



2023-2024 Singles Technical Requirements Guide

Effective July 1, 2023

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Program Times:

Short Program		Free Program	
		Pre-Juvenile	2:00 ± 0:10 OR 2:30 ± 0:10
		Juvenile	2:30 ± 0:10
Pre-Novice	2:20 ± 0:10	Pre-Novice	3:00 ± 0:10
Novice	2:20 ± 0:10	Novice	3:30 ± 0:10
Junior	2:40 ± 0:10	Junior	3:30 ± 0:10
Senior	2:40 ± 0:10	Senior	4:00 ± 0:10

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.



2023-2024 Singles Short Program Technical Requirements

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SHORT PROGRAM: JUMPS											
Required Elements	One AXEL JUMP		One SOLO JUMP	One JUMP COMBINATION Must be different from the solo jump							
Pre-Novice	1A or 2A		Double or triple (2Lo or higher base value jump)	Two doubles / one double and one triple / two triples <i>Pre-Novice: 2A may be repeated in combination</i>							
Novice											
Junior Women	2A		2Lz or 3Lz	Two doubles / one double and one triple / two triples							
Junior Men	2A or 3A			One double and one triple / two triples							
Senior Women											
Senior Men											
Senior Men	Any triple or quad		One double and one triple / two triples / one quad and a double or a triple								
Error	Wrong number of revs	No Solo Axel	Wrong number of revs or wrong element	Wrong number of revs	The same jump is repeated in two separate jump boxes (excluding Pre-Novice exception above)		No combination (two solo jumps)			Error after 1 st jump that leads to combination not meeting definition	
Penalty	The jump is invalidated. Final GOE must be -5	2 nd Solo jump receives no value	The jump is invalidated. Final GOE must be -5	The jump that does not meet requirements is invalidated. Final GOE must be -5	Repeated jump receives no value (if in a jump combo, only the repeated jump will not be counted) Final GOE must be -5		If unclear, add +COMBO to later performed jump. Junior: add +COMBO to jump that is not the required solo jump. Final GOE must be -5			Will be called: 1st jump +COMBO + 2nd jump* Final GOE must be -5	
Examples	Pre-Novice/Novice: 3A* Junior Women: 1A* or 3A* Junior Men & Senior: 1A*	3S 3T* 3Lo+2T	Pre-Novice/Novice: 1Lz* or 2S* Junior: 1Lz* or 3Lo* Senior: 2S*	3T+1T* or 1Lz*+2Lo	Junior: 3Lz*+2T 3Lz 2A (3Lz is required solo jump)	3T 2A 3T*+2T	3T+3T 2A 3T*	Junior: 3F+COMBO 3Lz 2A (3Lz is required solo jump)	3S+COMBO (fall) 3T 2A	3S 2A 3T+COMBO (not clear which was combo)	3T+COMBO+2T* (step out or fall after 3T)



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SHORT PROGRAM: BONUS			
<i>All jumps must be eligible for their full base value to receive a bonus (i.e., not <, <<, or e)</i>			
Bonus Type	Jump Type	Jump Combination	Halfway
Pre-Novice	+1.0 for one 2A +1.0 for each triple jump	+1.0 for any double or higher base value jump immediately followed by a triple jump	
Novice Women	+1.0 for each different triple jump		
Novice Men	+1.0 for each different triple jump - 3Lo or higher base value jump		
Junior Women	+1.0 for 3Lz as solo jump	+1.0 for any triple jump immediately followed by a triple jump	Halfway (1:20): The last jump element executed in 2 nd half will be multiplied by a 1.1 factor
Junior Men	+1.0 for a 3A		
Senior			

SHORT PROGRAM: STEP SEQUENCE	
Minimum Requirement: Must fully utilize the ice surface	Penalty: No value
Pre-Novice Restrictions: Max Level 3	



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SHORT PROGRAM: SPINS						
Required Elements	COMBINATION SPIN with only one change of foot, no flying entry		SPIN IN ONE POSITION Women: without change of foot, no flying entry Men: with only one change of foot, no flying entry		FLYING SPIN one position, no change of foot	
Pre-Novice (max level 3)	Minimum 4 revs per foot		Women: Layback or camel, minimum 5 revs Men: Change camel, minimum 4 revs per foot		n/a	
Novice	Minimum 5 revs per foot		Women: Layback or camel, minimum 6 revs Men: Change camel, minimum 5 revs per foot		n/a	
Junior	Minimum 6 revs per foot		Women: Layback or camel, minimum 8 revs Men: Change camel, minimum 6 revs per foot		Flying sit, minimum 8 revs	
Senior	Minimum 6 revs per foot		Women: Layback, sit or camel, minimum 8 revs Men: Change camel or sit, minimum 6 revs per foot		Must be different basic position than spin in one position, minimum 8 revs	
	Error:	Penalty:	Error:	Penalty:	Error:	Penalty:
	Less than 3 revs on either foot	No value	Less than 3 revs (on either foot if change of foot)	No value	Less than 3 revs	No value
	Less than two basic positions with at least 2 revs each	No value	Less than 2 revs in the intended basic position on either foot	No value	Less than 2 revs in the intended basic position	No value
	Only two basic positions with at least 2 revs each	Any Level, V	Change foot (women) or second change of foot (men)	No value	Change of foot	No value
	2 nd change of foot	No value	Flying entry	No value	Step over/no clear visible jump	Any Level, V
	Flying entry	No value	Biellmann executed prior to min revs in LSp	Feature not awarded		
	Less than minimum revs	GOE reduction for "Less than required revolutions"	Less than minimum revs	GOE reduction for "Less than required revolutions"	Less than minimum revs	GOE reduction for "Less than required revolutions"



