

## 2018-2019 SINGLES COMPETITIVE TECHNICAL REQUIREMENTS

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## 2018-2019 Singles Short Program Technical Requirements Pre-Novice Women (max 2:30)

August 14, 2018

Effective July 1, 2018

JUMPS <span style="float: right;">Bonus: Fully rotated <b>2A or higher</b> base value jump; additional bonus for any fully rotated triple jump executed as 2<sup>nd</sup> jump in combination</span>										
Halfway: N/A										
Required Elements	One single or double AXEL	One DOUBLE or TRIPLE jump (must be a double loop or higher base value)	One JUMP COMBINATION (two doubles / one double and one triple / two triples)							
Rule specific to Pre-Novice			A 2 <sup>nd</sup> 2A is permitted in Combo							
Error	Wrong number of revs	Wrong number of revs		Two solo jumps, neither in combo	Wrong number of revs	The same jump may not be repeated in two separate jump boxes		No 2 <sup>nd</sup> jump		
Penalty	No value	No value		Benefit to skater where to add +C	No value	Repeated jump receives no value (if in a jump combo, only the repeated jump will not be counted)		Final GOE must be -5		
Examples	1W (1A<<*) 3A*	2Lo+2Lo+C 2S* 1A	2A+2Lo+C 2Lz 2A	2A+C 2F 2A	2Lz 2A 2F+C	1Lz*+2Lo+C 3T+1T*+C	2Lo 2Lz+2Lo*+C 2A	3T+2T+C 2A 3T*	3T+3T+C 2A 3T*	3S+C 3T+C+2T* (step out or fall after 3T)

SPINS <span style="float: right;">All spins to be called to a Maximum Level 3</span>									
Two situations where "V" sign is awarded in a SP:    1) step over/no clear visible jump in <b>Flying Spins</b> in one position no change foot;    2) only 2 basic positions in <b>Spin Combination</b>									
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						
	<b>Minimum Requirements:</b>		<b>Penalty:</b>		<b>Minimum Requirements:</b>		<b>Penalty:</b>		
	Must have at least 3 revs on each foot		No value		Must have at least 3 revolutions		No value		
	At least two different basic positions must have at least 2 revs each.		No value		Of those 3 revs, there must be at least 2 revs in the intended basic position		No value		
Limitations	Difficult Variations are permitted		Maximum <b>Level 3</b>		Difficult variations are permitted		Maximum <b>Level 3</b>		
	2 <sup>nd</sup> 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 5 revs		Feature not awarded		
Grade of Execution (GOE)	Minimum 4 revs per foot		GOE reduction for "Less than required revolutions"		Minimum 5 revs		GOE reduction for "Less than required revolutions"		

STEP SEQUENCE <span style="float: right;">Step Sequence to be called to a Maximum Level 3</span>				
	<b>Minimum Requirements:</b>		<b>Penalty:</b>	
	Must almost fully utilize the ice		No value	



**2018-2019 Singles Short Program Technical Requirements**  
 Pre-Novice Men (max 2:30)  
 Effective July 1, 2018

August 14, 2018

<b>JUMPS</b>										
<b>Bonus:</b> Fully rotated <b>2A or higher</b> base value jump; additional bonus for any fully rotated triple jump executed as 2 <sup>nd</sup> jump in combination										
<b>Halfway:</b> N/A										
Required Elements	One single or double AXEL	One DOUBLE or TRIPLE jump (must be a double loop or higher base value)	One JUMP COMBINATION (two doubles / one double and one triple / two triples)							
Rule specific to Pre-Novice			A 2 <sup>nd</sup> 2A is permitted in Combo							
Error	Wrong number of revs	Wrong number of revs		Two solo jumps, neither in combo	Wrong number of revs	The same jump may not be repeated in two separate jump boxes	No 2 <sup>nd</sup> jump			
Penalty	No value	No value		Benefit to skater where to add +C	No value	Repeated jump receives no value (if in a jump combo, only the repeated jump will not be counted)	Final GOE must be -5			
Examples	1W (1A<<*)	2Lo+2Lo+C	2A+2Lo+C	2A+C	2Lz	1Lz*+2Lo+C	2Lo	3T+2T+C	3T+3T+C	3S+C
	3A*	2S* 1A	2Lz 2A	2F 2A	2A 2F+C	3T+1T*+C	2Lz+2Lo*+C 2A	2A 3T*	2A 3T*	3T+C+2T* (step out or fall after 3T)

<b>SPINS</b>				
All spins to be called to a max <b>Level 3</b>				
Two situations where "V" sign is awarded in a SP: 1) step over/no clear visible jump in <b>Flying Spins</b> in one position no change foot; 2) only 2 basic positions in <b>Spin Combination</b>				
Required Elements	COMBO SPIN with only one change of foot e.g. CCoSp		CAMEL SPIN with only one change of foot e.g. CCSp	
	<b>Minimum Requirements:</b>	<b>Penalty:</b>	<b>Minimum Requirements:</b>	<b>Penalty:</b>
	Must have at least 3 revs on each foot	No value	Must have at least 3 revs on each foot	No value
	At least two different basic positions must have at least 2 revs each	No value	There must be at least 2 revs in a camel position <b>on both feet</b>	No value
<b>Limitations</b>	Difficult Variations are permitted	Maximum <b>Level 3</b>	Difficult Variations are permitted	Maximum <b>Level 3</b>
	2 <sup>nd</sup> change of foot NOT permitted	No value	Flying entry is NOT permitted	No value
	Flying entry is NOT permitted	No value	2 <sup>nd</sup> change of foot NOT permitted	No value
<b>Grade of Execution (GOE)</b>	Minimum 4 revs per foot	GOE reduction for "Less than required revolutions"	Minimum 4 revs per foot in sit position	GOE reduction for "Less than required revolutions"

<b>STEP SEQUENCE</b>		
Step Sequence to be called to a Maximum <b>Level 3</b>		
	<b>Minimum Requirements:</b>	<b>Penalty:</b>
	Must almost fully utilize the ice	No value



