



2022-2023 Singles Program Requirements Quick Reference Guide

February 8, 2022

Short Program

Effective July 1, 2022

CATEGORY / TIME	AXEL	SOLO JUMP	JUMP COMBO	SOLO SPIN		COMBO SPIN	FLYING SPIN	STEP SEQUENCE
Pre-Novice Women & Men (2:20 +/- 10 sec)	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)	Women Layback, Sit or Camel (5 revs)	Men Change <u>Camel</u> (4/4 revs)	1 change of foot (4/4 revs)	N/A	Must fully utilize the ice
				Max Level 3 No flying entry				
Novice Women & Men (2:20 +/- 10 sec)	1A or 2A	Double or Triple <u>(2Lo or higher)</u>	2 Doubles, 1 Double / 1 Triple or 2 Triples same jumps permitted (e.g. 2Lo+2Lo)	Women Layback, Sit or Camel (6 revs)	Men Change Camel (5/5 revs)	1 change of foot (5/5 revs)	N/A	Must fully utilize the ice
				No flying entry				
Junior Women (2:40 +/-10 sec) Halfway at 1:20	2A	<u>2Lo</u> or <u>3Lo</u>	2 Doubles, 1 Double / 1 Triple or 2 Triples same jumps permitted (e.g. 2T+2T)	Layback, or <u>Sit</u> (8 revs)		1 change of foot (6/6 revs)	Flying <u>Camel</u> (8 revs)	Must fully utilize the ice
				No flying entry				
Junior Men (2:40 +/-10 sec) Halfway at 1:20	2A or 3A	<u>2Lo</u> or <u>3Lo</u>	1 Double / 1 Triple or 2 Triples same jumps permitted (e.g. 3T+3T)	Change <u>Sit</u> (6/6 revs)		1 change of foot (6/6 revs)	Flying <u>Camel</u> (8 revs)	Must 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)	Layback, Sit or Camel (8 revs)		1 change of foot (6/6 revs)	Flying Spin (8 revs) Basic position must be different from Solo spin	Must 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)	Change Camel or Change Sit (6/6 revs)		1 change of foot (6/6 revs)	Flying Spin (8 revs) Basic position must be different from Solo spin	Must fully utilize the ice
				No flying entry				

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



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Free Program
Effective July 1, 2022

July 4, 2022

CATEGORY / TIME	JUMP ELEMENTS Each category must have an Axel No jump included more than twice	SPINS (All codes must be different for each category)			SPIRAL / STEP / CHOREO
Pre-Juvenile Women & Men U11 & U13 (2:00 or 2:30 ±0:10)	Max 5 jump elements May only repeat one jump type (e.g. 1T & 2T are the same jump type)	Max 2 spins (Max Base Level)			Max of 1 Spiral Sequence Max Base Level
	Max 2 jump Combos (2 jumps permitted in jump combo)	CCoSp (3/3 revs) (No flying entry, 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)	Max 5 jump elements May only repeat one jump type (e.g. 1T & 2T are the same jump type)	Max 2 spins (Max Base Level)			Max of 1 Step Sequence (must fully utilize the ice) Max Level 1 <u>(achieved through difficult steps & turns)</u>
	Max 2 jump Combos (2 jumps permitted in jump combo)	CCoSp (3/3 revs) (No flying entry, 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)	Max 6 jump elements	Max 2 spins (Max Level 3)			Max of 1 Step Sequence (must fully utilize the ice) Max Level 3
	Max 3 jump Combos <u>or 2 jump combos & 1 seq</u> <u>(1 jump combo/seq may have 3 jumps)</u> Of all triples, only 2 may be repeated	CCoSp (8 revs) (flying entry optional)	Flying Camel or Flying Sit (5 revs) (1 pos / no change of foot)		
Novice Women & Men (3:30 ±0:10)	Max 7 jump elements	Max 3 spins			Max of 1 Step Sequence (must fully utilize the ice)
	Max 3 jump Combo <u>or 2 jump combos & 1 seq</u> (1 jump combo/seq may have 3 jumps) Of all triples, only 2 may be repeated	CCoSp (10 revs) (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 & Men (3:30 ±0:10) Halfway at 1:45	Max 7 jump elements	Max 3 spins			Max of 1 <u>Choreographic Sequence</u>
	Max 3 jump Combo <u>or 2 jump combos & 1 seq</u> (1 jump combo/seq may have 3 jumps) Any double jump cannot be included more than twice Of all triples and quads, only 2 may be repeated; of the 2 repetitions only 1 may be a quad	CoSp (10 revs) (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 & Men (4:00 ±0:10) Halfway at 2:00	Max 7 jump elements	Max 3 spins			Max of 1 Choreographic Sequence
	Max 3 jump Combo <u>or 2 jump combos & 1 seq</u> (1 jump combo/seq may have 3 jumps) Any double jump cannot be included more than twice Of all triples and quads, only 2 may be repeated; of the 2 repetitions only 1 may be a quad	CoSp (10 revs) (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)	Max of 1 Step Sequence (must fully utilize the ice)

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

General:

- All jumps must be eligible for their full base value to receive a bonus (i.e. not <, << or e), with the one exception noted below.
- For all bonuses, in the case of a fall, the attempt is considered as successful.
- Unless specifically noted below, bonuses apply to both Short and Free Programs.
- To be eligible for bonus, jumps must be compliant with all other well-balanced and repeat requirements.

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 triple jump* **or**
 - an 1Eu/1Eu<< immediately followed by a triple jump*

* Awarded once per program for each **different** triple jump

Novice:

- WOMEN: +1.0 for each **different** triple jump
- MEN: +1.0 for each **different** triple jump - 3Lo and higher base value
- +2.0 for four or more **different** triple jumps in free program
- +1.0 for any double or higher base value jump immediately followed by:
 - a triple jump* **or**
 - an 1Eu/1Eu<< immediately followed by a triple jump*

* Awarded once per program for each **different** triple jump

Junior:

- WOMEN: + 1.0 for 3Lo performed as solo jump in short program
- WOMEN: +1.0 for any triple or higher base value jump immediately followed by:
 - a triple jump* **or**
 - an 1Eu/1Eu<< immediately followed by a triple jump*

* Awarded once per program for each **different** triple jump
- MEN: + 1.0 for each 3A or higher base value jump