

NZIFSA – 2024/25 Single Skating - SHORT PROGRAMME ELEMENTS

Grade	Jump Elements	Spin Elements	Step Sequences
<p>Adv. Novice U12/Girls</p> <p>Time: 2:20 (+/- 10 sec)</p> <p>Falls: -0.5</p> <p>Component Factor: 1.07</p> <p>Jump Bonuses Apply</p>	<p>a) 1A or 2A</p> <p>b) One double or triple jump</p> <ul style="list-style-type: none"> - May not repeat jump in a) <p>c) One jump combination</p> <ul style="list-style-type: none"> - Consisting of 2 double jumps, or 1 double and 1 triple jump - <u>The 2nd jump must be a double or triple Toe loop</u> - Jumps must be different from a) & b) 	<ul style="list-style-type: none"> • One layback/sideways leaning spin or <u>Sit</u> 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"> - With only 1 change of foot - Min 5 revs on each foot <p style="text-align: center;">Flying entries are <u>not</u> allowed</p> <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 - <u>For Clusters feature, must include forward outside Rocker and back inside Loop, either in same combination or one in each. Only 1 difficult turn may be repeated once in the two combinations</u> - <u>Min 2 difficult turns & steps on clean edges for level basic</u> <p style="text-align: center;">Level 3 maximum on steps</p>
<p>Adv. Novice Boys</p> <p>Time: 2:20 (+/- 10 sec)</p> <p>Falls: -0.5</p> <p>Component Factor: 1.20</p> <p>Jump Bonuses Apply</p>	<p>a) 1A or 2A</p> <p>b) One double or triple jump</p> <ul style="list-style-type: none"> - May not repeat jump in a) <p>c) One jump combination</p> <ul style="list-style-type: none"> - Consisting of 2 double jumps, or 1 double and 1 triple jump - <u>The 2nd jump must be a double or triple Toe loop</u> - Jumps must be different from a) & b) 	<ul style="list-style-type: none"> • One <u>Sit</u> spin <ul style="list-style-type: none"> - <u>With</u> change of foot - Min 5 revs on each foot • One spin combination: <ul style="list-style-type: none"> - With only 1 change of foot - Min 5 revs on each foot <p style="text-align: center;">Flying entries are <u>not</u> allowed</p> <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 - <u>For Clusters feature, must include forward outside Rocker and back inside Loop, either in same combination or one in each. Only 1 difficult turn may be repeated once in the two combinations.</u> - <u>Min 2 difficult turns & steps on clean edges for level basic</u> <p style="text-align: center;">Level 3 maximum on steps</p>
<p>Junior U12/Women</p> <p>Time: 2:40 (+/- 10 sec)</p> <p>Falls: -1.0</p> <p>Component Factor: 1.33</p> <p>2nd half last jump 1.1 multiplier</p>	<p>a) 2A</p> <p>b) <u>2F</u> or <u>3F</u></p> <p>c) One jump combination</p> <ul style="list-style-type: none"> - 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 <u>Camel</u> 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 <u>Sit</u> spin without change of foot <ul style="list-style-type: none"> - Min 8 revs - No flying entry • One spin combination <ul style="list-style-type: none"> - With only 1 change of foot - Min 6 revs on each foot - No flying entry 	<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
<p>Junior Men</p> <p>Time: 2:40 (+/- 10 sec)</p> <p>Falls: -1.0</p> <p>Component Factor: 1.67</p> <p>2nd half last jump 1.1 multiplier</p>	<p>a) 2A or 3A</p> <p>b) <u>2F</u> or <u>3F</u></p> <p>c) One jump combination</p> <ul style="list-style-type: none"> - 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 <u>Camel</u> spin <ul style="list-style-type: none"> - Min 8 revs in landing position (may be different from flying position) • One <u>Sit</u> spin <ul style="list-style-type: none"> - With only 1 change of foot - Min 6 revs on each foot - No flying entry • Spin combination <ul style="list-style-type: none"> - With only 1 change of foot - Min 6 revs on each foot - No flying entry 	<ul style="list-style-type: none"> • One step sequence <ul style="list-style-type: none"> - Fully utilises the ice surface
<p>Senior Women</p> <p>Time: 2:40 (+/- 10 sec)</p> <p>Falls: -1.0 1st & 2nd, -2.0 3rd & 4th, -3.0 5+</p> <p>Component Factor: 1.33</p> <p>2nd half last jump 1.1 multiplier</p>	<p>a) 2A or 3A</p> <p>b) One triple jump</p> <ul style="list-style-type: none"> - May not repeat jump in a) <p>c) One jump combination</p> <ul style="list-style-type: none"> - 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 - No flying entry • One spin combination: <ul style="list-style-type: none"> - With only 1 change of foot - Min 6 revs on each foot - No flying entry 	<ul style="list-style-type: none"> • One step sequence <ul style="list-style-type: none"> - Fully utilises the ice surface
<p>Senior Men</p> <p>Time: 2:40 (+/- 10 sec)</p> <p>Falls: -1.0 1st & 2nd, -2.0 3rd & 4th, -3.0 5+</p> <p>Component Factor: 1.67</p> <p>2nd half last jump 1.1 multiplier</p>	<p>a) 2A or 3A</p> <p>b) One triple or quad jump</p> <p>c) One jump combination</p> <ul style="list-style-type: none"> - 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 - No flying entry • One spin combination: <ul style="list-style-type: none"> - With only 1 change of foot - Min 6 revs on each foot - No flying entry 	<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**