

ADDENDA A: TECHNICAL PACKAGE 2010 ARCTIC WINTER GAMES

Ladies 1 1:30 max.	1 Axel type jump (axel or waltz jump)	Single Jump One Lutz jump	Jump Combination Single jump/loop combination (lutz or axel may not be repeated)	Spin Camel spin min. 3 rev.	Spin Layback or sideways leaning spin (min. 3 rev.)	Spin Combination Minimum 2 positions (change of foot optional)- min. 4 rev.	Step Sequence A straight line footwork sequence, must use full ice surface
Ladies 2 1:45 max.	Axel	Jump 1 other single or double jump	Jump Combination May include 1 double jump; may not repeat axel or solo jump	Spin Any flying sping, min. 3 rev	Spin Combination min. 2 positions (may change foot)- min. 4 rev.	Spiral Sequence one on each foot (not required to use full ice)	Step Sequence A straight line footwork sequence, must use full ice surface
Ladies 3 2:00 max.	Axel	Double Jump Any double jump (excluding a double axel)	Jump Combination Any single jump followed by a double- may not repeat axel or solo jump	Spin Flying camel spin min. 4 rev.	Spin Combination With only 1 change of foot and at least 2 basic positions. Min. 3 rev. each	Spiral Sequence one on each foot (not required to use full ice)	Step Sequence A straight line footwork sequence, must use full ice surface
Ladies 4 2:15 max.	Axel or Double Axel	Double Jump immediately preceded by steps (may not repeat Double Axel)	Jump Combination Consisting of 2 Double jumps-may not repeat Double Axel or solo jump	Spin Layback or Sideways leaning spin, min. 5 rev.	Spin Combination with only 1 change of foot and at least 2 basic positions. Min. 4 rev. each foot	Spiral Sequence 3 spiral positions and at least one change of foot	Step Sequence Any footwork sequence, must use full ice

AWG Short Program Requirements

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	Jump Elements	Spins	Step Sequences
Ladies 1 1:30 or 2:00 plus or minus 10 sec.	<ul style="list-style-type: none"> • All single jumps permitted and maximum 1 double jump which may be a double Salchow or a double toe loop. • Must include at least one Axel type jump (waltz or single Axel). • Maximum two combinations or sequences. Jump combinations may contain no more than two jumps. • No jump included more than twice and if a jump is repeated it must be in combination or sequence. The double jump may not be repeated. <p>Max. 6</p>	<ul style="list-style-type: none"> • Maximum one may be a flying spin. • One spin of any nature. <p>Max. 2</p>	<ul style="list-style-type: none"> • one step sequence or spiral sequence <p>Max. 1</p>
Ladies 2 2:00 or 2:30 plus or minus 10 sec.	<ul style="list-style-type: none"> • All single jumps permitted and maximum two double jumps which may be up to and including a double loop. • Must include at least one Axel type jump (waltz or single Axel). • Maximum two combinations or sequences. Jump combinations may contain no more than two jumps. • No jump included more than twice and if a jump is repeated it must be in combination or sequence. The double jumps may not be repeated. <p>Max. 7</p>	<ul style="list-style-type: none"> • One spin must be a combination spin (change of foot mandatory). • One spin must be a flying spin. • One spin of any nature. <p>Max. 3</p>	<ul style="list-style-type: none"> • one step sequence or spiral sequence. <p>Max. 1</p>
Ladies 3 2:30 or 3:00 plus or minus 10 sec.	<ul style="list-style-type: none"> • All single and double jumps permitted except double Axel. • Must include at least one Axel type jump (waltz or single Axel). • Maximum three combinations or sequences. Jump combinations may contain no more than two jumps. • No jump included more than twice and if a jump is repeated it must be in combination or sequence. <p>Max. 7</p>	<ul style="list-style-type: none"> • One spin must be a combination spin (change of foot mandatory). • One spin must be a flying spin in one position with no change of foot. • One spin of any nature. <p>Max. 3</p>	<ul style="list-style-type: none"> • one step sequence or spiral sequence. <p>Max. 1</p>
Ladies 4 3:00 or 3:30 plus or minus 10 sec.	<ul style="list-style-type: none"> • All jumps permitted. • Must include at least one Axel type jump (waltz or Axel type). • Maximum three combinations or sequences. Jump combinations may contain no more than two jumps. • No jump included more than twice and if a jump is repeated it must be in combination or sequence. <p>Max. 7</p>	<ul style="list-style-type: none"> • One spin must be a combination spin (change of foot mandatory). • One spin must be a flying spin one position with no change of foot. • One spin of any nature. <p>Max. 3</p>	<ul style="list-style-type: none"> • one step sequence or spiral sequence. <p>Max. 1</p>

2010 AWG Free Program Requirements