2023-2024 Singles Free Program Technical Requirements

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FREE PROGRAM: JUMPS										
WBP Restrictions	Maximum Number of Jump Elements Must include an Axel jump		Maximum number of Jump Combinations and Sequences			Jump Repetitions				
Pre-Juvenile	Five		Maximum of two jump combinations. No Sequences. Only two jumps permitted in combinations.			Only one jump may be repeated	A repeated jump must be in combination	No jump may be included more than twice		
Juvenile										
Pre-Novice	Six		Maximum of 3 jump combos or 2 jump combos and 1 sequence. 1 of the 3 jump combos or sequences may contain three jumps.			Of all triples, only 2 may be repeated	A repeated jump must be in combo or sequence			
Novice	Seven									
Junior	Seven					Of all triples and quads, only 2 may be repeated and of the 2 repeated jumps, only 1 can be a quad	A repeated triple or quad jump must be in combo or sequence			
Senior	Seven									
Error	More than permitted jump elements		More than permitted number of combos or sequences	Error after 1 st or 2 nd jump that leads to combo/seq not meeting definition	More than permitted jumps in a combo or sequence	More than permitted repeated jumps	Repeated jump not in combo or sequence (as applicable)		Jump included more than twice	
Penalty	Extra jump element(s) will be invalidated. If the only Axel is performed as the last element, the last two elements will receive no value		Only the 1 st jump of the extra combo or sequence is counted and marked with +REP	Will be called: 1 st jump + COMBO/SEQ + 2 nd jump* as applicable	Only the extra jump(s) will receive no value	The extra repeated jump(s) will receive no value, even when in a jump combo	Repeated jump, will be identified as +REP and will not be considered as a combo or sequence attempt		Only the jump(s) included more than twice will receive no value, even when in a jump combo	
Examples	Pre-Juv/Juv: 2F+2T 1Lz+2Lo 2S 1A 2F 2Lz*	Pre-Novice: 2F+2T 2Lz+2Lo 2S 2Lo 2F 2Lz* 1A*	Pre-Juv/Juv: 1A+2T 2Lo+2Lo 2F+1T*+ REP or 1A+1A*+REP (SEQ not permitted)	Pre-Novice and up: 2A+1A+SEQ 2F+2Lo 2Lz+1A*+REP 2F+2Lo*+ REP	All: 2F+COMBO+2T* Pre-Novice and up: 2Lo+1A+SEQ+2T*	Pre-Juv/Juv: 2Lz+2T+1T* Pre-Novice and up: 3T+2Lo 2F+1A+2T+SEQ 2Lz+1Lo+2Lo*	Pre-Juv/Juv: 2F+2T 2Lz 2F 2S+2T* 1A	Pre-Novice and up: 3S+3T 3T 3S 3Lo 3Lo*+2T	Pre-Juv to Novice: 2Lz 2Lz+REP Junior/Senior: 2A 2A 3Lz 3Lz+REP	All: 2T+2T 2F+2T*



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FREE PROGRAM: BONUS				
All jumps must be eligible for their full base value to receive a bonus (i.e., not <, <<, or e)				
Bonus Type	Jump Type	Jump Quantity	Jump Combination	Halfway
Juvenile	+1.0 for each 2A or higher base value jump			
Pre-Novice	+1.0 for one 2A per program +1.0 for each triple jump		+1.0 for any double or higher base value jump immediately followed by: A. a triple jump* OR B. an 1Eu/1Eu<< immediately followed by a triple jump* (*awarded one per program for each different triple jump)	
Novice Women	+1.0 for each different triple jump	+2.0 for 4 or more different triple jumps		
Novice Men	+1.0 for each different triple jump – 3Lo or higher base value jump			
Junior Women			+1.0 for any triple jump immediately followed by: A. a triple jump* OR B. an 1Eu/1Eu<< immediately followed by a triple jump* (*awarded one per program for each different triple jump)	Halfway (1:45): The last three jump elements executed in 2 nd half will be multiplied by a 1.1 factor
Junior Men	+1.0 for each 3A or higher base value jump			
Senior				Halfway (2:00): The last three jump elements executed in 2 nd half will be multiplied by a 1.1 factor

