

Championship Free Skate

GENERAL EVENT PARAMETERS:

- Skaters will skate to the music of their choice.
- Skaters may not enter both a Championship free skate event and an Excel free skate event at the same competition.
- Skaters may not have competed in a singles event at a National Qualifying Series competition or the Excel Series at a higher level. Skaters may compete up to one level above their highest singles test passed.
- Skaters with physical disabilities may register for standard track or Skate United track events.

2025-26 CHAMPIONSHIP PRE-PRELIMINARY — 1:40 MAX

JUMPS	SPINS	SEQUENCES
<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> • All single jumps allowed, including the single Axel <ul style="list-style-type: none"> ◦ No double, triple, or quadruple jumps allowed ◦ Jumps may be repeated once (but not more) as solo jumps or as part of a jump combination or jump sequence. • Max 2 jump combinations, or 1 jump combination and 1 jump sequence <ul style="list-style-type: none"> ◦ Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps ◦ In pre-preliminary, a waltz jump counts as the Axel-type jump as defined in a jump sequence. 	<p>Maximum 2 spins – Max Level 1:</p> <p>Spins must have different codes Minimum 3 revolutions Spins may change feet Spins may NOT start with a flying entry</p> <ul style="list-style-type: none"> • One spin MUST be a spin in ONE position* • One spin may MAY change positions <p><i>If two one-position spins are performed, they must be executed in different basic positions.</i></p>	<p>Maximum 1 choreographic sequence (pChSq):</p> <ul style="list-style-type: none"> • Consists of at least 2 different movements (spirals, spread eagles, unlisted jumps, etc) • Steps and turns may be used to link the movements together. • The pattern is NOT restricted, but the sequence must be clearly visible. • Listed elements (jumps and spins) are not permitted in the pChSq.

*Denotes required element

2025-26 CHAMPIONSHIP PRELIMINARY — 2:00 +/- 10 SECONDS

JUMPS	SPINS	SEQUENCES
<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump or a waltz jump* • All single jumps allowed, including the single Axel. Only two different double jumps may be attempted (limited to double Salchow, double toe loop, and double loop) <ul style="list-style-type: none"> ◦ No double flip, double Lutz, double Axel, triple, or quadruple jumps allowed ◦ A single Axel plus up to two different, allowable double jumps may be repeated once (but not more) as solo jumps or part of a jump combination or jump sequence . • Max 2 jump combinations, or 1 jump combination and 1 jump sequence <ul style="list-style-type: none"> ◦ Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps with a maximum of two double jumps and one single jump. ◦ In preliminary, a waltz jump counts as the Axel-type jump as defined in a jump sequence. 	<p>Maximum 2 spins – Max Level 2:</p> <p>Spins must have different codes Minimum 3 revolutions Spins may change feet Spins may NOT start with a flying entry</p> <ul style="list-style-type: none"> • One spin MUST be a spin in ONE position* • One spin MAY change positions <p><i>If two one-position spins are performed, they must be executed in different basic positions.</i></p>	<p>Maximum 1 choreographic sequence (pChSq):</p> <ul style="list-style-type: none"> • Consists of at least 2 different movements (spirals, spread eagles, unlisted jumps, etc) • Steps and turns may be used to link the movements together. • The pattern is NOT restricted, but the sequence must be clearly visible. • Listed elements (jumps and spins) are not permitted in the pChSq.

*Denotes required element