

2009-2010 Skate Canada - Central Ontario Well Balanced Program Requirements

to be used at ALL Skate Canada - Central Ontario events

<ul style="list-style-type: none"> • A jump element shall be considered one solo jump, a jump combination or a jump sequence • All step and spiral sequences must cover a minimum of ½ the ice surface • Deductions for extra elements shall follow the Skate Canada Well Balanced Program Requirements 							
Event	# Jump Elements	Restrictions	# of Repeated Jumps permitted	# jump combos & Sequences permitted	# Spin Elements	Restrictions	Step Sequences OR Spiral Sequence
Introductory A	Max 6	<ul style="list-style-type: none"> • Waltz jump, salchow, toe loop permitted, but no higher • ½ revolution jumps permitted 	<p>No jump included more than twice</p> <p>Repeated jumps must be in combo or sequence</p>	<p>Max of 2 jump combos or sequences</p> <p>Combos may contain no more than 2 jumps</p>	Max 2	<ul style="list-style-type: none"> • No flying spins • 1 spin must be in 1 position – no change of foot or position • Max of 1 may be a combo spin with no change of foot 	Max 1
Introductory B	Max 6	<ul style="list-style-type: none"> • Waltz jump, salchow, toe loop, loop & flip permitted but no higher • ½ revolution jumps permitted 	<p>No jump included more than twice</p> <p>Repeated jumps must be in combo or sequence</p>	<p>Max of 2 jump combos or sequences</p> <p>Combos may contain no more than 2 jumps</p>	Max 2	<ul style="list-style-type: none"> • No flying spins • 1 spin must be in 1 position – no change of foot or position • Max of 1 may be a combo spin with no change of foot 	Max 1
Pre-Preliminary A	Max 6	<ul style="list-style-type: none"> • Waltz jump, salchow, toe loop permitted, but no higher • ½ revolution jumps permitted 	<p>No jump included more than twice</p> <p>Repeated jumps must be in combo or sequence</p>	<p>Max of 2 jump combos or sequences</p> <p>Combos may contain no more than 2 jumps</p>	Max 2	<ul style="list-style-type: none"> • No flying spins • 1 spin must be in 1 position – no change of foot or position • Max of 1 may be a combo spin with no change of foot 	Max 1
Pre-Preliminary B	Max 6	<ul style="list-style-type: none"> • Waltz jump, salchow, toe loop, loop & flip permitted but no higher • ½ revolution jumps permitted 	<p>No jump included more than twice</p> <p>Repeated jumps must be in combo or sequence</p>	<p>Max of 2 jump combos or sequences</p> <p>Combos may contain no more than 2 jumps</p>	Max 2	<ul style="list-style-type: none"> • No flying spins • 1 spin must be in 1 position – no change of foot or position • Max of 1 may be a combo spin with no change of foot 	Max 1
Pre-Preliminary STARSkate	Max 6	<ul style="list-style-type: none"> • No higher than a single lutz permitted • Must include at least one waltz jump 	<p>No jump included more than twice</p> <p>Repeated jumps must be in combo or sequence</p>	<p>Max 2 jump combos or sequences</p> <p>Combos may contain no more than 2 jumps</p>	Max 2	<ul style="list-style-type: none"> • No flying spins • 1 spin must be in one position – not in combo, no change of foot • Max of 1 may be a combo spin with no change of foot 	Max 1
Preliminary A	Max 6	<ul style="list-style-type: none"> • No higher than single lutz permitted • Must include at least one waltz jump 	<p>No jump included more than twice</p> <p>Repeated jumps must be in combo or sequence</p>	<p>Max of 2 jump combos or sequences</p> <p>Combos may contain no more than 2 jumps</p>	Max 2	<ul style="list-style-type: none"> • Max 1 may be a flying spin 	Max 1
Preliminary B	Max 6	<ul style="list-style-type: none"> • No higher than single Axel permitted • Must include 1 Axel type jump 	<p>No jump included more than twice</p> <p>Repeated jumps must be in combo or sequence</p>	<p>Max of 2 jump combos or sequences</p> <p>Combos may contain no more than 2 jumps</p>	Max 2	<ul style="list-style-type: none"> • Max 1 may be a flying spin 	Max 1