FREE PROGRAM: SPIRAL SEQUENCE / STEP SEQUENCE / CHOREOGRAPHIC SEQUENCE						
Requirements	Spiral Sequence		Step Sequence		Choreographic Sequence	
	Minimum Requirement: Sustained position with knee and foot above hip on each foot. At least one spiral must be unsupported	Penalty: No value	Minimum Requirement: Must fully utilize the ice surface	Penalty: No value	Minimum Requirement: Must include at least two different movements	Penalty: No value
Pre-Juvenile	One Spiral Sequence: Max Level B					
Juvenile	One Step Sequence: Max Level 1; Level 1 can only be achieved through the steps and turns feature					
Pre-Novice	One Step Sequence: Max Level 3					
Novice	One Step Sequence					
Junior	One Choreographic Sequence					
Senior	One Step Sequence			One Choreographic Sequence		



2023-2024 Singles Free Program Technical Requirements

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FREE PROGRAM: SPINS						
All spin codes must be different						
Required Elements	COMBINATION SPIN		FLYING SPIN		SPIN of ANY NATURE or SPIN in ONE POSITION	
Pre-Juvenile (max Level B)	At least one change of foot, no flying entry, difficult variations permitted Min 3 revs per foot		Flying Camel or Sit Spin One position, no change of foot, NO difficult variations Min 4 revs (not including wind up)		N/A	
Juvenile (max Level B)						
Pre-Novice (max level 3)	At least one change of foot, flying entry optional Min 8 revs in total		Flying Camel or Sit Spin One position, no change of foot Min 5 revs (not including wind up)			
Novice	At least one change of foot, flying entry optional Min 10 revs in total		Flying Camel or Sit Spin One position, no change of foot Min 6 revs (not including wind up)		Spin of Any Nature Flying entry optional Min 6 revs	
Junior	Change of foot and flying entry optional Min 10 revs in total		Spin with a flying entrance Change position and foot optional Min 6 revs (not including wind up)		Spin in One Position Change of foot and flying entry optional Min 6 revs (not including wind up)	
Senior						
Four situations where “V” sign is applied in a FP:						
1) step over/no clear visible jump in flying spins in one position no change foot 3) less than 3 revs on one foot in any change of foot spin						
2) only 2 basic positions in any spin combination 4) no basic position for at least 2 revs on one foot in a one position spin with a change of foot						
	Error:	Penalty:	Error:	Penalty:	Error:	Penalty:
	Less than 3 revs (on both feet if change of foot)	No value	Less than 3 revs (on both feet if change of foot)	No value	Less than 3 revs (on both feet if change of foot)	No value
	Less than two basic positions with at least 2 revs each	No value	Less than 2 revs in the intended basic position or less than two basic positions with at least 2 revs each if combo spin	No value	Less than 2 revs in the intended basic position or less than two basic positions with at least 2 revs each if combo spin	No value
	Pre-Juvenile/Juvenile: Flying entry	No value	Pre-Juvenile to Novice: Change of foot	No value	Incorrect spin or repeated spin code	No value
	Less than minimum revs	GOE reduction for “Less than required revolutions”	Less than minimum revs	GOE reduction for “Less than required revolutions”	Less than minimum revs	GOE reduction for “Less than required revolutions”
			Pre-Juvenile/Juvenile: Difficult Variations included	No value		



Information Specific to Pre-Juvenile

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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”.
- The element will be identified as “No Value” in the following situations:
 - There is not a sustained spiral position (i.e. not kicked) on each foot
 - There is not a spiral on each foot
 - There is not at least one spiral with an unsupported position
- If either spiral is so short that the edge is not well-established, the edge is flat, or the position is not held long enough to be evaluated, the judges will apply the corresponding GOE reduction(s) as appropriate.

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



References

Links to ISU and Skate Canada Documents

ISU Rules:

- [ISU Special Regulations & Technical Rules - Single & Pair Skating and Ice Dance](#)

ISU Communications and Technical Resources:

- [ISU Communication 2558 \(Levels of Difficulty and Guidelines for Marking GOE\)](#)
- [ISU Communication 2475 \(Scale of Values\)](#)
- [ISU Technical Panel Handbook – Singles Skating](#)
 - Contains calling specifications for technical elements for singles events.
- [ISU Who is responsible](#)
- [ISU Additional Q&A's](#)

Skate Canada Rules:

- [Competition Program Requirements Rule - Podium Pathway](#)
 - Defines well-balanced program requirements by category
- [Competitions Rule](#)
 - Defines aspects related to control and conduct of Skate Canada Competitions
- [Scoring of Skate Canada Competitions Rule](#)
 - Defines all aspects of CPC scoring of Skate Canada competitions

Skate Canada Technical Resources:

- [Skate Canada Singles Quick Reference Guide](#)
 - Contains 1-page summaries of technical requirements for all competitive Singles categories.
- [Skate Canada Scale of Values](#)
 - Defines values assigned to elements specific to Skate Canada competitions, as well as links to ISU Scales of Values for all other elements.

Skate Canada Defined Terms, definition of Fall

A Fall is defined as loss of control by a Skater with the result that the majority of their 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.