

National Sections	Age Requirements	Level Test requirement	NATIONALS PASS MARK		International Selections Minimum Scores					Short Program Requirements					Free Program Requirements				
			Short program technical score	Long Program Technical score	Club Score	ISU Score	Jnr Worlds Score	4 Continents Score	Snr Worlds Score	Short program length	Jumps required	Spins required	Steps / choreo	Components judged	Free program length	Jumps required	Spins required	Steps / choreo	Components judged
Juvenile Girls	Not reached 10 by 1st July preceding the competition	Level 1	N/A	7	13	15	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	2:15 (+/-10sec)	> 5 jump elements >1 must be an axel > Only 2 combos/seq's > Only 2 jumps may be repeated, repeated jump must be in combo/Seq. > No 3 jump combinations	> Basic position spin (6 revs, no fly, change of foot optional) > Combinations spin (6 revs, change of foot optional)	1 Choreo step sequence(1/2 ice surface) or spiral choreo sequence	2 components: Skating Skills Performance/Execution
Juvenile Boys	Not reached 10 by 1st July preceding the competition	Level 1	N/A	7	13	15	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	2:15 (+/-10sec)	> 5 jump elements >1 must be an axel > Only 2 combos/seq's > Only 2 jumps may be repeated, repeated jump must be in combo/Seq. > No 3 jump combinations	> Basic position spin (6 revs, no fly, change of foot optional) > Combinations spin (6 revs, change of foot optional)	1 Choreo step sequence(1/2 ice surface)	2 components: Skating Skills Performance/Execution
Pre Novice Girls	Must have reached 10 but not 13 by 1st July preceding the competition	Level 2	N/A (Components program)	9,3	20	22	N/A	N/A	N/A	Component program: 1:30 (+/- 10sec)	1 single jump (no double jumps allowed)	1 spin in one position only (Variation position is allowed)	1 step sequence	All 5 components	2:30 (+/-10sec)	> 5 jump elements > 1 must be an axel > Only 2 combos/seq's > Only 2 jumps may be repeated, repeated jump must be in combo/seq > No 3 jump combinations	> Basic position spin (6 revs, no fly, change of foot optional) > Combinations spin (6 revs, change of foot optional)	1 Choreo spiral sequence. (2 spirals of 3 seconds or 1 spiral of 6 seconds) or 1 choreo step sequence (full rink length)	2 components: Skating Skills Performance/Execution
Pre Novice Boys	Must have reached 10 but not 13 by 1st July preceding the competition	Level 2	N/A (Components program)	9,3	20	22	N/A	N/A	N/A	Component program: 1:30 (+/- 10sec)	1 single jump (no double jumps allowed)	1 spin in one position only (Variation position is allowed)	1 step sequence	All 5 components	2:30 (+/-10sec)	> 5 jump elements > 1 must be an axel > Only 2 combos/seq's > Only 2 jumps may be repeated, repeated jump must be in combo/seq > No 3 jump combinations	> Basic position spin (6 revs, no fly, change of foot optional) > Combinations spin (6 revs, change of foot optional)	1 Choreo step sequence (Full rink length)	2 components: Skating Skills Performance/Execution
Novice Girls	Must have reached 10 but not 15 by 1st July preceding competition	Level 3	9,5	13	50	55	N/A	N/A	N/A	Maximum 2:30	> 1A or 2A > Double / Triple jump with steps > Jump Combo (Double Double / Triple Double)	> Layback Spin (6 revs) > Spin Combo (5 revs per foot, flying entry allowed)	1 step sequence	4 components	3:00 (+/-10sec)	> 6 jump elements > 1 must be an axel > Only 2 combos/seq's > No 3 jump combinations	> Spin with flying entry (6 revs)(one position, change of foot optional) > Combinations spin (10 revs)(No fly entry allowed)	1 step sequence	4 components: Skating Skills Transitions Performance/Execution Interpretation
Novice Boys	Must have reached 10 but not 15 by 1st July preceding competition	Level 3	10	14,5	55	60	N/A	N/A	N/A	Maximum 2:30	> 1A or 2A > Double / Triple jump with steps > Jump Combo (Double Double / Triple Double)	> Camel/ Sit Spin (6 revs, no flying entry) > Spin Combo (5 revs per foot, flying entry allowed)	1 step sequence	4 components	3:30(+/-10sec)	> 7 jump elements > 1 must be an axel > Only 2 combos/seq's > No 3 jump combinations	> Spin with flying entry (6 revs)(One position, change of foot optional) > Combinations spin (10 revs)(No fly entry allowed)	1 step sequence	4 components: Skating Skills Transitions Performance/Execution Interpretation
