

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

### 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, Spiral Sequences, Arabesques, Spread Eagles, Ina Bauers, Split Jumps, Etc. are allowed but will not be counted as elements