

2022-2023 SINGLES TECHNICAL REQUIREMENTS

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2022-2023 Singles Short Program Technical Requirements

Pre-Novice Women (max 2:20 ±0:10)

July 1st, 2022

Effective July 1, 2022

JUMPS											
Bonus	<i>All jumps must be eligible for their full base value to receive a bonus (i.e. not <, << or e)</i>										
	+1.0 for <u>one</u> 2A		+1.0 for triple jump			+1.0 for any double <u>or higher</u> base value jump immediately followed by a triple jump					
Required Elements	One single or double AXEL	One DOUBLE or TRIPLE jump (must be a double loop or higher)		One JUMP COMBINATION two doubles / one double and one triple / two triples 2A may be repeated in combination							
Error	Wrong number of revs	Lower than a double loop		2A only appears in combo	Wrong number of revs	The same jump may not be repeated in two separate jump boxes		Two solo jumps, neither in combo	No 2 nd jump or error after 1 st jump		
Penalty	No value Final GOE must be -5	No value Final GOE must be -5		2 nd solo jump receives no value	No value 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 Final GOE must be -5	Final GOE must be -5		
Examples	1W (1A<<*) 3A*	2Lo+2Lo 2S* 1A		3S (fall) 3T* (fall, must be 1A or 2A) 2A+2T	1Lz*+2Lo 3T+1T*	2Lo 2Lz+2Lo* 2A	3T+2T 2A 3T*	3T+3T 2A 3T*	2A+COMBO (fall) 2F 2A	2Lz 2A 2F+COMBO (not clear which was combo)	3T+COMBO+2T* (step out or fall after 3T) 3T +COMBO

SPINS: Maximum Level 3				
<i>One situation where "V" sign is applied in this SP: only 2 basic positions in Spin Combination</i>				
Required Elements	COMBO SPIN with only one change of foot e.g. CCoSp		LAYBACK / SIDEWAYS LEANING SPIN, or CAMEL SPIN without change of foot e.g. LSp or CSp	
	Minimum Requirements:		Penalty:	
	Must have at least 3 revs on each foot		No value	
Limitations	Must have at least two basic positions with at least 2 revs each		No value	
	2 nd change of foot NOT permitted		No value	
	Flying entry is NOT permitted		No value	
Grade of Execution (GOE)	Minimum 4 revs per foot		GOE reduction for "Less than required revolutions"	
			Change of foot is NOT permitted	
			Flying entry is NOT permitted	
			Biellmann executed prior to 5 revs in LSp	
			Minimum 5 revs	
			GOE reduction for "Less than required revolutions"	

STEP SEQUENCE: Maximum Level 3	
Minimum Requirements: Must fully utilize the ice surface	Penalty: No value



2022-2023 Singles Short Program Technical Requirements
 Pre-Novice Men (2:20 ±0:10)
 Effective July 1, 2022

July 1st, 2022

JUMPS										
Bonus	All jumps must be <u>eligible</u> for their full base value to receive a bonus (i.e. not <, << or e)									
	+1.0 for <u>one</u> 2A		+1.0 for triple jump		+1.0 for any double <u>or higher base value jump</u> immediately followed by a triple jump					
Required Elements	One single or double AXEL	One DOUBLE or TRIPLE jump (must be a double loop or higher)	One JUMP COMBINATION two doubles / one double and one triple / two triples 2A may be repeated in combination							
Error	Wrong number of revs	Lower than double loop	2A only appears in combo	Wrong number of revs	The same jump may not be repeated in two separate jump boxes		Two solo jumps, neither in combo		No 2 nd jump or error after 1 st jump	
Penalty	No value Final GOE must be -5	No value Final GOE must be -5	2 nd solo jump receives no value	No value 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 Final GOE must be -5		Final GOE must be -5	
Examples	1W (1A<<*)	2Lo+2Lo 2S* 1A	3S (fall) 3T* (fall, must be 1A or 2A) 2A+2T	1Lz*+2Lo	2Lo 2Lz+2Lo* 2A	3T+2T 2A 3T*	3T+3T 2A 3T*	2A+COMBO (fall) 2F 2A	2Lz 2A 2F+COMBO (not clear which was combo)	3T+COMBO+2T* (step out or fall after 3T)
	3A*			3T+1T*						3T+COMBO

SPINS: Maximum Level 3				
One situation where "V" sign is applied in this SP: only 2 basic positions in Spin Combination				
Required Elements	COMBO SPIN with only one change of foot e.g. CCoSp		CAMEL SPIN with only one change of foot e.g. CCSp	
	Minimum Requirements:	Penalty:	Minimum Requirements:	Penalty:
	Must have at least 3 revs on each foot	No value	Must have at least 3 revs on each foot	No value
	Must have at least two basic positions with at least 2 revs each	No value	Must have at least 2 revs in a <u>camel</u> position on each foot	No value
Limitations	2 nd change of foot NOT permitted	No value	Flying entry is NOT permitted	No value
	Flying entry is NOT permitted	No value	2 nd change of foot NOT permitted	No value
Grade of Execution (GOE)	Minimum 4 revs per foot	GOE reduction for "Less than required revolutions"	Minimum 4 revs per foot in <u>camel</u> position	GOE reduction for "Less than required revolutions"

STEP SEQUENCE: Maximum Level 3	
Minimum Requirements: Must fully utilize the ice surface	Penalty: No value



2022-2023 Singles Short Program Technical Requirements
Novice Women (2:20 ±0:10)
Effective July 1, 2022

July 1st, 2022

JUMPS										
Bonus	<i>All jumps must be eligible for their full base value to receive a bonus (i.e. not <, << or e)</i>									
	+1.0 for each different type of triple jump					+1.0 for any double or higher base value jump immediately followed by a triple jump				
Required Elements	One single or double AXEL	One DOUBLE or TRIPLE jump (must be a double loop or higher)		One JUMP COMBINATION (two doubles / one double and one triple / two triples)						
Error	Wrong number of revs	Wrong number of revs	Two 2A are executed as solo jumps	Wrong number of revs	The same jump may not be repeated in two separate jump boxes		Two solo jumps, neither in combo; or only axel in combo		No 2 nd jump or error after 1 st jump	
Penalty	No value Final GOE must be -5	No value Final GOE must be -5	Second 2A is invalidated with final GOE of -5	No value 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 Final GOE must be -5		Final GOE must be -5	
Examples	1W (1A<<*)	1Lz*	2A 2A* 2Lz+2T	1Lz*+2Lo	2Lo 2Lz+2Lo* 2A	3T+2T 2A 3T*	2A+COMBO (fall) 2F 2A* OR 2A (fall) 2F 2A+COMBO*	3S (fall) 3T* (must be a 1A as 2A in combo) 2A+2T	2Lz 2A 2F+COMBO (not clear which was combo)	3T+COMBO+2T* (step out or fall after 3T)
	3A*	1S*		3T+1T*						3T+COMBO
SPINS										
One situation where "V" sign is applied in this SP: only 2 basic positions in Spin Combination										
Required Elements	COMBO SPIN with only one change of foot e.g. CCoSp				LAYBACK / SIDEWAYS LEANING SPIN or CAMEL SPIN without change of foot e.g. LSp or CSp					
	Minimum Requirements:		Penalty:		Minimum Requirements:		Penalty:			
Must have at least 3 revs on each foot		No value		Must have at least 3 revolutions		No value				
Must have at least two basic positions with at least 2 revs each		No value		Must have at least 2 revs in the intended basic position		No value				
Limitations	2 nd change of foot NOT permitted		No value		Change of foot is NOT permitted		No value			
	Flying entry is NOT permitted		No value		Flying entry is NOT permitted		No value			
Grade of Execution (GOE)	Minimum 5 revs per foot		GOE reduction for "Less than required revolutions"		Minimum 6 revs		GOE reduction for "Less than required revolutions"			
	Minimum 5 revs per foot		GOE reduction for "Less than required revolutions"		Minimum 6 revs		GOE reduction for "Less than required revolutions"			
STEP SEQUENCE										
Minimum Requirements: Must fully utilize the ice surface					Penalty: No value					

