

C**SINGLE SKATING****1 Definition**

The discipline of Single Skating consists of:

- 1.1 a Short Program; and / or
- 1.2 a Free Skating Program.

2 Sections

The sections in the Single Skating discipline are:

- 2.1 Senior (Men or Ladies);
- 2.2 Junior (Men or Ladies);
- 2.3 Novice (Boys or Girls);
- 2.4 Pre-Novice (Boys or Girls); and
- 2.5 Juvenile (Boys or Girls).

3 Age Entry Requirements

The age requirements for the sections in Single Skating are as follows:

- 3.1 Senior Men and Ladies: The Skater must have reached the age of fourteen (14) before the 1st of July preceding the competition.
- 3.2 Junior Men and Ladies: The Skater must have reached the age of thirteen (13) but not the age of nineteen (19) before the 1st of July preceding the competition.
- 3.3 Novice Boys and Girls: The Skater must **have reached the age of ten (10) but** not the age of fifteen (15) before the 1st of July preceding the competition.
- 3.4 Pre-Novice Boys and Girls: The Skater must **have reached the age of ten (10) but** not the age of **thirteen (13)** before the 1st of July preceding the competition.
- 3.5 Juvenile Boys and Girls: The Skater must not have reached the age of **ten (10)** before the 1st of July preceding the competition.

4 Test Entry Requirements

To be eligible to compete in the Single Skating sections concerned, the Skater must have passed the following tests:

- 4.1 Senior Men and Ladies:
 - 4.1.1 for the National Championships the Skater must have passed the Singles Gold Star Test; and

- 4.1.2 for an Interprovincial Championship the Skater must have passed the Skating Skills Level 5 Test.
- 4.2 Junior Men and Ladies:
- 4.2.1 for the National Championships the Skater must have passed the Singles Intergold Star Test; and
- 4.2.2 for an Interprovincial Championship the Skater must have passed the Skating Skills Level 4 Test.
- 4.3 Novice Boys and Girls:
- 4.3.1 for the National Championships the Skater must have passed the Singles Silver Star Test; and
- 4.3.2 for an Interprovincial Championship the Skater must have passed the Skating Skills Level 3 Test.
- 4.4 Pre-Novice Boys and Girls:
- 4.4.1 for the National Championships the Skater must have passed the Singles Intersilver Star Test; and
- 4.4.2 for an Interprovincial Championship the Skater must have passed the Skating Skills Level 2 Test.
- 4.5 Juvenile Boys and Girls:
- 4.5.1 for the National Championships the Skater must have passed the Singles Bronze Star Test; and
- 4.5.2 for an Interprovincial Championship the Skater must have passed the Skating Skills Level 1 Test.

5. Duration of Skating

- 5.1 The skating time of the program must be reckoned from the moment the Skater begins to move or skate until the Skater arrives at a complete stop at the end of the program.
- 5.2 The skating time of the program must not exceed the time limit (mm:ss) for the different programs and sections set forth below:

SECTION	Short Prgm		Free Skating Prgm	
	Men Boys	Ladies Girls	Men Boys	Ladies Girls
Senior	02:50	02:50	04:30	04:00
Junior	02:50	02:50	04:00	03:30
Novice	02:30	02:30	03:30	03:00
Pre-Novice	02:15	02:15	02:30	02:30
Juvenile	---	---	02:15	02:15

- 5.3 In the Short Program, the skating times indicated are the maximum times but the skating time may be less than the maximum times indicated provided that all the required elements in the Short Program are included. If the Skater fails to finish the Short Program within the maximum time limit, the timekeeper(s) shall advise the Referee who shall indicate same by the blowing of a whistle. The timekeeper(s) shall inform the Referee who shall, in turn, inform the Judges of the number of seconds in excess.
- 5.4 In the Free Skating Program, the skating time must be completed within ten (10) seconds (either more or less) of the indicated skating time. The timekeeper(s) shall advise the Referee of the expiration of the required time plus ten (10) seconds and the Referee shall indicate same by the blowing of a whistle. If the program is completed before or after the required time minus or plus ten (10) seconds, respectively, the timekeeper(s) shall inform the Referee of the number of seconds lacking or in excess. If the duration of the program is thirty (30) seconds or more under the required time limit no marks will be awarded.
- 5.5 If a Skater fails to finish the Free Skating Program within the allowed range of time or exceeds the maximum skating time in the Short Program, there must be a 1.0 point deduction for every five (5) seconds lacking or in excess.
- 5.6 In both the Short and Free Skating Programs, no element commenced after the maximum time limit (in the Free Skating Program, the time plus ten (10) seconds) shall be considered in the marking and shall be considered as omitted.

6. General Definitions and Requirements of Elements

- 6.1 Jump elements
A "jump element" can be an individual Solo Jump, a Jump Combination or a Jump Sequence.
- 6.2 Solo Jumps
Solo Jumps can contain one (1), two (2), three (3) or Four (4) revolutions. In both the Short and Free Skating Programs there may be limitations on the number, revolutions and repetitions of Solo Jumps that may be executed. Solo Jumps with the same name but executed with a different number of revolutions are considered as different Solo Jumps.
- 6.3 Jump Combinations
In a Jump Combination, the landing foot of a jump is the take-off foot of the very next jump. A three-turn on one foot between the jumps and/or the free foot touching the ice but

not resulting in a weight transfer onto this free foot keeps the element in the frame of this definition thus allowing the faulty execution of the element still to be considered as a Jump Combination.

