

## 2019-2020 SINGLES COMPETITIVE TECHNICAL REQUIREMENTS

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## 2019-2020 Singles Short Program Technical Requirements

### Pre-Novice Women (max 2:20 ±0:10)

August 1, 2019

Effective July 1, 2019

<b>JUMPS</b> <b>Bonus: Fully rotated 2A or higher base value jump; 2 or more different triple jumps; any double jump immediately followed by a 3T or 3Lo</b>										
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)							
<b>Rule specific to Pre-Novice</b>			A 2 <sup>nd</sup> 2A is permitted in Combo							
<b>Error</b>	Wrong number of revs	Lower than a double loop		Wrong number of revs	The same jump may not be repeated in two separate jump boxes		Two solo jumps, neither in combo		No 2 <sup>nd</sup> jump or error after 1 <sup>st</sup> jump	
<b>Penalty</b>	No value Final GOE must be -5	No value 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		If unclear, add+C to later performed jump Final GOE must be -5		Final GOE must be -5	
<b>Examples</b>	1W (1A<<*)  3A*	2Lo+2Lo+C 2S* 1A	2A+2Lo+C 2Lz 2A	1Lz*+2Lo+C  3T+1T*+C	2Lo 2Lz+2Lo*+C 2A	3T+2T+C 2A 3T*	3T+3T+C 2A 3T*	2A+C 2F 2A (fall after 1 <sup>st</sup> 2A)	2Lz 2A 2F+C (not clear which was combo)	3T+C+2T* (step out or fall after 3T)  3T+C

<b>SPINS</b> <b>Maximum Level 3</b>				
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, SIT or CAMEL SPIN without change of foot e.g. LSp, SSp or CSp	
	<b>Minimum Requirements:</b>		<b>Minimum Requirements:</b>	
	Must have at least 3 revs on each foot		Must have at least 3 revolutions	
	Must have at least two basic positions with at least 2 revs each		Must have at least 2 revs in the intended basic position	
	<b>Penalty:</b>		<b>Penalty:</b>	
	No value		No value	
	No value		No value	
<b>Limitations</b>	2 <sup>nd</sup> change of foot NOT permitted		Change of foot is NOT permitted	
	No value		No value	
	Flying entry is NOT permitted		Flying entry is NOT permitted	
	No value		No value	
			Biellmann executed prior to 5 revs in LSp	
			Feature not awarded	
<b>Grade of Execution(GOE)</b>	Minimum 4 revs per foot		Minimum 5 revs	
	GOE reduction for "Less than required revolutions"		GOE reduction for "Less than required revolutions"	

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

*Please note: A deduction for all falls will be applied in competitive categories*



**2019-2020 Singles Short Program Technical Requirements**  
**Pre-Novice Men (2:20 ±0:10 )**  
*Effective July 1, 2019*

August 1, 2019

<b>JUMPS</b>										
<b>Bonus: Fully rotated 2A or higher base value jump; 2 or more different triple jumps; any double jump immediately followed by a 3T or 3Lo</b>										
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)							
Rule specific to Pre-Novice			A 2 <sup>nd</sup> 2A is permitted in Combo							
Error	Wrong number of revs	Lower than double loop		Wrong number of revs	The same jump may not be repeated in two separate jump boxes	Two solo jumps, neither in combo		No 2 <sup>nd</sup> jump or error after 1 <sup>st</sup> jump		
Penalty	No value Final GOE must be -5	No value 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	If unclear, add+C to later performed jump Final GOE must be -5		Final GOE must be -5		
Examples	1W (1A<<*)	2Lo+2Lo+C 2S* 1A	2A+2Lo+C 2Lz 2A	1Lz*+2Lo+C	2Lo 2Lz+2Lo*+C 2A	3T+2T+C 2A 3T*	3T+3T+C 2A 3T*	2A+C 2F 2A (fall after 1 <sup>st</sup> 2A)	2Lz 2A 2F+C (not clear which was combo)	3T+C+2T* (step out or fall after 3T)
	3A*			3T+1T*+C					3T+C	

<b>SPINS</b>					
<b>Maximum Level 3</b>					
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			SIT SPIN with only one change of foot e.g. CSSp	
	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 sit position on each foot	No value	
Limitations	2 <sup>nd</sup> change of foot NOT permitted	No value	Flying entry is NOT permitted	No value	
	Flying entry is NOT permitted	No value	2 <sup>nd</sup> 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 sit position	GOE reduction for "Less than required revolutions"	

<b>STEP SEQUENCE</b>		
<b>Maximum Level 3</b>		
	Minimum Requirements:	Penalty:
		Must fully utilize the ice surface

*Please note: A deduction for all falls will be applied in competitive categories*



## 2019-2020 Singles Short Program Technical Requirements

August 1, 2019

### Novice Women (2:20 ±0:10 )

Effective July 1, 2019

**JUMPS**      **Bonus: Fully rotated** and different type **triple or higher** base value jump; any double jump (+1.0), under-rotated or downgraded triple (+1.0) or triple jump (+2.0) immediately followed by a 3T or 3Lo

Required Elements	One single or double AXEL	One DOUBLE or TRIPLE jump		One JUMP COMBINATION (two doubles / one double and one triple / two triples)						
<b>Error</b>	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		No 2 <sup>nd</sup> jump or error after 1 <sup>st</sup> jump	
<b>Penalty</b>	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+C to later performed jump Final GOE must be -5		Final GOE must be -5	
<b>Examples</b>	1W (1A<<*)	1Lz*	2A 2A* 2Lz+2T+C	1Lz*+2Lo+C	2Lo 2Lz+2Lo*+C 2A	3T+2T+C 2A 3T*	2A+C 2F 2A* (fall after 1 <sup>st</sup> 2A)	2A+C 2F 2A* (fall after 1 <sup>st</sup> 2A)	2Lz 2A 2F+C (not clear which was combo)	3T+C+2T* (step out or fall after 3T)
	3A*	1S*		3T+1T*+C						3T+C

