NZIFSA – 2022 Single Skating - SHORT PROGRAMME ELEMENTS –

Grade	Jump Elements	Spin Elements	Step Sequences
Adv. Novice U12/Ladies Time: 2:20 (+/- 10 sec) Falls: -0.5 Components: SS / TR / PE / IN Jump Bonuses Apply	 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) 	 One layback/sideways leaning spin or spin in one basic position with no change of foot Min 6 revs in total One spin combination: Flying entry is permitted With only 1 change of foot Min 5 revs on each foot Level 3 maximum on spins. 	One step sequence Fully utilises the ice surface Level 3 maximum on steps
Adv. Novice Men Time: 2:20 (+/- 10 sec) Falls: -0.5 Components: SS / TR / PE / IN Jump Bonuses Apply	 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) 	 One camel, sit or upright spin No flying entrance With change of foot Min 5 revs on each foot One spin combination: Flying entry is permitted With only 1 change of foot Min 5 revs on each foot Level 3 maximum on spins. 	One step sequence Fully utilises the ice surface Level 3 maximum on steps
Junior U12/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) 	 One flying camel spin Min 8 revs in landing position (may be different from flying position) One Layback/sideways leaning spin or sit spin without change of foot Min 8 revs One spin combination With only 1 change of foot Min 6 revs on each foot 	One step sequence Fully utilises the ice surface

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

Jump Elements Spin Elements Grade **Step Sequences** a) 2A or 3A One flying camel spin Junior Men One step sequence b) 2Lo or 3Lo Min 8 revs in landing position (may be Fully utilises the ice surface c) One jump combination different from flying position) Time: 2:40 (+/- 10 sec) Consisting of 1 double and 1 triple • One sit spin jump, or 2 triple jumps With only 1 change of foot -Falls: -1.0 Jumps must be different from a) & b) Min 6 revs on each foot - Spin combination **Components:** With only 1 change of foot SS/TR/PE/CH/IN Min 6 revs on each foot 2nd half last jump 1.1 multiplier a) 2A or 3A **Senior Ladies** • One flying spin • One step sequence b) One triple jump Landing position different than spin in Fully utilises the ice surface one position May not repeat jump in a) Time: 2:40 (+/- 10 sec) Min 8 revs c) One jump combination One Layback/sideways leaning spin or Consisting of 1 double and 1 triple -Falls: -1.0 1st & 2nd. sit/camel spin without change of foot jump, or 2 triple jumps -2.0 3rd & 4th, -3.0 5+ - Min 8 revs Jumps must be different from a) & b) - One spin combination: **Components:** With only 1 change of foot SS / TR / PE / CH / IN Min 6 revs on each foot 2nd half last jump 1.1 multiplier 2A or 3A Senior Men a) • One flying spin • One step sequence b) One triple or quad jump Landing position different than spin in Fully utilises the ice surface one position One jump combination c) Time: 2:40 (+/- 10 sec) Min 8 revs 1 double and 1 triple jump, or 2 triple -- One Camel or Sit spin jumps, or a quad and a double or Falls: -1.0 1st & 2nd, With only 1 change of foot triple jump -2.0 3rd & 4th, -3.0 5+ Min 6 revs on each foot -Jumps must be different from a) & b) One spin combination: **Components:** With only 1 change of foot SS/TR/PE/CH/IN Min 6 revs on each foot 2nd half last jump 1.1 multiplier

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