

2020-2021 SINGLES COMPETITIVE TECHNICAL REQUIREMENTS

Table of Contents

SHORT PROGRAM		
Revised	Category	Page
	Pre-Novice Women	2
	Pre-Novice Men	3
	Novice Women	4
	Novice Men	5
	Junior Women	6
	Junior Men	7
	Senior Women	8
	Senior Men	9

FREE PROGRAM		
Revised	Category	Page
	Pre-Juvenile Women & Men – U11 and U13	10
	Juvenile Women & Men – U12 and U14	11
	Pre-Novice Women & Men	12
	Novice Women	13
	Novice Men	14
	Junior Women	15
	Junior Men	16
	Senior Women	17
	Senior Men	18

INFORMATION FOR PRE-JUVENILE TO NOVICE CATEGORIES

Revised		Page
	Information Specific to Pre-Juvenile	19

REFERENCES

Revised		Page
	Links to ISU and Skate Canada Documents	20
	Fall Definition – All categories	20



2020-2021 Singles Short Program Technical Requirements Pre-Novice Women (max 2:20 ±0:10)

July 1st, 2020

Effective July 1, 2020

JUMPS											
Bonus	Each fully rotated or landed on the quarter (q) 2A or higher base value jump (+1.0)		2 or more different fully rotated or landed on the quarter (q) triple jumps included (+1.0)			Any double jump immediately followed by a fully rotated or landed on the quarter (q) 3T or 3Lo (+1.0)					
Required Elements	One single or double AXEL	One DOUBLE or TRIPLE jump (must be a double loop or higher)		One JUMP COMBINATION two doubles / one double and one triple / two triples 2A may be repeated in combination							
Error	Wrong number of revs	Lower than a double loop		2A only appears in combo	Wrong number of revs	The same jump may not be repeated in two separate jump boxes		Two solo jumps, neither in combo		No 2 nd jump or error after 1 st jump	
Penalty	No value Final GOE must be -5	No value Final GOE must be -5		2 nd solo jump receives no value	No value Final GOE must be -5	Repeated jump receives no value (if in a jump combo, only the repeated jump will not be counted) Final GOE must be -5		If unclear, add +COMBO to later performed jump Final GOE must be -5		Final GOE must be -5	
Examples	1W (1A<<*)	2Lo+2Lo 2S* 1A		3S (fall) 3T* (fall, must be 1A or 2A) 2A+2T	1Lz*+2Lo	2Lo 2Lz+2Lo* 2A	3T+2T 2A 3T*	3T+3T 2A 3T*	2A+COMBO (fall) 2F 2A	2Lz 2A 2F+COMBO (not clear which was combo)	3T+COMBO+2T* (step out or fall after 3T)
	3A*				3T+1T*						3T+COMBO

SPINS: Maximum Level 3					
One situation where "V" sign is applied in this SP: only 2 basic positions in Spin Combination					
Required Elements	COMBO SPIN with only one change of foot e.g. CCoSp			LAYBACK / SIDEWAYS LEANING SPIN, SIT or CAMEL SPIN without change of foot e.g. LSp, SSp or CSp	
Limitations	Minimum Requirements:		Penalty:		
	Must have at least 3 revs on each foot		No value		
	Must have at least two basic positions with at least 2 revs each		No value		
Limitations	2 nd change of foot NOT permitted		No value		
	Flying entry is NOT permitted		No value		
Grade of Execution (GOE)	Minimum 4 revs per foot		GOE reduction for "Less than required revolutions"		
			GOE reduction for "Less than required revolutions"		

STEP SEQUENCE: Maximum Level 3	
Minimum Requirements: Must fully utilize the ice surface	Penalty: No value

Please note: A deduction for all falls will be applied in competitive categories



2020-2021 Singles Short Program Technical Requirements
 Pre-Novice Men (2:20 ±0:10)
 Effective July 1, 2020

July 1st, 2020

JUMPS										
Bonus	Each fully rotated or landed on the quarter (q) 2A or higher base value jump (+1.0)			2 or more different fully rotated or landed on the quarter (q) triple jumps included (+1.0)			Any double jump immediately followed by a fully rotated or landed on the quarter (q) 3T or 3Lo (+1.0)			
Required Elements	One single or double AXEL	One DOUBLE or TRIPLE jump (must be a double loop or higher)	One JUMP COMBINATION two doubles / one double and one triple / two triples 2A may be repeated in combination							
Error	Wrong number of revs	Lower than double loop	2A only appears in combo	Wrong number of revs	The same jump may not be repeated in two separate jump boxes			Two solo jumps, neither in combo		No 2 nd jump or error after 1 st jump
Penalty	No value Final GOE must be -5	No value Final GOE must be -5	2 nd solo jump receives no value	No value Final GOE must be -5	Repeated jump receives no value (if in a jump combo, only the repeated jump will not be counted). Final GOE must be -5			If unclear, add +COMBO to later performed jump Final GOE must be -5		Final GOE must be -5
Examples	1W (1A<<*) 3A*	2Lo+2Lo 2S* 1A	3S (fall) 3T* (fall, must be 1A or 2A) 2A+2T	1Lz*+2Lo 3T+1T*	2Lo 2Lz+2Lo* 2A	3T+2T 2A 3T*	3T+3T 2A 3T*	2A+COMBO (fall) 2F 2A	2Lz 2A 2F+COMBO (not clear which was combo)	3T+COMBO+2T* (step out or fall after 3T) 3T+COMBO

SPINS: Maximum Level 3				
One situation where "V" sign is applied in this SP: only 2 basic positions in Spin Combination				
Required Elements	COMBO SPIN with only one change of foot e.g. CCoSp		CAMEL SPIN with only one change of foot e.g. CCSp	
	Minimum Requirements:	Penalty:	Minimum Requirements:	Penalty:
	Must have at least 3 revs on each foot	No value	Must have at least 3 revs on each foot	No value
	Must have at least two basic positions with at least 2 revs each	No value	Must have at least 2 revs in a camel position on each foot	No value
Limitations	2 nd change of foot NOT permitted	No value	Flying entry is NOT permitted	No value
	Flying entry is NOT permitted	No value	2 nd change of foot NOT permitted	No value
Grade of Execution (GOE)	Minimum 4 revs per foot	GOE reduction for "Less than required revolutions"	Minimum 4 revs per foot in camel position	GOE reduction for "Less than required revolutions"

STEP SEQUENCE: Maximum Level 3	
Minimum Requirements: Must fully utilize the ice surface	Penalty: No value

Please note: A deduction for all falls will be applied in competitive categories



2020-2021 Singles Short Program Technical Requirements
Novice Women (2:20 ±0:10)
Effective July 1, 2020

