

## NZIFSA – 2020 Single Skating - SHORT PROGRAMME ELEMENTS – V2

Grade	Jump Elements	Spin Elements	Step Sequences
<b>Adv. Novice U12/Ladies</b>  <b>Time:</b> 2:20 (+/- 10 sec)  <b>Falls:</b> -0.5  <b>Components:</b> 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"> <li>• One layback/sideways leaning spin or spin in one basic position with no change of foot                             <ul style="list-style-type: none"> <li>- Min 6 revs in total</li> </ul> </li> <li>• One spin combination:                             <ul style="list-style-type: none"> <li>- Flying entry is permitted</li> <li>- With only 1 change of foot</li> <li>- Min 5 revs on each foot</li> </ul> </li> </ul> <p style="text-align: center;"><b>Level 3 maximum on spins.</b></p>	<ul style="list-style-type: none"> <li>• One step sequence                             <ul style="list-style-type: none"> <li>- Fully utilises the ice surface</li> </ul> </li> </ul> <p style="text-align: center;"><b>Level 3 maximum on steps</b></p>
<b>Adv. Novice Men</b>  <b>Time:</b> 2:20 (+/- 10 sec)  <b>Falls:</b> -0.5  <b>Components:</b> 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"> <li>• One camel, sit or upright spin                             <ul style="list-style-type: none"> <li>- No flying entrance</li> <li>- With change of foot</li> <li>- Min 5 revs on each foot</li> </ul> </li> <li>• One spin combination:                             <ul style="list-style-type: none"> <li>- Flying entry is permitted</li> <li>- With only 1 change of foot</li> <li>- Min 5 revs on each foot</li> </ul> </li> </ul> <p style="text-align: center;"><b>Level 3 maximum on spins.</b></p>	<ul style="list-style-type: none"> <li>• One step sequence                             <ul style="list-style-type: none"> <li>- Fully utilises the ice surface</li> </ul> </li> </ul> <p style="text-align: center;"><b>Level 3 maximum on steps</b></p>
<b>Junior U12/Ladies</b>  <b>Time:</b> 2:40 (+/- 10 sec)  <b>Falls:</b> -1.0  <b>Components:</b> SS / TR / PE / CH / IN  2 <sup>nd</sup> half last jump 1.1 multiplier	a) 2A b) 2Lz or 3Lz 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"> <li>• One flying camel spin                             <ul style="list-style-type: none"> <li>- Min 8 revs in landing position (may be different from flying position)</li> </ul> </li> <li>• One Layback/sideways leaning spin or sit spin without change of foot                             <ul style="list-style-type: none"> <li>- Min 8 revs</li> </ul> </li> <li>• One spin combination                             <ul style="list-style-type: none"> <li>- With only 1 change of foot</li> <li>- Min 6 revs on each foot</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• One step sequence                             <ul style="list-style-type: none"> <li>- Fully utilises the ice surface</li> </ul> </li> </ul>

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

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

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