

2018-2019 SINGLES COMPETITIVE TECHNICAL REQUIREMENTS

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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.



Execution (GOE)

than required revolutions"

Pre-Novice Women (max 2:30)

Effective July 1, 2018

Bonus: Fully	rotated 2A or higher bas	e value jump; additio	onal boni	us for an	ny fully rotated tripl	e jump execute	d as 2 nd jum	np in combi	nation	
			Halfw	ay: N/A						
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)								
		A 2 nd 2A is permitted in Combo								
Wrong number of revs	Wrong number of revs				-			•	No 2 nd jump	
No value	No value					a jump combo	, only the re		Final GOE must be -5	
1W (1A<<*)	2Lo+2Lo+C 2S *	2A +2Lo+C 2Lz	2A +C 2F	2Lz 2A	1Lz*+2Lo+C	2Lo 2Lz+ 2Lo* +C	3T +2T+C	3T+ 3T +C 2A	3S+C	
3A*	1A	2A	2A	2F+C	3T+ 1T* +C	2A 3T * 3T *			3T+C+2T* (step out or fall after 3T)	
e "V" sign is award		/no clear visible jump		pins in o	ne position no change					
	•	•				e.g. LSp, SSp or CSp				
Minimum Requ	irements:	Penalty:	ty:		Minimum Requirements:				Penalty:	
Must have at leas	t 3 revs on each foot	No value		ſ	Must have at least 3 revolutions				No value	
At least two different basic positions must have at least 2 revs each.			e at No value		Of those 3 revs, there must be at least 2 revs in the intended basic position			intended	No value	
Difficult Variation	s are permitted	Maximum I	evel 3	[Difficult variations are	permitted			Maximum Level 3	
2 nd change of foo	No value		(Change of foot is NOT permitted				No value		
0	No value			Flying entry is NOT permitted						
Flying entry is NO	· ·	No value			-	rmitted			No value	
-	· ·			F	-				No value Feature not awarded	
e	One single or double AXEL Wrong number of revs No value 1W (1A<<*) 3A* 3A* Minimum Requ Must have at leas At least two differ least 2 revs each. Difficult Variation	One single or double AXEL One DOUBLE or TRIPLE jump (must be a double loop or higher base value) Wrong number of revs Wrong number of revs of revs Wrong number of revs No value No value 1W (1A<<*)	One single or double AXEL One DOUBLE or TRIPLE jump (must be a double loop or higher base value) A 2 nd 2A is permitted in Combo Wrong number of revs Wrong number of revs A 2 nd 2A is permitted in Combo Wrong number of revs Wrong number of revs A 2 nd 2A is permitted in Combo No value No value Image: Combo data data data data data data data dat	One single or double AXEL One DOUBLE or TRIPLE jump (must be a double loop or higher base value) A 2 nd 2A is permitted in Combo Wrong number of revs A 2 nd 2A is permitted in Combo Two sol neither Wrong number of revs Wrong number of revs Two sol neither No value No value Benefit where t 1W (1A<<*)	Halfway: N/A One single or double AXEL One DOUBLE or TRIPLE jump (must be a double loop or higher base value) Image: Second S	Halfway: N/A One single or double AXEL One DOUBLE or TRIPLE jump (must be a double loop or higher base value) Come Julk (two doubles / one double) Wrong number of revs A 2 nd 2A is permitted in Combo Two solo jumps, neither in combo Wrong number of revs Wrong number of revs Wrong number of revs Two solo jumps, neither in combo Wrong number of revs No value No value Benefit to skater where to add +C No value 1W (1A<<*)	Halfway: N/A One single or double AXEL One DOUBLE or TRIPLE jump (must be a double loop or higher base value) A 2nd 2A is permitted in Combo Image: Composition of composition of composition of composition of composition of composition of revs One JUMP COMBINATION (two doubles / one double and one trip) Wrong number of revs A 2nd 2A is permitted in Combo Two solo jumps, neither in combo Wrong number The same jum of revs No value No value No value Benefit to skater where to add +C No value Repeated jum a jump combos jump will not 1W (1A<<*)	Halfway: N/A One single or double AXEL One DOUBLE or TRIPLE jump (must be a double loop or higher base value) A 2 nd 2A is permitted in Combo One JUMP COMBINATION (two doubles / one double and one triple / two triple Wrong number of revs A 2 nd 2A is permitted in Combo Two solo jumps, neither in combo Wrong number of revs The same jump may not be in two separate jump poxe of revs No value No value Benefit to skater where to ad +C No value Repeated jump receives no a jump combo, only the re jump will not be counted) 1W (1A<<*) 3A* 2Lo+2Lo+C 2S* 1A 2A+2Lo+C 2Lz 2A 2Lz 2A LIz*+2Lo+C 2F 2Lo 2A 2Lo 2F+C 3T+1T*+C 2Lo 3T+1T*+C 3T+2T+C 2A 3T+2T+C 2A *"V" sign is awarded in a SP: 1) step over/no clear visible jump in Flying Spirs in one position no change foot; e.g. CCoSp 2) only 2 basic 2) only 2 basic Minimum Requirements: Penalty: Minimum Requirements: Must have at least 3 revolutions UN value Must have at least 3 revolutions No value No value Must have at least 3 revolutions Tork in the basic position Tork in the basic position Inficult variations are permitted	One single or double AXEL One DOUBLE or TRIPLE jump (must be a double loop or higher base value) A 2 nd 2A is permitted in Combo Ite value One JUMP COMBINATION (two doubles / one double and one triple / two triples) Wrong number of revs A 2 nd 2A is permitted in Combo A 2 nd 2A is permitted in Combo Ite value The same jump may not be repeated in two separate jump boxes No value 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) 1W (1A<<*)	

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

than required revolutions"



Pre-Novice Men (max 2:30)

JUMPS	Bonus: Fully	rotated 2A or higher bas	e value jump; addi	tional bon	us for any	fully rotated triple	e jump execute	d as 2 nd ju	mp in comb	pination	
				Half	way: 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 nd 2A is permitte in Combo	A 2 nd 2A is permitted in Combo							
Error	Wrong number of revs	Wrong number of revs			lo jumps, in combo	Wrong number of revs	The same jum in two separat		•	No 2 nd jump	
Penalty	No value	No value			to skater to add +C	No value	Repeated jum (if in a jump co jump will not	ombo, only	the repeated	Final GOE must be -5	
Examples	1W (1A<<*)	2Lo+2Lo+C	2A +2Lo+C	2A +C	2Lz	1Lz* +2Lo+C	2Lo	3T +2T+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)	
SPINS Two situations whe Required Elements	ere "V" sign is awar	ded in a SP: 1) step ov COMBO SPIN with only e.g. CC	ver/no clear visible ju y one change of for	mp in Flyin g		nax Level 3 ne position no chang	ge foot; 2) CAMEL SPIN		one change	n Spin Combination e of foot	
	Minimum Requ		Penalty			Minimum Requirements: Must have at least 3 revs on each foot				Penalty:	
		t 3 revs on each foot	No value							o value	
	At least two differ least 2 revs each	rent basic positions must hav	ve at No value	t No value		There must be at least 2 revs in a camel position on both feet			on on No	No value	
	Difficult Variation	s are permitted	Maximur	n Level 3		Difficult Variation	s are permitted		M	aximum Level 3	
Limitations	2 nd change of foot	t NOT permitted	No value			Flying entry is NOT permitted				o value	
	Flying entry is NO	T permitted	No value			2 nd change of foot	NOT permitted		No	o value	
Grade of Execution (GOE)	Minimum 4 revs p	ber foot		ction for "I revolutions		Minimum 4 revs p	er foot in sit pos	sition		DE reduction for "Less than quired revolutions"	

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



Novice Women (max 2:30)

				Halfway: N/A					
Required Elements	One single or double AXEL	Cine DOUBLE or LRIPLE lump							
Error	Wrong number of revs	Wrong number of revs	Two 2A are executed as solo jumps	Wrong number of revs	of The same jump jump boxes	No 2 nd jump			
Penalty	No value	No value	Second 2A is invalidated	No value	Repeated jump receives no value (if in a jump com only the repeated jump will not be counted)			Final GOE must be -5	
Examples	1W (1A<<*)	1Lz*	2A	1Lz* +2Lo+C	2Lo	3T +2T+C	3T+ 3T +C	35 +C	
	3A*	15*	2A* 2Lz+2T+C	3T+ 1T* +C	2Lz+ 2Lo* +C 2A	2A 3T*	2A 3T*	3T+C+ 2T* (step out or fall after 3	
	where "V" sign is award	ed in a SP: 1) step ove	er/no clear visible jump in I	Flying Spins in one	position no change	foot; 2) on	ly 2 basic positions ir		
	red	ed in a SP: 1) step ove COMBO SPIN with only e.g. CC	one change of foot			YS LEANING SPIN			
Two situations Requi	red	COMBO SPIN with only e.g. CC	one change of foot	L		YS LEANING SPIN e.g. LS	I <u>, SIT or CAMEL SPI</u> p, SSp or CSp	Spin Combination	
Requi	red ints Minimum Requ	COMBO SPIN with only e.g. CC	one change of foot oSp	L/ Mi	AYBACK / SIDEWA	YS LEANING SPIN e.g. LS ents:	I, <u>SIT or CAMEL SP</u> I p, SSp or CSp	Spin Combination N without change of for	
Two situations Requi	red mts Minimum Requ Must have at leas	COMBO SPIN with only e.g. CCo irements:	one change of foot oSp Penalty: No value	Mi Of	AYBACK / SIDEWA	YS LEANING SPIN e.g. LS ents: volutions nust be at least 2 re	I,_SIT or CAMEL SPI p, SSp or CSp I	n Spin Combination IN without change of for Penalty:	
Two situations Requi	red mts Minimum Requ Must have at leas At least two differ	COMBO SPIN with only e.g. CCo irements: t 3 revs on each foot rent basic positions must h	one change of foot oSp Penalty: No value	Mi Mi Of int	AYBACK / SIDEWA inimum Requirem ust have at least 3 re those 3 revs, there r	YS LEANING SPIN e.g. LS ents: volutions nust be at least 2 re	I,_SIT or CAMEL SPI ip, SSp or CSp I evs in the	Spin Combination N without change of for Penalty: No value	
Two situations Requi	Minimum Requ Must have at least At least two differ least 2 revs each 2 nd change of foot	COMBO SPIN with only e.g. CC irements: t 3 revs on each foot rent basic positions must h t NOT permitted	one change of foot oSp Penalty: No value ave at No value	Mi Mi Of int Ch	AYBACK / SIDEWA inimum Requirem ust have at least 3 re those 3 revs, there r ended basic position	YS LEANING SPIN e.g. LS ents: volutions nust be at least 2 re permitted	I,_SIT or CAMEL SPI p, SSp or CSp I evs in the	n Spin Combination IN without change of for Penalty: No value No value	
Two situations Requi Eleme	Minimum Requ Must have at least At least two differ least 2 revs each 2 nd change of foot	COMBO SPIN with only e.g. CC irements: t 3 revs on each foot rent basic positions must h t NOT permitted	one change of foot oSp Penalty: No value ave at No value No value	Mi Mi Of int Ch Fly	AYBACK / SIDEWA inimum Requirem ust have at least 3 re those 3 revs, there r ended basic position ange of foot is NOT p	YS LEANING SPIN e.g. LS ents: volutions nust be at least 2 re permitted mitted	I,_SIT or CAMEL SPI p, SSp or CSp I evs in the f r r	N without change of for Penalty: No value No value	

STEP SEQUEN	ICE	
	Minimum Requirements:	Penalty:
	Must almost fully utilize the ice	No value



Must almost fully utilize the ice

Novice Men (max 2:30)

