C SINGLE SKATING

1 Definition

Single skating consists of:

1.1 a short program; and
1.2 a free skating program.

2 The short program – General regulations and remarks applicable to all sections

2.1 The short program is defined as the skating of required elements with connecting steps in harmony with music of the skaters' choice. The sequence of the required elements is optional.

2.2 The required elements for the:

2.2.1 Senior, Junior and Novice sections shall be those specified by (a) the most recent ISU regulation(s) or communication(s); or (b) in Section C of these regulations, with the former always taking priority.

2.2.2 Pre-Novice section they shall be those as specified by the most recent Section C of these regulations or NTC communication(s).

2.3 The short program shall be skated in all Senior and Junior International competitions and in the Senior, Junior, Novice, and Pre-Novice sections at the National-, Interprovincial- and Provincial Championships and may be included in other competitions at provincial level.

2.4 The duration of the short program shall not exceed the time limit as set forth by the most recent ISU regulation(s) or communication(s) for the Senior, Junior and Novice sections or Section C of these regulations and for the Pre-Novice section they shall be those as specified by Section C of these regulations or the most recent NTC communication. The duration of the short program may be less than the specified time limit provided all the required elements are included. The time of the program shall be reckoned from the moment the competitor begins to move or skate until arriving at a complete stop at the end of the program. If the competitor fails to finish the program within the maximum time limit, the timekeepers shall advise the Referee who shall indicate same by the blowing of a whistle. The timekeepers shall inform the Referee who shall, in turn, inform the Judges of the number

of seconds in excess. There must be a 1.0 point deduction for every five (5) seconds in excess. An element commenced after the maximum time limit shall be considered as omitted.

2.5 No extra marks shall be awarded if the short program is unnecessarily extended to the maximum time allowed. Connecting steps are allowed and must be marked.

2.6 Non-prescribed or additional elements such as jumps, spins, steps or repetitions, even of elements that have failed, are not marked and consequently do not block a "box" (spot) of another type of elements. If, however, such a non-prescribed or additional element performed substitutes a required element that was not performed, the respective box will be blocked and this performed element will be considered as "not according to the requirements" and with no value.

2.7 If a skater falls when entering a spin, any spin or spinning-type movement is allowed immediately after this fall but for time-filling purposes only. This spin/spinning-type movement will not be marked.

2.8 Jump element preceded by connecting steps and/or other comparable free skating movements
A single spread eagle, spiral or free skating movement preceding the jump will not be considered as meeting the requirements of connecting steps and/or other comparable free skating movements and, if performed as such, must be penalised by the Judges in the GOE.

2.9 Repeating Jumps
For the jump combination element, no jump performed as a solo jump (elements (a) or (b)) may be repeated in the jump combination element. If the same jump is executed as a solo jump and as part of the jump combination, the last performed of these jump elements will still occupy a jumping box but will not be counted in the technical score. If the repeated jump is included in the jump combination element, the whole jump combination element will not be counted and not only the repeated jump.

2.10 Spin positions
There are three basic spin positions, namely (a) the camel spin (with the free leg backwards with the knee higher than the hip level), (b) the sit spin (with the lower part of the buttocks not higher than the upper part of the knee of the skating leg and the upper part of the skating leg parallel to the ice) and (c) the upright position (any position with the skating leg extended or almost extended which is not a camel position). The Layback, Biellmann and similar variations are

considered as upright position spins. Intermediate positions are all those positions that do not meet the requirements for the camel, sit and upright position spins.

Any spin that contains no basic position will receive no Level and no value but will occupy a spinning box.

Variations of the position of the head, arms or free leg as well as fluctuations in rotation speed are permitted.

2.11 Spin combinations

The number of revolutions in intermediate positions is counted in the total number of revolutions for the spin combination. Intermediate positions can be considered as difficult variations in cases where the definition of such variations is fulfilled but changing from a spin position (camel, sit or upright) to an intermediate position is not considered a change of position where the requirement is that a change of position can only be given when changing from one basic spin position to another different basic spin position. Every basic position must consist of at least two (2) revolutions without interruption. In cases when this requirement is not fulfilled, the position is not counted.

The change of foot and the change of position may be made either at the same time or separately. During a change of position a difficult variation of position can be executed.

2.12 Spin in one position

Intermediate positions are permitted and counted in the total number of revolutions required but intermediate positions in these two types of spins do not count towards Level features.

2.13 Flying Spins

A step over must be considered by the Judges in the GOE. No previous rotation on the ice before the take-off is permitted.

The required revolutions can be executed in any variation of the landing position.

Intermediate positions are permitted and counted in the total number of revolutions required but intermediate positions in these two types of spins do not count towards Level features.

2.14 Layback or Sideways leaning spins

Any position is permitted as long as the basic layback or sideways leaning position is maintained for the required minimum revolutions without rising to an upright position. Once the required revolutions in the layback or sideways

leaning spin are completed, the skater may execute the Biellmann position.

2.15 Changes of foot in spins

When changing foot in spins, the change of foot must be preceded and followed by any spin position (camel, sit or upright) with at least three (3) revolutions before and after the change of foot. If there is no spin position before or after the change of foot or the positions before or after the change of foot do not each consist of at least three (3) revolutions, the spin will be considered as not being according to the requirements and no value will be given (but will occupy a spinning box).

In both the spin combination and change of foot spin, the change of foot may be executed in the form of a step over or a jump.

