

Short Program Elements BC /YT Section Competitions effective January 1, 2009

PRE-NOVICE LADIES / MEN 2:30 max.	Axel or Double Axel	Any double or triple jump can't repeat 2A or any jump in combination; only 1 triple jump total in program	Jump Combination 2 double jumps or 1 double and 1 triple; same jumps ok; 2A may be repeated but not solo jump; only 1 triple jump total in program	Solo Spin Ladies Layback or Sideways Leaning Spin min. 5 rev.	Solo Spin Men Camel Spin with only one change of foot min. 4 rev. each foot	Combination Spin only 1 change of foot at least 2 basic positions min. 4 rev. each foot	Spiral Seq Ladies any shape on curves see JR L req. Step Seq Men straight line, circular or serpentine	Step Seq Ladies & Men cir./ str. / serp.; men's step must be different nature than first
NOVICE LADIES / MEN 2:30 max.	Axel or Double Axel	Any double or triple jump preceded by connecting steps; can't repeat 2A or any jump in combination	Jump Combination 2 double jumps or 1 double and 1 triple; same jumps ok can't repeat 2A or solo jump	Solo Spin Ladies Layback or Sideways Leaning Spin min. 6 rev.	Solo Spin Men Camel or Sit change of foot optional; no flying entrance; min 6 revs in total	Combination Spin only 1 change of foot at least 2 basic positions min. 5 rev. each foot	Spiral Seq Ladies any shape on curves see JR L req. Step Seq Men straight line, circular or serpentine	Step Seq Ladies & Men cir./ str. / serp.; men's step must be different nature than first
JUNIOR LADIES 2:50 max.	Double Axel	Double or Triple Flip preceded by connecting steps	Jump Combination 2 dbl jumps or 1 dbl & 1 trpl jump or 2 trpl jumps; same jumps ok; can't repeat solo jumps	Flying Sit Spin min. 8 rev.	Layback or Sideways Leaning Spin min. 8 rev.	Combination Spin only 1 change of foot all 3 basic positions min. 6 rev. each foot	Spiral Seq any shape on curves min. 3 spirals each spiral 3 sec. spirals on both feet	Step Sequence cir./ str. / serp.
JUNIOR MEN 2:50 max.	Double or Triple Axel	Double or Triple Flip preceded by connecting steps	Jump Combination 1 double & 1 triple or 2 triple jumps; same jumps ok; can't repeat solo jumps	Flying Sit Spin min. 8 rev.	Camel Spin with only one change of foot min. 6 rev. each foot	Combination Spin only 1 change of foot all 3 basic positions min. 6 rev. each foot	Step Sequence cir./ str. / serp.	Step Seq of a different nature cir./ str. / serp.
SENIOR LADIES 2:50 max.	Double Axel	Triple Jump preceded by connecting steps	Jump Combination 1 double & 1 triple or 2 triple jumps; same jumps ok; can't repeat solo jumps	Flying Spin min. 8 rev.	Layback or Sideways Leaning Spin min. 8 rev.	Combination Spin only 1 change of foot all 3 basic positions min. 6 rev. each foot	Spiral Seq min. 3 spirals each spiral 3 sec. spirals on both feet any shape on curves	Step Sequence cir./ str. / serp.
SENIOR MEN 2:50 max.	Double or Triple Axel	Triple or Quadruple Jump preceded by connecting steps	Jump Combination dbl+tpl; tpl+tpl; quad+dbl; quad+tpl in any order; same jumps ok; can't repeat solo jumps	Flying Spin min. 8 rev.	Ch Camel Spin or Ch Sit Spin only 1 change of foot min. 6 rev. each foot	Combination Spin only 1 change of foot all 3 basic positions min. 6 rev. each foot	Step Sequence cir./ str. / serp	Step Sequence of a different nature cir./ str. / serp.

PRE-NOVICE PAIRS 2:40 max.	Lift Any from Gr.1,2,3,or 4 min. 1 rev. lady	Twist single or double	Solo Jump Axel or any double jump	Solo Spin min. 4 rev. 1 position; no ch foot	Pair Spin min. 4 rev. not a combination	Any Spiral Figure	Spiral Seq min. 2 pos. each	Step Sequence cir./ str. / serp.
NOVICE PAIRS 2:40 max.	Hand to Hand Loop Lift Take-Off (Grp 4) min. 2 rev. lady min. 1 / max 3.5 rev. man	Twist double	Solo Jump any double or triple jump	Solo Spin Comb only 1 change of foot min 1 change of pos. min. 5 rev. each foot	Pair Comb. Spin only 1 change of foot min 1 change of pos. min. 8 rev. total	Backward Outside Death Spiral min. 1 rev.	Throw Double Salchow	Step Sequence cir./ str. / serp..
JUNIOR PAIRS 2:50 max.	Hand to Hand Loop Lift Take-Off (Grp 4) min. 2 rev. lady min. 1 / max 3.5 rev. man	Twist double	Solo Jump any double or triple jump (ISU 2F or 2A)	Solo Spin Comb only 1 change of foot min 1 change of pos. min. 5 rev. each foot	Pair Comb. Spin only 1 change of foot min 1 change of pos. min. 8 rev. total	Backward Outside Death Spiral min. 1 rev.	Throw Double or Triple Salchow	Step Sequence cir./ str. / serp.
SENIOR PAIRS 2:50 max.	Any Hand to Hand Lift Take-Off (Grp 4) min. 2 rev. lady min. 1 / max 3.5 rev. man	Twist double or triple	Solo Jump any double or triple jump	Solo Spin Comb only 1 change of foot min 1 change of pos. min. 5 rev. each foot	Pair Comb. Spin only 1 change of foot min 1 change of pos. min. 8 rev. total	Backward Outside Death Spiral min. 1 rev.	Throw Jump any double or triple	Step Sequence cir./ str. / serp.

Note that for all Spin Combinations the minimum number of rev. in each position = 2. The position is not counted if not held for 2 full rev. January 2009