



Eastern Region Youth Development Program

2023-2024 Skating Season

Free Skating

Overview

The Eastern Region is excited to announce a new Free Skating Youth Development Program. This program is designed to help skaters transition into World Skate Free Skating events and build well-rounded skaters.

Specifications

- There are now three levels in the ERYDP Free Skating Program: Level 1, Level 2, and Level 3.
- Level 1 is a Pass/Fail Method. The requirement to pass the test will be that the skater has achieved the skills to be able to compete in Level 2 in the next contest. This means the skater has a reasonable ability to skate and a reasonable ability to execute the required elements with control. Once the skater passes Level 1, the skater must move to the Level 2 at the next contest.
- Levels 2 and 3 will be awarded placements.
- Once a skater places 1st, 2nd or 3rd in a Level 2 event with eight or more entries the skater must move up to Level 3 at the next contest.
- If the skater places 1st, 2nd, or 3rd in Level 3 the skater may finish the season in Level 3 this season. The skater must move to a Level C or higher event the next season. The season starts in September and ends in August the following year.
- All Youth Development Free Skating Events this season will be using Club Music. Each Club will select their own music for every ERYDP free skating event. Every skater from the same club will skate to the same music. For Level 1 the maximum music time is 1 minute 30 seconds. For Level 2 the maximum music time is 1 minute 40 seconds. For Level 3 the maximum music time is 2 minutes.
- All levels will be broken down by age.
 - 8 Years Old and Under
 - 9 to 11 Years Old
 - 12 to 15 Years Old

Content for Free Skating

Content must be performed in the order shown

Level 1 Free Skating

- 1. Jump:** 1/2 Turning 2-Foot Jump
- 2. Forward Crosses:** Counterclockwise
- 3. Body Movement:** Spiral
- 4. Footwork:** Left Outside Forward Swing, Right Outside Forward Swing, Left Outside Forward Swing, Right Outside Forward Swing, RIF to LIB Mohawk Turn, Change Feet, ROB to LOF Mohawk Turn (Edges are not required for the Mohawk Turns)
- 5. Spin:** 2 Foot Spin (From a standing position or spread eagle & must be at least 2 times around)

Level 2 Free Skating

- 1. Jump:** Waltz Jump
- 2. Body Movement:** Backwards Spiral
- 3. Forward Crosses:** Clockwise
- 4. Jump:** 1/2 Toe Loop (Landing on 2 feet)
- 5. Footwork:** RIF Mohawk-LIB Mohawk, ROB-LOF, Bunny Hop, Bunny Hop then (The Skater will perform the sequence twice in a counterclockwise circle)
- 6. Spin:** LIB Upright (The spin must be at least 2 times around)