Event	# Jump Elements	Restrictions	# of Repeated Jumps permitted	# jump combos & Sequences permitted	# Spin Elements	Restrictions	Step Sequences OR Spiral Sequence
Preliminary STARSkate	Max 6	<ul style="list-style-type: none"> All single jumps permitted 1 double jump from 2S or 2T Must include 1 Axel type jump (waltz or single Axel) 	<p>No jump included more than twice</p> <p>Repeated jumps must be in combo or sequence</p> <p>Double jump may not be repeated</p>	<p>Max of 2 jump combos or sequences</p> <p>Combos may contain no more than 2 jumps</p>	Max 2 of any nature	<ul style="list-style-type: none"> Max 1 may be a flying spin 1 spin of any nature 	Max 1
Jr Bronze A	Max 7	<ul style="list-style-type: none"> No higher than single Axel permitted Must include 1 Axel type jump (waltz or Axel) 	<p>No jump included more than twice</p> <p>Repeated jumps must be in combo or sequence</p>	<p>Max of 2 jump combos or sequences</p> <p>Combos may contain no more than 2 jumps</p>	Max 3	<ul style="list-style-type: none"> 1 must be a combo spin (optional change of foot) 1 must be a flying spin 1 spin of any nature 	Max 1
Jr Bronze STARSkate	Max 7	<ul style="list-style-type: none"> All single jumps permitted Max 2 double jumps which may be up to and including a 2Lo Must include 1 Axel type jump (waltz or single Axel) 	<p>No jump included more than twice</p> <p>Repeated jumps must be in combo or sequence</p> <p>Double jumps may not be repeated</p>	<p>Max of 2 jump combos or sequences</p> <p>Combos may contain no more than 2 jumps</p>	Max 3	<ul style="list-style-type: none"> 1 must be a combo spin with change of foot 1 must be a flying spin 1 spin of any nature 	Max 1
Sr Bronze STARSkate	Max 7	<ul style="list-style-type: none"> All single and double jumps permitted except 2A Must include 1 Axel type jump (waltz or single Axel) 	<p>No jump included more than twice</p> <p>Repeated jumps must be in combo or sequence</p>	<p>Max of 3 jump combos or sequences</p> <p>Combos may contain no more than 2 jumps</p>	Max 3	<ul style="list-style-type: none"> 1 must be a combo spin with change of foot 1 must be flying spin - one position with no change of foot 1 spin of any nature 	Max 1
Jr. Silver STARSkate	Max 7	<ul style="list-style-type: none"> All jumps permitted Must include 1 Axel type jump (waltz or Axel type) 	<p>No jump included more than twice</p> <p>Repeated jumps must be in combo or sequence</p>	<p>Max of 3 jump combos or sequences</p> <p>Combos may contain no more than 2 jumps</p>	Max 3	<ul style="list-style-type: none"> 1 must be a combo spin with change of foot 1 must be flying spin - one position with no change of foot 1 spin of any nature 	Max 1

Event	# Jump Elements	Restrictions	# of Repeated Jumps permitted	# jump combos & Sequences permitted	# Spin Elements	Restrictions	Step Sequences OR Spiral Sequence
Sr. Silver STARSkate	Max 7	<ul style="list-style-type: none"> All jumps permitted Must include 1 Axel type jump (waltz or Axel type) 	<p>No jump included more than twice</p> <p>Repeated jumps must be in combo or sequence</p>	<p>Max of 3 jump combos or sequences</p> <p>Combos may contain no more than 2 jumps</p>	Max 3 (*See Note 1)	<ul style="list-style-type: none"> 1 spin must be a combo spin with change of foot 1 spin must be flying spin - one position with no change of foot 1 spin of any nature <p><i>*NOTE – see below</i></p>	<p>Women: Max 1 -step sequence OR spiral sequence</p> <p>Men: Max 1 -step sequence (straight line, circular or serpentine)</p> <p><i>**NOTE – see below</i></p>
Gold STARSkate	Max 7	<ul style="list-style-type: none"> All jumps permitted Must include 1 Axel type jump (waltz or Axel type) 	<p>No jump included more than twice</p> <p>Repeated jumps must be in combo or sequence</p>	<p>Max of 3 jump combos or sequences</p> <p>Combos may contain no more than 2 jumps</p>	Max 3 (*See Note 1)	<ul style="list-style-type: none"> 1 spin must be a combo spin with change of foot 1 spin must be flying spin - one position with no change of foot 1 spin of any nature <p><i>*NOTE – see below</i></p>	<p>Women: Max 1 -step sequence OR spiral sequence</p> <p>Men: Max 1 -step sequence (straight line, circular or serpentine)</p> <p><i>**NOTE – see below</i></p>

** NOTE:* A fourth spin of any nature may be included. In CPC, the first 3 spins to fulfil the requirements as outlined above will be counted; the first that is outside of these requirements will not counted and will not receive any value. The fourth spin will not be subject to deduction in 6.0

*** NOTE:* The first allowed step or spiral sequence will be counted. Additional step or spiral sequences will be considered as transitions in CPC and will not be subject to deduction in 6.0