JUMPS										
Bonus	All jumps must be <u>eligible</u> for their full base value to receive a bonus (i.e. not <, << or e)									
	+1.0 for each different type of triple jump - 3Lo or higher base value jump					+1.0 for any double or higher base value jump immediately followed by a triple jump				
Required Elements	One single or double AXEL	One DOUBLE or TRIPLE jump (must be a double loop or higher)		One JUMP COMBINATION (two doubles / one double and one triple / two triples)						
Error	Wrong number of revs	Wrong number of revs	Two 2A are executed as solo jumps	Wrong number of revs	The same jump may not be repeated in two separate jump boxes		Two solo jumps, neither in combo; or only axel in combo		No 2 nd jump or error after 1 st jump	
Penalty	No value Final GOE must be -5	No value	Second 2A is invalidated with final GOE of -5	No value 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 Final GOE must be -5		Final GOE must be -5	
Examples	1W (1A<<*)	1Lz*	2A 2A* 2Lz+2T	1Lz*+2Lo	2Lo 2Lz+2Lo* 2A	3T+2T 2A 3T*	2A+COMBO (fall) 2F 2A* OR 2A (fall) 2F 2A+COMBO*	3S (fall) 3T* (must be a 1A as 2A in combo) 2A+2T	2Lz 2A 2F+COMBO (not clear which was combo)	3T+COMBO+2T* (step out or fall after 3T)
	3A*	1S*		3T+1T*						3T+COMBO

SPINS						
One situation where "V" sign is applied in this SP: only 2 basic positions in Spin Combination						
Required Elements	COMBO SPIN with only one change of foot e.g. CCoSp			CAMEL SPIN with only one change of foot e.g. CCSp		
	Minimum Requirements:		Penalty:	Minimum Requirements:		Penalty:
	Must have at least 3 revs on each foot		No value	Must have at least 3 revs on each foot		No value
	Must have at least two basic positions with at least 2 revs each		No value	Must have at least 2 revs in a camel position on each foot		No value
Limitations	2 nd change of foot NOT permitted		No value	Flying entry is NOT permitted		No value
	Flying entry is NOT permitted		No value	2 nd change of foot NOT permitted		No value
Grade of Execution (GOE)	Minimum 5 revs per foot		GOE reduction for "Less than required revolutions"	Minimum 5 revs per foot in camel position		GOE reduction for "Less than required revolutions"

STEP SEQUENCE	
Minimum Requirements: Must fully utilize the ice surface	Penalty: No value



2022-2023 Singles Short Program Technical Requirements

Junior Women (2:40 ±0:10)

Effective July 1, 2022

July 1st, 2022

JUMPS									
Bonus	<i>All jumps must be <u>eligible</u> for their full base value to receive a bonus (i.e. not <, << or e)</i>								
	+1.0 for <u>3Lo</u> as solo jump		+1.0 for any triple jump immediately followed by a triple jump			Halfway (1:20): Only the last jump element executed in 2 nd half will be multiplied by a 1.1 factor			
Required Elements	One double AXEL	One DOUBLE or TRIPLE LOOP jump			One JUMP COMBINATION (two doubles / one double and one triple / two triples)				
Error	Wrong number of revs	Wrong number of revs or wrong element	Two axels are executed as solo jumps	Wrong number of revs	If a different jump than is required is performed, the element receives no value		Two solo jumps, neither in combo, or only axel in combo		No 2 nd jump or error after 1 st jump
Penalty	No value Final GOE must be -5	No value Final GOE must be -5	The jump that does not meet the requirements is invalidated. Final GOE must be -5	No value 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		Add +COMBO to jump that is not the required solo jump. Final GOE must be -5		Final GOE must be -5
Examples	1A*	2F*	1A* 2A 2F+2T	3T+1T*	2Lo*+2T 2Lo 2A (2Lo is the required solo jump)	3Lo+2T 2A 2Lo	3S* (fall) 3T+COMBO (fall) 2A+2T*	2Lo 2A 2Lz+COMBO (2Lo is the solo jump)	3T+COMBO+2T* (step out or fall after 3T)
	3A*	1Lo*		1F*+2T					3T+COMBO

SPINS						
Two situations where “V” sign is applied in this SP: 1) step over/no clear visible jump in Flying Spins in one position no change foot 2) only 2 basic positions in Spin Combination						
Required Elements	COMBO SPIN with only one change of foot e.g. CCoSp		LAYBACK / SIDEWAYS LEANING SPIN or SIT SPIN without change of foot e.g. LSp, SSp		FLYING CAMEL SPIN one position, no change of foot e.g. FCSp	
	Minimum Requirements:	Penalty:	Minimum Requirements:	Penalty:	Minimum Requirements:	Penalty:
Limitations	Must have at least 3 revs on each foot	No value	Must have at least 3 revolutions	No value	Must have at least 3 revolutions	No value
	Must have at least two basic positions with at least 2 revs each	No value	Must have at least 2 revs in the intended basic position	No value	Must have at least 2 revs in the <u>camel</u> position	No value
	2 nd change of foot NOT permitted	No value	Change foot is NOT permitted	No value	Change of foot is NOT permitted	No value
Grade of Execution (GOE)	Minimum 6 revs per foot	GOE reduction for “Less than required revolutions”	Minimum 8 revs	GOE reduction for “Less than required revolutions”	Minimum 8 revs in <u>camel</u> position	GOE reduction for “Less than required revolutions”
	Flying entry is NOT permitted	No value	Flying entry is NOT permitted	No value		
			Biellmann executed prior to 8 revs in LSp	Feature not awarded		

STEP SEQUENCE	
Minimum Requirements: Must fully utilize the ice surface	Penalty: No value



2022-2023 Singles Short Program Technical Requirements

Junior Men (2:40 ±0:10)