Effective July 1, 2018

IUMPS	Bonus: Fully ro	tated 3Lo or higher bas	e value jump; additic	nal bonus for any f Halfway: N/A	fully rotated triple j	ump executed a	s 2 ^{na} jump in combina	ation
Required Elements	One single or double AXEL	One DOUBLE or	one TRIPLE jump		(two double	One JUMP COM es / one double ar	MBINATION nd one triple / two triple	25)
Error	Wrong number of revs	Wrong number of revs	Two 2A are executed solo jumps	as Wrong number revs	of The same jump jump boxes	No 2 nd jump		
Penalty	No value	No value	Second 2A is invalidated	No value		receives no value ed jump will not b	(if in a jump combo, ee counted)	Final GOE must be -5
Examples	1W (1A<<*)	1Lz*	2A	1Lz*+2Lo+C	2Lo	3T +2T+C	3T+ 3T +C	3S +C
	3A*	15*	2A* 2Lz+2T+C	3T+ 1T* +C	2Lz+ 2Lo* +C 2A	2A 3T*	2A 3T *	3T+C+ 2T* (step out or fall after 3
r	where "V" sign is award		ver/no clear visible jun	np in Flying Spins in c	one position no chang		nly 2 basic positions in s	•
Two situations Required		COMBO SPIN with only o	one change of foot	np in Flying Spins in c	one position no chang		ith only one change o	•
Two situations v		COMBO SPIN with only e.g. CCo	one change of foot Sp	np in Flying Spins in c Penalty:	one position no chang Minimum Require	CAMEL SPIN wi	, ,	•
Two situations Required	(COMBO SPIN with only e.g. CCo e.g. CCo	one change of foot Sp			CAMEL SPIN wi	ith only one change o e.g. CCSp	f foot
Two situations Required	Minimum Requirem Must have at least 3 re	COMBO SPIN with only e.g. CCo e.g. CCo	one change of foot Sp	Penalty:	Minimum Require Must have at least 3	CAMEL SPIN wi ments: revs on each foot	ith only one change o e.g. CCSp	f foot Penalty:
Two situations of Required Elements	Minimum Requirem Must have at least 3 re At least two different b 2 nd change of foot NOT	COMBO SPIN with only one.g. CContents: evs on each foot pasic positions must have a premitted	one change of foot Sp I at least 2 revs each	Penalty:	Minimum Require Must have at least 3 There must be at lea Flying entry is NOT p	CAMEL SPIN wi ments: revs on each foot st 2 revs in a basic ermitted	ith only one change o e.g. CCSp	f foot Penalty: No value
Two situations Required	Minimum Requirem Must have at least 3 re At least two different b	COMBO SPIN with only one.g. CContents: evs on each foot pasic positions must have a premitted	one change of foot Sp I at least 2 revs each I	Penalty: No value No value	Minimum Require Must have at least 3 There must be at lea Flying entry is NOT p 2 nd change of foot N	CAMEL SPIN wi ments: revs on each foot st 2 revs in a basic ermitted OT permitted	ith only one change o e.g. CCSp position on both feet	f foot Penalty: No value No value
Two situations of Required Elements	Minimum Requirem Must have at least 3 re At least two different b 2 nd change of foot NOT	COMBO SPIN with only one.g. CContents: every on each foot pasic positions must have a premitted content of the second sec	one change of foot Sp I at least 2 revs each I I I I I I I I I I I I I I I I I I I	Penalty: No value No value No value	Minimum Require Must have at least 3 There must be at lea Flying entry is NOT p	CAMEL SPIN wi ments: revs on each foot st 2 revs in a basic ermitted OT permitted	ith only one change o e.g. CCSp position on both feet	f foot Penalty: No value No value No value No value No value No value
Elements Limitations Grade of Execution	Minimum Requirem Must have at least 3 re At least two different b 2 nd change of foot NOT Flying entry is NOT per Minimum 5 revs per fo	COMBO SPIN with only one.g. CContents: every on each foot pasic positions must have a premitted content of the second sec	one change of foot Sp I at least 2 revs each I I I I I I I I I I I I I I I I I I I	Penalty: No value No value No value No value GOE reduction for 'Less than required	Minimum Require Must have at least 3 There must be at lea Flying entry is NOT p 2 nd change of foot N	CAMEL SPIN wi ments: revs on each foot st 2 revs in a basic ermitted OT permitted	ith only one change o e.g. CCSp position on both feet	f foot Penalty: No value No value No value No value GOE reduction for "Less than required

No value



Junior Women (2:40 ±0:10) Effective July 1, 2018

JUMPS		н	alfway: 1:20 Only the	Bonus: Fully rotated <u>3F</u> (as so last jump element executed in 2 nd	• • • •	by a 1.1 factor				
Required Elements	One double AXEL		One DOUBLE or	One JUMP COMBINATION (two doubles / one double and one triple / two triples)						
Error	Wrong number of revs	Wrong num wrong elem		Two axels are executed as solo jumps	Wrong number of revs	The same jump may not be repeat in two separate jump boxes		epeated	No 2 nd jump	
Penalty	No value	No value 1		The jump that does not meet the requirements is invalidated	No value	a jump combo	peated jump receives no value ump combo, only the repeated np will not be counted)		Final GOE must be -5	
Examples	1A*	1F*		IA*	3T+ 1T* +C	2F	3F +2T+C	3T +C		
	3A*	2Lz*		2 A 2Lz+2T+C	1Lz* +2T+C	2F *+2T+C 2A	2A 3F*		T+C+ 2T* step out or fall after 3T)	
Two situations Required Elements	where "V" sign is av COMBO SPIN		ne change of foot	ear visible jump in Flying Spins in one p LAYBACK / SIDEWAYS LI or <u>SIT</u> SPIN without cha e.g. LSp, <u>SSp</u>	EANING SPIN ange of foot		sic positions in FLYING <u>CAN</u> position, no c e.g. <u>FC</u>	I <u>EL</u> SPIN hange o		
	Minimum Requi	rements:	Penalty:	Minimum Requirements:	Penalty:	Minimum Requ			Penalty:	
	Must have at least each foot	3 revs on	No value	Must have at least 3 revolutions	No value	Must have at leas	Must have at least 3 revolutions		No value	
	At least two difference positions must hav 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 lea 2 revs in a basic position		least f	No value	
	2 nd change of foot permitted	NOT	No value	Change foot is NOT permitted	No value	Change of foot is	NOT permitted	1	No value	
Limitations	Flying entry is NOT	Г permitted	No value	Flying entry is NOT permitted Biellmann executed prior to 8 revs	No value Feature not awarded					
Grade of Execution (GOE)	Minimum 6 revs p	er foot	GOE reduction for "Less than required revolutions"	Minimum 8 revs	GOE reduction for "Less than required revolutions"	Minimum 8 revs i	n <u>camel</u> positior	'	GOE reduction for 'Less than required revolutions"	

STEP SEQUEN	CE	
	Minimum Requirements:	Penalty:
	Must almost fully utilize the ice	No value



Junior Men (2:40 ±0:10)

Effective July 1, 2018

		Halfway:		us: Any fully rota jump element e	-	her base value half will be multiplie	ed by a 1.:	<u>1 factor</u>		
Required Elements	One double or triple AXEL	One DOI	JBLE or TRIPLE <u>FLIP</u>	jump		(one d		IP COMBINATION d one triple / two triples)		
Error	Wrong number of revs	Wrong number of re or wrong element	vs Two axels are e jumps	executed as solo	Wrong numbe of revs	er The same jump n jump boxes	nay not be	repeated in two separate	No 2 nd ju	ump
Penalty	No value	No value	The jump that the requirement	does not meet nts is invalidated	No value	Repeated jump root only the repeated		value (if in a jump combo, I not be counted)	Final GO	DE must be -5
Examples	1A*	1F*	1A*		3T+ 1T* +C	2F		3F +2T+C	3Lz +C	
		2Lz*	2A 3T+2T+C		1Lz* +2T+C 2Lz<<* +2T+C	2F *+3T+C 2A		2A 3F*	3T+C+ 2T (step ou	T* u t or fall after 3T)
	where "V" sign is aw			ſ	<u> </u>	position no change foot	t;	2) only 2 basic positions in S FLYING <u>CAME</u>	-	bination
		arded in a SP: 1) s IN with only one cha e.g. CCoSp		ſ	<u> </u>	change of foot	t;		<u>L</u> SPIN ange of fo	
Two situations were situations were situations were situations were situations were situations were situations w		IN with only one cha e.g. CCoSp		ſ	with only one e.g. <u>CSSp</u>	change of foot		FLYING <u>CAME</u> one position, no ch	EL SPIN ange of fo p	
Two situations were situations were situations were situations were situations were situations were situations w	сомво sp	IN with only one cha e.g. CCoSp rements: P	nge of foot	<u>SIT</u> SPIN	with only one e.g. <u>CSSp</u> uirements:	change of foot	Minimu	FLYING <u>CAME</u> one position, no ch e.g. FCS	EL SPIN ange of fo p Pe	foot
Two situations were situations were situations were situations were situations were situations were situations w	COMBO SP Minimum Requin Must have at least	IN with only one char e.g. CCoSp rements: P 3 revs on each N ent basic positions N	nge of foot enalty:	<u>SIT</u> SPIN Minimum Req Must have at lea	with only one e.g. <u>CSSp</u> uirements: ast 3 revs on t least 2 revs	change of foot Penalty:	Minimu Must ha	FLYING <u>CAME</u> one position, no ch e.g. FCS um Requirements:	ange of fo p Pe No	foot enalty:
Two situations were situations were situations were situations were situations were situations were situations w	COMBO SP Minimum Requir Must have at least foot At least two differe	IN with only one char e.g. CCoSp rements: P 3 revs on each N ent basic positions 2 revs each	nge of foot enalty: o value	SIT SPIN Minimum Req Must have at lea each foot There must be a	with only one e.g. <u>CSSp</u> uirements: ast 3 revs on t least 2 revs on both feet	change of foot Penalty: No value	Minimu Must ha Of those revs in a	FLYING <u>CAME</u> one position, no ch e.g. FCS um Requirements: ve at least 3 revolutions e 3 revs, there must be at least	EL SPIN ange of fo p Pe No ast 2 No	foot enalty: o value
Two situations were situations were situations were situations were situations were situations were situations w	COMBO SP Minimum Requir Must have at least foot At least two differe must have at least	IN with only one char e.g. CCoSp rements: P 3 revs on each N ent basic positions 2 revs each N NOT permitted N	nge of foot enalty: o value o value	SIT SPIN Minimum Req Must have at lea each foot There must be a in a sit position	with only one e.g. <u>CSSp</u> uirements: ast 3 revs on t least 2 revs on both feet OT permitted	change of foot Penalty: No value No value	Minimu Must ha Of those revs in a	FLYING <u>CAME</u> one position, no ch e.g. FCS um Requirements: ve at least 3 revolutions e 3 revs, there must be at leas basic position	EL SPIN ange of fo p Pe No ast 2 No	foot enalty: o value o value

ST	EP SEQUEN	CE	
		Minimum Requirements:	Penalty:
		Must almost fully utilize the ice	No value



Senior Women (2:40 ±0:10)

Effective July 1, 2018

JUMPS	В	onus: N/A	Halfway:	1:20 <u>Only the</u>	e last jump element ex	ecuted in 2 nd h	alf will be	e multip	lied by a 1.1 factor		
			Falls: -1.0	for the 1^{st} &	2 nd , -2.0 for the 3 rd &	4 th , -3.0 for the	5 th & fur	ther fall	S		
Required Elements			One TRIPLE jump			(one			BINATION iple / two triples)		
Error	 Wrong number of revs 	Wrong number of revs	Two axels are exec jumps	uted as solo	Wrong number of revs	The same jum jump boxes	p may not	: be repe	ated in two separate	No 2 ⁿ	^d jump
Penalty	No value	No value	The jump that does the requirements is		No value	Repeated jum only the repea			e (if in a jump combo, be counted)	Final	GOE must be -5
Examples	; 1A*	2Lz*	1A*		3T+ 1T* +C	3Lo	3T +2T+0	С	3T+ 3T +C	3Lo +C	2
			2A 3T+2T+C		1Lz*+2Lo+C 2F<<*+2T+C	3Lo* +2T+C 2A	2A 3T*		2A 3T *	3T+C+ (step	∙2T* out or fall after 3T)
Two situations Required Elements	s where "V" sign is a COMBO SPI		1) step over/no cle change of foot	LA	in Flying Spins in one po YBACK / SIDEWAYS Li or CAMEL SPIN withou e.g. LSp, SSp, 6	EANING SPIN, t change of foo		FL	one po	ion, no ic positi osition)	o change of foot tion than the spin in
	Minimum Requi	vo vo o voto :	Penalty:			Penalty:		N/inima	e.g. FCSp, FSS um Requirements:	p, FUS	p, FLSp Penalty:
-	Must have at least foot		No value		Requirements: t least 3 revolutions	No value			ve at least 3 revolutio	ns	No value
	At least two difference positions must hav each		No value	least 2 revs i	evs, there must be at n a layback / sideways rr camel position	No value			e 3 revs, there must be evs in a basic position		No value
	2 nd change of foot	NOT permitted	No value	Change of fo	ot is NOT permitted	No value		Change	of foot is NOT permitt	ed	No value
Limitations	Flying entry is NOT	permitted	No value		is NOT permitted ecuted prior to 8 revs	No value Feature not aw	varded				
Grade of Execution (GOE)	Minimum 6 revs p	er foot	GOE reduction for "Less than required revolutions"	Minimum 8 I	revs	GOE reduction "Less than requ revolutions"	-	Minimu	m 8 revs in landing po	sition	GOE reduction for "Less than required revolutions"
STEP SEQUE	NCE										
	Minimum Re	quirements:			F	Penalty:					
	Must almost fu	ally utilize the ice			Γ	No value					