2.16 Changes of edges in spins

Changes of edge can only be taken into account if the edge change is performed in a basic spinning position.

2.17 Flying entrances into spins

With the exception of flying spins, no spin may be commenced with a jump.

2.18 Concluding upright position at end of spins

The final wind-up in the upright position at the end of a spin is not considered to be another position if it does not exceed three (3) revolutions and these revolutions are not counted in the required number of revolutions of the spin.

2.19 Step and Spiral sequences:

All step sequences should be executed according to the character of the music. Step sequences may include small jump-like movements with not more than half a revolution. Short stops in accordance with the music are permitted.

Straight line step sequence:

Commences at any place on the short barrier and goes to any place on the opposite short barrier keeping the approximate shape of a straight line.

Circular step sequence:

Skated on a complete circle or oval utilising the full width of the ice surface.

Serpentine step sequence:
Commences at the end of the ice surface and progresses in at least two bold curves and ends at the opposite end of the ice surface.

Spiral sequence (Ladies and Girls):
A Spiral is a position with one blade on the ice and the free leg (including the knee and foot) higher than the hip level. Spiral positions are classified according to the skating leg (right, left), edge (inside, outside), direction (forward, backward) and position or the free leg (backward, forward, sideways).

The pattern of the Spiral Sequence can be any combination of curves. The performed spirals must be on distinct edges and spiral positions performed on a straight line are ignored and not counted in the number of positions. Only the first three (3) attempted spiral positions are to be considered for Level features.

The minimum hold to be counted as a spiral position is three (3) seconds. A spiral sequence in which all executed spiral position are held with less than three (3) seconds or there is no change of foot, receives no Level and therefore no value.

At least one (1) spiral position without any assistance of the hand or arm is required. Pushes in order to gain speed are permitted. Connecting steps (including spread eagles and two footed movements with one leg extended and the other bent, or “Ina Bauer”), turns, small jumps are permitted at any point in the sequence. Except during such pushes, steps, turns and small jumps, the competitor must be primarily in a spiral position, that is with the free leg higher than the hip level and variations of the position are permitted, including holding the knee or skate blade and the position of the free leg is otherwise free.

3 The free skating program – General regulations and remarks applicable to all sections

3.1 Free skating is defined as consisting of a well-balanced program of free skating elements, such as jumps, spins, steps and other linking movements executed with the minimum of two-footed skating in harmony with music of the skaters' choice.

The skater has complete freedom to select the free skating elements, the sum of which constitutes the program.

All elements are to be linked together with connecting steps of a different nature and by other comparable free skating movements while fully utilising the full ice surface (forward and backward crossovers are not considered to be connecting steps).

Any additional element or elements exceeding the prescribed numbers will not be counted in the results of a competitor. Only the first attempt (or allowed number of attempts) of an element will be taken into account.

3.2 A well-balanced free skating program for:

3.2.1 Senior, Junior and Novice free skating programs must conform to (a) the most recent ISU regulation(s) or communication(s); or (b) in Section C of these regulations, with the former always taking priority.

3.2.2 Pre-Novice and Juvenile sections they shall be those as specified by Section C of these regulations or the most recent NTC communication(s).

3.3 The free skating program shall be skated in all Senior and Junior International competitions and in the Senior, Junior, Novice, Pre-Novice, and Juvenile sections at the National-, Interprovincial- and Provincial Championships and may be included in other competitions at provincial level.

3.4 The duration of the free skating program shall not exceed the time limit as set forth by the most recent ISU regulation(s) or communication(s) or Section C of these regulations for the Senior, Junior and Novice sections and for the Pre-Novice and Juvenile sections they shall be those as specified by Section C of these regulations or the most recent NTC communication(s). The time of the program shall be reckoned from the moment the competitor begins to move or skate until arriving at a complete stop at the end of the program. Programs must be completed within ten (10) seconds (either plus or minus) of the required time. The timekeepers shall advise the Referee of the expiration of the required time plus ten (10) seconds and the Referee shall indicate same by the blowing of a whistle. If the program is completed before or after the required time minus or plus ten (10) seconds, respectively, the timekeepers shall inform the Referee of the number of seconds lacking or in excess. If a competitor fails to finish the program within the allowed range of time, there must be a 1.0 point deduction for every five (5) seconds lacking or in excess. No element commenced after the maximum time limit (time plus ten (10) seconds) shall be considered in the marking. If the duration of the program is

thirty (30) seconds or more under the required time limit no marks will be awarded.

3.5 Remarks: Jump element
A "jump element" is defined as an individual jump, a jump combination or a jump sequence.

3.6 Remarks: Individual jumps
Individual jumps can contain any number of revolutions.

3.7 Remarks: Jump combinations
A jump combination may consist of the same or another single, double, triple or quadruple jump. If the jumps are connected with a not-listed jump (e.g. half-loop), the element is called a jump sequence. If the first jump of a two-jump-combination fails to be successful and turns out to be a "non-listed jump", the unit will still be considered as a jump combination. In a jump combination the landing foot of the first jump is the take off foot of the second. The same would apply to the third jump. A three turn on one foot between the jumps without touching the ice with the free foot (or even with a touch, but no weight transfer) keeps the element in the frame of this definition and therefore still allowing the element to be called a combination with an error.

