

ASPIRE FREE SKATE

	JUMPS	SPINS	CHOREOGRAPHIC ELEMENTS
Aspire 1 Free Skate 1:40 Max	Maximum 4 jump elements: Permitted jumps: - Waltz jump ½ flip ½ Lutz Max 1 jump sequence Permitted sequence: - Waltz jump+waltz jump with no turns or hops in between	Maximum 2 spins: Required spins: - Two-foot spin - Forward one foot spin (free foot optional)	Maximum 2 Choreographic Elements with limited steps in between: Permitted elements: - Spirals (forward) - Lunges (forward) - Shoot-the-Duck (forward) Must cover half the ice. No variation of position is allowed in elements
Aspire 2 Free Skate 1:40 Max	Maximum 4 jump elements: Permitted jumps: - Any jump from Aspire 1 - Single Salchow - Single toe loop Max 2 jump combinations, or 1 jump combination and 1 jump sequence Permitted combinations: - Waltz jump+toe loop - Salchow+toe loop Permitted jump sequence: - Waltz jump+waltz jump with no turns or hops in between	Maximum 2 spins: Required spin: - Forward sit spin Permitted spins: - Any spin from Aspire 1 - Back upright spin	Maximum 2 Choreographic Elements with limited steps in between: Permitted elements: - Spirals (forward or backward, variations of position permitted) - Lunges (forward or backward) - Shoot-the-Duck (forward or backward) - Forward Y or I spiral/glide - Spread Eagle - Ina Bauer Must cover half the ice. No variation of position is allowed in elements except spirals
Aspire 3 Free Skate 1:40 Max	Maximum 4 jump elements: Permitted jumps: - Any jump from Aspire 1 and 2 - Single loop - Single flip Max 2 jump combinations (no sequence allowed) Required combination: - Any permitted listed jump+Euler+any permitted listed jump Only one combination may include an Euler.	Maximum 2 spins: Required spin: - Forward upright spin to backward upright spin Permitted spins: - Any spin from Aspire 1 and 2 - Forward camel spin	Maximum 1 Sequence: Choreographic step sequence (ChSt) Cover one-half of the ice
Aspire 4 Free Skate 1:40 Max	Maximum 4 jump elements: Permitted jumps: - Any jump from Aspire 1, 2 and 3 - Single Lutz Max 2 jump combinations, or 1 jump combination and 1 jump sequence Required combination: - Lutz+toe loop or Lutz+loop	Maximum 2 spins: Required spin: - Forward camel to forward sit spin combination Permitted spins: - Any spin from Aspire 1, 2 and 3	Maximum 1 Sequence: Choreographic step sequence (ChSt) Cover one-half of the ice

CLARIFICATIONS:

Jumps:

- Maximum 2 of any same jump

Jump Sequence:

- A jump sequence consists of two or three jumps in which the second and/or the third jump is a waltz jump with a direct step from the landing curve of the first/second jump

Jump Combinations:

- Jump combinations are limited to two listed jumps. An Euler is not a listed jump but may be included between two listed jumps for one combination in Aspire 3 and 4.

Spins:

All Levels

- Minimum 3 revolutions
- No flying entry
- A spin may not be repeated
- Basic positions only (no variations)

Choreographic Elements:

Aspire 3 and 4

- Unlisted jumps may be included in the choreographic step sequence
- Edge and choreographic elements such as spiral sequences, spread eagles, Ina Bauers, etc., are allowed but will not be counted as elements