## 2018-2019 Singles Short Program Technical Requirements

August 14, 2018

### Novice Women (max 2:30)

Effective July 1, 2018

<b>JUMPS</b> <b>Bonus:</b> Any fully rotated <b>Triple or higher</b> base value jump; additional bonus for any fully rotated triple jump executed as 2 <sup>nd</sup> jump in combination							
<b>Halfway:</b> N/A							
Required Elements	One single or double AXEL	One DOUBLE or TRIPLE jump		One JUMP COMBINATION (two doubles / one double and one triple / two triples)			
<b>Error</b>	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		No 2 <sup>nd</sup> jump
<b>Penalty</b>	No value	No value	Second 2A is invalidated	No value	Repeated jump receives no value (if in a jump combo, only the repeated jump will not be counted)		Final GOE must be -5
<b>Examples</b>	1W (1A<<*)	1Lz*	2A 2A*	1Lz*+2Lo+C	2Lo 2Lz+2Lo*+C 2A	3T+2T+C 2A 3T*	3T+3T+C 2A 3T*
	3A*	1S*	2Lz+2T+C	3T+1T*+C			3S+C 3T+C+2T* (step out or fall after 3T)

<b>SPINS</b>				
Two situations where "V" sign is awarded in a SP:      1) step over/no clear visible jump in <b>Flying Spins</b> in one position no change foot;      2) only 2 basic positions in <b>Spin Combination</b>				
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	
	<b>Minimum Requirements:</b>	<b>Penalty:</b>	<b>Minimum Requirements:</b>	<b>Penalty:</b>
	Must have at least 3 revs on each foot	No value	Must have at least 3 revolutions	No value
	At least two different basic positions must have at least 2 revs each	No value	Of those 3 revs, there must be at least 2 revs in the intended basic position	No value
<b>Limitations</b>	2 <sup>nd</sup> 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	Feature not awarded
<b>Grade of Execution (GOE)</b>	Minimum 5 revs per foot	GOE reduction for "Less than required revolutions"	Minimum 6 revs	GOE reduction for "Less than required revolutions"

<b>STEP SEQUENCE</b>		
	<b>Minimum Requirements:</b>	<b>Penalty:</b>
	Must almost fully utilize the ice	No value



## 2018-2019 Singles Short Program Technical Requirements

August 14, 2018

Novice Men (max 2:30)

Effective July 1, 2018

<b>JUMPS</b> <b>Bonus:</b> Fully rotated <b>3Lo</b> or higher base value jump; additional bonus for any fully rotated triple jump executed as 2 <sup>nd</sup> jump in combination							
<b>Halfway:</b> N/A							
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)			
<b>Error</b>	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		No 2 <sup>nd</sup> jump
<b>Penalty</b>	No value	No value	Second 2A is invalidated	No value	Repeated jump receives no value (if in a jump combo, only the repeated jump will not be counted)		Final GOE must be -5
<b>Examples</b>	<b>1W</b> (1A<<*)	<b>1Lz*</b>	<b>2A</b> <b>2A*</b> 2Lz+2T+C	<b>1Lz*+2Lo+C</b>  <b>3T+1T*+C</b>	<b>2Lo</b> 2Lz+ <b>2Lo*</b> +C 2A	<b>3T+2T+C</b> 2A <b>3T*</b>	<b>3T+3T+C</b> 2A <b>3T*</b>  <b>3S+C</b>  <b>3T+C+2T*</b> (step out or fall after 3T)

<b>SPINS</b>				
Two situations where "V" sign is awarded in a SP:      1) step over/no clear visible jump in <b>Flying Spins</b> in one position no change foot;      2) only 2 basic positions in <b>Spin Combination</b>				
Required Elements	COMBO SPIN with only one change of foot e.g. CCoSp		CAMEL SPIN with only one change of foot e.g. CCSp	
	<b>Minimum Requirements:</b>	<b>Penalty:</b>	<b>Minimum Requirements:</b>	<b>Penalty:</b>
	Must have at least 3 revs on each foot	No value	Must have at least 3 revs on each foot	No value
	At least two different basic positions must have at least 2 revs each	No value	There must be at least 2 revs in a basic position <b>on both feet</b>	No value
<b>Limitations</b>	2 <sup>nd</sup> change of foot NOT permitted	No value	Flying entry is NOT permitted	No value
	Flying entry is NOT permitted	No value	2 <sup>nd</sup> change of foot NOT permitted	No value
<b>Grade of Execution (GOE)</b>	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"

<b>STEP SEQUENCE</b>		
	<b>Minimum Requirements:</b>	<b>Penalty:</b>
	Must almost fully utilize the ice	No value



## 2018-2019 Singles Short Program Technical Requirements

August 14, 2018

Junior Women (2:40 ±0:10)

Effective July 1, 2018

<b>JUMPS</b>							
<b>Bonus: Fully rotated 3F (as solo jump)</b>							
<b>Halfway: 1:20 Only the last jump element executed in 2<sup>nd</sup> half will be multiplied by a 1.1 factor</b>							
Required Elements	One double AXEL	One DOUBLE or TRIPLE FLIP jump			One JUMP COMBINATION (two doubles / one double and one triple / two triples)		
<b>Error</b>	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	No 2 <sup>nd</sup> jump	
<b>Penalty</b>	No value	No value	The jump that does not meet the requirements is invalidated	No value	Repeated jump receives no value (if in a jump combo, only the repeated jump will not be counted)	Final GOE must be -5	
<b>Examples</b>	1A*	1F*	1A*	3T+1T*+C	2F	3F+2T+C	3T+C
	3A*	2Lz*	2A 2Lz+2T+C	1Lz*+2T+C	2F*+2T+C 2A	2A 3F*	3T+C+2T* (step out or fall after 3T)

<b>SPINS</b>							
Two situations where "V" sign is awarded in a SP: 1) step over/no clear visible jump in <b>Flying Spins</b> in one position no change foot; 2) only 2 basic positions in <b>Spin Combination</b>							
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	
	At least two different basic positions must have at least 2 revs each	No value	Of those 3 revs, there must be at least 2 revs in a layback / sideways leaning or camel position	No value	Of those 3 revs, there must be at least 2 revs in a basic position	No value	
<b>Limitations</b>	2 <sup>nd</sup> 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 Biellmann executed prior to 8 revs	No value Feature not awarded			
<b>Grade of Execution (GOE)</b>	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 <b>camel</b> position	GOE reduction for "Less than required revolutions"	

