

**2022-23 Singles Short Program Requirements** – This chart reflects the rules in place for the 2022-23 season, which begins July 1, 2022.



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

<p><b>JUVENILE and OPEN JUVENILE GIRLS/BOYS</b> 2:10 max.</p>	<p>Single or Double <b>Axel</b></p>	<p><b>Single or Double Jump</b> May not repeat Axel jump or jumps used in the combination</p>	<p><b>Jump Combination</b> Single/Double or Double/Double May not repeat Axel jump or solo jump performed</p>	<p><b>Spin</b> Only one position No change of foot May start with a fly Min. 5 revs.</p>	<p><b>Spin Combination</b> 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.</p>	<p><b>Choreographic Step Sequence</b> Fully utilizing the ice surface</p>
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**REQUIREMENTS FOR NONQUALIFYING AND QUALIFYING COMPETITIONS**

<p><b>INTERMEDIATE LADIES/MEN</b> 2:10 max.</p>	<p>Single or Double <b>Axel</b></p>	<p><b>Double or Triple Jump</b> May not repeat double Axel or either jump in combo</p>	<p><b>Jump Combination</b> Single/Double, Double/Double, Single/Triple, Double/Triple or Triple/triple May not repeat Axel jump or solo jump performed</p>	<p><b>Spin</b> <u>Ladies and Men: Camel spin with change of foot</u> <u>No flying entry</u> <u>Min 4 revs in position on each foot</u></p>	<p><b>Spin Combination</b> 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.</p>	<p><b>Leveled Step Sequence</b> Fully utilizing the ice surface Max Level 2</p>
<p><b>NOVICE LADIES</b> 2:30 max.</p>	<p>Single or Double <b>Axel</b></p>	<p><b>Double or Triple Jump</b> May not repeat double Axel or either jump in combo</p>	<p><b>Jump Combination</b> Double/Double, Double/Triple or Triple/Triple May not repeat double Axel or solo jump performed</p>	<p><b>Layback/Sideways Leaning, Sit or Camel Spin</b> No change of foot No flying entry Min. 6 revs.</p>	<p><b>Spin Combination</b> 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.</p>	<p><b>Leveled Step Sequence</b> Fully utilizing the ice surface</p>
<p><b>NOVICE MEN</b> 2:30 max.</p>	<p>Single or Double <b>Axel</b></p>	<p><b>Double or Triple Jump</b> May not repeat double Axel or either jump in combo</p>	<p><b>Jump Combination</b> Double/Double, Double/Triple or Triple/Triple May not repeat Double Axel or solo jump performed</p>	<p><b>Camel Spin</b> With only 1 change of foot No change of position No flying entry Min. 5 revs. each foot</p>	<p><b>Spin Combination</b> 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.</p>	<p><b>Leveled Step Sequence</b> Fully utilizing the ice surface</p>



**REQUIREMENTS FOR NONQUALIFYING AND QUALIFYING COMPETITIONS**

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