If the individual jumps comprising the Jump Combination are connected to each other with a non-listed jump, the element will be called a Jump Sequence. **However, when the half-Loop jump is used in Jump Combinations or Sequences, it will be considered a listed jump with the value of a Loop jump.**

If the first jump of a two-jump-Jump Combination fails to be executed correctly and turns out to be a non-listed jump, the element will still be considered as a Jump Combination.

6.4 Jump Sequences

A Jump Sequence may consist of any number of individual jumps of any number of revolutions that may be linked by non-listed jumps and/or hops immediately following each other while maintaining the jump rhythm (knee); there can be no turns/steps, crossovers or stroking during the sequence. Turns are defined as three turns, twizzles, brackets, loops, counters and rockers. Steps are defined as toe steps, chasses, Mohawks, Choctaws, curves with change of edge and cross-rolls. A Jump Sequence consisting of only one (1) individual jump together with other non-listed jumps is not considered as a Jump Sequence, but will count as a Solo Jump.

6.5 Spins: **Basic** Positions

There are three basic spin positions, namely (a) the camel spin (with the free leg backwards and the knee higher than the hip level), (b) the sit spin (with the upper part of the skating leg **at least** parallel to the ice); and (c) the upright position (any position with the skating leg extended or almost extended which is not a camel position). The Layback, Biellmann and similar spin position variations are considered as upright position spins.

Variations of the position of the head, arms or free leg, as well as fluctuations of speed are permitted.

6.6 Spins: **Intermediate** Positions

Intermediate positions are all those positions that do not meet the requirements for the camel, sit and upright basic position spins.

6.7 Spins: Total minimum revolutions

Any spin with less than three (3) revolutions is considered as a "skating movement" and not a spin.

- 6.8 Spins: Basic position minimum revolutions
Any spin that contains no basic position **with two (2) revolutions** will receive no Level and thus no value.
- 6.9 Spins: Minimum revolutions in a position
The minimum number of revolutions required in a basic position is two (2) without interruption. If this requirement is not fulfilled, the position will not be counted.
- 6.10 Spins: Change of edge
The change of edge will only be counted if performed in a basic position.
- 6.11 Spins: Change of foot
The change of foot in any spin must be preceded and directly thereafter followed by basic spin positions with at least three (3) revolutions in each position.
- 6.12 **Spin Combinations: Difficult change of position**
In the Spin Combination, a difficult change of position will be counted as a difficult variation in the Spin Combination.
- 6.13 Spins: Falls when entering spins
If a skater falls when entering a spin, a simple spin or spinning movement is allowed immediately after this fall (for filling-time purposes) with this spin/movement not being counted as an element.
- 6.14 Spins: Spinning centres
If the spinning centres (before and after the change of foot) are too far apart and the criteria of “two spins” is fulfilled (there is a curve of exit after the first part of the spin and a curve of entry into the second part of the spin), only the part before the change of foot will be **called and** considered for Level features.
- 6.15 Spin Combinations: Intermediate positions
The number of revolutions in intermediate position is counted in the total number of revolutions. Intermediate positions can be considered as difficult variations if they meet the definition of such difficult variations but changing to one of these positions is not considered as a change of position.
- 6.16 Spin Combinations: Change of positions
The change of position can only be from one basic spin position to another basic spin position.
- 6.17 One position spins and flying spins with no change of position or foot: Intermediate positions

Intermediate positions are allowed, counted in the total number of revolutions required but are not allowed to be used for acquiring Level features.

- 6.18 One position spins and flying spins with no change of position or foot: Intermediate positions

The concluding upright basic position at the end of the spin (the final wind-up) is not considered to be another position irrespective of the number of revolutions performed in this position as long as no Level features (change of edge, variation of position, etc.) are executed in it.

- 6.19 Spins: Flying entry

When a flying spin is commenced with a jump, no previous rotation on the ice before the take-off is permitted and a "step over" must be considered by the Judges and reflected in the GOE.

- 6.20 Step Sequences: General

All step sequences should be executed according to the character of the music. Short stops in accordance with the music are permitted. Turns and steps must be balanced in their distribution throughout the step sequence. The competitor has complete freedom in selecting the type (straight line, circular, serpentine) of step sequence to execute unless otherwise specified. The step sequence must also fully utilize the ice surface unless otherwise specified. Step sequences too short and barely visible cannot be considered as meeting the requirements of a step sequence.

- 6.21 Step Sequence: Straight line

Commences at any place on the short barrier and goes to any place on the opposite short barrier keeping the approximate shape of a straight line.

- 6.22 Step Sequence: Circular

Skated on a complete circle or oval utilising the full width of the ice surface.

- 6.23 Step Sequence: Serpentine

Commences at the end of the ice surface and progresses in at least two bold curves and ends at the opposite end of the ice surface.

7 Short Program – General Regulations and Requirements

- 7.1 The Short Program is defined as the skating of required elements with connecting steps in harmony with music of the skaters' choice. The sequence of the required elements is optional.

