

# SENIOR FREE SKATING

SKATER	Triple Jumps	Double Jumps	Jump Combinations and Jump Sequences	Solo Spins	Spin Combinations	Step Sequences	Connect'g Moves	Composition	
	2 may be repeated 1st in a comb. and 2nd in a seq. (attempts count)	Single Jumps				1 min., 3 max.			
1.									T.M.
									Pres.
									Total
2.									T.M.
									Pres.
									Total
3.									T.M.
									Pres.
									Total
4.									T.M.
									Pres.
									Total
5.									T.M.
									Pres.
									Total
6.									T.M.
									Pres.
									Total
7.									T.M.
									Pres.
									Total
8.									T.M.
									Pres.
									Total
9.									T.M.
									Pres.
									Total
10.									T.M.
									Pres.
									Total

<b>0.1 in each mark</b> Lying on the ice. Prolonged posing. Prolonged movements executed on two feet.	Multiple execution throughout a program of movements with neither skate on the ice. Somersault type jumps and other forbidden movements. For each ten seconds over the time limit.	<b>0.1 in Presentation</b> Vocal music with lyrics. Clothing not meeting the requirements.	<b>0.1 in Technical Merit</b> Each extra or lacking well-balanced program element. Lack of connecting steps and comperable free skating movements.	<b>Other notes:</b> Spins with insufficient revolutions are not counted. Sequences / MITF must utilize the full ice surface.
--	--	--	--	--