<b>STEP SEQUENCE</b>	
<b>Minimum Requirements:</b>	<b>Penalty:</b>
Must almost fully utilize the ice	No value

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



## 2018-2019 Singles Short Program Technical Requirements

August 14, 2018

Junior Men (2:40 ±0:10)

Effective July 1, 2018

<b>JUMPS</b>								
<b>Bonus:</b> Any fully rotated <b>3A</b> or higher base value <b>Halfway:</b> 1:20 Only the last jump element executed in 2 <sup>nd</sup> half will be multiplied by a 1.1 factor								
Required Elements	One double or triple AXEL	One DOUBLE or TRIPLE <u>FLIP</u> jump		One JUMP COMBINATION (one double and one triple / two triples)				
<b>Error</b>	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		No 2 <sup>nd</sup> jump	
<b>Penalty</b>	No value	No value	The jump that does not meet the requirements is invalidated	No value	Repeated jump receives no value (if in a jump combo, only the repeated jump will not be counted)		Final GOE must be -5	
<b>Examples</b>	<b>1A*</b>	<b>1F*</b>	<b>1A*</b>	<b>3T+1T*+C</b>	<b>2F</b> <b>2F*+3T+C</b> <b>2A</b>	<b>3F+2T+C</b> <b>2A</b> <b>3F*</b>	<b>3Lz+C</b>	
		<b>2Lz*</b>	<b>2A</b>	<b>1Lz*+2T+C</b>				<b>3T+C+2T*</b>
			<b>3T+2T+C</b>	<b>2Lz&lt;&lt;*+2T+C</b>				<b>(step out or fall after 3T)</b>

<b>SPINS</b>						
Two situations where "V" sign is awarded in a SP:    1) step over/no clear visible jump in <b>Flying Spins</b> in one position no change foot;    2) only 2 basic positions in <b>Spin Combination</b>						
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	
	<b>Minimum Requirements:</b>	<b>Penalty:</b>	<b>Minimum Requirements:</b>	<b>Penalty:</b>	<b>Minimum Requirements:</b>	<b>Penalty:</b>
	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
	At least two different basic positions must have at least 2 revs each	No value	There must be at least 2 revs in a sit position <b>on both feet</b>	No value	Of those 3 revs, there must be at least 2 revs in a basic position	No value
<b>Limitations</b>	2 <sup>nd</sup> 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 <sup>nd</sup> change of foot NOT permitted	No value		
<b>Grade of Execution (GOE)</b>	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 <b>camel</b> position	GOE reduction for "Less than required revolutions"

<b>STEP SEQUENCE</b>		
	<b>Minimum Requirements:</b>	<b>Penalty:</b>
	Must almost fully utilize the ice	No value

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



## 2018-2019 Singles Short Program Technical Requirements

August 14, 2018

Senior Women (2:40 ±0:10)

Effective July 1, 2018

<b>JUMPS</b> <b>Bonus:</b> N/A <b>Halfway:</b> 1:20 <u>Only the last jump element executed in 2<sup>nd</sup> half will be multiplied by a 1.1 factor</u> <b>Falls:</b> -1.0 for the 1 <sup>st</sup> & 2 <sup>nd</sup> , -2.0 for the 3 <sup>rd</sup> & 4 <sup>th</sup> , -3.0 for the 5 <sup>th</sup> & further falls							
Required Elements	One double or triple AXEL	One TRIPLE jump		One JUMP COMBINATION (one double and one triple / two triples)			
<b>Error</b>	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		No 2 <sup>nd</sup> jump
<b>Penalty</b>	No value	No value	The jump that does not meet the requirements is invalidated	No value	Repeated jump receives no value (if in a jump combo, only the repeated jump will not be counted)		Final GOE must be -5
<b>Examples</b>	<b>1A*</b>	<b>2Lz*</b>	<b>1A*</b> <b>2A</b> 3T+2T+C	3T+1T*+C  1Lz*+2Lo+C 2F<<*+2T+C	<b>3Lo</b> 3Lo*+2T+C 2A	<b>3T+2T+C</b> 2A <b>3T*</b>	3T+3T+C 2A <b>3T*</b>  3Lo+C 3T+C+2T* (step out or fall after 3T)

<b>SPINS</b> Two situations where "V" sign is awarded in a SP:    1) step over/no clear visible jump in <b>Flying Spins</b> in one position no change foot;    2) only 2 basic positions in <b>Spin Combination</b>							
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 (must be in a different basic position than the spin in one position) 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 have at least 3 revolutions	No value	
	At least two different basic positions must have at least 2 revs each	No value	Of those 3 revs, there must be at least 2 revs in a layback / sideways leaning, sit or camel position	No value	Of those 3 revs, there must be at least 2 revs in a basic position	No value	
<b>Limitations</b>	2 <sup>nd</sup> 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	No value			
			Biellmann executed prior to 8 revs	Feature not awarded			
<b>Grade of Execution (GOE)</b>	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"	

<b>STEP SEQUENCE</b>		
	Minimum Requirements:	Penalty:
	Must almost fully utilize the ice	No value

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





## 2018-2019 Singles Short Program Technical Requirements

August 14, 2018

Senior Men (2:40 ±0:10)

Effective July 1, 2018

JUMPS		Bonus: N/A		Halfway: 1:20 <u>Only the last jump element executed in 2<sup>nd</sup> half will be multiplied by a 1.1 factor</u>			
				Falls: -1.0 for the 1 <sup>st</sup> & 2 <sup>nd</sup> , -2.0 for the 3 <sup>rd</sup> & 4 <sup>th</sup> , -3.0 for the 5 <sup>th</sup> & further falls			
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		No 2 <sup>nd</sup> jump
Penalty	No value	No value	The jump that does not meet the requirements is invalidated	No value	Repeated jump receives no value (if in a jump combo, only the repeated jump will not be counted)		Final GOE must be -5
Examples	1A*	2Lz*	1A* 3A 3Lz+3T+C	3T+1T*+C  1Lz*+2Lo+C 2F<<*+2T+C	3Lo 3Lo*+2T+C 2A	3T+2T+C 2A 3T*	3T+3T+C 2A 3T*  3Lo+C  3T+C+2T* (step out or fall after 3T)