- 7.2 The Short Program shall be skated in all Senior and Junior International competitions and in the Senior, Junior, Novice, and Pre-Novice sections at the National, Interprovincial and Provincial Championships and may be included in other competitions at provincial level.
- 7.3 No extra marks shall be awarded if the short program is unnecessarily extended to the maximum time allowed. Connecting steps are allowed and must be marked.
- 7.4 Non-prescribed or additional elements such as jumps, spins, steps or repetitions, even of elements that have failed, are not marked and consequently do not block a "box" (spot) of another type of element. If, however, such a non-prescribed or additional element performed substitutes a required element that was not performed, the respective "box" will be blocked and this performed element will be considered as "not according to the requirements" and with no value.
- 7.5 The required elements for the:
- 7.5.1 Senior, Junior and Novice sections shall be those specified by the ISU regulation(s) or communication(s) and these regulations **unless otherwise specified by an NTC communication(s)**; and
- 7.5.2 Pre-Novice section they shall be those as specified by these regulations **unless otherwise specified by an NTC communication(s)**.
- 7.6 Solo jump element preceded by connecting steps and/or other comparable free skating movements
A single spread eagle, spiral or free skating movement preceding the jump will not be considered as meeting the requirements of connecting steps and/or other comparable free skating movements and, if performed as such, must be penalised by the Judges in the GOE.
- 7.7 Repeating Jumps
For the jump combination element, no jump performed as a Solo Jump (elements (a) or (b)) may be repeated in the Jump Combination element. If the same jump is executed as a Solo Jump and as part of the Jump Combination, the last performed of these jump elements will still occupy a jumping "box" but will not be counted in the technical score. If the repeated jump is included in the Jump Combination element, the whole Jump Combination element will not be counted and not only the repeated jump within the Jump Combination element.

- 7.8 Spins: Layback or Sideways leaning
Any position is permitted as long as the basic layback or sideways leaning position is maintained for the required minimum revolutions without rising to an upright position. Once the required revolutions in the layback or sideways leaning spin are completed, the skater may execute the Biellmann position.
- 7.9 Spins: Only one change of foot
The change of foot may be executed in the form of a step over or a jump and only one change of foot is permitted.
- 7.10 Spin combinations
There must be at least two (2) revolutions in each basic spin position and only one change of foot is permitted.
- The change of foot and the change of position may be made either at the same time or separately. During a change of position a difficult variation of position can be executed.
- The change of foot may be executed in the form of a step over or a jump.
- 7.11 Flying entrances into spins
With the exception of flying spins, no spin may be commenced with a jump.
- 7.12 Flying Spins
The required revolutions can be executed in any variation of the landing position.
- 7.13 Step sequences
Step sequences may include [any unlisted jumps](#).

8 Short Program – Section Specific Regulations / Requirements

8.1 Senior Men

8.1.1 The seven (7) required elements shall be as follows:

- a) One (1) double or triple Axel Paulsen Solo Jump;
- b) One (1) triple or quadruple Solo Jump immediately preceded by connecting steps and/or other comparable free skating movements;
- c) One (1) Jump Combination consisting of a double jump and a triple jump or two triple jumps or a quadruple jump and a double jump or a triple jump;
- d) One (1) Flying spin;

- e) One (1) Camel or sit spin with only one change of foot;
- f) One (1) Spin combination with all the three (3) basic positions (sit, camel, upright or any variation thereof) and with only one (1) change of foot; and
- g) One Step Sequence (straight line, circular or serpentine).

8.1.2 A detailed clarification and description of each of the required elements can be found in Section C, parts 6, 7 and 9 of these regulations.

8.2 Senior Ladies

8.2.1 The seven (7) required elements shall be as follows:

- a) One (1) double or triple Axel Paulsen Solo Jump;
- b) One (1) triple Solo Jump immediately preceded by connecting steps and/or other comparable free skating movements;
- c) One (1) Jump Combination consisting of a double jump and a triple jump or two triple jumps;
- d) One (1) Flying spin;
- e) One (1) Layback or sideways leaning spin;
- f) One (1) Spin Combination with all the three (3) basic positions (sit, camel, upright or any variation thereof) and with only one (1) change of foot; and
- g) One (1) Step Sequence (straight line, circular or serpentine).

8.2.2 A detailed clarification and description of each of the required elements can be found in Section C, parts 6, 7 and 9 of these regulations.

8.3 Junior Men

8.3.1 The NTC shall announce which group of required elements and the commencement and end dates for the skating season if the announced group of required elements and/or skating season does not correspond to the ISU group of elements and/or skating season.

8.3.2 The seven (7) required elements shall be as follows:

8.3.2.1 Group C (1 July 2010 – 30 June 2011)

- a) One (1) double or triple Axel Paulsen Solo Jump;
- b) One (1) double or triple Loop Solo Jump immediately preceded by connecting

steps and/or other comparable free skating movements;

- c) One (1) Jump Combination consisting of a double jump and a triple jump or two triple jumps;
- d) One (1) Flying Camel spin;
- e) One (1) Sit spin with only one change of foot;
- f) One (1) Spin Combination with all the three (3) basic positions (sit, camel, upright or any variation thereof) and with only one (1) change of foot; and
- g) One (1) Step Sequence (straight line, circular or serpentine).

8.3.2.2 Group A (1 July 2011 – 30 June 2012)

- a) One (1) double or triple Axel Paulsen Solo Jump;
- b) One (1) double or triple Lutz Solo Jump immediately preceded by connecting steps and/or other comparable free skating movements;
- c) One (1) Jump Combination consisting of a double jump and a triple jump or two triple jumps;
- d) One (1) Flying Sit spin;
- e) One (1) Camel spin with only one change of foot;
- f) One (1) Spin Combination with all the three (3) basic positions (sit, camel, upright or any variation thereof) and with only one (1) change of foot; and
- g) One (1) Step Sequence (straight line, circular or serpentine).

