

## **OPTIONAL SEGMENT (Juvenile Short Program is not a qualifying segment)**

JUVENILE and OPEN JUVENILE GIRLS/BOYS 2:10 max.	Single or Double AxelSingle or Double Jump May not repeat Axel jump or jumps used in the combination	OPEN JUVENILE GIRLS/BOYS	Jump Combination Single/Double or Double/Double May not repeat Axel jump or solo jump performed	<b>Spin</b> Only one position No change of foot May start with a fly Min. 5 revs.	Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 5 revs. each foot Min. 2 revs in pos.	Choreographic Step Sequence Fully utilizing the ice surface
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## **REQUIREMENTS FOR NONQUALIFYING AND QUALIFYING COMPETITIONS**

INTERMEDIATE WOMEN/MEN 2:10 max.	Single or Double Axel	<b>Double or Triple Jump</b> May not repeat double Axel or either jump in combo	Jump Combination Single/Double, Double/Double, Single/Triple, Double/Triple or Triple/triple May not repeat Axel jump or solo jump performed	Camel Spin Women and Men: With only 1 change of foot No change of position No flying entry Min 4 revs on each foot	Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 5 revs. each foot Min. 2 revs in pos.	Leveled Step Sequence Fully utilizing the ice surface Max Level 2	
NOVICE WOMEN 2:30 max.	Single or Double Axel	<b>Double or Triple Jump</b> May not repeat double Axel or either jump in combo	Jump Combination Double/Double, Double/Triple or Triple/Triple May not repeat double Axel or solo jump performed	Layback/Sideways Leaning, Sit or Camel Spin No change of foot No flying entry Min. 6 revs.	Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 5 revs. each foot Min. 2 revs in pos.	Leveled Step Sequence Fully utilizing the ice surface	
NOVICE MEN 2:30 max.	Single or Double Axel	Single or Double Double or Triple Jump Double/Double, With or   or Axel May not repeat double Axel or either jump in combo May not repeat Double Axel No cha		Camel Spin With only 1 change of foot No change of position No flying entry Min. 5 revs. each foot	Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 5 revs. each foot Min. 2 revs in pos.	Leveled Step Sequence Fully utilizing the ice surface	

This chart highlights the elements in each program. It is not meant to replace the reading of the rules in the current version of the U.S. Figure Skating Rulebook. Should this chart disagree with the current U.S. Figure Skating Rulebook in any aspect, the rulebook takes precedence. Singles Short Program 2022-23 Version 4.0 – 08/08/2022 DG/SM



## **REQUIREMENTS FOR NONQUALIFYING AND QUALIFYING COMPETITIONS**

JUNIOR WOMEN 2:40 +/- 10 sec 2 <sup>nd</sup> half bonus: 1:20	Double Axel	Double or Triple <u>Loop</u>	Jump Combination Double/Double, Double/Triple or Triple/Triple May not repeat Double Axel or solo jump performed	Flying <u>Camel</u> Spin Flying pos. may be different than landing pos. Min. 8 revs.	Layback/ Sideways Leaning or <u>Sit</u> Spin without change of foot No flying entry Min. 8 revs.	Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 6 revs. each foot Min. 2 revs in pos.	Leveled Step Sequence Fully utilizing the ice surface
<b>JUNIOR MEN</b> 2:40 +/- 10 sec <b>2<sup>nd</sup> half bonus:</b> 1:20	Double or Triple Axel	Double or Triple <u>Loop</u>	Jump Combination Double/Triple or Triple/Triple May not repeat Axel jump or solo jump performed	Flying Camel Spin Flying pos. may be different than landing pos. Min. 8 revs.	<u>Sit</u> Spin With only 1 change of foot No flying entry Min. 6 revs. each foot	Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 6 revs. each foot Min. 2 revs in pos.	Leveled Step Sequence Fully utilizing the ice surface
SENIOR WOMEN 2:40 +/- 10 sec 2 <sup>nd</sup> half bonus: 1:20	Double or Triple Axel	<b>Any Triple Jump</b> May not repeat Triple Axel or either jump in combo	Jump Combination Double/Triple or Triple/Triple May not repeat Axel jump or solo jump performed	Flying Spin Landing position different than spin in 1 position Min. 8 revs.	Layback/ Sideways Leaning, Sit or Camel Spin without change of foot No flying entry Min. 8 revs.	Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 6 revs. each foot Min. 2 revs in pos.	Leveled Step Sequence Fully utilizing the ice surface
<b>SENIOR MEN</b> 2:40 +/- 10 sec <b>2<sup>nd</sup> half bonus:</b> 1:20	Double or Triple Axel	Any Triple or Quadruple Jump May not repeat Triple Axel or either jump in combo	Jump Combination Double/Triple, Triple/Triple, Quad/Double, or Quad/Triple May not repeat Axel jump or solo jump performed	Flying Spin Landing position different than spin in 1 position Min. 8 revs.	Sit or Camel Spin With only 1 change of foot No flying entry Min. 6 revs. each foot	Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 6 revs. each foot Min. 2 revs in pos.	Leveled Step Sequence Fully utilizing the ice surface

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