**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, SIT or CAMEL SPIN without change of foot e.g. LSp, SSp or CSp
	<b>Minimum Requirements:</b>	<b>Minimum Requirements:</b>
	Must have at least 3 revs on each foot	Must have at least 3 revolutions
	<b>Penalty:</b>	<b>Penalty:</b>
	No value	No value
<b>Limitations</b>	Must have at least two basic positions with at least 2 revs each	Must have at least 2 revs in the intended basic position
	2 <sup>nd</sup> change of foot NOT permitted	Change of foot is NOT permitted
	Flying entry is NOT permitted	Flying entry is NOT permitted
<b>Grade of Execution (GOE)</b>	Minimum 5 revs per foot	Minimum 6 revs
	GOE reduction for "Less than required revolutions"	GOE reduction for "Less than required revolutions"

**STEP SEQUENCE**

	<b>Minimum Requirements:</b>	<b>Penalty:</b>
	Must fully utilize the ice surface	No value

*Please note: A deduction for all falls will be applied in competitive categories*



## 2019-2020 Singles Short Program Technical Requirements

August 1, 2019

### Novice Men (2:20 ±0:10)

Effective July 1, 2019

<b>JUMPS</b> <b>Bonus: Fully rotated</b> and different type <b>3Lo or higher</b> base value jump; any double jump (+1.0), under-rotated or downgraded triple (+1.0) or triple jump (+2.0) immediately followed by a 3T or 3Lo										
Required Elements	One single or double AXEL	One DOUBLE or one TRIPLE jump		One JUMP COMBINATION (two doubles / one double and one triple / two triples)						
<b>Error</b>	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		No 2 <sup>nd</sup> jump or error after 1 <sup>st</sup> jump
<b>Penalty</b>	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+C to later performed jump Final GOE must be -5		Final GOE must be -5
<b>Examples</b>	<b>1W</b> (1A<<*)	<b>1Lz*</b>	<b>2A</b> <b>2A*</b> 2Lz+2T+C	<b>1Lz*+2Lo+C</b>	<b>2Lo</b> 2Lz+ <b>2Lo*</b> +C 2A	<b>3T+2T+C</b> 2A <b>3T*</b>	<b>3T+3T+C</b> 2A <b>3T*</b>	<b>2A+C</b> 2F <b>2A*</b> (fall after 1 <sup>st</sup> 2A)	<b>2Lz</b> 2A <b>2F+C</b> (not clear which was combo)	<b>3T+C+2T*</b> (step out or fall after 3T)
	<b>3A*</b>	<b>1S*</b>		<b>3T+1T*+C</b>						3T+C

<b>SPINS</b> One situation where “V” sign is applied in this SP: only 2 basic positions in <b>Spin Combination</b>				
Required Elements	COMBO SPIN with only one change of foot e.g. CCoSp		CAMEL SPIN with only one change of foot e.g. CCSp	
	<b>Minimum Requirements:</b>		<b>Penalty:</b>	
	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	
<b>Limitations</b>	2 <sup>nd</sup> change of foot NOT permitted		No value	
	Flying entry is NOT permitted		No value	
<b>Grade of Execution (GOE)</b>	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”	

<b>STEP SEQUENCE</b>	
	<b>Minimum Requirements:</b>
	Must fully utilize the ice surface
	<b>Penalty:</b>
	No value

*Please note: A deduction for all falls will be applied in competitive categories*



## 2019-2020 Singles Short Program Technical Requirements

August 1, 2019

Junior Women (2:40 ±0:10)

Effective July 1, 2019

<b>JUMPS</b>									
<b>Bonus: Fully rotated 3Lo (as solo jump); any triple immediately followed by a 3T or 3Lo</b> <b>Halfway: 1:20 Only the last jump element executed in 2<sup>nd</sup> half will be multiplied by a 1.1 factor</b>									
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	The same jump may not be repeated in two separate jump boxes	Two solo jumps, neither in combo		No 2 <sup>nd</sup> jump or error after 1 <sup>st</sup> 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	If unclear, add+C to later performed jump Final GOE must be -5		Final GOE must be -5	
Examples	<b>1A*</b>	<b>1Lo*</b>	<b>1A*</b> <b>2A</b> 2Lz+2T+C	3T+1T*+C	<b>2Lo</b> 2Lo*+2T+C 2A	<b>3Lo+2T+C</b> 2A <b>3Lo*</b>	<b>2A+C</b> 2F <b>2A*</b> (fall after 1 <sup>st</sup> 2A)	<b>2Lz</b> 2A <b>2F+C</b> (not clear which was combo)	3T+C+2T* (step out or fall after 3T)
	<b>3A*</b>	<b>2Lz*</b>		1Lz*+2T+C					3T+C

<b>SPINS</b>							
Two situations where "V" sign is applied in this SP: 1) step over/no clear visible jump in <b>Flying Spins</b> in one position no change foot 2) only 2 basic positions in <b>Spin Combination</b>							
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, CSp		FLYING SIT SPIN one position, no change of foot e.g. FSSp		
	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 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 sit position	No value	
Limitations	2 <sup>nd</sup> change of foot NOT permitted	No value	Change 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	No value			
			Biellmann executed prior to 8 revs in LSp	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 sit position	GOE reduction for "Less than required revolutions"	

<b>STEP SEQUENCE</b>		
	<b>Minimum Requirements:</b>	<b>Penalty:</b>
	Must fully utilize the ice surface	No value

