

	JUMPS	SPINS	STEP SEQUENCE
<b>Aspire 1 Free Skate</b> 1:40 Max	<b>Maximum 5 jump elements:</b> <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> <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> <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> <i>Choreographic step sequence (ChSt)</i> <ul style="list-style-type: none"> <li>one-half of the ice</li> </ul>
<b>Aspire 2 Free Skate</b> 1:40 Max	<b>Maximum 5 jump elements:</b> <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> <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> <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> <i>Choreographic step sequence (ChSt)</i> <ul style="list-style-type: none"> <li>one-half of the ice</li> </ul>
<b>Aspire 3 Free Skate</b> 1:40 Max	<b>Maximum 5 jump elements:</b> <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> <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> <i>Choreographic step sequence (ChSt)</i> <ul style="list-style-type: none"> <li>one-half of the ice</li> </ul>
<b>Aspire 4 Free Skate</b> 1:40 Max	<b>Maximum 5 jump elements:</b> <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> <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> <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