



## 2023-2024 Singles Program Requirements Quick Reference Guide

Short Program

Effective July 1, 2023

March 7, 2023

CATEGORY / TIME	AXEL	SOLO JUMP	JUMP COMBO	SOLO SPIN		COMBO SPIN	FLYING SPIN	STEP SEQUENCE
<b>Pre-Novice</b> 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)	<b>Women</b>  Layback or camel (5 revs)	<b>Men</b>  Change camel (4/4 revs)	1 change of foot (4/4 revs)	N/A	Must fully utilize the ice
				<b>Max Level 3</b> No flying entry				<b>Max Level 3</b>
<b>Novice</b> Women & Men  (2:20 +/- 10 sec)	1A or 2A	Double or Triple (2Lo or higher)	2 Doubles, 1 Double / 1 Triple or 2 Triples  same jumps permitted (e.g. 2Lo+2Lo)	<b>Women</b>  Layback or Camel (6 revs)	<b>Men</b>  Change Camel (5/5 revs)	1 change of foot (5/5 revs)	N/A	Must fully utilize the ice
				No flying entry				
<b>Junior Women</b> (2:40 +/-10 sec)  Halfway at 1:20	2A	<u>2Lz</u> or <u>3Lz</u>	2 Doubles, 1 Double / 1 Triple or 2 Triples  same jumps permitted (e.g. 2T+2T)	Layback, or <u>Camel</u> (8 revs)		1 change of foot (6/6 revs)	Flying <u>Sit</u> (8 revs)	Must fully utilize the ice
				No flying entry				
<b>Junior Men</b> (2:40 +/-10 sec)  Halfway at 1:20	2A or 3A	<u>2Lz</u> or <u>3Lz</u>	1 Double / 1 Triple or 2 Triples  same jumps permitted (e.g. 3T+3T)	Change <u>Camel</u> (6/6 revs)		1 change of foot (6/6 revs)	Flying <u>Sit</u> (8 revs)	Must fully utilize the ice
				No flying entry				
<b>Senior Women</b> (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)		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				
<b>Senior Men</b> (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)		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				

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



## 2023-2024 Singles Program Requirements Quick Reference Guide

Free Program

Effective July 1, 2023

March 7, 2023

CATEGORY / TIME / PCs	JUMP ELEMENTS Each category must have an Axel No jump included more than twice	SPINS (All codes must be different for each category)			SPIRAL / STEP / CHOREO
<b>Pre-Juvenile</b> Women & Men U11 & U13  (2:00 or 2:30 ±0:10)  <b>2 PCs: Presentation &amp; Skating Skills</b>	Max 5 jump elements <u>May only repeat one jump</u>	Max 2 spins <b>(Max Base Level)</b>			Max of 1 Spiral Sequence  <b>Max Base Level</b>
	Max 2 jump Combos (2 jumps permitted in jump combo)	CCoSp (3/3 revs) (No flying entry, 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>2 PCs: Presentation &amp; Skating Skills</b>	Max 5 jump elements <u>May only repeat one jump</u>	Max 2 spins <b>(Max Base Level)</b>			Max of 1 Step Sequence (must fully utilize the ice)  <b>Max Level 1</b> (achieved through difficult steps & turns)
	Max 2 jump Combos (2 jumps permitted in jump combo)	CCoSp (3/3 revs) (No flying entry, 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)	Max 6 jump elements	Max 2 spins <b>(Max Level 3)</b>			Max of 1 Step Sequence (must fully utilize the ice)  <b>Max Level 3</b>
	Max 3 jump Combos or 2 jump combos & 1 seq (1 jump combo/seq may have 3 jumps) Of all triples, only 2 may be repeated	CCoSp (8 revs) (flying entry optional)	Flying Camel or Flying Sit (5 revs)  (1 pos / no change of foot)		
<b>Novice</b> Women & Men (3:30 ±0:10)	Max 7 jump elements	Max 3 spins			Max of 1 Step Sequence (must fully utilize the ice)
	Max 3 jump Combo or 2 jump combos & 1 seq (1 jump combo/seq may have 3 jumps) Of all triples, only 2 may be repeated	CCoSp (10 revs) (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</b> Women & Men (3:30 ±0:10)  Halfway at 1:45	Max 7 jump elements	Max 3 spins			Max of 1 Choreographic Sequence
	Max 3 jump Combo or 2 jump combos & 1 seq (1 jump combo/seq may have 3 jumps) 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) (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</b> Women & Men (4:00 ±0:10)  Halfway at 2:00	Max 7 jump elements	Max 3 spins			Max of 1 Choreographic Sequence
	Max 3 jump Combo or 2 jump combos & 1 seq (1 jump combo/seq may have 3 jumps) 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) (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 (must fully utilize the ice)

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



## 2023-2024 Singles Program Requirements Quick Reference Guide

Bonus Structure

Effective July 1, 2023

March 7, 2023

### General:

- All jumps must be eligible for their full base value to receive a bonus (i.e. not <, << or e), 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 **one** 2A per program
  - +1.0 for **each** triple jump
  - +1.0 for any double or higher base value jump immediately followed by:
    - a triple jump\* **or**
    - an 1Eu/1Eu<< immediately followed by a triple jump\*
- \* Awarded once per program for each **different** triple jump

### 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
  - +1.0 for any double or higher base value jump immediately followed by:
    - a triple jump\* **or**
    - an 1Eu/1Eu<< immediately followed by a triple jump\*
- \* Awarded once per program for each **different** triple jump

### Junior:

- WOMEN: + 1.0 for 3Lz performed as solo jump in short program
  - WOMEN: +1.0 for any triple or higher base value jump immediately followed by:
    - a triple jump\* **or**
    - an 1Eu/1Eu<< immediately followed by a triple jump\*
- \* Awarded once per program for each **different** triple jump
- MEN: + 1.0 for each 3A or higher base value jump