3.8 Remarks: Jump sequence
A jump sequence may consist of any number of jumps of any number of revolutions that may be linked by non-listed jumps and/or hops immediately following each other while maintaining the jump rhythm (knee); there can be no turns/steps, crossovers or stroking during the sequence. Turns are defined as three turns, twizzles, brackets, loops, counters and rockers. Steps are defined as toe steps, chasses, Mohawks, Choctaws, curves with change of edge and cross-rolls. A jump sequence, consisting of only one (1) listed jump together with other non-listed jumps is not considered a jump sequence, but will count as a solo jump.

3.9 Remarks: Spins and character
All Spins must be of a different character. Any Spin with the same character (abbreviation) as the one executed before it will have no value but will still occupy a spinning box.

3.10 Remarks: Spin positions
There are three basic spin positions, namely (a) the camel spin (with the free leg backwards with the knee higher than the hip level), (b) the sit spin (with the lower part of the buttocks not higher than the upper part of the knee of the skating leg and the upper part of the skating leg parallel to the ice) and (c) the upright position (any position with the skating

leg extended or almost extended which is not a camel position). The Layback, Biellmann and similar variations are considered as upright position spins. Intermediate positions are all those positions that do not meet the requirements for the camel, sit and upright position spins.

3.11 Remarks: Spins and minimum revolutions
All spins must contain a minimum required number of revolutions and the lack in number of revolutions must be reflected by the Judges in their marking. A spin with less than three (3) revolutions will not be considered a spin but only a "skating movement". The minimum number of required revolutions must be counted from the entry of the spin until its exit.

3.12 Remarks: Spin positions and minimum revolutions
The minimum number of revolutions required in a position is two (2) without interruption. In case this requirement is not fulfilled, the position is not counted. A spin combination executed with less than two (2) revolutions in all executed positions is considered as a spin combination not according to the requirements, receives no Level and therefore no value.

3.13 Remarks: Spin combination change of foot and positions
In the spin combination the change of foot is optional and the number of different positions is free. During a change of position a difficult variation of position can be executed.

3.14 Remarks: Spin with no change of position
A spin with no change of position, in which another position is executed with more than two (2) revolutions, does not fulfil the requirements of a spin with "no change of positions" and will be identified as a "Spin Combination".

3.15 Remarks: Concluding upright position at end of spins
The concluding upright position at the end of the spin (final wind-up) is not considered to be another position if it does not exceed three (3) revolutions and the revolutions executed in it are not to be counted in the required number of revolutions.

3.16 Remarks: Spins with change of foot
The change of foot in any spin must be preceded and followed by a spin position with at least three (3) revolutions.

3.17 Remarks: Falls when entering spins
If the skater falls when entering a spin, a simple spin or a spinning movement is allowed immediately after this fall (for filling-time purposes) with this spin/movement not being counted as an element.

3.18 Remarks: Spinning centres

If the spinning centres (before and after the change of foot) are too far apart and the criteria of "two spins" is fulfilled (there is a curve of exit after the first part of the spin and a curve of entry into the second part of the spin), only the part before the change of foot will be considered for Levels features.

3.19 Remarks: Steps, Spiral Sequence and Moves in the Field

3.19.1 Steps

The competitors have complete freedom in selecting the kind of step sequence they intend to execute. Jumps can also be included in the step sequence. All Step sequences should be executed according to the character of the music. Step sequence must fully utilise the ice surface. Step sequences too short or barely visible cannot be considered as meeting the requirements of step sequences. Turns and steps must be balanced in their distribution throughout the sequence.

3.19.2 Straight line step sequence:

Commences at any place on the short barrier and goes to any place on the opposite short barrier keeping the approximate shape of a straight line.

3.19.3 Circular step sequence:

Skated on a complete circle or oval utilising the full width of the ice surface.

3.19.4 Serpentine step sequence:

Commences at the end of the ice surface and progresses in at least two bold curves and ends at the opposite end of the ice surface.

3.19.5 Spiral Sequence (Ladies and Girls and Novice Boys)

A Spiral Sequence consists primarily of spirals. A Spiral is a position with one blade on the ice and the free leg (including the knee and foot) higher than the hip level. Spiral positions are classified according to the skating leg (right, left), edge (inside, outside), direction (forward, backward) and position or the free leg (backward, forward, sideways).

The pattern of the Spiral Sequence can be any combination of curves. The performed spirals must be on distinct edges and spiral positions performed on a straight line are ignored and not counted in the number of positions. Only the first three (3)

attempted spiral positions are to be considered for Level features.

There must be at least two (2) spiral positions. Pushes in order to gain speed are permitted. Connecting steps (including spread eagles and two footed movements with one leg extended and the other bent, or "Ina Bauer"), turns and small jumps are permitted at any point in the sequence. Except during such pushes, steps, turns and small jumps, the competitor must be primarily in a spiral position, that is with the free leg (upper and lower part of the leg) higher than the hip level and each position must be maintained for at least three (3) seconds. At least one (1) spiral position without any assistance of the hand or arm is required. Any variations of the position are permitted, including holding the knee or skate blade and the position of the free leg is otherwise free. A spiral sequence in which all executed spiral positions are held with less than three (3) seconds receives no Level and therefore no value.

3.19.6 Moves in the Field
Moves in the Field are defined as a sequence of movements, which includes such movements as turns, spirals, arabesques, spread eagles, Ina Bauers and flowing moves with strong edges, which can be connected with linking steps and footwork. Moves in the Field should be included in the program and will be evaluated under the “Transitions”.