SPINS						
Two situations where "V" sign is awarded in a SP:    1) step over/no clear visible jump in <b>Flying Spins</b> in one position no change foot;    2) only 2 basic positions in <b>Spin Combination</b>						
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 (must be in a different basic position than the spin in one position) 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 have at least 3 revolutions	No value
	At least two different basic positions must have at least 2 revs each	No value	There must be at least 2 revs in a basic position <b>on both feet</b>	No value	Of those 3 revs, there must be at least 2 revs in a basic position	No value
Limitations	2 <sup>nd</sup> 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 <sup>nd</sup> 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:	Penalty:
Must almost fully utilize the ice	No value

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

JUMPS		Bonus: N/A					Halfway: N/A					
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 2 <sup>nd</sup> jump, one combo must include LOOP as 2 <sup>nd</sup> 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
<b>Penalty</b>	A 6 <sup>th</sup> jump element will be invalidated and receive no value. (If the only Axel type jump is performed as the 6 <sup>th</sup> 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.			<u>Error after 1<sup>st</sup> jump that leads to combination not meeting definition will be called: 1st jump +SEQ + 2<sup>nd</sup> jump*</u> If the number of combos is more than 2, only the 1 <sup>st</sup> jump of the extra combo(s) is counted and marked with +REP		If skater includes both jump combos with the same type of 2 <sup>nd</sup> jump, the repeated 2 <sup>nd</sup> jump from the combo will receive no value. There is no penalty applied if both combo 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
<b>Examples</b>	2Lz+2T+C 2F+2Lo+C 2S 1A 2F 2Lz*	2Lz+2T+C 2F+2Lo+C 2S 2S 2F 2Lz* 1A*	2F+2T+C 2Lz 1A 2F 2T	2Lz 2F 1A 2Lz+REP 2F*	1A 2S 2T 2Lo 1Lz	1A+2T+C 2Lo+2Lo+C 2Lz+2T*+REP	1A 2F+SEQ+2T* (done as +SEQ) 2Lo 2Lz 2S	2Lo+2T+C 2F 2Lz+1T*+C 1A 2S	1A 2Lo+2T+C 2F 2S 1F	2Lz+1Lo+2Lo*+C	2Lz 2F 1A+2T+C 2Lo+2Lo+C 2Lz+REP	1A 2S 2T 2T+2T*+C 2F+2Lo+C

SPINS		All spins to be called to a maximum Level B			
Four situations where "V" sign is awarded in a FP:		1) step over/no clear visible jump in <b>flying spins</b> in one position no change foot; 2) only 2 basic positions in any <b>spin combination</b> ;			
3) less than 3 revs on one foot in any <b>change of foot spin</b> ;		4) no basic position for at least 2 revs on one foot in a <b>one position spin with a change of foot</b> .			
		Maximum of one "V" will be awarded. Multiple errors will be reflected in GOE.			
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		
	<b>Minimum Requirements:</b>	<b>Penalty:</b>	<b>Minimum Requirements:</b>	<b>Penalty:</b>	
	Must have at least 3 revs on 1 foot	No value	Must have at least 3 revolutions	No value	
	At least two different basic positions must have at least 2 revs each	No value	Of those 3 revs, there must be at least 2 revs in a basic position	No value	
<b>Limitations</b>	Flying entry is NOT permitted	No value	Difficult Variations are NOT permitted	No value	
	<b>Difficult Variations are permitted</b>	Maximum Level B			
<b>Grade of Execution (GOE)</b>	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		All SpSq will be called to a maximum Level B	
	<b>Minimum Requirements:</b>	<b>Penalty:</b>	
	Sustained position with knee and foot above hip on each foot	No value	
	At least one spiral must be unsupported	No value	
<b>Grade of Execution (GOE)</b>	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)"	

<b>JUMPS</b>												
			<b>Bonus:</b> Fully rotated 2A or higher base value				<b>Halfway:</b> N/A					
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												
<b>WBP Restrictions</b>	<b>Maximum of 5 jump elements</b> (must have an Axel type jump)		<b>Must include 6 different types of jumps</b> (e.g. 1Lo and 2Lo are the same jump type)			<b>Maximum of 2 jump combinations or error in execution of combination</b>		<b>One combo must include TOE-LOOP as 2<sup>nd</sup> jump, one combo must include LOOP as 2<sup>nd</sup> jump</b>		<b>Jump combinations may contain no more than two jumps</b>	<b>A jump may only be repeated once</b>	<b>No jump may be included more than twice</b>
<b>Penalty</b>	A 6 <sup>th</sup> jump element will be invalidated and receive no value. (If the only Axel type jump is performed as the 6 <sup>th</sup> 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.			<u>Error after 1<sup>st</sup> jump that leads to combination not meeting definition will be called: 1st jump +SEQ + 2<sup>nd</sup> jump*</u> If the number of combos is more than 2, only the 1 <sup>st</sup> jump of the extra combo is counted and marked with +REP		If skater includes both jump combos with the same type of 2 <sup>nd</sup> 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
<b>Examples</b>	2Lz+2T+C 2F+2Lo+C 2S 1A 2F 2Lz*	2Lz+2T+C 2F+2Lo+C 2S 2S 2F 2Lz* 1A*	2F+2T+C 2Lz 1A 1S 2T	2A 1A 2Lz 2F 2Lz*+2T+C	1A 2S 2T 2Lo 1Lz	1A+2T+C 2Lo+2Lo+C 2Lz+2T*+REP	1A 2F+SEQ+2T* (done as+SEQ) 2Lo 2Lz 2S	2Lo+2T+C 2F 2Lz+1T*+C 1A 2Lz 2S	1A 2Lo+1T+C 2S 2Lz 2F+2T*+C	2Lz+1Lo+2Lo*+C	2Lz 2F 1A+2T+C 2S+2Lo+C 2Lz+REP	1A 2S 2T 2T+2T*+C 2F+2Lo+C