JUMPS	B	onus: N/A	-		e last jump element 2 nd , -2.0 for the 3 rd 8				d by a 1.1 factor		
Required Elements	One double or triple AXEL	One	TRIPLE or QUAD jump				One .	ЈИМР СОМВІІ	-	le or a ti	riple)
Error	Wrong number of revs	Wrong number of revs	Two axels are execut jumps	ed as solo	Wrong number of re	vs The same jump jump boxes	may r	not be repeate	ed in two separate	No 2 nd	jump
Penalty	No value	No value	The jump that does n the requirements is i		No value	Repeated jump only the repeated			f in a jump combo, counted)	Final G	GOE must be -5
Examples	1A*	2Lz*	1A* 3A		3T+ 1T* +C	3Lo 3Lo*+2T+C	3 T 2A	+2T+C	3T+ 3T +C 2A	3Lo+ C	
			3Lz+3T+C		1Lz* +2Lo+C 2F<<* +2T+C	2A	ЗТ	*	3Т*	3T+C+ (step)	2T* out or fall after 3T)
SPINS Two situations	where "V" sign is a	awarded in a SP:	1) step over/no clear	visible jump	o in Flying Spins in one	position no change f	oot;	2) onl ^ı	y 2 basic positions ir	n Spin C	ombination
Required Elements	COMBO SI	PIN with only one e.g. CCoSp	change of foot	CAMEL	or SIT SPIN with on e.g. CCSp, (ot	(must be in	G SPIN one positi a different basic n) e.g. FCSp, FSSp	positio	n than the spin in
	Minimum Requ	uirements:	Penalty:	Minimum	n Requirements:	Penalty:		-	Requirements:	· · · ·	Penalty:
	Must have at lea foot	st 3 revs on each	No value	Must have	at least 3 revolutions	No value		Must have a	t least 3 revolutions	;	No value
	At least two diffe positions must have ach	erent basic ave at least 2 revs	No value		et be at least 2 revs in a cion on both feet	No value		Of those 3 re 2 revs in a ba	evs, there must be a asic position	t least	No value
	2 nd change of foc	ot NOT permitted	No value	Flying entr	ry is NOT permitted	No value		Change of fo	oot is NOT permitted	k	No value
Limitations	Flying entry is NO	DT permitted	No value	2 nd change	e of foot NOT permitte	No value					
Grade of Execution (GOE)	Minimum 6 revs	per foot	GOE reduction for "Less than required revolutions"	Minimum or sit posit	6 revs per foot in came ion	GOE reduction for "Less than requirevolutions"		Minimum 8	revs in landing posit	ion	GOE reduction for "Less than required revolutions"
STEP SEQUEN	CE										
	Minimum Requ	uirements:			F	enalty:					
	Must almost fully	y utilize the ice			٢	o value					



2018-2019 Singles Free Program Technical Requirements

August 14, 2018

Pre-Juvenile Women & Men – U11 and U13 (2:30 $\pm 0{:}10)$

JUMPS				Bonu	us: N/A				Hal	fway: N/A			
	jumps are co	onsidered in	order of exe		•	p(s) is executed	l, only t	the individ			ding to the requirem	nents will have	no value
WBP Restrictions	elen (must have	n of 5 jump nents an Axel type mp)		u de 5 differen jumps d 2T are the s type)		Maximu combinatio execution o	ons or e	error in	TOE-LOOP a combo mus	oo must include as 2 nd jump, one st include LOOP 2 nd 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
Penalty	A 6 th jump e be invalidat receive no v (If the only jump is perf the 6 th elem two elemen receive no v	ed and value. Axel type formed as nent, the last its will	empty jump combo exec applied if m more than c the last repe receive no v	an 'empty ju combo box' cuted) there is issing one jun one jump type eated jump ty ralue. If no ju d, there is no	(i.e. only 1 s no penalty np type. If e is missing, ype will mp types	Error after 1 st j combination ne definition will t jump +SEQ + 2 If the number of more than 2, o of the extra con and marked wi	ot meet be called ind jump of comb only the mbo(s)	ting d: 1st p* bos is 1 st jump is counted	combos with of 2 nd jump, 2nd jump fro will receive	penalty applied bo have not	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
Examples	2Lz+2T+C 2F+2Lo+C 2S	2Lz+2T+C 2F+2Lo+C 2S 2F	2F+2T+C 2Lz 1A 2F	2Lz 2F 1A 2Lz+REP	1A 2S 2T 2Lo	1A+2T+ C 2Lo+2Lo+ C 2Lz+ 2T*+REP	(done 2Lo	EQ+ 2T* e as +SEQ)	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+2L0+C
SPINS Four situatio	1A 2F 2Lz*	2Lz* 1A* " sign is awar	2T	2F*	1Lz	All spins to be o			num Level B		2) only 2 basic po		
Four situatio	2F 2Lz* ons where "V 3) less th	1A* " sign is awar nan 3 revs on	ded in a FP: one foot in ar	1) step ny change of f Maxin	p over/no c f <u>oot spin;</u> num of one	lear visible jump i	2S called t in flying ssic posi	spins in on ition for at le ultiple errors	num Level B le position no <u>east 2 revs on</u> s will be reflec	change foot; one foot in a on e cted in GOE. IEL or FLYING S	2) only 2 basic po e position spin with a IT SPIN in one positi	sitions in any spi change of foot.	n combination;
Four situatio	2F 2Lz* ons where "V 3) less th VBP ons	1A* " sign is awar nan 3 revs on COMBO S	ded in a FP: one foot in ar PIN with at l	1) step ny change of f Maxin	p over/no c foot spin; num of one ange of fo	lear visible jump i <u>4) no ba</u> "V" will be award ot e.g. CCoSp	2S called t in flying ssic posi	g spins in on ition for at le ultiple errors	num Level B e position no east 2 revs on s will be reflec FLYING CAN	change foot; one foot in a one cted in GOE. 1EL or FLYING S	e position spin with a	sitions in any spi change of foot. on, no change	n combination;
Four situatio	2F 2Lz* ons where "V 3) less the VBP ons Minim	1A* " sign is award han 3 revs on COMBO S	ded in a FP: one foot in ar PIN with at l ments:	1) step ny change of f Maxin least one cha	p over/no c foot spin; num of one ange of fo Pena	lear visible jump i <u>4) no ba</u> "V" will be award ot e.g. CCoSp alty:	2S called t in flying ssic posi	g spins in on ition for at le ultiple errors Minimun	num Level B e position no east 2 revs on s will be reflec FLYING CAN n Requireme	change foot; one foot in a one cted in GOE. IEL or FLYING S ents:	IT SPIN in one positi	sitions in any spi change of foot. on, no change Penalty:	n combination;
Four situatio	2F 2Lz* 2Lz	1A* " sign is award han 3 revs on COMBO S hum Require ave at least 3	ded in a FP: one foot in ar PIN with at l	1) step ny change of f Maxin least one cha	p over/no c foot spin; num of one ange of fo Pena No v	lear visible jump i <u>4) no ba</u> "V" will be award ot e.g. CCoSp alty: alue	2S called t in flying ssic posi	g spins in on ition for at le ultiple errors Minimun Must have	num Level B e position no east 2 revs on s will be reflect FLYING CAW n Requireme e at least 3 rev	change foot; one foot in a one cted in GOE. IEL or FLYING S ents: volutions	IT SPIN in one positi	sitions in any spi change of foot. on, no change Penalty: No value	n combination;
Four situatio	2F 2Lz* 2Lz	1A* " sign is award aan 3 revs on COMBO S num Require ave at least 3 t two differen revs each entry is NOT p	ded in a FP: one foot in ar PIN with at l ments: revs on 1 foo t basic positio	1) step ny change of f Maxin least one cha it ons must have	p over/no c foot spin; num of one ange of fo Pena No v e at No v	lear visible jump i <u>4) no ba</u> "V" will be award ot e.g. CCoSp alty: alue alue	2S called t in flying ssic posi	s spins in on ition for at le altiple errors Minimun Must have Of those 3	num Level B e position no east 2 revs on s will be reflect FLYING CAN n Requireme e at least 3 rev B revs, there m	change foot; one foot in a one cted in GOE. IEL or FLYING S ents: volutions	IT SPIN in one positi e.g. FCSp, FSSp	sitions in any spi change of foot. on, no change Penalty: No value	n combination;
Four situatio	2F 2Lz* 2Lz* VBP ons Minim Must h At leas least 2 ons Flying o Difficu e of Minim	1A* " sign is award aan 3 revs on COMBO S num Require ave at least 3 t two differen revs each entry is NOT p	ded in a FP: one foot in ar PIN with at l ments: revs on 1 foo t basic position ermitted are permitted	1) step ny change of f Maxin least one cha it ons must have	p over/no c foot spin; num of one ange of fo Pena No v e at No v e at No v Maxi GOE	lear visible jump i <u>4) no ba</u> "V" will be award ot e.g. CCoSp alty: alue alue	2S called t n flying isic posi ded. Mu	spins in on ition for at le ultiple errors Minimun Must have Of those 3 Difficult Va Minimum	num Level B e position no east 2 revs on s will be reflect FLYING CAW n Requireme e at least 3 revs B revs, there m ariations are N	change foot; one foot in a one cted in GOE. IEL or FLYING S ents: volutions hust be at least 2 NOT permitted	IT SPIN in one positi e.g. FCSp, FSSp	sitions in any spi change of foot. on, no change Penalty: No value No value No value	n combination; of foot
Four situation	2F 2Lz* 2Lz* VBP ons Minim Must h At leas least 2 ons Flying c Difficu e of Minim	1A* " sign is award an 3 revs on COMBO S num Require ave at least 3 t two differen revs each entry is NOT p It Variations a	ded in a FP: one foot in ar PIN with at l ments: revs on 1 foo t basic position ermitted are permitted	1) step ny change of f Maxin least one cha it ons must have	p over/no c foot spin; num of one ange of fo Pena No v e at No v e at No v Maxi GOE than	lear visible jump i <u>4) no ba</u> "V" will be award ot e.g. CCoSp alty: alue alue alue mum Level B reduction for "Les	2S called t n flying isic posi ded. Mu	spins in on ition for at le altiple errors Minimun Must have Of those 3 Difficult Va Minimum (not incluc	num Level B e position no east 2 revs on s will be reflect FLYING CAIV n Requireme e at least 3 rev B revs, there m ariations are N 4 revs ding final wind	change foot; one foot in a one cted in GOE. IEL or FLYING S ents: volutions hust be at least 2 NOT permitted d up)	IT SPIN in one positi e.g. FCSp, FSSp	sitions in any spi change of foot. on, no change Penalty: No value No value No value No value GOE reductio	n combination; of foot
Four situation W Restriction Limitation Grade Execution (G	2F 2Lz* 2Lz	1A* " sign is award an 3 revs on COMBO S num Require ave at least 3 t two differen revs each entry is NOT p It Variations a	ded in a FP: one foot in ar PIN with at l ments: revs on 1 foo t basic position permitted are permitted foot	1) step ny change of f Maxin least one cha it ons must have	p over/no c foot spin; num of one ange of fo Pena No v e at No v e at No v Maxi GOE than	lear visible jump i <u>4) no ba</u> "V" will be award ot e.g. CCoSp alty: alue alue alue mum Level B reduction for "Les required revolution	2S called t n flying isic posi ded. Mu	spins in on ition for at le altiple errors Minimun Must have Of those 3 Difficult Va Minimum (not incluc	num Level B e position no east 2 revs on s will be reflect FLYING CAIV n Requireme e at least 3 rev B revs, there m ariations are N 4 revs ding final wind	change foot; one foot in a one cted in GOE. IEL or FLYING S ents: volutions hust be at least 2 NOT permitted d up)	IT SPIN in one positi e.g. FCSp, FSSp	sitions in any spi change of foot. on, no change Penalty: No value No value No value No value GOE reductio	n combination; of foot
Four situation W Restriction Limitation Grade Execution (G	2F 2Lz* 2Lz	1A* " sign is award aan 3 revs on COMBO S num Require ave at least 3 t two different revs each entry is NOT p It Variations a um 3 revs per um Requirem	ded in a FP: one foot in ar PIN with at l ments: revs on 1 foo t basic position permitted are permitted foot	1) step by change of f Maxin least one change it ons must have	p over/no c foot spin; num of one ange of fo Pena No v e at No v e at No v Maxi GOE than	lear visible jump i <u>4) no ba</u> "V" will be award ot e.g. CCoSp alty: alue alue alue mum Level B reduction for "Les required revolution All SpSq will be	2S called t n flying isic posi ded. Mu	spins in on ition for at le altiple errors Minimun Must have Of those 3 Difficult Va Minimum (not incluc	num Level B e position no east 2 revs on s will be reflect FLYING CAIV n Requireme e at least 3 rev B revs, there m ariations are N 4 revs ding final wind	change foot; one foot in a one cted in GOE. IEL or FLYING S ents: volutions hust be at least 2 NOT permitted d up)	IT SPIN in one positi e.g. FCSp, FSSp	sitions in any spi change of foot. on, no change Penalty: No value No value No value No value GOE reductio	n combination; of foot n for "Less than
Four situation W Restriction Limitation Grade Execution (G	2F 2Lz* Dens where "V 3) less th VBP ons Minim Must h At leas least 2 Ons Flying c Difficu e of Minim Sustain	1A* " sign is awarman 3 revs on COMBO S num Require ave at least 3 t two differen revs each entry is NOT p It Variations a um 3 revs per um Requirem ed position w	ded in a FP: one foot in ar PIN with at l ments: revs on 1 foo t basic position ermitted are permitted foot ents:	1) step ny change of f Maxin least one chan it ons must have l foot above hip	p over/no c foot spin; num of one ange of fo Pena No v e at No v e at No v Maxi GOE than	lear visible jump i <u>4) no ba</u> "V" will be award ot e.g. CCoSp alty: alue alue alue mum Level B reduction for "Les required revolution All SpSq will be	2S called t n flying isic posi ded. Mu	spins in on ition for at le altiple errors Minimun Must have Of those 3 Difficult Va Minimum (not incluc	num Level B e position no east 2 revs on s will be reflect FLYING CAN n Requireme e at least 3 revs revs, there m ariations are N 4 revs ding final wind num Level B Penalty:	change foot; one foot in a one cted in GOE. IEL or FLYING S ents: volutions hust be at least 2 NOT permitted d up)	IT SPIN in one positi e.g. FCSp, FSSp	sitions in any spi change of foot. on, no change Penalty: No value No value No value No value GOE reductio	n combination; of foot
Four situation W Restriction Limitation Grade Execution (G	2F 2Lz* 2Lz	1A* " sign is award an 3 revs on COMBO S num Require ave at least 3 t two differen revs each entry is NOT p It Variations a um 3 revs per um Requirem ed position w c one spiral m	ded in a FP: one foot in ar PIN with at l ments: revs on 1 foo t basic positio ermitted are permitted foot ents: ith knee and f	1) step ny change of f Maxin least one cha it ons must have l foot above hip ported	p over/no c foot spin; num of one ange of fo Pen; No v e at No v e at No v GOE than p on each fo	lear visible jump i <u>4) no ba</u> "V" will be award ot e.g. CCoSp alty: alue alue alue mum Level B reduction for "Les required revolution All SpSq will be pot	2S called t n flying isic posi ded. Mu	spins in on ition for at le altiple errors Minimun Must have Of those 3 Difficult Va Minimum (not incluc	num Level B e position no east 2 revs on s will be reflect FLYING CAIV n Requireme e at least 3 rev B revs, there m ariations are N 4 revs ding final wind hum Level B Penalty: No value No value	change foot; one foot in a one cted in GOE. AEL or FLYING S ents: volutions hust be at least 2 NOT permitted d up)	IT SPIN in one positi e.g. FCSp, FSSp	sitions in any spi change of foot. on, no change Penalty: No value No value No value GOE reductio required revo	n combination; of foot n for "Less than lutions"



