



2011-2012 Singles, Pairs, Ice Dance Program Requirements

As of February 23, 2011

Please find attached charts representing summary/overviews of the proposed program content requirements for Singles, Pairs and Ice Dance for the 2011-2012 season. Changes to program requirements are highlighted in red with either a strikethrough (deleting an existing criteria) or and underline (adding a criteria). Changes that occur as a result of normal season rotations have not been given such indication.

In addition to the program changes outlined in the attached charts, there were other proposals and communications that may impact construction of programs. The most important of these proposed changes are listed below

Information on Junior and Senior categories is announced by the ISU. Please monitor the ISU website for the publication of this information. (www.isu.org).

These proposals will be brought to the Skate Canada Board of Directors in early April for review. Please visit Members Only in mid April for any updates to the Well Balanced Program requirements. This document is only meant to provide the quick information necessary in the development of programs for next season.

SINGLES SKATING

Remove fall deduction during elements for competitive categories up to and including Novice Singles. Deduction will still apply when a fall occurs outside an element.

Bonus:

- Juvenile singles: Each jump identified in the program as a double Axel or any jump of higher base value will result in a technical bonus of one point
- Pre-Novice singles: Each jump identified in the program as a ~~triple toe loop~~ double Axel or any jump of higher base value will result in a technical bonus of one point
- Novice singles: Each jump identified in the program as a triple toe loop or any jump of higher base value will result in a technical bonus of one point

| Pre-Juvenile Women Free Program (2:30 ±0:10) | Pre-Juvenile Men Free Program (2:30 ±0:10) |
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| <p>JUMPS: Maximum of seven <u>six</u> jump elements.</p> <ul style="list-style-type: none"> • One jump must be an Axel type takeoff. • Maximum of three jump combinations or sequences. Jump combinations may contain no more than two jumps. <p><i>No jump may be included more than twice, and if a jump is repeated it must be in combination or sequence.</i></p> <p>SPINS: Maximum of three spins. <i>All spins shall be called no higher than Level 1.</i></p> <ul style="list-style-type: none"> • One must be a combination spin with at least one change of foot. • One must be a flying spin. • One spin of any nature. <p>STEP/SPIRAL SEQUENCES: Maximum of one step sequence or spiral sequence. <i>All step spiral sequences shall be called no higher than Level 1.</i></p> | <p>JUMPS: Maximum of seven <u>six</u> jump elements.</p> <ul style="list-style-type: none"> • One jump must be an Axel type takeoff. • Maximum of three jump combinations or sequences. Jump combinations may contain no more than two jumps. <p><i>No jump may be included more than twice, and if a jump is repeated it must be in combination or sequence.</i></p> <p>SPINS: Maximum of three spins. <i>All spins shall be called no higher than Level 1.</i></p> <ul style="list-style-type: none"> • One must be a combination spin with at least one change of foot. • One must be a flying spin. • One spin of any nature. <p>STEP/SPIRAL SEQUENCES: Maximum of one step sequence or spiral sequence. <i>All spiral sequences shall be called no higher than Level 1.</i></p> |

| Juvenile Women Free Program (2:30 ±0:10) | Juvenile Men Free Program (2:30 ±0:10) |
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| <p>JUMPS: Maximum of seven <u>six</u> jump elements.</p> <ul style="list-style-type: none"> • One jump must be an Axel type takeoff. • Maximum of three jump combinations or sequences. Jump combinations may contain no more than two jumps. <p><i>No jump may be included more than twice, and if a jump is repeated it must be in combination or sequence.</i></p> <p>SPINS: Maximum of three spins. <i>All spins shall be called no higher than Level 1.</i></p> <ul style="list-style-type: none"> • One must be a combination spin with at least one change of foot. • One must be a flying spin in one position with no change of foot. • One must be a spin of any nature. <p>STEP/SPIRAL SEQUENCES: Maximum of one step sequence (<u>any pattern</u>) or spiral sequence. <i>All step sequences shall be called no higher than Level 1.</i></p> | <p>JUMPS: Maximum of seven <u>six</u> jump elements.</p> <ul style="list-style-type: none"> • One jump must be an Axel type takeoff. • Maximum of three jump combinations or sequences. Jump combinations may contain no more than two jumps. <p><i>No jump may be included more than twice, and if a jump is repeated it must be in combination or sequence.</i></p> <p>SPINS: Maximum of three spins. <i>All spins shall be called no higher than Level 1.</i></p> <ul style="list-style-type: none"> • One must be a combination spin with at least one change of foot. • One must be a flying spin in one position with no change of foot. • One must be a spin of any nature. <p>STEP/SPIRAL SEQUENCES: Maximum of one step sequence or spiral sequence. <i>All step sequences shall be called no higher than Level 1.</i></p> |