<b>SPINS</b>				
All spins to be called to a maximum <b>Level B</b>				
Four situations where "V" sign is awarded in a FP: 1) step over/no clear visible jump in <b>flying spins</b> in one position no change foot; 2) only 2 basic positions in any <b>spin combination</b> ; 3) less than 3 revs on one foot in any <b>change of foot spin</b> ; 4) no basic position for at least 2 revs on one foot in a <b>one position spin with a change of foot</b> . Maximum of one "V" will be awarded. Multiple errors will be reflected in GOE.				
<b>WBP Restrictions</b>	<b>COMBO SPIN</b> with at least one change of foot e.g. CCoSp		<b>FLYING CAMEL or FLYING SIT SPIN</b> in one position, no change of foot e.g. FCSp, FSSp,	
	<b>Minimum Requirements:</b>	<b>Penalty:</b>	<b>Minimum Requirements:</b>	<b>Penalty:</b>
	Must have at least 3 revs on 1 foot	No value	Must have at least 3 revolutions	No value
	At least two different basic positions must have at least 2 revs each	No value	Of those 3 revs, there must be at least 2 revs in a basic position	No value
<b>Limitations</b>	Flying entry is NOT permitted	No value	Difficult Variations are NOT permitted	No value
	<b>Difficult Variations are permitted</b>	Maximum Level B		
<b>Grade of Execution (GOE)</b>	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"

<b>STEP SEQUENCE</b>		
All StSq will be called to a maximum <b>Level B</b>		
<b>WBP Restrictions</b>	<b>Minimum Requirements:</b>	<b>Penalty:</b>
	Must cover at least <b>half of the ice surface</b>	No value



## 2018-2019 Singles Free Program Technical Requirements

August 14, 2018

Pre-Novice Women & Men (3:00 ±0:10)

Effective July 1, 2018

<b>JUMPS</b>						
<b>Bonus:</b> Fully rotated 2A or higher base value & any jump combination with fully rotated triple jump as 2 <sup>nd</sup> jump <b>Halfway:</b> N/A 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 6 jump elements (must have an Axel type jump)		Maximum of 3 jump combinations or sequences	Jump combinations may contain no more than two jumps	A jump may only be repeated once	No jump may be included more than twice
<b>Penalty</b>	A 7 <sup>th</sup> jump element will be invalidated and receive no value. (If the only Axel type jump is performed as the 7 <sup>th</sup> element, the last two elements will receive no value)		If the number of combos or sequences is more than 3, only the 1 <sup>st</sup> jump of the extra combo/seq is counted and marked with +REP	Only the extra jump(s) 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
<b>Examples</b>	2Lz+2T+C 2F+2Lo+C 2S 2F+2Lo+C 2S+REP 1A 2Lz*	2Lz+2T+C 2F+2Lo+C 2S 2F+2Lo+C 2S+REP 2Lz* 1A*	1A+2T+C 2Lo+2Lo+C 2Lz+2T+C 2F+2Lo*+REP	2Lz+1Lo+2Lo*+C	2Lz 2F+2T+C 2A+2T+C 2Lo+2Lo+C 2Lz+REP	2T+2T+C 2F+2T*+C

<b>SPINS</b>						
All spins to be called to a maximum <b>Level 3</b> Four situations where “V” sign is awarded in a FP:      1) step over/no clear visible jump in <b>flying spins</b> in one position no change foot;      2) only 2 basic positions in any <b>spin combination</b> ; 3) less than 3 revs on one foot in any <b>change of foot spin</b> ;      4) no basic position for at least 2 revs on one foot in a <b>one position spin with a change of foot</b> . Maximum of one “V” will be awarded. Multiple errors will be reflected in GOE.						
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)	
	<b>Minimum Requirements:</b>	<b>Penalty:</b>	<b>Minimum Requirements:</b>	<b>Penalty:</b>	<b>Minimum Requirements:</b>	<b>Penalty:</b>
	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
	At least two different basic positions must have at least 2 revs each	No value	Of those 3 revs, there must be at least 2 revs in a basic position	No value		
<b>Grade of Execution (GOE)</b>	Minimum 4 revs per foot	GOE reduction for “Less than required revolutions”	Minimum 5 revs (not including final wind up)	GOE reduction for “Less than required revolutions”	Minimum 5 revs	GOE reduction for “Less than required revolutions”

<b>CHOREOGRAPHIC SEQUENCE</b>		ChSq1
<b>Minimum Requirements:</b>		
Must be clearly visible		
<b>Penalty:</b>		
No value		



## 2018-2019 Singles Free Program Technical Requirements

August 14, 2018

### Novice Women (3:00 ±0:10)

Effective July 1, 2018

<b>JUMPS</b> <b>Bonus:</b> Any fully rotated Triple or higher base value & Any jump combination with fully rotated triple jump as 2 <sup>nd</sup> and/or 3 <sup>rd</sup> jump <b>Halfway:</b> N/A 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 6 jump elements (must have an Axel type jump)	Maximum of 3 jump combinations or sequences	Only 1 of the 3 jump combinations may contain three jumps		A jump may only be repeated once	No jump may be included more than twice
<b>Penalty</b>	A 7 <sup>th</sup> jump element will be invalidated and receive no value. (If the only Axel type jump is performed as the 7 <sup>th</sup> element, the last two elements will receive no value)	If the number of combos or sequences is more than 3, only the 1 <sup>st</sup> jump of the extra combo/seq is counted and marked with +REP		Only the extra jump(s) 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
<b>Examples</b>	3S+2T+C 3T+2T+C 3S 2Lo 2Lz+2Lo+S+2A* 2F 2Lz*	3S+2T+C 3T+2T+C 3S 2Lo 2Lz 3T* 2A*	2A+2T+C 3Lo+2Lo+C 2Lz+2T+C 3S+2Lo*+REP	2F+1Eu+2F+C  2A+2T+2T+1T*+C 2Lz+2Lo+2T+C 2A+1Eu+2S*+C	2Lz 2F+2T+C 2A+2T+C 2Lo+2Lo+C 2Lz+REP	2T+2T+C 2F+2T*+C

