

ASPIRE FREE SKATE

Effective July 1, 2026 - September 30, 2026

	JUMPS	SPINS	STEP SEQUENCE
Aspire 1 Free Skate 1:40 Max	Maximum 5 jump elements: <i>Permitted jumps:</i> - Waltz jump ½ flip ½ Lutz Max 1 jump sequence <i>Permitted sequence:</i> - Waltz jump/waltz jump with no turns or hops in between	Maximum 2 spins: <i>Required spins:</i> - Two-foot spin - Forward one foot spin (free foot optional)	Maximum 1 Sequence: <i>Choreographic step sequence (ChSt)</i> one-half of the ice
Aspire 2 Free Skate 1:40 Max	Maximum 5 jump elements: <i>Permitted jumps:</i> - Any jump from Aspire 1 - Single Salchow - Single toe loop Max 2 jump combinations, or 1 jump combination and 1 jump sequence <i>Permitted combinations:</i> - Waltz jump/toe loop - Salchow/toe loop <i>Permitted jump sequence:</i> - Waltz jump/waltz jump with no turns or hops in between	Maximum 2 spins: <i>Permitted spins:</i> - Any spin from Aspire 1 - Back upright spin - Forward sit spin	Maximum 1 Sequence: <i>Choreographic step sequence (ChSt)</i> one-half of the ice
Aspire 3 Free Skate 1:40 Max	Maximum 5 jump elements: <i>Permitted jumps:</i> - Any jump from Aspire 1 and 2 - Euler (half-loop) - Single loop Max 2 jump combinations, or 1 jump combination and 1 jump sequence	Maximum 2 spins: <i>Required spin:</i> - Forward upright spin to backward upright spin <i>Permitted spins:</i> - Any spin from Aspire 1 and 2 - Forward camel spin	Maximum 1 Sequence: <i>Choreographic step sequence (ChSt)</i> one-half of the ice
Aspire 4 1:40 Max	Maximum 5 jump elements: <i>Permitted jumps:</i> - Any jump from Aspire 1, 2 and 3 - Single flip - Single Lutz Max 2 jump combinations, or 1 jump combination and 1 jump sequence	Maximum 2 spins: <i>Required spin:</i> - Forward camel to forward sit spin combination <i>Permitted spins:</i> - Any spin from Aspire 1, 2 and 3	Maximum 1 Sequence: <i>Choreographic step sequence (ChSt)</i> one-half 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 (no variations)

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