August 14, 2018

The Ju	mps are coi	nsidered in c	order of exe					her base value only the indivi		Halfway: N h is not acc	/A ording to the require	ements will ha	ave no value
WBP Restrictions	elen (must ha	n of 5 jump nents ve an Axel jump)	jumps (e	ude 6 differe e.g. 1Lo and 2 ame jump typ	Lo are the			of 2 jump s or error in combination	One combo n TOE-LOOP a one combo n LOOP as 2	s 2 nd jump, nust include	combinations may	A jump may only be repeated once	No jump may be included more than twice
Penalty	A 6 th jump be invalidat receive no (If the only jump is per the 6 th elen last two ele receive no	value. Axel type formed as nent, the ements will	or empty j only 1 com penalty ap jump type type is mis jump type no jump ty	as an 'empty ump combo l nbo executed oplied if missin . If more thar ssing, the last will receive r ypes are repe Ity applied.	box' (i.e.) there is no ng one n one jump repeated no value. If	comb defini jump If the than 2 extra	ination not ition will be +SEQ + 2 nd number of	called: 1st jump* combos is more L st jump of the punted and	jump combos same type of 2 the repeated 2	with the 2 nd jump, 2nd jump	Only the extra jump(s) will receive no value	A repeated jump, if not in combo-will b identified as +REP and wil not be considered at a combo attempt	e than twice will receive no Value, even when in a jump
Examples	2Lz+2T+C 2F+2Lo+C 2S 1A 2F 2Lz*	2Lz+2T+C 2F+2Lo+C 2S 2F 2Lz* 1A*	2F+2T+C 2Lz 1A 1S 2T	2A 1A 2Lz 2F 2Lz* +2T+C	1A 2S 2T 2Lo 1Lz	-	T+C 2Lo+C 2 T*+REP	1A <u>2F+SEQ+2T*</u> (done as+SEQ 2Lo 2Lz 2S	2Lo+2T+C 2F 2Lz+ 1T*+C 1A 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
SPINS													
Four situation		' sign is award an 3 revs on c		iny change of	foot spin;	ear visi	ible jump in <u>4) no basi</u>	flying spins in o ic position for a	ximum Level B one position no cl <u>t least 2 revs on c</u> ors will be reflect	one foot in a	2) only 2 basic one position spin with	•	, . ,
••••••		an 3 revs on c	one foot in a	iny change of Max	foot spin;	ear visi "V" wil	ible jump in <u>4) no bas</u> Il be awarde	flying spins in o ic position for a	one position no cl t least 2 revs on c	one foot in a ed in GOE. FLY	, ,	G SIT SPIN ge of foot	· · · ·
Four situation	3) less th	an 3 revs on c	one foot in a	iny change of Max	foot spin; imum of one '	ear visi "V" wil	ible jump in <u>4) no bas</u> Il be awarde	flying spins in o ic position for a	one position no cl t least 2 revs on c	ed in GOE. FLY	one position spin with NG CAMEL or FLYIN ne position, no chan e.g. FCSp, FSSp	G SIT SPIN ge of foot	y spin combination; <u>pot.</u> Penalty:
Four situation	<u>3) less th</u> Minimum	an 3 revs on c	SPIN with	iny change of Max	foot spin; imum of one '	ear visi "V" wil	ible jump in <u>4) no bas</u> Il be awarde g. CCoSp	flying spins in o ic position for a	one position no cl t least 2 revs on c ors will be reflect	ed in GOE. FLY in c uirements:	one position spin with NG CAMEL or FLYIN ne position, no chan e.g. FCSp, FSSp	G SIT SPIN ge of foot	pot.
Four situation	3) less th Minimum Must have	COMBO Requireme at least 3 revs	SPIN with nts:	ny change of Max at least one	foot spin; imum of one '	ear visi "V" wil	ible jump in <u>4) no basi</u> Il be awarde .g. CCoSp Penalty:	flying spins in o ic position for a	one position no cl <u>t least 2 revs on c</u> ors will be reflect Minimum Req Must have at lea	ne foot in a ed in GOE. FLY in c uirements: st 3 revoluti	one position spin with NG CAMEL or FLYIN ne position, no chan e.g. FCSp, FSSp	G SIT SPIN ge of foot	pot. Penalty:
Four situation	3) less th Minimum Must have At least two Flying entry	COMBO Requireme at least 3 revs	SPIN with SPIN with nts: s on 1 foot sic positions	ny change of Max at least one	f foot spin; imum of one s e change of f	ear visi "V" wil	ible jump in <u>4) no basi</u> Il be awarde g. CCoSp <u>Penalty:</u> No value	flying spins in a ic position for a ed. Multiple erro	one position no cl <u>t least 2 revs on c</u> ors will be reflect Minimum Req Must have at lea	ne foot in a ed in GOE. FLY in c uirements: st 3 revoluti there must b	one position spin with NG CAMEL or FLYIN one position, no chan e.g. FCSp, FSSp ons ons	G SIT SPIN ge of foot , asic position	Penalty: No value
Four situation WBP Restrictions	3) less th Minimum Must have At least two Flying entry Difficult Va	COMBO Requireme at least 3 revs o different ba y is NOT perm	SPIN with SPIN with nts: s on 1 foot sic positions itted permitted	ny change of Max at least one	f foot spin; imum of one s e change of f	ear visi "V" wil	ible jump in <u>4) no basi</u> Il be awarde g. CCoSp Penalty: No value No value No value Mo value Maximum	flying spins in a ic position for a ed. Multiple erro d. Multiple erro erro Level B tion for "Less red	one position no cl t least 2 revs on c ors will be reflect Minimum Req Must have at lea Of those 3 revs,	ne foot in a ed in GOE. FLY in c uirements: ist 3 revoluti there must b ns are NOT p	one position spin with NG CAMEL or FLYIN one position, no chan e.g. FCSp, FSSp ons ons	a change of fo G SIT SPIN ge of foot , asic position	Penalty: No value No value
Four situation WBP Restrictions Limitations Grade of Execution	3) less th Minimum Must have At least two Flying entry Difficult Va Minimum 3	COMBO Requireme at least 3 revs o different ba y is NOT perm riations are p	SPIN with SPIN with nts: s on 1 foot sic positions itted permitted	ny change of Max at least one	t least 2 revs	ear visi	ible jump in <u>4) no bas</u> Il be awarde g. CCoSp Penalty: No value No value No value Maximum GOE reduc than requi revolution	flying spins in a ic position for a ed. Multiple erro de Multiple erro ed Level B ttion for "Less red s"	one position no cl t least 2 revs on c ors will be reflect Minimum Req Must have at lea Of those 3 revs, Difficult Variatio Minimum 4 revs	ne foot in a ed in GOE. FLY in c uirements: ist 3 revoluti there must b ns are NOT p	one position spin with NG CAMEL or FLYIN one position, no chan e.g. FCSp, FSSp ons ons	a change of fo G SIT SPIN ge of foot , asic position	Penalty: No value No value No value GOE reduction for "Less than required
Four situation WBP Restrictions Limitations Grade of Execution (GOE)	3) less th Minimum Must have At least two Flying entry Difficult Va Minimum 3	COMBO Requireme at least 3 revs o different ba y is NOT perm riations are p	SPIN with SPIN with nts: s on 1 foot sic positions itted permitted t	ny change of Max at least one	t least 2 revs	ear visi	ible jump in <u>4) no bas</u> Il be awarde g. CCoSp Penalty: No value No value No value Maximum GOE reduc than requi revolution	flying spins in a ic position for a ed. Multiple erro de Multiple erro ed Level B ttion for "Less red s"	one position no cl t least 2 revs on c ors will be reflect Minimum Req Must have at lea Of those 3 revs, Difficult Variatio Minimum 4 revs (not including fir	ne foot in a ed in GOE. FLY in c uirements: ist 3 revoluti there must b ns are NOT p nal wind up)	one position spin with NG CAMEL or FLYIN one position, no chan e.g. FCSp, FSSp ons ons	a change of fo G SIT SPIN ge of foot , asic position	Penalty: No value No value No value GOE reduction for "Less than required



Pre-Novice Women & Men (3:00 ±0:10)

JUMPS		· ·	•		mp combination with fu	•			/ay: N/	
The jum WBP Restrictions	Maximum o	d in order of executic f 6 jump elements an Axel type jump)	n. If an extra jump(s) Maximum of 3 ju combinations or sequ	mp	uted, only the individual _ Jump combinations may no more than two ju	contain		ording to the requirement y only be repeated once	No ju	ave no value mp may be included nore than twice
Penalty	and receive no va	type jump is performed nt, the last two	If the number of comisequences is more that only the 1 st jump of the extra combo/seq is co and marked with +RE	an 3, ne ounted	Only the extra jump(s) wil no value	l receive	• •		more receiv	he jump(s) included than twice will e no value, even in a jump combo
Examples	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 2F +2T	-
SPINS Four situations	where "V" sign is a <u>3) less than 3 revs</u>	warded in a FP: s on one foot in any ch a	1) step over/no clear v ange of foot spin;	visible jur <u>4) n</u> e	o be called to a maximur mp in flying spins in one po <u>o basic position for at least</u> warded. Multiple errors wi	osition no 2 revs on	change foot; one foot in a o	2) only 2 basic position ne position spin with a cha		• •
WBP Restrictions	COMBO SP	IN with at least one (flying entry option) e.g. (F)CCoSp	0		FLYING CAMEL or FLY in one position, no ch e.g. FCSp, FS	ange of f		SPIN of A (flying en		
ſ	Minimum Require	ements:	Penalty:	Minim	um Requirements:	Penalty	:	Minimum Requirement	ts:	Penalty:
Ν	Aust have at least 3	<u>3 revs on 1 foot</u>	No value	Must ha	ave at least 3 revolutions	No value	2	All spin codes must be diff	erent	No value
	At least two differen nust have at least 2		No value		e 3 revs, there must be 2 revs in a basic position	No value	2			
Grade of Execution (GOE)	/linimum 4 revs pe		GOE reduction for "Less than required revolutions"		um 5 revs cluding final wind up)		uction for an required ons"	Minimum 5 revs		GOE reduction for "Less than required revolutions"