<b>SPINS</b> Four situations where "V" sign is awarded in a FP:    1) step over/no clear visible jump in <b>flying spins</b> in one position no change foot;    2) only 2 basic positions in any <b>spin combination</b> ; 3) less than 3 revs on one foot in any <b>change of foot spin</b> ;    4) no basic position for at least 2 revs on one foot in a <b>one position spin with a change of foot</b> . Maximum of one "V" will be awarded. Multiple errors will be reflected in GOE.						
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)	
	<b>Minimum Requirements:</b>	<b>Penalty:</b>	<b>Minimum Requirements:</b>	<b>Penalty:</b>	<b>Minimum Requirements:</b>	<b>Penalty:</b>
	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
	At least two different basic positions must have at least 2 revs each	No value	Of those 3 revs, there must be at least 2 revs in a basic position	No value		
<b>Grade of Execution (GOE)</b>	Minimum 5 revs per foot	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"

<b>CHOREOGRAPHIC SEQUENCE</b> ChSq1		
	<b>Minimum Requirements:</b>	<b>Penalty:</b>
	Must be clearly visible	No value



## 2018-2019 Singles Free Program Technical Requirements

August 14, 2018

Novice Men (3:30 ±0:10)

Effective July 1, 2018

<b>JUMPS</b> <b>Bonus:</b> Fully rotated <b>3Lo</b> or higher base value & Any jump combination with fully rotated triple jump as 2 <sup>nd</sup> and/or 3 <sup>rd</sup> jump <b>Halfway:</b> N/A 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 <u>7</u> jump elements (must have an Axel type jump)	Maximum of 3 jump combinations or sequences	Only 1 of the 3 jump combinations may contain three jumps		A jump may only be repeated once	No jump may be included more than twice
<b>Penalty</b>	A 8 <sup>th</sup> jump element will be invalidated and receive no value. (If the only Axel type jump is performed as the 8 <sup>th</sup> element, the last two elements will receive no value)	If the number of combos or sequences is more than 3, only the 1 <sup>st</sup> jump of the extra combo/seq is counted and marked with +REP		Only the extra jump(s) 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
<b>Examples</b>	3Lo+2Lo+C 3T+2T+C 3F 3S 2Lz+2Lo+S+2A* 2Lz 3F+REP 3S*	3Lo+2Lo+C 3T+2T+C 3F 3S 2Lz+2Lo+C 3F+REP 3T* 2A*	2A+2T+C 3Lo+2Lo+C 2Lz+2T+C 3S+2Lo*+REP	2F+1Eu+2F+C  2Lz+2Lo+2T+1Lo*+C  2Lz+2Lo+2T+C 2A+1Eu+2S*+C	2Lz 2F+2T+C 2A+2T+C 2Lo+2Lo+C 2Lz+REP	2T+2T+C 2F+2T*+C

<b>SPINS</b> Four situations where "V" sign is awarded in a FP:      1) step over/no clear visible jump in <b>flying spins</b> in one position no change foot;      2) only 2 basic positions in any <b>spin combination</b> ; 3) less than 3 revs on one foot in any <b>change of foot spin</b> ;      4) no basic position for at least 2 revs on one foot in a <b>one position spin with a change of foot</b> . Maximum of one "V" will be awarded. Multiple errors will be reflected in GOE.						
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:
	<u>Must have at least 3 revs on 1 foot</u>	No value	Must have at least 3 revolutions	No value	All spin codes must be different	No value
	At least two different basic positions must have at least 2 revs each	No value	Of those 3 revs, there must be at least 2 revs in a basic position	No value		
<b>Grade of Execution (GOE)</b>	Minimum 5 revs per foot	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"

CHOREOGRAPHIC SEQUENCE		ChSq1
Minimum Requirements:	Penalty:	
Must be clearly visible	No value	



## 2018-2019 Singles Free Program Technical Requirements

August 14, 2018

Junior Women (3:30 ±0:10)

Effective July 1, 2018

<b>JUMPS</b> <span style="float: right;">Bonus: N/A <span style="margin-left: 50px;">Halfway: 1:45</span> Only the last three jump elements executed in 2<sup>nd</sup> half will be multiplied by a 1.1 factor</span>									
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 7 jump elements (must have an Axel type jump)	Maximum of 3 jump combinations or sequences	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	
<b>Penalty</b>	An 8 <sup>th</sup> jump element will be invalidated and receive no value. (If the only Axel type jump is performed as the 8 <sup>th</sup> element, the last two elements will receive no value)	If the number of combos or sequences is more than 3, only the 1 <sup>st</sup> jump of the extra combo/seq is counted and marked with +REP		Only the extra jump(s) will receive no value	A 3 <sup>rd</sup> 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	
<b>Examples</b>	3S+2T+C 3T+2Lo+C 3S 3Lo 2Lz+2T+S+2A* 2F 3T 2Lz*	3S+2T+C 3T+2T+C 3S 2Lo 2Lz+2Lo+C 2F 3T* 2A*	2A+2T+C 3Lo+2Lo+C 3S+2T+2Lo+C 3S+1Lo*+REP	2Lz+1Eu+3S+C	3S+2T+2T+1T*+C  3Lo+2T+2Lo+C 2A+1Eu+3S*+C	3S+3T+C 3T+1Eu+3S+C 3Lo 3Lo*+2T+C	4S+3T+C 4T+3T+C 4T 4S*	3S 3Lo+2Lo+C 3F+2T+2Lo+C 3T+2T+C 3S+REP	2T+2T+C 3S+2T*+C

<b>SPINS</b> <span style="float: right;">Four situations where "V" sign is awarded in a 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.</span>						
Maximum of one "V" will be awarded. Multiple errors will be reflected in GOE.						
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)	
	<b>Minimum Requirements:</b>	<b>Penalty:</b>	<b>Minimum Requirements:</b>	<b>Penalty:</b>	<b>Minimum Requirements:</b>	<b>Penalty:</b>
	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	Spin in one position with change of foot, no basic for at least 2 revs on one foot	"V" awarded, maximum level 3 (ie. CSSp3V)
	At least two different basic positions must have at least 2 revs each	No value	Of those 3 revs, there must be at least 2 revs in a basic position	No value	All spin codes must be different	No Value
<b>Grade of Execution (GOE)</b>	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"

<b>STEP SEQUENCE</b>		
	<b>Minimum Requirements:</b>	<b>Penalty:</b>
	Must almost fully utilize the ice	No value

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





## 2018-2019 Singles Free Program Technical Requirements

August 14, 2018

Junior Men (3:30 ±0:10)