| Pre-Novice Women Short Program (max: 2:30) | Pre-Novice Women Free Program (3:00 ±0:10) |
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| <p>JUMPS</p> <p>(a) One single or double Axel (b) One double or triple Jump (c) One jump combination including two double jumps or one double and one triple jump</p> <p><i>Note: The 2A may be repeated, but if it is repeated one must be in combination.</i> <i>Note: Other than the 2A, no jump can be repeated unless as the first and second jump in the combination.</i> ** Only one triple jump may be included in the program</p> <p>SPINS</p> <p>(a) layback or sideways leaning spin (min. 5 revolutions) (b) Spin combination with one (and only one) change of foot and at least two basic positions (min. 4 revolutions on each foot)</p> <p><i>No flying entry on any spin.</i></p> <p>STEP/SPIRAL SEQUENCES: Maximum one step sequence (any pattern) (a) One spiral sequence <i>(The spiral sequence may have only Level 1 or Level 0 options.)</i></p> | <p>JUMPS: Maximum of seven <u>six</u> jump elements.</p> <ul style="list-style-type: none"> One jump must be an Axel type takeoff. Maximum of three jump combinations or sequences. Jump combinations may contain no more than two jumps. <p><i>No jump may be included more than twice, and if a jump is repeated it must be in combination or sequence.</i></p> <p>SPINS: Maximum of three spins.</p> <ul style="list-style-type: none"> One must be a combination spin with at least one change of foot. One must be a flying spin in one position with no change of foot. One spin of any nature. <p>STEP/SPIRAL SEQUENCES: Maximum of one-step sequence or one spiral sequence. <i>(The spiral sequence may have only Level 1 or Level 0 options.)</i></p> |

| Pre-Novice Men Short Program (max: 2:30) | Pre-Novice Men Free Program (3:00 ±0:10) |
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| <p>JUMPS</p> <p>(a) One single or double Axel (b) One double or triple jump (c) One jump combination including two double jumps or one double and one triple jump</p> <p><i>Note: The 2A may be repeated, but if it is repeated one must be in combination.</i> <i>Note: Other than the 2A, no jump can be repeated unless as the first and second jump in the combination.</i> ** Only one triple jump may be included in the program</p> <p>SPINS</p> <p>(a) Camel spin with only one change of foot (min. 4 revolutions on each foot) (b) Spin combination with one (and only one) change of foot and at least two basic positions (min. 4 revolutions on each foot)</p> <p><i>No flying entry on any spin.</i></p> <p>STEP/SPIRAL SEQUENCES (a) Two One different step sequence <u>(any pattern)</u></p> | <p>JUMPS: Maximum of seven <u>six</u> jump elements.</p> <ul style="list-style-type: none"> One jump must be an Axel type takeoff. Maximum of three jump combinations or sequences. Jump combinations may contain no more than two jumps. <p><i>No jump may be included more than twice, and if a jump is repeated it must be in combination or sequence.</i></p> <p>SPINS: Maximum of three spins</p> <ul style="list-style-type: none"> One must be a combination spin with at least one change of foot. One must be a flying spin in one position with no change of foot. One spin of any nature. <p>STEP/SPIRAL SEQUENCES: Maximum of one step sequence.</p> |

