

NZIFSA – 2019 Single Skating - SHORT PROGRAMME ELEMENTS –

Grade	Jump Elements	Spin Elements	Step Sequences
Adv. Novice Ladies Time: 2:20 (+/- 10 sec) Falls: -0.5 Components: SS / TR / PE / IN	a) 1A or 2A b) One double or triple jump - May not repeat jump in a) c) One jump combination - Consisting of 2 double jumps, or 1 double and 1 triple jump - Jumps must be different from a) & b)	<ul style="list-style-type: none"> • One layback/sideways leaning spin or spin in one basic position with no change of foot <ul style="list-style-type: none"> - Min 6 revs in total • One spin combination: <ul style="list-style-type: none"> - Flying entry is permitted - With only 1 change of foot - Min 5 revs on each foot <p style="text-align: center;">Level 3 maximum on spins.</p>	<ul style="list-style-type: none"> • One step sequence <ul style="list-style-type: none"> - Fully utilises the ice surface <p style="text-align: center;">Level 3 maximum on steps</p>
Adv. Novice Men Time: 2:20 (+/- 10 sec) Falls: -0.5 Components: SS / TR / PE / IN	a) 1A or 2A b) One double or triple jump - May not repeat jump in a) c) One jump combination - Consisting of 2 double jumps, or 1 double and 1 triple jump - Jumps must be different from a) & b)	<ul style="list-style-type: none"> • One camel, sit or upright spin <ul style="list-style-type: none"> - No flying entrance - With change of foot - Min 5 revs on each foot • One spin combination: <ul style="list-style-type: none"> - Flying entry is permitted - With only 1 change of foot - Min 5 revs on each foot <p style="text-align: center;">Level 3 maximum on spins.</p>	<ul style="list-style-type: none"> • One step sequence <ul style="list-style-type: none"> - Fully utilises the ice surface <p style="text-align: center;">Level 3 maximum on steps</p>
Junior Ladies Time: 2:40 (+/- 10 sec) Falls: -1.0 Components: SS / TR / PE / CH / IN 2 nd half last jump 1.1 multiplier	a) 2A b) 2Lo or 3Lo c) One jump combination - Consisting of 2 double jumps, or 1 double and 1 triple jump, or 2 triple jumps - Jumps must be different from a) & b)	<ul style="list-style-type: none"> • One flying sit spin <ul style="list-style-type: none"> - Min 8 revs in landing position (may be different from flying position) • One Layback/sideways leaning spin or camel spin without change of foot <ul style="list-style-type: none"> - Min 8 revs • One spin combination <ul style="list-style-type: none"> - With only 1 change of foot - Min 6 revs on each foot 	<ul style="list-style-type: none"> • One step sequence <ul style="list-style-type: none"> - Fully utilises the ice surface

**** Jumps with less than required revolutions are given no value**

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Grade	Jump Elements	Spin Elements	Step Sequences
<p>Junior Men</p> <p>Time: 2:40 (+/- 10 sec)</p> <p>Falls: -1.0</p> <p>Components: SS / TR / PE / CH / IN</p> <p>2nd half last jump 1.1 multiplier</p>	<p>a) 2A or 3A</p> <p>b) 2Lo or 3Lo</p> <p>c) One jump combination</p> <ul style="list-style-type: none"> - Consisting of 1 double and 1 triple jump, or 2 triple jumps - Jumps must be different from a) & b) 	<ul style="list-style-type: none"> • One flying sit spin <ul style="list-style-type: none"> - Min 8 revs in landing position (may be different from flying position) • One camel spin <ul style="list-style-type: none"> - With only 1 change of foot - Min 6 revs on each foot • Spin combination <ul style="list-style-type: none"> - With only 1 change of foot - Min 6 revs on each foot 	<ul style="list-style-type: none"> • One step sequence <ul style="list-style-type: none"> - Fully utilises the ice surface
<p>Senior Ladies</p> <p>Time: 2:40 (+/- 10 sec)</p> <p>Falls: -1.0 1st & 2nd, -2.0 3rd & 4th, -3.0 5+</p> <p>Components: SS / TR / PE / CH / IN</p> <p>2nd half last jump 1.1 multiplier</p>	<p>a) 2A or 3A</p> <p>b) One triple jump</p> <ul style="list-style-type: none"> - May not repeat jump in a) <p>c) One jump combination</p> <ul style="list-style-type: none"> - Consisting of 1 double and 1 triple jump, or 2 triple jumps - Jumps must be different from a) & b) 	<ul style="list-style-type: none"> • One flying spin <ul style="list-style-type: none"> - Landing position different than spin in one position - Min 8 revs • One Layback/sideways leaning spin or sit/camel spin without change of foot <ul style="list-style-type: none"> - Min 8 revs • One spin combination: <ul style="list-style-type: none"> - With only 1 change of foot - Min 6 revs on each foot 	<ul style="list-style-type: none"> • One step sequence <ul style="list-style-type: none"> - Fully utilises the ice surface
<p>Senior Men</p> <p>Time: 2:40 (+/- 10 sec)</p> <p>Falls: -1.0 1st & 2nd, -2.0 3rd & 4th, -3.0 5+</p> <p>Components: SS / TR / PE / CH / IN</p> <p>2nd half last jump 1.1 multiplier</p>	<p>a) 2A or 3A</p> <p>b) One triple or quad jump</p> <p>c) One jump combination</p> <ul style="list-style-type: none"> - 1 double and 1 triple jump, or 2 triple jumps, or a quad and a double or triple jump - Jumps must be different from a) & b) 	<ul style="list-style-type: none"> • One flying spin <ul style="list-style-type: none"> - Landing position different than spin in one position - Min 8 revs • One Camel or Sit spin <ul style="list-style-type: none"> - With only 1 change of foot - Min 6 revs on each foot • One spin combination: <ul style="list-style-type: none"> - With only 1 change of foot - Min 6 revs on each foot 	<ul style="list-style-type: none"> • One step sequence <ul style="list-style-type: none"> - Fully utilises the ice surface

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