



2007 – 2008 Short Program Requirements – ISU 1445

<p>INTERMEDIATE LADIES/MEN 2:00 max.</p>	<p>Axel or Double Axel</p>	<p>Double Jump Immediately preceded by connecting steps May not repeat double Axel jump</p>	<p>Jump Combination Single/Double or Double/Double May not repeat Axel or solo jump</p>	<p>Spin Only one position No change of foot May start with a fly Min. 5 rev.</p>		<p>Spin Combination With only 1 change of foot and min. 1 change of position No Flying Entry Min. 5 rev. each foot</p>		<p>Step Sequence Straight line, circular, or serpentine Full ice surface</p>
<p>NOVICE LADIES/MEN 2:30 max.</p>	<p>Axel or Double Axel</p>	<p>Double or Triple Jump Immediately preceded by connecting steps May not repeat double Axel jump</p>	<p>Jump Combination Double/Double or Double/Triple May not repeat either double Axel or solo jump</p>	<p>Ladies: Layback or Sideways Leaning Spin Men: Camel or Sit Spin No change of foot May not have flying entry Min. 6 rev.</p>		<p>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</p>	<p>Ladies: Spiral Sequence Min. 2 spiral positions of at least 3 seconds each Min. 1 change of foot First 3 spirals count for level</p>	<p>Men: Step Sequence Straight line, circular, or serpentine, with full use of ice surface.</p>
<p>JUNIOR LADIES 2:50 max.</p>	<p>Double Axel</p>	<p>Double or Triple Loop Immediately preceded by connecting steps or other free skating movements</p>	<p>Jump Combination Double/Double, Double/Triple or Triple/Triple May not repeat either double Axel or solo jump</p>	<p>Flying Sit Spin Min. 8 rev.</p>	<p>Layback or Sideways Leaning Spin Min. 8 rev</p>	<p>Spin Combination With only 1 change of foot and min. 2 changes of position No Flying Entry Min. 6 rev. each foot, Min. 2 rev. in pos.</p>	<p>Spiral Sequence Shape may vary. Min. 3 spiral positions Min. 1 change of foot Each position 3 seconds minimum. First 3 spirals count for level</p>	<p>Step Sequence Straight line, circular, or serpentine</p>
<p>JUNIOR MEN 2:50 max.</p>	<p>Double Axel</p>	<p>Double or Triple Loop Immediately preceded by connecting steps or other free skating movements</p>	<p>Jump Combination Double/Triple or Triple/Triple May not repeat either double Axel or solo jump</p>	<p>Flying Sit Spin Min. 8 rev</p>	<p>Camel Spin With only 1 change of foot Min. 6 rev. each foot</p>	<p>Spin Combination With only 1 change of foot and min. 2 changes of position No Flying Entry Min. 6 rev. each foot, Min. 2 rev. in pos.</p>		<p>2 Step Sequences of a different nature Straight line, circular, or serpentine</p>
<p>SENIOR LADIES 2:50 max.</p>	<p>Double Axel</p>	<p>Any Triple Jump Immediately preceded by connecting steps or other free skating movements</p>	<p>Jump Combination Double/Triple or Triple/Triple May not repeat either double Axel or solo jump</p>	<p>Flying Spin Min. 8 rev.</p>	<p>Layback or Sideways Leaning Spin Min. 8 rev</p>	<p>Spin Combination With only 1 change of foot and min. 2 changes of position No Flying Entry Min. 6 rev. each foot, Min. 2 rev. in pos.</p>	<p>Spiral Sequence Shape may vary. Min. 3 spiral positions Min. 1 change of foot Each position 3 seconds minimum. First 3 spirals count for level</p>	<p>Step Sequence Straight line, circular, or serpentine</p>
<p>SENIOR MEN 2:50 max.</p>	<p>Double or Triple Axel</p>	<p>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.</p>	<p>Jump Combination Double/Triple, Triple/Triple, Quad/Double, or Quad/Triple May not repeat either Axel jump performed or solo jump</p>	<p>Flying Spin Min. 8 rev</p>	<p>Camel or Sit Spin With only 1 change of foot Min. 6 rev. each foot</p>	<p>Spin Combination With only 1 change of foot and min. 2 changes of position No Flying Entry Min. 6 rev. each foot, Min. 2 rev. in pos.</p>		<p>2 Step Sequences of a different nature Straight line, circular, or serpentine</p>