Level 3 Free Skating

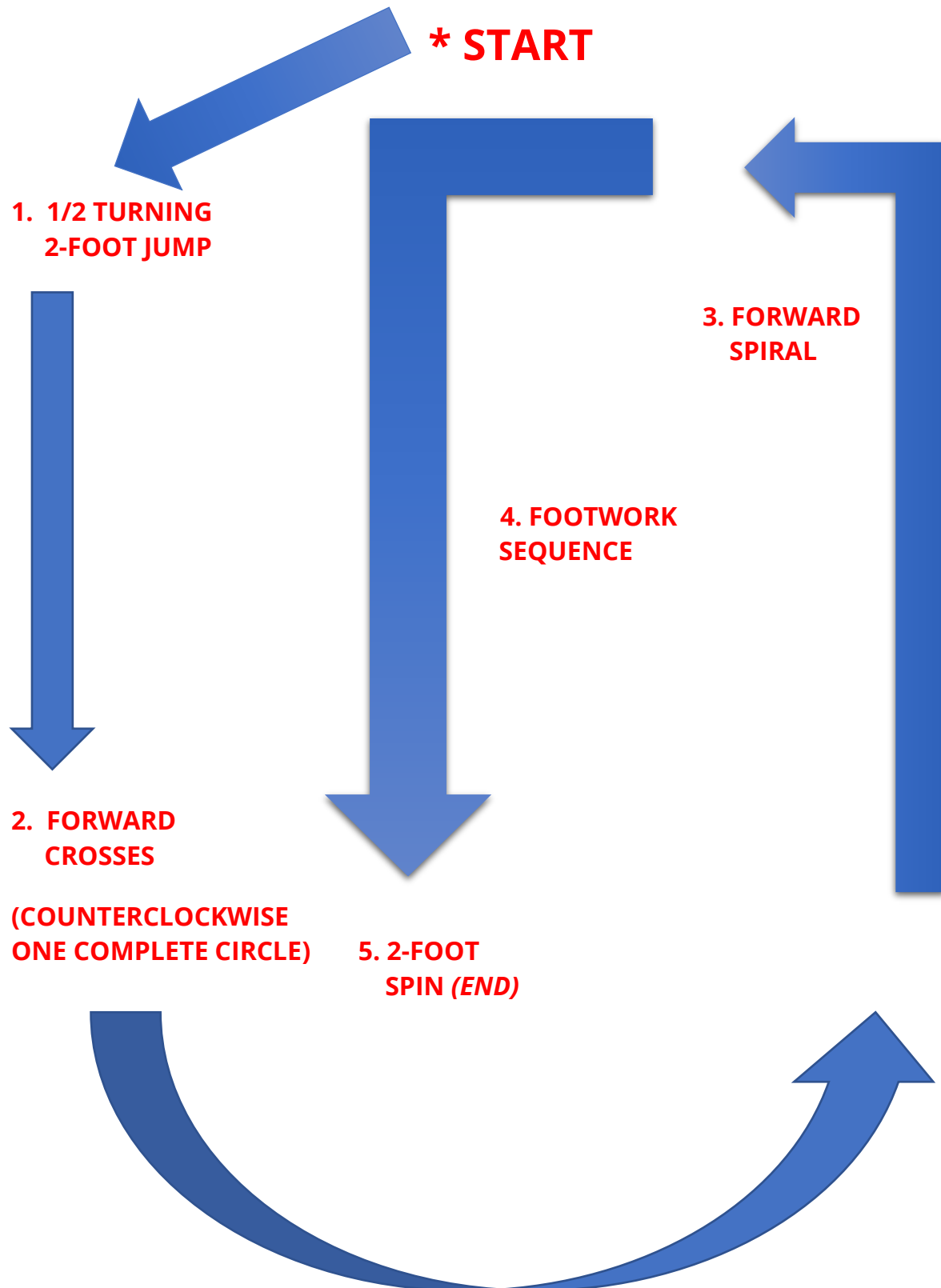
1. **Jump:** Salchow
2. **Body Movement:** Spiral to Shoot the Duck or Tuck Position
3. **Crosses:** Backward Crosses, Clockwise
4. **Combination:** Bunny Hop, Waltz, Full Toe Loop
5. **Spin:** ROB Upright (From a standstill)
6. **Footwork:** RIF Mohawk-LIB Mohawk, ROB-LOF Mohawk, Bunny Hop, LOF- LIB Three-Turn, step forward, LIF Mohawk-RIB Mohawk, LOB-ROF Mohawk, Bunny Hop, ROF-RIB Three-Turn (Pattern is in a "S")
7. **Jump:** Toe Loop
8. **Spin:** LIB-RIF Upright (Each position must be at least 2 times around)

Videos of the programs are available for coaches and judge to watch on the Eastern Region's website, erusars.org. (These are the same as last season.)