Effective July 1, 2022

July 1st, 2022

JUMPS									
Bonus	<i>All jumps must be eligible for their full base value to receive a bonus (i.e. not <, << or e)</i>								
	+1.0 for a fully rotated or landed on the quarter (q) 3A					Halfway (1:20): Only the last jump element executed in 2 nd half will be multiplied by a 1.1 factor			
Required Elements	One double or triple AXEL	One DOUBLE or TRIPLE <u>LOOP</u> jump		One JUMP COMBINATION (one double and one triple / two triples)					
Error	Wrong number of revs	Wrong number of revs or wrong element	Two axels are executed as solo jumps	Wrong number of revs	If a different jump than is required is performed, the element receives no value	Two solo jumps, neither in combo, or only axel in combo		No 2 nd jump or error after 1 st jump	
Penalty	No value Final GOE must be -5	No value Final GOE must be -5	The jump that does not meet the requirements is invalidated with final GOE of -5	No value 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	Add +COMBO to jump that is not the required solo jump. Final GOE must be -5		Final GOE must be -5	
Examples	1A*	2F*	1A* 2A 3T+2T	3T+1T*	3Lo*+2T 3Lo 2A (3Lo is the required solo jump)	3Lo+2T 2A 2Lo	3S* (fall) 3T +COMBO (fall) 2A+2T*	2Lo 2A 2Lz+COMBO (2Lo is required solo, must be combo)	3T+COMBO+2T* (step out or fall after 3T)
		1Lo*		1F*+2T					3T+COMBO
		2F<<*+2T							
SPINS									
Two situations where “V” sign is applied in this SP: 1) step over/no clear visible jump in Flying Spins in one position no change foot; 2) only 2 basic positions in Spin Combination									
Required Elements	COMBO SPIN with only one change of foot e.g. CCoSp			<u>SIT</u> SPIN with only one change of foot e.g. CSSp			FLYING CAMEL SPIN one position, no change of foot e.g. FCSp		
	Minimum Requirements:		Penalty:	Minimum Requirements:		Penalty:	Minimum Requirements:		Penalty:
	Must have at least 3 revs on each foot		No value	Must have at least 3 revs on each foot		No value	Must have at least 3 revolutions		No value
	Must have at least two basic positions with at least 2 revs each		No value	Must have at least 2 revs in the <u>sit</u> position on each foot		No value	Must have at least 2 revs in the <u>camel</u> position		No value
	2 nd change of foot NOT permitted		No value	Flying entry is NOT permitted		No value	Change of foot is NOT permitted		No value
Limitations	Flying entry is NOT permitted		No value	2 nd change of foot NOT permitted		No value			
Grade of Execution (GOE)	Minimum 6 revs per foot		GOE reduction for “Less than required revolutions”	Minimum 6 revs per foot in <u>sit</u> position		GOE reduction for “Less than required revolutions”	Minimum 8 revs in <u>camel</u> position		GOE reduction for “Less than required revolutions”
STEP SEQUENCE									
Minimum Requirements: Must fully utilize the ice surface					Penalty: No value				

2022-2023 Singles Short Program Technical Requirements

Senior Women (2:40 ±0:10)

Effective July 1, 2022

July 1st, 2022

JUMPS										
Bonus	Halfway (1:20): Only the last jump element executed in 2 nd half will be multiplied by a 1.1 factor									
Required Elements	One double or triple AXEL	One TRIPLE jump		One JUMP COMBINATION (one double and one triple / two triples)						
Error	Wrong number of revs	Wrong number of revs	Two axels are executed as solo jumps	Wrong number of revs	The same jump may not be repeated in two separate jump boxes		Two solo jumps, neither in combo, or axel in combo		No 2 nd jump or error after 1 st jump	
Penalty	No value Final GOE must be -5	No value Final GOE must be -5	The jump that does not meet the requirements is invalidated with final GOE of -5	No value 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 Final GOE must be -5		Final GOE must be -5	
Examples	1A*	2Lz*	1A* 2A 3T+2T	3T+1T*	3Lo 3Lo*+2T 2A	3T+2T 2A 3T*	3T+3T 2A 3T*	3S (fall) 3T+COMBO (fall) 2A+2T*	3Lz 2A 3F+COMBO (not clear which was combo)	3T+COMBO+2T* (step out or fall after 3T)
				1Lz*+2Lo						3T+COMBO
				2F<<*+2T						

SPINS						
Two situations where "V" sign is applied in this SP:						
1) step over/no clear visible jump in Flying Spins in one position no change foot; 2) only 2 basic positions in Spin Combination						
Required Elements	COMBO SPIN with only one change of foot e.g. CCoSp		LAYBACK / SIDEWAYS LEANING SPIN, SIT or CAMEL SPIN without change of foot e.g. LSp, SSp, CSp		FLYING SPIN one position, no change of foot e.g. FCSp, FSSp, FUSp, FLSp	
	Minimum Requirements:	Penalty:	Minimum Requirements:	Penalty:	Minimum Requirements:	Penalty:
	Must have at least 3 revs on each foot	No value	Must have at least 3 revolutions	No value	Must be in a different basic position than the spin in one position	No value
	Must have at least two basic positions with at least 2 revs each	No value	Must have at least 2 revs in the intended basic position	No value	Must have at least 3 revolutions Must have at least 2 revs in the intended basic position	No value No Value
Limitations	2 nd change of foot NOT permitted	No value	Change of foot is NOT permitted	No value	Change of foot is NOT permitted	No value
	Flying entry is NOT permitted	No value	Flying entry is NOT permitted Biellmann executed prior to 8 revs in LSp	No value Feature not awarded		
Grade of Execution (GOE)	Minimum 6 revs per foot	GOE reduction for "Less than required revolutions"	Minimum 8 revs	GOE reduction for "Less than required revolutions"	Minimum 8 revs in landing position	GOE reduction for "Less than required revolutions"

STEP SEQUENCE	
Minimum Requirements: Must fully utilize the ice surface	Penalty: No value

Falls: -1.0 for the 1st & 2nd, -2.0 for the 3rd & 4th, -3.0 for the 5th & further falls



2022-2023 Singles Short Program Technical Requirements

July 1st, 2022

Senior Men (2:40 ±0:10)

Effective July 1, 2022

JUMPS										
Bonus	Halfway (1:20): Only the last jump element executed in 2 nd half will be multiplied by a 1.1 factor									
Required Elements	One double or triple AXEL	One TRIPLE or QUAD jump			One JUMP COMBINATION (one double and one triple / two triples / one quad and a double or a triple)					
Error	Wrong number of revs	Wrong number of revs	Two axels are executed as solo jumps	Wrong number of revs	The same jump may not be repeated in two separate jump boxes			Two solo jumps, neither in combo, or axel in combo		No 2 nd jump or error after 1 st jump
Penalty	No value Final GOE must be -5	No value Final GOE must be -5	The jump that does not meet the requirements is invalidated with final GOE of -5	No value 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 Final GOE must be -5		Final GOE must be -5
Examples	1A*	2Lz*	1A* 3A 3Lz+3T	3T+1T*	3Lo 3Lo*+2T 2A	3T+2T 2A 3T*	3T+3T 2A 3T*	3S (fall) 3T+COMBO (fall) 2A+2T*	3Lz 2A 3F+COMBO (not clear which was combo)	3T+COMBO+2T* (step out or fall after 3T)
				1Lz*+2Lo						3T+COMBO
				2F<<*+2T						

