



Changes to Junior and Senior Singles Short Program and Free Skating

The following changes to Junior and Senior Singles Short Program and Free Skating for the 2008/2009 Season were passed at the recent 2008 ISU Congress. Full details of the changes can be found in ISU Communication 1504.

These changes are **effective immediately** for all upcoming competitions, including 2008 State Championships and the 2008 Australian Figure Skating Championships.

JUNIOR AND SENIOR SINGLES SHORT PROGRAM REQUIRED ELEMENTS

Junior Ladies (Group A): (NO CHANGE)

- a) Double Axel Paulsen;
- b) One double or triple Lutz jump immediately preceded by connecting steps and/or other comparable free skating movements;
- c) One jump combination consisting of two double jumps or one double and one triple jump or two triple jumps;
- d) Flying camel spin;
- e) Layback or sideways leaning spin;
- f) Spin combination with only one change of foot and all three basic positions (sit, camel, upright or any variation thereof);
- g) Spiral sequence
- h) Step sequence (straight line, circular or serpentine).

Junior Men (Group A):

- a) Double or Triple Axel Paulsen;
- b) One double or triple Lutz jump immediately preceded by connecting steps and/or other comparable free skating movements;
- c) One jump combination consisting of one double and one triple jump or two triple jumps;
- d) Flying camel spin;
- e) Sit spin with only one change of foot;
- f) Spin combination with only one change of foot and all three basic positions (sit, camel, upright or any variation thereof);
- g) Two step sequences of a different nature (straight line, circular or serpentine).

Senior Ladies: (NO CHANGE)

- a) Double Axel Paulsen;
- b) One triple jump immediately preceded by connecting steps and/or other comparable free skating movements;
- c) One jump combination consisting of one double and one triple jump or two triple jumps;
- d) Flying spin;
- e) Layback or sideways leaning spin;
- f) Spin combination with only one change of foot and all three basic positions (sit, camel, upright or any variation thereof);
- g) Spiral sequence
- h) Step sequence (straight line, circular or serpentine).

Senior Men: (NO CHANGE)

- a) Double or Triple Axel Paulsen;
- b) One triple or quadruple jump immediately preceded by connecting steps and/or other comparable free skating movements;
- c) One jump combination consisting of one double and one triple jump, or two triple jumps, or a quadruple jump and a double or triple jump;
- d) Flying spin;
- e) Camel spin or sit spin with only one change of foot;
- f) Spin combination with only one change of foot and all three basic positions (sit, camel, upright or any variation thereof);
- g) Two step sequences of a different nature (straight line, circular or serpentine).

JUNIOR AND SENIOR SINGLES WELL BALANCED FREE SKATE PROGRAM ELEMENTS

The rationale for the proposed **decrease** in the number of elements of the well balanced free skating programs is to allow more time for components as well as the proper execution of the existing elements.

Junior Ladies:

- Maximum of 7 jump elements
 - One jump must be an Axel type takeoff
 - Maximum of 3 jump combinations or sequences, one jump combination may contain 3 jumps
 - No triple or quad jump may be included more than twice, and if a triple or quad is repeated it must be in combination or sequence
 - Maximum of 2 triple or quad jumps repeated
- Maximum of 3 spins
 - One must be a combination spin
 - One must be a flying spin
 - One must be a spin in one position (change foot optional)
- Maximum of 1 step sequence
- Spiral sequence no longer required and if performed will be marked as Transitions

Junior Men:

- Maximum of 8 jump elements
 - One jump must be an Axel type takeoff
 - Maximum of 3 jump combinations or sequences, one jump combination may contain 3 jumps
 - No triple or quad jump may be included more than twice, and if a triple or quad is repeated it must be in combination or sequence
 - Maximum of 2 triple or quad jumps repeated
- Maximum of 3 spins
 - One must be a combination spin
 - One must be a flying spin
 - One must be a spin in one position (change foot optional)
- Maximum of 1 step sequence
- If another step sequence is performed it will be marked as Transitions

Senior Ladies:

- Maximum of 7 jump elements
 - One jump must be an Axel type takeoff
 - Maximum of 3 jump combinations or sequences, one jump combination may contain 3 jumps

- No triple or quad jump may be included more than twice, and if a triple or quad is repeated it must be in combination or sequence
- Maximum of 2 triple or quad jumps repeated
- Maximum of 3 spins
 - One must be a combination spin
 - One must be a flying spin
 - One must be a spin in one position (change foot optional)
 - One spin of any nature. The fourth spin is no longer required and should not be performed and if performed will be counted as an additional element
- Maximum of 1 step sequence
- Maximum of 1 spiral sequence

Senior Men:

- Maximum of 8 jump elements
 - One jump must be an Axel type takeoff
 - Maximum of 3 jump combinations or sequences, one jump combination may contain 3 jumps
 - No triple or quad jump may be included more than twice, and if a triple or quad is repeated it must be in combination or sequence
 - Maximum of 2 triple or quad jumps repeated
- Maximum of 3 spins
 - One must be a combination spin
 - One must be a flying spin
 - One must be a spin in one position (change foot optional)
 - One spin of any nature. The fourth spin is no longer required and should not be performed and if performed will be counted as an additional element
- Maximum of 2 step sequences of a different nature

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