



## 2018-2019 Singles Program Requirements Quick Reference Guide

June 21, 2018

Short Program

Effective July 1, 2018

CATEGORY / TIME / BONUS <i>(Jumps must be fully rotated to receive bonus)</i>	AXEL	SOLO JUMP	JUMP COMBO	SOLO SPIN		COMBO SPIN (2 basic pos = "V")	FLYING SPIN	STEP SEQUENCE
<b>Pre-Novice</b> Women & Men (max 2:30)  <b>2A or higher base value</b>  <b>Any Triple executed as 2<sup>nd</sup> jump in combo</b>	1A or 2A	Double or Triple (2Lo or higher)  <span style="color: red;">(no steps required)</span>	2 Doubles, 1 Double / 1 Triple or 2 Triples  (2A may be repeated)  same jumps permitted (e.g. 2T+2T+C)	<b>Women</b> Layback, Sit or Camel (5 revs)	<b>Men</b> Change Camel (4/4 revs)	Min. 2 different basic pos (4/4 revs)	N/A	Must almost fully utilize the ice
				<b>Max Level 3</b> No flying entry				
<b>Novice</b> Women & Men (max 2:30)  <b>Women: Any Triple</b> <b>Men: 3Lo or higher base value</b>  <b>Any Triple executed as 2<sup>nd</sup> jump in combo</b>	1A or 2A	Double <span style="color: red;">(preceded by steps)</span>  or  Triple <span style="color: red;">(no steps required)</span>	2 Doubles, 1 Double / 1 Triple or 2 Triples  same jumps permitted (e.g. 2Lo+2Lo+C)	<b>Women</b> Layback, Sit or Camel (6 revs)	<b>Men</b> Change Camel (5/5 revs)	Min. 2 different basic pos (5/5 revs)	N/A	Must almost fully utilize the ice
				No flying entry				
<b>Junior Women</b> (2:40 +/-10 sec)  <b>3F as solo jump</b> Halfway at 1:20	2A	2F or 3F <span style="color: red;">(preceded by steps)</span>	2 Doubles, 1 Double / 1 Triple or 2 Triples  same jumps permitted (e.g. 2T+2T+C)	Layback, or Sit (8 revs)		Min. 2 different basic pos (6/6 revs)	Flying Camel (8 revs)	Must almost fully utilize the ice
				No flying entry				
<b>Junior Men</b> (2:40 +/-10 sec)  <b>3A or higher base value</b> Halfway at 1:20	2A or 3A	2F or 3F <span style="color: red;">(preceded by steps)</span>	1 Double / 1 Triple or 2 Triples  same jumps permitted (e.g. 3T+3T+C)	Change Sit (6/6 revs)		Min. 2 different basic pos (6/6 revs)	Flying Camel (8 revs)	Must almost fully utilize the ice
				No flying entry				
<b>Senior Women</b> (2:40 +/-10 sec)  Halfway at 1:20	2A or 3A	Triple <span style="color: red;">(preceded by steps)</span>	1 Double / 1 Triple or 2 Triples  same jumps permitted (e.g. 3T+3T+C)	Layback, Sit or Camel (8 revs)		Min. 2 different basic pos (6/6 revs)	Flying Spin (8 revs)  <span style="color: red;">Basic position must be different from Solo spin</span>	Must almost fully utilize the ice
				No flying entry				
<b>Senior Men</b> (2:40 +/-10 sec)  Halfway at 1:20	2A or 3A	Triple or Quad <span style="color: red;">(preceded by steps)</span>	1 Double / 1 Triple, 2 Triples or 1 Quad / 1 Dbl or 1 Tpl  same jumps permitted (e.g. 3Lo+3Lo+C)	Change Camel or Change Sit (6/6 revs)		Min. 2 different basic pos (6/6 revs)	Flying Spin (8 revs)  <span style="color: red;">Basic position must be different from Solo spin</span>	Must almost fully utilize the ice
				No flying entry				