SPINS						
Two situations where "V" sign is applied in this SP:						
1) step over/no clear visible jump in Flying Spins in one position no change foot				2) only 2 basic positions in Spin Combination		
Required Elements	COMBO SPIN with only one change of foot e.g. CCoSp		CAMEL or SIT SPIN with only one change of foot e.g. CCSp, CSSp		FLYING SPIN one position, no change of foot e.g. FCSp, FSSp, FUSp, FLSp	
	Minimum Requirements:	Penalty:	Minimum Requirements:	Penalty:	Minimum Requirements:	Penalty:
	Must have at least 3 revs on each foot	No value	Must have at least 3 revolutions	No value	Must be in a different basic position than the spin in one position	No Value
	Must have at least two basic positions with at least 2 revs each	No value	Must have at least 2 revs in the intended basic position on each foot	No value	Must have at least 3 revolutions	No value
	Must have at least two basic positions with at least 2 revs each	No value	Must have at least 2 revs in the intended basic position on each foot	No value	Must have at least 2 revs in the intended basic position	No value
Limitations	2 nd change of foot NOT permitted	No value	Flying entry is NOT permitted	No value	Change of foot is NOT permitted	No value
	Flying entry is NOT permitted	No value	2 nd change of foot NOT permitted	No value		
Grade of Execution (GOE)	Minimum 6 revs per foot	GOE reduction for "Less than required revolutions"	Minimum 6 revs per foot in camel or sit position	GOE reduction for "Less than required revolutions"	Minimum 8 revs in landing position	GOE reduction for "Less than required revolutions"

STEP SEQUENCE	
Minimum Requirements: Must fully utilize the ice surface	Penalty: No value
Falls: -1.0 for the 1st & 2nd, -2.0 for the 3rd & 4th, -3.0 for the 5th & further falls	

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

JUMPS										
The jumps are considered in order of execution. If an extra jump(s) is executed, only the individual jump which is not according to the requirements will have no value										
WBP Restrictions	Maximum of 5 jump elements (must have an Axel type jump)		May only repeat one jump type (e.g. 1T and 2T are the same jump type)			Maximum of 2 jump combinations or error in execution of combination		Jump combinations may contain no more than two jumps	A jump may only be repeated once	No jump may be included more than twice
Penalty	A 6 th jump element will be invalidated and receive no value. (If the only Axel type jump is performed as the 6 th element, the last two elements will receive no value)		Jump types of different revolutions may be repeated. If more than one jump type is repeated, then the second repeated jump type will be invalidated and receive no value.			Error after 1 st jump that leads to combination not meeting definition will be called: 1st jump +COMBO + 2nd jump* If the number of combos is more than 2, only the 1 st jump of the extra combo(s) is counted and marked with +REP		Only the extra jump(s) will receive no value	A repeated jump, if not in combo will be identified as +REP and will not be considered as a combo attempt	Only the jump(s) included more than twice will receive no value, even when in a jump combo
Examples	2F+2T 2Lz+2Lo 2S 1A 2F 2Lz*	2F+2T 2Lz+2Lo 2S 2F 2Lz* 1A*	2F+1T 2Lz 1A 2F 2T*	2Lz 2F 1A 2Lz+REP 2F*	1A+2T 2S 2Lo 2Lo+1Lo 2F	1A+2T 2Lo+2Lo 2Lz+2T*+REP	1A 2F+COMBO+2T* 2Lo 2Lz 2S	2Lz+1Lo+2Lo*	2Lz 2F 1A+2T 2Lo 2Lz+REP	1A 2S 2T 2T+2T* 2F+2Lo

SPINS: Maximum Level B				
Three situations where "V" sign is applied in this FP: 1) step over/no clear visible jump in flying spins in one position no change foot 2) only 2 basic positions in any spin combination 3) less than 3 revs on one foot in any change of foot spin				
WBP Restrictions	COMBO SPIN with at least one change of foot e.g. CCoSp		FLYING CAMEL or FLYING SIT SPIN in one position, no change of foot e.g. FCSp, FSSp	
	Minimum Requirements:	Penalty:	Minimum Requirements:	Penalty:
	Must have at least 3 revs on 1 foot	No value	Must have at least 3 revolutions	No value
	Must have at least two basic positions with at least 2 revs each	No value	Must have at least 2 revs in the intended basic position	No value
Limitations	Flying entry is NOT permitted	No value	Difficult Variations are NOT permitted	No value
	Difficult Variations are permitted	Maximum Level B		
Grade of Execution (GOE)	Minimum 3 revs per foot	GOE reduction for "Less than required revolutions"	Minimum 4 revs (not including final wind up)	GOE reduction for "Less than required revolutions"

SPIRAL SEQUENCE: Maximum Level B		
	Minimum Requirements:	Penalty:
	Sustained position with knee and foot above hip on each foot	No value
	At least one spiral must be unsupported	No value
Grade of Execution (GOE)	One or both spirals too short or with edge not well established	GOE reduction for "poor quality of position(s)" and/or "poor quality of edge(s)"
	Poor edge quality	GOE reduction for "poor quality of edge(s)"

PROGRAM COMPONENTS: Two Program Components will be assessed, Presentation & Skating Skills

JUMPS										
Bonus: Each fully rotated or landed on the quarter (q) <u>without an “e”</u> 2A or higher base value jump (+1.0)										
The jumps are considered in order of execution. If an extra jump(s) is executed, only the individual jump which is not according to the requirements will have no value										
WBP Restrictions	Maximum of 5 jump elements (must have an Axel type jump)		May only repeat one jump type (e.g. 1T and 2T are the same jump type)		Maximum of 2 jump combinations or error in execution of combination	Jump combinations may contain no more than two jumps	A jump may only be repeated once	No jump may be included more than twice		
Penalty	A 6 th jump element will be invalidated and receive no value. (If the only Axel type jump is performed as the 6 th element, the last two elements will receive no value)		Jump types of different revolutions may be repeated. If more than one jump type is repeated, then the second repeated jump type will be invalidated and receive no value.		Error after 1 st jump that leads to combination not meeting definition will be called: 1st jump +COMBO + 2nd jump* If the number of combos is more than 2, only the 1 st jump of the extra combo is counted and marked with +REP	Only the extra jump(s) will receive no value	A repeated jump, if not in combo-will be identified as +REP and will not be considered as a combo attempt	Only the jump(s) included more than twice will receive no value, even when in a jump combo		
Examples	2Lz+2T 2F+2Lo 2S 1A 2F 2Lz*	2Lz+2T 2F+2Lo 2S 2F 2Lz* 1A*	2F+2T 2Lz 1A 1S 2T	2A 1A 2Lz 2F 2Lz*+2T	1A+2T 2S 2Lo 2Lo+1Lo 2F	1A+2T 2Lo+2Lo 2Lz+2T*+REP	1A 2F+COMBO+2T* 2Lo 2Lz 2S	2Lz+1Lo+2Lo*	2Lz 2F 1A+2T 2S 2Lz+REP	1A 2S 2T 2T+2T* 2F+2Lo