Effective July 1, 2018

<b>JUMPS</b> <b>Bonus:</b> Fully rotated <b>3A</b> or higher base value <b>Halfway:</b> 1:45 <u>Only the last three jump elements executed in 2<sup>nd</sup> half will be multiplied by a 1.1 factor</u> 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 7 jump elements (must have an Axel type jump)	Maximum of 3 jump combinations or sequences	Only 1 of the 3 jump combinations may contain three jumps		Of all triples and quads, only 2 may be executed twice. <u>Of the 2 jumps, only 1 can be a quad.</u>	A triple or quad may only be repeated once.	No double or triple may be included more than twice
<b>Penalty</b>	An 8 <sup>th</sup> jump element will be invalidated and receive no value. (If the only Axel type jump is performed as the 8 <sup>th</sup> element, the last two elements will receive no value)	If the number of combos or sequences is more than 3, only the 1 <sup>st</sup> jump of the extra combo/seq is counted and marked with +REP		Only the extra jump(s) will receive no value	A 3 <sup>rd</sup> 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, 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
<b>Examples</b>	3S+2T+C 3T+2Lo+C 3S 3Lo 2F+2T+S+2A* 2F 3T 2Lz*	3S+2T+C 3T+2T+C 3S 2Lo 2Lz+2Lo+C 2F 3T* 2A*	2A+2T+C 3Lo+2Lo+C 3S+2T+2Lo+C 3S+1Lo*+REP	3Lz+1Eu+3S+C 3S+2T+2Lo+1Lo*+C 3Lo+2T+2Lo+C 3Lz+1Eu+3S*+C	3S+3T+C 3T+1Eu+3S+C 3Lo 3Lo*+2T+C 4S+3T+C 4T+3T+C 4T 4S*	3S 3Lo+2Lo+C 3F+2T+2Lo+C 3T+2T+C 3S+REP	3T+3T+C 3S+3T*+C

<b>SPINS</b> Four situations where "V" sign is awarded in a FP:     1) step over/no clear visible jump in <b>flying spins</b> in one position no change foot;     2) only 2 basic positions in any <b>spin combination</b> ; 3) less than 3 revs on one foot in any <b>change of foot spin</b> ;     4) no basic position for at least 2 revs on one foot in a <b>one position spin with a change of foot</b> . Maximum of one "V" will be awarded. Multiple errors will be reflected in GOE.	
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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)			
	<b>Minimum Requirements:</b> Must have at least 3 revs (on 1 foot if change foot)	<b>Penalty:</b> No value	<b>Minimum Requirements:</b> Must have at least 3 revolutions (on 1 foot if change foot)	<b>Penalty:</b> No value	<b>Minimum Requirements:</b> Spin in one position with change of foot, no basic for at least 2 revs on one foot	<b>Penalty:</b> "V" awarded, maximum level 3 (ie. CSSp3V)
	At least two different basic positions must have at least 2 revs each	No value	Of those 3 revs, there must be at least 2 revs in a basic position	No value	All spin codes must be different	No Value
<b>Grade of Execution (GOE)</b>	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"

<b>STEP SEQUENCE</b>		
	<b>Minimum Requirements:</b> Must almost fully utilize the ice	<b>Penalty:</b> No value

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





## 2018-2019 Singles Free Program Technical Requirements

August 14, 2018

Senior Women (4:00 ±0:10)

Effective July 1, 2018

JUMPS		Bonus: N/A		Halfway: 2:00 Only the last three jump elements executed in 2 <sup>nd</sup> half will be multiplied by a 1.1 factor			
						Falls: -1.0 for the 1 <sup>st</sup> & 2 <sup>nd</sup> , -2.0 for the 3 <sup>rd</sup> & 4 <sup>th</sup> , -3.0 for the 5 <sup>th</sup> & further falls	
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 7 jump elements (must have an Axel type jump)	Maximum of 3 jump combinations or sequences	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 may only be repeated once. Any quad cannot be included more than once	No double or triple may be included more than twice	
<b>Penalty</b>	An 8 <sup>th</sup> jump element will be invalidated and receive no value. (If the only Axel type jump is performed as the 8 <sup>th</sup> element, the last two elements will receive no value)	If the number of combos or sequences is more than 3, only the 1 <sup>st</sup> jump of the extra combo/seq is counted and marked with +REP	Only the extra jump(s) will receive no value	A 3 <sup>rd</sup> 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, 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	
<b>Examples</b>	3S+2T+C 3T+2Lo+C 3S 3Lo 2F+2T+S+2A* 2Lz 3T 2Lz*	3S+2T+C 3T+2T+C 3S 2Lo 2Lz+2Lo+C 2F 3T* 2A*	3S+2T+2Lo+1Lo*+C   3Lo+2T+2Lo+C 3Lz+1Eu+3S*+C	3S+3T+C 3T+1Eu+3S+C 3Lo 3Lo*+2T+C	4S+3T+C 4T+3T+C 4T 4S*	3S 3Lo+2Lo+C 3F+2T+2Lo+C 3T+2T+C 3S+REP	2T+2T+C 3S+2T*+C

SPINS	
Four situations where "V" sign is awarded in a FP: <ol style="list-style-type: none"> <li>1) step over/no clear visible jump in <b>flying spins</b> in one position no change foot;</li> <li>2) only 2 basic positions in any <b>spin combination</b>;</li> <li>3) less than 3 revs on one foot in any <b>change of foot spin</b>;</li> <li>4) no basic position for at least 2 revs on one foot in a <b>one position spin with a change of foot</b>.</li> </ol> Maximum of one "V" will be awarded. Multiple errors will be reflected in GOE.	