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



## 2019-2020 Singles Short Program Technical Requirements

August 1, 2019

Junior Men (2:40 ±0:10)

Effective July 1, 2019

<b>JUMPS</b> <b>Bonus: Fully rotated 3A or higher base value</b> <b>Halfway: 1:20</b> Only the last jump element executed in 2 <sup>nd</sup> half will be multiplied by a 1.1 factor									
Required Elements	One double or triple AXEL	One DOUBLE or TRIPLE LOOP jump		One JUMP COMBINATION (one double and one triple / two triples)					
<b>Error</b>	Wrong number of revs	Wrong number of revs or wrong element	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		No 2 <sup>nd</sup> jump or error after 1 <sup>st</sup> jump	
<b>Penalty</b>	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+C to later performed jump Final GOE must be -5		Final GOE must be -5	
<b>Examples</b>	<b>1A*</b>	<b>1Lo*</b>	<b>1A*</b> <b>2A</b> 3T+2T+C	3T+1T*+C	<b>2Lo</b> 2Lo*+3T+C 2A	<b>3Lo+2T+C</b> 2A <b>3Lo*</b>	<b>2A+C</b> 2F <b>2A*</b> (fall after 1 <sup>st</sup> 2A)	<b>2Lz</b> 2A <b>2F+C</b> (not clear which was combo)	3T+C+2T* (step out or fall after 3T)
		<b>2Lz*</b>		<b>1Lz*+2T+C</b>					3T+C
				<b>2Lz&lt;&lt;*+2T+C</b>					

<b>SPINS</b> Two situations where "V" sign is applied in this SP: 1) step over/no clear visible jump in <b>Flying Spins</b> in one position no change foot; 2) only 2 basic positions in <b>Spin Combination</b>						
Required Elements	COMBO SPIN with only one change of foot e.g. CCoSp		CAMEL SPIN with only one change of foot e.g. CCSp		FLYING SIT SPIN one position, no change of foot e.g. FSSp	
	<b>Minimum Requirements:</b>	<b>Penalty:</b>	<b>Minimum Requirements:</b>	<b>Penalty:</b>	<b>Minimum Requirements:</b>	<b>Penalty:</b>
	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 camel position on each foot	No value	Must have at least 2 revs in the sit position	No value
<b>Limitations</b>	2 <sup>nd</sup> 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 <sup>nd</sup> change of foot NOT permitted	No value		
<b>Grade of Execution (GOE)</b>	Minimum 6 revs per foot	GOE reduction for "Less than required revolutions"	Minimum 6 revs per foot in camel position	GOE reduction for "Less than required revolutions"	Minimum 8 revs in sit position	GOE reduction for "Less than required revolutions"

<b>STEP SEQUENCE</b>	
	<b>Minimum Requirements:</b>
	Must fully utilize the ice surface
	<b>Penalty:</b>
	No value

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



## 2019-2020 Singles Short Program Technical Requirements

### Senior Women (2:40 ±0:10)

Effective July 1, 2019

August 1, 2019

JUMPS										
Halfway: 1:20 Only the last jump element executed in 2 <sup>nd</sup> half will be multiplied by a 1.1 factor										
Falls: -1.0 for the 1 <sup>st</sup> & 2 <sup>nd</sup> , -2.0 for the 3 <sup>rd</sup> & 4 <sup>th</sup> , -3.0 for the 5 <sup>th</sup> & further falls										
Required Elements	One double or triple AXEL	One TRIPLE jump		One JUMP COMBINATION (one double and one triple / two triples)						
<b>Error</b>	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		No 2 <sup>nd</sup> jump or error after 1 <sup>st</sup> jump
<b>Penalty</b>	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+C to later performed jump Final GOE must be -5		Final GOE must be -5
<b>Examples</b>	1A*	2Lz*	1A* 2A 3T+2T+C	3T+1T*+C	3Lo 3Lo*+2T+C 2A	3T+2T+C 2A 3T*	3T+3T+C 2A 3T*	2A+C 2F 2A* (fall after 1 <sup>st</sup> 2A)	2Lz 2A 2F+C (not clear which was combo)	3T+C+2T* (step out or fall after 3T)  3T+C

SPINS						
Two situations where "V" sign is applied in this SP: 1) step over/no clear visible jump in <b>Flying Spins</b> in one position no change foot; 2) only 2 basic positions in <b>Spin Combination</b>						
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	
	<b>Minimum Requirements:</b>	<b>Penalty:</b>	<b>Minimum Requirements:</b>	<b>Penalty:</b>	<b>Minimum Requirements:</b>	<b>Penalty:</b>
	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	No value
					Must have at least 2 revs in the intended basic position	No Value
<b>Limitations</b>	2 <sup>nd</sup> 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	No value		
			Biellmann executed prior to 8 revs in LSp	Feature not awarded		
<b>Grade of Execution (GOE)</b>	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		
	<b>Minimum Requirements:</b>	<b>Penalty:</b>
	Must fully utilize the ice surface	No value



## 2019-2020 Singles Short Program Technical Requirements

August 1, 2019

Senior Men (2:40 ±0:10)

Effective July 1, 2019

JUMPS										
Halfway: 1:20 Only the last jump element executed in 2 <sup>nd</sup> half will be multiplied by a 1.1 factor										
Falls: -1.0 for the 1 <sup>st</sup> & 2 <sup>nd</sup> , -2.0 for the 3 <sup>rd</sup> & 4 <sup>th</sup> , -3.0 for the 5 <sup>th</sup> & further falls										
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		No 2 <sup>nd</sup> jump or error after 1 <sup>st</sup> 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+C to later performed jump Final GOE must be -5		Final GOE must be -5	
Examples	1A*	2Lz*	1A* 3A 3Lz+3T+C	3T+1T*+C  1Lz*+2Lo+C 2F<<*+2T+C	3Lo 3Lo*+2T+C 2A	3T+2T+C 2A 3T*	3T+3 T+C 2A 3T*	2A+C 2F 2A* (fall after 1 <sup>st</sup> 2A)	2Lz 2A 2F+C (not clear which was combo)	3T+C+2T* (step out or fall after 3T)  3T+C

