

## 2011-2012 Skate Canada - Central Ontario Well Balanced Program Requirements

to be used at ALL Skate Canada - Central Ontario events

- 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

| Category                  | # 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"> <li>• Waltz jump, salchow, toe loop permitted, but no higher</li> <li>• ½ revolution jumps permitted</li> </ul>                 | <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"> <li>• No flying spins</li> <li>• 1 spin must be in 1 position – no change of foot or position</li> <li>• Max of 1 may be a combo spin with no change of foot</li> </ul>     | Max 1                             |
| Introductory B            | Max 6           | <ul style="list-style-type: none"> <li>• Waltz jump, salchow, toe loop, loop &amp; flip permitted but no higher</li> <li>• ½ revolution jumps permitted</li> </ul> | <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"> <li>• No flying spins</li> <li>• 1 spin must be in 1 position – no change of foot or position</li> <li>• Max of 1 may be a combo spin with no change of foot</li> </ul>     | Max 1                             |
| Pre-Preliminary A         | Max 6           | <ul style="list-style-type: none"> <li>• Waltz jump, salchow, toe loop permitted, but no higher</li> <li>• ½ revolution jumps permitted</li> </ul>                 | <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"> <li>• No flying spins</li> <li>• 1 spin must be in 1 position – no change of foot or position</li> <li>• Max of 1 may be a combo spin with no change of foot</li> </ul>     | Max 1                             |
| Pre-Preliminary B         | Max 6           | <ul style="list-style-type: none"> <li>• Waltz jump, salchow, toe loop, loop &amp; flip permitted but no higher</li> <li>• ½ revolution jumps permitted</li> </ul> | <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"> <li>• No flying spins</li> <li>• 1 spin must be in 1 position – no change of foot or position</li> <li>• Max of 1 may be a combo spin with no change of foot</li> </ul>     | Max 1                             |
| Pre-Preliminary STARSkate | Max 6           | <ul style="list-style-type: none"> <li>• No higher than a single lutz permitted</li> <li>• Must include at least one waltz jump</li> </ul>                         | <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"> <li>• No flying spins</li> <li>• 1 spin must be in one position – not in combo, no change of foot</li> <li>• Max of 1 may be a combo spin with no change of foot</li> </ul> | Max 1                             |
| Preliminary A             | Max 6           | <ul style="list-style-type: none"> <li>• No higher than single lutz permitted</li> <li>• Must include at least one waltz jump</li> </ul>                           | <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"> <li>• Max 1 may be a flying spin</li> </ul>   | Max 1                             |
| Preliminary B             | Max 6           | <ul style="list-style-type: none"> <li>• No higher than single Axel permitted</li> <li>• Must include 1 Axel type jump</li> </ul>                                  | <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"> <li>• Max 1 may be a flying spin</li> </ul>   | Max 1                             |

| Category              | # 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"> <li>All single jumps permitted</li> <li>1 double jump from 2S or 2T</li> <li>Must include 1 Axel type jump (waltz or single Axel)</li> </ul>                               | <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"> <li>Max 1 may be a flying spin</li> <li>1 spin of any nature</li> </ul>  | Max 1  |
| Jr Bronze A           | Max 6           | <ul style="list-style-type: none"> <li>No higher than single Axel permitted</li> <li>Must include 1 Axel type jump (waltz or Axel)</li> </ul>   | <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"> <li>1 must be a combo spin (optional change of foot)</li> <li>1 must be a flying spin</li> <li>1 spin of any nature</li> </ul>                               | <p>Max 1</p> <p><i>*NOTE – see below</i></p> |
| Jr Bronze B           | Max 6           | <ul style="list-style-type: none"> <li>All single jumps permitted</li> <li>1 double jump which may be up to and including a 2Lo</li> <li>Must include 1 Axel type jump (waltz or Axel)</li> </ul>             | <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 3               | <ul style="list-style-type: none"> <li>1 must be a combo spin (optional change of foot)</li> <li>1 must be a flying spin</li> <li>1 spin of any nature</li> </ul>                               | <p>Max 1</p> <p><i>*NOTE – see below</i></p> |
| Jr Bronze STARSkate   | Max 6           | <ul style="list-style-type: none"> <li>All single jumps permitted</li> <li>Max 2 double jumps which may be up to and including a 2Lo</li> <li>Must include 1 Axel type jump (waltz or single Axel)</li> </ul> | <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"> <li>1 must be a combo spin with change of foot</li> <li>1 must be a flying spin</li> <li>1 spin of any nature</li> </ul>                                     | <p>Max 1</p> <p><i>*NOTE – see below</i></p> |
| Sr Bronze STARSkate   | Max 6           | <ul style="list-style-type: none"> <li>All single and double jumps permitted except 2A</li> <li>Must include 1 Axel type jump (waltz or single Axel)</li> </ul>   | <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"> <li>1 must be a combo spin with change of foot</li> <li>1 must be flying spin - one position with no change of foot</li> <li>1 spin of any nature</li> </ul> | <p>Max 1</p> <p><i>*NOTE – see below</i></p> |
| Jr. Silver STARSkate  | Max 6           | <ul style="list-style-type: none"> <li>All jumps permitted</li> <li>Must include 1 Axel type jump (waltz or Axel type)</li> </ul>   | <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"> <li>1 must be a combo spin with change of foot</li> <li>1 must be flying spin - one position with no change of foot</li> <li>1 spin of any nature</li> </ul> | <p>Max 1</p> <p><i>*NOTE – see below</i></p> |

| Category             | # Jump Elements  | Restrictions  | # of Repeated Jumps permitted  | # jump combos & Sequences permitted   | # Spin Elements | Restrictions  | Step Sequences OR Spiral Sequence            |
|----------------------|--|---|--|---|-----------------|---|--|
| Sr. Silver STARSkate | Max 6  | <ul style="list-style-type: none"> <li>All jumps permitted</li> <li>Must include 1 Axel type jump (waltz or Axel type)</li> </ul> | <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"> <li>1 spin must be a combo spin with change of foot</li> <li>1 spin must be flying spin - one position with no change of foot</li> <li>1 spin of any nature</li> </ul> | <p>Max 1</p> <p><i>*NOTE – see below</i></p> |
| Gold STARSkate       | <p>Women: Max 6</p> <p>Men: Max 7</p> <p><i>**NOTE – see below</i></p> | <ul style="list-style-type: none"> <li>All jumps permitted</li> <li>Must include 1 Axel type jump (waltz or Axel type)</li> </ul> | <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"> <li>1 spin must be a combo spin with change of foot</li> <li>1 spin must be flying spin - one position with no change of foot</li> <li>1 spin of any nature</li> </ul> | <p>Max 1</p> <p><i>*NOTE – see below</i></p> |

*\* NOTE:* The first step or spiral sequence included in the program which meets the minimum requirements to be identified will be counted.

*\*\*NOTE:* One additional jump may be included if it is an attempted double Axel or any triple.