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



Must be clearly visible

Novice Women (3:00 ±0:10)

Effective July 1, 2018

WBP Restrictions		<u>6</u> jump elements n Axel type jump)	Maximum of 3 jun combinations or sequ		<u>3 jump com</u> ntain three ju	nbinations may umps	A jum	np may only be repeated once		Imp may be included more than twice
Penalty	and receive no val (If the only Axel ty	pe jump is 7 th element, the last	If the number of combo sequences is more thar only the 1 st jump of the combo/seq is counted a marked with +REP	a 3, e extra	ju	nly the extra Imp(s) will eceive no value	combo identif be cor	eated jump, if not in o or sequence, will be ified as +REP and will not nsidered as a o/sequence attempt	more receiv	the jump(s) included than twice will re no value, even in a jump combo
Examples	3S+2T+C 3T+2T+C	3S+2T+C 3T+2T+C	2A+2T+ C 3Lo+2Lo+ C	2F+1Eu+2F+C	2/	A+2T+2T +1T* +C	2Lz 2F+2T	[+C	2T+2T 2F+2T	-
	35 2Lo	35 2Lo 2Lz	2Lz+2T+C 3S+2Lo*+REP			Lz+2Lo+2T+C A+1Eu+ 2S* +C	2A+2T 2Lo+2 2Lz+R	T+C 2Lo+C	21721	τc
PINS	2Lz+2Lo+S+2A* 2F 2Lz* <u>5</u> where "V" sign is <u>3) less than 3 rev</u>	3T* 2A*	hange of foot spin;		n for at least	2 revs on one foo	t in a on	2) only 2 basic position spin with a cha		
Four situations	2F 2Lz* s where "V" sign is 3) less than 3 rev COMBO S	3T* 2A* awarded in a FP:	hange of foot spin; Maximum of one "V' ne change of foot	4) no basic positio ' will be awarded. Multi FLYING CA	n for at least le errors will IEL OR FLY	2 revs on one foo	t in a on	ne position spin with a cha SPIN of A	NY NA	TURE
Four situations	2F 2Lz* s where "V" sign is 3) less than 3 rev COMBO S	3T* 2A* awarded in a FP: vs on one foot in any c SPIN with at least or	hange of foot spin; Maximum of one "V' ne change of foot onal)	4) no basic positio ' will be awarded. Multi FLYING CA in one pos	n for at least le errors will IEL OR FLY	2 revs on one foo I be reflected in G ING SIT SPIN ange of foot	t in a on	e position spin with a cha	NY NA	TURE
Four situations	2F 2Lz* s where "V" sign is 3) less than 3 rev COMBO S	3T* 2A* awarded in a FP: vs on one foot in any c SPIN with at least or (flying entry optic e.g. (F)CCoSp	hange of foot spin; Maximum of one "V' ne change of foot onal)	4) no basic positio ' will be awarded. Multi FLYING CA in one pos	n for at least le errors will AEL OR FLY tion, no cha .g. FCSp, FS	2 revs on one foo I be reflected in G ING SIT SPIN ange of foot	t in a on OE.	e position spin with a cha SPIN of A (flying en Minimum Requirement	NY NA NY NA Itry opt ts:	TURE
Four situations	2F 2Lz* where "V" sign is 3) less than 3 rev COMBO S Minimum Req Must have at lea	3T* 2A* awarded in a FP: vs on one foot in any c SPIN with at least or (flying entry option e.g. (F)CCOSp uirements: ust 3 revs on 1 foot	hange of foot spin; Maximum of one "V" ne change of foot onal) Penalty: No value	4) no basic positio will be awarded. Multi FLYING CA in one pos 6 Minimum Requirer Must have at least 3 m	n for at least le errors will AEL OR FLY tion, no cha .g. FCSp, FS hents: evolutions	2 revs on one foo l be reflected in G ING SIT SPIN ange of foot Sp Penalty: No value	t in a on OE.	ne position spin with a cha SPIN of A (flying en	NY NA NY NA htry opt ts:	toot. TURE tional)
Four situations	2F 2Lz* where "V" sign is 3) less than 3 rev COMBO S Minimum Req Must have at lea	3T* 2A* awarded in a FP: vs on one foot in any c SPIN with at least or (flying entry optic e.g. (F)CCOSp uirements: ist 3 revs on 1 foot erent basic positions	hange of foot spin; Maximum of one "V" ne change of foot onal) Penalty:	4) no basic positio will be awarded. Multi FLYING CA in one pos Minimum Requirer	n for at least le errors will AEL OR FLY tion, no cha .g. FCSp, FS hents: evolutions must be at	2 revs on one foo l be reflected in Ge ING SIT SPIN ange of foot Sp Penalty:	t in a on OE.	e position spin with a cha SPIN of A (flying en Minimum Requirement	NY NA NY NA htry opt ts:	TURE cional) Penalty:

No value



Execution "Less than required (not including final wind up) "Less than required "Less	WBP Restrictions		<u>7</u> jump elements n Axel type jump)	Maximum of 3 jump combinations or sequen			jump combin ain three jum			may only be ated once	No jump may b	e included more than twice
3T+2T+C 3T+2T+C 3L0+2L0+C 2L2+2T+C 2F+2T+C 2F+2T+C <th>Penalty</th> <th>and receive no va (If the only Axel t performed as the</th> <th>llue. ype jump is 8th element, the last</th> <th>sequences is more than 3 only the 1st jump of the e combo/seq is counted an</th> <th>, xtra</th> <th></th> <th>jump(s) wil</th> <th></th> <th>combo or so identified a not be cons</th> <th>equence, will be s +REP and will sidered as a</th> <th>twice will receiv</th> <th>e no value, even whe</th>	Penalty	and receive no va (If the only Axel t performed as the	llue. ype jump is 8 th element, the last	sequences is more than 3 only the 1 st jump of the e combo/seq is counted an	, xtra		jump(s) wil		combo or so identified a not be cons	equence, will be s +REP and will sidered as a	twice will receiv	e no value, even whe
35 35 35 35 35*210***REP 2A+1Eu+25**C 2L0+2L0+C 2L0+2L0+C 3F+REP 3T* 37* 2A* 2A+1Eu+25**C 2L0+2L0+C 2L0+2L0+C SPINS To state of the state	Examples	3T+2T+C 3F	3T+2T+C 3F	3Lo+2Lo+ C 2Lz+2T+ C	2F+1	1Eu+2F+C	_		2F+2T+C 2A+2T+C		-	
SPINS Eour 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 combinat 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. 2) only 2 basic positions in any spin combinat WBP Maximum of one "V" will be awarded. Multiple errors will be reflected in GOE. SPIN of ANY NATURE (flying entry optional) SPIN of ANY NATURE (flying entry optional) e.g. (F)CCOSp e.g. FCSp, FSSp Got positions No value Minimum Requirements: Penalty: Minimum Requirements: Penalty: Minimum Requirements: Penalty: 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 No value All spin codes must be different No value Grade of Execution Minimum 5 revs per foot GOE reduction for "Less than required" Minimum 6 revs GOE reduction for "Less than required" Minimum 6 revs GOE reduction for "Less than required"		2Lz+2Lo+S+2A* 2Lz	2Lz+2Lo+C 3F+REP	3S+2Lo*+REP			-	-				
Minimum Requirements: Penalty: Minimum Requirements: Penalty: Minimum Requirements: Penalty: 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 No value Of those 3 revs, there must be at least 2 revs in a basic position No value Of those 3 revs, there must be at least 2 revs in a basic position No value Of those 3 revs, there must be at least 2 revs in a basic position No value Of those 3 revs, there must be at least 2 revs in a basic position No value Of those 3 revs, there must be at least 2 revs in a basic position No value Of those 3 revs, there must be at least 2 revs in a basic position No value Of those 3 revs, there must be at least 2 revs in a basic position No value Of those 3 revs, there must be at least 2 revs in a basic position No value Of those 3 revs, there must be at least 2 revs in a basic position No value Of those 3 revs, there must be at least 2 revs in a basic position No value Of those 3 revs, there must be at least 2 revs in a basic position No value Of those 3 revs, there must be at least 2 revs in a basic position No revs in the revs in a basic position orevs in the revs in the revs in the revs in the				ange of foot spin;	<u>4) no b</u>	basic position	n for at least 2	2 revs on o	ne foot in a c			
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 No value No value Grade of Execution Minimum 5 revs per foot GOE reduction for "Less than required" (not including final wind up) Minimum 6 revs GOE reduction for "Less than required" (not including final wind up) Minimum 6 revs GOE reduction for "Less than required" Minimum 6 revs GOE reduction for "Less than required"	Four situation	3) less than 3 re COMBO	spin with at least one (flying entry option)	nange of foot spin; Maximum of one "V" e change of foot nal)	<u>4) no k</u> will be awa F	basic position arded. Multip FLYING CAN in one posit	n for at least 2 de errors will IEL OR FLYIN tion, no chai	2 revs on o be reflecte NG SIT SP nge of foc	ne foot in a c ed in GOE. IN	one position spin	with a change of SPIN of ANY NA	foot.
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 Grade of Execution Minimum 5 revs per foot GOE reduction for "Less than required" (not including final wind up) Minimum 6 revs GOE reduction for "Less than required" (not including final wind up) Minimum 6 revs GOE reduction for "Less than required" (not including final wind up) Minimum 6 revs Minimum 6 revs GOE reduction for "Less than required" (not including final wind up)	Four situation	3) less than 3 re COMBO	SPIN with at least one (flying entry optio e.g. (F)CCoSp	mange of foot spin; Maximum of one "V" e change of foot mal)	<u>4) no k</u> will be awa F	basic position arded. Multip FLYING CAN in one posit e.	n for at least 2 de errors will IEL OR FLYIN tion, no char g. FCSp, FSS	2 revs on o be reflecte NG SIT SP nge of foc p	n <u>e foot in a c</u> ed in GOE. I N ot	one position spin	with a change of SPIN of ANY NA (flying entry op	foot. ATURE tional)
Execution "Less than required (not including final wind up) "Less than required "Less	Four situation	3) less than 3 re COMBO s Minimum Re	SPIN with at least one (flying entry optio e.g. (F)CCoSp quirements:	Maximum of one "V" Maximum of one "V" e change of foot mal) Penalty:	<u>4) no k</u> will be awa F Minimun	basic positior arded. Multip FLYING CAW in one posit e. m Requirem	n for at least 2 de errors will IEL OR FLYIN tion, no char g. FCSp, FSS Dents:	2 revs on o be reflecte NG SIT SP nge of foc p Penalty	ne foot in a c ed in GOE. IN ot	one position spin	with a change of SPIN of ANY NA (flying entry op uirements:	TURE tional)
(GOE) revolutions revolutions revolutions	Four situation	3) less than 3 re COMBO S Minimum Ret Must have at le At least two dif	SPIN with at least one (flying entry optio e.g. (F)CCoSp quirements: east 3 revs on 1 foot ferent basic positions	Maximum of one "V" Maximum of one "V" e change of foot anal) Penalty: No value	4) no k will be awa F i Minimun Must have Of those 3	basic position arded. Multip FLYING CAN in one posit e. m Requirem e at least 3 re 3 revs, there	n for at least 2 de errors will IEL OR FLYIN tion, no char g. FCSp, FSS nents: evolutions must be at	2 revs on o be reflecte NG SIT SP nge of foc p Penalty No value	ne foot in a ded in GOE.	one position spin	with a change of SPIN of ANY NA (flying entry op uirements:	TURE tional)
	Four situation WBI Restriction Grade o Execution (GOE	3) less than 3 re COMBO S Minimum Re Must have at le At least two dif must have at le f Minimum 5 rev n	SPIN with at least one (flying entry optio e.g. (F)CCoSp quirements: east 3 revs on 1 foot ferent basic positions east 2 revs each rs per foot	ange of foot spin; Maximum of one "V" e change of foot mal) Penalty: No value No value GOE reduction for	4) no k will be awa F Minimun Must have Of those 3 least 2 rev Minimum	basic position arded. Multip FLYING CAN in one posit e., m Requirem e at least 3 re 3 revs, there vs in a basic p o 6 revs	n for at least 2 de errors will IEL OR FLYIN tion, no char g. FCSp, FSS nents: evolutions must be at position nd up)	2 revs on o be reflecte NG SIT SP nge of foc p Penalty No value No value GOE red	ne foot in a dent in GOE. IN IN IN IN IN IN IN IN IN IN IN IN IN	Minimum Req All spin codes m	with a change of SPIN of ANY NA (flying entry op uirements: ust be different	TURE tional) Penalty: No value GOE reduction for
Minimum Requirements: Penalty:	Four situation WBI Restriction Grade o Execution (GOE	3) less than 3 re COMBO Minimum Re Must have at le At least two dif must have at le f Minimum 5 rev PHIC SEQUENCE	SPIN with at least one (flying entry optio e.g. (F)CCoSp quirements: east 3 revs on 1 foot ferent basic positions east 2 revs each rs per foot	ange of foot spin; Maximum of one "V" e change of foot mal) Penalty: No value No value GOE reduction for "Less than required	4) no k will be awa F Minimun Must have Of those 3 least 2 rev Minimum	basic position arded. Multip FLYING CAW in one posit e. m Requirem e at least 3 re 3 revs, there is vs in a basic p o 6 revs ding final wir	n for at least 2 le errors will IEL OR FLYIN tion, no char g. FCSp, FSS nents: evolutions must be at position nd up)	2 revs on o be reflecte NG SIT SP nge of foc p Penalty No value No value GOE red "Less tha revolutio	ne foot in a dent in GOE. IN IN IN IN IN IN IN IN IN IN IN IN IN	Minimum Req All spin codes m	with a change of SPIN of ANY NA (flying entry op uirements: ust be different	foot. ATURE tional) Penalty: No value GOE reduction fo "Less than require