July 1st, 2020

JUMPS										
Bonus	Each different type of fully rotated or landed on the quarter (q) triple or higher base value jump (+1.0)			Any fully rotated or landed on the quarter (q) triple jump immediately followed by a fully rotated or landed on the quarter (q) 3T or 3Lo (+2.0)			Any double jump, under-rotated or downgraded triple jump immediately followed by a fully rotated or landed on the quarter (q) 3T or 3Lo (+1.0)			
Required Elements	One single or double AXEL	One DOUBLE or TRIPLE jump		One JUMP COMBINATION (two doubles / one double and one triple / two triples)						
Error	Wrong number of revs	Wrong number of revs	Two 2A are executed as solo jumps	Wrong number of revs	The same jump may not be repeated in two separate jump boxes		Two solo jumps, neither in combo; or only axel in combo		No 2 nd jump or error after 1 st jump	
Penalty	No value Final GOE must be -5	No value Final GOE must be -5	Second 2A is invalidated with final GOE of -5	No value Final GOE must be -5	Repeated jump receives no value (if in a jump combo, only the repeated jump will not be counted) Final GOE must be -5		If unclear, add +COMBO to later performed jump Final GOE must be -5		Final GOE must be -5	
Examples	1W (1A<<*) 3A*	1Lz* 1S*	2A 2A* 2Lz+2T	1Lz*+2Lo 3T+1T*	2Lo 2Lz+2Lo* 2A	3T+2T 2A 3T*	2A+COMBO (fall) 2F 2A* OR 2A (fall) 2F 2A+COMBO*	3S (fall) 3T* (must be a 1A as 2A in combo) 2A+2T	2Lz 2A 2F+COMBO (not clear which was combo)	3T+COMBO+2T* (step out or fall after 3T) 3T+COMBO
SPINS										
One situation where "V" sign is applied in this SP: only 2 basic positions in Spin Combination										
Required Elements	COMBO SPIN with only one change of foot e.g. CCoSp				LAYBACK / SIDEWAYS LEANING SPIN, SIT or CAMEL SPIN without change of foot e.g. LSp, SSp or CSp					
	Minimum Requirements:		Penalty:		Minimum Requirements:		Penalty:			
	Must have at least 3 revs on each foot		No value		Must have at least 3 revolutions		No value			
	Must have at least two basic positions with at least 2 revs each		No value		Must have at least 2 revs in the intended basic position		No value			
Limitations	2 nd change of foot NOT permitted		No value		Change of foot is NOT permitted		No value			
	Flying entry is NOT permitted		No value		Flying entry is NOT permitted		No value			
					Biellmann executed prior to 6 revs in LSp		Feature not awarded			
Grade of Execution (GOE)	Minimum 5 revs per foot		GOE reduction for "Less than required revolutions"		Minimum 6 revs		GOE reduction for "Less than required revolutions"			
STEP SEQUENCE										
Minimum Requirements: Must fully utilize the ice surface					Penalty: No value					

Please note: A deduction for all falls will be applied in competitive categories

JUMPS										
Bonus	Each different type of fully rotated or landed on the quarter (q) triple jump - 3Lo or higher base value jump (+1.0)		Any fully rotated or landed on the quarter (q) triple jump immediately followed by a fully rotated or landed on the quarter (q) 3T or 3Lo (+2.0)			Any double jump, under-rotated or downgraded triple jump followed by a fully rotated or landed on the quarter (q) 3T or 3Lo (+1.0)				
Required Elements	One single or double AXEL	One DOUBLE or one TRIPLE jump		One JUMP COMBINATION (two doubles / one double and one triple / two triples)						
Error	Wrong number of revs	Wrong number of revs	Two 2A are executed as solo jumps	Wrong number of revs	The same jump may not be repeated in two separate jump boxes		Two solo jumps, neither in combo; or only axel in combo		No 2 nd jump or error after 1 st jump	
Penalty	No value Final GOE must be -5	No value	Second 2A is invalidated with final GOE of -5	No value Final GOE must be -5	Repeated jump receives no value (if in a jump combo, only the repeated jump will not be counted) Final GOE must be -5		If unclear, add +COMBO to later performed jump Final GOE must be -5		Final GOE must be -5	
Examples	1W (1A<<*)	1Lz*	2A 2A* 2Lz+2T	1Lz*+2Lo	2Lo 2Lz+2Lo* 2A	3T+2T 2A 3T*	2A+COMBO (fall) 2F 2A* OR 2A (fall) 2F 2A+COMBO*	3S (fall) 3T* (must be a 1A as 2A in combo) 2A+2T	2Lz 2A 2F+COMBO (not clear which was combo)	3T+COMBO+2T* (step out or fall after 3T) 3T+COMBO

SPINS				
One situation where "V" sign is applied in this SP: only 2 basic positions in Spin Combination				
Required Elements	COMBO SPIN with only one change of foot e.g. CCoSp		CAMEL SPIN with only one change of foot e.g. CCSp	
	Minimum Requirements:	Penalty:	Minimum Requirements:	Penalty:
	Must have at least 3 revs on each foot	No value	Must have at least 3 revs on each foot	No value
	Must have at least two basic positions with at least 2 revs each	No value	Must have at least 2 revs in a camel position on each foot	No value
Limitations	2 nd change of foot NOT permitted	No value	Flying entry is NOT permitted	No value
	Flying entry is NOT permitted	No value	2 nd change of foot NOT permitted	No value
Grade of Execution (GOE)	Minimum 5 revs per foot	GOE reduction for "Less than required revolutions"	Minimum 5 revs per foot in camel position	GOE reduction for "Less than required revolutions"

STEP SEQUENCE	
Minimum Requirements: Must fully utilize the ice surface	Penalty: No value

Please note: A deduction for all falls will be applied in competitive categories



2020-2021 Singles Short Program Technical Requirements

July 1st, 2020

Junior Women (2:40 ±0:10)

Effective July 1, 2020

JUMPS										
Bonus	A fully rotated or landed on the quarter (q) 3Lz as solo jump (+1.0)		A fully rotated or landed on the quarter (q) triple jump immediately followed by a fully rotated or landed on the quarter (q) 3T or 3Lo (+1.0)			Halfway (1:20): Only the last jump element executed in 2 nd half will be multiplied by a 1.1 factor				
Required Elements	One double AXEL	One DOUBLE or TRIPLE LUTZ jump			One JUMP COMBINATION (two doubles / one double and one triple / two triples)					
Error	Wrong number of revs	Wrong number of revs or wrong element	Two axels are executed as solo jumps		Wrong number of revs	The same jump may not be repeated in two separate jump boxes		Two solo jumps, neither in combo, or only axel in combo	No 2 nd jump or error after 1 st jump	
Penalty	No value Final GOE must be -5	No value Final GOE must be -5	The jump that does not meet the requirements is invalidated. Final GOE must be -5		No value Final GOE must be -5	Repeated jump receives no value (if in a jump combo, only the repeated jump will not be counted) Final GOE must be -5		If unclear, add +COMBO to later performed jump Final GOE must be -5	Final GOE must be -5	
Examples	1A*	2Lo*	1A* 2A 2Lo+2T		3T+1T*	2Lz 2Lz*+2T 2A	3Lz+2T 2A 3Lz*	3S* (fall) 3T+COMBO (fall) 2A+2T*	2Lz 2A 2F+COMBO (not clear which was combo)	3T+COMBO+2T* (step out or fall after 3T)
	3A*	1Lz*			1Lo*+2T					3T+COMBO

SPINS						
Two situations where “V” sign is applied in this SP: 1) step over/no clear visible jump in Flying Spins in one position no change foot 2) only 2 basic positions in Spin Combination						
Required Elements	COMBO SPIN with only one change of foot e.g. CCoSp		LAYBACK / SIDEWAYS LEANING SPIN or SIT SPIN without change of foot e.g. LSp, SSp		FLYING CAMEL SPIN one position, no change of foot e.g. FCSp	
	Minimum Requirements:	Penalty:	Minimum Requirements:	Penalty:	Minimum Requirements:	Penalty:
	Must have at least 3 revs on each foot	No value	Must have at least 3 revolutions	No value	Must have at least 3 revolutions	No value
	Must have at least two basic positions with at least 2 revs each	No value	Must have at least 2 revs in the intended basic position	No value	Must have at least 2 revs in the camel position	No value
Limitations	2 nd change of foot NOT permitted	No value	Change foot is NOT permitted	No value	Change of foot is NOT permitted	No value
	Flying entry is NOT permitted	No value	Flying entry is NOT permitted	No value		
			Biellmann executed prior to 8 revs in LSp	Feature not awarded		
Grade of Execution (GOE)	Minimum 6 revs per foot	GOE reduction for “Less than required revolutions”	Minimum 8 revs	GOE reduction for “Less than required revolutions”	Minimum 8 revs in camel position	GOE reduction for “Less than required revolutions”

