

Inline Free Skating: 8 to 12 years age group

Compulsory requirements: Time duration 3 minutes

- 1 one Combination Jump
- 2 one Combination Spin
- 3 One Foot work (step sequence):
- 4 One individual jump immediately preceded by connecting steps and/or other comparable Free Skating movements, - not repeat jump
- 5 One spin with only one position, no flying entrance:
 - Men: Camel spin or sit spin with only one change of foot, minimum of four (4) revolutions per foot in basic position.
 - Ladies: Lay back (or sideways) spin, minimum of four (4) revolutions in the required positions. No change of foot.
- 6 Choreography sequence:

There must be: The Choreographic Sequence must fully utilizing the rink surface for a minimum of 15 seconds length. This element must be the choreographic highlight of the program as required below:

 1. At least two (2) gliding elements: 1 on each foot and/or each rotational curve (like the pattern of a « s »), like but not limited to, spirals, arabesques, spread eagles, Ina Bauers... or any creative gliding positions
 2. At least one (1) creative jump(s): small hops does not fulfil the requirement;

Those two requirements must be included in a strong choreography and should be executed according to the character of the music. The pattern is not restricted, but the sequence must be clearly visible with a beginning and an end.