Junior Women (3:30 ±0:10)

Effective July 1, 2018

UMPS The jun	nps are consider	Bonus: ed in order of e							<u>be multiplied by a 1.1 factor</u> to the requirements will h	nave no value
WBP Restrictions	Maximum of 7	jump elements Axel type jump)	Maximum of 3 jump combinations or sequences	-	3 jump combination three jum	nations 2	all triples and may be exect the 2 repeated <u>1 can be a</u>	uted twice. I jumps, onl	A triple or quad jump ma	No double, triple y or quad may be included more than twice
Penalty	An 8 th jump eler invalidated and value. (If the or jump is perform element, the las will receive no v	receive no Ily Axel type Ied as the 8 th It two elements	If the number of combos or sequences is more than 3, only the 1 st jump of the extra combo/seq is counted and marked with +REP		Only the ex jump(s) wil receive no	l will value jum not	rd repeated tri receive no va pp combo, only meeting requ eive no value	lue. If in a / the jump	 A repeated triple or quad, if not in combo or sequence, will be identified as +REP and wil not be considered as a combo/sequence attempt 	even when in a
Examples	3S+2T+C 3T+2Lo+C 3S	3S+2T+C 3T+2T+C 3S	2A+2T+ C 3Lo+2Lo+ C 3S+2T+2Lo+ C	2Lz+1Eu+3S+	3S+2T+2T +		3T +C 1Eu+ 3S +C	4S+3T+C 4T+3T+C 4T	3S 3Lo+2Lo+C 3F+2T+2Lo+C	2T+2T+C 3S+2T*+C
	3Lo 2Lz+2T+S+2A* 2F	2Lo 2Lz+2Lo+C 2F	3S+1Lo*+REP		3Lo+2T+2Lo 2A+1Eu +3S	5+0	*+2T+C	4S*	3T+2T+C 3S+REP	
	3T 2Lz*	3T* 2A*								
Four situation	2Lz*	2A* s awarded in a FP:	: 1) step over/no cl any change of foot spin ; Maximum of one	<u>4) no</u>	pasic position for	or at least 2 re	evs on one foo	t in a one po	2) only 2 basic positions in a sition spin with a change of f	· · ·
	2Lz* <u>s</u> where "V" sign is <u>3) less than 3 re</u>	2A* s awarded in a FP: evs on one foot in COME (change of foot &	any change of foot spin;	<u>4) no </u> "V" will be awa	pasic position for rded. Multiple SPIN W e.g. FCSp, FSSp,	or at least 2 re errors will be ITH A FLYING	evs on one foo reflected in G ENTRANCE CCSp, FCSSp, F	<u>t in a one pc</u> DE.		oot. DSITION
Four situation	2Lz* <u>s</u> where "V" sign is <u>3) less than 3 re</u>	2A* s awarded in a FP: evs on one foot in COME (change of foot & e.g. (F)CoSF	any change of foot spin; Maximum of one BO SPIN fly entry optional)	4) no "V" will be awa	pasic position for rded. Multiple SPIN W e.g. FCSp, FSSp,	or at least 2 re errors will be TTH A FLYING FUSp, FLSp, F CLSp, FCoSp, F	evs on one foo reflected in G ENTRANCE CCSp, FCSSp, F	t in a one po DE. CUSp,	sition spin with a change of t	oot. DSITION
Four situations WBP Restrictions	2Lz* <u>s</u> where "V" sign is <u>3) less than 3 re</u>	2A* s awarded in a FP: evs on one foot in COME (change of foot & e.g. (F)CoSF ements:	Any change of foot spin; Maximum of one BO SPIN fly entry optional) or (F)CCoSp Penalty:	4) no "V" will be awa " " " " " " " " " " " " " " " " " "	oasic position for rded. Multiple SPIN W e.g. FCSp, FSSp, FC	or at least 2 re errors will be ITH A FLYING FUSp, FLSp, F CLSp, FCoSp, F ments: 3 revolutions	evs on one foo reflected in G ENTRANCE CCSp, FCSSp, F CCoSp	t in a one po DE. CUSp,	sition spin with a change of the spin with a change of the spin with a change of the spin spin spin spin spin spin spin spin	DSITION entry optional) Penalty: <u>"V" awarded,</u>
Four situations WBP Restrictions	2Lz* <u>s</u> where "V" sign is <u>3) less than 3 re</u> <u>Minimum Requir</u> <u>Must have at leas</u>	2A* s awarded in a FP: evs on one foot in COME (change of foot & e.g. (F)CoSF ements: t 3 revs (on 1 foot	any change of foot spin; Maximum of one BO SPIN fly entry optional) P or (F)CCoSp Penalty: t if No value	<u>4) no </u> "V" will be awa "V" will be awa " Mir (on Of t	asic position for rded. Multiple SPIN W e.g. FCSp, FSSp, FC imum Require it have at least	or at least 2 re errors will be TITH A FLYING FUSp, FLSp, F CLSp, FCoSp, F ments: 3 revolutions <u>e foot</u>) ere must be	evs on one foo reflected in Go ENTRANCE CCSp, FCSSp, F CCoSp Penalty:	t in a one po DE. CUSp,	SPIN IN ONE PO (change of foot and fly Minimum Requirements: Spin in one position with change of foot, no basic for	oot. DSITION entry optional) Penalty: <u>"V" awarded,</u> maximum level 3 (i
Four situations WBP Restrictions	2Lz* <u>s</u> where "V" sign i: <u>3) less than 3 re</u> <u>Minimum Requir</u> <u>Must have at leas</u> <u>change foot)</u> At least two difference	2A* s awarded in a FP: evs on one foot in COME (change of foot & e.g. (F)CoSF ements: t 3 revs (on 1 foot rent basic position t 2 revs each	any change of foot spin; Maximum of one BO SPIN fly entry optional) P or (F)CCoSp Penalty: t if No value	4) no "V" will be awa " " " " " " " " " " " " " " " " " "	asic position for rded. Multiple SPIN W .g. FCSp, FSSp, FC imum Require thave at least 1 foot if change hose 3 revs, the	or at least 2 re errors will be 'ITH A FLYING FUSp, FLSp, F CLSp, FCoSp, F ments: 3 revolutions <u>e foot</u>) ere must be pasic position	evs on one foo reflected in G ENTRANCE CCSp, FCSSp, F CCoSp Penalty: No value	t in a one po DE. CUSp,	SPIN IN ONE PO (change of foot and fly Minimum Requirements: Spin in one position with change of foot, no basic for at least 2 revs on one foot All spin codes must be	oot. DSITION entry optional) Penalty: <u>"V" awarded,</u> <u>maximum level 3 (i</u> <u>CSSp3V)</u> No Value GOE reduction for
Four situations WBP Restrictions Grade of Execution	2Lz* <u>s</u> where "V" sign i: <u>3) less than 3 re</u> <u>Minimum Requir</u> <u>Must have at leas</u> <u>change foot)</u> At least two differ must have at leas Minimum 10 revs	2A* s awarded in a FP: evs on one foot in COME (change of foot & e.g. (F)CoSF ements: t 3 revs (on 1 foot rent basic position t 2 revs each	any change of foot spin; Maximum of one SO SPIN fly entry optional) or (F)CCoSp Penalty: tif No value ns No value GOE reduction for "Less than required	4) no "V" will be awa " " " " " " " " " " " " " " " " " "	asic position for rded. Multiple SPIN W e.g. FCSp, FSSp, FC imum Require it have at least 1 foot if change hose 3 revs, the east 2 revs in a imum 6 revs	or at least 2 re errors will be 'ITH A FLYING FUSp, FLSp, F CLSp, FCoSp, F ments: 3 revolutions <u>e foot</u>) ere must be pasic position	Evs on one foo reflected in G ENTRANCE CCSp, FCSSp, F CCOSp Penalty: No value No value GOE reduct "Less than r	t in a one po DE. CUSp,	SPIN IN ONE PO (change of foot and fly Minimum Requirements: Spin in one position with change of foot, no basic for at least 2 revs on one foot All spin codes must be different Minimum 6 revs	DSITION entry optional) Penalty: <u>"V" awarded,</u> <u>maximum level 3 (in CSSp3V)</u> No Value GOE reduction for "Less than required
Four situations WBP Restrictions Grade of Execution (GOE)	2Lz* <u>s</u> where "V" sign i: <u>3) less than 3 re</u> <u>Minimum Requir</u> <u>Must have at leas</u> <u>change foot)</u> At least two differ must have at leas Minimum 10 revs	2A* s awarded in a FP: evs on one foot in COME (change of foot & e.g. (F)CoSF ements: t 3 revs (on 1 foot rent basic position t 2 revs each in total	any change of foot spin; Maximum of one SO SPIN fly entry optional) or (F)CCoSp Penalty: tif No value ns No value GOE reduction for "Less than required	4) no "V" will be awa " " " " " " " " " " " " " " " " " "	asic position for rded. Multiple SPIN W e.g. FCSp, FSSp, FC imum Require it have at least 1 foot if change hose 3 revs, the east 2 revs in a imum 6 revs	or at least 2 re errors will be 'ITH A FLYING FUSp, FLSp, F CLSp, FCoSp, F ments: 3 revolutions <u>e foot</u>) ere must be pasic position	Evs on one foo reflected in G ENTRANCE CCSp, FCSSp, F CCOSp Penalty: No value No value GOE reduct "Less than r	t in a one po DE. CUSp,	SPIN IN ONE PO (change of foot and fly Minimum Requirements: Spin in one position with change of foot, no basic for at least 2 revs on one foot All spin codes must be different Minimum 6 revs	oot. DSITION entry optional) Penalty: <u>"V" awarded,</u> <u>maximum level 3 (i</u> <u>CSSp3V)</u> No Value GOE reduction for "Less than required