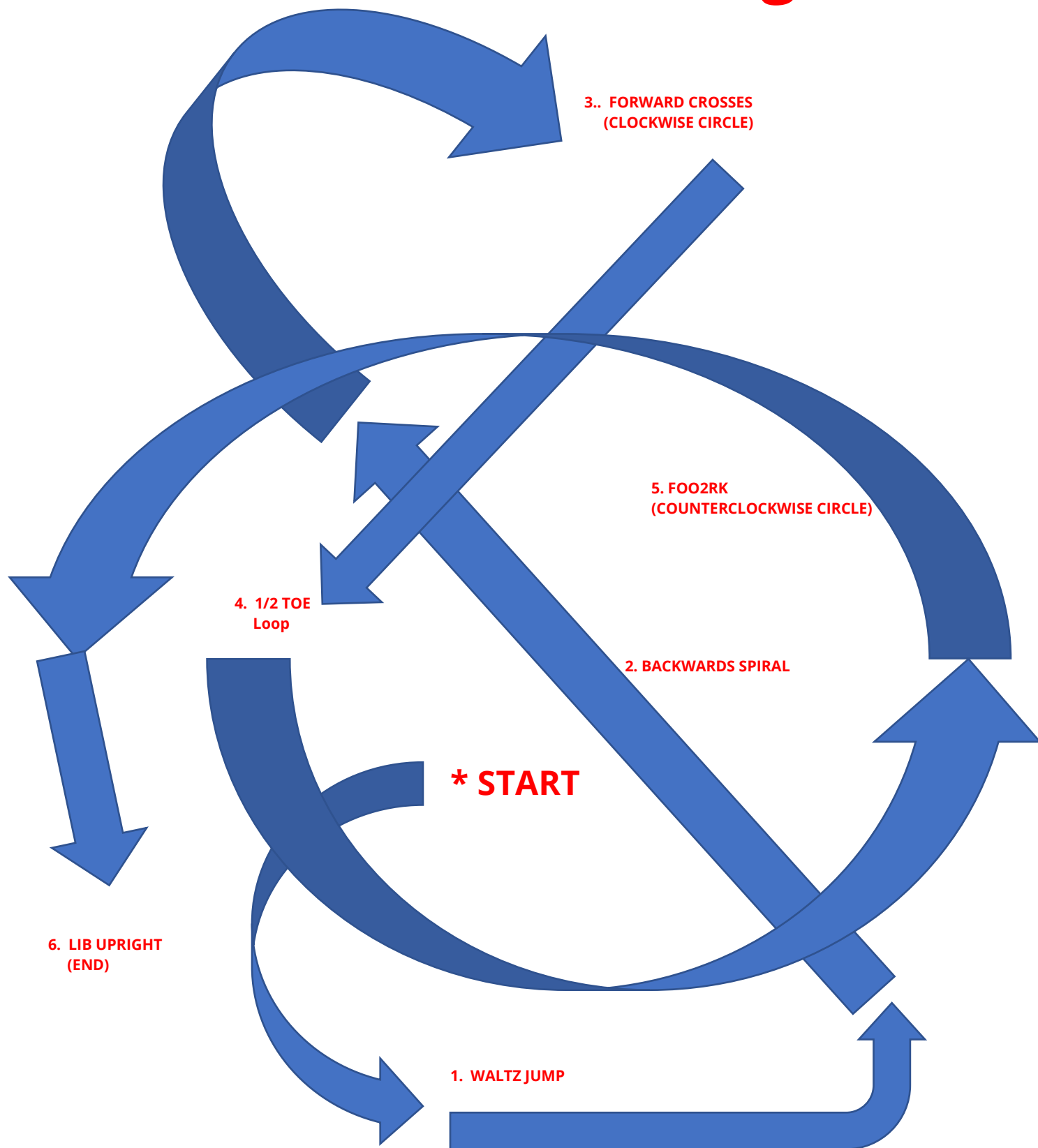
Maps of Levels 1, 2, and 3 Free Skating Routines

*Content must be performed in
the order shown!*

Level 1 Free Skating



Level 2 Free Skating



Level 3 Free Skating