8.3.2.3 Group B (1 July 2012 – 30 June 2013)

- a) One (1) double or triple Axel Paulsen Solo Jump;
- b) One (1) double or triple Flip Solo Jump immediately preceded by connecting steps and/or other comparable free skating movements;
- c) One (1) Jump Combination consisting of a double jump and a triple jump or two triple jumps;
- d) One (1) Flying Camel spin;
- e) One (1) Sit spin with only one change of foot;
- f) One (1) Spin combination with all the three (3) basic positions (sit, camel,

upright or any variation thereof) and with only one (1) change of foot; and

- g) One (1) Step Sequence (straight line, circular or serpentine).

8.3.3 A detailed clarification and description of each of the required elements can be found in Section C, parts 6, 7 and 9 of these regulations.

8.4 Junior Ladies

8.4.1 The NTC shall announce which group of required elements and the commencement and end dates for the skating season if the announced group of required elements and/or skating season does not correspond to the ISU group of elements and/or skating season.

8.4.2 The seven (7) required elements shall be as follows:

8.4.2.1 Group C (1 July 2010 – 30 June 2011)

- a) One (1) double Axel Paulsen Solo Jump;
- b) One (1) double or triple Loop Solo Jump immediately preceded by connecting steps and/or other comparable free skating movements;
- c) One (1) Jump Combination consisting of two double jumps or a double jump and a triple jump or two triple jumps;
- d) One (1) Flying Camel spin;
- e) One (1) Layback or sideways leaning spin;
- f) One (1) Spin Combination with all the three (3) basic positions (sit, camel, upright or any variation thereof) and with only one (1) change of foot; and
- g) One (1) Step Sequence (straight line, circular or serpentine).

8.4.2.2 Group A (1 July 2011 – 30 June 2012)

- a) One (1) double Axel Paulsen Solo Jump;
- b) One (1) double or triple Lutz Solo Jump immediately preceded by connecting steps and/or other comparable free skating movements;
- c) One (1) Jump Combination consisting of two double jumps or a double jump and a triple jump or two triple jumps;
- d) One (1) Flying Sit spin;

- e) One (1) Layback or sideways leaning spin;
- f) One (1) Spin combination with all the three (3) basic positions (sit, camel, upright or any variation thereof) and with only one (1) change of foot; and
- g) One (1) Step Sequence (straight line, circular or serpentine).

8.4.2.3 Group B (1 July 2012 – 30 June 2013)

- a) One (1) double Axel Paulsen Solo Jump;
- b) One (1) double or triple Flip Solo Jump immediately preceded by connecting steps and/or other comparable free skating movements;
- c) One (1) Jump Combination consisting of two double jumps or a double jump and a triple jump or two triple jumps;
- d) One (1) Flying Camel spin;
- e) One (1) Layback or sideways leaning spin;
- f) One (1) Spin combination with all the three (3) basic positions (sit, camel, upright or any variation thereof) and with only one (1) change of foot; and
- g) One (1) Step Sequence (straight line, circular or serpentine).

8.4.3 A detailed clarification and description of each of the required elements can be found in Section C, parts 6, 7 and 9 of these regulations.

8.5 Novice Boys

8.5.1 The six (6) required elements shall be as follows:

- a) One (1) Single or Double Axel Paulsen Solo Jump;
- b) One (1) double or triple Solo Jump immediately preceded by connecting steps;
- c) One (1) Jump Combination consisting of two double jumps or one double jump and one triple jump;
- d) One (1) Camel or Sit spin with one (1) change of foot and no flying entrance is permitted;
- e) One (1) Spin Combination with only one change of foot and at least two different positions (sit, camel, upright or any variation thereof); and
- f) One (1) Step Sequence of a different nature (straight line, circular or serpentine).

8.5.2 A detailed clarification and description of each of the required elements can be found in Section C, parts 6, 7 and 10 of these regulations.

8.6 Novice Girls

8.6.1 The **six (6)** required elements shall be as follows:

- a) One (1) Single or Double Axel Paulsen Solo Jump;
- b) One (1) double or triple Solo Jump immediately preceded by connecting steps;
- c) One (1) Jump Combination consisting of two double jumps or one double jump and one triple jump;
- d) One (1) Layback or sideways leaning spin;
- e) One (1) Spin Combination with only one change of foot and at least two different positions (sit, camel, upright or any variation thereof);
- f) One (1) Step sequence (straight line, circular or serpentine).

8.6.2 A detailed clarification and description of each of the required elements can be found in Section C, parts 6, 7 and 10 of these regulations.

8.7 Pre-Novice Boys

8.7.1 The **six (6)** required elements shall be as follows:

8.7.1.2 Group A (1 July 2010 – 30 June 2011)

- a) One (1) single Axel Paulsen Solo Jump;
- b) One (1) double **Salchow Solo** jump immediately preceded by connecting steps;
- c) One (1) Jump Combination consisting of a single jump and a double jump;
- d) One (1) Camel spin;
- e) One (1) Spin Combination with only one change of foot and at least two different positions (sit, camel, upright or any variation thereof); and
- f) One (1) **Choreo** Step Sequence (straight line, circular or serpentine).

