

# 2010-2011 Singles Short Program



<p><b>INTERMEDIATE LADIES/MEN</b> 2:00 max.</p>	<p><b>Axel or Double Axel</b></p>	<p><b>Double or Triple Jump</b> Immediately preceded by connecting steps May not repeat double Axel jump May not be a Triple if Triple is in Combo</p>	<p><b>Jump Combination</b> Single/Double, Double/Double, Single/Triple, or Double/Triple May not repeat Axel type or solo jump</p>	<p><b>Spin</b> Only one position No change of foot May start with a fly Min. 5 rev.</p>		<p><b>Spin Combination</b> With only 1 change of foot and min. 1 change of position No Flying Entry Min. 5 rev. each foot</p>		<p><b>Step Sequence</b> Straight line, circular, or serpentine Full ice surface</p>
<p><b>NOVICE LADIES/MEN</b> 2:30 max.</p>	<p><b>Axel or Double Axel</b></p>	<p><b>Double or Triple Jump</b> Immediately preceded by connecting steps May not repeat double Axel jump</p>	<p><b>Jump Combination</b> Double/Double or Double/Triple May not repeat either double Axel or solo jump</p>	<p><b>Ladies: Layback or Sideways Leaning Spin</b> <b>Men: Camel or Sit Spin</b> No change of foot May not have flying entry Min. 6 rev.</p>		<p><b>Spin Combination</b> With only 1 change of foot and min. 1 change of position. 2 rev. req. for position to count No Flying Entry Min. 5 rev. each foot</p>	<p><b>Ladies: Spiral Sequence</b> Min. 2 spiral positions of three seconds each or 1 six second spiral for a fixed Base Value</p>	<p><b>Men: Step Sequence</b> Straight line, circular, or serpentine, with full use of ice surface.</p>
<p><b>JUNIOR LADIES</b> 2:50 max.</p>	<p><b>Double Axel</b></p>	<p><b>Double or Triple Loop</b> Immediately preceded by connecting steps or other free skating movements</p>	<p><b>Jump Combination</b> Double/Double, Double/Triple or Triple/Triple May not repeat either double Axel or solo jump</p>	<p><b>Flying Camel Spin</b> Min. 8 rev.</p>	<p><b>Layback or Sideways Leaning Spin</b> Min. 8 rev</p>	<p><b>Spin Combination</b> With only 1 change of foot and all 3 basic positions or any variation thereof No Flying Entry Min. 6 rev. each foot, Min. 2 rev. in pos.</p>		<p><b>Step Sequence</b> Straight line, circular, or serpentine</p>
<p><b>JUNIOR MEN</b> 2:50 max.</p>	<p><b>Double or Triple Axel</b></p>	<p><b>Double or Triple Loop</b> Immediately preceded by connecting steps or other free skating movements</p>	<p><b>Jump Combination</b> Double/Triple or Triple/Triple May not repeat either double Axel or solo jump</p>	<p><b>Flying Camel Spin</b> Min. 8 rev</p>	<p><b>Sit Spin</b> With only 1 change of foot Min. 6 rev. each foot</p>	<p><b>Spin Combination</b> With only 1 change of foot and all 3 basic positions or any variation thereof No Flying Entry Min. 6 rev. each foot, Min. 2 rev. in pos.</p>		<p><b>Step Sequence</b> Straight line, circular, or serpentine</p>
<p><b>SENIOR LADIES</b> 2:50 max.</p>	<p><b>Double or Triple Axel</b></p>	<p><b>Any Triple Jump</b> Immediately preceded by connecting steps or other free skating movements</p>	<p><b>Jump Combination</b> Double/Triple or Triple/Triple May not repeat either Axel jump performed or solo jump</p>	<p><b>Flying Spin</b> Min. 8 rev.</p>	<p><b>Layback or Sideways Leaning Spin</b> Min. 8 rev</p>	<p><b>Spin Combination</b> With only 1 change of foot and all 3 basic positions or any variation thereof No Flying Entry Min. 6 rev. each foot, Min. 2 rev. in pos.</p>		<p><b>Step Sequence</b> Straight line, circular, or serpentine</p>
<p><b>SENIOR MEN</b> 2:50 max.</p>	<p><b>Double or Triple Axel</b></p>	<p><b>Any Triple or Quadruple Jump</b> Immediately preceded by connecting steps or other free skating movements</p>	<p><b>Jump Combination</b> Double/Triple, Triple/Triple, Quad/Double, or Quad/Triple May not repeat either Axel jump performed or solo jump</p>	<p><b>Flying Spin</b> Landing position diff than spin in 1 position Min. 8 rev</p>	<p><b>Camel or Sit Spin</b> With only 1 change of foot Min. 6 rev. each foot</p>	<p><b>Spin Combination</b> With only 1 change of foot and all 3 basic positions or any variation thereof No Flying Entry Min. 6 rev. each foot, Min. 2 rev. in pos.</p>		<p><b>Step Sequence</b> Straight line, circular, or serpentine</p>