NZIFSA – 2023 Single Skating - SHORT PROGRAMME ELEMENTS – V2

Grade	Jump Elements	Spin Elements	Step Sequences
Adv. Novice U12/Girls Time: 2:20 (+/- 10 sec) Falls: -0.5 Component Factor: 1.07 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 sit spin 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 Boys Time: 2:20 (+/- 10 sec) Falls: -0.5 Component Factor: 1.20 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 sit 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 Component Factor: 1.33 ^{2nd} 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 jumps, or 2 triple jumps Jumps must be different from a) & b) 	 One flying sit spin Min 8 revs in landing position (may be different from flying position) One layback/sideways leaning spin or camel 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 flving sit spin Junior Men One step sequence b) 2Lz or 3Lz 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 camel 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 Component Factor: 1.67 With only 1 change of foot 2nd half last jump 1.1 Min 6 revs on each foot multiplier a) 2A or 3A • One flying spin • One step sequence Senior Ladies 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: Component Factor: 1.33 With only 1 change of foot Min 6 revs on each foot 2nd half last jump 1.1 multiplier a) 2A or 3A • One flying spin • One step sequence Senior Men One triple or quad jump b) Landing position different than spin in Fully utilises the ice surface one position c) One jump combination 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: Component Factor: 1.67 With only 1 change of foot Min 6 revs on each foot -2nd half last jump 1.1 multiplier

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