



### Short Program Reminder

A reminder to all coaches and officials that BC/YK competitions begin to use the short program requirements for the next season as of January 1. The applicable changes are listed below.

- 1) **Pre-Novice Women:** no change
- 2) **Pre-Novice Men:** solo spin is camel change camel - CCSp
- 3) **Novice Women and Men:** no changes to short program requirements
- 4) **Junior Women:**
  - a) double or triple flip jump preceded by connecting steps and/or other comparable free skating movements
  - b) flying camel spin
  - c) layback/sideways leaning spin or sit spin without change of foot
- 5) **Junior Men:**
  - a) double or triple flip jump preceded by connecting steps and/or other comparable free skating movements
  - b) flying camel spin
  - c) sit spin with only one change of foot

Also, a reminder to coaches that the free program time for Junior Men & Pairs and Senior Men & Pairs will be 30 seconds less...4:00 (+/- 10 sec) for Senior and 3:30 (+/- 10 sec) for Junior.

Any changes to Novice and lower domestic categories will be communicated as soon as they are known.

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