



TECHNICAL NOTIFICATION 28

DATE: JULY 3, 2008

It is the policy of U.S. Figure Skating to adopt the changes from the ISU on the Junior and Senior events.

From ISU Communication 1504: The Junior and Senior Ladies and Men's short programs and well-balanced free skate programs with the 2008 ISU Congress changes incorporated.

JUNIOR LADIES SHORT PROGRAM 2008-2009 COMPETITION SEASON

(Group A):

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

JUNIOR LADIES WELL-BALANCED FREE SKATE

- Maximum of 7 jump elements
 - One jump must be an Axel type takeoff
 - Maximum of 3 jump combinations or sequences, one jump combination may contain 3 jumps
 - No triple or quad jump may be included more than twice, and if a triple or quad is repeated it must be in combination or sequence
 - Maximum 2 triple or quad jumps repeated
- Maximum of 3 spins
 - One must be a combination spin
 - One must be a flying spin
 - One must be a spin in one position (change foot optional)
- Maximum 1 step sequence (straight line, circular or serpentine).

JUNIOR MEN SHORT PROGRAM 2008-2009 COMPETITION SEASON

(Group A):

- (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 one double and one triple jump or two triple jumps.
- (d) Flying camel spin
- (e) Sit Spin with only one change of foot:
- (f) Spin combination with only one change of foot and all three basic positions (sit, camel, upright or any variation thereof).
- (g) Two step sequences of a different nature (straight line, circular or serpentine).

JUNIOR MEN WELL-BALANCED FREE SKATE

- Maximum of 8 jump elements
 - One jump must be an Axel type takeoff
 - Maximum of 3 jump combinations or sequences, one jump combination may contain 3 jumps
 - No triple or quad jump may be included more than twice, and if a triple or quad is repeated it must be in combination or sequence
 - Maximum 2 triple or quad jumps repeated
- Maximum of 3 spins
 - One must be a combination spin
 - One must be a flying spin
 - One must be a spin in one position (change foot optional)
 - Maximum of 1 step sequence

SENIOR LADIES SHORT PROGRAM

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

SENIOR LADIES WELL-BALANCED FREE SKATE

- Maximum of 7 jump elements
 - One jump must be an Axel type takeoff
 - Maximum of 3 jump combinations or sequences, one jump combination may contain 3 jumps
 - No triple or quad jump may be included more than twice, and if a triple or quad is repeated it must be in combination or sequence
 - Maximum 2 triple or quad jumps repeated
- Maximum of 3 spins
 - One must be a combination spin
 - One must be a flying spin
 - One must be a spin in one position (change foot optional)
- Maximum 1 step sequence
- Maximum 1 spiral sequence

SENIOR MEN SHORT PROGRAM 2008-2009 COMPETITION SEASON

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

SENIOR MEN WELL-BALANCED FREE SKATE

- Maximum of 8 jump elements
 - One jump must be an Axel type takeoff
 - Maximum of 3 jump combinations or sequences, one jump combination may contain 3 jumps
 - No triple or quad jump may be included more than twice, and if a triple or quad is repeated it must be in combination or sequence
 - Maximum 2 triple or quad jumps repeated
- Maximum of 3 spins
 - One must be a combination spin
 - One must be a flying spin
 - One must be a spin in one position (change foot optional)
- Maximum of 2 step sequences of a different nature