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| <p>Novice Women Short Program (max: 2:30)</p> <p>JUMPS</p> <p>(a) One single or double Axel</p> <p>(b) One double jump or triple jump immediately proceeded by connecting steps and/or other comparable free skating movements, <u>or triple jump (connecting steps not required)</u></p> <p>(c) One jump combination including two double jumps or one double and one triple jump <u>consisting of two double jumps or one double and one triple jump or two triple jumps*</u></p> <p><i>* The jump combination may consist of the same jump or another double or triple jump. The jumps included must be different than the solo jump. Jumps (a) and (b) must be different.</i></p> <p>SPINS</p> <p>(a) Layback or sideways leaning spin (min. 6 revolutions)</p> <p>(b) Spin combination with one (and only one) change of foot and at least two basic positions (min. 5 revolutions on each foot)</p> <p><i>No flying entry on any spin</i></p> <p>STEP/SPIRAL SEQUENCES: Maximum of one step sequence <u>(any pattern)</u></p> <p>(a) One spiral sequence</p> <p><i>(the spiral sequence may have only Level 1 or Level 0 options.)</i></p> | <p>Novice Women Free Program (3:00 ±0:10)</p> <p>JUMPS: Maximum of seven <u>six</u> jump elements. <u>A seventh jump element may be included if there is at least one double Axel or one triple jump included in the program</u></p> <ul style="list-style-type: none"> • One jump must be an Axel type takeoff. • Maximum of three jump combinations or sequences. Jump combinations may contain no more than two jumps. <p><i>No jump may be included more than twice, and if a jump is repeated it must be in combination or sequence.</i></p> <p>SPINS: Maximum of three spins.</p> <ul style="list-style-type: none"> • One must be a combination spin with at least one change of foot. • One must be a flying spin in one position with no change of foot. • One spin of any nature. <p>STEP/SPIRAL SEQUENCES: Maximum of one step sequence or one spiral sequence.</p> <p><i>(the spiral sequence may have only Level 1 or Level 0 options.)</i></p> |
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| <p>Novice Men Short Program (max: 2:30)</p> <p>JUMPS</p> <p>(a) One single or double Axel</p> <p>(d) One double jump or triple jump immediately proceeded by connecting steps and/or other comparable free skating movements, <u>or triple jump (connecting steps not required)</u></p> <p>(b) One jump combination including two double jumps or one double and one triple jump <u>consisting of two double jumps or one double and one triple jump or two triple jumps**</u></p> <p><i>* The jump combination may consist of the same jump or another double or triple jump. The jumps included must be different than the solo jump. Jumps (a) and (b) must be different.</i></p> <p>SPINS</p> <p>(a) Sit or camel spin with option change of foot (min. 5 revolutions on each foot, <u>no flying entrance</u>)</p> <p>(b) Spin combination with one (and only one) change of foot and at least two basic positions (min. 5 revolutions on each foot)</p> <p><i>No flying entry on any spin</i></p> <p>STEP/SPIRAL SEQUENCES</p> <p>(a) Two One different step sequence <u>(any pattern)</u></p> | <p>Novice Men Free Program (3:30 ±0:10)</p> <p>JUMPS: Maximum of eight <u>seven</u> jump elements. <u>A eighth jump element may be included if there is at least one double Axel or one triple jump included in the program</u></p> <ul style="list-style-type: none"> • One jump must be an Axel type takeoff. • Maximum of three jump combinations or sequences. Jump combinations may contain no more than two jumps. <p><i>No jump may be included more than twice, and if a jump is repeated it must be in combination or sequence.</i></p> <p>SPINS: Maximum of three spins.</p> <ul style="list-style-type: none"> • One must be a combination spin with at least one change of foot. • One must be a flying spin in one position with no change of foot. • One spin of any nature. <p>STEP/SPIRAL SEQUENCES: Maximum of one step sequence.</p> |
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PAIR SKATING

Remove fall deduction during elements for competitive categories up to and including Novice Pair.

Deduction will still apply when a fall occurs outside an element.

Bonus:

- Novice pair: Each twist, throw and side-by-side jump identified as a ~~triple~~ double axel or higher will result in a technical bonus of one point
- Junior/Senior singles & pair: An innovative element, movement or transition may be granted with a special bonus of two points. This bonus can only be obtained once per program

Juvenile Pair Free Program (2:30 ±0:10)

- Maximum of two different lifts, at least one of which must be from group one. Lifts must not include a change of position
- Maximum of one twist lift
- Maximum of one throw jump
- ~~Maximum of one solo jump~~
- Maximum of one solo jump combination (no more than two jumps) or sequence
- Maximum of one pair spin (may be in combination)
- Maximum of one solo spin (may be in combination)
- Maximum of one spiral figure or death spiral
- Maximum of one step sequence (straight line, circular or serpentine) or spiral sequence.