STEP SEQUENCE	
Minimum Requirements: Must fully utilize the ice surface	Penalty: No value



2020-2021 Singles Short Program Technical Requirements

Junior Men (2:40 ±0:10)

Effective July 1, 2020

July 1st 2020

JUMPS									
Bonus	Each fully rotated or landed on the quarter (q) 3A or higher base value (+1.0)					Halfway (1:20): Only the last jump element executed in 2 nd half will be multiplied by a 1.1 factor			
Required Elements	One double or triple AXEL	One DOUBLE or TRIPLE LUTZ jump		One JUMP COMBINATION (one double and one triple / two triples)					
Error	Wrong number of revs	Wrong number of revs or wrong element	Two axels are executed as solo jumps	Wrong number of revs	The same jump may not be repeated in two separate jump boxes	Two solo jumps, neither in combo, or only axel in combo		No 2 nd jump or error after 1 st jump	
Penalty	No value Final GOE must be -5	No value Final GOE must be -5	The jump that does not meet the requirements is invalidated with final GOE of -5	No value Final GOE must be -5	Repeated jump receives no value (if in a jump combo, only the repeated jump will not be counted) Final GOE must be -5	If unclear, add +COMBO to later performed jump Final GOE must be -5		Final GOE must be -5	
Examples	1A*	2Lo*	1A* 2A 3T+2T	3T+1T*	2Lz 2Lz*+3T 2A	3Lz+2T 2A 3Lz*	3S* (fall) 3T +COMBO (fall) 2A+2T*	2Lz 2A 2F+COMBO (2Lz is required solo, must be combo)	3T+COMBO+2T* (step out or fall after 3T) 3T+COMBO

SPINS						
Two situations where "V" sign is applied in this SP: 1) step over/no clear visible jump in Flying Spins in one position no change foot; 2) only 2 basic positions in Spin Combination						
Required Elements	COMBO SPIN with only one change of foot e.g. CCoSp		SIT SPIN with only one change of foot e.g. CSSp		FLYING CAMEL SPIN one position, no change of foot e.g. FCSp	
	Minimum Requirements:	Penalty:	Minimum Requirements:	Penalty:	Minimum Requirements:	Penalty:
	Must have at least 3 revs on each foot	No value	Must have at least 3 revs on each foot	No value	Must have at least 3 revolutions	No value
	Must have at least two basic positions with at least 2 revs each	No value	Must have at least 2 revs in the sit position on each foot	No value	Must have at least 2 revs in the camel position	No value
Limitations	2 nd change of foot NOT permitted	No value	Flying entry is NOT permitted	No value	Change of foot is NOT permitted	No value
	Flying entry is NOT permitted	No value	2 nd change of foot NOT permitted	No value		
Grade of Execution (GOE)	Minimum 6 revs per foot	GOE reduction for "Less than required revolutions"	Minimum 6 revs per foot in camel position	GOE reduction for "Less than required revolutions"	Minimum 8 revs in camel position	GOE reduction for "Less than required revolutions"

STEP SEQUENCE	
Minimum Requirements: Must fully utilize the ice surface	Penalty: No value



2020-2021 Singles Short Program Technical Requirements

July 1st, 2020

Senior Women (2:40 ±0:10)

Effective July 1, 2020

JUMPS										
Bonus	Halfway (1:20): Only the last jump element executed in 2 nd half will be multiplied by a 1.1 factor									
Required Elements	One double or triple AXEL	One TRIPLE jump		One JUMP COMBINATION (one double and one triple / two triples)						
Error	Wrong number of revs	Wrong number of revs	Two axels are executed as solo jumps	Wrong number of revs	The same jump may not be repeated in two separate jump boxes		Two solo jumps, neither in combo, or axel in combo		No 2 nd jump or error after 1 st jump	
Penalty	No value Final GOE must be -5	No value Final GOE must be -5	The jump that does not meet the requirements is invalidated with final GOE of -5	No value Final GOE must be -5	Repeated jump receives no value (if in a jump combo, only the repeated jump will not be counted) Final GOE must be -5		If unclear, add +COMBO to later performed jump Final GOE must be -5		Final GOE must be -5	
Examples	1A*	2Lz*	1A* 2A 3T+2T	3T+1T*	3Lo 3Lo*+2T 2A	3T+2T 2A 3T*	3T+3T 2A 3T*	3S (fall) 3T +COMBO (fall) 2A+2T*	2Lz 2A 2F+COMBO (not clear which was combo)	3T+COMBO+2T* (step out or fall after 3T)
				1Lz*+2Lo						3T+COMBO
				2F<<*+2T						

SPINS						
Two situations where "V" sign is applied in this SP:						
1) step over/no clear visible jump in Flying Spins in one position no change foot; 2) only 2 basic positions in Spin Combination						
Required Elements	COMBO SPIN with only one change of foot e.g. CCoSp		LAYBACK / SIDEWAYS LEANING SPIN, SIT or CAMEL SPIN without change of foot e.g. LSp, SSp, CSp		FLYING SPIN one position, no change of foot e.g. FCSp, FSSp, FUSp, FLSp	
	Minimum Requirements:	Penalty:	Minimum Requirements:	Penalty:	Minimum Requirements:	Penalty:
	Must have at least 3 revs on each foot	No value	Must have at least 3 revolutions	No value	Must be in a different basic position than the spin in one position	No value
	Must have at least two basic positions with at least 2 revs each	No value	Must have at least 2 revs in the intended basic position	No value	Must have at least 3 revolutions Must have at least 2 revs in the intended basic position	No value No Value
Limitations	2 nd change of foot NOT permitted	No value	Change of foot is NOT permitted	No value	Change of foot is NOT permitted	No value
	Flying entry is NOT permitted	No value	Flying entry is NOT permitted Biellmann executed prior to 8 revs in LSp	No value Feature not awarded		
Grade of Execution (GOE)	Minimum 6 revs per foot	GOE reduction for "Less than required revolutions"	Minimum 8 revs	GOE reduction for "Less than required revolutions"	Minimum 8 revs in landing position	GOE reduction for "Less than required revolutions"

STEP SEQUENCE	
Minimum Requirements: Must fully utilize the ice surface	Penalty: No value

Falls: -1.0 for the 1st & 2nd, -2.0 for the 3rd & 4th, -3.0 for the 5th & further falls



2020-2021 Singles Short Program Technical Requirements

July 1st, 2020

Senior Men (2:40 ±0:10)

Effective July 1, 2020

JUMPS										
Bonus	Halfway (1:20): Only the last jump element executed in 2 nd half will be multiplied by a 1.1 factor									
Required Elements	One double or triple AXEL	One TRIPLE or QUAD jump			One JUMP COMBINATION (one double and one triple / two triples / one quad and a double or a triple)					
Error	Wrong number of revs	Wrong number of revs	Two axels are executed as solo jumps	Wrong number of revs	The same jump may not be repeated in two separate jump boxes			Two solo jumps, neither in combo, or axel in combo		No 2 nd jump or error after 1 st jump
Penalty	No value Final GOE must be -5	No value Final GOE must be -5	The jump that does not meet the requirements is invalidated with final GOE of -5	No value Final GOE must be -5	Repeated jump receives no value (if in a jump combo, only the repeated jump will not be counted) Final GOE must be -5			If unclear, add +COMBO to later performed jump Final GOE must be -5		Final GOE must be -5
Examples	1A*	2Lz*	1A* 3A 3Lz+3T	3T+1T* 1Lz*+2Lo 2F<<*+2T	3Lo 3Lo*+2T 2A	3T+2T 2A 3T*	3T+3T 2A 3T*	3S (fall) 3T +COMBO (fall) 2A+2T*	2Lz 2A 2F+COMBO (not clear which was combo)	3T+COMBO+2T* (step out or fall after 3T) 3T+COMBO

