

| CATEGORY / TIME / BONUS<br><i>(Jumps must be fully rotated to receive bonus)</i>   | AXEL     | SOLO JUMP  | JUMP COMBO  | SOLO SPIN  |   | COMBO SPIN<br>(2 basic pos = "V")        | FLYING SPIN                   | STEP SEQUENCE                 |
|--|----------|--|---|--|---|--|-------------------------------|-------------------------------|
| <b>Pre-Novice</b><br>Women & Men<br>(max 2:30)<br><br><b>2A or higher base value</b><br><br><b>Any Triple executed as 2<sup>nd</sup> jump in combo</b>                               | 1A or 2A | Double or Triple<br>(2Lo or higher)<br><br>(no steps required)               | 2 Doubles,<br>1 Double / 1 Triple<br>or 2 Triples<br><br>(2A may be repeated)<br><br>same jumps permitted<br>(e.g. 2T+2T+C) | <b>Women</b><br>Layback, Sit<br>or Camel<br>(5 revs) | <b>Men</b><br>Change <b>Sit</b><br>(4/4 revs) | Min. 2 different basic pos<br>(4/4 revs) | N/A                           | Must fully utilize<br>the ice |
|  |          |  |   | <b>Max Level 3</b><br>No flying entry                |   |  |                               |                               |
| <b>Novice</b><br>Women & Men<br>(max 2:30)<br><br><b>Women: Any Triple</b><br><b>Men: 3Lo or higher base value</b><br><br><b>Any Triple executed as 2<sup>nd</sup> jump in combo</b> | 1A or 2A | Double<br>(preceded by steps)<br><br>or<br><br>Triple<br>(no steps required) | 2 Doubles,<br>1 Double / 1 Triple<br>or 2 Triples<br><br>same jumps permitted<br>(e.g. 2Lo+2Lo+C)                           | <b>Women</b><br>Layback, Sit<br>or Camel<br>(6 revs) | <b>Men</b><br>Change Camel<br>(5/5 revs)      | Min. 2 different basic pos<br>(5/5 revs) | N/A                           | Must fully utilize<br>the ice |
|  |          |  |   | No flying entry                                      |   |  |                               |                               |
| <b>Junior Women</b><br>(2:40 +/-10 sec)<br><br><b>3Lz as solo jump</b><br>Halfway at 1:20  | 2A       | <b>2Lz or 3Lz</b><br>(preceded by steps)                                     | 2 Doubles,<br>1 Double / 1 Triple<br>or 2 Triples<br><br>same jumps permitted<br>(e.g. 2T+2T+C)                             | Layback, or <b>Camel</b><br>(8 revs)                 |   | Min. 2 different basic pos<br>(6/6 revs) | Flying <b>Sit</b><br>(8 revs) | Must fully utilize<br>the ice |
|  |          |  |   | No flying entry                                      |   |  |                               |                               |
| <b>Junior Men</b><br>(2:40 +/-10 sec)<br><br><b>3A or higher base value</b><br>Halfway at 1:20   | 2A or 3A | <b>2Lz or 3Lz</b><br>(preceded by steps)                                     | 1 Double / 1 Triple<br>or 2 Triples<br><br>same jumps permitted<br>(e.g. 3T+3T+C)   | Change <b>Camel</b><br>(6/6 revs)                    |   | Min. 2 different basic pos<br>(6/6 revs) | Flying <b>Sit</b><br>(8 revs) | Must fully utilize<br>the ice |
|  |          |  |   | No flying entry                                      |   |  |                               |                               |
| <b>Senior Women</b><br>(2:40 +/-10 sec)<br><br>Halfway at 1:20   | 2A or 3A | Triple<br>(preceded by steps)  | 1 Double / 1 Triple<br>or 2 Triples<br><br>same jumps permitted<br>(e.g. 3T+3T+C)   | Layback, Sit or Camel<br>(8 revs)                    |   | Min. 2 different basic pos<br>(6/6 revs) | Flying Spin<br>(8 revs)       | Must fully utilize<br>the ice |
|  |          |  |   | No flying entry                                      |   |  |                               |                               |
| <b>Senior Men</b><br>(2:40 +/-10 sec)<br><br>Halfway at 1:20   | 2A or 3A | Triple or Quad<br>(preceded by steps)  | 1 Double / 1 Triple,<br>2 Triples or<br>1 Quad / 1 Dbl or 1 Tpl<br><br>same jumps permitted<br>(e.g. 3Lo+3Lo+C)             | Change Camel or<br>Change Sit<br>(6/6 revs)          |   | Min. 2 different basic pos<br>(6/6 revs) | Flying Spin<br>(8 revs)       | Must fully utilize<br>the ice |
|  |          |  |   | No flying entry                                      |   |  |                               |                               |

