

**Detroit Metro Council  
Competition Guidelines  
2003-2004**

## **Free Skating**

Balanced program requirements are defined in SSR 4.00

### **Low Beginner: 1 ½ minutes**

Open to skaters who have not passed their Pre-Preliminary Free Skating Test or its equivalent. May include any half revolution jumps plus Salchow, toe-loops and half-loops. May not include flying spins, combination spins or backspins.

### **High Beginner: 1 ½ minutes**

Open to skaters who have not passed their Pre-Preliminary Free Skating Test or its equivalent. May include any half revolution jumps plus Salchow, toe-loops, half-loops and loops. May not include flying spins.

### **Pre-Preliminary Limited: 1 ½ minutes**

Open to skaters who have passed their Pre-Preliminary Free Skating Test and no higher. May not include Axels, double jumps, or flying spins.

### **Preliminary Limited: 1 ½ minutes**

Open to skaters who have passed their Preliminary Free Skating Test and no higher. May include Axels. May not include double jumps or flying spins.

### **Pre-Juvenile: 2 minutes**

Open to skaters who have passed their Preliminary Free Skating Test and no higher. Axel plus up to two different double jumps, which may be repeated as individual jumps, jump sequences or jump combinations. (SSR4.11A)

### **Open Juvenile: 2 ¼ minutes**

Must be 13 years old or older as of the closing date. Open to skaters who have passed their Juvenile Free Skating Test and no higher.

### **Juvenile: 2 ¼ minutes**

Open to skaters who have not reached the age of 13 years old as of the closing date. Open to skaters who have passed their Juvenile Free Skating Test and no higher.

### **Intermediate: 2 ½ minutes**

Open to skaters who have passed their Intermediate Free Skating Test and no higher.

### **Novice: Ladies – 3 minutes, Men – 3 ½ minutes**

Open to skaters who have passed their Novice Free Skating Test and no higher.

### **Junior: Ladies – 3 ½ minutes, Men – 4 minutes**

Open to skaters who have passed their Junior Free Skating Test and no higher.

### **Senior: Ladies – 4 minutes, Men – 4 ½ minutes**

Open to skaters who have passed their Senior Free Skating Test and no higher.

### **Adult:**

**Open to skaters who are 25 years old or older.  
Categories and tests passed as follows:**

### **Pre-Bronze: max – 1 min. 40 sec.**

Open to skaters who have passed the Adult Pre-Bronze Free Skating Test and no higher than Pre-Preliminary Free Skating Test.

### **Bronze: max – 1 min. 40 sec.**

Open to skaters who have passed Adult Bronze Free Skating Test and no higher than Preliminary Free Skating Test.

### **Silver: max - 2 min. 10 sec.**

Open to skaters who have passed Adult Silver Free Skating Test and no higher than Juvenile Free Skating Test.

### **Gold: max - 2 min. 40 sec.**

Open to skaters who have passed Adult Gold Free Skating Test and no higher than Intermediate Free Skating Test.

### **Masters Championships: max - 3 min. 40 sec.**

Open to skaters who have passed at least Intermediate Free Skating Test and/or Adult Gold Free Skating Test.