2012-2013 Singles, Pairs, Ice Dance Program Requirements

As of March 28, 2012

Please find attached charts representing summary/overviews of the proposed program content requirements for Singles, Pair and Ice Dance for the 2012-2013 season. Changes to program requirements are highlighted in red with either a strikethrough (deleting an existing criteria) or an underline (adding a criteria). Changes that occur as a result of normal season rotations have not been given such indication.

In addition to the program changes outlined in the attached charts, there were other proposals and communications that may impact construction of programs. The most important of these proposed changes are listed below.

Information on Junior and Senior categories is announced by the ISU. Please monitor the ISU website for the publication of this information (www.isu.org).

These requirements have now been approved by the Skate Canada Board of Directors. The changes from the 2011-2012 version are outlined below:

- Pre-Juvenile and Juvenile singles free programs now have the option of a step or a spiral sequence.
- The solo jump in the Pre-Novice singles short program is now designated as a double loop or higher base valued jump.
- Because there is no longer a Novice competitive singles test, the language on the Novice singles free program jumps has been revised. The requirements have NOT been changed.
- The element rotations in Pre-Novice men and Novice pair have been indicated.
- The pattern dance rotations for Juvenile dance and Novice dance have been indicated

- **SINGLES SKATING**

Pre-Juvenile Women Free Program (2:30 ±0:10)	**Pre-Juvenile Men Free Program (2:30 ±0:10)**
JUMPS: Maximum of six jump elements. • One jump must be an Axel type takeoff. • Maximum of three jump combinations or sequences. Jump combinations may contain no more than two jumps. *No jump may be included more than twice, and if a jump is repeated it must be in combination or sequence.* SPINS: Maximum of three spins. *All spins shall be called no higher than Level 1.* • One must be a combination spin with at least one change of foot. • One must be a flying spin. • One spin of any nature. STEP/SPIRAL SEQUENCES: Maximum of one step sequence or spiral sequence. *All step sequences and spiral sequences shall be called no higher than Level 1.*	JUMPS: Maximum of six jump elements. • One jump must be an Axel type takeoff. • Maximum of three jump combinations or sequences. Jump combinations may contain no more than two jumps. *No jump may be included more than twice, and if a jump is repeated it must be in combination or sequence.* SPINS: Maximum of three spins. *All spins shall be called no higher than Level 1.* • One must be a combination spin with at least one change of foot. • One must be a flying spin. • One spin of any nature. STEP/SPIRAL SEQUENCES: Maximum of one step sequence or spiral sequence. *All step sequences and spiral sequences shall be called no higher than Level 1.*

Juvenile Women Free Program (2:30 ±0:10)	**Juvenile Men Free Program (2:30 ±0:10)**
JUMPS: Maximum of six jump elements. • One jump must be an Axel type takeoff. • Maximum of three jump combinations or sequences. Jump combinations may contain no more than two jumps. *No jump may be included more than twice, and if a jump is repeated it must be in combination or sequence.* SPINS: Maximum of three spins. *All spins shall be called no higher than Level 1.* • One must be a combination spin with at least one change of foot. • One must be a flying spin in one position with no change of foot. • One must be a spin of any nature. STEP/SPIRAL SEQUENCES: Maximum of one step sequence or spiral sequence (any pattern). *All step sequences and spiral sequences shall be called no higher than Level 1.*	JUMPS: Maximum of six jump elements. • One jump must be an Axel type takeoff. • Maximum of three jump combinations or sequences. Jump combinations may contain no more than two jumps. *No jump may be included more than twice, and if a jump is repeated it must be in combination or sequence.* SPINS: Maximum of three spins. *All spins shall be called no higher than Level 1.* • One must be a combination spin with at least one change of foot. • One must be a flying spin in one position with no change of foot. • One must be a spin of any nature. STEP/SPIRAL SEQUENCES: Maximum of one step sequence or spiral sequence. *All step sequences and spiral sequences shall be called no higher than Level 1.*

Pre-Novice Women Short Program (max: 2:30)	Pre-Novice Women Free Program (3:00 ±0:10)
JUMPS (a) One single or double Axel (b) One double or triple Jump (must be a double loop or higher base valued jump) (c) One jump combination including two double jumps or one double and one triple jump *Note: The 2A may be repeated, but if it is repeated one must be in combination. No more than two Axel type jumps can be included in the program.* *Note: Other than the 2A, no jump can be repeated unless as the first and second jump in the combination.* *** Only one triple jump may be included in the program* SPINS (a) layback or sideways leaning spin (min. 5 revolutions) (b) Spin combination with one (and only one) change of foot and at least two basic positions (min. 4 revolutions on each foot) *No flying entry on any spin.* STEP/SPIRAL SEQUENCES: Maximum one step sequence (any pattern)	JUMPS: Maximum of six jump elements. • One jump must be an Axel type takeoff. • Maximum of three jump combinations or sequences. Jump combinations may contain no more than two jumps. *No jump may be included more than twice, and if a jump is repeated it must be in combination or sequence.* SPINS: Maximum of three spins. • One must be a combination spin with at least one change of foot. • One must be a flying spin in one position with no change of foot. • One spin of any nature. STEP/SPIRAL SEQUENCES: Maximum of one spiral sequence. (The spiral sequence may have only Level 1 or Level 0 options.)

