

NZIFSA – 2025/26 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>Max 2 bonus points. 1 bonus point for one Double Axel and 1 bonus point for one triple jump.</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 - The 2nd jump must be a double or triple Loop - Jumps must be different from a) & b) 	<ul style="list-style-type: none"> • One layback/sideways leaning spin or <u>camel spin</u> <ul style="list-style-type: none"> - No change of foot - Min 6 revs in total - No flying entry • One spin combination: <ul style="list-style-type: none"> - With only 1 change of foot - Min 5 revs on each foot - No flying entry <p>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 - For Clusters feature, must include <u>inside bracket and back outside counter</u> either in same combination or one in each. Only 1 difficult turn may be repeated once in the two combinations - Min 2 difficult turns & steps on clean edges for level basic <p>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>Max 2 bonus points. 1 bonus point for one Double Axel and 1 bonus point for one triple jump.</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 - The 2nd jump must be a double or triple Loop - Jumps must be different from a) & b) 	<ul style="list-style-type: none"> • One <u>Camel</u> spin <ul style="list-style-type: none"> - <u>With or without</u> change of foot - Min 5 revs on each foot (6 revs without change of foot) - No flying entry • One spin combination: <ul style="list-style-type: none"> - With only 1 change of foot - Min 5 revs on each foot - No flying entry <p>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 - For Clusters feature, must include <u>inside bracket and back outside counter</u> either in same combination or one in each. Only 1 difficult turn may be repeated once in the two combinations. - Min 2 difficult turns & steps on clean edges for level basic <p>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>2Lo</u> or <u>3Lo</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>Sit</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>Camel</u> spin <ul style="list-style-type: none"> - No change of foot - 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
Junior Men Time: 2:40 (+/- 10 sec) Falls: -1.0 Component Factor: 1.67 2 nd half last jump 1.1 multiplier	a) 2A or 3A b) <u>2Lo</u> or <u>3Lo</u> c) One jump combination <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>Sit</u> spin <ul style="list-style-type: none"> - Min 8 revs in landing position (may be different from flying position) • One <u>Camel</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
Senior Women Time: 2:40 (+/- 10 sec) Falls: -1.0 1st & 2nd, -2.0 3rd & 4th, -3.0 5+ Component Factor: 1.33 2 nd half last jump 1.1 multiplier	a) 2A or 3A b) One triple jump <ul style="list-style-type: none"> - May not repeat jump in a) c) One jump combination <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 <ul style="list-style-type: none"> - No change of foot - 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
Senior Men Time: 2:40 (+/- 10 sec) Falls: -1.0 1st & 2nd, -2.0 3rd & 4th, -3.0 5+ Component Factor: 1.67 2 nd half last jump 1.1 multiplier	a) 2A or 3A b) One triple or quad jump c) One jump combination <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**