SPINS: Maximum Level B				
Three situations where “V” sign is applied in this FP: 1) step over/no clear visible jump in flying spins in one position no change foot; 2) only 2 basic positions in any spin combination ; 3) less than 3 revs on one foot in any change of foot spin ;				
WBP Restrictions	COMBO SPIN with at least one change of foot e.g. CCoSp		FLYING CAMEL or FLYING SIT SPIN in one position, no change of foot e.g. FCSp, FSSp,	
	Minimum Requirements:	Penalty:	Minimum Requirements:	Penalty:
	Must have at least 3 revs on 1 foot	No value	Must have at least 3 revolutions	No value
	Must have at least two basic positions with at least 2 revs each	No value	Must have at least 2 revs in the intended basic position	No value
Limitations	Flying entry is NOT permitted	No value	Difficult Variations are NOT permitted	No value
	Difficult Variations are permitted	Maximum Level B		
Grade of Execution (GOE)	Minimum 3 revs per foot	GOE reduction for “Less than required revolutions”	Minimum 4 revs (not including final wind up)	GOE reduction for “Less than required revolutions”

STEP SEQUENCE: Maximum Level 1. Level one can only be achieved through the steps and turns feature.	
Minimum Requirements: Must fully utilize the ice surface	Penalty: No value

PROGRAM COMPONENTS: Two Program Components will be assessed, Presentation & Skating Skills



2022-2023 Singles Free Program Technical Requirements

Pre-Novice Women & Men (3:00 ±0:10)

July 1st, 2022

Effective July 1, 2022

JUMPS									
<i>All jumps must be eligible for their full base value to receive a bonus (i.e. not <, << or e)</i>									
Bonus	+1.0 for <u>one</u> 2A per program		+1.0 for each triple		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)				
WBP Restrictions	Maximum of 6 jump elements (must have an Axel type jump)		Maximum of 3 jump combos or 2 jump combos and 1 sequence		Error in execution of combo or sequence	Only 1 of the 3 jump combos or sequences may contain three jumps	Of all triples, only 2 may be repeated	A jump may only be repeated once	No jump may be included more than twice
Penalty	A 7 th jump element will be invalidated and receive no value. (If the only Axel type jump is performed as the 7 th element, the last two elements will receive no value)		If the number of combos or sequences exceeds the maximum, only the 1 st jump of the extra combo/seq is counted and marked with +REP		Error after 1 st or 2 nd jump that leads to combo/seq not meeting definition will be called: 1st jump + COMBO/SEQ + 2nd jump* as applicable	Only the extra jump(s) will receive no value (Euler will be called clean or << only)	A 3 rd repeated triple will receive no value. If in a jump combo, only the jump not meeting requirements will receive no value	A repeated jump, if not in combo or sequence, will be identified as +REP and will not be considered as a combo/sequence attempt	Only the jump(s) included more than twice will receive no value, even when in a jump combo
Examples	2Lz+2T 2F+2Lo 2S 2F+2Lo 2S+REP 1A 2Lz*	2Lz+2T 2F+2Lo 2S 2F+2Lo 2S+REP 2Lz* 1A*	1A+2T 2F+2Lo 2Lz+2T 2F+2Lo*+ REP	2A+1A+SEQ 2F+2Lo 2Lz+1A*+REP 2F+2Lo*+ REP	1A 2F+COMBO+2T* 2Lo+1A+SEQ+2T* 2Lz 2S	3T+2Lo 2F+1A+2T+SEQ 2Lz+1Lo+2Lo*	3S+3T 3T 3S 3Lo 3Lo*+2T	2Lz 2F+2T 2A+2T 2Lo+2Lo 2Lz+REP	2T+2T 2F+2T*
SPINS: Maximum Level 3									
Three situations where "V" sign is applied in this FP: 1) step over/no clear visible jump in flying spins in one position no change foot; 2) only 2 basic positions in any spin combination ; 3) less than 3 revs on one foot in any change of foot spin. ;									
WBP Restrictions	COMBO SPIN with at least one change of foot (flying entry optional) e.g. (F)CCoSp				FLYING CAMEL or FLYING SIT SPIN in one position, no change of foot e.g. FCSp, FSSp				
	Minimum Requirements:		Penalty:		Minimum Requirements:		Penalty:		
	Must have at least 3 revs on 1 foot		No value		Must have at least 3 revolutions		No value		
	Must have at least two basic positions with at least 2 revs each		No value		Must have at least 2 revs in the intended basic position		No value		
	Grade of Execution (GOE)	Minimum 8 revs in total		GOE reduction for "Less than required revolutions"		Minimum 5 revs (not including final wind up)		GOE reduction for "Less than required revolutions"	
STEP SEQUENCE: Maximum Level 3									
Minimum Requirements: Must fully utilize the ice surface				Penalty: No value					



2022-2023 Singles Free Program Technical Requirements

Novice Women (3:30 ±0:10)

Effective July 1, 2022

July 1st, 2022

JUMPS									
Bonus	All jumps must be <u>eligible</u> for their full base value to receive a bonus (i.e. not <, << or e)								
	+1.0 for each different triple jump	+2.0 for 4 or more different triple jumps	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)						
WBP Restrictions	Maximum of 7 jump elements <small>(must have an Axel type jump)</small>	Maximum of 3 jump combos or 2 jump combos and 1 sequence	Error in execution of combo or sequence	Only 1 of the 3 jump combos or sequences may contain three jumps	Of all triples, only 2 may be repeated	A jump may only be repeated once	No jump may be included more than twice		
Penalty	An 8 th jump element will be invalidated and receive no value. <small>(If the only Axel type jump is performed as the 8th element, the last two elements will receive no value)</small>	If the number of combos or sequences exceeds the maximum, only the 1 st jump of the extra combo/seq is counted and marked with +REP	Error after 1 st or 2 nd jump that leads to combo/seq not meeting definition will be called: 1st jump + COMBO/SEQ + 2nd jump* as applicable	Only the extra jump(s) will receive no value (Euler will be called clean or << only)	A 3 rd repeated triple will receive no value. If in a jump combo, only the jump not meeting requirements will receive no value	A repeated jump, if not in combo or sequence, will be identified as +REP and will not be considered as a combo/sequence attempt	Only the jump(s) included more than twice will receive no value, even when in a jump combo		
Examples	3Lo+2Lo 3T+2T 3F 3S 2Lz+2Lo+SEQ+2A* 2Lz 3F+REP 3S*	3Lo+2Lo 3T+2T 3F 3S 2Lz+2Lo 3F+REP 3T* 2A*	1A+2T 2F+2Lo 2Lz+2T 2F+2Lo*+ REP	2A+1A+SEQ 2F+2Lo 2Lz+1A*+REP 2F+2Lo*+ REP	1A 2F+COMBO+2T* 2Lo+1A+SEQ+2T* 2Lz 2S	3T+2Lo 2F+2A+2T+SEQ 2Lz+1Lo+2Lo*	3S+3T 3T 3S 3Lo 3Lo*+2T	2Lz 2F+2T 2A+2T 2Lo+2Lo 2Lz+REP	2T+2T 2F+2T*