Pre-Novice Men Short Program (max: 2:30)	Pre-Novice Men Free Program (3:00 ±0:10)
JUMPS (a) One single or double Axel (b) One double or triple jump (must be a double loop or higher base valued jump) (c) One jump combination including two double jumps or one double and one triple jump *Note: The 2A may be repeated, but if it is repeated one must be in combination. No more than two Axel type jumps can be included in the program.* *Note: Other than the 2A, no jump can be repeated unless as the first and second jump in the combination.* ***Only one triple jump may be included in the program* SPINS (a) Sit spin with only one change of foot (min. 4 revolutions on each foot) (b) Spin combination with one (and only one) change of foot and at least two basic positions (min. 4 revolutions on each foot) *No flying entry on any spin.* STEP/SPIRAL SEQUENCES (a) One step sequence (any pattern)	JUMPS: Maximum of six jump elements. • One jump must be an Axel type takeoff. • Maximum of three jump combinations or sequences. Jump combinations may contain no more than two jumps. *No jump may be included more than twice, and if a jump is repeated it must be in combination or sequence.* SPINS: Maximum of three spins • One must be a combination spin with at least one change of foot. • One must be a flying spin in one position with no change of foot. • One spin of any nature. STEP/SPIRAL SEQUENCES: Maximum of one step sequence.

Novice Women Short Program (max: 2:30)	**Novice Women Free Program (3:00 ±0:10)**
JUMPS (a) One single or double Axel (b) One double jump *immediately preceded by connecting steps and/or other comparable free skating movements,* or triple jump (connecting steps not required) (c) One jump combination consisting of two double jumps or one double and one triple jump or two triple jumps* ** The jump combination may consist of the same jump or another double or triple jump. The jumps included must be different than the solo jump. Jumps (a) and (b) must be different.* SPINS (a) Layback or sideways leaning spin (min. 6 revolutions) (b) Spin combination with one (and only one) change of foot and at least two basic positions (min. 5 revolutions on each foot) *No flying entry on any spin* STEP/SPIRAL SEQUENCES: Maximum of one step sequence (any pattern)	JUMPS: Maximum of seven jump elements. • One jump must be an Axel type takeoff. • One jump must be a double Axel or a triple jump • Maximum of three jump combinations or sequences. Jump combinations may contain no more than two jumps. *No jump may be included more than twice, and if a jump is repeated it must be in combination or sequence.* SPINS: Maximum of three spins. • One must be a combination spin with at least one change of foot. • One must be a flying spin in one position with no change of foot. • One spin of any nature. STEP/SPIRAL SEQUENCES: Maximum of one spiral sequence. *(the spiral sequence may have only Level 1 or Level 0 options.)*

Novice Men Short Program (max: 2:30)	**Novice Men Free Program (3:30 ±0:10)**
JUMPS (a) One single or double Axel (d) One double jump *immediately preceded by connecting steps and/or other comparable free skating movements,* or triple jump (connecting steps not required) (b) One jump combination consisting of two double jumps or one double and one triple jump or two triple jumps* ** The jump combination may consist of the same jump or another double or triple jump. The jumps included must be different than the solo jump. Jumps (a) and (b) must be different.* SPINS (a) Sit or camel spin with change of foot (min. 5 revolutions on each foot, no flying entrance) (b) Spin combination with one (and only one) change of foot and at least two basic positions (min. 5 revolutions on each foot) *No flying entry on any spin* STEP/SPIRAL SEQUENCES (a) One step sequence (any pattern)	JUMPS: Maximum of ~~seven~~ eight jump elements. • One jump must be an Axel type takeoff. • One jump must be a double Axel or a triple jump • Maximum of three jump combinations or sequences. Jump combinations may contain no more than two jumps. *No jump may be included more than twice, and if a jump is repeated it must be in combination or sequence.* SPINS: Maximum of three spins. • One must be a combination spin with at least one change of foot. • One must be a flying spin in one position with no change of foot. • One spin of any nature. STEP/SPIRAL SEQUENCES: Maximum of one step sequence.

