

NZIFSA – 2023 Single Skating - SHORT PROGRAMME ELEMENTS

Grade	Jump Elements	Spin Elements	Step Sequences
Adv. Novice U12/Girls Time: 2:20 (+/- 10 sec) Falls: -0.5 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)	<ul style="list-style-type: none"> • One layback/sideways leaning spin or sit spin with no change of foot <ul style="list-style-type: none"> - Min 6 revs in total • One spin combination: <ul style="list-style-type: none"> - Flying entry is permitted - With only 1 change of foot - Min 5 revs on each foot <p style="text-align: center;">Level 3 maximum on spins.</p>	<ul style="list-style-type: none"> • One step sequence <ul style="list-style-type: none"> - Fully utilises the ice surface <p style="text-align: center;">Level 3 maximum on steps</p>
Adv. Novice Boys Time: 2:20 (+/- 10 sec) Falls: -0.5 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)	<ul style="list-style-type: none"> • One sit spin <ul style="list-style-type: none"> - No flying entrance - With change of foot - Min 5 revs on each foot • One spin combination: <ul style="list-style-type: none"> - Flying entry is permitted - With only 1 change of foot - Min 5 revs on each foot <p style="text-align: center;">Level 3 maximum on spins.</p>	<ul style="list-style-type: none"> • One step sequence <ul style="list-style-type: none"> - Fully utilises the ice surface <p style="text-align: center;">Level 3 maximum on steps</p>
Junior U12/Ladies Time: 2:40 (+/- 10 sec) Falls: -1.0 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 jump, or 2 triple jumps - Jumps must be different from a) & b)	<ul style="list-style-type: none"> • One flying sit spin <ul style="list-style-type: none"> - Min 8 revs in landing position (may be different from flying position) • One layback/sideways leaning spin or camel spin without change of foot <ul style="list-style-type: none"> - Min 8 revs • One spin combination <ul style="list-style-type: none"> - With only 1 change of foot - Min 6 revs on each foot 	<ul style="list-style-type: none"> • One step sequence <ul style="list-style-type: none"> - Fully utilises the ice surface

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

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Grade	Jump Elements	Spin Elements	Step Sequences
Junior Men Time: 2:40 (+/- 10 sec) Falls: -1.0 2 nd half last jump 1.1 multiplier	a) 2A or 3A b) 2Lz or 3Lz c) One jump combination - Consisting of 1 double and 1 triple jump, or 2 triple jumps - Jumps must be different from a) & b)	<ul style="list-style-type: none"> • One flying sit spin <ul style="list-style-type: none"> - Min 8 revs in landing position (may be different from flying position) • One camel spin <ul style="list-style-type: none"> - With only 1 change of foot - Min 6 revs on each foot • Spin combination <ul style="list-style-type: none"> - With only 1 change of foot - Min 6 revs on each foot 	<ul style="list-style-type: none"> • One step sequence <ul style="list-style-type: none"> - Fully utilises the ice surface
Senior Ladies Time: 2:40 (+/- 10 sec) Falls: -1.0 1st & 2nd, -2.0 3rd & 4th, -3.0 5+ 2 nd half last jump 1.1 multiplier	a) 2A or 3A b) One triple jump - May not repeat jump in a) c) One jump combination - Consisting of 1 double and 1 triple jump, or 2 triple jumps - Jumps must be different from a) & b)	<ul style="list-style-type: none"> • One flying spin <ul style="list-style-type: none"> - Landing position different than spin in one position - Min 8 revs • One layback/sideways leaning spin or sit/camel spin without change of foot <ul style="list-style-type: none"> - Min 8 revs • One spin combination: <ul style="list-style-type: none"> - With only 1 change of foot - Min 6 revs on each foot 	<ul style="list-style-type: none"> • One step sequence <ul style="list-style-type: none"> - Fully utilises the ice surface
Senior Men Time: 2:40 (+/- 10 sec) Falls: -1.0 1st & 2nd, -2.0 3rd & 4th, -3.0 5+ 2 nd half last jump 1.1 multiplier	a) 2A or 3A b) One triple or quad jump c) One jump combination - 1 double and 1 triple jump, or 2 triple jumps, or a quad and a double or triple jump - Jumps must be different from a) & b)	<ul style="list-style-type: none"> • One flying spin <ul style="list-style-type: none"> - Landing position different than spin in one position - Min 8 revs • One camel or sit spin <ul style="list-style-type: none"> - With only 1 change of foot - Min 6 revs on each foot • One spin combination: <ul style="list-style-type: none"> - With only 1 change of foot - Min 6 revs on each foot 	<ul style="list-style-type: none"> • One step sequence <ul style="list-style-type: none"> - Fully utilises the ice surface

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