Singles Short Program Requirements
2009-2010 Competition Season

Senior Men - Short Program

8 elements — 2:50 max

Triple or Double Axel
Any Quad or Triple jump out of footwork
Jump Combination - Quad or Triple with
Triple or Double — Only 1 quad per program

Flying Spin (8) — Only the Flying Spin may start with a flying entry
Camel or Sit Spin with change of foot (6-6)
Combination Spin with change of foot (6-6)
must include all 3 basic positions

2 Step Sequences (must be different patterns)

Senior Ladies - Short Program

8 elements — 2:50 max

Double Axel
Any Triple jump out of footwork
Jump Combination - Triple with
Triple or Double

Flying Spin (8) — Only the Flying Spin may start with a flying entry
Layback Spin (8)
Combination Spin with change of foot (6-6)
must include all 3 basic positions

1 Step Sequence
1 Spiral Sequence (3 spirals min/must change feet)

Junior Men - Short Program

8 elements **Group A** — 2:50 max

Triple or Double Axel
Triple or Double Flip out of footwork
Jump Combination - Triple with
Triple or Double

Flying Sit Spin (8) — Only the Flying Sit Spin may start with a flying entry. Death drop is not permitted.
Camel Spin with change of foot (6-6)
Combination Spin with change of foot (6-6)
must include all 3 basic positions

2 Step Sequences (must be different patterns)

Junior Ladies - Short Program

8 elements **Group A** — 2:50 max

Double Axel
Triple or Double Flip out of footwork
Jump Combination - Triple or Double
with Triple or Double

Flying Sit Spin (8) — Only the Flying Sit Spin may start with a flying entry. Death drop is not permitted.
Layback Spin (8)
Combination Spin with change of foot (6-6)
must include all 3 basic positions

1 Step Sequence
1 Spiral Sequence (3 spirals min/must change feet)

Novice Men - Short Program

6 elements — 2:30 max

Double or Single Axel
Any Triple or Double jump out of footwork
Jump Combination - Double with
Triple or Double — Neither spin may start with a flying entry

Camel or sit spin/no change of foot (6)
Combination Spin with change of foot (5-5)
at least 1 change of position required

1 Step Sequence

Novice Ladies - Short Program

6 elements — 2:30 max

Double or Single Axel
Any Triple or Double jump out of footwork
Jump Combination - Double with
Triple or Double

Layback Spin (6) — Neither spin may start with a flying entry
Combination Spin with change of foot (5-5)
at least 1 change of position required

1 Spiral Sequence (2 spirals min/must change feet)

Intermediate - Short Program

6 elements — 2:00 max

Double or Single Axel
Any Double jump out of footwork
Jump Combination - Double with
Double or Single — Only the spin in one position may start with a flying entry

Spin in one position w/ no change of foot (5)
Combination Spin with change of foot (5-5)
at least 1 change of position required

1 Step Sequence

5/7/2009