three (3) Spins Two (2)
Waltz Jump IF Upright
½ Flip IB Upright
Mapes

Footwork Minimum:

Two (2) Sequences of primary footwork
Maximum Time: 2 ½ minutes

#3 Bronze Freestyle

Minimum Grade: 40 Passing Grade 110

Cost: \$8.00

Jumps: Three (3) Spins Two (2)
Toe Wally IB Upright Chg IF Upright
½ Lutz OB Upright
Bunny Hop, Waltz, Mapes Combination
Footwork Minimum:
One (1) Sequence of primary footwork
One (1) Sequence of secondary footwork
Maximum Time: 2 ½ minutes

#4 Bronze Freestyle

Minimum Grade: 40 Passing Grade 110

Cost: \$9.00

Jumps: Three (3) Spins Two (2)
Salchow IB Sit Spin
Loop Jump OF Upright
Toe Wally, Mapes Combination
Footwork Minimum:
Two (2) Sequences secondary footwork
Maximum Time: 3 minutes

#5 Silver Freestyle

Minimum Grade: 45 Passing Grade 120

Cost: \$10.00

Jumps: Four (4) Spins Three (3)
Euler OB Sit Spin
Flip OF Upright Chg OB Upright
1 ½ Mapes OB Camel
Waltz, Mapes, Euler, Salchow Combination
Footwork Minimum
Two (2) Sequences of secondary footwork
Maximum Time: 3 minutes

IN-Line

#1 Bronze Freestyle

Minimum Grade: 35 Passing Grade 100

Cost: \$7.00

Jumps: Three (3) Spins Two (2)
Leap: LOF To ROF Two Foot Spin
Or vice versa One Foot Upright
½ Turn Jump ROB to LOF or vice versa
Mohawk Jump
One Sequence of Primary Footwork
Maximum Time: 2 ½ minutes

IN-Line

#2 Bronze Freestyle

Minimum Grade: 35 Passing Grade 100

Cost: \$7.00

Jumps: Three Spins Two (2)
Waltz Jump IF Upright
½ Salchow IB Upright
360 (one revolution) Two foot full turn jump
Two (2) sequences of primary footwork
Maximum Time: 2 ½ minutes

#6 Silver Freestyle

Minimum Grade: 45 Passing Grade 120

Cost: \$11.00

Jumps: Four (4) Spins Three (3)
Lutz OF Upright Jump Chg OB Upright
Boeckl or Axel IB Sit Chg OB Sit Spin
1 ½ Flip OF Camel
Waltz, Euler, Flip Combination
Footwork Minimum:
One (1) Sequence of secondary footwork
One (1) Sequence of advanced footwork
Maximum Time 3 minutes

#7 Silver Freestyle

Minimum Grade: 50 Passing Grade 130

Cost: \$12.00

Jumps: Four (4) Spins Three (3)
Double Mapes OB Camel OB Sit Combination
1 ½ Lutz OF Camel Chg OB Camel
Lutz, Euler, Flip Combination; Sit jump chg Sit
Axel, Euler, Flip Combination
Footwork Minimum:
Two (2) Sequences of secondary footwork
Two (2) Sequences of advanced footwork
Maximum Time: 3 ½ minutes

#8 Silver Freestyle

Minimum Grade: 55 Passing Grade 140

Cost: \$13.00

Jumps: Four (4) Spins Three (3)
Double Toe Wally IB Camel
Double Salchow Camel Sit Chg Sit
Lutz, Euler, 1 ½ Flip Comb Camel Jump Chg Sit
Axel, Loop, Double Mapes Comb
Footwork Minimum:
Two (2) Sequences of secondary footwork
Two (2) Sequences of advanced footwork
Maximum Time: 3 ½ minutes

#9 Gold Freestyle

Minimum Grade: 60 Passing Grade 150

Cost: \$15.00

Jumps: Four (4)

Double Flip

Colledge

Db1 Toe Wally, Loop,

Double Mapes Comb

Axel, Loop, Db1 Mapes, Euler, Db1 Salchow Combination

Footwork Minimum:

Three (3) Sequences of advanced footwork

Maximum Time: 4 minutes

#10 Gold Medal Freestyle

Minimum Grade: 60 Passing Grade 150

Cost: \$22.00

Jumps: Five (5)

Double Flip

Double Lutz

Double Loop

Double Axel

Double Lutz, Euler, Double Flip Combination

Axel, Loop, Double Loop Combination

Triple Mapes

Spins: Four (4)

Camel Combination Chg Camel (3 edges)

Camel Sit chg Camel Sit

Inverted Camel

Camel Jump Chg Camel jump Chg Sit

Heel Camel

Broken Ankle Camel

Footwork Minimum:

One (1) Sequence of secondary footwork

Three (3) Sequences of advanced footwork

Maximum Time: 4 minutes

Recommended level for competitive participation

Junior Olympic

Level I #2

Level II #4

Standard Events

Elementary #6

Freshman #7

Sophomore #6

Junior #7

