



2019-2020 Singles Program Requirements Quick Reference Guide

April 9th, 2019

Short Program
Effective July 1, 2019

| CATEGORY / TIME | AXEL | SOLO JUMP | JUMP COMBO | SOLO SPIN | | COMBO SPIN (2 basic pos = "V") | FLYING SPIN | STEP SEQUENCE |
|--|----------|-------------------------------------|---|--|--|---|--|-------------------------------|
| Pre-Novice Women & Men (2:20 +/- 10 sec) | 1A or 2A | Double or Triple (2Lo or higher) | 2 Doubles, 1 Double / 1 Triple or 2 Triples (2A may be repeated) same jumps permitted (e.g. 2T+2T) | Women Layback, Sit or Camel (5 revs) | Men Change Sit (4/4 revs) | Min. 2 different basic pos 1 change of foot (4/4 revs) | N/A | Must fully utilize the ice |
| | | | | Max Level 3 No flying entry | | | | Max Level 3 |
| Novice Women & Men (2:20 +/- 10 sec) | 1A or 2A | Double or Triple | 2 Doubles, 1 Double / 1 Triple or 2 Triples same jumps permitted (e.g. 2Lo+2Lo) | Women Layback, Sit or Camel (6 revs) | Men Change Camel (5/5 revs) | Min. 2 different basic pos 1 change of foot (5/5 revs) | N/A | Must fully utilize the ice |
| | | | | No flying entry | | | | |
| Junior Women (2:40 +/-10 sec) Halfway at 1:20 | 2A | 2Lo or 3Lo | 2 Doubles, 1 Double / 1 Triple or 2 Triples same jumps permitted (e.g. 2T+2T) | Layback, or Camel (8 revs) | | Min. 2 different basic pos 1 change of foot (6/6 revs) | Flying Sit (8 revs) | Must fully utilize the ice |
| | | | | No flying entry | | | | |
| Junior Men (2:40 +/-10 sec) Halfway at 1:20 | 2A or 3A | 2Lo or 3Lo | 1 Double / 1 Triple or 2 Triples same jumps permitted (e.g. 3T+3T) | Change Camel (6/6 revs) | | Min. 2 different basic pos 1 change of foot (6/6 revs) | Flying Sit (8 revs) | Must fully utilize the ice |
| | | | | No flying entry | | | | |
| Senior Women (2:40 +/-10 sec) Halfway at 1:20 | 2A or 3A | Triple | 1 Double / 1 Triple or 2 Triples same jumps permitted (e.g. 3T+3T) | Layback, Sit or Camel (8 revs) | | Min. 2 different basic pos 1 change of foot (6/6 revs) | Flying Spin (8 revs) Basic position must be different from Solo spin | Must fully utilize the ice |
| | | | | No flying entry | | | | |
| Senior Men (2:40 +/-10 sec) Halfway at 1:20 | 2A or 3A | Triple or Quad | 1 Double / 1 Triple, 2 Triples or 1 Quad / 1 Dbl or 1 Tpl same jumps permitted (e.g. 3Lo+3Lo) | Change Camel or Change Sit (6/6 revs) | | Min. 2 different basic pos 1 change of foot (6/6 revs) | Flying Spin (8 revs) Basic position must be different from Solo spin | Must fully utilize the ice |
| | | | | No flying entry | | | | |

All Falls, both during and between elements will be identified and have a value

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

| CATEGORY / TIME | JUMPS Each category must have an Axel <u>No jump included more than twice</u> | SPINS (All codes must be different for each category) | | SPIRAL / STEP / CHOREO |
|--|--|--|--|--|
| Pre-Juvenile Women & Men U11 & U13 (2:00 or 2:30 ±0:10) | Max 5 jumps <i>Must include 5 different jump types</i> | Max 2 spins (Max Base Level) | | Max of 1 Spiral Sequence Max Base Level |
| | Max 2 jump Combos 1 combo to include Toe Loop as 2 nd jump, 1 combo to include Loop as 2 nd 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) | |
| Juvenile Women & Men U12 & U14 (2:30 ±0:10) | Max 5 jumps <i>Must include 6 different jump types</i> | Max 2 spins (Max Base Level) | | Max of 1 Step Sequence (for at least half the ice) Max Base Level |
| | Max 2 jump Combos 1 combo to include Toe Loop as 2 nd jump, 1 combo to include Loop as 2 nd 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) | |
| Pre-Novice Women & Men (3:00 ±0:10) | Max 6 jumps | Max 2 spins (Max Level 3) | | Max of 1 Step Sequence Max Level 3 |
| | Max 3 jump Combo/Seq (2 jumps allowed in jump combo) <u>Of all triples, only 2 may be repeated</u> | CCoSp (8 revs) 2 pos = "V" (flying entry optional) | Flying Camel or Flying Sit (5 revs) (1 pos / no change of foot) | |
| Novice Women & Men (3:30 ±0:10)* <i>*Novice Women's music time updated</i> | Max 7 jumps | Max 3 spins | | Max of 1 Step Sequence |
| | Max 3 jump Combo/Seq (1 jump combo may have 3 jumps) <u>Of all triples, only 2 may be repeated</u> | CCoSp (10 revs) 2 pos = "V" (flying entry optional) | Flying Camel or Flying Sit (6 revs) (1 pos / no change of foot) | |
| Junior Women & Men (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) Any double jump cannot be included more than twice Of all triples and quads, only 2 may be repeated; of the 2 repetitions only 1 may be a quad | CoSp (10 revs) 2 pos = "V" (flying entry & change of foot optional) | Flying Spin (6 revs) (change of pos & change of foot optional) | |
| Senior Women & Men (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) Any double jump cannot be included more than twice Of all triples and quads, only 2 may be repeated; of the 2 repetitions only 1 may be a quad | 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) |

General:

- All jumps must be fully rotated to receive a bonus, with the one exception noted below.
- For all bonuses, in the case of a fall, the attempt is considered as successful.
- Unless specifically noted below, bonuses apply to both Short and Free Programs.
- To be eligible for bonus, jumps must be compliant with all other well-balanced and repeat requirements.

Juvenile:

- +1.0 for each 2A or higher base value jump

Pre-Novice:

- +1.0 for each 2A or higher base value jump
- +1.0 for two or more **different** triple jumps in short program
- +2.0 for three or more **different** triple jumps in free program
- +1.0 for any 1A or double jump immediately followed by a 3T
 - Awarded once per program and on the first successful attempt
- +1.0 for any 1A or double jump immediately followed by a 3Lo
 - Awarded once per program and on the first successful attempt

Novice:

- WOMEN: +1.0 for each **different** triple jump
- MEN: +1.0 for each **different** triple jump - 3Lo and higher base value
- +2.0 for four or more **different** triple jumps in free program
- any double jump (+1.0), any under-rotated or downgraded triple jump (+1.0) or any triple jump (+2.0) immediately followed by a 3T
 - Awarded once per program and on the first successful attempt
- any double jump (+1.0), any under-rotated or downgraded triple jump (+1.0) or any triple jump (+2.0) immediately followed by a 3Lo
 - Awarded once per program and on the first successful attempt

Junior:

- WOMEN: + 1.0 for 3Lo performed as solo jump in short program
- MEN: + 1.0 for each 3A or higher base value jump in short & free programs
- WOMEN: +1.0 for any triple jump immediately followed by a 3T
 - Awarded once per program and on the first successful attempt
- WOMEN: +1.0 for any triple jump immediately followed by a 3Lo
 - Awarded once per program and on the first successful attempt