All lifts, solo spins, pair spins, spiral figures or death spiral, step sequences and spiral sequences shall be called no higher than Level 1 regardless of content.

Pre-Novice Pair Short Program (max: 2:40)

- One lift from group 1, 2, 3 or 4
- One twist (single or double)
- One solo jump (Axel or any double jump)
- ~~Solo spin in one position, no change of foot (minimum 4 rotations)~~
- Pair spin (minimum 4 rotations) - any but not a combination
- One spiral figure
- Spiral step sequence
- Step sequence (straight line, circular or serpentine)

(the spiral sequence may have only Level 1 or Level 0 options.)

Pre-Novice Pair Free Program (3:00 ±0:10)

- Maximum of two different lifts, one of which must be from group one, two, three or four.
- Maximum of one twist lift
- Maximum of two different throw jumps
- Maximum of one solo jump
- Maximum of one solo jump combination (no more than two jumps) or sequence
- ~~Maximum of one pair spin (may be in combination)~~
- Maximum of one solo spin (may be in combination)
- Maximum of one spiral figure or death spiral
- Maximum of one step sequence (straight line, circular or serpentine).

| Novice Pair Short Program (max: 2:40) | Novice Pair Free Program (3:30 ±0:10) |
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| <p>(a) One toe Hip-lift take-off (Group 3)</p> <p>(b) One twist lift (double)</p> <p>(c) Double Lutz jump</p> <p>(d) Solo spin combination with only one change of foot and at least one change of position</p> <p>(e) Pair spin combination with at least one change of position and only one change of foot</p> <p>(f) Death spiral forward inside</p> <p>(g) Throw Double Loop</p> <p>(h) <u>Spiral Step</u> sequence</p> | <ul style="list-style-type: none"> • Maximum of two different lifts, at least one of which must be from group three or four • Maximum of one twist lift • Maximum of two different throw jumps • Maximum of one solo jump • Maximum of one jump combination (no more than two jumps) or sequence • Maximum of one pair spin or pair spin combination • Maximum of one solo spin or solo spin combination • Maximum of one death spiral without restriction as to type • Maximum of one <u>spiral step</u> sequence |

DRAFT

ICE DANCING

No change to dance fall deductions.

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| Pre-Juvenile Dance |
| Two Pattern Dances to be skated to be drawn from the Junior Bronze Dance list |

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| Juvenile Dance – Pattern | Juvenile Dance – Free Dance (2:00 ±0:10) |
| Two Pattern Dances, drawn from: <ul style="list-style-type: none"> • Fiesta Tango, • Ten-Fox, • Fourteenstep, • European Waltz | <ul style="list-style-type: none"> • A maximum of one dance lift (six second - stationary, curve or straight Line) • A maximum of one dance spin (simple spin type, not combination type). Will be called to a maximum Level 2. • A maximum of one series of synchronized twizzles • A maximum of one footwork sequence (any shape, no required holds, may not be midline not touching) |

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| Pre-Novice Dance - Pattern | Pre-Novice Dance – Free Dance (2:30 ±0:10) |
| Two Pattern Dances, drawn from: <ul style="list-style-type: none"> • European Waltz, • Keats Foxtrot, • Harris Tango, • Rocker Foxtrot | <ul style="list-style-type: none"> • A maximum of two different dance lifts (six second - stationary, curve, straight line or rotational) • A maximum of one dance spin (simple spin type, not combination type) • A maximum of one series of synchronized twizzles • A maximum of one footwork sequence (any shape, no required holds, may not be midline not touching) |

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| Novice Dance – Pattern | Novice Dance – Free Dance (3:00 ±0:10) |
| Two Pattern Dances, drawn from: <ul style="list-style-type: none"> • Starlight Waltz • Kilian Cha Cha • Argentine Tango • Silver Samba | <ul style="list-style-type: none"> • A maximum of two <u>three</u> different dance short lifts (six second—stationary, curve, straight line or rotational), <u>OR a maximum of one different short lift and one long lift one of which may be a 12 second lift</u> (Serpentine, Reverse Rotational, Combination) • A maximum of one dance spin (simple spin type, or combination type) • A maximum of one series of synchronized twizzles • A maximum of two different step sequences: one straight (midline in hold, midline not touching without sequential twizzles or diagonal) and one curved (serpentine with two or three bold curves, or circular). No required holds. |