4 Senior Men and Ladies Section Requirements

4.1 The competitor must have reached the age of 14 before the 1st of July preceding the competition.

4.2 To be eligible to compete in:

4.2.1 the National Championships the competitor must have passed the Singles Gold Star Test; and

4.2.2 An Interprovincial Championship the competitor must have passed the Skating Skills Level 5 Test.

4.3 The Short Program – Senior Men

4.3.1 The maximum duration of the program shall be 2 minutes and 50 seconds.

4.3.2 The required elements shall be as follows:

a) Double or triple Axel Paulsen
b) One triple or one quadruple jump immediately preceded by connecting steps and/or other comparable free skating movements
c) One jump combination consisting of a double jump and a triple jump or two triple jumps or a quadruple jump and a double jump or a triple jump
d) Flying spin
e) Camel spin or sit spin with only one change of foot
f) Spin combination with all the three (3) basic positions (sit, camel, upright or any variation thereof) and with only one (1) change of foot
g) Two step sequences of a different nature (straight line, circular or serpentine).

A detailed clarification and description of each of the required elements can be found in Section C, parts 2 and 6 of these regulations or ISU rule 510.

4.4 The Free Skating Program – Senior Men

4.4.1 The maximum duration of the program shall be 4 minutes and 30 seconds (plus or minus 10 seconds).

4.4.2 A detailed clarification and description of the requirements for a well-balanced free skating program can be found in Section C, parts 3 and 7.1 of these regulations or ISU rule 520.

4.5 The Short Program – Senior Ladies

4.5.1 The maximum duration of the program shall be 2 minutes and 50 seconds.

4.5.2 The required elements shall be as follows:

a) Double Axel Paulsen
b) One triple jump immediately preceded by connecting steps and/or other comparable free skating movements
c) One jump combination consisting of a double jump and a triple jump or two triple jumps
d) Flying spin
e) Layback or sideways leaning spin

f) Spin combination with all the three (3) basic positions (sit, camel, upright or any variation thereof) and with only one (1) change of foot
g) Spiral sequence
h) Step sequence (straight line, circular or serpentine)

A detailed clarification and description of each of the required elements can be found in Section C, parts 2 and 6 of these regulations or ISU rule 510.

4.6 The Free Skating Program – Senior Ladies

4.6.1 The maximum duration of the program shall be 4 minutes (plus or minus 10 seconds).

4.6.2 A detailed clarification and description of the requirements for a well-balanced free skating program can be found in Section C, parts 3 and 7.2 of these regulations or ISU rule 520.

5 Junior Men and Ladies Section Requirements

5.1 The competitor must have reached the age of 13 but not the age of 19 before the 1st of July preceding the competition.

5.2 To be eligible to compete in:

5.2.1 the National Championships the competitor must have passed the Singles Intergold Star Test; and

5.2.2 An Interprovincial Championship the competitor must have passed the Skating Skills Level 4 Test.

5.3 The NTC shall announce which group of required elements and the commencement and end dates for the skating season if the announced group of required elements and/or skating season does not correspond to the ISU group of elements and/or skating season.

5.4 The Short Program – Junior Men

5.4.1 The maximum duration of the program shall be 2 minutes and 50 seconds.

5.4.2 The required elements shall be as follows:

5.4.2.1 Group A (1 July 2008 – 30 June 2009)
a) Double or triple Axel Paulsen

b) One double or triple Lutz jump immediately preceded by connecting steps and/or other comparable free skating movements
c) One jump combination consisting of a double jump and a triple jump or two triple jumps
d) Flying Camel spin
e) Sit spin with only one change of foot
f) Spin combination with all the three (3) basic positions (sit, camel, upright or any variation thereof) and with only one (1) change of foot
g) Two different step sequences of a different nature (straight line, circular or serpentine)

5.4.2.2 Group B (1 July 2009 – 30 June 2010)
a) Double or triple Axel Paulsen
b) One double or triple Flip jump immediately preceded by connecting steps and/or other comparable free skating movements
c) One jump combination consisting of a double jump and a triple jump or two triple jumps
d) Flying Sit spin
e) Camel spin with only one change of foot
f) Spin combination with all the three (3) basic positions (sit, camel, upright or any variation thereof) and with only one (1) change of foot
g) Two different step sequences of a different nature (straight line, circular or serpentine)

5.4.2.3 Group C (1 July 2010 – 30 June 2011)
a) Double or triple Axel Paulsen
b) One double or triple Loop jump immediately preceded by connecting steps and/or other comparable free skating movements
c) One jump combination consisting of a double jump and a triple jump or two triple jumps
d) Flying Camel spin
e) Sit spin with only one change of foot
f) Spin combination with all the three (3) basic positions (sit, camel, upright or any

variation thereof) and with only one (1) change of foot

g) Two different step sequences of a different nature (straight line, circular or serpentine)

A detailed clarification and description of each of the required elements can be found in Section C, parts 2 and 6 of these regulations or ISU rule 510.

5.5 The Free Skating Program – Junior Men

5.5.1 The maximum duration of the program shall be 4 minutes (plus or minus 10 seconds).

5.5.2 A detailed clarification and description of the requirements for a well-balanced free skating program can be found in Section C, parts 3 and 7.3 of these regulations or ISU rule 520.