8.7.2.2 Group B (1 July 2011 – 30 June 2012)

- a) One (1) single Axel Paulsen Solo Jump;
- b) One (1) double **Toe-Loop Solo** jump immediately preceded by connecting steps;

- c) One (1) Jump Combination consisting of a single jump and a double jump;
- d) One (1) Sit spin;
- e) One (1) Spin Combination with only one change of foot and at least two different positions (sit, camel, upright or any variation thereof); and
- f) One (1) Choreo Step Sequence (straight line, circular or serpentine).

8.7.2 A detailed clarification and description of each of the required elements can be found in Section C, parts 6, 7 and 11 of these regulations.

8.8 Pre-Novice Girls

8.8.1 The six (6) required elements shall be as follows:

8.8.1.1 Group A (1 July 2010 – 30 June 2011)

- a) One (1) single Axel Paulsen Solo Jump;
- b) One (1) double Salchow Solo jump immediately preceded by connecting steps;
- c) One (1) Jump Combination consisting of a single jump and a double jump;
- d) One (1) Camel spin;
- e) One (1) Spin Combination with only one change of foot and at least two different positions (sit, camel, upright or any variation thereof); and
- f) One (1) Choreo Step Sequence (straight line, circular or serpentine).

8.8.1.2 Group B (1 July 2011 – 30 June 2012)

- a) One (1) single Axel Paulsen Solo Jump;
- b) One (1) double Toe-Loop Solo jump immediately preceded by connecting steps;
- c) One (1) Jump Combination consisting of a single jump and a double jump;
- d) One (1) Sit spin;
- e) One (1) Spin Combination with only one change of foot and at least two different positions (sit, camel, upright or any variation thereof); and
- f) One (1) Choreo Spiral Sequence (straight line, circular or serpentine).

- 8.8.2 A detailed clarification and description of each of the required elements can be found in Section C, parts 6, 7 and 11 of these regulations.

9 Comments: Senior & Junior Short Program Required Elements

9.1 Jumps:

For Senior Men any triple or quadruple jump is permitted. When a quadruple jump is executed in (c) a **different** quadruple jump **may** be included as a Solo Jump. For Senior **Men and Ladies** and Junior Men, when the triple Axel Paulsen is executed in (a) it cannot be repeated again as a Solo Jump or in the Jump Combination. For Senior Ladies any triple jump is permitted. For Junior Ladies and Men only the prescribed double or triple jump is permitted.

9.2 Jump combinations:

For Senior Men the Jump Combination may consist of the same jump or another double, triple or quadruple jump. However, when a quadruple jump is executed in (b) a **different** quadruple jump **may** be included in the Jump Combination. For Senior Ladies, Junior Men and Ladies the Jump Combination may consist of the same jump or another double or triple jump.

9.3 Spins:

(d) Flying spin (Senior):

Any type of flying spin is permitted **as long as the landing position is different from the spin in one position (element (e))**. **If the landing position of the flying spin is the same as the chosen position in the spin in one position, the last executed of these two spins will not be counted but will occupy a spin "box"**. A minimum of eight (8) revolutions in the landing position, which may be different from the flying position, is required.

(d) Flying spin (Junior):

Only the prescribed 'flying' position or its variation is permitted and this position must be attained in the air. A minimum of eight (8) revolutions in the landing position, which must be the same as the flying position, is required. In the flying sit spin, changing of the foot on landing is permitted.

(e) Spin with one change of foot – Senior Men:

The Skater **must** choose the camel or the sit position **and this position must be different from the landing position of the Flying Spin**. **There may be no less than six (6) revolutions on each foot.**

- (e) Spin with one change of foot – Junior Men:
Only the prescribed sit or camel position is permitted. **There may be** no less than six (6) revolutions on each foot.
- (e) Layback or sideways leaning spin (Senior and Junior Ladies):
The basic layback or sideways leaning position must be maintained for eight (8) revolutions.

9.4 Spin combination:
The spin combination must include all three basic positions (sit, camel, upright or any variation thereof) and only one change of foot with not less than six (6) revolutions on each foot.

10 **Comments: Novice Short Program Required Elements**

10.1 Jumps [elements (a) and (b)]:
Only the prescribed single or double Axel Paulsen in (a) is permitted. Any double or triple jump in (b) is permitted with the exception of the double Axel if performed in (a) or (c). The double or triple jump in (b) must be different from the double and triple jumps performed in (c).

10.2 Jump Combination [element (c)]:
The Jump Combination may consist of the same jump or another double or triple jump. However, the jumps included must be different than the two Solo Jumps performed in (a) and (b).

10.3 Spins [Element (d)]:

10.3.1 Camel or Sit Spin (Boys)
Only the prescribed sit or camel position is permitted **and the chosen position must be maintained on both feet. There may be no less than three (3) revolutions on each foot for a total of six (6) revolutions for the spin.**

10.3.2 Layback or sideways leaning spin (Girls):
The basic layback or sideways leaning position must be maintained for six (6) revolutions.

10.4 Spin combination [Element (e)]:
The spin combination must consist of only one (1) change of foot and at least two different positions (sit, camel, upright or any variation thereof) with not less than five (5) revolutions on each foot.

10.5 Maximum number of Features [Elements (d), (e) and (f):
The maximum number of features that can be awarded for these elements is three (3).

11 Comments: Pre-Novice Short Program Required Elements

11.1 Jumps [elements (a) and (b)]:
Only the prescribed single Axel Paulsen in (a) and the prescribed double jump in (b) is permitted. The double jump in (b) must be different from the double jump performed in (c).

