



SKATE PHILIPPINES Summer CHAMPIONSHIPS 2024



REQUIRED ELEMENTS

Jump and Spin

Level		Jump	Spin
Low	Pre-Alpha to Delta	2-Foot Hop or Bunny Hop	2-Foot Spin
Medium	FS 1 to 3	½ Flip or Toe Loop	2-Foot or 1-Foot Spin
Intermediate	FS 4 to 5	½ Loop or Axel	Sit Spin or Back Spin
High	FS 6 to 10	Dbl. Salchow or Dbl. Loop	Flying Camel or Flying Sit

Solo Compulsaries

Pre-Alpha	Forward Swizzles / 2-Foot Glide / Backward Wiggles
Alpha	Forward Stroking / Right Forward Crossovers / 1-Foot Snowplow Stop
Beta	Backward Stroking / Left Backward Crossovers / Right T-Stop
Gamma	Right Forward Outside 3-turn / Left Forward Inside Mohawk Combo, / Hockey
Delta	Left Forward Inside 3-turn / Bunny Hop / Lunge
Freestyle 1	Waltz jump / 2-foot spin / ½ Flip jump
Freestyle 2	Ballet jump / 1-foot spin / ½ Lutz jump
Freestyle 3	Salchow jump / Backward pivot / Toe Loop jump
Freestyle 4	Flip jump / Sit Spin / ½ Loop jump
Freestyle 5	Camel spin / Lutz jump / Back spin
Freestyle 6	Jump combination / Choice spin (Cross-foot/Layback/Sit-Change-Sit) / Split ju
Freestyle 7	Two Walley jumps / Flying Camel spin / Double Toe Loop jump
Freestyle 8	Double Flip jump / Flying Sit Spin / Split Lutz jump
Freestyle 9	Double Lutz jump / Flying Camel into Jump Sit spin / Axel-Double Loop jump combination
Freestyle 10	Double Axel-Double Toe Loop jump combination / Death Drop / Three Arabia Cartwheel or Butterfly jumps