



Changes to Novice Singles Free Skating

The following changes to the Novice Singles Free Skating for the 2008/2009 Season have been made in line with changes passed at the recent 2008 ISU Congress.

These changes are **effective immediately** for all upcoming competitions, including 2008 State Championships and the 2008 Australian Figure Skating Championships.

NOVICE SINGLES WELL BALANCED FREE SKATE PROGRAM ELEMENTS

The rationale for the proposed **decrease** in the number of elements of the well balanced free skating programs is to allow more time for components as well as the proper execution of the existing elements.

Novice Ladies:

- Maximum of 7 jump elements
 - One jump must be an Axel type takeoff
 - Maximum of 3 jump combinations or sequences, one jump combination may contain 3 jumps
- Maximum of 3 spins
 - One must be a combination spin
 - One must be a flying spin
 - One must be a spin in one position
- Maximum of 1 step sequence
- A Spiral sequence is no longer required and if performed will be marked as Transitions

Novice Men:

- Maximum of 7 jump elements
 - One jump must be an Axel type takeoff
 - Maximum of 3 jump combinations or sequences, one jump combination may contain 3 jumps
- Maximum of 3 spins
 - One must be a combination spin
 - One must be a flying spin
 - One must be a spin in one position
- Maximum of 1 step sequence
- If another step sequence is performed it will be marked as Transitions

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