5.6 The Short Program – Junior Ladies

5.6.1 The maximum duration of the program shall be 2 minutes and 50 seconds.

5.6.2 The required elements shall be as follows:

5.6.2.1 Group A (1 July 2008 – 30 June 2009)

a) Double Axel Paulsen
b) One double or triple Lutz jump immediately preceded by connecting steps and/or other comparable free skating movements
c) One jump combination consisting of two double jumps or a double jump and a triple jump or two triple jumps
d) Flying Camel spin
e) Layback or sideways leaning spin
f) Spin combination with all the three (3) basic positions (sit, camel, upright or any variation thereof) and with only one (1) change of foot
g) Spiral sequence
h) Step sequence (straight line, circular or serpentine).

5.6.2.2 Group B (1 July 2009 – 30 June 2010)

a) Double Axel Paulsen
b) One double or triple Flip jump immediately preceded by connecting

steps and/or other comparable free skating movements

c) One jump combination consisting of two double jumps or a double jump and a triple jump or two triple jumps
d) Flying Sit spin
e) Layback or sideways leaning spin
f) Spin combination with all the three (3) basic positions (sit, camel, upright or any variation thereof) and with only one (1) change of foot
g) Spiral sequence
h) Step sequence (straight line, circular or serpentine).

5.6.2.3 Group C (1 July 2010 – 30 June 2011)

a) Double Axel Paulsen
b) One double or triple Loop jump immediately preceded by connecting steps and/or other comparable free skating movements
c) One jump combination consisting of two double jumps or a double jump and a triple jump or two triple jumps
d) Flying Camel spin
e) Layback or sideways leaning spin
f) Spin combination with all the three (3) basic positions (sit, camel, upright or any variation thereof) and with only one (1) change of foot
g) Spiral sequence
h) Step sequence (straight line, circular or serpentine).

A detailed clarification and description of each of the required elements can be found in Section C, parts 2 and 6 of these regulations or ISU rule 510.

5.7 The Free Skating Program – Junior Ladies

5.7.1 The maximum duration of the program shall be 3 minutes and 30 seconds (plus or minus 10 seconds).

5.7.2 A detailed clarification and description of the requirements for a well-balanced free skating program can be found in Section C, parts 3 and 7.4 of these regulations or ISU rule 520.

6 Comments: Senior & Junior Short Program Required Elements

6.1 Jumps:
For Senior Men any triple or quadruple jump is permitted however when a quadruple jump is executed in (c) a quadruple jump cannot be included again as a solo jump. For Senior and Junior Men, when the triple Axel Paulsen is executed in (a) it cannot be repeated again as a solo jump or in the jump combination. For Senior Ladies any triple jump is permitted. For Junior Ladies and Men only the prescribed double or triple jump is permitted..

6.2 Jump combinations:
For Senior Men the jump combination may consist of the same jump or another double, triple or quadruple jump. However, when a quadruple jump is executed in (b) a quadruple jump cannot be included again in the jump combination. For Senior Ladies, Junior Men and Ladies the jump combination may consist of the same jump or another double or triple jump.

6.3 Spins:

(d) Flying spin (Senior):
Any type of flying spin is permitted. A minimum of eight (8) revolutions in the landing position, which may be different from the flying position, is required.

(d) Flying spin (Junior):
Only the prescribed 'flying' position or its variation is permitted and this position must be attained in the air. A minimum of eight (8) revolutions in the landing position, which must be the same as the flying position, is required. In the flying sit spin, changing of the foot on landing is permitted.

(e) Spin with one change of foot – Senior Men:
The competitor is free to choose either the camel position or the sit position to be executed. The spin must consist of only one change of foot with not less than six (6) revolutions on each foot.

(e) Spin with one change of foot – Junior Men:
Only the prescribed sit or camel position is permitted. The spin must consist of only one change of foot with not less than six (6) revolutions on each foot.

(e) Layback or sideways leaning spin (Senior and Junior Ladies):
The basic layback or sideways leaning position must be maintained for eight (8) revolutions.

6.4 Spin combination:
The spin combination must include all three basic positions (sit, camel, upright or any variation thereof) and only one

change of foot with not less than six (6) revolutions on each foot.

6.5 Step and Spiral sequences:
All step sequences should be executed according to the character of the music. Step sequences may include small jump-like movements with not more than half a revolution. Short stops in accordance with the music are permitted. Turns and steps must be balanced in their distribution throughout the sequence.

(g&h) Straight line step sequence:
Commences at any place on the short barrier and goes to any place on the opposite short barrier keeping the approximate shape of a straight line.

(g&h) Circular step sequence:
Skated on a complete circle or oval utilising the full width of the ice surface.

(g&h) Serpentine step sequence:
Commences at the end of the ice surface and progresses in at least two bold curves of not less than one half of the width of the ice surface and ends at the opposite end of the ice surface.

(g) Spiral sequence (Ladies):
There must be at least three (3) spiral positions with at least one (1) change of foot preceded and followed by a spiral position.

7 Comments: Senior & Junior Free Skating Program

7.1 A well-balanced Senior Men Free Skating program must contain:

7.1.1 A maximum of eight (8) jump elements, one of which must be an Axel type jump;

7.1.2 A maximum of three (3) spins, one of which must be a spin combination, one a flying spin and one a spin with only one (1) position;

7.1.3 A maximum of two (2) step sequence (for example straight line, circular, serpentine or others) of a different nature.

