

# Spin Challenge

## GENERAL EVENT PARAMETERS:

- Spins may be skated in any order
- Connecting steps are allowed but will not be taken into consideration when scoring
- Spins may not be repeated; only required elements may be included
- All events are skated on half-ice
- Minimum number of revolutions are noted in parentheses
- **Unless stated, spins may not change feet**
- Max spin level:  
Aspire low/Aspire high: Base  
No test/Pre-Preliminary: Level 1  
Preliminary: Level 2
- Spins may not fly
- Skaters with physical disabilities may register for standard track or Skate United Track for events

### ASPIRE LOW — 1:30 MAX

#### ELEMENTS

- Upright one-foot spin (3)
- Upright back spin (3)
- Sit spin (3)

### PRELIMINARY — 1:30 MAX

#### ELEMENTS

- Spin combo with change of foot - all 3 basic positions required (3 revs)
- Sit spin with change of foot (min 3. each foot)
- Spin in one position, skater's choice (upright, sit or camel) (4)

### ASPIRE HIGH — 1:30 MAX

#### ELEMENTS

- Upright one-foot spin (4)
- Upright spin with change of foot (3 each foot)
- Sit spin (3)

### ADULT BEGINNER — 1:30 MAX

#### ELEMENTS

- Pivot, forward or backward
- Upright two-foot spin (2)

### NO TEST — 1:30 MAX

#### ELEMENTS

- Upright spin with change of foot (3 each foot)
- Sit spin (3)
- Camel spin (3)

### ADULT PRE-BRONZE — 1:30 MAX

#### ELEMENTS

- Upright one-foot spin (3)
- Upright two-foot spin (3)

### PRE-PRELIMINARY — 1:30 MAX

#### ELEMENTS

- Spin combo - all 3 basic positions required (3 revs)
- Backward sit spin (3)
- Camel spin (4)

### ADULT BRONZE — 1:30 MAX

#### ELEMENTS

- Upright one-foot spin (3 revs.)
- Solo spin (3 revs.), must be different from the upright spin (sit, camel or layback)