

2009-2010 SHORT PROGRAM



INTERMEDIATE LADIES/MEN 2:00 max.	Axel or Double Axel	Double Jump Immediately preceded by connecting steps May not repeat double Axel jump	Jump Combination Single/Double or Double/Double May not repeat Axel or solo jump	Spin Only one position No change of foot May start with a fly Min. 5 rev.		Spin Combination With only 1 change of foot and min. 1 change of position No Flying Entry Min. 5 rev. each foot		Step Sequence Straight line, circular, or serpentine Full ice surface
NOVICE LADIES/MEN 2:30 max.	Axel or Double Axel	Double or Triple Jump Immediately preceded by connecting steps May not repeat double Axel jump	Jump Combination Double/Double or Double/Triple May not repeat either double Axel or solo jump	Ladies: Layback or Sideways Leaning Spin Men: Camel or Sit Spin No change of foot May not have flying entry Min. 6 rev.		Spin Combination 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	Ladies: Spiral Sequence Pattern can be any combination of curves Min. 2 spiral positions on edges: min. 3 seconds each Min. 1 change of foot First 3 spirals count for level	Men: Step Sequence Straight line, circular, or serpentine, with full use of ice surface.
JUNIOR LADIES 2:50 max.	Double Axel	Double or Triple Flip Immediately preceded by connecting steps or other free skating movements	Jump Combination Double/Double, Double/Triple or Triple/Triple May not repeat either double Axel or solo jump	Flying Sit Spin Must attain sit position in air Min. 8 rev.	Layback or Sideways Leaning Spin Min. 8 rev	Spin Combination 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.	Spiral Sequence Pattern can be any combination of curves Min. 3 spiral positions on edges: min. 3 seconds each Min. 1 change of foot First 3 spirals count for level	Step Sequence Straight line, circular, or serpentine
JUNIOR MEN 2:50 max.	Double or Triple Axel	Double or Triple Flip Immediately preceded by connecting steps or other free skating movements	Jump Combination Double/Triple or Triple/Triple May not repeat either double Axel or solo jump	Flying Sit Spin Must attain sit position in air Min. 8 rev	Camel Spin With only 1 change of foot Min. 6 rev. each foot	Spin Combination 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.		2 Step Sequences of a different nature Straight line, circular, or serpentine
SENIOR LADIES 2:50 max.	Double Axel	Any Triple Jump Immediately preceded by connecting steps or other free skating movements	Jump Combination Double/Triple or Triple/Triple May not repeat either double Axel or solo jump	Flying Spin Min. 8 rev.	Layback or Sideways Leaning Spin Min. 8 rev	Spin Combination 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.	Spiral Sequence Pattern can be any combination of curves Min. 3 spiral positions on edges: min. 3 seconds each Min. 1 change of foot First 3 spirals count for level	Step Sequence Straight line, circular, or serpentine
SENIOR MEN 2:50 max.	Double or Triple Axel	Any Triple or Quadruple Jump Immediately preceded by connecting steps or other free skating movements May not be a Quad if Quad is in Comb.	Jump Combination Double/Triple, Triple/Triple, Quad/Double, or Quad/Triple May not repeat either Axel jump performed or solo jump	Flying Spin Min. 8 rev	Camel or Sit Spin With only 1 change of foot Min. 6 rev. each foot	Spin Combination 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.		2 Step Sequences of a different nature Straight line, circular, or serpentine