



2024-2025 Singles Program Requirements Quick Reference Guide

Short Program
Effective July 1, 2024

March 18, 2024

CATEGORY / TIME	AXEL	SOLO JUMP	JUMP COMBO	SOLO SPIN		COMBO SPIN	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	Men	1 change of foot (4/4 revs)	N/A	Layback or camel (5 revs)	Change camel (4/4 revs)	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 (2Lo or higher)	2 Doubles, 1 Double / 1 Triple or 2 Triples same jumps permitted (e.g. 2Lo+2Lo)	Women	Men	1 change of foot (5/5 revs)	N/A	Layback or Camel (6 revs)	Change Camel (5/5 revs)	Must fully utilize the ice
				No flying entry						
Junior Women (2:40 +/-10 sec) Halfway at 1:20	<i>To be updated following publication by ISU</i>									
Junior Men (2:40 +/-10 sec) Halfway at 1:20	<i>To be updated following publication by ISU</i>									
Senior Women (2:40 +/-10 sec) Halfway at 1:20	<i>To be updated following publication by ISU</i>									
Senior Men (2:40 +/-10 sec) Halfway at 1:20	<i>To be updated following publication by ISU</i>									

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



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Free Program
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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
Pre-Juvenile Women & Men U11 & U13 (2:00 or 2:30 ±0:10) 2 PCs: Presentation & Skating Skills	Max 5 jump elements May only repeat one jump	Max 2 spins (Max Base Level)		Max of 1 Spiral Sequence (one spiral must be unsupported) Max Base Level
	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)	
Juvenile Women & Men U12 & U14 (2:30 ±0:10) 2 PCs: Presentation & Skating Skills	Max 5 jump elements May only repeat one jump	Max 2 spins (Max Base Level)		Max of 1 Step Sequence (must fully utilize the ice) Max Level 1 (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)	
Pre-Novice Women & Men (3:00 ±0:10)	Max 6 jump elements	Max 2 spins (Max Level 3)		Max of 1 Step Sequence (must fully utilize the ice) Max Level 3
	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)	
Novice 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)	
Junior Women & Men (3:30 ±0:10) Halfway at 1:45	<i>To be updated following publication by ISU</i>			
Senior Women & Men (4:00 ±0:10) Halfway at 2:00	<i>To be updated following publication by ISU</i>			

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Bonus Structure

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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 3F 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