



2019-2020 Singles Program Requirements Quick Reference Guide

April 9th, 2019

Short Program

Effective July 1, 2019

CATEGORY / TIME	AXEL	SOLO JUMP	JUMP COMBO	SOLO SPIN		COMBO SPIN (2 basic pos = "V")	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 Layback, Sit or Camel (5 revs)	Men Change Sit (4/4 revs)	Min. 2 different basic pos 1 change of foot (4/4 revs)	N/A	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	2 Doubles, 1 Double / 1 Triple or 2 Triples same jumps permitted (e.g. 2Lo+2Lo)	Women Layback, Sit or Camel (6 revs)	Men Change Camel (5/5 revs)	Min. 2 different basic pos 1 change of foot (5/5 revs)	N/A	Must fully utilize the ice
				No flying entry				
Junior Women (2:40 +/-10 sec) Halfway at 1:20	2A	2Lo or 3Lo	2 Doubles, 1 Double / 1 Triple or 2 Triples same jumps permitted (e.g. 2T+2T)	Layback, or Camel (8 revs)		Min. 2 different basic pos 1 change of foot (6/6 revs)	Flying Sit (8 revs)	Must fully utilize the ice
				No flying entry				
Junior Men (2:40 +/-10 sec) Halfway at 1:20	2A or 3A	2Lo or 3Lo	1 Double / 1 Triple or 2 Triples same jumps permitted (e.g. 3T+3T)	Change Camel (6/6 revs)		Min. 2 different basic pos 1 change of foot (6/6 revs)	Flying Sit (8 revs)	Must fully utilize the ice
				No flying entry				
Senior Women (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)		Min. 2 different basic pos 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				
Senior Men (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)		Min. 2 different basic pos 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				

All Falls, both during and between elements will be identified and have a value

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

CATEGORY / TIME	JUMPS Each category must have an Axel <u>No jump included more than twice</u>	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)	Max 5 jumps <i>Must include 5 different jump types</i>	Max 2 spins (Max Base Level)		Max of 1 Spiral Sequence Max Base Level
	Max 2 jump Combos 1 combo to include Toe Loop as 2 nd jump, 1 combo to include Loop as 2 nd jump (2 jumps allowed in jump combo)	CCoSp (3/3 revs) 2 basic pos = "V" (fly NOT allowed, 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)	Max 5 jumps <i>Must include 6 different jump types</i>	Max 2 spins (Max Base Level)		Max of 1 Step Sequence (for at least half the ice) Max Base Level
	Max 2 jump Combos 1 combo to include Toe Loop as 2 nd jump, 1 combo to include Loop as 2 nd jump (2 jumps allowed in jump combo)	CCoSp (3/3 revs) 2 basic pos = "V" (fly NOT allowed, 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 jumps	Max 2 spins (Max Level 3)		Max of 1 Step Sequence Max Level 3
	Max 3 jump Combo/Seq (2 jumps allowed in jump combo) <u>Of all triples, only 2 may be repeated</u>	CCoSp (8 revs) 2 pos = "V" (flying entry optional)	Flying Camel or Flying Sit (5 revs) (1 pos / no change of foot)	
Novice Women & Men (3:30 ±0:10)* <i>*Novice Women's music time updated</i>	Max 7 jumps	Max 3 spins		Max of 1 Step Sequence
	Max 3 jump Combo/Seq (1 jump combo may have 3 jumps) <u>Of all triples, only 2 may be repeated</u>	CCoSp (10 revs) 2 pos = "V" (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	Max 7 jumps	Max 3 spins		Max of 1 Step Sequence
	Max 3 jump Combo/Seq (3 jumps allowed in 1 jump combo) 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) 2 pos = "V" (flying entry & change of foot optional)	Flying Spin (6 revs) (change of pos & change of foot optional)	
Senior Women & Men (4:00 ±0:10) Halfway at 2:00	Max 7 jumps	Max 3 spins		Max of 1 ChSq
	Max 3 jump Combo/Seq (3 jumps allowed in 1 jump combo) 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) 2 pos = "V" (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)

General:

- All jumps must be fully rotated to receive a bonus, 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 each 2A or higher base value jump
- +1.0 for two or more **different** triple jumps in short program
- +2.0 for three or more **different** triple jumps in free program
- +1.0 for any 1A or double jump immediately followed by a 3T
 - Awarded once per program and on the first successful attempt
- +1.0 for any 1A or double jump immediately followed by a 3Lo
 - Awarded once per program and on the first successful attempt

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
- any double jump (+1.0), any under-rotated or downgraded triple jump (+1.0) or any triple jump (+2.0) immediately followed by a 3T
 - Awarded once per program and on the first successful attempt
- any double jump (+1.0), any under-rotated or downgraded triple jump (+1.0) or any triple jump (+2.0) immediately followed by a 3Lo
 - Awarded once per program and on the first successful attempt

Junior:

- WOMEN: + 1.0 for 3Lo performed as solo jump in short program
- MEN: + 1.0 for each 3A or higher base value jump in short & free programs
- WOMEN: +1.0 for any triple jump immediately followed by a 3T
 - Awarded once per program and on the first successful attempt
- WOMEN: +1.0 for any triple jump immediately followed by a 3Lo
 - Awarded once per program and on the first successful attempt