Please note: Junior & Senior categories subject to change by the ISU

CATEGORY / TIME / BONUS <i>(Jumps must be fully rotated to receive bonus)</i>	JUMPS <i>(Each category must have an Axel)</i>	SPINS <i>(All codes must be different for each category)</i>			SPIRAL / STEP / CHOREO
<b>Pre-Juvenile</b> Women & Men U11 & U13 (2:30 ±0:10)	Max 5 jumps <i>Must include 5 different jump types</i>	Max 2 spins <b>(Max Base Level)</b>			Max of 1 Spiral Sequence  <b>Max Base Level</b>
	Max 2 jump Combos 1 combo to include <b>Toe Loop</b> as 2 <sup>nd</sup> jump, 1 combo to include <b>Loop</b> as 2 <sup>nd</sup> jump (2 jumps allowed in jump combo)	CCoSp (3/3 revs) 2 basic pos = "V"  (fly NOT allowed, DV permitted)	Flying Camel or Flying Sit (4 revs)  (1 pos / no change of foot, no DV)		
<b>Juvenile</b> Women & Men U12 & U14 (2:30 ±0:10)  <b>2A or higher base value</b>	Max 5 jumps <i>Must include 6 different jump types</i>	Max 2 spins <b>(Max Base Level)</b>			Max of 1 Step Sequence <i>(for at least half the ice)</i>  <b>Max Base Level</b>
	Max 2 jump Combos 1 combo to include <b>Toe Loop</b> as 2 <sup>nd</sup> jump, 1 combo to include <b>Loop</b> as 2 <sup>nd</sup> jump (2 jumps allowed in jump combo)	CCoSp (3/3 revs) 2 basic pos = "V"  (fly NOT allowed, DV permitted)	Flying Camel or Flying Sit (4 revs)  (1 pos / no change of foot, no DV)		
<b>Pre-Novice</b> Women & Men (3:00 ±0:10)  <b>2A or higher base value</b> <b>Any Triple executed as 2<sup>nd</sup> jump in combo</b>	Max 6 jumps	Max 3 spins <b>(Max Level 3)</b>			Max of 1 Choreo Sequence
	Max 3 jump Combo/Seq (2 jumps allowed in jump combo)	CCoSp (4/4 revs) 2 pos = "V" (flying entry optional)	Flying Camel or Flying Sit (5 revs) (1 pos / no change of foot)	Spin of any nature (5 revs) (flying entry optional)	
<b>Novice Women</b> (3:00 ±0:10)  <b>Any Triple or higher base value</b> <b>Any Triple executed as 2<sup>nd</sup> and/or 3<sup>rd</sup> jump in combo</b>	Max 6 jumps	Max 3 spins			Max of 1 Choreo Sequence
	Max 3 jump Combo/Seq (1 jump combo may have 3 jumps)	CCoSp (5/5 revs) 2 pos = "V" (flying entry optional)	Flying Camel or Flying Sit (6 revs) (1 pos / no change of foot)	Spin of any nature (6 revs) (flying entry optional)	
<b>Novice Men</b> (3:30 ±0:10)  <b>3Lo or higher base value</b> <b>Any Triple executed as 2<sup>nd</sup> and/or 3<sup>rd</sup> jump in combo</b>	Max 7 jumps	Max 3 spins			Max of 1 Choreo Sequence
	Max 3 jump Combo/Seq (1 jump combo may have 3 jumps)	CCoSp (5/5 revs) 2 pos = "V" (flying entry optional)	Flying Camel or Flying Sit (6 revs) (1 pos / no change of foot)	Spin of any nature (6 revs) (flying entry optional)	
<b>Junior Women</b> (3:30 ±0:10)  Halfway at 1:45	Max 7 jumps	Max 3 spins			Max of 1 Step Sequence
	Max 3 jump Combo/Seq (3 jumps allowed in 1 jump combo)	CoSp (10 revs) 2 pos = "V" (flying entry & change of foot optional)	Flying Spin (6 revs) (change of pos & change of foot optional)	Spin in 1 pos (6 revs) (flying entry & change of foot optional)	
<b>Junior Men</b> (3:30 ±0:10)  <b>3A or higher base value</b> Halfway at 1:45	Max 7 jumps	Max 3 spins			Max of 1 Step Sequence
	Max 3 jump Combo/Seq (3 jumps allowed in 1 jump combo)	CoSp (10 revs) 2 pos = "V" (flying entry & change of foot optional)	Flying Spin (6 revs) (change of pos & change of foot optional)	Spin in 1 pos (6 revs) (flying entry & change of foot optional)	
<b>Senior Women</b> (4:00 ±0:10)  Halfway at 2:00	Max 7 jumps	Max 3 spins			Max of 1 ChSq
	Max 3 jump Combo/Seq (3 jumps allowed in 1 jump combo)	CoSp (10 revs) 2 pos = "V" (flying entry & change of foot optional)	Flying Spin (6 revs) (change of pos & change of foot optional)	Spin in 1 pos (6 revs) (flying entry & change of foot optional)	Max of 1 Step Sequence
<b>Senior Men</b> (4:00 ±0:10)  Halfway at 2:00	Max 7 jumps	Max 3 spins			Max of 1 ChSq
	Max 3 jump Combo/Seq (3 jumps allowed in 1 jump combo)	CoSp (10 revs) 2 pos = "V" (flying entry & change of foot optional)	Flying Spin (6 revs) (change of pos & change of foot optional)	Spin in 1 pos (6 revs) (flying entry & change of foot optional)	Max of 1 Step Sequence