11.2 Jump combination [element (c)]:
The jump combination may consist of the same jump or another single or double jump. However, the jumps included must be different than the two solo jumps performed in (a) and (b).

11.3 Camel or Sit Spin [Element (d)]:
Only the prescribed sit or camel position is permitted with not less than four (4) revolutions in the position. The spin may not include a change of foot nor may it commence with a flying entry.

11.4 Spin combination [Element (e)]:
The spin combination must consist of only one (1) change of foot and at least two different positions (sit, camel, upright or any variation thereof) with not less than three (3) revolutions on each foot for a total of six (6) revolutions for the spin. The combination spin may not be commenced with a flying entry.

11.5 Choreo Step Sequence [Element (f)]:
The Choreo Step sequence must meet the requirements of Section C, rules 6.20, 6.21, 6.22, 6.23 and 7.13. The Choreo Step sequence has a fixed Base Value and evaluated by the Judges in GOE only.

11.6 Choreo Spiral Sequence [Element (f)]:
The Choreo Spiral sequence consists primarily of spirals. A spiral is a position with one blade on the ice and the free leg (including knee and foot) higher than the hip level. Spiral positions are classified according to the skating leg (right, left), edge (inside, outside), direction (forward, backward) or position of the free leg (backward, forward, sideways).

There must be at least two (2) spiral positions held for not less than three (3) seconds each or only one (1) spiral position held for not less than six (6) seconds. Should these requirements not be fulfilled, the Choreo Spiral Sequence will have not value. The Choreo Spiral Sequence has a fixed Base Value and evaluated by the Judges in GOE only.

11.7 Maximum number of Features [Elements (d), (e)]:

The maximum number of features that can be awarded for these elements is two (2).

12 Free Skating Program – General Regulations and Requirements

12.1 Free skating is defined as consisting of a well-balanced program of free skating elements, such as jumps, spins, steps and other linking movements executed with the minimum of two-footed skating in harmony with music of the Skaters' choice.

The Skater has complete freedom to select the free skating elements, the sum of which constitutes the program.

All elements are to be linked together with connecting steps of a different nature and by other comparable free skating movements while fully utilising the full ice surface (forward and backward crossovers are not considered to be connecting steps).

Any additional element or elements exceeding the prescribed numbers will not be counted in the results of a Skater. Only the first attempt (or allowed number of attempts) of an element will be taken into account.

12.2 The Free Skating Program shall be skated in all Senior and Junior International competitions and in the Senior, Junior, Novice, Pre-Novice and Juvenile sections at the National, Interprovincial and Provincial Championships and may be included in other competitions at provincial level.

12.3 A well-balanced Free Skating Program for the:

12.3.1 Senior, Junior and Novice sections shall conform to the ISU regulation(s) or communication(s) and these regulations **unless otherwise specified by an NTC communication(s); and**

12.3.2 Pre-Novice and Juvenile sections shall conform to these regulations **unless otherwise specified by an NTC communication(s).**

12.4 Solo Jumps

Solo Jumps can contain any number of revolutions.

12.5 Jump Combinations and Jump Sequences

A Jump Combination or Sequence may consist of the same or another single, double, triple or quadruple jump.

12.6 Jump Repetitions

In all sections, the Double Axel jump may not be included more than **two (2)** times in the Free Skating Program either as a Solo Jump or as a jump forming part of a Jump Combination or Jump Sequence.

Those jumps whose repetitions are restricted, if repeated the repetition must be performed in either a Jump Combination or Jump Sequence. When such repetition is not included in a Jump Combination or Jump Sequence, such repetition shall be considered as part of an unsuccessfully executed Jump Sequence with only one jump executed therein. If the maximum number of Jump Combinations or Jump Sequences have already been executed, the repeated jump shall be considered as an additional element, will occupy a jump "box" if any are still available, but will have no value.

Those jumps whose number of attempts (including failed attempts) are restricted to two (2), if attempted for a third time such attempt shall be considered an additional element, will occupy a jump "box" if any are still available, but will have no value.

12.7 Spin characters

All spins must be of a different character. Any spin with the same character (abbreviation) as the one executed before it will have no value but will still occupy a spinning box.

12.8 Spins and minimum revolutions

All spins must contain a minimum number of revolutions and the lack in number of revolutions must be reflected by the Judges in their marking. The minimum number of required revolutions must be counted from the entry of the spin until its exit **except for the final wind-up in spins with only one position and flying spins.**

12.9 Spin Combination - change of foot and positions

In the Spin Combination the change of foot is optional and the number of different positions is free.

12.10 Spin with no change of position – change of foot

The change of foot in a spin with only one position is optional.

12.11 Step Sequences

Jumps can also be included in the step sequence.

12.12 Choreo Step Sequence

When the Choreo Step Sequence is required or the step sequence performed second in Senior Men, this will be called as the Choreo Step Sequence and be awarded a fixed Base Value and evaluated by the Judges in GOE only. This sequence can have any pattern but must fully utilise the ice surface.

12.13 Moves in the Field

Moves in the Field are defined as a sequence of movements, which includes such movements as turns, spirals, arabesques, spread eagles, Ina Bauers and flowing moves with strong edges, which can be connected with linking steps and footwork. Moves in the Field should be included in the program and will be evaluated under the "Transitions".