SPINS						
Two situations where "V" sign is applied in this SP:						
1) step over/no clear visible jump in <b>Flying Spins</b> in one position no change foot      2) only 2 basic positions in <b>Spin Combination</b>						
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	
	<b>Minimum Requirements:</b>	<b>Penalty:</b>	<b>Minimum Requirements:</b>	<b>Penalty:</b>	<b>Minimum Requirements:</b>	<b>Penalty:</b>
	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 <sup>nd</sup> 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 <sup>nd</sup> 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		
	<b>Minimum Requirements:</b>	<b>Penalty:</b>
	Must fully utilize the ice surface	No value

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

<b>JUMPS</b> 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												
<b>WBP Restrictions</b>	<b>Maximum of 5 jump elements</b> (must have an Axel type jump)		<b>Must include 5 different types of jumps</b> (e.g. 1T and 2T are the same jump type)			<b>Maximum of 2 jump combinations or error in execution of combination</b>		<b>One combo must include TOE-LOOP as 2<sup>nd</sup> jump, one combo must include LOOP as 2<sup>nd</sup> jump</b>		<b>Jump combinations may contain no more than two jumps</b>	<b>A jump may only be repeated once</b>	<b>No jump may be included more than twice</b>
<b>Penalty</b>	A 6 <sup>th</sup> jump element will be invalidated and receive no value. (If the only Axel type jump is performed as the 6 <sup>th</sup> element, the last two elements will receive no value)		If skater has an 'empty jump box or empty jump combo box' (i.e. only 1 combo executed) there is no penalty applied if missing one jump type. If more than one jump type is missing, the last repeated jump type will receive no value. If no jump types are repeated, there is no penalty applied.			Error after 1 <sup>st</sup> jump that leads to combination not meeting definition will be called: <b>1st jump +SEQ + 2<sup>nd</sup> jump*</b> If the number of combos is more than 2, only the 1 <sup>st</sup> jump of the extra combo(s) is counted and marked with +REP		If skater includes both jump combos with the same type of 2 <sup>nd</sup> jump, the repeated 2 <sup>nd</sup> jump from the combo will receive no value. There is no penalty applied if both combos have not been executed		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
<b>Examples</b>	2Lz+2T+C 2F+2Lo+C 2S 1A 2F 2Lz*	2Lz+2T+C 2F+2Lo+C 2S 2F 2Lz* 1A*	2F+2T+C 2Lz 1A 2F 2T	2Lz 2F 1A 2Lz+REP 2F*	1A 2S 2T 2Lo 1Lz	1A+2T+C 2Lo+2Lo+C 2Lz+2T*+REP	1A 2F+SEQ+2T* 2Lo 2Lz 2S	2Lo+2T+C 2F 2Lz+1T*+C 1A 2S	1A 2Lo+2T+C 2F 2S 1F	2Lz+1Lo+2Lo*+C	2Lz 2F 1A+2T+C 2Lo+2Lo+C 2Lz+REP	1A 2S 2T 2T+2T*+C 2F+2Lo+C

<b>SPINS</b> Maximum Level B				
Three situations where "V" sign is applied in this FP: 1) step over/no clear visible jump in <b>flying spins</b> in one position no change foot 2) only 2 basic positions in any <b>spin combination</b> 3) less than 3 revs on one foot in any <b>change of foot spin</b>				
<b>WBP Restrictions</b>	<b>COMBO SPIN</b> with at least one change of foot e.g. CCoSp		<b>FLYING CAMEL or FLYING SIT SPIN</b> in one position, no change of foot e.g. FCSp, FSSp	
	<b>Minimum Requirements:</b>	<b>Penalty:</b>	<b>Minimum Requirements:</b>	<b>Penalty:</b>
	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
<b>Limitations</b>	Flying entry is NOT permitted	No value	Difficult Variations are NOT permitted	No value
	Difficult Variations are permitted	Maximum Level B		
<b>Grade of Execution (GOE)</b>	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"

<b>SPIRAL SEQUENCE</b> Maximum Level B		
	<b>Minimum Requirements:</b>	<b>Penalty:</b>
	Sustained position with knee and foot above hip on each foot	No value
	At least one spiral must be unsupported	No value
<b>Grade of Execution (GOE)</b>	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)"

*Please note: A deduction for all falls will be applied in competitive categories*