Please note: Junior & Senior categories subject to change by the ISU



# 2017-2018 Singles Quick Reference Chart

Free Program

Effective July 1, 2017

February 15, 2017

| CATEGORY / TIME / BONUS<br><i>(Jumps must be fully rotated to receive bonus)</i>   | JUMPS<br>(Each category must have an Axel)  | SPINS<br>(All codes must be different for each category)                     |  |   | SPIRAL / STEP / CHOREO  |
|--|---|--|--|---|---|
| <b>Pre-Juvenile</b><br>Women & Men U11 & U13<br>(2:30 ±0:10)   | Max 5 jumps<br><i>Must include 5 different jump types</i>   | Max 2 spins<br><b>(Max Base Level)</b>                                       |  |   | Max of 1<br>Spiral Sequence<br><br>Max Base Level                                 |
|  | Max 2 jump Combos<br>1 combo to include <b>Toe Loop</b> as 2 <sup>nd</sup> jump,<br>1 combo to include <b>Loop</b> as 2 <sup>nd</sup> jump<br>(2 jumps allowed in jump combo) | CCoSp (3/3 revs)<br>2 basic pos = "V"<br><br>(fly NOT allowed, DV permitted) | Flying Camel or Flying Sit<br>(4 revs)<br><br>(1 pos / no change of foot, no DV) |   |   |
| <b>Juvenile</b><br>Women & Men U12 & U14<br>(2:30 ±0:10)<br><br>2A or higher base value  | Max 5 jumps<br><i>Must include 6 different jump types</i>   | Max 2 spins<br><b>(Max Base Level)</b>                                       |  |   | Max of 1<br>Step Sequence<br>(for at least<br>half the ice)<br><br>Max Base Level |
|  | Max 2 jump Combos<br>1 combo to include <b>Toe Loop</b> as 2 <sup>nd</sup> jump,<br>1 combo to include <b>Loop</b> as 2 <sup>nd</sup> jump<br>(2 jumps allowed in jump combo) | CCoSp (3/3 revs)<br>2 basic pos = "V"<br><br>(fly NOT allowed, DV permitted) | Flying Camel or Flying Sit<br>(4 revs)<br><br>(1 pos / no change of foot, no DV) |   |   |
| <b>Pre-Novice</b><br>Women & Men (3:00 ±0:10)<br><br>2A or higher base value<br>Any Triple executed as 2 <sup>nd</sup> jump in combo | Max 6 jumps   | Max 3 spins<br><b>(Max Level 3)</b>  |  |   | Max of 1<br>Choreo Sequence   |
|  | Max 3 jump Combo/Seq<br>(2 jumps allowed in jump combo)   | CCoSp (4/4 revs) 2 pos = "V"<br>(flying entry optional)                      | Flying Camel or Flying Sit<br>(5 revs)<br>(1 pos / no change of foot)            | Spin of any nature<br>(5 revs)<br>(flying entry optional)             |   |
| <b>Novice Women</b><br>(3:00 ±0:10)<br><br>Any Triple or higher base value<br>Any Triple executed as 2 <sup>nd</sup> jump in combo   | Max 7 jumps (with 2A or triple)   | Max 3 spins  |  |   | Max of 1<br>Choreo Sequence   |
|  | Max 3 jump Combo/Seq<br>(2 jumps allowed in jump combo)   | CCoSp (5/5 revs) 2 pos = "V"<br>(flying entry optional)                      | Flying Camel or Flying Sit<br>(6 revs)<br>(1 pos / no change of foot)            | Spin of any nature<br>(6 revs)<br>(flying entry optional)             |   |
| <b>Novice Men</b><br>(3:30 ±0:10)<br><br>3Lo or higher base value<br>Any Triple executed as 2 <sup>nd</sup> jump in combo            | Max 8 jumps (with 2A or triple)   | Max 3 spins  |  |   | Max of 1<br>Choreo Sequence   |
|  | Max 3 jump Combo/Seq<br>(2 jumps allowed in jump combo)   | CCoSp (5/5 revs) 2 pos = "V"<br>(flying entry optional)                      | Flying Camel or Flying Sit<br>(6 revs)<br>(1 pos / no change of foot)            | Spin of any nature<br>(6 revs)<br>(flying entry optional)             |   |
| <b>Junior Women</b><br>(3:30 ±0:10)<br><br>Halfway at 1:45   | Max 7 jumps   | Max 3 spins  |  |   | Max of 1<br>Step Sequence   |
|  | Max 3 jump Combo/Seq<br>(3 jumps allowed in 1 jump combo)   | CoSp (10 revs) 2 pos = "V"<br>(flying entry &<br>change of foot optional)    | Flying Spin (6 revs)<br>(change of pos &<br>change of foot optional)             | Spin in 1 pos (6 revs)<br>(flying entry &<br>change of foot optional) |   |
| <b>Junior Men</b><br>(4:00 ±0:10)<br><br>3A or higher base value<br>Halfway at 2:00  | Max 8 jumps   | Max 3 spins  |  |   | Max of 1<br>Step Sequence   |
|  | Max 3 jump Combo/Seq<br>(3 jumps allowed in 1 jump combo)   | CoSp (10 revs) 2 pos = "V"<br>(flying entry &<br>change of foot optional)    | Flying Spin (6 revs)<br>(change of pos &<br>change of foot optional)             | Spin in 1 pos (6 revs)<br>(flying entry &<br>change of foot optional) |   |
| <b>Senior Women</b><br>(4:00 ±0:10)<br><br>Halfway at 2:00   | Max 7 jumps   | Max 3 spins  |  |   | Max of 1 ChSq<br><br>Max of 1<br>Step Sequence                                    |
|  | Max 3 jump Combo/Seq<br>(3 jumps allowed in 1 jump combo)   | CoSp (10 revs) 2 pos = "V"<br>(flying entry &<br>change of foot optional)    | Flying Spin (6 revs)<br>(change of pos &<br>change of foot optional)             | Spin in 1 pos (6 revs)<br>(flying entry &<br>change of foot optional) |   |
| <b>Senior Men</b><br>(4:30 ±0:10)<br><br>Halfway at 2:15   | Max 8 jumps   | Max 3 spins  |  |   | Max of 1 ChSq<br><br>Max of 1<br>Step Sequence                                    |
|  | Max 3 jump Combo/Seq<br>(3 jumps allowed in 1 jump combo)   | CoSp (10 revs) 2 pos = "V"<br>(flying entry &<br>change of foot optional)    | Flying Spin (6 revs)<br>(change of pos &<br>change of foot optional)             | Spin in 1 pos (6 revs)<br>(flying entry &<br>change of foot optional) |   |

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