

## ASPIRE FREE SKATE

|                                            | JUMPS                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | SPINS                                                                                                                                                                                                                                                                               | STEP SEQUENCE                                                                                                                                 |
|--------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Aspire 1<br/>Free Skate</b><br>1:40 Max | <b>Maximum 5 jump elements:</b><br><i>Permitted jumps:</i> <ul style="list-style-type: none"> <li>Waltz jump</li> <li>½ flip</li> <li>½ Lutz</li> </ul> <b>Max 1 jump sequence</b><br><i>Permitted sequence:</i> <ul style="list-style-type: none"> <li>Waltz jump/waltz jump with no turns or hops in between</li> </ul>                                                                                                                                                                                                                 | <b>Maximum 2 spins:</b><br><i>Required spins:</i> <ul style="list-style-type: none"> <li>Two-foot spin</li> <li>Forward one foot spin (free foot optional)</li> </ul>                                                                                                               | <b>Maximum 1 Sequence:</b><br><i>Choreographic step sequence (ChSt)</i> <ul style="list-style-type: none"> <li>one-half of the ice</li> </ul> |
| <b>Aspire 2<br/>Free Skate</b><br>1:40 Max | <b>Maximum 5 jump elements:</b><br><i>Permitted jumps:</i> <ul style="list-style-type: none"> <li>Any jump from Aspire 1</li> <li>Single Salchow</li> <li>Single toe loop</li> </ul> <b>Max 2 jump combinations, or 1 jump combination and 1 jump sequence</b><br><i>Permitted combinations:</i> <ul style="list-style-type: none"> <li>Waltz jump/toe loop</li> <li>Salchow/toe loop</li> </ul> <i>Permitted jump sequence:</i> <ul style="list-style-type: none"> <li>Waltz jump/waltz jump with no turns or hops in between</li> </ul> | <b>Maximum 2 spins:</b><br><i>Permitted spins:</i> <ul style="list-style-type: none"> <li>Any spin from Aspire 1</li> <li>Back upright spin</li> <li>Forward sit spin</li> </ul>                                                                                                    | <b>Maximum 1 Sequence:</b><br><i>Choreographic step sequence (ChSt)</i> <ul style="list-style-type: none"> <li>one-half of the ice</li> </ul> |
| <b>Aspire 3<br/>Free Skate</b><br>1:40 Max | <b>Maximum 5 jump elements:</b><br><i>Permitted jumps:</i> <ul style="list-style-type: none"> <li>Any jump from Aspire 1 and 2</li> <li>Euler (half-loop)</li> <li>Single loop</li> </ul> <b>Max 2 jump combinations, or 1 jump combination and 1 jump sequence</b>                                                                                                                                                                                                                                                                       | <b>Maximum 2 spins:</b><br><i>Required spin:</i> <ul style="list-style-type: none"> <li>Forward upright spin to backward upright spin</li> </ul> <i>Permitted spins:</i> <ul style="list-style-type: none"> <li>Any spin from Aspire 1 and 2</li> <li>Forward camel spin</li> </ul> | <b>Maximum 1 Sequence:</b><br><i>Choreographic step sequence (ChSt)</i> <ul style="list-style-type: none"> <li>one-half of the ice</li> </ul> |
| <b>Aspire 4</b><br>1:40 Max                | <b>Maximum 5 jump elements:</b><br><i>Permitted jumps:</i> <ul style="list-style-type: none"> <li>Any jump from Aspire 1, 2 and 3</li> <li>Single flip</li> <li>Single Lutz</li> </ul> <b>Max 2 jump combinations, or 1 jump combination and 1 jump sequence</b>                                                                                                                                                                                                                                                                          | <b>Maximum 2 spins:</b><br><i>Required spin:</i> <ul style="list-style-type: none"> <li>Forward camel to forward sit spin combination</li> </ul> <i>Permitted spins:</i> <ul style="list-style-type: none"> <li>Any spin from Aspire 1, 2 and 3</li> </ul>                          | <b>Maximum 1 Sequence:</b><br><i>Choreographic step sequence (ChSt)</i> <ul style="list-style-type: none"> <li>one-half of the ice</li> </ul> |

### CLARIFICATIONS:

#### Jumps:

##### All Levels

- Maximum 2 of any same jump

##### Aspire 1 and 2

- Euler is not permitted

#### Jump Sequence:

##### Aspire 3 and 4

- 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:

##### Aspire 3 and 4

- Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps

#### Spins:

##### All Levels

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

##### Aspire 3 and 4

- One spin must be the required spin
- Second spin must be a spin in one position

#### Step Sequence:

##### All Levels

- Jumps may be included in the step sequence
- Moves in the field, spiral sequences, arabesques, spread eagles, Ina Bauers, split jumps, etc., are allowed but will not be counted as elements