SPINS						
Four situations where “V” sign is applied in this FP: 1) step over/no clear visible jump in flying spins in one position no change foot; 2) only 2 basic positions in any spin combination ; 3) less than 3 revs on one foot in any change of foot spin ; 4) no basic position for at least 2 revs on one foot in a one position spin with a change of foot .						
WBP Restrictions	COMBO SPIN with at least one change of foot <small>(flying entry optional) e.g. (F)CCoSp</small>		FLYING CAMEL OR FLYING SIT SPIN <small>in one position, no change of foot e.g. FCSp, FSSp</small>		SPIN of ANY NATURE <small>(flying entry optional)</small>	
	Minimum Requirements: Must have at least 3 revs on 1 foot	Penalty: No value	Minimum Requirements: Must have at least 3 revolutions	Penalty: No value	Minimum Requirements: All spin codes must be different	Penalty: No value
	Must have at least two basic positions with at least 2 revs each	No value	Must have at least 2 revs in the intended basic position	No value		
Grade of Execution (GOE)	Minimum 10 revs in total	GOE reduction for “Less than required revolutions”	Minimum 6 revs (not including final wind up)	GOE reduction for “Less than required revolutions”	Minimum 6 revs	GOE reduction for “Less than required revolutions”

STEP SEQUENCE	
Minimum Requirements: Must fully utilize the ice surface	Penalty: No value

JUMPS									
Bonus	<i>All jumps must be <u>eligible for their full base value to receive a bonus (i.e. not <, << or e)</u></i>								
	+1.0 for each different triple jump - 3Lo or higher base value jump		+2.0 for 4 or more different triple jumps		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)				
WBP Restrictions	Maximum of 7 jump elements (must have an Axel type jump)		Maximum of 3 jump combos or 2 jump combos and 1 sequence		Error in execution of combo or sequence	Only 1 of the 3 jump combos or sequences may contain three jumps	Of all triples, only 2 may be repeated	A jump may only be repeated once	No jump may be included more than twice
Penalty	An 8 th jump element will be invalidated and receive no value. (If the only Axel type jump is performed as the 8 th element, the last two elements will receive no value)		If the number of combos or sequences exceeds the maximum, only the 1 st jump of the extra combo/seq is counted and marked with +REP		Error after 1 st or 2 nd jump that leads to combo/seq not meeting definition will be called: 1st jump + COMBO/SEQ + 2nd jump* as applicable	Only the extra jump(s) will receive no value (Euler will be called clean or << only)	A 3 rd repeated triple will receive no value. If in a jump combo, only the jump not meeting requirements will receive no value	A repeated jump, if not in combo or sequence, will be identified as +REP and will not be considered as a combo/sequence attempt	Only the jump(s) included more than twice will receive no value, even when in a jump combo
Examples	3Lo+2Lo 3T+2T 3F 3S 2Lz+2Lo+SEQ+2A* 2Lz 3F+REP 3S*	1A+2T 2F+2Lo 2Lz+2T 2F+2Lo*+REP REP	1A+2T 2F+2Lo 2Lz+2T 2F+2Lo*+REP	2A+1A+SEQ 2F+2Lo 2Lz+1A*+REP 2F+2Lo*+REP	1A 2F+COMBO+2T* 2Lo+1A+SEQ+2T* 2Lz 2S	3T+2Lo 2F+2A+2T+SEQ 2Lz+1Lo+2Lo*	3S+3T 3T 3S 3Lo 3Lo*+2T	2Lz 2F+2T 2A+2T 2Lo+2Lo 2Lz+REP	2T+2T 2F+2T*
SPINS									
Four situations where "V" sign is applied in this FP: 1) step over/no clear visible jump in flying spins in one position no change foot; 2) only 2 basic positions in any spin combination ; 3) less than 3 revs on one foot in any change of foot spin ; 4) no basic position for at least 2 revs on one foot in a one position spin with a change of foot .									
WBP Restrictions	COMBO SPIN with at least one change of foot (flying entry optional) e.g. (F)CCoSp			FLYING CAMEL OR FLYING SIT SPIN in one position, no change of foot e.g. FCSp, FSSp		SPIN of ANY NATURE (flying entry optional)			
		Minimum Requirements: Must have at least 3 revs on 1 foot	Penalty: No value	Minimum Requirements: Must have at least 3 revolutions	Penalty: No value	Minimum Requirements: All spin codes must be different	Penalty: No value		
	Must have at least two basic positions with at least 2 revs each	No value	Must have at least 2 revs in the intended basic position	No value	Minimum 6 revs	GOE reduction for "Less than required revolutions"			
Grade of Execution (GOE)	Minimum 10 revs in total		GOE reduction for "Less than required revolutions"	Minimum 6 revs (not including final wind up)	GOE reduction for "Less than required revolutions"				
STEP SEQUENCE									
Minimum Requirements: Must fully utilize the ice surface				Penalty: No value					



2022-2023 Singles Free Program Technical Requirements

Junior Women (3:30 ±0:10)

Effective July 1, 2022

July 1st, 2022

JUMPS											
Bonus	<i>All jumps must be eligible for their full base value to receive a bonus (i.e. not <, << or e)</i>										
	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)						Halfway (1:45): Only the last three jump elements executed in 2 nd half will be multiplied by a 1.1 factor				
WBP Restrictions	Maximum of 7 jump elements (must have an Axel type jump)		Maximum of 3 jump combos or 2 jump combos and 1 sequence		Error in execution of combo or sequence	Only 1 of the 3 jump combos or sequences may contain three jumps	Of all triples and quads, only 2 may be executed twice. Of the 2 repeated jumps, only 1 can be a quad		A triple or quad jump may only be repeated once	No double, triple or quad may be included more than twice	
Penalty	An 8 th jump element will be invalidated and receive no value. (If the only Axel type jump is performed as the 8 th element, the last two elements will receive no value)		If the number of combos or sequences exceeds the maximum, only the 1st jump of the extra combo/seq is counted and marked with +REP		Error after 1st or 2nd jump that leads to combination/sequence not meeting definition will be called: 1st jump +COMBO/SEQ+ 2nd jump* as applicable	Only the extra jump(s) will receive no value (Euler will be called clean or << only)	A 3 rd repeated triple or quad will receive no value. If in a jump combo, only the jump not meeting requirements will receive no value		A repeated triple or quad, if not in combo or sequence, will be identified as +REP and will not be considered as a combo/sequence attempt	Only the jump(s) included more than twice will receive no value, even when in a jump combo	
Examples	3S+2T 3T+2Lo 3S 3Lo 2Lz+2T+SEQ+2A*	3S+2T 3T+2T 3S 2Lo 2Lz+2Lo 2F 3T* 2A*	2A+2T 3Lo+2Lo 3S+2T+2Lo 3S+1Lo*+REP	2A+1A+SEQ 2F+2Lo 2Lz+1A*+REP 2F+2Lo*+REP	1A 2F+COMBO+2T* 2Lo+1A+SEQ+2T* 2Lz 2S	3T+2Lo 3F+2A+2T+SEQ 2Lz+1Lo+2Lo*	3S+3T 3T+1Eu+3S 3Lo 3Lo*+2T	4S+3T 4T+3T 4T 4S*	3S 3Lo+2Lo 3F+2T+2Lo 3T+2T 3S+REP	2T+2T 3S+2T*	
SPINS											
Four situations where "V" sign is applied in this FP:											
1) step over/no clear visible jump in flying spins in one position no change foot; 2) only 2 basic positions in any spin combination ;											
3) less than 3 revs on one foot in any change of foot spin ; 4) no basic position for at least 2 revs on one foot in a one position spin with a change of foot .											
WBP Restrictions	COMBO SPIN (change of foot & fly entry optional) e.g. (F)CoSP or (F)CCoSp				SPIN WITH A FLYING ENTRANCE e.g. FCSp, FSSp, FUSp, FLSp, FCCSp, FCSSp, FCUSp, FCLSp, FCoSp, FCCoSp				SPIN IN ONE POSITION (change of foot and fly entry optional)		
	Minimum Requirements:		Penalty:		Minimum Requirements:		Penalty:		Minimum Requirements:		Penalty:
	Must have at least 3 revs (on 1 foot if change foot)		No value		Must have at least 3 revolutions (on 1 foot if change foot)		No value		All spin codes must be different		No Value
	Must have at least two basic positions with at least 2 revs each		No value		Must have at least 2 revs in the intended basic position/if combo, must have at least two basic positions with at least 2 revs each		No value		Minimum 6 revs (not including final wind up)		GOE reduction for "Less than required revolutions"
Grade of Execution (GOE)	Minimum 10 revs in total		GOE reduction for "Less than required revolutions"		Minimum 6 revs (not including final wind up)		GOE reduction for "Less than required revolutions"				
CHOREOGRAPHIC SEQUENCE											
Minimum Requirements: Must include at least two different movements						Penalty: No value					

