



2023-2024 Singles Technical Requirements Guide

Effective July 1, 2023

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Program Times:

| Short Program | | Free Program | |
|---------------|-------------|--------------|----------------------------|
| | | Pre-Juvenile | 2:00 ± 0:10 OR 2:30 ± 0:10 |
| | | Juvenile | 2:30 ± 0:10 |
| Pre-Novice | 2:20 ± 0:10 | Pre-Novice | 3:00 ± 0:10 |
| Novice | 2:20 ± 0:10 | Novice | 3:30 ± 0:10 |
| Junior | 2:40 ± 0:10 | Junior | 3:30 ± 0:10 |
| Senior | 2:40 ± 0:10 | Senior | 4:00 ± 0:10 |

As of the date of publication, rules cited in this guide are based on Skate Canada and ISU Rules. Always refer to Rules as listed on the Skate Canada Info Centre, and the ISU Special Regulations and Technical Rules Singles & Pair Skating and Ice Dance for complete and authoritative rules in effect at any point in time.



2023-2024 Singles Short Program Technical Requirements

July 1, 2023

Revised September 12, 2023

| SHORT PROGRAM: JUMPS | | | | | | | | | | | |
|----------------------|--|---|---|---|---|--|---------------------------------|---|---|--|--|
| Required Elements | One AXEL JUMP | | One SOLO JUMP | One JUMP COMBINATION Must be different from the solo jump | | | | | | | |
| Pre-Novice | 1A or 2A | | Double or triple (2Lo or higher base value jump) | Two doubles / one double and one triple / two triples Pre-Novice: 2A may be repeated in combination | | | | | | | |
| Novice | | | | One double and one triple / two triples | | | | | | | |
| Junior Women | 2A | | 2Lz or 3Lz | | | | | | | | |
| Junior Men | 2A or 3A | | Any triple | | | | | | | | |
| Senior Women | | | Any triple or quad | | | | | | | | |
| Senior Men | Wrong number of revs | | No Solo Axel | Wrong number of revs or wrong element | Wrong number of revs | The same jump is repeated in two separate jump boxes (excluding Pre-Novice exception above) | No combination (two solo jumps) | | Error after 1 st jump that leads to combination not meeting definition | | |
| Error | | | | | | | | | | | |
| Penalty | The jump is invalidated. Final GOE must be -5 | 2 nd Solo jump receives no value | The jump is invalidated. Final GOE must be -5 | The jump that does not meet requirements is invalidated. 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. Junior: add +COMBO to jump that is not the required solo jump. Final GOE must be -5 | | Will be called: 1st jump +COMBO + 2nd jump* Final GOE must be -5 | | | |
| Examples | Pre-Novice/Novice: 3A* Junior Women: 1A* or 3A* Junior Men & Senior: 1A* | 3S 3T* 3Lo+2T | Pre-Novice/Novice: 1Lz* or 2S* Junior: 1Lz* or 3Lo* Senior: 2S* | 3T+1T* or 1Lz*+2Lo | Junior: 3Lz+2T 3Lz* 2A | 3T 2A 3T*+2T | 3T+3T 2A 3T* | Junior: 3F+COMBO 3Lz 2A (3Lz is required solo jump) | 3S+COMBO (fall) 3T 2A | 3S 2A 3T+COMBO (not clear which was combo) | 3T+COMBO+2T* (step out or fall after 3T) |



2023-2024 Singles Short Program Technical Requirements

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| SHORT PROGRAM: BONUS | | | |
|---|--|---|---|
| <i>All jumps must be eligible for their full base value to receive a bonus (i.e., not <, <<, or e)</i> | | | |
| Bonus Type | Jump Type | Jump Combination | Halfway |
| Pre-Novice | +1.0 for one 2A +1.0 for each triple jump | +1.0 for any double or higher base value jump immediately followed by a triple jump | |
| Novice Women | +1.0 for each different triple jump | | |
| Novice Men | +1.0 for each different triple jump - 3Lo or higher base value jump | | |
| Junior Women | +1.0 for 3Lz as solo jump | +1.0 for any triple jump immediately followed by a triple jump | Halfway (1:20): The last jump element executed in 2 nd half will be multiplied by a 1.1 factor |
| Junior Men | +1.0 for a 3A | | |
| Senior | | | |

| SHORT PROGRAM: STEP SEQUENCE | |
|--|--------------------------|
| Minimum Requirement: Must fully utilize the ice surface | Penalty: No value |
| Pre-Novice Restrictions: Max Level 3 | |



