

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

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

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 and spiral sequences are allowed but will not be counted as elements



ASPIRE COMPULSORY

FORMAT: In simple program form, using a limited number of connecting steps, the skating order of the required elements is optional.

- To be skated on half-ice
- No music
- The skater must demonstrate the required elements listed
- A deduction will be taken for each element performed from a higher level
- Skaters with physical disabilities may register for standard track or Skate United Track for events

LEVEL	TIME	SKATING RULES/STANDARDS
Aspire 1	1:15 max	<ul style="list-style-type: none">• Waltz Jump• ½ Flip• One-foot upright spin• Choreographic step sequence
Aspire 2	1:15 max	<ul style="list-style-type: none">• Single Salchow• Single Toe Loop• Sit spin• Choreographic step sequence
Aspire 3	1:15 max	<ul style="list-style-type: none">• Single Loop• Salchow/Toe loop jump combination• Forward upright spin to back upright spin combination• Choreographic step sequence
Aspire 4	1:15 max	<ul style="list-style-type: none">• Single Flip• Waltz Jump-Euler-Salchow jump combination• Camel-Sit spin combination• Choreographic step sequence