SPINS						
Two situations where "V" sign is applied in this SP:						
1) step over/no clear visible jump in Flying Spins in one position no change foot				2) only 2 basic positions in Spin Combination		
Required Elements	COMBO SPIN with only one change of foot e.g. CCoSp		CAMEL or SIT SPIN with only one change of foot e.g. CCSp, CSSp		FLYING SPIN one position, no change of foot e.g. FCSp, FSSp, FUSp, FLSp	
	Minimum Requirements:	Penalty:	Minimum Requirements:	Penalty:	Minimum Requirements:	Penalty:
	Must have at least 3 revs on each foot	No value	Must have at least 3 revolutions	No value	Must be in a different basic position than the spin in one position	No Value
	Must have at least two basic positions with at least 2 revs each	No value	Must have at least 2 revs in the intended basic position on each foot	No value	Must have at least 3 revolutions	No value
	Must have at least two basic positions with at least 2 revs each	No value	Must have at least 2 revs in the intended basic position on each foot	No value	Must have at least 2 revs in the intended basic position	No value
Limitations	2 nd change of foot NOT permitted	No value	Flying entry is NOT permitted	No value	Change of foot is NOT permitted	No value
	Flying entry is NOT permitted	No value	2 nd change of foot NOT permitted	No value		
Grade of Execution (GOE)	Minimum 6 revs per foot	GOE reduction for "Less than required revolutions"	Minimum 6 revs per foot in camel or sit position	GOE reduction for "Less than required revolutions"	Minimum 8 revs in landing position	GOE reduction for "Less than required revolutions"

STEP SEQUENCE	
Minimum Requirements: Must fully utilize the ice surface	Penalty: No value

Falls: -1.0 for the 1st & 2nd, -2.0 for the 3rd & 4th, -3.0 for the 5th & further falls

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

JUMPS												
The jumps are considered in order of execution. If an extra jump(s) is executed, only the individual jump which is not according to the requirements will have no value												
WBP Restrictions	Maximum of 5 jump elements (must have an Axel type jump)		Must include 5 different types of jumps (e.g. 1T and 2T are the same jump type)			Maximum of 2 jump combinations or error in execution of combination		One combo must include TOE-LOOP as 2nd jump, one combo must include LOOP as 2nd jump		Jump combinations may contain no more than two jumps	A jump may only be repeated once	No jump may be included more than twice
Penalty	A 6 th jump element will be invalidated and receive no value. (If the only Axel type jump is performed as the 6 th element, the last two elements will receive no value)		If skater has an 'empty jump box or empty jump combo box' (i.e. only 1 combo executed) there is no penalty applied if missing one jump type. If more than one jump type is missing, the last repeated jump type will receive no value. If no jump types are repeated, there is no penalty applied.			Error after 1 st jump that leads to combination not meeting definition will be called: 1st jump +SEQ + 2nd jump* If the number of combos is more than 2, only the 1 st jump of the extra combo(s) is counted and marked with +REP		If skater includes both jump combos with the same type of 2 nd jump, the repeated 2 nd jump from the combo will receive no value. There is no penalty applied if both combos have not been executed		Only the extra jump(s) will receive no value	A repeated jump, if not in combo will be identified as +REP and will not be considered as a combo attempt	Only the jump(s) included more than twice will receive no value, even when in a jump combo
Examples	2Lz+2T 2F+2Lo 2S 1A 2F 2Lz*	2Lz+2T 2F+2Lo 2S 2F 2Lz* 1A*	2F+2T 2Lz 1A 2F 2T	2Lz 2F 1A 2Lz+REP 2F*	1A 2S 2T 2Lo 1Lz	1A+2T 2Lo+2Lo 2Lz+2T*+REP	1A 2F+SEQ+2T* 2Lo 2Lz 2S	2Lo+2T 2F 2Lz+1T* 1A 2S	1A 2Lo+2T 2F 2S 1F	2Lz+1Lo+2Lo*	2Lz 2F 1A+2T 2Lo+2Lo 2Lz+REP	1A 2S 2T 2T+2T* 2F+2Lo

SPINS: Maximum Level B				
Three situations where "V" sign is applied in this FP: 1) step over/no clear visible jump in flying spins in one position no change foot 2) only 2 basic positions in any spin combination 3) less than 3 revs on one foot in any change of foot spin				
WBP Restrictions	COMBO SPIN with at least one change of foot e.g. CCoSp		FLYING CAMEL or FLYING SIT SPIN in one position, no change of foot e.g. FCSp, FSSp	
	Minimum Requirements:	Penalty:	Minimum Requirements:	Penalty:
	Must have at least 3 revs on 1 foot	No value	Must have at least 3 revolutions	No value
	Must have at least two basic positions with at least 2 revs each	No value	Must have at least 2 revs in the intended basic position	No value
Limitations	Flying entry is NOT permitted	No value	Difficult Variations are NOT permitted	No value
	Difficult Variations are permitted	Maximum Level B		
Grade of Execution (GOE)	Minimum 3 revs per foot	GOE reduction for "Less than required revolutions"	Minimum 4 revs (not including final wind up)	GOE reduction for "Less than required revolutions"

SPIRAL SEQUENCE: Maximum Level B		
	Minimum Requirements:	Penalty:
	Sustained position with knee and foot above hip on each foot	No value
	At least one spiral must be unsupported	No value
Grade of Execution (GOE)	One or both spirals too short or with edge not well established	GOE reduction for "poor quality of position(s)" and/or "poor quality of edge(s)"
	Poor edge quality	GOE reduction for "poor quality of edge(s)"

Please note: A deduction for all falls will be applied in competitive categories

JUMPS												
Bonus: Each fully rotated or landed on the quarter (q) 2A or higher base value jump (+1.0)												
The jumps are considered in order of execution. If an extra jump(s) is executed, only the individual jump which is not according to the requirements will have no value												
WBP Restrictions	Maximum of 5 jump elements (must have an Axel type jump)		Must include 6 different types of jumps (e.g. 1Lo and 2Lo are the same jump type)			Maximum of 2 jump combinations or error in execution of combination		One combo must include TOE-LOOP as 2 nd jump, one combo must include LOOP as 2 nd jump		Jump combinations may contain no more than two jumps	A jump may only be repeated once	No jump may be included more than twice
Penalty	A 6 th jump element will be invalidated and receive no value. (If the only Axel type jump is performed as the 6 th element, the last two elements will receive no value)		If skater has an 'empty jump box or empty jump combo box' (i.e. only 1 combo executed) there is no penalty applied if missing one jump type. If more than one jump type is missing, the last repeated jump type will receive no value. If no jump types are repeated, there is no penalty applied.			Error after 1 st jump that leads to combination not meeting definition will be called: 1st jump +SEQ + 2nd jump* If the number of combos is more than 2, only the 1 st jump of the extra combo is counted and marked with +REP		If skater includes both jump combos with the same type of 2 nd jump, the repeated 2nd jump will receive no value		Only the extra jump(s) will receive no value	A repeated jump, if not in combo-will be identified as +REP and will not be considered as a combo attempt	Only the jump(s) included more than twice will receive no value, even when in a jump combo
Examples	2Lz+2T 2F+2Lo 2S 1A 2F 2Lz*	2Lz+2T 2F+2Lo 2S 2F 2Lz* 1A*	2F+2T 2Lz 1A 1S 2T	2A 1A 2Lz 2F 2Lz*+2T	1A 2S 2T 2Lo 1Lz	1A+2T 2Lo+2Lo 2Lz+2T*+REP	1A 2F+SEQ+2T* 2Lo 2Lz 2S	2Lo+2T 2F 2Lz+1T* 1A 2S	1A 2Lo+1T 2S 2Lz 2F+2T*	2Lz+1Lo+2Lo*	2Lz 2F 1A+2T 2S+2Lo 2Lz+REP	1A 2S 2T 2T+2T*2F+2Lo

