

OPTIONAL SEGMENT (JUVENILE SHORT PROGRAM IS NOT A QUALIFYING SEGMENT)

<p>JUVENILE and OPEN JUVENILE GIRLS/BOYS 2:10 max.</p> <p>Warmup Time: 5 minutes</p> <p><i>For age eligibility, see U.S. Figure Skating rule 6400</i></p>	<p>Single or Double Axel</p>	<p>Single or Double Jump</p> <p>May not repeat Axel jump or jumps used in the combination</p>	<p>Jump Combination</p> <p>Single/Double or Double/Double</p> <p>May not repeat Axel jump or solo jump performed</p>	<p>Spin</p> <p>Only one position No change of foot May start with a fly Min. 5 revs.</p>	<p>Spin Combination</p> <p>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>Leveled Step Sequence</p> <p>Fully utilizing the ice surface</p> <p>Max Level 1</p>
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REQUIREMENTS FOR NONQUALIFYING AND QUALIFYING COMPETITIONS

<p>INTERMEDIATE WOMEN/MEN 2:10 max.</p> <p>Warmup Time: 5 minutes</p> <p><i>For age eligibility, see U.S. Figure Skating rule 6400</i></p>	<p>Single or Double Axel</p>	<p>Double or Triple Jump</p> <p>May not repeat double Axel or either jump in combo</p>	<p>Jump Combination</p> <p>Single/Double, Double/Double, Single/Triple, Double/Triple or Triple/triple</p> <p>May not repeat Axel jump or solo jump performed</p>	<p>Camel Spin</p> <p>With only 1 change of foot No change of position No flying entry Min 4 revs on each foot</p>	<p>Spin Combination</p> <p>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>Leveled Step Sequence</p> <p>Fully utilizing the ice surface</p> <p>Max Level 2</p>
<p>NOVICE WOMEN 2:30 max.</p> <p>Warmup Time: 6 minutes</p>	<p>Single or Double Axel</p>	<p>Double or Triple Jump</p> <p>May not repeat double Axel or either jump in combo</p>	<p>Jump Combination</p> <p>Double/Double, Double/Triple or Triple/Triple</p> <p>May not repeat double Axel or solo jump performed</p>	<p>Layback/Sideways Leaning, Sit or Camel Spin</p> <p>No change of foot No flying entry Min. 6 revs.</p>	<p>Spin Combination</p> <p>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>Leveled Step Sequence</p> <p>Fully utilizing the ice surface</p>
<p>NOVICE MEN 2:30 max.</p> <p>Warmup Time: 6 minutes</p>	<p>Single or Double Axel</p>	<p>Double or Triple Jump</p> <p>May not repeat double Axel or either jump in combo</p>	<p>Jump Combination</p> <p>Double/Double, Double/Triple or Triple/Triple</p> <p>May not repeat Double Axel or solo jump performed</p>	<p>Camel Spin</p> <p>With only 1 change of foot No change of position No flying entry Min. 5 revs. each foot</p>	<p>Spin Combination</p> <p>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>Leveled Step Sequence</p> <p>Fully utilizing the ice surface</p>

REQUIREMENTS FOR NONQUALIFYING AND QUALIFYING COMPETITIONS

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