



2018-2019 Singles Program Requirements Quick Reference Guide

October 30, 2018

Short Program
Effective July 1, 2018

CATEGORY / TIME / BONUS <i>(Jumps must be fully rotated to receive bonus)</i>	AXEL	SOLO JUMP	JUMP COMBO	SOLO SPIN		COMBO SPIN (2 basic pos = "V")	FLYING SPIN	STEP SEQUENCE
Pre-Novice Women & Men (max 2:30) 2A or higher base value Any Triple executed as 2nd jump in combo	1A or 2A	Double or Triple (2Lo or higher)	2 Doubles, 1 Double / 1 Triple or 2 Triples (2A may be repeated) same jumps permitted (e.g. 2T+2T+C)	Women Layback, Sit or Camel (5 revs)	Men Change Camel (4/4 revs)	Min. 2 different basic pos (4/4 revs)	N/A	Must almost fully utilize the ice
				Max Level 3 No flying entry				
Novice Women & Men (max 2:30) Women: Any Triple Men: 3Lo or higher base value Any Triple executed as 2nd jump in combo	1A or 2A	Double or Triple	2 Doubles, 1 Double / 1 Triple or 2 Triples same jumps permitted (e.g. 2Lo+2Lo+C)	Women Layback, Sit or Camel (6 revs)	Men Change Camel (5/5 revs)	Min. 2 different basic pos (5/5 revs)	N/A	Must almost fully utilize the ice
				No flying entry				
Junior Women (2:40 +/-10 sec) 3F as solo jump Halfway at 1:20	2A	2F or 3F	2 Doubles, 1 Double / 1 Triple or 2 Triples same jumps permitted (e.g. 2T+2T+C)	Layback, or Sit (8 revs)		Min. 2 different basic pos (6/6 revs)	Flying Camel (8 revs)	Must almost fully utilize the ice
				No flying entry				
Junior Men (2:40 +/-10 sec) 3A or higher base value Halfway at 1:20	2A or 3A	2F or 3F	1 Double / 1 Triple or 2 Triples same jumps permitted (e.g. 3T+3T+C)	Change Sit (6/6 revs)		Min. 2 different basic pos (6/6 revs)	Flying Camel (8 revs)	Must almost fully utilize the ice
				No flying entry				
Senior Women (2:40 +/-10 sec) Halfway at 1:20	2A or 3A	Triple	1 Double / 1 Triple or 2 Triples same jumps permitted (e.g. 3T+3T+C)	Layback, Sit or Camel (8 revs)		Min. 2 different basic pos (6/6 revs)	Flying Spin (8 revs) Basic position must be different from Solo spin	Must almost fully utilize the ice
				No flying entry				
Senior Men (2:40 +/-10 sec) Halfway at 1:20	2A or 3A	Triple or Quad	1 Double / 1 Triple, 2 Triples or 1 Quad / 1 Dbl or 1 Tpl same jumps permitted (e.g. 3Lo+3Lo+C)	Change Camel or Change Sit (6/6 revs)		Min. 2 different basic pos (6/6 revs)	Flying Spin (8 revs) Basic position must be different from Solo spin	Must almost fully utilize the ice
				No flying entry				