Junior Ladies	Must have reached 13 but not 19 by 1st July preceding the competition	Level 4	10,8	19,6	70	75	85	100	100	Maximim 2:50	> 2A or 3A > Double / Triple flip with steps > Jump Combo (Double Double / Triple Double / Triple Triple)	> Flying Sit Spin (8 revs) > Layback Spin (8 revs) > Spin Combo (6 revs per foot)	1 step sequence	All 5 components	3:30(+/-10sec)	> 7 jump elements > 1 must be an axel > Only 3 combos/seq's > Only one 3 jump combination allowed	> 1 combinations spin (10 revs) > Spin with flying entry (6 revs) > Spin in one position (6 revs)	1 step sequence	5 components
Junior Men	Must have reached 13 but not 19 by 1st July preceding the competition	Level 4	14,5	21,5	80	85	90	115	115	Maximim 2:50	> 2A or 3A > Double / Triple Flip with steps > Jump combo (Triple Double/ Triple Triple)	> Flying Sit Spin (8 revs) > Change Sit Spin (6 revs per foot) > Spin Combo (6 revs per foot)	1 step sequence	All 5 components	4:00(+/-10sec)	> 8 jump elements > 1 must be an axel > Only 3 combos/seq's > Only one 3 jump combination allowed	> 1 combinations spin (10revs) > Spin with flying entry (6 revs) > Spin in one position (6revs)	1 step sequence	5 components
Senior Ladies	Must have reached 14 by 1st July preceding the competition	Level 5	14,3	22,4	75	85	N/A	100	100	Maximim 2:50	> 2A or 3A > Triple Jump with steps > Jump Combo (Triple Double/ Triple Triple)	> Flying Spin (8 revs) > Layback Spin (8 revs) > Spin Combo (6 revs per foot)	1 step sequence	All 5 components	4:00 (+/- 10sec)	> 7 jump elements > 1 must be an axel > Only 3 combos/seq's > Only one 3 jump combination allowed	> 1 combinations spin (10revs) > Spin with flying entry (6 revs) > Spin in one position (6 revs)	> 1 Step sequence >1 choreo sequence	5 components
Senior Men	Must have reached 14 by 1st July preceding the competition	Level 5	17,8	31,3	93	98	N/A	115	115	Maximim 2:50	> 2A or 3A > Triple/Quad Jump with steps > Jump combo (Triple Double/ Triple Triple/ Quad Triple/Quad Double)	> Flying Spin (8 revs) > Change foot Camel or Sit Spin (6 revs per foot) > Spin Combo (6 revs per foot)	1 step sequence	All 5 components	4:30 (+/- 10sec)	> 8 jump elements > 1 must be an axel > Only 3 combos/seq's > Only one 3 jump combination allowed	> 1 combinations spin (10revs) > Spin with flying entry (6 revs) > Spin in one position (6 revs)	> 1 step sequence >1 choreo sequence	5 components

Non - National Sections	Age Requirements	Level Test Requirement	NATIONALS PASS Mark		International Selections Minimum Scores					Short Program Requirements					Free Program Requirements				
			Short Program Technical Score	Long Program Technical Score	Club Score	ISU Score	Jnr Worlds Score	4 Continents Score	Snr Worlds Score	Short Program Length	Jumps Required	Spins Required	Steps / Choreo	Components Judged	Free Program Length	Jumps Required	Spins Required	Steps / Choreo	Components Judged
Chicks Boys and Girls*	Hosting province discretion	No Tests passed	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	1:30 (+/-10sec)	> 5 jump elements	> 2 Spins	1 Choreo step sequence (1/2 ice surface) or spiral choreo sequence	2 components: Skating Skills Performance/Execution
Sparrows Girls	Must not have turned 10 by the 1st of July preceding the event	Level 1	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	2:15 (+/-10sec)	> 5 jump elements >1 must be an axel > Only 2 combos/seq's > Only 2 jumps may be repeated, repeated jump must be in combo/Seq > No 3 jump combinations	> Basic position spin (4 revs, no fly, change of foot optional) > 1 Combination Spin (5 revs, change of foot optional)	1 Choreo step sequence (1/2 ice surface) or spiral choreo sequence	2 components: Skating Skills Performance/Execution
Sparrows Boys	Must not have turned 10 by the 1st of July preceding the event	Level 1	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	2:15 (+/-10sec)	> 5 jump elements > 1 must be an axel > Only 2 combos/seq's > Only 2 jumps may be repeated, repeated jump must be in combo/Seq > No 3 jump combinations	> Basic position spin (4 revs, no fly, change of foot optional) > 1 Combination Spin (5 revs, change of foot optional)	1 Choreo step sequence (1/2 ice surface)	2 components: Skating Skills Performance/Execution