SPINS: Maximum Level B				
Three situations where "V" sign is applied in this FP: 1) step over/no clear visible jump in flying spins in one position no change foot; 2) only 2 basic positions in any spin combination ; 3) less than 3 revs on one foot in any change of foot spin ;				
WBP Restrictions	COMBO SPIN with at least one change of foot e.g. CCoSp		FLYING CAMEL or FLYING SIT SPIN in one position, no change of foot e.g. FCSp, FSSp,	
	Minimum Requirements:		Penalty:	
	Must have at least 3 revs on 1 foot		No value	
	Must have at least two basic positions with at least 2 revs each		No value	
Limitations	Flying entry is NOT permitted		No value	
	Difficult Variations are permitted		Maximum Level B	
Grade of Execution (GOE)	Minimum 3 revs per foot		GOE reduction for "Less than required revolutions"	
			Minimum 4 revs (not including final wind up)	
			GOE reduction for "Less than required revolutions"	

STEP SEQUENCE: Maximum Level B	
Minimum Requirements: Must fully utilize the ice surface	Penalty: No value

Please note: A deduction for all falls will be applied in competitive categories



2020-2021 Singles Free Program Technical Requirements

Pre-Novice Women & Men (3:00 ±0:10)

July 1st, 2020

Effective July 1, 2020

JUMPS						
Bonus	Each fully rotated or landed on the quarter (q) 2A or higher base value jump (+1.0)	If 3 or more different fully rotated or landed on the quarter (q) triple jumps are included (+2.0)	One 1A or double jump immediately followed by a fully rotated or landed on the quarter (q) 3T on first successful attempt (+1.0)	One 1A or double jump immediately followed by a fully rotated or landed on the quarter (q) 3Lo on first successful attempt (+1.0)		
WBP Restrictions	Maximum of 6 jump elements (must have an Axel type jump)	Maximum of 3 jump combinations or sequences, or error in execution of combination or sequence	Jump combinations may contain no more than two jumps	Of all triples, only 2 may be repeated	A jump may only be repeated once	No jump may be included more than twice
Penalty	A 7 th jump element will be invalidated and receive no value. (If the only Axel type jump is performed as the 7 th element, the last two elements will receive no value)	If the number of combos or sequences is more than 3, only the 1 st jump of the extra combo/seq is counted and marked with +REP Error after 1 st jump that leads to combination not meeting definition will be called: 1st jump +SEQ + 2nd jump*	Only the extra jump(s) will receive no value	A 3 rd repeated triple will receive no value. If in a jump combo, only the jump not meeting requirements will receive no value	A repeated jump, if not in combo or sequence, will be identified as +REP and will not be considered as a combo/sequence attempt	Only the jump(s) included more than twice will receive no value, even when in a jump combo
Examples	2Lz+2T 2F+2Lo 2S 2F+2Lo 2S+REP 1A 2Lz*	2Lz+2T 2F+2Lo 2S 2F+2Lo 2S+REP 2Lz* 1A*	1A+2T 2Lo+2Lo 2Lz+2T 2F+2Lo*+REP 1A 2F+SEQ+2T* 2Lo 2Lz 2S	2Lz+1Lo+2Lo*	3S+3T 3T 3S 3Lo 3Lo*+2T	2Lz 2F+2T 2A+2T 2Lo+2Lo 2Lz+REP 2T+2T 2F+2T*

SPINS: Maximum Level 3

Three situations where "V" sign is applied in this FP:

1) step over/no clear visible jump in **flying spins** in one position no change foot; 2) only 2 basic positions in any **spin combination**; 3) less than 3 revs on one foot in any **change of foot spin**;

WBP Restrictions	COMBO SPIN with at least one change of foot (flying entry optional) e.g. (F)CCoSp	FLYING CAMEL or FLYING SIT SPIN in one position, no change of foot e.g. FCSp, FSSp
	Minimum Requirements:	Minimum Requirements:
	Must have at least 3 revs on 1 foot	Must have at least 3 revolutions
	Penalty:	Penalty:
	No value	No value
	Must have at least two basic positions with at least 2 revs each	Must have at least 2 revs in the intended basic position
	No value	No value
Grade of Execution (GOE)	Minimum 8 revs in total	Minimum 5 revs (not including final wind up)
	GOE reduction for "Less than required revolutions"	GOE reduction for "Less than required revolutions"

STEP SEQUENCE: Maximum Level 3

Minimum Requirements: Must fully utilize the ice surface

Penalty: No value

Please note: A deduction for all falls will be applied in competitive categories



2020-2021 Singles Free Program Technical Requirements

July 1st, 2020

Novice Women (3:30 ±0:10)

Effective July 1, 2020

JUMPS							
Bonus	Each fully rotated or landed on the quarter (q) different Triple or higher base value jump (+1.0)	4 or more fully rotated or landed on the quarter (q) different triple jumps are included (+2.0)	Any fully rotated or landed on the quarter (q) triple jump immediately followed by a fully rotated or landed on the quarter (q) 3T or 3Lo (+2.0 each) (each awarded once on first successful attempt)		Any double jump, under-rotated or downgraded triple jump immediately followed by a fully rotated or landed on the quarter (q) 3T or 3Lo (+1.0 each) (awarded once on first successful attempt)		
WBP Restrictions	Maximum of 7 jump elements (must have an Axel type jump)	Maximum of 3 jump combinations or sequences, or error in execution of combination or sequence		Only 1 of the 3 jump combinations may contain three jumps	Of all triples, only 2 may be repeated	A jump may only be repeated once	No jump may be included more than twice
Penalty	An 8 th jump element will be invalidated and receive no value. (If the only Axel type jump is performed as the 7 th element, the last two elements will receive no value)	If the number of combos or sequences is more than 3, only the 1 st jump of the extra combo/seq is counted and marked with +REP. Error after 1 st jump that leads to combination not meeting definition will be called: 1st jump +SEQ + 2nd jump*		Only the extra jump(s) will receive no value (Euler will be called clean or << only)	A 3 rd repeated triple will receive no value. If in a jump combo, only the jump not meeting requirements will receive no value	A repeated jump, if not in combo or sequence, will be identified as +REP and will not be considered as a combo/sequence attempt	Only the jump(s) included more than twice will receive no value, even when in a jump combo
Examples	3Lo+2Lo 3T+2T 3F 3S 2Lz+2Lo+SEQ+2A* 2Lz 3F+REP 3S*	3Lo+2Lo 3T+2T 3F 3S 2Lz+2Lo 3F+REP 3T* 2A*	2A+2T 3Lo+2Lo 2Lz+2T 3S+2Lo*+REP	1A 2F+SEQ+2T* 2Lo 2Lz 2S	2A+2T+2T+1T* 2Lz+2Lo+2T 2A+1Eu+2S*	3S+3T 3T 3S 3Lo 3Lo*+2T	2Lz 2F+2T 2A+2T 2Lo+2Lo 2Lz+REP 2T+2T 2F+2T*

SPINS						
Four situations where "V" sign is applied in this FP: 1) step over/no clear visible jump in flying spins in one position no change foot; 2) only 2 basic positions in any spin combination ; 3) less than 3 revs on one foot in any change of foot spin ; 4) no basic position for at least 2 revs on one foot in a one position spin with a change of foot .						
WBP Restrictions	COMBO SPIN with at least one change of foot (flying entry optional) e.g. (F)CCoSp		FLYING CAMEL OR FLYING SIT SPIN in one position, no change of foot e.g. FCSp, FSSp		SPIN of ANY NATURE (flying entry optional)	
	Minimum Requirements: Must have at least 3 revs on 1 foot	Penalty: No value	Minimum Requirements: Must have at least 3 revolutions	Penalty: No value	Minimum Requirements: All spin codes must be different	Penalty: No value
	Must have at least two basic positions with at least 2 revs each	No value	Must have at least 2 revs in the intended basic position	No value		
Grade of Execution (GOE)	Minimum 10 revs in total	GOE reduction for "Less than required revolutions"	Minimum 6 revs (not including final wind up)	GOE reduction for "Less than required revolutions"	Minimum 6 revs	GOE reduction for "Less than required revolutions"

