

**Well Balanced Programs / Senior - Novice Free Skating  
2009-2010 Competition Season**

<p><b>Senior Men - Free Skating</b> 13 elements</p> <p align="right">4:30</p> <p>Maximum 8 jump elements 1 Axel-type jump* Maximum 3 combinations or sequences 1 combination may have 3 jumps / others only 2 Number of jumps in sequence is free 2 triples or quads may be repeated in combination or sequence and may only be repeated once. 3 double Axels maximum.</p> <p>1 Flying Spin* (6) 1 Combination Spin* (10) 1 spin in one position* (6)</p> <p align="center">All spins may 'fly' All spins may change feet</p> <p>Spins must have different codes 2 step sequences (must be different patterns)</p>	<p><b>Senior Ladies - Free Skating</b> 12 elements</p> <p align="right">4:00</p> <p>Maximum 7 jump elements 1 Axel-type jump* Maximum 3 combinations or sequences 1 combination may have 3 jumps / others only 2 Number of jumps in sequence is free 2 triples or quads may be repeated in combination or sequence and may only be repeated once. 3 double Axels maximum.</p> <p>1 Flying Spin* (6) 1 Combination Spin* (10) 1 spin in one position* (6)</p> <p align="center">All spins may 'fly' All spins may change feet</p> <p>Spins must have different codes 1 step sequence 1 spiral sequence (2 spirals minimum)</p>
<p><b>Junior Men - Free Skating</b> 12 elements</p> <p align="right">4:00</p> <p>Maximum 8 jump elements 1 Axel-type jump* Maximum 3 combinations or sequences 1 combination may have 3 jumps / others only 2 Number of jumps in sequence is free 2 triples or quads may be repeated in combination or sequence and may only be repeated once. 3 double Axels maximum.</p> <p>1 Flying Spin* (6) 1 Combination Spin* (10) 1 spin in one position* (6)</p> <p align="center">All spins may 'fly' All spins may change feet</p> <p>Spins must have different codes 1 step sequence</p>	<p><b>Junior Ladies - Free Skating</b> 11 elements</p> <p align="right">3:30</p> <p>Maximum 7 jump elements 1 Axel-type jump* Maximum 3 combinations or sequences 1 combination may have 3 jumps / others only 2 Number of jumps in sequence is free 2 triples or quads may be repeated in combination or sequence and may only be repeated once. 3 double Axels maximum.</p> <p>1 Flying Spin* (6) 1 Combination Spin* (10) 1 spin in one position* (6)</p> <p align="center">All spins may 'fly' All spins may change feet</p> <p>Spins must have different codes 1 step sequence</p>
<p><b>Novice Men - Free Skating</b> 11 elements</p> <p align="right">3:30</p> <p>Maximum 7 jump elements 1 Axel-type jump* Maximum 3 combinations or sequences 1 combination may have 3 jumps / others only 2 Number of jumps in sequence is free 2 triples or double Axel may be repeated in combination or sequence and may only be repeated once</p> <p>1 Flying Spin w/ no change of foot or position* (6) 1 Combination Spin* (10) 3rd spin optional (6)</p> <p align="center">All spins may 'fly' Combo &amp; optional spins may change feet</p> <p>Spins must have different codes 1 step or spiral sequence (2 spirals min)</p>	<p><b>Novice Ladies - Free Skating</b> 10 elements</p> <p align="right">3:00</p> <p>Maximum 6 jump elements 1 Axel-type jump* Maximum 3 combinations or sequences 1 combination may have 3 jumps / others only 2 Number of jumps in sequence is free 2 triples or double Axel may be repeated in combination or sequence and may only be repeated once</p> <p>1 Flying Spin w/ no change of foot or position* (6) 1 Combination Spin* (10) 3rd spin optional (6)</p> <p align="center">All spins may 'fly' Combo &amp; optional spins may change feet</p> <p>Spins must have different codes 1 step or spiral sequence (2 spirals min)</p>

\* required element