Bronze Hawks Girls	Must have turned 10 but not 13 by the 1st of July preceding the event	Level 1	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	2:30 (+/-10sec)	> 5 jump elements >1 must be an axel > Only 2 combos/seq's > Only 2 jumps may be repeated, repeated jump must be in combo/Seq > No 3 jump combinations	> Basic position spin (4 revs, no fly, change of foot optional) > 1 Combination Spin (5 revs, change of foot optional)	1 Choreo spiral sequence. (2 spirals of 3 seconds or 1 spiral of 6 seconds) or 1 choreo step sequence	2 components: Skating Skills Performance/Execution
Bronze Hawks Boys	Must have turned 10 but not 13 by the 1st of July preceding the event	Level 1	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	2:30 (+/-10sec)	> 5 jump elements > 1 must be an axel > Only 2 combos/seq's > Only 2 jumps may be repeated, repeated jump must be in combo/Seq > No 3 jump combinations	> Basic position spin (4 revs, no fly, change of foot optional) > 1 Combination Spin (5 revs, change of foot optional)	1 Choreo step sequence	2 components: Skating Skills Performance/Execution
Silver Falcon Girls	Must have turned 10 but not 15 by the 1st of July preceding the event	Level 2	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	2:30 (+/-10sec)	> 5 jump elements > 1 must be an axel > Only 2 combos/seq's > No 3 jump combinations	> Flying Spin (6 revs)(One position, change of foot optional) > 1 Combinations Spin (10 revs)	1 step sequence	4 components: Skating Skills Transitions Performance/Execution Interpretation
Silver Falcon Boys	Must have turned 10 but not 15 by the 1st of July preceding the event	Level 2	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	3:00 (+/-10sec)	> 6 jump elements > 1 must be an axel > Only 2 combos/seq's > No 3 jump combinations	> Flying Spin (6 revs)(One position, change of foot optional) > 1 Combinations Spin (10 revs)	1 step sequence	4 components: Skating Skills Transitions Performance/Execution Interpretation
Golden Eagles Ladies	Must have turned 15 by the 1st of July preceding the event	Level 3	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	3:00 (+/-10sec)	> 6 jump elements > 1 must be an axel > Only 3 combos/seq's > Only one 3 jump combination allowed	> 1 Combinations Spin (10revs) > Flying Spin (6 revs) > Spin in one position (6revs)	1 step sequence	4 components: Skating Skills Transitions Performance/Execution Interpretation
Golden Eagles Men	Must have turned 15 by the 1st of July preceding the event	Level 3	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	3:30 (+/-10sec)	> 7 jump elements > 1 must be an axel > Only 3 combos/seq's > Only one 3 jump combination allowed	> 1 Combinations Spin (10revs) > Flying Spin (6 revs) > Spin in one position (6revs)	1 step sequence	4 components: Skating Skills Transitions Performance/Execution Interpretation
Adult Beginner Artistic	Must be older than 25 years old by the 1st July preceding the event	Level 1&2	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	> 1:40 (can be less)	> 2 jumps	> 2 spins		5 components (no technical score)
Adult Beginner Technical	Must be older than 25 years old by the 1st July preceding the event	Level 1 & 2	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	2:15 (+/-10sec)	> 5 jump elements >1 must be an axel > Only 2 combos/seq's > No 3 jump combinations	> Basic position spin (6revs, no fly, change of foot optional) > 1 Combination Spin (6 revs, change of foot optional)	1 Choreo step sequence (1/2 ice surface) or spiral choreo sequence	2 components: Skating Skills Performance/Execution
Adult Advanced Artistic	Must be older than 25 years old by the 1st July preceding the event	Level 3 and up	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	> 1:40 (can be less)	> 2 jumps	> 2 Spins		5 components (no technical score)
Adult Advanced Technical	Must be older than 25 years old by the 1st July preceding the event	Level 3 and up	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	2:30 (+/-10sec)	> 5 jump elements >1 must be an axel > Only 2 combos/seq's > No 3 jump combinations	> Basic position spin (6revs, no fly, change of foot optional) > 1 Combination Spin (6 revs, change of foot optional)	1 Choreo spiral sequence. (2 spirals of 3 seconds or 1 spiral of 6 seconds) or 1 choreo step sequence	2 components: Skating Skills Performance/Execution