STEP SEQUENCE	
Minimum Requirements: Must fully utilize the ice surface	Penalty: No value

Please note: A deduction for all falls will be applied in competitive categories

JUMPS							
Bonus	Each fully rotated or landed on the quarter (q) and different type of 3Lo or higher base value jump (+1.0)	4 or more fully rotated or landed on the quarter (q) different triple jumps are included (+2.0)	Any fully rotated or landed on the quarter (q) triple jump immediately followed by a fully rotated or landed on the quarter (q) 3T or 3Lo (+2.0 each) (each awarded once on first successful attempt)		Any double jump, under-rotated or downgraded triple jump immediately followed by a fully rotated or landed on the quarter (q) 3T or 3Lo (+1.0 each) (each awarded once on first successful attempt)		
WBP Restrictions	Maximum of 7 jump elements (must have an Axel type jump)	Maximum of 3 jump combinations or sequences, or error in execution of combination or sequence		Only 1 of the 3 jump combinations may contain three jumps	Of all triples, only 2 may be repeated	A jump may only be repeated once	No jump may be included more than twice
Penalty	An 8 th jump element will be invalidated and receive no value. (If the only Axel type jump is performed as the 8 th element, the last two elements will receive no value)	If the number of combos or sequences is more than 3, only the 1 st jump of the extra combo/seq is counted and marked with +REP. Error after 1 st jump that leads to combination not meeting definition will be called: 1st jump + SEQ + 2nd jump*		Only the extra jump(s) will receive no value (Euler will be called clean or << only)	A 3 rd repeated triple will receive no value. If in a jump combo, only the jump not meeting requirements will receive no value	A repeated jump, if not in combo or sequence, will be identified as +REP and will not be considered as a combo/sequence attempt	Only the jump(s) included more than twice will receive no value, even when in a jump combo
Examples	3Lo+2Lo 3T+2T 3F 3S 2Lz+2Lo+SEQ+2A* 2Lz 3F+REP 3S*	3Lo+2Lo 3T+2T 3F 3S 2Lz+2Lo 3F+REP 3T* 2A*	2A+2T 3Lo+2Lo 2Lz+2T 3S+2Lo*+REP	1A 2F+SEQ+2T* 2Lo 2Lz 2S	2Lz+2Lo+2T+1Lo* 2Lz+2Lo+2T 2A+1Eu+2S*	3S+3T 3T 3S 3Lo 3Lo*+2T	2Lz 2F+2T 2A+2T 2Lo+2Lo 2Lz+REP 2T+2T 2F+2T*

SPINS						
Four situations where “V” sign is applied in this FP: 1) step over/no clear visible jump in flying spins in one position no change foot; 2) only 2 basic positions in any spin combination ; 3) less than 3 revs on one foot in any change of foot spin ; 4) no basic position for at least 2 revs on one foot in a one position spin with a change of foot .						
WBP Restrictions	COMBO SPIN with at least one change of foot (flying entry optional) e.g. (F)CCoSp		FLYING CAMEL OR FLYING SIT SPIN in one position, no change of foot e.g. FCSp, FSSp		SPIN of ANY NATURE (flying entry optional)	
	Minimum Requirements:	Penalty:	Minimum Requirements:	Penalty:	Minimum Requirements:	Penalty:
	Must have at least 3 revs on 1 foot	No value	Must have at least 3 revolutions	No value	All spin codes must be different	No value
	Must have at least two basic positions with at least 2 revs each	No value	Must have at least 2 revs in the intended basic position	No value		V sign added
Grade of Execution (GOE)	Minimum 10 revs in total	GOE reduction for “Less than required revolutions”	Minimum 6 revs (not including final wind up)	GOE reduction for “Less than required revolutions”	Minimum 6 revs	GOE reduction for “Less than required revolutions”

STEP SEQUENCE	
Minimum Requirements: Must fully utilize the ice surface	Penalty: No value

Please note: A deduction for all falls will be applied in competitive categories



2020-2021 Singles Free Program Technical Requirements

Junior Women (3:30 ±0:10)

Effective July 1, 2020

July 1st, 2020

JUMPS										
Bonus	A fully rotated or landed on the quarter (q) triple jump immediately followed by a fully rotated or landed on the quarter (q) 3T or 3Lo (awarded once on first successful attempt) (+1.0 each)					Halfway (1:45): Only the last three jump elements executed in 2 nd half will be multiplied by a 1.1 factor				
WBP Restrictions	Maximum of 7 jump elements (must have an Axel type jump)		Maximum of 3 jump combinations or sequences, or error in execution of combination or sequence		Only 1 of the 3 jump combinations may contain three jumps		Of all triples and quads, only 2 may be executed twice. Of the 2 repeated jumps, only 1 can be a quad		A triple or quad jump may only be repeated once	No double, triple or quad may be included more than twice
Penalty	An 8 th jump element will be invalidated and receive no value. (If the only Axel type jump is performed as the 8 th element, the last two elements will receive no value)		If the number of combos or sequences is more than 3, only the 1 st jump of the extra combo/seq is counted and marked with +REP. Error after 1 st jump that leads to combination not meeting definition will be called: 1st jump +SEQ + 2nd jump*		Only the extra jump(s) will receive no value (Euler will be called clean or << only)		A 3 rd repeated triple or quad will receive no value. If in a jump combo, only the jump not meeting requirements will receive no value		A repeated triple or quad, if not in combo or sequence, will be identified as +REP and will not be considered as a combo/sequence attempt	Only the jump(s) included more than twice will receive no value, even when in a jump combo
Examples	3S+2T 3T+2Lo 3S 3Lo 2Lz+2T+SEQ+2A* 2F 3T 2Lz*	3S+2T 3T+2T 3S 2Lo 2Lz+2Lo 2F 3T* 2A*	2A+2T 3Lo+2Lo 3S+2T+2Lo 3S+1Lo*+REP	1A 2F+SEQ+2T* 2Lo 2Lz 2S	3S+2T+2T+1T* 3Lo+2T+2Lo 2A+1Eu+3S*	3S+3T 3T+1Eu+3S 3Lo 3Lo*+2T+C	4S+3T 4T+3T 4T 4S*	3S 3Lo+2Lo 3F+2T+2Lo 3T+2T 3S+REP	2T+2T 3S+2T*	

SPINS

Four situations where “V” sign is applied in this FP:

- 1) step over/no clear visible jump in **flying spins** in one position no change foot; 2) only 2 basic positions in any **spin combination**;
 3) less than 3 revs on one foot in any **change of foot spin**; 4) no basic position for at least 2 revs on one foot in a **one position spin with a change of foot**.