Junior Men (<u>3:30</u> ±0:10) Effective July 1, 2018

JUMPS The ju	Bonus: Fully rota mps are considered		ligher base value H execution. If an extra ju	mp(s) is execut	ted, only the ind	dividual ju	mp which is not acc	cording to the requirements	will have no value
WBP Restrictions	Maximum of 7 jum (must have an Axel		Maximum of 3 jump combinations or sequences	combination	the 3 jump ns may contain e jumps	only 2 twice. <u>O</u>	riples and quads, may be executed <u>f the 2 jumps, only</u> an be a quad.	A triple or quad may only be repeated once.	No double or triple may be included more than twice
Penalty	An 8 th jump element invalidated and rece value. (If the only Ax jump is performed a element, the last two will receive no value	tive no xel type is the 8 th o elements	If the number of combos or sequences is more than 3, only the 1 st jump of the extra combo/seq is counted and marked with +REP		Only the extra jump(s) will receive no value	will recei jump con not meet	eated triple or quad ve no value. If in a nbo, only the jump ing requirements ve 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
Examples	3S+2T+C 3T+2Lo+C 3S 3Lo	3S+2T+C 3T+2T+C 3S 2Lo	2A+2T+ C 3Lo+2Lo+ C 3S+2T+2Lo+ C 3S +1Lo*+REP	3Lz+1Eu+3S+ C	3S+2T+2Lo +1L o*+C	3S+3T+C 3T+1Eu+3 3Lo 3Lo*+2T+	3S +C	3S 3Lo+2Lo+C 3F+2T+2Lo+C 3T+2T+C	3T+3T +C 3S+ 3T*+C
	2F+2T+S+2A* 2F 3T	2Lz+2Lo+C 2F 3T *			3Lo+2T+2Lo+C 3Lz+1Eu +3S*+ C	4S+3T+C 4T+3T+C 4T		3S+REP	
	2Lz*	2A*			•	4S*			
SPINS Four situation	<u>ns w</u> here "V" sign is a	warded in a F	in any change of foot spin;	<u>4) nc</u>	np in flying spins i b basic position fo	4S* in one posi or at least 2	tion no change foot; revs on one foot in a pe reflected in GOE.	2) only 2 basic position one position spin with a chan	ns in any spin combination ; ge of foot .
	ns where "V" sign is an <u>3) less than 3 revs</u> (change	warded in a F on one foot	in any change of foot spin; Maximum of or SPIN entry optional)	<u>4) nc</u> ne "V" will be aw	np in flying spins in basic position fo varded. Multiple e SPIN WITH A F Sp, FSSp, FUSp, F	4S* in one posi or at least 2 errors will b FLYING EN	revs on one foot in a be reflected in GOE. ITRANCE Sp, FCSSp, FCUSp,	one position spin with a chan SPIN IN OI	
Four situation	ns where "V" sign is an <u>3) less than 3 revs</u> (change	warded in a F on one foot COMBO of foot & fly g. (F)CoSP or	in any change of foot spin; Maximum of or SPIN entry optional)	4) nc ne "V" will be aw e.g. FCS	np in flying spins in basic position fo varded. Multiple e SPIN WITH A F Sp, FSSp, FUSp, F	4S* in one posi ir at least 2 errors will b FLYING EN FLSp, FCCS	revs on one foot in a be reflected in GOE. ITRANCE Sp, FCSSp, FCUSp,	one position spin with a chan SPIN IN OI	ge of foot. NE POSITION d fly entry optional)
Four situation	ns where " V " sign is av <u>3) less than 3 revs</u> (change e. _i	warded in a F on one foot i COMBO of foot & fly g. (F)CoSP or ements:	in any change of foot spin; Maximum of or SPIN entry optional) (F)CCoSp Penalty:	4) no ne "V" will be aw e.g. FCS Minimum	np in flying spins is basic position fo varded. Multiple e SPIN WITH A F Sp, FSSp, FUSp, F FCLSp, FC Requirements: It least 3 revolution	4S* in one posi or at least 2 errors will b FLYING EN FLSp, FCCS CoSp, FCCG	revs on one foot in a pe reflected in GOE. ITRANCE Sp, FCSSp, FCUSp, oSp	one position spin with a chan SPIN IN OI (change of foot ar	ge of foot. NE POSITION d fly entry optional) ts: Penalty: "V" awarded, maximum level 3 (ie.
Four situation	ns where "V" sign is an <u>3) less than 3 revs</u> (change e.; Minimum Require <u>Must have at least 3</u>	warded in a F on one foot i COMBO S of foot & fly g. (F)CoSP or ements: revs (on 1 fo t basic position	in any change of foot spin; Maximum of or SPIN entry optional) (F)CCoSp Penalty: ot if No value	4) no 4) no 4) no e.g. FCS Minimum I Must have a foot if chang Of those 3 ro	np in flying spins is basic position fo varded. Multiple e SPIN WITH A F Sp, FSSp, FUSp, F FCLSp, FC Requirements: It least 3 revolution	4S* in one posi or at least 2 errors will b FLYING EN FLSp, FCCS CoSp, FCCC Dons (on 1	revs on one foot in a be reflected in GOE. TRANCE Sp, FCSSp, FCUSp, DSp Penalty:	one position spin with a chan SPIN IN OF (change of foot ar Minimum Requirement Spin in one position with change of foot, no basic for	ge of foot. NE POSITION d fly entry optional) ts: Penalty: "V" awarded, maximum level 3 (ie.
Four situation	ns where "V" sign is an <u>3) less than 3 revs</u> (change e. _i <u>Minimum Require</u> <u>Must have at least 3</u> <u>change foot)</u> At least two differen	warded in a F on one foot i COMBO : of foot & fly g. (F)CoSP or ements: revs (on 1 fo nt basic position revs each	in any change of foot spin; Maximum of or SPIN entry optional) (F)CCoSp Penalty: ot if No value	4) no me "V" will be aw e.g. FCS Minimum I Must have a foot if chang Of those 3 ro 2 revs in a b Minimum 6	np in flying spins is basic position fo varded. Multiple e SPIN WITH A F Sp, FSSp, FUSp, F FCLSp, FC Requirements: It least 3 revolution (se foot) evs, there must be asic position	4S* in one posi or at least 2 errors will b FLYING EN FLSp, FCCS CoSp, FCCC Dons (on 1	revs on one foot in a be reflected in GOE. ITRANCE Sp, FCSSp, FCUSp, DSp Penalty: No value	One position spin with a chan SPIN IN OF (change of foot ar Minimum Requirement Spin in one position with change of foot, no basic for at least 2 revs on one foot All spin codes must be different Minimum 6 revs	ge of foot. NE POSITION d fly entry optional) ts: Penalty: "V" awarded. maximum level 3 (ie. CSSp3V) No Value GOE reduction for
Four situation WBP Restrictions Grade of Execution	ns where "V" sign is av 3) less than 3 revs (change e.4 Minimum Require Must have at least 3 change foot) At least two differen must have at least 2 Minimum 10 revs in	warded in a F on one foot i COMBO : of foot & fly g. (F)CoSP or ements: revs (on 1 fo nt basic position revs each	in any change of foot spin; Maximum of or SPIN entry optional) (F)CCoSp <u>Penalty:</u> ot if No value ons No value GOE reduction for "Less than required	4) no me "V" will be aw e.g. FCS Minimum I Must have a foot if chang Of those 3 ro 2 revs in a b Minimum 6	np in flying spins is basic position fo varded. Multiple e SPIN WITH A F Sp, FSSp, FUSp, F FCLSp, FC Requirements: it least 3 revolution ge foot) evs, there must be asic position revs	4S* in one posi or at least 2 errors will b FLYING EN FLSp, FCCS CoSp, FCCC Dons (on 1	revs on one foot in a be reflected in GOE. TRANCE Sp, FCSSp, FCUSp, oSp Penalty: No value No value GOE reduction for "Less than required	One position spin with a chan SPIN IN OF (change of foot ar Minimum Requirement Spin in one position with change of foot, no basic for at least 2 revs on one foot All spin codes must be different Minimum 6 revs	ge of foot. NE POSITION d fly entry optional) ts: Penalty: "V" awarded, maximum level 3 (ie. CSSp3V) No Value GOE reduction for "Less than required
Four situation WBP Restrictions Grade of Execution (GOE)	ns where "V" sign is av 3) less than 3 revs (change e.4 Minimum Require Must have at least 3 change foot) At least two differen must have at least 2 Minimum 10 revs in	warded in a F on one foot i COMBO of foot & fly g. (F)CoSP or ements: revs (on 1 fo nt basic position revs each total	in any change of foot spin; Maximum of or SPIN entry optional) (F)CCoSp <u>Penalty:</u> ot if No value ons No value GOE reduction for "Less than required	4) no me "V" will be aw e.g. FCS Minimum I Must have a foot if chang Of those 3 ro 2 revs in a b Minimum 6	np in flying spins is basic position fo varded. Multiple e SPIN WITH A F Sp, FSSp, FUSp, F FCLSp, FC Requirements: it least 3 revolution ge foot) evs, there must be asic position revs	4S* in one posi or at least 2 errors will b FLYING EN FLSp, FCCS CoSp, FCCC Dons (on 1	revs on one foot in a be reflected in GOE. TRANCE Sp, FCSSp, FCUSp, oSp Penalty: No value No value GOE reduction for "Less than required	One position spin with a chan SPIN IN OF (change of foot ar Minimum Requirement Spin in one position with change of foot, no basic for at least 2 revs on one foot All spin codes must be different Minimum 6 revs	ge of foot. NE POSITION d fly entry optional) ts: Penalty: "V" awarded, maximum level 3 (ie. CSSp3V) No Value GOE reduction for "Less than required



2018-2019 Singles Free Program Technical Requirements

Senior Women (4:00 ±0:10)

Effective July 1, 2018

JUMPS	Boni	us: N/A	Halfway: 2:00 <u>Only the last three jump elements executed in 2nd half will be multiplied by a 1.1 factor</u> Falls: -1.0 for the 1 st & 2 nd , -2.0 for the 3 rd & 4 th , -3.0 for the 5 th & further falls								
The j	umps are considered	d in order of exe								to the requirements wil	have no value.
WBP Restrictions	Maximum of 7 ju (must have an Ax	•	Maximum of 3 ju combinations or sec	•	Only 1 of the combination contain three	ns may	Of all triples ar may be execute jumps, only 1	d twice	. <u>Of the 2</u>	A triple may only be repeated once. <u>Any quad</u> <u>cannot be included more</u> <u>than once</u>	
Penalty	An 8 th jump element will be invalidated and receive no value. (If the only Axel type jump is performed as the 8 th element, the last two elements will receive no value)		If the number of combos or sequences is more than 3, only the 1 st jump of the extra combo/seq is counted and marked with +REP		Only the extra j will receive no		A 3 rd repeated triple or qu receive no value. If in a ju combo, only the jump not meeting requirements wil receive no value		jump ot	A repeated triple, if not in combo or sequence, will b 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
Examples	3S+2T+C 3S+2T+C 3T+2Lo+C 3T+2T+C 3S 3S 3Lo 2Lo 2F+2T+S+2A* 2Lz+2Lo+C 2Lz 2F 3T 3T*		3S+2T+2Lo +1Lo*+C		3S+2T+2Lo+1Lc 3Lo+2T+2Lo+C 3Lz+1Eu+ 3S*+C		3S+3T+C 4S+3T+C 3T+1Eu+3S+C 4T+3T+C 3Lo 4T 3Lo*+2T+C 4S*		-	3S 3Lo+2Lo+C 3F+2T+2Lo+C 3T+2T+C 3S+REP	2T+2T+C 3S+2T*+C
SPINS	2Lz*	2A*									
Four situati	2Lz* ons where "V" sign is a <u>3) less than 3 rev</u>	awarded in a FP:	n <mark>y change of foot spin</mark> ; Maximum of or	; ne "V" wi	<u>4) no basic po</u> ill be awarded. M SPIN WITH	sition for a Iultiple err	one position no ch at least 2 revs on o rors will be reflecte 5 ENTRANCE FCCSp, FCSSp, FC	ne foot ed in G(in a one po	2) only 2 basic positions in psition spin with a change of SPIN IN ONE POS	f foot.
Four situati	2Lz* ons where "V" sign is a 3) less than 3 rev (change o e.g	awarded in a FP: <u>s on one foot in ar</u> COMBO SPIN of foot & fly entry c. (F)CoSP or (F)CO	ny change of foot spin; Maximum of or (optional) CoSp	; ne "V" wi e.g. F	4) no basic po ill be awarded. M SPIN WITH CSp, FSSp, FUS FCLSp,	sition for a Iultiple err A FLYING p, FLSp, F , FCoSp, F	at least 2 revs on o rors will be reflecte 6 ENTRANCE CCSp, FCSSp, FC CCOSp	ne foot ed in G(<u>in a one po</u> DE.	SPIN IN ONE POS (change of foot and fly e	f foot. SITION ntry optional)
Four situati	2Lz* ons where "V" sign is a <u>3) less than 3 rev</u> (change o	awarded in a FP: s on one foot in ar COMBO SPIN of foot & fly entry c. (F)CoSP or (F)CO ments:	ny change of foot spin; Maximum of or / optional)	; ne "V" wi e.g. F Minim Must h	4) no basic por ill be awarded. M SPIN WITH CSp, FSSp, FUS	sition for a lultiple err A FLYING p, FLSp, F , FCoSp, F ents: volutions	at least 2 revs on o rors will be reflecte E ENTRANCE CCSp, FCSSp, FC	ne foot ed in G(DE. DE. Minimun Spin in on	osition spin with a change of spin spin spin spin spin spin spin spin	f foot. SITION ntry optional) Penalty: ot, <u>"V" awarded,</u>
Four situati	2Lz* <u>ons</u> where "V" sign is a <u>3) less than 3 rev</u> (change o e.g <u>Minimum Requiren</u> <u>Must have at least 3 n</u>	awarded in a FP: s on one foot in ar COMBO SPIN of foot & fly entry c. (F)CoSP or (F)CC ments: revs (on 1 foot if t basic positions	y change of foot spin; Maximum of or optional) CoSp Penalty:	e.g. F Minim Must h Of those	4) no basic por ill be awarded. M SPIN WITH CSp, FSSp, FUS FCLSp, num Requirement ave at least 3 rev	sition for a lultiple err A FLYING p, FLSp, F , FCoSp, F ents: volutions t) nust be	at least 2 revs on o rors will be reflected ENTRANCE CCSp, FCSSp, FC CCOSp Penalty:	ne foot ed in G(<u>in a one pr</u> DE. <u>Minimun</u> <u>Spin in on</u> <u>no basic fr</u>	SPIN IN ONE POS (change of foot and fly e n Requirements: e position with change of fo	f foot. SITION ntry optional) Penalty: ot, <u>"V" awarded,</u> t <u>maximum level 3</u>
Four situati	2Lz* ons where "V" sign is a 3) less than 3 rev (change o e.g Minimum Requirer Must have at least 3 r change foot) At least two different	awarded in a FP: s on one foot in ar COMBO SPIN of foot & fly entry c. (F)CoSP or (F)CC ments: revs (on 1 foot if t basic positions revs each	ny change of foot spin; Maximum of or (optional) CoSp Penalty: No value	e.g. F Minim Must h (on 1 fo Of thos at least Minim	4) no basic por ill be awarded. M SPIN WITH CSp, FSSp, FUS FCLSp, num Requirement ave at least 3 revo t if change foor se 3 revs, there m	sition for a lultiple en A FLYING p, FLSp, F , FCoSp, F ents: volutions t) nust be position	at least 2 revs on o fors will be reflected 5 ENTRANCE CCSp, FCSSp, FC CCOSp Penalty: No value	usp,	<u>Minimur</u> Spin in on no basic fo All spin c	SPIN IN ONE POS (change of foot and fly e n Requirements: e position with change of foo or at least 2 revs on one foo odes must be different	f foot. SITION ntry optional) Penalty: ot, t <u>"V" awarded, maximum level 3 (ie. CSSp3V)</u>
Four situati WBP Restrictions Grade of Execution	2Lz* <u>ons</u> where "V" sign is a <u>3) less than 3 rev</u> (change of e.g <u>Minimum Requirer</u> <u>Must have at least 3 rev</u> <u>change foot</u>) At least two different must have at least 2 r Minimum 10 revs in t	awarded in a FP: s on one foot in ar COMBO SPIN of foot & fly entry c. (F)CoSP or (F)CC ments: revs (on 1 foot if t basic positions revs each	A change of foot spin; Maximum of or Maximum of or CoSp Penalty: No value No value GOE reduction for "Less than required	e.g. F Minim Must h (on 1 fo Of thos at least Minim	4) no basic por ill be awarded. M SPIN WITH CSp, FSSp, FUS FCLSp, num Requirement ave at least 3 revo tot if change foo se 3 revs, there m t 2 revs in a basic um 6 revs	sition for a lultiple err A FLYING p, FLSp, F , FCoSp, F ents: volutions t) nust be position	at least 2 revs on o cors will be reflected ENTRANCE CCSp, FCSSp, FC CCOSp Penalty: No value No value GOE reduction fo "Less than requir	ne foot ed in GO USp, USp, or red	<u>Minimur</u> Spin in on no basic fo All spin c	SPIN IN ONE POS (change of foot and fly e n Requirements: e position with change of foo or at least 2 revs on one foo odes must be different 6 revs ding final wind up)	f foot. SITION ntry optional) Penalty: ot., <u>"V" awarded,</u> <u>maximum level 3</u> <u>{ie. CSSp3V}</u> No Value GOE reduction for "Less than required
Four situati	2Lz* <u>ons</u> where "V" sign is a <u>3) less than 3 rev</u> (change o <u>e.g</u> <u>Minimum Requirer</u> <u>Must have at least 3 n change foot)</u> At least two different must have at least 2 n Minimum 10 revs in t	awarded in a FP: s on one foot in ar COMBO SPIN of foot & fly entry c. (F)CoSP or (F)CC ments: revs (on 1 foot if t basic positions revs each total	A change of foot spin; Maximum of or Maximum of or CoSp Penalty: No value No value GOE reduction for "Less than required	e.g. F Minim Must h (on 1 fo Of thos at least Minim	4) no basic por ill be awarded. M SPIN WITH CSp, FSSp, FUS FCLSp, num Requirement ave at least 3 revo tot if change foo se 3 revs, there m t 2 revs in a basic um 6 revs	A FLYING p, FLSp, F p, FLSp, F ents: volutions t) nust be position d up) CHOREC	at least 2 revs on o rors will be reflected 5 ENTRANCE CCSp, FCSSp, FC CCOSp Penalty: No value No value GOE reduction for "Less than requir revolutions"	ne foot ed in GO USp, USp, or red	in a one po DE. Minimun Spin in on no basic fo All spin c Minimum (not inclue	SPIN IN ONE POS (change of foot and fly e n Requirements: e position with change of foo or at least 2 revs on one foo odes must be different 6 revs ding final wind up)	f foot. SITION ntry optional) Penalty: ot., <u>"V" awarded,</u> <u>maximum level 3</u> <u>{ie. CSSp3V}</u> No Value GOE reduction for "Less than required