<b>JUMPS</b>												
<b>Bonus:</b> for each fully rotated 2A or higher base value												
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)		Must include 6 different types of jumps (e.g. 1Lo and 2Lo are the same jump type)			Maximum of 2 jump combinations or error in execution of combination		One combo must include TOE-LOOP as 2 <sup>nd</sup> jump, one combo must include LOOP as 2 <sup>nd</sup> jump		Jump combinations may contain no more than two jumps	A jump may only be repeated once	No jump may be included more than twice
<b>Penalty</b>	A 6 <sup>th</sup> jump element will be invalidated and receive no value. (If the only Axel type jump is performed as the 6 <sup>th</sup> element, the last two elements will receive no value)		If skater has an 'empty jump box or empty jump combo box' (i.e. only 1 combo executed) there is no penalty applied if missing one jump type. If more than one jump type is missing, the last repeated jump type will receive no value. If no jump types are repeated, there is no penalty applied.			Error after 1 <sup>st</sup> jump that leads to combination not meeting definition will be called: <b>1st jump +SEQ + 2<sup>nd</sup> jump*</b> If the number of combos is more than 2, only the 1 <sup>st</sup> jump of the extra combo is counted and marked with +REP		If skater includes both jump combos with the same type of 2 <sup>nd</sup> jump, the repeated 2nd jump will receive no value		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
<b>Examples</b>	2Lz+2T+C 2F+2Lo+C 2S 1A 2F 2Lz*	2Lz+2T+C 2F+2Lo+C 2S 2S 2F 2Lz* 1A*	2F+2T+C 2Lz 1A 1S 2T	2A 1A 2Lz 2F 2Lz*+2T+C	1A 2S 2T 2Lo 1Lz	1A+2T+C 2Lo+2Lo+C 2Lz+2T*+REP	1A 2F+SEQ+2T* 2Lo 2Lz 2S	2Lo+2T+C 2F 2Lz+1T*+C 1A 2S	1A 2Lo+1T+C 2S 2Lz 2F+2T*+C	2Lz+1Lo+2Lo*+C	2Lz 2F 1A+2T+C 2S+2Lo+C 2Lz+REP	1A 2S 2T 2T+2T*+C 2F+2Lo+C

<b>SPINS</b> <b>Maximum Level B</b>					
Three situations where "V" sign is applied in this FP: 1) step over/no clear visible jump in <b>flying spins</b> in one position no change foot; 2) only 2 basic positions in any <b>spin combination</b> ; 3) less than 3 revs on one foot in any <b>change of foot spin.</b> ;					
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,	
	<b>Minimum Requirements:</b>			<b>Penalty:</b>	
	Must have at least 3 revs on 1 foot			No value	
	Must have at least two basic positions with at least 2 revs each			No value	
<b>Limitations</b>	Flying entry is NOT permitted			No value	
	Difficult Variations are permitted			Maximum Level B	
<b>Grade of Execution (GOE)</b>	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"	

<b>STEP SEQUENCE</b> <b>Maximum Level B</b>		
	<b>Minimum Requirements:</b>	
	Must fully utilize the ice surface	
	<b>Penalty:</b>	
	No value	

*Please note: A deduction for all falls will be applied in competitive categories*



## 2019-2020 Singles Free Program Technical Requirements

### Pre-Novice Women & Men (3:00 ±0:10)

August 1, 2019

Effective July 1, 2019

<b>JUMPS Bonus: Fully rotated 2A or higher base value; +2.0 for 3 or more different triple jumps; for any 1A or double jump immediately followed by a 3T (awarded once per program and on first successful attempt); for any 1A or double jump immediately followed by a 3Lo (awarded once per program and on first successful attempt)</b> 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 6 jump elements (must have an Axel type jump)	Maximum of 3 jump combinations or sequences, or error in execution of combination or sequence		Jump combinations may contain no more than two jumps	Of all triples, only 2 may be repeated	A jump may only be repeated once	No jump may be included more than twice	
<b>Penalty</b>	A 7 <sup>th</sup> jump element will be invalidated and receive no value. (If the only Axel type jump is performed as the 7 <sup>th</sup> element, the last two elements will receive no value)	If the number of combos or sequences is more than 3, only the 1 <sup>st</sup> jump of the extra combo/seq is counted and marked with +REP Error after 1 <sup>st</sup> jump that leads to combination not meeting definition will be called: <b>1st jump +SEQ + 2<sup>nd</sup> jump*</b>		Only the extra jump(s) will receive no value	A 3 <sup>rd</sup> 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	
<b>Examples</b>	2Lz+2T+C 2F+2Lo+C 2S 2F+2Lo+C 2S+REP 1A 2Lz*	2Lz+2T+C 2F+2Lo+C 2S 2F+2Lo+C 2S+REP 2Lz* 1A*	1A+2T+C 2Lo+2Lo+C 2Lz+2T+C 2F+2Lo*+REP	1A 2F+SEQ+2T* 2Lo 2Lz 2S	2Lz+1Lo+2Lo*+C	3S+3T+C 3T 3S 3Lo 3Lo*+2T+C	2Lz 2F+2T+C 2A+2T+C 2Lo+2Lo+C 2Lz+REP	2T+2T+C 2F+2T*+C

SPINS <span style="float: right;">Maximum Level 3</span>				
Three situations where "V" sign is applied in this FP: 1) step over/no clear visible jump in <b>flying spins</b> in one position no change foot; 2) only 2 basic positions in any <b>spin combination</b> ; 3) less than 3 revs on one foot in any <b>change of foot spin.</b> ;				
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	
	<b>Minimum Requirements:</b>	<b>Penalty:</b>	<b>Minimum Requirements:</b>	<b>Penalty:</b>
	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
<b>Grade of Execution (GOE)</b>	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 <span style="float: right;">Maximum Level 3</span>	
	<b>Minimum Requirements:</b>
	Must fully utilize the ice surface
	<b>Penalty:</b>
	No value

*Please note: A deduction for all falls will be applied in competitive categories*



