

Tuesday March 10, 2009.

Short Program Requirements to be Skated in the 2008/2009, 2009/2010 and 2010/2011 Seasons

3.2 PRE-NOVICE SINGLES SHORT PROGRAM REQUIRED ELEMENTS

PRE-NOVICE WOMEN: A short program of maximum 2:30

- (a) Axel or double axel
- (b) One double or triple jump preceded by steps* (may not repeat double axel)
- (c) One jump combination consisting of two double jumps or one double and one triple jump* (May repeat double axel)
- (d) Layback or sideways leaning spin
- (e) Spin combination with only one change of foot and at least ~~one change~~ of 2 basic positions (sit, camel, upright or any variation thereof).
- (f) Spiral sequence
- (g) Step sequence

PRE-NOVICE MEN: (GROUP A, 2009-2010) A short program of maximum 2:30

- (a) Axel or double Axel
- (b) One double or triple jump preceded by steps* (may not repeat double axel)
- (c) One jump combination consisting of two double jumps or one double and one triple jump* (May repeat double axel)
- (d) Camel spin with only one change of foot
- (e) Spin combination with only one change of foot and at least ~~one change~~ of 2 basic positions (sit, camel, upright or any variation thereof).
- (f) Two different step sequences of a different nature (straight line, circular or serpentine).

PRE-NOVICE MEN: (GROUP B, 2008-2009) A short program of maximum 2:30

- (a) Axel or double Axel
- (b) One double or triple jump preceded by steps* (may not repeat double axel)
- (c) One jump combination consisting of two double jumps or one double and one triple jump* (May repeat double axel)
- (d) Sit spin with only one change of foot
- (e) Spin combination with only one change of foot and at least ~~one change~~ of 2 basic positions (sit, camel, upright or any variation thereof).
- (f) Two different step sequences of a different nature (straight line, circular or serpentine).

* The jump combination may be composed of the same, or two different double jumps, or one double and one triple jump. If a triple jump is executed in the jump combination, a second triple **may not** be executed as a solo jump. If a triple jump is executed as the solo jump a second triple jump **may not** be executed in the jump combination. Jumps in the combination



must be different than the solo jump however the double axel may be repeated in the jump combination.

Short program groupings for men shall rotate between A and B on an annual basis. There is no rotation of groupings for women's short programs.

3.3 NOVICE SINGLES SHORT PROGRAM REQUIRED ELEMENTS

NOVICE WOMEN: A short program of maximum 2:30

- (a) Axel or double Axel
- (b) One double or triple jump immediately preceded by connecting steps and/or other comparable free skating movements*
- (c) One jump combination consisting of two double jumps or one double and one triple jump* (May not repeat double axel)
- (d) Layback or sideways leaning spin
- (e) Spin combination with only one change of foot and at least two basic positions (sit, camel, upright or any variation thereof)
- (f) Spiral sequence
- (g) Step sequence

NOVICE MEN: A short program of maximum 2:30

- (a) Axel or double Axel
- (b) One double or triple jump immediately preceded by connecting steps and/or other comparable free skating movements*
- (c) One jump combination consisting of two double jumps or one double and one triple jump* (May not repeat double axel)
- (d) Camel or sit spin. Change of foot is optional. No flying entrance.
- (e) Spin combination with only one change of foot and at least two basic positions (sit, camel, upright or any variation thereof)
- (f) Two different step sequences of a different nature (straight line, circular or serpentine)

* The jump combination may consist of the same or two different double jumps, or one double and one triple jump. The double Axel may not be repeated in the solo jump or jump combination. The jumps in the combination must be different than the solo jump.

3.8 JUNIOR AND SENIOR SINGLES SHORT PROGRAM REQUIRED ELEMENTS

- (1) **JUNIOR SHORT PROGRAMS:** The Junior Singles Short Programs shall consist of the following required elements:

(a) JUNIOR WOMEN:

- (i) Double Axel Paulsen
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- (ii) One double or triple jump immediately preceded by connecting steps and/or other comparable free skating movements:

Group A:	2008//2009	-	double or triple Lutz
Group B:	2009/2010	-	double or triple flip
Group C:	2010/2011	-	double or triple loop

- (iii) One jump combination consisting of two double jumps or one double and one triple jump or two triple jumps.

- (iv) Flying spin:

Group A:	2008/2009	-	flying camel
Group B:	2009/2010	-	flying sit
Group C:	2010/2011	-	flying camel

- (v) Layback or sideways leaning spin

- (vi) Spin combination with all three basic positions (sit, camel, upright or any variation thereof) and only one change of foot.

- (vii) Spiral sequence.

- (viii) Step sequence (straight line, circular or serpentine).

(b) JUNIOR MEN:

- (i) Double or triple Axel Paulsen

- (ii) One double or triple jump immediately preceded by connecting steps and/or other comparable free skating movements:

Group A:	2008/2009	-	double or triple Lutz
Group B:	2009/2010	-	double or triple flip
Group C:	2010/2011	-	double or triple loop

- (iii) One jump combination consisting of one double and one triple jump or two triple jumps.