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| SHORT PROGRAM: SPINS | | | | | | |
|-------------------------------------|---|--|--|--|--|--|
| Required Elements | COMBINATION SPIN with only one change of foot, no flying entry | | SPIN IN ONE POSITION Women: without change of foot, no flying entry Men: with only one change of foot, no flying entry | | FLYING SPIN one position, no change of foot | |
| Pre-Novice (max level 3) | Minimum 4 revs per foot | | Women: Layback or camel, minimum 5 revs Men: Change camel, minimum 4 revs per foot | | n/a | |
| Novice | Minimum 5 revs per foot | | Women: Layback or camel, minimum 6 revs Men: Change camel, minimum 5 revs per foot | | n/a | |
| Junior | Minimum 6 revs per foot | | Women: Layback or camel, minimum 8 revs Men: Change camel, minimum 6 revs per foot | | Flying sit, minimum 8 revs | |
| Senior | Minimum 6 revs per foot | | Women: Layback, sit or camel, minimum 8 revs Men: Change camel or sit, minimum 6 revs per foot | | Must be different basic position than spin in one position, minimum 8 revs | |
| | Error: | Penalty: | Error: | Penalty: | Error: | Penalty: |
| | Less than 3 revs on either foot | No value | Less than 3 revs (on either foot if change of foot) | No value | Less than 3 revs | No value |
| | Less than two basic positions with at least 2 revs each | No value | Less than 2 revs in the intended basic position on either foot | No value | Less than 2 revs in the intended basic position | No value |
| | Only two basic positions with at least 2 revs each | Any Level, V | Change foot (women) or second change of foot (men) | No value | Change of foot | No value |
| | 2 nd change of foot | No value | Flying entry | No value | Step over/no clear visible jump | Any Level, V |
| | Flying entry | No value | Biellmann executed prior to min revs in LSp | Feature not awarded | | |
| | Less than minimum revs | GOE reduction for "Less than required revolutions" | Less than minimum revs | GOE reduction for "Less than required revolutions" | Less than minimum revs | GOE reduction for "Less than required revolutions" |



2023-2024 Singles Free Program Technical Requirements

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| FREE PROGRAM: JUMPS | | | | | | | | | | | |
|---------------------|---|---|---|--|--|--|--|---|--|---|--|
| WBP Restrictions | Maximum Number of Jump Elements <small>Must include an Axel jump</small> | | Maximum number of Jump Combinations and Sequences | | | | Jump Repetitions | | | | |
| Pre-Juvenile | Five | | Maximum of two jump combinations. No Sequences. Only two jumps permitted in combinations. | | | | Only one jump may be repeated | A repeated jump must be in combination | | No jump may be included more than twice | |
| Juvenile | | | | | | | | | | | |
| Pre-Novice | Six | | Maximum of 3 jump combos or 2 jump combos and 1 sequence. 1 of the 3 jump combos or sequences may contain three jumps. | | | | Of all triples, only 2 may be repeated | A repeated jump must be in combo or sequence | | | |
| Novice | Seven | | | | | | | | | | |
| Junior | Seven | | | | | | | | | | |
| Senior | Seven | | | | | | Of all triples and quads, only 2 may be repeated and of the 2 repeated jumps, only 1 can be a quad | A repeated triple or quad jump must be in combo or sequence | | | |
| Error | More than permitted jump elements | | More than permitted number of combos or sequences | | Error after 1 st or 2 nd jump that leads to combo/seq not meeting definition | | | More than permitted jumps in a combo or sequence | | More than permitted repeated jumps | |
| Penalty | Extra jump element(s) will be invalidated. If the only Axel is performed as the last element, the last two elements will receive no value | | Only the 1 st jump of the extra combo or sequence is counted and marked with +REP | | Will be called: 1 st jump + COMBO/SEQ + 2 nd jump* as applicable | | Only the extra jump(s) will receive no value | | The extra repeated jump(s) will receive no value, even when in a jump combo | | |
| Examples | Pre-Juv/Juv: 2F+2T 1Lz+2Lo 2S 1A 2F 2Lz* | Pre-Novice: 2F+2T 2Lz+2Lo 2S 2Lo 2F 2Lz* 1A* | Pre-Juv/Juv: 1A+2T 2Lo+2Lo 2F+1T*+ REP <i>or</i> 1A+1A*+REP (SEQ not permitted) | Pre-Novice and up: 2A+1A+SEQ 2F+2Lo 2Lz+1A*+REP 2F+2Lo*+ REP | All: 2F+COMBO+2T* Pre-Novice and up: 2Lo+1A+SEQ+2T* | Pre-Juv/Juv: 2Lz+2T+1T* Pre-Novice and up: 3T+2Lo 2F+1A+2T+SEQ 2Lz+1Lo+2Lo* | Pre-Juv/Juv: 2F+2T 2Lz 2F 2S+2T* 1A | Pre-Novice and up: 3S+3T 3T 3S 3Lo 3Lo*+2T | Pre-Juv to Novice: 2Lz 2Lz+REP Junior/Senior: 2A 2A 3Lz 3Lz+REP | All: 2T+2T 2F+2T* | |