JUMPS										
All jumps must be eligible for their full base value to receive a bonus (i.e. not <, << or e)										
Bonus		+1.0 for each 3A or higher base value jump				Halfway (1:45): Only the last three jump elements executed in 2 nd half will be multiplied by a 1.1 factor				
WBP Restrictions		Maximum of 7 jump elements (must have an Axel type jump)		Maximum of 3 jump combos or 2 jump combos and 1 sequence		Error in execution of combo or sequence	Only 1 of the 3 jump combos or sequences may contain three jumps	Of all triples and quads, only 2 may be executed twice. Of the 2 jumps, only 1 can be a quad	A triple or quad jump may only be repeated once	No double, triple or quad may be included more than twice
Penalty		An 8 th jump element will be invalidated and receive no value. (If the only Axel type jump is performed as the 8 th element, the last two elements will receive no value)		If the number of combos or sequences exceeds the maximum, only the 1st jump of the extra combo/seq is counted and marked with +REP		Error after 1st or 2nd jump that leads to combination/sequence not meeting definition will be called: 1st jump +COMBO/SEQ+ 2nd jump* as applicable	Only the extra jump(s) will receive no value (Euler will be called clean or << only)	A 3 rd repeated triple or quad will receive no value. If in a jump combo, only the jump not meeting requirements will receive no value	A repeated triple or quad, if not in combo or sequence, will be identified as +REP and will not be considered as a combo/sequence attempt	Only the jump(s) included more than twice will receive no value, even when in a jump combo
Examples		3S+2T 3T+2Lo 3S 3Lo 2F+2T+SEQ+2A* 2F 3T 2Lz*	3S+2T 3T+2T 3S 2Lo 2Lz+2Lo 2F 3T* 2A*	2A+2T 3Lo+2Lo 3S+2T+2Lo 3S+1Lo*+REP	2A+1A+SEQ 2F+2Lo 2Lz+1A*+REP 2F+2Lo*+REP	1A 2F+COMBO+2T* 2Lo+1A+SEQ+2T* 2Lz 2S	3T+2Lo 3F+2A+2T+SEQ 3Lz+3T+2Lo*	3S+3T 3T+1Eu+3S 3Lo 3Lo*+2T 4S+3T 4T+3T 4T 4S*	3S 3Lo+2Lo 3F+2T+2Lo 3T+2T 3S+REP	3T+3T 3S+3T*

SPINS						
Four situations where "V" sign is applied in this FP:						
1) step over/no clear visible jump in flying spins in one position no change foot; 2) only 2 basic positions in any spin combination ;						
3) less than 3 revs on one foot in any change of foot spin ; 4) no basic position for at least 2 revs on one foot in a one position spin with a change of foot .						
WBP Restrictions	COMBO SPIN (change of foot & fly entry optional) e.g. (F)CoSP or (F)CCoSp			SPIN WITH A FLYING ENTRANCE e.g. FCSp, FSSp, FUSp, FLSp, FCCSp, FCSSp, FCUSp, FCLSp, FCoSp, FCCoSp		SPIN IN ONE POSITION (change of foot and fly entry optional)
	Minimum Requirements:	Penalty:	Minimum Requirements:	Penalty:	Minimum Requirements:	Penalty:
	Must have at least 3 revs (on 1 foot if change foot)	No value	Must have at least 3 revolutions (on 1 foot if change foot)	No value	All spin codes must be different	No Value
	Must have at least two basic positions with at least 2 revs each	No value	Must have at least 2 revs in the intended basic position/if combo, must have at least two basic positions with at least 2 revs each	No value	Minimum 6 revs (not including final wind up)	GOE reduction for "Less than required revolutions"
Grade of Execution (GOE)	Minimum 10 revs in total	GOE reduction for "Less than required revolutions"	Minimum 6 revs (not including final wind up)	GOE reduction for "Less than required revolutions"		

CHOREOGRAPHIC SEQUENCE	
Minimum Requirements: Must include at least two different movements	Penalty: No value



2022-2023 Singles Free Program Technical Requirements

July 1st, 2022

Senior Women (4:00 ±0:10)

Effective July 1, 2022

JUMPS										
Bonus	Halfway (2:00): Only the last three jump elements executed in 2 nd half will be multiplied by a 1.1 factor									
WBP Restrictions	Maximum of 7 jump elements (must have an Axel type jump)		Maximum of 3 jump combos or 2 jump combos and 1 sequence		Error in execution of combo or sequence	Only 1 of the 3 jump combos or sequences may contain three jumps	Of all triples and quads, only 2 may be executed twice. Of the 2 jumps, only 1 can be a quad		A triple or quad jump may only be repeated once	No double, triple or quad may be included more than twice
Penalty	An 8 th jump element will be invalidated and receive no value. (If the only Axel type jump is performed as the 8 th element, the last two elements will receive no value)		If the number of combos or sequences exceeds the maximum, only the 1st jump of the extra combo/seq is counted and marked with +REP		Error after 1st or 2nd jump that leads to combination/sequence not meeting definition will be called: 1st jump +COMBO/SEQ+ 2nd jump* as applicable	Only the extra jump(s) will receive no value (Euler will be called clean or << only)	A 3 rd repeated triple or quad will receive no value. If in a jump combo, only the jump not meeting requirements will receive no value		A repeated triple or quad, if not in combo or sequence, will be identified as +REP and will not be considered as a combo/sequence attempt	Only the jump(s) included more than twice will receive no value, even when in a jump combo
Examples	3S+2T 3T+2Lo 3S 3Lo 2F+2T+SEQ+2A* 2Lz 3T 2Lz*	3S+2T 3T+2T 3S 2Lo 2Lz+2Lo 2F 3T* 2A*	2A+2T 3Lo+2Lo 3S+2T+2Lo 3S+1Lo*+REP	2A+1A+SEQ 2F+2Lo 2Lz+1A*+REP 2F+2Lo*+REP	1A 2F+COMBO+2T* 2Lo+1A+SEQ+2T* 2Lz 2S	3T+2Lo 3F+2A+2T+SEQ 3Lz+3T+2Lo*	3S+3T 3T+1Eu+3S 3Lo 3Lo*+2T	4S+3T 4T+3T 4T 4S*	3S 3Lo+2Lo 3F+2T+2Lo 3T+2T 3S+REP	2T+2T 3S+2T*