7.2 A well-balanced Senior Ladies Free Skating program must contain:

7.2.1 A maximum of seven (7) jump elements, one of which must be an Axel type jump;

7.2.2 A maximum of three (3) spins, one of which must be a spin combination, one a flying spin and one a spin with only one (1) position;

7.2.3 A maximum of one (1) step sequence;

7.2.4 A maximum of one (1) spiral sequence.

7.3 A well-balanced Junior Men Free Skating program must contain:

7.3.1 A maximum of eight (8) jump elements, one of which must be an Axel type jump;

7.3.2 A maximum of three (3) spins, one of which must be a spin combination, one a flying spin and one a spin with only one (1) position;

7.3.3 A maximum of one (1) step sequence (for example straight line, circular, serpentine or others) of a different nature.

7.4 A well-balanced Junior Ladies Free Skating program must contain:

7.4.1 A maximum of seven (7) jump elements, one of which must be an Axel type jump;

7.4.2 A maximum of three (3) spins, one of which must be a spin combination, one a flying spin and one a spin with only one (1) position;

7.4.3 A maximum of one (1) step sequence;

7.5 Remarks:

7.5.1 Jump combinations
There may be up to three jump combinations or jump sequences in the Free Skating program. One jump combination could consist of up to three (3) jumps, the other two up to two (2) jumps.

7.5.2 Repetitions
A Double Axel cannot be included more than three (3) times in total in a Free Skating program (as a solo jump or as part of a combination/sequence). Of all the triple and quadruple jumps only two (2) can be repeated and these repetitions must be in either a jump-combination of in a jump-sequence. Triple and quadruple jumps with the same name will be considered as two different

jumps. A repeated triple or quadruple solo jump, not included in a jump combination or jump sequence, will be considered as a part of an unsuccessfully executed jump sequence and counted as a jump sequence with only one jump executed. If three (3) jump combinations or jump sequences (in total) have already been executed, the repeated solo jump will be treated as an additional element and therefore not considered (but this element will occupy a jump element box if there still are any left). No triple or quadruple jump can be attempted more than twice. If a third repeated jump is executed in a combination or sequence, the entire combination or sequence will be treated as an additional element and therefore not considered (but this element will occupy a jump element box if there still are any left).

7.5.3 Spins
The flying spin and the spin with only one position shall have a minimum of six (6) revolutions and the spin combination ten (10) revolutions in total.

8 Novice Boys and Girls Section Requirements

8.1 The competitor must not have reached the age of 15 before the 1st of July preceding the competition.

8.2 To be eligible to compete in:

8.2.1 the National Championships the competitor must have passed the Singles Silver Star Test; and

8.2.2 An Interprovincial Championship the competitor must have passed the Skating Skills Level 3 Test.

8.3 The Short Program – Novice Boys

8.3.1 The maximum duration of the program shall be 2 minutes and 30 seconds.

8.3.2 The required elements shall be as follows:

a) Single or Double Axel Paulsen
b) One double or triple jump immediately preceded by connecting steps
c) One jump combination consisting of two double jumps or one double jump and one triple jump
d) Camel or sit spin

e) Spin combination with only one change of foot and at least two different positions (sit, camel, upright or any variation thereof)
f) Two Step sequences of a different nature (straight line, circular or serpentine).

A detailed clarification and description of each of the required elements can be found in Section C, parts 2 and 9 of these regulations.

8.4 The Free Skating Program – Novice Boys

8.4.1 The maximum duration of the program shall be 3 minutes and 30 seconds (plus or minus 10 seconds).

8.4.2 A detailed clarification and description of the requirements for a well-balanced free skating program can be found in Section C, parts 3 and 10.1 of these regulations.

8.5 The Short Program – Novice Girls

8.5.1 The maximum duration of the program shall be 2 minutes and 30 seconds.

8.5.2 The required elements shall be as follows:

a) Single or Double Axel Paulsen
b) One double or triple jump immediately preceded by connecting steps
c) One jump combination consisting of two double jumps or one double jump and one triple jump
d) Layback or sideways leaning spin
e) Spin combination with only one change of foot and at least two different positions (sit, camel, upright or any variation thereof)
f) Spiral sequence
g) One Step sequence (straight line, circular or serpentine).

A detailed clarification and description of each of the required elements can be found in Section C, parts 2 and 9 of these regulations.

8.6 The Free Skating Program – Novice Girls

8.6.1 The maximum duration of the program shall be 3 minutes (plus or minus 10 seconds).

8.6.2 A detailed clarification and description of the requirements for a well-balanced free skating program can be found in Section C, parts 3 and 10.2 of these regulations.

9 Comments: Novice Short Program Required Elements

9.1 Jumps [elements (a) and (b)]:
Only the prescribed single or double Axel Paulsen in (a) is permitted. Any double or triple jump in (b) is permitted with the exception of the double Axel if performed in (a) or (c). The double or triple jump in (b) must be different from the double and triple jumps performed in (c).

9.2 Jump combination [element (c)]:
The jump combination may consist of the same jump or another double or triple jump. However, the jumps included must be different than the two solo jumps performed in (a) and (b).

9.3 Spins [Element (d)]:

9.3.1 Camel or Sit Spin (Boys)
Only the prescribed sit or camel position is permitted with not less than six (6) revolutions in the chosen position. The spin may include a change of foot (optional) but with not less than six (6) revolutions on each foot.