WBP Restrictions	COMBO SPIN (change of foot & fly entry optional) e.g. (F)CoSP or (F)CCoSp		SPIN WITH A FLYING ENTRANCE e.g. FCSp, FSSp, FUSp, FLSp, FCCSp, FCSSp, FCUSp, FCLSp, FCoSp, FCCoSp		SPIN IN ONE POSITION (change of foot and fly entry optional)	
	Minimum Requirements:	Penalty:	Minimum Requirements:	Penalty:	Minimum Requirements:	Penalty:
	Must have at least 3 revs (on 1 foot if change foot)	No value	Must have at least 3 revolutions (on 1 foot if change foot)	No value	All spin codes must be different	No Value
	Must have at least two basic positions with at least 2 revs each	No value	Must have at least 2 revs in the intended basic position/if combo, must have at least two basic positions with at least 2 revs each	No value		
Grade of Execution (GOE)	Minimum 10 revs in total	GOE reduction for “Less than required revolutions”	Minimum 6 revs (not including final wind up)	GOE reduction for “Less than required revolutions”	Minimum 6 revs (not including final wind up)	GOE reduction for “Less than required revolutions”

STEP SEQUENCE	
Minimum Requirements: Must fully utilize the ice surface	Penalty: No value

JUMPS								
Bonus	A fully rotated or landed on the quarter (q) 3A or higher base value			Halfway (1:45): Only the last three jump elements executed in 2 nd half will be multiplied by a 1.1 factor				
WBP Restrictions	Maximum of 7 jump elements (must have an Axel type jump)		Maximum of 3 jump combinations or sequences, or error in execution of combination or sequence		Only 1 of the 3 jump combinations may contain three jumps	Of all triples and quads, only 2 may be executed twice. Of the 2 jumps, only 1 can be a quad	A triple or quad jump may only be repeated once	No double, triple or quad may be included more than twice
Penalty	An 8 th jump element will be invalidated and receive no value. (If the only Axel type jump is performed as the 8 th element, the last two elements will receive no value)		If the number of combos or sequences is more than 3, only the 1 st jump of the extra combo/seq is counted and marked with +REP Error after 1 st jump that leads to combination not meeting definition will be called: 1st jump +SEQ + 2nd jump*		Only the extra jump(s) will receive no value (Euler will be called clean or << only)	A 3 rd repeated triple or quad will receive no value. If in a jump combo, only the jump not meeting requirements will receive no value	A repeated triple or quad, if not in combo or sequence, will be identified as +REP and will not be considered as a combo/sequence attempt	Only the jump(s) included more than twice will receive no value, even when in a jump combo
Examples	3S+2T 3T+2Lo 3S 3Lo 2F+2T+SEQ+2A* 2F 3T 2Lz*	3S+2T 3T+2T 3S 2Lo 2Lz+2Lo 2F 3T* 2A*	2A+2T 3Lo+2Lo 3S+2T+2Lo 3S+1Lo*+REP	1A 2F+SEQ+2T* 2Lo 2Lz 2S	3S+2T+2Lo+1Lo* 3Lo+2T+2Lo 3Lz+1Eu+3S*	3S+3T 3T+1Eu+3S 3Lo 3Lo*+2T 4S+3T 4T+3T 4T 4S*	3S 3Lo+2Lo 3F+2T+2Lo 3T+2T 3S+REP	3T+3T 3S+3T*

SPINS							
Four situations where "V" sign is applied in this FP: 1) step over/no clear visible jump in flying spins in one position no change foot; 2) only 2 basic positions in any spin combination ; 3) less than 3 revs on one foot in any change of foot spin ; 4) no basic position for at least 2 revs on one foot in a one position spin with a change of foot .							
WBP Restrictions	COMBO SPIN (change of foot & fly entry optional) e.g. (F)CoSP or (F)CCoSp			SPIN WITH A FLYING ENTRANCE e.g. FCSp, FSSp, FUSp, FLSp, FCCSp, FCSSp, FCUSp, FCLSp, FCoSp, FCCoSp		SPIN IN ONE POSITION (change of foot and fly entry optional)	
	Minimum Requirements:	Penalty:	Minimum Requirements:	Penalty:	Minimum Requirements:	Penalty:	
	Must have at least 3 revs (on 1 foot if change foot)	No value	Must have at least 3 revolutions (on 1 foot if change foot)	No value	All spin codes must be different	No Value	
	Must have at least two basic positions with at least 2 revs each	No value	Must have at least 2 revs in the intended basic position/if combo, must have at least two basic positions with at least 2 revs each	No value			
Grade of Execution (GOE)	Minimum 10 revs in total	GOE reduction for "Less than required revolutions"	Minimum 6 revs (not including final wind up)	GOE reduction for "Less than required revolutions"	Minimum 6 revs (not including final wind up)	GOE reduction for "Less than required revolutions"	

STEP SEQUENCE	
Minimum Requirements: Must fully utilize the ice surface	Penalty: No value

JUMPS								
Bonus	Halfway (2:00): Only the last three jump elements executed in 2 nd half will be multiplied by a 1.1 factor							
WBP Restrictions	Maximum of 7 jump elements (must have an Axel type jump)	Maximum of 3 jump combinations or sequences, or error in execution of combination or sequence	Only 1 of the 3 jump combinations may contain three jumps	Of all triples and quads, only 2 may be executed twice. Of the 2 jumps, only 1 can be a quad	A triple or quad jump may only be repeated once	No double, triple or quad may be included more than twice		
Penalty	An 8 th jump element will be invalidated and receive no value. (If the only Axel type jump is performed as the 8 th element, the last two elements will receive no value)	If the number of combos or sequences is more than 3, only the 1 st jump of the extra combo/seq is counted and marked with +REP Error after 1 st jump that leads to combination not meeting definition will be called: 1st jump +SEQ + 2nd jump*	Only the extra jump(s) will receive no value (Euler will be called clean or << only)	A 3 rd repeated triple or quad will receive no value. If in a jump combo, only the jump not meeting requirements will receive no value	A repeated triple or quad, if not in combo or sequence, will be identified as +REP and will not be considered as a combo/sequence attempt	Only the jump(s) included more than twice will receive no value, even when in a jump combo		
Examples	3S+2T 3T+2Lo 3S 3Lo 2F+2T+SEQ+2A* 2Lz 3T 2Lz*	3S+2T 3T+2T 3S 2Lo 2Lz+2Lo 2F 3T* 2A*	2A+2T 3Lo+2Lo 3S+2T+2Lo 3S+1Lo*+REP 1A 2F+SEQ+2T* 2Lo 2Lz 2S	3S+2T+2Lo+1Lo* 3Lo+2T+2Lo 3Lz+1Eu+3S*	3S+3T 3T+1Eu+3S 3Lo 3Lo*+2T	4S+3T 4T+3T 4T 4S*	3S 3Lo+2Lo 3F+2T+2Lo 3T+2T 3S+REP	2T+2T 3S+2T*

SPINS						
Four situations where "V" sign is applied in this FP: 1) step over/no clear visible jump in flying spins in one position no change foot; 2) only 2 basic positions in any spin combination ; 3) less than 3 revs on one foot in any change of foot spin ; 4) no basic position for at least 2 revs on one foot in a one position spin with a change of foot .						
WBP Restrictions	COMBO SPIN (change of foot & fly entry optional) e.g. (F)CoSP or (F)CCoSp		SPIN WITH A FLYING ENTRANCE e.g. FCSp, FSSp, FUSp, FLSp, FCCSp, FCSSp, FCUSp, FCLSp, FCoSp, FCCoSp		SPIN IN ONE POSITION (change of foot and fly entry optional)	
	Minimum Requirements:	Penalty:	Minimum Requirements:	Penalty:	Minimum Requirements:	Penalty:
	Must have at least 3 revs (on 1 foot if change foot)	No value	Must have at least 3 revolutions (on 1 foot if change foot)	No value	All spin codes must be different	No Value
	Must have at least two basic positions with at least 2 revs each	No value	Must have at least 2 revs in the intended basic position/if combo, must have at least two basic positions with at least 2 revs each	No value		
Grade of Execution (GOE)	Minimum 10 revs in total	GOE reduction for "Less than required revolutions"	Minimum 6 revs (not including final wind up)	GOE reduction for "Less than required revolutions"	Minimum 6 revs (not including final wind up)	GOE reduction for "Less than required revolutions"