12.14 Choreo Spiral Sequence

The Choreo Spiral Sequence consists primarily of spirals. A Spiral is a position with one blade on the ice and the free leg (including the knee and foot) higher than the hip level. Spiral positions are classified according to the skating leg (right, left), edge (inside, outside), direction (forward, backward) and position of the free leg (backward, forward, sideways).

There must be at least two (2) spiral positions held for not less than three (3) seconds or only one (1) spiral position held for not less than six (6) seconds. If any of these requirements are not met, the Spiral Sequence will have no value. The Spiral Sequence has only one fixed Base Value and shall be evaluated by the Judges in GOE only.

13 Free Skating Program – Section Specific Regulations / Requirements

13.1 Senior Men

13.1.1 A well-balanced Senior Men Free Skating Program must contain:

13.1.1.1 A maximum of eight (8) jump elements, one of which must be an Axel type jump;

13.1.1.2 A maximum of three (3) spins, one of which must be a spin combination, one a flying spin or a spin with a flying entrance and one a spin with only one (1) position; and

13.1.1.3 A maximum of two (2) step sequence of a different nature.

13.1.2 A detailed clarification and description of the requirements for a well-balanced Free Skating Program can be found in Section C, parts 6, 13 and 14 of these regulations.

13.2 Senior Ladies

13.2.1 A well-balanced Senior Ladies Free Skating Program must contain:

13.2.1.1 A maximum of seven (7) jump elements, one of which must be an Axel type jump;

13.2.1.2 A maximum of three (3) spins, one of which must be a spin combination, one a flying spin [or a spin with a flying entrance](#) and one a spin with only one (1) position;

13.2.1.3 A maximum of one (1) step sequence; and

13.2.1.4 A maximum of one (1) [Choreo](#) Spiral Sequence.

13.2.2 A detailed clarification and description of the requirements for a well-balanced Free Skating Program can be found in Section C, parts 6, 13 and 14 of these regulations.

13.3 Junior Men

13.3.1 A well-balanced Junior Men Free Skating Program must contain:

13.3.1.1 A maximum of eight (8) jump elements, one of which must be an Axel type jump;

13.3.1.2 A maximum of three (3) spins, one of which must be a spin combination, one a flying spin [or a spin with a flying entrance](#) and one a spin with only one (1) position; and

13.3.1.3 A maximum of one (1) step sequence.

13.3.2 A detailed clarification and description of the requirements for a well-balanced Free Skating

Program can be found in Section C, parts 6, 13 and 14 of these regulations.

13.4 Junior Ladies

13.4.1 A well-balanced Junior Ladies Free Skating Program must contain:

13.4.1.1 A maximum of seven (7) jump elements, one of which must be an Axel type jump;

13.4.1.2 A maximum of three (3) spins, one of which must be a spin combination, one a flying spin **or a spin with a flying entrance** and one a spin with only one (1) position; and

13.4.1.3 A maximum of one (1) step sequence;

13.4.2 A detailed clarification and description of the requirements for a well-balanced Free Skating Program can be found in Section C, parts 6, 13 and 14 of these regulations.

13.5 Novice Boys

13.5.1 A well-balanced Novice Boy Free Skating Program must contain:

13.5.1.1 A maximum of seven (7) jump elements, one of which must be an Axel type jump;

13.5.1.2 A maximum of **two (2)** spins, one of which must be a spin combination and one a flying spin **or a spin with a flying entrance**; and

13.5.1.3 There must be a maximum of one (1) step sequence that fully utilises the ice surface.

13.5.2 A detailed clarification and description of the requirements for a well-balanced Free Skating Program can be found in Section C, parts 6, 13 and 15 of these regulations.

13.6 Novice Girls

13.6.1 A well-balanced Novice Girl Free Skating Program must contain:

- 13.6.1.1 A maximum of six (6) jump elements, one of which must be an Axel type jump;
 - 13.6.1.2 A maximum of **two (2)** spins, one of which must be a spin combination and one a flying spin **or a spin with a flying entrance**; and
 - 13.6.1.3 There must be a maximum of one (1) step sequence that fully utilises the ice surface.
- 13.6.2 A detailed clarification and description of the requirements for a well-balanced Free Skating Program can be found in Section C, parts 6, 13 and 15 of these regulations.

13.7 Pre-Novice Boys

- 13.7.1 A well-balanced Pre-Novice Boys Free Skating Program must contain:
- 13.7.1.1 A maximum of **five (5)** jump elements, one of which must be an Axel type jump;
 - 13.7.1.2 A maximum of **two (2)** spins, one of which must be a spin combination and one a **basic position** spin; and
 - 13.7.1.3 A maximum of one (1) **Choreo Step** Sequence.
- 13.7.2 A detailed clarification and description of the requirements for a well-balanced Free Skating Program can be found in Section C, parts 6, 13 and 16 of these regulations.

13.8 Pre-Novice Girls

- 13.8.1 A well-balanced Pre-Novice Girls Free Skating Program must contain:
- 13.8.1.1 A maximum of five (5) jump elements, one of which must be an Axel type jump;
 - 13.7.1.2 A maximum of **two (2)** spins, one of which must be a spin combination and one a **basic position** spin; and
 - 13.7.1.3 A maximum of one (1) **Choreo Step or Choreo Spiral** Sequence.

13.8.2 A detailed clarification and description of the requirements for a well-balanced Free Skating Program can be found in Section C, parts 6, 13 and 16 of these regulations.