9.3.2 Layback or sideways leaning spin (Girls):
The basic layback or sideways leaning position must be maintained for six (6) revolutions without rising to an upright position.

9.4 Spin combination [Element (e)]:
The spin combination must consist of only one (1) change of foot and at least two different positions (sit, camel, upright or any variation thereof) with not less than five (5) revolutions on each foot.

9.5 Step and Spiral sequences [Elements (f) and (g)]:
There must be at least two (2) spiral positions with at least one (1) change of foot preceded and followed by a spiral position.

10 Comments: Novice Free Skating Program

10.1 A well-balanced Novice Boys Free Skating program must contain:

10.1.1 A maximum of seven (7) jump elements, one of which must be an Axel type jump;

10.1.2 A maximum of three (3) spins, one of which must be a spin combination and one a flying spin;

10.1.3 A maximum of one (1) Step or Spiral Sequence that fully utilises the ice surface.

10.2 A well-balanced Novice Girls Free Skating program must contain:

10.2.1 A maximum of six (6) jump elements, one of which must be an Axel type jump;

10.2.2 A maximum of three (3) spins, one of which must be a spin combination and one a flying spin;

10.2.3 There must be a maximum of one (1) step or spiral sequence that fully utilises the ice surface.

10.3 Remarks:

10.3.1 Jump combinations
There may be up to three (3) jump combinations or jump sequences in the Free Skating program. Only one (1) jump combination may contain three (3) jumps, the other two up to two (2) jumps.

10.3.2 Repetitions
Of all the single, double, triple and quadruple jumps only two (2) can be repeated and these repetitions must be in either a jump-combination of in a jump-sequence. Single, double, triple and quadruple jumps with the same name will be considered as different jumps. A repeated single, double, triple or quadruple solo jump, not included in a jump combination or jump sequence, will be considered as a part of an unsuccessfully executed jump sequence and counted as a jump sequence with only one jump executed. If three (3) jump combinations or jump sequences (in total) have already been executed, the repeated solo jump will be treated as an additional element and therefore not considered (but this element will occupy a jump element box if there still are any left). No

single, double, triple or quadruple jump can be attempted more than twice. If a third repeated jump is executed in a combination or sequence, the entire combination or sequence will be treated as an additional element and therefore not considered (but this element will occupy a jump element box if there still are any left).

10.3.3 Spins
The flying spin, with no change of position and foot allowed, shall have a minimum of six (6) revolutions and the spin combination ten (10) revolutions in total.

11 Pre-Novice Boys and Girls Section Requirements

11.1 The competitor must not have reached the age of 12 before the 1st of July preceding the competition.

11.2 To be eligible to compete in:

11.2.1 the National Championships the competitor must have passed the Singles Intersilver Star Test; and

11.2.2 An Interprovincial Championship the competitor must have passed the Skating Skills Level 2 Test.

11.3 The Short Program – Pre-Novice Boys

11.3.1 The maximum duration of the program shall be 2 minutes and 30 seconds.

11.3.2 The required elements shall be as follows:

a) Single Axel Paulsen
b) One double jump immediately preceded by connecting steps and/or other comparable free skating movements
c) One jump combination consisting of a single jump and a double jump or two double jumps
d) Camel or Sit spin
e) Spin combination with only one change of foot and at least two different positions (sit, camel, upright or any variation thereof)
f) Step sequence (straight line, circular or serpentine).

A detailed clarification and description of each of the required elements can be found in Section C, parts 2 and 12 of these regulations.

11.4 The Free Skating Program – Pre-Novice Boys

11.4.1 The maximum duration of the program shall be 3 minutes (plus or minus 10 seconds).

11.4.2 A detailed clarification and description of the requirements for a well-balanced free skating program can be found in Section C, parts 3 and 13.1 of these regulations.

11.5 The Short Program – Pre-Novice Girls

11.5.1 The maximum duration of the program shall be 2 minutes and 30 seconds.

11.5.2 The required elements shall be as follows:

a) Single Axel Paulsen
b) One double jump immediately preceded by connecting steps and/or other comparable free skating movements
c) One jump combination consisting of a single jump and a double jump or two double jumps
d) Camel or Sit spin
e) Spin combination with only one change of foot and at least two different positions (sit, camel, upright or any variation thereof)
f) Spiral sequence

A detailed clarification and description of each of the required elements can be found in Section C, parts 2 and 12 of these regulations.

11.6 The Free Skating Program – Pre-Novice Girls

11.6.1 The maximum duration of the program shall be 2 minutes and 45 seconds (plus or minus 10 seconds).

11.6.2 A detailed clarification and description of the requirements for a well-balanced free skating program can be found in Section C, parts 3 and 13.2 of these regulations.

12 Comments: Pre-Novice Short Program Required Elements

12.1 Jumps [elements (a) and (b)]:
Only the prescribed single Axel Paulsen in (a) is permitted. Any double jump in (b) is permitted with the exception of the

double Axel if performed in (c). The double jump in (b) must be different from the double jumps performed in (c).

12.2 Jump combination [element (c)]:
The jump combination may consist of the same jump or another single or double jump. However, the jumps included must be different than the two solo jumps performed in (a) and (b).

12.3 Camel of Sit Spin [Element (d)]:
Only the prescribed sit or camel position is permitted with not less than five (5) revolutions in the chosen position. The spin may not include a change of foot.

