



2010/2011 SKATE CANADA SINGLES PROGRAM REQUIREMENTS

2010/2011 SINGLES SHORT PROGRAM REQUIREMENTS

	Axel	Solo Jump	Combination Jump	Flying Spin	Combination Spin (no flying entry permitted)	Other Spin (no fly permitted)	Step/Spiral Sequence	Step Sequence
Pre-Novice max 2:30	single or double	One double or triple jump * (may not repeat double Axel) *Only one triple jump may be included in the program.	double/double double/triple triple/double * (may repeat double Axel) * Only one triple jump may be included in the program (either solo jump or combination jump). * If the same jump is executed as a solo jump AND as a part of the jump combination, the last performed of these jump elements will not be counted, but will occupy a jumping box.	NA	Only one change of foot * GOE: (minimum 4 + 4 revolutions)	Women: layback or sideways leaning spin * GOE: min 5 revolutions Men: sit spin with only one change of foot, no flying entrance * GOE: minimum 4 + 4 revolutions	Women: spiral sequence <u>At least one spiral of 6 seconds or two spirals of 3 seconds for level 1</u> * <u>The spiral sequence will have either a level 1 or a no level.</u> Men: Step sequence	Step sequence (Men: of different nature) * <u>(Both Step Sequences may obtain higher than level 1).</u>
Novice max 2:30	single or double	One double or triple jump - entry steps required * (may not repeat double Axel)	double/double double/triple triple/double * (may NOT repeat double Axel) * If the same jump is executed as a solo jump AND as a part of the jump combination, the last performed of these jump elements will not be counted, but will occupy a jumping box.	NA	Only one change of foot * GOE: (minimum 5 + 5 revolutions)	Women: layback or sideways leaning spin * GOE: min 6 revolutions Men: camel or sit spin, change of foot optional, no flying entrance * GOE: minimum 6 revolutions or 5 + 5	Women: spiral sequence <u>At least one spiral of 6 seconds or 2 spirals of 3 seconds for level 1</u> * <u>The spiral sequence will have either a level 1 or a no level.</u> Men: Step sequence	Step sequence (Men: of different nature) * <u>(Both Step Sequences may obtain higher than level 1).</u>

2010/2011 SINGLES FREE PROGRAM – WELL BALANCED PROGRAM REQUIREMENTS

	Jump Elements	Jump Restrictions	Spin Elements	Spin Restrictions (may all begin with a fly)	Step/Spiral Sequence
Pre-Juvenile 2:00 +/- 10 sec or 2:30 +/- 10 sec min (determined by Section)	7	* The program must include at least one Axel-type jump.	3 (called no higher than Level 1)	* The program must include at least one spin combination with at least one change of foot.	One step sequence or spiral sequence. * The step sequence shall be called no higher than level 1. <u>The spiral sequence will have either a level 1 or a no level.</u>
Juvenile 2 :30 +/- 10 sec	7	*No jump can be included more than twice. (Note: a double jump and a triple jump of the same nature, e.g., 2T and 3T, are considered different jumps.)	3 (called no higher than Level 1)	* Pre-Juvenile: The program must include at least one flying spin. (may include a change of position and/or foot).	One step sequence or spiral sequence. * <u>The step sequence shall be called no higher than level 1. The spiral sequence will have either a level 1 or a no level.</u>
Pre-Novice Women 3:00 +/- 10 sec	7	* Any repeated jump must be in combination or sequence.	3	* Juvenile/Pre-Novice/Novice: The program must include one flying spin in one position with <u>no</u> change of foot.	One step sequence or spiral sequence. * <u>The spiral sequence will have either a level 1 or a no level</u>
Pre-Novice Men 3:00 +/- 10 sec	7	* There can be no more than three combinations or sequences included in a program.	3	* The third spin may be of any nature.	One step sequence.
Novice Women 3:00 +/- 10 sec	7	* Jump combinations may contain a maximum of two jumps.	3	* All spins must have different abbreviations/codes.	One step sequence or spiral sequence. <u>The spiral sequence will have either a level 1 or a no level</u>
Novice Men 3:30 +/- 10 sec	8		3		One step sequence