STEP SEQUENCE	CHOREOGRAPHIC SEQUENCE
Minimum Requirements: Must fully utilize the ice surface Penalty: No value	Minimum Requirements: Must be clearly visible Penalty: No value

Falls: -1.0 for the 1st & 2nd, -2.0 for the 3rd & 4th, -3.0 for the 5th & further falls

JUMPS							
Bonus	Halfway (2:00): Only the last three jump elements executed in 2 nd half will be multiplied by a 1.1 factor						
WBP Restrictions	Maximum of 7 jump elements (must have an Axel type jump)	Maximum of 3 jump combinations or sequences, or error in execution of combination or sequence	Only 1 of the 3 jump combinations may contain three jumps	Of all triples and quads, only 2 may be executed twice. Of the 2 jumps, only 1 can be a quad	A triple or quad jump may only be repeated once	No double, triple or quad may be included more than twice	
Penalty	An 8 th jump element will be invalidated and receive no value. (If the only Axel type jump is performed as the 8 th element, the last two elements will receive no value)	If the number of combos is more than 3, only the 1 st jump of the extra combo/seq is counted and marked with +REP Error after 1 st jump that leads to combination not meeting definition will be called: 1st jump +SEQ + 2nd jump*	Only the extra jump(s) will receive no value (Euler will be called clean or << only)	A 3 rd repeated triple or quad will receive no value. If in a jump combo, only the jump not meeting requirements will receive no value	A repeated triple or quad, if not in combo or sequence, will be identified as +REP and will not be considered as a combo/sequence attempt	Only the jump(s) included more than twice will receive no value, even when in a jump combo	
Examples	4T+3T 3T+2T 3S 3Lz 3Lz+2T+SEQ+2A* 2F 2F+REP 2Lz*	3Lz+3T 3T+2T 3S 3Lo 3Lz+2Lo 2F 3F* 3A*	2A+2T 3Lo+2Lo 3S+2T+2Lo 3S+1Lo*+REP	1A 2F+SEQ+2T* 2Lo 2Lz 2S	3S+2T+2Lo+1Lo* 3Lo+2T+2Lo 3Lz+1Eu+3S*	3S+3T 3T+1Eu+3S 3Lo 3Lo*+2T 4S+3T 4T+3T 4T 4S*	3S 3Lo+2Lo 3F+2T+2Lo 3T+2T 3S+REP 3T+3T 3S+3T*

SPINS						
Four situations where "V" sign is applied in this FP: 1) step over/no clear visible jump in flying spins in one position no change foot; 2) only 2 basic positions in any spin combination ; 3) less than 3 revs on one foot in any change of foot spin ; 4) no basic position for at least 2 revs on one foot in a one position spin with a change of foot .						
WBP Restrictions	COMBO SPIN (change of foot & fly entry optional) e.g. (F)CoSP or (F)CCoSp		SPIN WITH A FLYING ENTRANCE e.g. FCSp, FSSp, FUSp, FLSp, FCCSp, FCSSp, FCUSp, FCLSp, FCoSp, FCCoSp		SPIN IN ONE POSITION (change of foot and fly entry optional)	
	Minimum Requirements:	Penalty:	Minimum Requirements:	Penalty:	Minimum Requirements:	Penalty:
	Must have at least 3 revs (on 1 foot if change foot)	No value	Must have at least 3 revs (on 1 foot if change foot)	No value	All spin codes must be different	No Value
	Must have at least two basic positions with at least 2 revs each	No value	Must have at least 2 revs in the intended basic position/if combo, must have at least two basic positions with at least 2 revs each	No value		
Grade of Execution (GOE)	Minimum 10 revs in total	GOE reduction for "Less than required revolutions"	Minimum 6 revs (not including final wind up)	GOE reduction for "Less than required revolutions"	Minimum 6 revs (not including final wind up)	GOE reduction for "Less than required revolutions"

STEP SEQUENCE			CHOREOGRAPHIC SEQUENCE		
Minimum Requirements: Must fully utilize the ice surface	Penalty: No value		Minimum Requirements: Must be clearly visible	Penalty: No value	

Falls: -1.0 for the 1st & 2nd, -2.0 for the 3rd & 4th, -3.0 for the 5th & further falls

Information Specific to Pre-Juvenile

Definition of a Spiral Sequence: A collection of at least two spirals on different feet with at least one spiral in an unsupported position. The spirals may be connected by any number of steps, turns, hops or other comparable moves. The first two performed spirals shall be identified as the required spirals for the sequence. Additional spirals, if included, will be considered for GOE only. The spirals must not be separated by other elements such as jumps or spins.

Definition of a Spiral: A gliding position executed on one foot with free leg extended (including knee and foot) above hip level. Variations such as Biellmann, “Y” type, other similar types of positions with the free leg extended to the side or behind, and changes of free leg position while maintaining the spiral position (i.e. moving free leg from front to side, etc.) are permitted within the spiral position. Such variations or changes of positions are not considered to be different spirals for the purpose of identifying a spiral for the spiral sequence.

- A spiral sequence meeting the definition will be identified as “Basic Level”.
- The element will be identified as “No Value” in the following situations:
 - There is not a sustained spiral position (i.e. not kicked) on each foot
 - There is not a spiral on each foot
 - There is not at least one spiral with an unsupported position
- If either spiral is so short that the edge is not well-established, the edge is flat, or the position is not held long enough to be evaluated, the judges will apply the corresponding GOE reduction(s) as appropriate.
- In the case of a pair team, both partners must perform spirals meeting the spiral sequence definition.

Guidelines for establishing +GOE - SpSq
For +1: 1 bullets / For +2: 2 bullets / For +3: 3 bullets
For +4: 4 bullets / For +5: 5 or more bullets
➤ For +4 and +5 THE FIRST THREE bullets highlighted in bold must be present
1. Good body line and full extension in both spirals for 3 or more seconds each
2. Effortless throughout with good energy, flow and execution
3. Element matches the music
4. Good ice coverage
5. Good clarity and precision - attain positions quickly and effortlessly
6. Creativity and originality

Guidelines for establishing GOE reductions for errors - SpSq	
Fall	-5
Stumble	-1 to -3
One spiral not held for 3 seconds	-1 to -2
Both spirals not held for 3 seconds	-3 to -4
Poor quality of position(s)	-1 to -3
Poor quality of edge(s)	-1 to -3
Does not correspond to the music	-1 to -3
Loss of control while executing the sequence	-1 to -3



References

Links to ISU and Skate Canada Documents

ISU Rules:

- [2018 ISU Special Regulations & Technical Rules - Single & Pair Skating and Ice Dance](#)

ISU Communications and Technical Resources:

- [ISU Communication 2334](#)
- [2020-2021 ISU Technical Panel Handbook – Singles Skating](#)
 - Contains calling specifications for technical elements for singles events.
- [ISU Who is responsible](#)

Skate Canada Rules:

- [Competitive Competition Program Requirements Rule](#)
 - Defines well-balanced program requirements by category
- [Competitions Rule](#)
 - Defines aspects related to control and conduct of Skate Canada Competitions
- [Scoring of Skate Canada Competitions Rule](#)
 - Defines all aspects of CPC scoring of Skate Canada competitions

Skate Canada Technical Resources:

- [Skate Canada Singles Quick Reference Guide](#)
 - Contains 1-page summaries of technical requirements for all competitive Singles categories.
- [Skate Canada Scale of Values](#)
 - Defines values assigned to elements specific to Skate Canada competitions, as well as links to ISU Scales of Values for all other elements.

Skate Canada Defined Terms, definition of Fall

A Fall is defined as loss of control by a Skater with the result that the majority of his/her own body weight is on the ice supported by any other part of the body other than the blades e.g. hand(s), knee(s), back, buttock(s) or any part of the arm.