SPINS	
Four situations where "V" sign is applied in this FP:	
1) step over/no clear visible jump in flying spins in one position no change foot;	2) only 2 basic positions in any spin combination ;
3) less than 3 revs on one foot in any change of foot spin ;	4) no basic position for at least 2 revs on one foot in a one position spin with a change of foot .

WBP Restrictions	COMBO SPIN (change of foot & fly entry optional) e.g. (F)CoSP or (F)CCoSp	SPIN WITH A FLYING ENTRANCE e.g. FCSp, FSSp, FUSp, FLSp, FCCSp, FCSSp, FCUSp, FCLSp, FCoSp, FCCoSp	SPIN IN ONE POSITION (change of foot and fly entry optional)
	Minimum Requirements:	Minimum Requirements:	Minimum Requirements:
	Must have at least 3 revs (on 1 foot if change foot)	Must have at least 3 revolutions (on 1 foot if change foot)	All spin codes must be different
	Penalty:	Penalty:	Penalty:
	No value	No value	No Value
	Must have at least two basic positions with at least 2 revs each	Must have at least 2 revs in the intended basic position/if combo, must have at least two basic positions with at least 2 revs each	Minimum 6 revs (not including final wind up)
	Grade of Execution (GOE)	Grade of Execution (GOE)	Grade of Execution (GOE)
	Minimum 10 revs in total	Minimum 6 revs (not including final wind up)	GOE reduction for "Less than required revolutions"

STEP SEQUENCE	CHOREOGRAPHIC SEQUENCE
Minimum Requirements: Must fully utilize the ice surface	Minimum Requirements: Must include at least two different movements
Penalty: No value	Penalty: No value

Falls: -1.0 for the 1st & 2nd, -2.0 for the 3rd & 4th, -3.0 for the 5th & further falls



2022-2023 Singles Free Program Technical Requirements

Senior Men (4:00 ±0:10)

Effective July 1, 2022

July 1st, 2022

JUMPS										
Bonus	Halfway (2:00): Only the last three jump elements executed in 2 nd half will be multiplied by a 1.1 factor									
WBP Restrictions	Maximum of 7 jump elements (must have an Axel type jump)		Maximum of 3 jump combos or 2 jump combos and 1 sequence		Error in execution of combo or sequence	Only 1 of the 3 jump combos or sequences may contain three jumps		Of all triples and quads, only 2 may be executed twice. Of the 2 jumps, only 1 can be a quad	A triple or quad jump may only be repeated once	No double, triple or quad may be included more than twice
Penalty	An 8 th jump element will be invalidated and receive no value. (If the only Axel type jump is performed as the 8 th element, the last two elements will receive no value)		If the number of combos or sequences exceeds the maximum, only the 1st jump of the extra combo/seq is counted and marked with +REP		Error after 1st or 2nd jump that leads to combination/sequence not meeting definition will be called: 1st jump +COMBO/SEQ+ 2nd jump* as applicable	Only the extra jump(s) will receive no value (Euler will be called clean or << only)		A 3 rd repeated triple or quad will receive no value. If in a jump combo, only the jump not meeting requirements will receive no value	A repeated triple or quad, if not in combo or sequence, will be identified as +REP and will not be considered as a combo/sequence attempt	Only the jump(s) included more than twice will receive no value, even when in a jump combo
Examples	4T+3T 3T+2T 3S 3Lz 3Lz+2T+SEQ+2A* 2F 2F+REP 2Lz*	3Lz+3T 3T+2T 3S 3Lo 3Lz+2Lo 2F 3F* 3A*	2A+2T 3Lo+2Lo 3S+2T+2Lo 3S+1Lo*+REP	2A+1A+SEQ 2F+2Lo 2Lz+1A*+REP 2F+2Lo*+ REP	1A 2F+COMBO+2T* 2Lo+1A+SEQ+2T* 2Lz 2S	3T+2Lo 3F+2A+2T+SEQ 3Lz+3T+2Lo*	3S+3T 3T+1Eu+3S 3Lo 3Lo*+2T 4S+3T 4T+3T 4T 4S*	3S 3Lo+2Lo 3F+2T+2Lo 3T+2T 3S+REP	3T+3T 3S+3T*	

SPINS	
Four situations where "V" sign is applied in this FP:	
1) step over/no clear visible jump in flying spins in one position no change foot; 2) only 2 basic positions in any spin combination ; 3) less than 3 revs on one foot in any change of foot spin ; 4) no basic position for at least 2 revs on one foot in a one position spin with a change of foot .	

WBP Restrictions	COMBO SPIN (change of foot & fly entry optional) e.g. (F)CoSP or (F)CCoSp	SPIN WITH A FLYING ENTRANCE e.g. FCSp, FSSp, FUSp, FLSp, FCCSp, FCSSp, FCUSp, FCLSp, FCoSp, FCCoSp	SPIN IN ONE POSITION (change of foot and fly entry optional)			
	Minimum Requirements:	Penalty:	Minimum Requirements:	Penalty:	Minimum Requirements:	Penalty:
	Must have at least 3 revs (on 1 foot if change foot)	No value	Must have at least 3 revs (on 1 foot if change foot)	No value	All spin codes must be different	No Value
	Must have at least two basic positions with at least 2 revs each	No value	Must have at least 2 revs in the intended basic position/if combo, must have at least two basic positions with at least 2 revs each	No value		
Grade of Execution (GOE)	Minimum 10 revs in total	GOE reduction for "Less than required revolutions"	Minimum 6 revs (not including final wind up)	GOE reduction for "Less than required revolutions"	Minimum 6 revs (not including final wind up)	GOE reduction for "Less than required revolutions"

STEP SEQUENCE	CHOREOGRAPHIC SEQUENCE
Minimum Requirements: Must fully utilize the ice surface	Minimum Requirements: Must include at least two different movements
Penalty: No value	Penalty: No value

Falls: -1.0 for the 1st & 2nd, -2.0 for the 3rd & 4th, -3.0 for the 5th & further falls

Information Specific to Pre-Juvenile

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 2474 \(Levels of Difficulty and Guidelines for Marking GOE\)](#)
- [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.