## 2019-2020 Singles Free Program Technical Requirements

August 1, 2019

### Novice Women (3:30 ±0:10)

Effective July 1, 2019

<b>JUMPS</b> <b>Bonus: Fully rotated</b> different Triple or higher base value; +2.0 for 4 or more different triple jumps; any double jump (+1.0), under-rotated or downgraded triple (+1.0) or triple jump (+2.0) immediately followed by a 3T (awarded once per program and on first successful attempt); any double jump (+1.0), under-rotated or downgraded triple (+1.0) or triple jump (+2.0) immediately followed by a 3Lo (awarded once per program and on first successful attempt) 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 7 jump elements (must have an Axel type jump)	Maximum of 3 jump combinations or sequences, or error in execution of combination or sequence		Only 1 of the 3 jump combinations 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 <sup>th</sup> jump element will be invalidated and receive no value. (If the only Axel type jump is performed as the 7 <sup>th</sup> element, the last two elements will receive no value)	If the number of combos or sequences is more than 3, only the 1 <sup>st</sup> jump of the extra combo/seq is counted and marked with +REP Error after 1 <sup>st</sup> jump that leads to combination not meeting definition will be called: <b>1st jump +SEQ + 2<sup>nd</sup> jump*</b>		Only the extra jump(s) will receive no value (Euler will be called clean or << only)	A 3 <sup>rd</sup> 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+C 3T+2T+C 3F 3S 2Lz+2Lo+S+2A* 2Lz 3F+REP 3S*	3Lo+2Lo+C 3T+2T+C 3F 3S 2Lz+2Lo+C 3F+REP 3T* 2A*	2A+2T+C 3Lo+2Lo+C 2Lz+2T+C 3S+2Lo*+REP	1A 2F+SEQ+2T* 2Lo 2Lz 2S	2A+2T+2T+1T*+C  2Lz+2Lo+2T+C 2A+1Eu+2S*+C	3S+3T+C 3T 3S 3Lo 3Lo*+2T+C	2Lz 2F+2T+C 2A+2T+C 2Lo+2Lo+C 2Lz+REP	2T+2T+C 2F+2T*+C

<b>SPINS</b> Four situations where "V" sign is applied in this FP: 1) step over/no clear visible jump in <b>flying spins</b> in one position no change foot;      2) only 2 basic positions in any <b>spin combination</b> ; 3) less than 3 revs on one foot in any <b>change of foot spin</b> ;      4) no basic position for at least 2 revs on one foot in a <b>one position spin with a change of foot</b> .						
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:	Penalty:	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	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	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	
	Penalty:
Minimum Requirements: Must fully utilize the ice surface	No value

*Please note: A deduction for all falls will be applied in competitive categories*

<b>JUMPS Bonus: Fully rotated Triple Loop</b> or higher base value; +2.0 for 4 or more different triple jumps; any double jump (+1.0), under-rotated or downgraded triple (+1.0) or triple jump (+2.0) immediately followed by a 3T (awarded once per program and on first successful attempt); any double jump (+1.0), under-rotated or downgraded triple (+1.0) or triple jump (+2.0) immediately followed by a 3Lo (awarded once per program and on first successful attempt) 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 7 jump elements (must have an Axel type jump)	Maximum of 3 jump combinations or sequences, or error in execution of combination or sequence		Only 1 of the 3 jump combinations 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	
<b>Penalty</b>	An 8 <sup>th</sup> jump element will be invalidated and receive no value. (If the only Axel type jump is performed as the 8 <sup>th</sup> element, the last two elements will receive no value)	If the number of combos or sequences is more than 3, only the 1 <sup>st</sup> jump of the extra combo/seq is counted and marked with +REP Error after 1 <sup>st</sup> jump that leads to combination not meeting definition will be called: <b>1st jump +SEQ + 2<sup>nd</sup> jump*</b>		Only the extra jump(s) will receive no value (Euler will be called clean or << only)	A 3 <sup>rd</sup> 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	
<b>Examples</b>	3Lo+2Lo+C 3T+2T+C 3F 3S 2Lz+2Lo+S+2A* 2Lz 3F+REP 3S*	3Lo+2Lo+C 3T+2T+C 3F 3S 2Lz+2Lo+C 2Lz+2Lo+C 3F+REP 3T* 2A*	2A+2T+C 3Lo+2Lo+C 2Lz+2T+C 3S+2Lo*+REP	1A 2F+SEQ+2T* 2Lo 2Lz 2S	2Lz+2Lo+2T+1Lo*+C 2Lz+2Lo+2T+C 2A+1Eu+2S*+C	3S+3T+C 3T 3S 3Lo 3Lo*+2T+C	2Lz 2F+2T+C 2A+2T+C 2Lo+2Lo+C 2Lz+REP	2T+2T+C 2F+2T*+C

<b>SPINS</b> Four situations where “V” sign is applied in this FP: 1) step over/no clear visible jump in <b>flying spins</b> in one position no change foot;      2) only 2 basic positions in any <b>spin combination</b> ; 3) less than 3 revs on one foot in any <b>change of foot spin</b> ;      4) no basic position for at least 2 revs on one foot in a <b>one position spin with a change of foot</b> .						
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:	Penalty:	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	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	No value		V sign added
<b>Grade of Execution (GOE)</b>	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		
	<b>Minimum Requirements:</b>	<b>Penalty:</b>
	Must fully utilize the ice surface	No value

*Please note: A deduction for all falls will be applied in competitive categories*