- (iv) Flying spin:

Group A:	2008/2009	-	flying camel
Group B:	2009/2010	-	flying sit
Group C:	2010/2011	-	flying camel

- (v) Spin with only one change of foot:

Group A:	2008/2009	-	sit spin
Group B:	2009/2010	-	camel spin



Group C: 2010/2011 - sit spin

- (vi) Spin combination with all three basic positions (sit, camel, upright or any variation thereof) and only one change of foot.
- (vii) Two different step sequences of a different nature (straight line, circular or serpentine).

(2) **SENIOR SHORT PROGRAMS:** The Senior Singles Short Programs shall consist of the following required elements:

(a) SENIOR WOMEN:

- (i) Double Axel Paulsen
- (ii) One triple jump immediately preceded by connecting steps and/or other comparable free skating movements.
- (iii) One jump combination consisting of one double and one triple jump or two triple jumps.
- (iv) Flying spin
- (v) Layback or sideways leaning spin.
- (vi) Spin combination with all three basic positions (sit, camel, upright or any variation thereof) and only one change of foot.
- (vii) Spiral sequence.
- (viii) Step sequence (straight line, circular or serpentine).

(b) SENIOR MEN:

- (i) Double or Triple Axel Paulsen
 - (ii) One triple or one quadruple jump immediately preceded by connecting steps and/or other comparable free skating movements.
 - (iii) One jump combination consisting of a double and a triple jump, or two triple jumps, or a quadruple jump and a double or a triple jump.
 - (iv) Flying spin
 - (v) Camel spin or sit spin with only one change of foot.
 - (vi) Spin combination with all three basic positions (sit, camel, upright or any variation thereof) and only one change of foot.
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- (vii) Two step sequences of a different nature (straight line, circular or serpentine).

3.2 PAIR SHORT PROGRAM REQUIRED ELEMENTS

- (2) **NOVICE AND JUNIOR PAIR SHORT PROGRAM:** For Novice and Junior Pair Short Programs, the short program shall consist of one of three groups of elements. The required group to be skated in any year shall become effective on July 1.

GROUP A (1) (2009-2010)

- (a) One hand to hand loop lift take-off (Group 4)
- (b) One twist lift (double)
- (c) Any double or triple jump (Double flip or double Axel for Junior)
- (d) Solo spin combination with only one change of foot and at least one change of position
- (e) Pair spin combination with at least one change of position and only one change of foot
- (f) Death spiral backward outside
- (g) Step sequence (straight line, circular or serpentine)
- (h) Throw Double Salchow (Juniors may do Throw Triple Salchow)

GROUP B (2) (2010-2011)

- (a) One toe Lasso-lift take-off (toe overhead) (Group 5)
- (b) One twist lift (double)
- (c) Any double or triple jump (Double loop or double Axel for Junior)
- (d) Solo spin combination with only one change of foot and at least one change of position
- (e) Pair spin combination with at least one change of position and only one change of foot
- (f) Death spiral backward inside
- (g) Throw Double Toe Loop (Juniors may do Throw Triple Toe Loop)
- (h) Spiral sequence

GROUP C (3) (2008-2009)

- (a) One toe loop hip lift take-off (star) (Group 3)
 - (b) One twist lift (double)
 - (c) Any double or triple jump (Double lutz for Junior);
 - (d) Solo spin combination with only one change of foot and at least one change of position
 - (e) Pair spin combination with at least one change of position and only one change of foot
 - (f) Death spiral forward inside
 - (g) Spiral sequence
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- (h) Throw Double Loop (Juniors may do Throw Triple Loop)
- (3) **SENIOR PAIR SHORT PROGRAM:** The Short Program for Senior Pairs shall consist of the following required elements:
- (a) One overhead lift:
 - Group A - 2009/2010 - any hand to hand lift take-off (Group 4)
 - Group B – 2010/2011 - any Lasso lift take-off (Group 5)
 - Group C - 2008/2009 - any hip lift take-off (Group 3)
 - (b) One twist lift (double or triple)
 - (c) One throw jump (double or triple)
 - (d) One solo jump (double or triple)
 - (e) Solo spin combination with only one change of foot and at least one change of position
 - (f) Pair spin combination with at least one change of position and only one change of foot (sit, camel, upright or any variation thereof)
 - (g) One death spiral:
 - Group A - 2009/2010 - backward outside
 - Group B – 2010/2011 - backward inside
 - Group C - 2008/2009 - forward inside
 - (h) Spiral step sequence/Step sequence (straight line, circular or serpentine) alternating annually:
 - Group A – 2009/2010 – Step sequence (straight line, circular or serpentine)
 - Group B – 2010/2011 – Spiral sequence
 - Group C – 2008/2009 – Spiral sequence