13.9 Juvenile Boys

13.9.1 A well-balanced Juvenile Boys Free Skating Program must contain:

13.9.1.1 A maximum of **five (5)** jump elements, one of which must be an Axel type jump;

13.9.1.2 A maximum of **two (2)** spins, one of which must be a spin combination and one a **basic position** spin; and

13.9.1.3 A maximum of one (1) **Choreo Straight-line Step Sequence that need cover only half the length of the ice surface.**

13.9.2 A detailed clarification and description of the requirements for a well-balanced Free Skating Program can be found in Section C, parts 6, 13 and 17 of these regulations.

13.10 Juvenile Girls

13.10.1 A well-balanced Juvenile Girls Free Skating Program must contain:

13.10.1.1 A maximum of five (5) jump elements, one of which must be an Axel type jump;

13.10.1.2 A maximum of **two (2)** spins, one of which must be a spin combination and one a **basic position** spin; and

13.10.1.3 A maximum of one (1) **Choreo Straight-line Step that need cover only half the length of the ice surface or a Choreo Spiral** Sequence.

13.10.2 A detailed clarification and description of the requirements for a well-balanced Free Skating Program can be found in Section C, parts 6, 13 and 17 of these regulations.

14 Comments: Senior and Junior Free Skating Programs

- 14.1 Jump combinations/sequences
There may be up to three (3) Jump Combinations or Jump Sequences. Only one Jump Combination may contain up to three (3) listed jumps whilst the remaining Jump Combinations permitted may only contain two (2) listed jumps.
- 14.2 Repetitions
Of all the triple and quadruple jumps only two (2) can be repeated [and such repetitions must be performed in a Jump Combination or Jump Sequence](#). No triple or quadruple jump can be attempted more than twice.
- 14.3 Spins – minimum revolutions
The flying spin and the spin with only one position shall have a minimum of six (6) revolutions and the spin combination ten (10) revolutions in total.

15 Comments: Novice Free Skating Programs

- 15.1 Jump combinations/sequences
There may be up to [two \(2\)](#) Jump Combinations or Jump Sequences. [A Jump Combination can contain a maximum of two \(2\) jumps. A Jump Sequence can contain any number of jumps, but only the two most difficult jumps will be counted.](#)
- 15.2 Repetitions
Of all the single, double, triple and quadruple jumps only two (2) can be repeated [and such repetitions must be performed in a Jump Combination or Jump Sequence](#). No single, double, triple or quadruple jump can be attempted more than twice.
- 15.3 Spins – minimum revolutions
The flying spin [or spin with a flying entrance](#) shall have a minimum of six (6) revolutions and the spin combination ten (10) revolutions in total.
- 15.4 [Maximum number of Features \(Spins and Step Sequences\): The maximum number of features that can be awarded for these elements is three \(3\).](#)

16 Comments: Pre-Novice Free Skating Program

- 16.1 Jump combinations
There may be up to two (2) Jump Combinations or Jump Sequences. [A Jump Combination can contain a maximum](#)

of two (2) jumps. A Jump Sequence can contain any number of jumps, but only the two most difficult jumps will be counted.

16.2 Repetitions

Of all the single, double, triple and quadruple jumps only two (2) can be repeated and such repetitions must be performed in a Jump Combination or Jump Sequence. No single, double, triple or quadruple jump can be attempted more than twice.

16.3 Spins

No flying spins or spins with a flying entry are permitted.

The basic position spin with no change of position permitted and a change of foot is optional, shall have a minimum of six (6) revolutions. If a change of foot is included, there must be at least three (3) revolutions in the same basic position on each foot immediately prior and subsequent to the change of foot.

In the spin combination, eight (8) revolutions in total is required. A change of foot is optional but if included, there must be at least three (3) revolutions in a basic position on each foot immediately prior and subsequent to the change of foot.

16.4 Choreo Step and Choreo Spiral Sequences

Only a Choreo Step Sequence is permitted for the Boys. The Girls have the option to do either a Choreo Step or Choreo Spiral Sequence.

16.5 Maximum number of Features (Spins):

The maximum number of features that can be awarded for these elements is two (2).

17 Comments: Juvenile Free Skating Program

17.1 Jump Combinations

There may be up to two (2) Jump Combinations or Jump Sequences. A Jump Combination can contain a maximum of two (2) jumps. A Jump Sequence can contain any number of jumps, but only the two most difficult jumps will be counted.

17.2 Repetitions

Of all the single, double, triple and quadruple jumps only two (2) can be repeated and such repetitions must be performed in a Jump Combination or Jump Sequence. No single,

double, triple or quadruple jump can be attempted more than twice.

17.3 Spins

No flying spins or spins with a flying entry are permitted.

The basic position spin with no change of position permitted and a change of foot is optional, shall have a minimum of six (6) revolutions. If a change of foot is included, there must be at least three (3) revolutions in the same basic position on each foot immediately prior and subsequent to the change of foot.

In the spin combination, six (6) revolutions in total is required. A change of foot is optional but if included, there must be at least three (3) revolutions in a basic position on each foot immediately prior and subsequent to the change of foot.

17.4 Choreo Step and Choreo Spiral Sequences

Only a Choreo Straight-line Step Sequence is permitted for the Boys. The Girls have the option to do either a Choreo Straight-line Step Sequence or Choreo Spiral Sequence. The Choreo Straight-line Step Sequence for both the Boys and the Girls need only cover half the length of the ice surface.

17.5 Maximum number of Features (Spins):

The maximum number of features that can be awarded for these elements is two (2).