2023-2024 Singles Free Program Technical Requirements

July 1, 2023

| FREE PROGRAM: BONUS | | | | |
|---|---|---|---|--|
| All jumps must be eligible for their full base value to receive a bonus (i.e., not <, <<, or e) | | | | |
| Bonus Type | Jump Type | Jump Quantity | Jump Combination | Halfway |
| 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. a triple jump* OR B. an 1Eu/1Eu<< immediately followed by a triple jump* (*awarded one per program for each different triple jump) | |
| Novice Women | +1.0 for each different triple jump | +2.0 for 4 or more different triple jumps | | |
| Novice Men | +1.0 for each different triple jump – 3Lo or higher base value jump | | | |
| Junior Women | | | +1.0 for any triple jump immediately followed by: A. a triple jump* OR B. an 1Eu/1Eu<< immediately followed by a triple jump* (*awarded one per program for each different triple jump) | Halfway (1:45): The last three jump elements executed in 2 nd half will be multiplied by a 1.1 factor |
| Junior Men | +1.0 for each 3A or higher base value jump | | | |
| Senior | | | | Halfway (2:00): The last three jump elements executed in 2 nd half will be multiplied by a 1.1 factor |

| FREE PROGRAM: SPIRAL SEQUENCE / STEP SEQUENCE / CHOREOGRAPHIC SEQUENCE | | | | | | |
|---|--|-------------------|---|----------------------------|--|-------------------|
| Requirements | Spiral Sequence | | Step Sequence | | Choreographic Sequence | |
| | Minimum Requirement: Sustained position with knee and foot above hip on each foot. At least one spiral must be unsupported | Penalty: No value | Minimum Requirement: Must fully utilize the ice surface | Penalty: No value | Minimum Requirement: Must include at least two different movements | Penalty: No value |
| Pre-Juvenile | One Spiral Sequence: Max Level B | | | | | |
| Juvenile | One Step Sequence: Max Level 1; Level 1 can only be achieved through the steps and turns feature | | | | | |
| Pre-Novice | One Step Sequence: Max Level 3 | | | | | |
| Novice | One Step Sequence | | | | | |
| Junior | One Choreographic Sequence | | | | | |
| Senior | One Step Sequence | | | One Choreographic Sequence | | |



2023-2024 Singles Free Program Technical Requirements

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| FREE PROGRAM: SPINS | | | | | | |
|--|---|--|--|--|--|--|
| All spin codes must be different | | | | | | |
| Required Elements | COMBINATION SPIN | FLYING SPIN | | | SPIN of ANY NATURE or SPIN in ONE POSITION | |
| Pre-Juvenile (max Level B) | At least one change of foot, no flying entry, difficult variations permitted Min 3 revs per foot | Flying Camel or Sit Spin One position, no change of foot, NO difficult variations Min 4 revs (not including wind up) | | | N/A | |
| Juvenile (max Level B) | | Flying Camel or Sit Spin One position, no change of foot Min 5 revs (not including wind up) | | | | |
| Pre-Novice (max level 3) | At least one change of foot, flying entry optional Min 8 revs in total | Flying Camel or Sit Spin One position, no change of foot Min 6 revs (not including wind up) | | | | |
| Novice | At least one change of foot, flying entry optional Min 10 revs in total | Spin with a flying entrance Change position and foot optional Min 6 revs (not including wind up) | | | Spin in One Position Change of foot and flying entry optional Min 6 revs (not including wind up) | |
| Junior | Change of foot and flying entry optional Min 10 revs in total | Spin with a flying entrance Change position and foot optional Min 6 revs (not including wind up) | | | Spin in One Position Change of foot and flying entry optional Min 6 revs (not including wind up) | |
| Senior | | | | | | |
| Four situations where "V" sign is applied in a FP: | | | | | | |
| 1) step over/no clear visible jump in flying spins in one position no change foot 3) less than 3 revs on one foot in any change of foot spin 2) only 2 basic positions in any spin combination 4) no basic position for at least 2 revs on one foot in a one position spin with a change of foot | | | | | | |
| | Error: | Penalty: | Error: | Penalty: | Error: | Penalty: |
| | Less than 3 revs (on both feet if change of foot) | No value | Less than 3 revs (on both feet if change of foot) | No value | Less than 3 revs (on both feet if change of foot) | No value |
| | Less than two basic positions with at least 2 revs each | No value | Less than 2 revs in the intended basic position or less than two basic positions with at least 2 revs each if combo spin | No value | Less than 2 revs in the intended basic position or less than two basic positions with at least 2 revs each if combo spin | No value |
| | Pre-Juvenile/Juvenile: Flying entry | No value | Pre-Juvenile to Novice: Change of foot | No value | Incorrect spin or repeated spin code | No value |
| | Less than minimum revs | GOE reduction for "Less than required revolutions" | Less than minimum revs | GOE reduction for "Less than required revolutions" | Less than minimum revs | GOE reduction for "Less than required revolutions" |
| | | | Pre-Juvenile/Juvenile: Difficult Variations included | No value | | |



Information Specific to Pre-Juvenile

July 1, 2023

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.

| 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:

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

ISU Communications and Technical Resources:

- [ISU Communication 2558 \(Levels of Difficulty and Guidelines for Marking GOE\)](#)
- [ISU Communication 2475 \(Scale of Values\)](#)
- [ISU Technical Panel Handbook – Singles Skating](#)
 - Contains calling specifications for technical elements for singles events.
- [ISU Who is responsible](#)
- [ISU Additional Q&A's](#)

Skate Canada Rules:

- [Competition Program Requirements Rule - Podium Pathway](#)
 - 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 their 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.