Must almost fully utilize the ice

No value

2018-2019 Singles Free Program Technical Requirements

Senior Men (4:00 ±0:10)

Effective July 1, 2018

JUMPS	Bon	us: N/A						ents executed in 2 4 th , -3.0 for the 5 th	2 nd half will be multiplied b & further falls	<u>y a 1.1 factor</u>
The ju	mps are considered i	n order of	executio	ion, If an extra jump(s	s) is execu	ted, only the indi	vidual jum	p which is not acc	ording to the requirement	s will have no value.
WBP Restrictions				Maximum of 3 jum combinations or seque	np ju	Only 1 of the 3 mp combinations nay contain three jumps	only 2 n twice. <u>Of</u>	riples and quads, may be executed f the 2 jumps, only an be a quad.	A triple may only be repeat once. <u>Any quad cannot be</u> included more than once	may be included mor
Penalty	An 8 th jump element invalidated and rece (If the only Axel type performed as the 8 th two elements will re	ive no value e jump is e element, th	e. i j he last	If the number of combos is more than 3, only the 1 st jump of the extra combo/seq is counted and marked with +REP		lly the extra np(s) will receive value	will receiv jump com not meeti	eated triple or quad ve no value. If in a nbo, only the jump ing requirements ve no value	A repeated triple, if not in combo or sequence, will be identified as +REP and will r be considered as a combo/sequence attempt	
Examples	4T+3T+C 3T+2T+C 3S 3Lz	3Lz+3T+C 3T+2T+C 3S 3Lo		2A+2T+ C 3Lo+2Lo+ C 3S+2T+2Lo+ C 3S+ 1Lo*+REP	35	+2T+2Lo +1Lo*+C	3S+3T+C 3T+1Eu+3 3Lo 3Lo*+2T+0		3S 3Lo+2Lo+C 3F+2T+2Lo+C 3T+2T+C	3T+3T +C 3S+ 3T*+C
	3Lz+2T+S+2A* 2F 2F+REP	3Lz+2Lo+ 2F 3F*	+C			o+2T+2Lo+C z+1Eu +3S*+C	4S+3T+C 4T+3T+C 4T		3S+REP	
	2Lz*	3A*					4S*			
	2Lz* <u>hs</u> where "V" sign is aw <u>3) less than 3 revs o</u>	arded in a Fl		1) step over/no clear nange of foot spin; Maximum of one "V	<u>4) no</u>	basic position for	n one positic at least 2 re	evs on one foot in a	2) only 2 basic positio one position spin with a char	· ·
Four situation	ns where "V" sign is aw <u>3) less than 3 revs o</u> (change	arded in a Fl	in any ch D SPIN fly entry	nange of foot spin; Maximum of one "V optional)	<u>4) no /" will be av</u>	basic position for	n one positic at least 2 re rors will be YING ENTR Sp, FCCSp,	evs on one foot in a ereflected in GOE. RANCE , FCSSp, FCUSp,		POSITION
Four situation	ns where "V" sign is aw <u>3) less than 3 revs o</u> (change	combo co combo co combo co co co co co co	in any ch D SPIN fly entry	nange of foot spin; Maximum of one "V optional) coSp	<u>4) no</u> <u>" will be av</u> e.g. FCS	basic position for varded. Multiple er SPIN WITH A FLY p, FSSp, FUSp, FL	n one positic at least 2 re rors will be YING ENTR Sp, FCCSp, Sp, FCCSp	evs on one foot in a e reflected in GOE. RANCE , FCSSp, FCUSp, p	one position spin with a char SPIN IN ONE	POSITION
Four situation	ns where "V" sign is aw <u>3) less than 3 revs o</u> (change e	combo combo combo e of foot & f .g. (F)CoSP o ements: revs (on	in any ch D SPIN fly entry or (F)CCc	nange of foot spin; Maximum of one "V optional) coSp y:	<u>4) no</u> <u>" will be av</u> e.g. FCS <u>Minimu</u> Must hav	b basic position for varded. Multiple er SPIN WITH A FL p, FSSp, FUSp, FL FCLSp, FCO	n one positic at least 2 re rors will be YING ENTR Sp, FCCSp, Sp, FCCSp : Pena	eves on one foot in a e reflected in GOE. RANCE , FCSSp, FCUSp, p alty: /alue	one position spin with a char SPIN IN ONE (change of foot and	POSITION fly entry optional)
Four situation	ns where "V" sign is aw 3) less than 3 revs of (change e Minimum Require Must have at least 3	COMBC confoct in a Figure 2 confoct & f e of foot & f e.g. (F)CoSP of ements: revs (on) t basic	in any ch D SPIN fly entry or (F)CCc Penalty	nange of foot spin; <u>Maximum of one "V</u> optional) coSp y: e	4) no 2 will be av e.g. FCS Minimum Must hav (on 1 foo Of those	o basic position for varded. Multiple er SPIN WITH A FL p, FSSp, FUSp, FL FCLSp, FCO m Requirements e at least 3 revolut	n one positic at least 2 re rors will be YING ENTR Sp, FCCSp, Sp, FCCSp, Sp, FCCSp : Pena ions No va be No va	eves on one foot in a e reflected in GOE. RANCE , FCSSp, FCUSp, p alty: /alue /alue /alue	one position spin with a char SPIN IN ONE (change of foot and Minimum Requirements: Spin in one position with change of foot, no basic for	POSITION fly entry optional) Penalty: <u>"V" awarded</u> ,-maximum
	ns where "V" sign is aw <u>3) less than 3 revs of</u> (change <u>a</u> <u>Minimum Require</u> <u>Must have at least 3</u> <u>1 foot if change foot</u> At least two differen positions must have revs each Minimum 10 revs in	COMBC con one foot i combroation combroati	in any ch O SPIN fly entry or (F)CCc Penalty No value No value GOE red	nange of foot spin; Maximum of one "V optional) coSp y: e e e duction for han required	4) no 2 will be av e.g. FCS Minimum Must hav (on 1 foo Of those at least 2 Minimum	 basic position for varded. Multiple er SPIN WITH A FLY p, FSSp, FUSp, FLS FCLSp, FCO m Requirements: e at least 3 revolut t if change foot) 3 revs, there must 1 revs in a basic position 	a one positic at least 2 re rors will be YING ENTR Sp, FCCSp, Sp, FCCSp; Pena ions No va be No va ition GOE "Less	evs on one foot in a ereflected in GOE. RANCE , FCSSp, FCUSp, p value value value freduction for	one position spin with a char SPIN IN ONE (change of foot and Minimum Requirements: Spin in one position with change of foot, no basic for at least 2 revs on one foot All spin codes must be	POSITION fly entry optional) Penalty: "V" awarded, maximum level 3 (ie. CSSp3V)
Four situation WBP Restrictions Grade of Execution	ns where "V" sign is aw <u>3) less than 3 revs of</u> (change <u>a</u> <u>Minimum Require</u> <u>Must have at least 3</u> <u>1 foot if change foot</u> At least two differen positions must have revs each Minimum 10 revs in	COMBC con one foot i combroation combroati	in any ch O SPIN fly entry or (F)CCc Penalty No value No value GOE red "Less tha	nange of foot spin; Maximum of one "V optional) coSp y: e e e duction for han required	4) no 2 will be av e.g. FCS Minimum Must hav (on 1 foo Of those at least 2 Minimum	b basic position for varded. Multiple er SPIN WITH A FLY p, FSSp, FUSp, FLS FCLSp, FCO m Requirements: e at least 3 revolut t if change foot) 3 revs, there must f revs in a basic posi	a one positic at least 2 re rors will be YING ENTR Sp, FCCSp, Sp, FCCSp, Pena ions No va be No va ition GOE "Less revol	evs on one foot in a e reflected in GOE. RANCE , FCSSp, FCUSp, p palty: value value value c reduction for sthan required puttions"	one position spin with a char SPIN IN ONE (change of foot and Minimum Requirements: Spin in one position with change of foot, no basic for at least 2 revs on one foot All spin codes must be different Minimum 6 revs (not including final wind up)	POSITION fly entry optional) Penalty: "V" awarded, maximum level 3 (ie. CSSp3V) No Value GOE reduction for "Less than required

No value

Must be clearly visible



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:
 - \circ $\;$ There is not a sustained spiral position (i.e. not kicked) on each foot $\;$
 - There is not a spiral on each foot
 - \circ $\;$ 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.

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					



August 14, 2018

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)
- <u>2018-2019 ISU Technical Panel Handbook Singles Skating</u>
 - Contains calling specifications for technical elements for singles events.

Skate Canada Rules:

Competitive Competition Program Requirements Rule

- o Defines well-balanced program requirements by category
- **Competitions Rule**
 - o Defines aspects related to control and conduct of Skate Canada Competitions

Scoring of Skate Canada Competitions Rule

o 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. <u>Skate Canada Spiral Sequence Definition</u>

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.