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)
	<b>Minimum Requirements:</b> <u>Must have at least 3 revs (on 1 foot if change foot)</u>	<b>Minimum Requirements:</b> Must have at least 3 revolutions (on 1 foot if change foot)	<b>Minimum Requirements:</b> Spin in one position with change of foot, no basic for at least 2 revs on one foot
	<b>Penalty:</b> No value	<b>Penalty:</b> No value	<b>Penalty:</b> "V" awarded, maximum level 3 (ie. CSSp3V)
	At least two different basic positions must have at least 2 revs each	Of those 3 revs, there must be at least 2 revs in a basic position	All spin codes must be different
	<b>Grade of Execution (GOE)</b> Minimum 10 revs in total	<b>Grade of Execution (GOE)</b> Minimum 6 revs (not including final wind up)	<b>Grade of Execution (GOE)</b> Minimum 6 revs (not including final wind up)
	<b>GOE reduction for "Less than required revolutions"</b>	<b>GOE reduction for "Less than required revolutions"</b>	<b>GOE reduction for "Less than required revolutions"</b>

STEP SEQUENCE	CHOREOGRAPHIC SEQUENCE
<b>Minimum Requirements:</b> Must almost fully utilize the ice	<b>Minimum Requirements:</b> Must be clearly visible
<b>Penalty:</b> No value	<b>Penalty:</b> No value

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

<b>JUMPS</b> <b>Bonus:</b> N/A <b>Halfway:</b> 2:00 <u>Only the last three jump elements executed in 2<sup>nd</sup> half will be multiplied by a 1.1 factor</u> <b>Falls:</b> -1.0 for the 1 <sup>st</sup> & 2 <sup>nd</sup> , -2.0 for the 3 <sup>rd</sup> & 4 <sup>th</sup> , -3.0 for the 5 <sup>th</sup> & further falls 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 7 jump elements (must have an Axel type jump)	Maximum of 3 jump combinations or sequences	Only 1 of the 3 jump combinations may contain three jumps	Of all triples and quads, only 2 may be executed twice. <u>Of the 2 jumps, only 1 can be a quad.</u>	A triple may only be repeated once. <u>Any quad cannot be included more than once</u>	No double or triple may be included more than twice	
<b>Penalty</b>	An 8 <sup>th</sup> jump element will be invalidated and receive no value. (If the only Axel type jump is performed as the 8 <sup>th</sup> element, the last two elements will receive no value)	If the number of combos is more than 3, only the 1 <sup>st</sup> jump of the extra combo/seq is counted and marked with +REP	Only the extra jump(s) will receive no value	A 3 <sup>rd</sup> 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, 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	
<b>Examples</b>	4T+3T+C 3T+2T+C 3S 3Lz 3Lz+2T+S+2A* 2F 2F+REP 2Lz*	3Lz+3T+C 3T+2T+C 3S 3Lo 3Lz+2Lo+C 2F 3F* 3A*	2A+2T+C 3Lo+2Lo+C 3S+2T+2Lo+C 3S+1Lo*+REP	3S+2T+2Lo+1Lo*+C          3Lo+2T+2Lo+C 3Lz+1Eu+3S*+C	3S+3T+C 3T+1Eu+3S+C 3Lo 3Lo*+2T+C    4S+3T+C 4T+3T+C 4T 4S*	3S 3Lo+2Lo+C 3F+2T+2Lo+C 3T+2T+C 3S+REP	3T+3T+C 3S+3T*+C

<b>SPINS</b> Four situations where “V” sign is awarded in a FP:      1) step over/no clear visible jump in <b>flying spins</b> in one position no change foot;      2) only 2 basic positions in any <b>spin combination</b> ; 3) less than 3 revs on one foot in any <b>change of foot spin</b> ;      4) no basic position for at least 2 revs on one foot in a <b>one position spin with a change of foot</b> . Maximum of one “V” will be awarded. Multiple errors will be reflected in GOE.	
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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)			
	<b>Minimum Requirements:</b> Must have at least 3 revs (on 1 foot if change foot)	<b>Penalty:</b> No value	<b>Minimum Requirements:</b> Must have at least 3 revolutions (on 1 foot if change foot)	<b>Penalty:</b> No value	<b>Minimum Requirements:</b> Spin in one position with change of foot, no basic for at least 2 revs on one foot	<b>Penalty:</b> “V” awarded, <u>maximum level 3 (ie. CSSp3V)</u>
	At least two different basic positions must have at least 2 revs each	No value	Of those 3 revs, there must be at least 2 revs in a basic position	No value	All spin codes must be different	No Value
<b>Grade of Execution (GOE)</b>	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      ChSq1
<b>Minimum Requirements:</b> Must almost fully utilize the ice	<b>Penalty:</b> No value
<b>Minimum Requirements:</b> Must be clearly visible	<b>Penalty:</b> No value



## Information for Pre-Juvenile to Novice Categories

**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”.
- In STAR 5, both spirals must be forward and unsupported.
- The element will be identified as “No Level” 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.

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

<b>Guidelines for establishing GOE reductions for errors - SpSq</b>	
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



### **STEP SEQUENCE**

**(For all categories where the Step Sequence is called no higher than Level Base – e.g. Juvenile Singles)**

A good Step Sequence will almost fully utilize the ice surface. However, in order to be identified as a Step Sequence, it must cover at least half of the ice surface.

Listed jumps may not be included. There is no specific pattern and short stops in accordance with the music are permitted. The Step Sequence should be executed according to the character of the music. Attention should be paid to energy and execution of the step sequence with an emphasis on the quality of steps, turns and body movements rather than difficulty and quantity.

Judges will reward Step Sequences that are matched to the musical structure and are effortless throughout.

### **CHOREOGRAPHIC SEQUENCE**

A choreographic sequence consists of any kind of movements like steps, turns, spirals, arabesques, spread eagles, Ina Bauers, hydroblading, any jumps with maximum of 2 revolutions, spins, small lifts etc. Listed elements included in the Choreographic Sequence will not be called and will not occupy a box. The pattern is not restricted, but the sequence must be clearly visible. The Technical Panel identifies the choreographic sequence, which commences with the first skating movement and is concluded with the preparation to the next element (if the choreographic sequence is not the last element of the program).

### Links to ISU and Skate Canada Documents

#### ISU Rules:

- 2018 ISU Special Regulations & Technical Rules - Single & Pair Skating and Ice Dance (*link will be included once available*)

#### ISU Communications and Technical Resources:

- [ISU Communication 2186 \(replaces ISU Communication 2168\)](#)
- [2018-2019 ISU Technical Panel Handbook – Singles Skating](#)
  - Contains calling specifications for technical elements for singles events.

#### 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 Spiral Sequence Definition](#)

#### 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.