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



2018-2019 Singles Quick Reference Chart

Free Program

Effective July 1, 2018

October 30, 2018

CATEGORY / TIME / BONUS <i>(Jumps must be fully rotated to receive bonus)</i>	JUMPS <i>(Each category must have an Axel)</i>	SPINS <i>(All codes must be different for each category)</i>			SPIRAL / STEP / CHOREO
Pre-Juvenile Women & Men U11 & U13 (2:30 ±0:10)	Max 5 jumps <i>Must include 5 different jump types</i>	Max 2 spins (Max Base Level)			Max of 1 Spiral Sequence Max Base Level
	Max 2 jump Combos 1 combo to include Toe Loop as 2 nd jump, 1 combo to include Loop as 2 nd jump (2 jumps allowed in jump combo)	CCoSp (3/3 revs) 2 basic pos = "V" (fly NOT allowed, DV permitted)	Flying Camel or Flying Sit (4 revs) (1 pos / no change of foot, no DV)		
Juvenile Women & Men U12 & U14 (2:30 ±0:10) 2A or higher base value	Max 5 jumps <i>Must include 6 different jump types</i>	Max 2 spins (Max Base Level)			Max of 1 Step Sequence (for at least half the ice) Max Base Level
	Max 2 jump Combos 1 combo to include Toe Loop as 2 nd jump, 1 combo to include Loop as 2 nd jump (2 jumps allowed in jump combo)	CCoSp (3/3 revs) 2 basic pos = "V" (fly NOT allowed, DV permitted)	Flying Camel or Flying Sit (4 revs) (1 pos / no change of foot, no DV)		
Pre-Novice Women & Men (3:00 ±0:10) 2A or higher base value Any Triple executed as 2 nd jump in combo	Max 6 jumps	Max 3 spins (Max Level 3)			Max of 1 Choreo Sequence
	Max 3 jump Combo/Seq (2 jumps allowed in jump combo)	CCoSp (4/4 revs) 2 pos = "V" (flying entry optional)	Flying Camel or Flying Sit (5 revs) (1 pos / no change of foot)	Spin of any nature (5 revs) (flying entry optional)	
Novice Women (3:00 ±0:10) Any Triple or higher base value Any Triple executed as 2 nd and/ or 3 rd jump in combo	Max 6 jumps	Max 3 spins			Max of 1 Choreo Sequence
	Max 3 jump Combo/Seq (1 jump combo may have 3 jumps)	CCoSp (5/5 revs) 2 pos = "V" (flying entry optional)	Flying Camel or Flying Sit (6 revs) (1 pos / no change of foot)	Spin of any nature (6 revs) (flying entry optional)	
Novice Men (3:30 ±0:10) 3Lo or higher base value Any Triple executed as 2 nd and/ or 3 rd jump in combo	Max 7 jumps	Max 3 spins			Max of 1 Choreo Sequence
	Max 3 jump Combo/Seq (1 jump combo may have 3 jumps)	CCoSp (5/5 revs) 2 pos = "V" (flying entry optional)	Flying Camel or Flying Sit (6 revs) (1 pos / no change of foot)	Spin of any nature (6 revs) (flying entry optional)	
Junior Women (3:30 ±0:10) Halfway at 1:45	Max 7 jumps	Max 3 spins			Max of 1 Step Sequence
	Max 3 jump Combo/Seq (3 jumps allowed in 1 jump combo)	CoSp (10 revs) 2 pos = "V" (flying entry & change of foot optional)	Flying Spin (6 revs) (change of pos & change of foot optional)	Spin in 1 pos (6 revs) (flying entry & change of foot optional)	
Junior Men (3:30 ±0:10) 3A or higher base value Halfway at 1:45	Max 7 jumps	Max 3 spins			Max of 1 Step Sequence
	Max 3 jump Combo/Seq (3 jumps allowed in 1 jump combo)	CoSp (10 revs) 2 pos = "V" (flying entry & change of foot optional)	Flying Spin (6 revs) (change of pos & change of foot optional)	Spin in 1 pos (6 revs) (flying entry & change of foot optional)	
Senior Women (4:00 ±0:10) Halfway at 2:00	Max 7 jumps	Max 3 spins			Max of 1 ChSq Max of 1 Step Sequence
	Max 3 jump Combo/Seq (3 jumps allowed in 1 jump combo)	CoSp (10 revs) 2 pos = "V" (flying entry & change of foot optional)	Flying Spin (6 revs) (change of pos & change of foot optional)	Spin in 1 pos (6 revs) (flying entry & change of foot optional)	
Senior Men (4:00 ±0:10) Halfway at 2:00	Max 7 jumps	Max 3 spins			Max of 1 ChSq Max of 1 Step Sequence
	Max 3 jump Combo/Seq (3 jumps allowed in 1 jump combo)	CoSp (10 revs) 2 pos = "V" (flying entry & change of foot optional)	Flying Spin (6 revs) (change of pos & change of foot optional)	Spin in 1 pos (6 revs) (flying entry & change of foot optional)	

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