## 2019-2020 Singles Free Program Technical Requirements

August 1, 2019

### Junior Women (3:30 ±0:10)

Effective July 1, 2019

<b>JUMPS</b> <b>Bonus: Fully rotated</b> triple immediately followed by a 3T (awarded once per program and on first successful attempt); any <b>fully rotated</b> triple immediately followed by a 3Lo (awarded once per program and on first successful attempt) <b>Halfway:</b> 1:45 Only the last three jump elements executed in 2 <sup>nd</sup> half will be multiplied by a 1.1 factor 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 7 jump elements (must have an Axel type jump)	Maximum of 3 jump combinations or sequences, or error in execution of combination or sequence		Only 1 of the 3 jump combinations 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		
<b>Penalty</b>	An 8 <sup>th</sup> jump element will be invalidated and receive no value. (If the only Axel type jump is performed as the 8 <sup>th</sup> element, the last two elements will receive no value)	If the number of combos or sequences is more than 3, only the 1 <sup>st</sup> jump of the extra combo/seq is counted and marked with +REP Error after 1 <sup>st</sup> jump that leads to combination not meeting definition will be called: <b>1st jump +SEQ + 2<sup>nd</sup> jump*</b>		Only the extra jump(s) will receive no value (Euler will be called clean or << only)	A 3 <sup>rd</sup> 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		
<b>Examples</b>	3S+2T+C 3T+2Lo+C 3S 3Lo 2Lz+2T+S+2A* 2F 3T 2Lz*	3S+2T+C 3T+2T+C 3S 2Lo 2Lz+2Lo+C 2F 3T* 2A*	2A+2T+C 3Lo+2Lo+C 3S+2T+2Lo+C 3S+1Lo*+REP	1A 2F+SEQ+2T* 2Lo 2Lz 2S	3S+2T+2T+1T*+C  3Lo+2T+2Lo+C 2A+1Eu+3S*+C	3S+3T+C 3T+1Eu+3S+C 3Lo 3Lo*+2T+C	4S+3T+C 4T+3T+C 4T 4S*	3S 3Lo+2Lo+C 3F+2T+2Lo+C 3T+2T+C 3S+REP	2T+2T+C 3S+2T*+C

<b>SPINS</b>						
Four situations where “V” sign is applied in this FP: 1) step over/no clear visible jump in <b>flying spins</b> in one position no change foot;    2) only 2 basic positions in any <b>spin combination</b> ; 3) less than 3 revs on one foot in any <b>change of foot spin</b> ;    4) no basic position for at least 2 revs on one foot in a <b>one position spin with a change of foot</b> .						
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		
<b>Grade of Execution (GOE)</b>	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					
	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <th style="width: 50%;">Minimum Requirements:</th> <th style="width: 50%;">Penalty:</th> </tr> <tr> <td>Must fully utilize the ice surface</td> <td>No value</td> </tr> </table>	Minimum Requirements:	Penalty:	Must fully utilize the ice surface	No value
Minimum Requirements:	Penalty:				
Must fully utilize the ice surface	No value				

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



## 2019-2020 Singles Free Program Technical Requirements

August 1, 2019

Junior Men (3:30 ±0:10)

Effective July 1, 2019

<b>JUMPS</b> <b>Bonus: Fully rotated 3A or higher base value; Halfway: 1:45</b> Only the last three jump elements executed in 2 <sup>nd</sup> half will be multiplied by a 1.1 factor 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 7 jump elements (must have an Axel type jump)		Maximum of 3 jump combinations or sequences, or error in execution of combination or sequence		Only 1 of the 3 jump combinations 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 <sup>th</sup> jump element will be invalidated and receive no value. (If the only Axel type jump is performed as the 8 <sup>th</sup> element, the last two elements will receive no value)		If the number of combos or sequences is more than 3, only the 1 <sup>st</sup> jump of the extra combo/seq is counted and marked with +REP Error after 1 <sup>st</sup> jump that leads to combination not meeting definition will be called: <b>1st jump +SEQ + 2<sup>nd</sup> jump*</b>		Only the extra jump(s) will receive no value (Euler will be called clean or << only)	A 3 <sup>rd</sup> 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+C 3T+2Lo+C 3S 3Lo 2F+2T+S+2A* 2F 3T 2Lz*	3S+2T+C 3T+2T+C 3S 2Lo 2Lz+2Lo+C 2F 3T* 2A*	2A+2T+C 3Lo+2Lo+C 3S+2T+2Lo+C 3S+1Lo*+REP	1A 2F+SEQ+2T* 2Lo 2Lz 2S	3S+2T+2Lo+1Lo*+C  3Lo+2T+2Lo+C 3Lz+1Eu+3S*+C	3S+3T+C 3T+1Eu+3S+C 3Lo 3Lo*+2T+C  4S+3T+C 4T+3T+C 4T 4S*	3S 3Lo+2Lo+C 3F+2T+2Lo+C 3T+2T+C 3S+REP	3T+3T+C 3S+3T*+C

<b>SPINS</b>						
Four situations where "V" sign is applied in this FP: 1) step over/no clear visible jump in <b>flying spins</b> in one position no change foot;     2) only 2 basic positions in any <b>spin combination</b> ; 3) less than 3 revs on one foot in any <b>change of foot spin</b> ;     4) no basic position for at least 2 revs on one foot in a <b>one position spin with a change of foot</b> .						
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		
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	
	<b>Minimum Requirements:</b>
	Must fully utilize the ice surface
	<b>Penalty:</b>
	No value

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

<b>JUMP</b> <b>Halfway:</b> 2:00 Only the last three jump elements executed in 2 <sup>nd</sup> half will be multiplied by a 1.1 factor <b>Falls:</b> -1.0 for the 1 <sup>st</sup> & 2 <sup>nd</sup> , -2.0 for the 3 <sup>rd</sup> & 4 <sup>th</sup> , -3.0 for the 5 <sup>th</sup> & further falls 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 7 jump elements (must have an Axel type jump)	Maximum of 3 jump combinations or sequences, or error in execution of combination or sequence	Only 1 of the 3 jump combinations 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
<b>Penalty</b>	An 8 <sup>th</sup> jump element will be invalidated and receive no value. (If the only Axel type jump is performed as the 8 <sup>th</sup> element, the last two elements will receive no value)	If the number of combos or sequences is more than 3, only the 1 <sup>st</sup> jump of the extra combo/seq is counted and marked with +REP Error after 1 <sup>st</sup> jump that leads to combination not meeting definition will be called: <b>1st jump +SEQ + 2<sup>nd</sup> jump*</b>	Only the extra jump(s) will receive no value (Euler will be called clean or << only)	A 3 <sup>rd</sup> 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
<b>Examples</b>	3S+2T+C 3T+2Lo+C 3S 3Lo 2F+2T+S+2A* 2Lz 3T 2Lz*	3S+2T+C 3T+2T+C 3S 2Lo 2Lz+2Lo+C 2F 3T* 2A*	2A+2T+C 3Lo+2Lo+C 3S+2T+2Lo+C 3S+1Lo*+REP 1A 2F+SEQ+2T* 2Lo 2Lz 2S	3S+2T+2Lo+1Lo*+C 3Lo+2T+2Lo+C 3Lz+1Eu+3S*+C	3S+3T+C 3T+1Eu+3S+C 3Lo 3Lo*+2T+C 4S+3T+C 4T+3T+C 4T 4S*	3S 3Lo+2Lo+C 3F+2T+2Lo+C 3T+2T+C 3S+REP 2T+2T+C 3S+2T*+C

