

Figure skating

INDIVIDUAL: Includes both short program with compulsory moves and four-minute free skate

Required elements

■ **Step sequence:** Straight line, circular or serpentine

Men must perform two step sequences

■ **Spiral sequence** (free leg higher than hip)
Biellmann spiral

■ **Spins:** Flying, layback/sideways-leaning (or camel/sit spin for men), combination of three spins
Upright spin Layback spin Camel spin Sit spin

■ **Double Axel Paulsen:** Triple or quadruple for men

Take off on left forward outside edge

Two complete rotations

Land on right foot, back outside edge

■ **Triple jump (or quadruple for men)**

■ **Jump combination**

PAIRS

Required:

Hand to hand lift
Twist lift
Throw jump
Solo jump

◀ Pair spin combination
Step sequence
Solo spin combination ▶

Death spiral ▶