



BC/YT Podium Pathway Elements Competition Format 2023-2024

The BC/YT Section is introducing a new elements competition format for skaters in the Podium Pathway (Pre Novice to Senior). Elements competitions will be offered at the May Competition and the Season End Final Competition. The intent of these events is to provide skaters an opportunity to try out new season elements during the competitive off-season without trying to integrate them into a program. All requirements align to the 2023-2024 required short program elements for the respective categories.

Format

Each skater has a maximum amount of time to perform the required elements in any order they choose. Each element will be identified by a technical panel and receive a grade of execution by the judging panel. Each skater will receive their technical score after their performance.

- Skaters may choose to submit music of the exact length of time permitted, or a random music selection will be played for the required duration. If submitting music, please follow the file naming format outlined in the competition announcement. Music is for background music only and skaters are not required to perform to the music selection.
- Skaters that exceed the allowable time to complete their elements will be subject to a time violation as per standard competition rules for their respective category.
- The GOE criterion for “matches the music” will not be assessed.
- Step Sequences are not included, as specific music is required by the judging panel for their evaluation.
- Bonus points for more challenging elements, as outlined by Skate Canada for Pre Novice to Junior categories, will be applied as per regular competition.
- Fall deductions will only be applied to falls within elements.
- Planned programs are not required for this event.
- Detailed scoring sheets will be posted for each skater at the conclusion of the event.

Warm-Up Time

5 minutes

BC/YT Podium Pathway Elements Competitions 2023-2024 Category Requirements

Category/Time	Axel	Solo Jump	Jump Combo	Solo Spin	Combo Spin	Flying Spin	Review Time
<p style="text-align: center;">Pre-Novice Women and Men</p> <p style="text-align: center;">Maximum 2:00 mins</p>	1A or 2A	Double or Triple (2Lo or higher)	<p style="text-align: center;">2 Doubles, 1 Double/ 1 Triple, or 2 Triples.</p> <p style="text-align: center;">(2A may be repeated) Same jumps permitted. (e.g. 2T+2T) Must be different from solo jump</p>	<p>Women: LSp or CSp (5 revs)</p> <p>Men: CCSp (4/4 revs) Max Level 3</p>	<p style="text-align: center;">CCoSp (4/4 revs)</p> <p style="text-align: center;">No Flying Entry</p> <p style="text-align: center;">Max Level 3</p>	N/A	2:00
<p style="text-align: center;">Novice Women and Men</p> <p style="text-align: center;">Maximum 2:00 mins</p>	1A or 2A	Double or Triple (2Lo or higher)	<p style="text-align: center;">2 Doubles, 1 Double/ 1 Triple, or 2 Triples.</p> <p style="text-align: center;">Same jumps permitted. (e.g. 2T+2T) Must be different from solo jump</p>	<p>Women: LSp or CSp (6 revs)</p> <p>Men: CCSp (5/5 revs)</p>	<p style="text-align: center;">CCoSp (5/5 revs)</p> <p style="text-align: center;">No Flying Entry</p>	N/A	2:00
<p style="text-align: center;">Junior Women and Men</p> <p style="text-align: center;">Maximum 2:30 mins</p>	2A	Double or Triple Lutz	<p style="text-align: center;">2 Doubles*, 1 Double/ 1 Triple, or 2 Triples. *Women only</p> <p style="text-align: center;">Same jumps permitted. (e.g. 3T+3T) Must be different from solo jump</p>	<p>Women: LSp or SSp (8 revs)</p> <p>Men: CCSp (6/6 revs)</p>	<p style="text-align: center;">CCoSp (6/6 revs)</p> <p style="text-align: center;">No Flying Entry</p>	FSSp (8 revs)	2:30
<p style="text-align: center;">Senior Women and Men</p> <p style="text-align: center;">Maximum 2:30 mins</p>	2A or 3A	Triple or Quad* *men only	<p style="text-align: center;">1 Double/ 1 Triple, 2 Triples, 1 Quad*/1 Double or Triple Same jumps permitted. (e.g. 3T+3T)</p> <p style="text-align: center;">Must be different from solo jump</p> <p style="text-align: center;">*Men only</p>	<p>Women: LSp, CSp or SSp (8 revs)</p> <p>Men: CCSp or CSSp (6/6 revs)</p>	<p style="text-align: center;">CCoSp (6/6 revs)</p> <p style="text-align: center;">No Flying Entry</p>	<p style="text-align: center;">Flying Spin Basic position must be different from solo spin (8 revs)</p>	2:30