<b>SPINS</b> Four situations where “V” sign is applied in this FP: 1) step over/no clear visible jump in <b>flying spins</b> in one position no change foot;      2) only 2 basic positions in any <b>spin combination</b> ; 3) less than 3 revs on one foot in any <b>change of foot spin</b> ;      4) no basic position for at least 2 revs on one foot in a <b>one position spin with a change of foot</b> .						
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		
<b>Grade of Execution (GOE)</b>	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      ChSq1	
Minimum Requirements:	Penalty:	Minimum Requirements:	Penalty:
Must fully utilize the ice surface	No value	Must be clearly visible	No value

<b>JUMPS</b>								
<b>Halfway:</b> 2:00 Only the last three jump elements executed in 2 <sup>nd</sup> half will be multiplied by a 1.1 factor <b>Falls:</b> -1.0 for the 1 <sup>st</sup> & 2 <sup>nd</sup> , -2.0 for the 3 <sup>rd</sup> & 4 <sup>th</sup> , -3.0 for the 5 <sup>th</sup> & further falls 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 7 jump elements (must have an Axel type jump)	Maximum of 3 jump combinations or sequences, or error in execution of combination or sequence	Only 1 of the 3 jump combinations 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 <sup>th</sup> jump element will be invalidated and receive no value. (If the only Axel type jump is performed as the 8 <sup>th</sup> element, the last two elements will receive no value)	If the number of combos is more than 3, only the 1 <sup>st</sup> jump of the extra combo/seq is counted and marked with +REP Error after 1 <sup>st</sup> jump that leads to combination not meeting definition will be called: <b>1st jump +SEQ + 2<sup>nd</sup> jump*</b>	Only the extra jump(s) will receive no value (Euler will be called clean or << only)	A 3 <sup>rd</sup> 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+C 3T+2T+C 3S 3Lz 3Lz+2T+S+2A* 2F 2F+REP 2Lz*	3Lz+3T+C 3T+2T+C 3S 3Lo 3Lz+2Lo+C 2F 3F* 3A*	2A+2T+C 3Lo+2Lo+C 3S+2T+2Lo+C 3S+1Lo*+REP	1A 2F+SEQ+2T* 2Lo 2Lz 2S	3S+2T+2Lo+1Lo*+C  3Lo+2T+2Lo+C 3Lz+1Eu+3S*+C	3S+3T+C 3T+1Eu+3S+C 3Lo 3Lo*+2T+C  4S+3T+C 4T+3T+C 4T 4S*	3S 3Lo+2Lo+C 3F+2T+2Lo+C 3T+2T+C 3S+REP	3T+3T+C 3S+3T*+C

<b>SPINS</b>						
Four situations where “V” sign is applied in this FP: 1) step over/no clear visible jump in <b>flying spins</b> in one position no change foot;      2) only 2 basic positions in any <b>spin combination</b> ; 3) less than 3 revs on one foot in any <b>change of foot spin</b> ;      4) no basic position for at least 2 revs on one foot in a <b>one position spin with a change of foot</b> .						
WBP Restrictions	<b>COMBO SPIN</b> (change of foot & fly entry optional) e.g. (F)CoSP or (F)CCoSp		<b>SPIN WITH A FLYING ENTRANCE</b> e.g. FCSp, FSSp, FUSp, FLSp, FCCSp, FCSSp, FCUSp, FCLSp, FCoSp, FCCoSp		<b>SPIN IN ONE POSITION</b> (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:	Penalty:	Minimum Requirements:	Penalty:
Must fully utilize the ice surface	No value	Must be clearly visible	No value

**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.
- In the case of a pair team, both partners must perform spirals meeting the spiral sequence definition.

<b>Guidelines for establishing +GOE - SpSq</b>
<b>For +1: 1 bullets / For +2: 2 bullets / For +3: 3 bullets</b>
<b>For +4: 4 bullets / For +5: 5 or more bullets</b>
➤ <b>For +4 and +5 THE FIRST THREE bullets highlighted in bold must be present</b>
<b>1. Good body line and full extension in both spirals for 3 or more seconds each</b>
<b>2. Effortless throughout with good energy, flow and execution</b>
<b>3. Element matches the music</b>
4. Good ice coverage
5. Good clarity and precision - attain positions quickly and effortlessly
6. Creativity and originality

<b>Guidelines for establishing GOE reductions for errors - SpSq</b>	
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

### Links to ISU and Skate Canada Documents

#### ISU Rules:

- [2018 ISU Special Regulations & Technical Rules - Single & Pair Skating and Ice Dance](#)

#### ISU Communications and Technical Resources:

- [ISU Communication 2254](#)
- [2019-2020 ISU Technical Panel Handbook – Singles Skating](#)
  - Contains calling specifications for technical elements for singles events.
- [ISU Who is responsible](#)

#### Skate Canada Rules:

- [Competitive Competition Program Requirements Rule](#)
  - 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 his/her 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.