12.4 Spin combination [Element (e)]:
The spin combination must consist of only one (1) change of foot and at least two different positions (sit, camel, upright or any variation thereof) with not less than four (4) revolutions on each foot.

12.5 Step and Spiral sequences [Element (f)]:
Spiral sequence (Girls):
There must be at least two (2) spiral positions with at least one (1) change of foot preceded and followed by a spiral position.

13 Comments: Pre-Novice Free Skating Program

13.1 A well-balanced Pre-Novice Boys Free Skating program must contain:

13.1.1 A maximum of six (6) jump elements, one of which must be an Axel type jump;

13.1.2 A maximum of three (3) spins, one of which must be a spin combination and one a flying spin;

13.1.3 A maximum of one (1) step sequence (for example straight line, circular, serpentine or others).

13.2 A well-balanced Pre-Novice Girls Free Skating program must contain:

13.2.1 A maximum of five (5) jump elements, one of which must be an Axel type jump;

13.2.2 A maximum of three (3) spins, one of which must be a spin combination and one a flying spin;

13.2.3 There must be a maximum of one (1) step or spiral sequence that fully utilises the ice surface.

13.3 Remarks:

13.3.1 Jump combinations
There may be up to two (2) jump combinations or jump sequences in the Free Skating program. Only one (1) jump combination may contain three (3) jumps, the second up to two (2) jumps.

13.3.2 Repetitions
Of all the single, double, triple and quadruple jumps only two (2) can be repeated and these repetitions must be in either a jump-combination of in a jump-sequence. Single, double, triple and quadruple jumps with the same name will be considered as different jumps. A repeated single, double, triple or quadruple solo jump, not included in a jump combination or jump sequence, will be considered as a part of an unsuccessfully executed jump sequence and counted as a jump sequence with only one jump executed. If two (2) jump combinations or jump sequences (in total) have already been executed, the repeated solo jump will be treated as an additional element and therefore not considered (but this element will occupy a jump element box if there still are any left). No single, double, triple or quadruple jump can be attempted more than twice. If a third repeated jump is executed in a combination or sequence, the entire combination or sequence will be treated as an additional element and therefore not considered (but this element will occupy a jump element box if there still are any left).

13.3.3 Spins
The flying spin, with no change of position and foot allowed, shall have a minimum of five (5) revolutions and the spin combination eight (8) revolutions in total.

14 Juvenile Boys and Girls Section Requirements

14.1 The competitor must not have reached the age of 9 before the 1st of July preceding the competition.

14.2 To be eligible to compete in:

14.2.1 the National Championships the competitor must have passed the Singles Bronze Star Test; and

14.2.2 An Interprovincial Championship the competitor must have passed the Skating Skills Level 1 Test.

14.3 The Free Skating Program – Juvenile Boys

14.3.1 The maximum duration of the program shall be 2 minutes and 45 seconds (plus or minus 10 seconds).

14.3.2 A detailed clarification and description of the requirements for a well-balanced free skating program can be found in Section C, parts 3 and 15.1 of these regulations.

14.4 The Free Skating Program – Juvenile Girls

14.4.1 The maximum duration of the program shall be 2 minutes and 30 seconds (plus or minus 10 seconds).

14.4.2 A detailed clarification and description of the requirements for a well-balanced free skating program can be found in Section C, parts 3 and 15.2 of these regulations.

15 Comments: Juvenile Free Skating Program

15.1 A well-balanced Juvenile Boys Free Skating program must contain:

15.1.1 A maximum of six (6) jump elements, one of which must be an Axel type jump;

15.1.2 A maximum of two (2) spins, one of which must be a spin combination and one a basic spin with no change of foot or position;

15.1.3 A maximum of one (1) step sequence (for example straight line, circular, serpentine or others).

15.2 A well-balanced Juvenile Girls Free Skating program must contain:

15.2.1 A maximum of five (5) jump elements, one of which must be an Axel type jump;

15.2.2 A maximum of two (2) spins, one of which must be a spin combination and one a basic spin with no change of foot or position;

15.2.3 There must be a maximum of one (1) step or spiral sequence that fully utilises the ice surface.

15.3 Remarks:

15.3.1 Jump combinations
There may be up to two (2) jump combinations or jump sequences in the Free Skating program. Only one (1) jump combination may contain three (3) jumps, the second up to two (2) jumps.

15.3.2 Repetitions
Of all the single, double, triple and quadruple jumps only two (2) can be repeated and these repetitions must be in either a jump-combination of in a jump-sequence. Single, double, triple and quadruple jumps with the same name will be considered as different jumps. A repeated single, double, triple or quadruple solo jump, not included in a jump combination or jump sequence, will be considered as a part of an unsuccessfully executed jump sequence and counted as a jump sequence with only one jump executed. If two (2) jump combinations or jump sequences (in total) have already been executed, the repeated solo jump will be treated as an additional element and therefore not considered (but this element will occupy a jump element box if there still are any left). No single, double, triple or quadruple jump can be attempted more than twice. If a third repeated jump is executed in a combination or sequence, the entire combination or sequence will be treated as an additional element and therefore not considered (but this element will occupy a jump element box if there still are any left).

15.3.3 Spins
The basic spin, with no change of position or foot allowed, shall have a minimum of four (4) revolutions and the spin combination six (6) revolutions in total.