PAIR SKATING

Pre-Juvenile Pair Free Program 2.5 minutes ±0:10	Juvenile Pair Free Program (2:30 ±0:10)
• Maximum of two different lifts, at least one of which must be from group 1. Lifts must not include a change of position • Maximum of one throw jump • Maximum of one solo jump • Maximum of one pair spin (may be in combination) • Maximum of one solo spin (may be in combination) • Maximum of one spiral figure or death spiral • Maximum of one step sequence (straight line, circular or serpentine) or spiral sequence. *All lifts, solo spins, pair spins, spiral figures or death spiral, step sequences and spiral sequences shall be called no higher than Level 1 regardless of content.*	• Maximum of two different lifts, at least one of which must be from group 1. Lifts must not include a change of position • Maximum of one twist lift • Maximum of one throw jump • Maximum of one solo jump combination (no more than two jumps) or sequence • Maximum of one pair spin (may be in combination) • Maximum of one solo spin (may be in combination) • Maximum of one spiral figure or death spiral • Maximum of one step sequence (straight line, circular or serpentine) or spiral sequence. *All lifts, solo spins, pair spins, spiral figures or death spiral, step sequences and spiral sequences shall be called no higher than Level 1 regardless of content.*

Pre-Novice Pair Short Program (max: 2:40)	Pre-Novice Pair Free Program (3:00 ±0:10)
(a) One lift from group 1, 2, 3 or 4 (b) One twist (single or double) (c) One solo jump (Axel or any double jump) (d) Pair spin (minimum 4 rotations) - any but not a combination (e) One spiral figure or any death spiral (f) Spiral step sequence (g) Step sequence (straight line, circular or serpentine) *(the spiral sequence may have only Level 1 or Level 0 options.)*	• Maximum of two different lifts, one of which must be from group 1, 2, 3 or 4. • Maximum of one twist lift • Maximum of two different throw jumps • Maximum of one solo jump • Maximum of one solo jump combination (no more than two jumps) or sequence • Maximum of one solo spin (may be in combination) • Maximum of one spiral figure or death spiral • Maximum of one step sequence (straight line, circular or serpentine).

Novice Pair Short Program (max: 2:40)	Novice Pair Free Program (3:30 ±0:10)
(a) One hand-to-hand Loop take-off (Group 4) (b) One twist lift (double) (c) Double Flip jump (d) Solo spin combination with at least one change of position and only one change of foot (e) Death spiral backward outside (f) Throw Double Salchow (g) Step sequence	• Maximum of two different lifts, at least one of which must be from group 3 or 4 • Maximum of one twist lift • Maximum of two different throw jumps • Maximum of one solo jump • Maximum of one jump combination (no more than two jumps) or sequence • Maximum of one pair spin or pair spin combination • Maximum of one solo spin or solo spin combination • Maximum of one death spiral without restriction as to type • Maximum of one spiral sequence

ICE DANCING

Pre-Juvenile Dance
Two Pattern Dances to be skated to be drawn from the Junior Bronze Dance list

Juvenile Dance – Pattern	Juvenile Dance – Free Dance (2:00 ±0:10)
Two Pattern Dances: • Willow Waltz, • Ten Fox	• A maximum of one dance lift (six second - stationary, curve or straight Line) • A maximum of one dance spin (simple spin type, not combination type). Will be called to a maximum Level 2. • A maximum of one series of synchronized twizzles • A maximum of one footwork sequence (any shape, no required holds, may not be midline not touching)

Pre-Novice Dance - Pattern	Pre-Novice Dance – Free Dance (2:30 ±0:10)
Two Pattern Dances, drawn from: • European Waltz, • Keats Foxtrot, • Harris Tango, • Rocker Foxtrot	• A maximum of two different dance lifts (six second - stationary, curve, straight line or rotational) • A maximum of one dance spin (simple spin type, not combination type) • A maximum of one series of synchronized twizzles • A maximum of one footwork sequence (any shape, no required holds, may not be midline not touching)

Novice Dance – Pattern	Novice Dance – Free Dance (3:00 ±0:10)
Two Pattern Dances, drawn from: • Paso Doble • Blues • Westminster Waltz • Quickstep	• A maximum of three different short lifts (stationary, curve, straight line or rotational), OR a maximum of one short lift and one long lift (Serpentine, Reverse Rotational, Combination) • A maximum of one dance spin (simple spin type, or combination type) • A maximum of one series of synchronized twizzles • A maximum of two different step sequences: one straight (midline in hold, midline not touching without sequential twizzles or diagonal) and one curved (serpentine with two or three bold curves, or circular). No required holds.