



IJS Checklist for Coaches & Athletes - Singles Skating

INTERMEDIATE MEN & LADIES

SHORT PROGRAM

FREE SKATE

2015-16

IJS CHECKLIST FOR COACHES & ATHLETES—SINGLES SKATING

INTRODUCTION / HOW TO USE THE IJS PROGRAM CHECKLIST

The IJS checklist is a tool for coaches and athletes in designing and checking their programs, to ensure that they have meet all of the rules, and are maximizing their points.

This checklist does not contain all of the rules and specific requirements. Coaches still must refer to [U.S. Figure Skating Rulebook](#), [ISU Technical Panel Handbook](#), [Technical Notifications](#) and [ISU Communications](#).

It is the responsibility of the coach to read and understand all rules when constructing programs.

The checklist is designed to enable coaches and athletes to record their chosen elements in great detail, and verify their compliance.

There is a separate booklet for each level. This one is for **INTERMEDIATE SINGLES**

The following format applies:

Spin and Jump Elements for the short program and free skate

- *All of the spin and jump requirements for the selected level and the repeat rules are listed.*
- *The user should record each feature used in the required spins and jumps.*

Description of Features

- *Features with criteria if needed for reference.*

Final Checklist

- *The final checklist is the overall tally of the features that can be executed only once per program.*

INTERMEDIATE Ladies & Men SHORT PROGRAM

DURATION; 2:00 MAX FOR LADIES & MEN

Spin Combination With only one (1) change of foot Entry may not fly

- ✓ Minimum five (5) revolutions for on each foot (for GOE)
- ✓ Minimum two (2) revolutions in each position
- ✓ At least one (1) change of position and two (2) different basic positions
- ✓ A maximum of two (2) features on each foot

First Feature _____

Second Feature _____

Third Feature _____

Fourth Feature _____

Spin in One Position May not change feet Entry may fly

- ✓ Minimum five (5) revolutions (for GOE)

First Feature _____

Second Feature _____

Third Feature _____

Fourth Feature _____

- ✓ *If eight (8) revolutions are repeated it must be executed in a different basic position and/or difficult variation from first achieved, or a non-basic position in combination spin only.*
- ✓ *For Short Program, Biellmann is awarded after 5 revolutions in sideways or layback position*
- ✓ *If a difficult flying entry is chosen (Feature #11), or ANY spin with a flying entry, the fly must satisfy the ISU spin requirements. See details on the Spin Feature Checklist page.*

Choreographic Step Sequence

- ✓ Full utilization of ice surface

Jump Elements:

1. Single or double Axel _____
2. Double or triple jump (preceded by steps or free skating movements) _____
3. Jump combination (single/double, double/double, triple/double in any order)

Jump Restrictions

- ✓ **Double Axel** may **not** repeat as solo jump or in combination jump
- ✓ **Solo Jump** may **not** repeat the double Axel or the triple jump or double jumps used in combination
- ✓ **Jump Combination** may repeat same double/triple jumps

Bonus 1.0 for one (1) double Axel (fully rotated or under rotated <)
1.0 for every different triple jump (fully rotated or under rotated <)
See TN 170

INTERMEDIATE Ladies & Men FREE SKATE

DURATION; 2:30 +/- 10 sec. FOR LADIES & MEN

Spin Combination With or without a change of foot Entry may fly

- ✓ Minimum eight (8) revolutions (for GOE)
- ✓ Minimum two (2) revolutions in each position
- ✓ At least one (1) change of position and two (2) different basic positions
- ✓ A maximum of two (2) features on each foot

First Feature_____

Second Feature_____

Third Feature_____

Fourth Feature_____

Spin in One Position No change of foot or position; Entry may fly

- ✓ Minimum five (5) revolutions (for GOE)

First Feature_____

Second Feature_____

Third Feature_____

Fourth Feature_____

- ✓ *If eight (8) revolutions are repeated it must be executed in a different basic position and/or difficult variation from first achieved, or a non-basic position in combination spin only.*
- ✓ *If a difficult flying entry is chosen (Feature #11), or ANY spin with a flying entry, the fly must satisfy the ISU spin requirements. See details on the Spin Feature Checklist page.*

Choreographic Step Sequence

Full utilization of ice surface

Jump Elements: Max six (6); Max three (3) jump combinations or sequences

1. Axel type jump (may be included in combination or sequence)_____
2. _____
3. _____
4. _____
5. _____
6. _____

Jump Restrictions

- ✓ Jump combinations limited to two (2) jumps, except one (1) three- jump combination is permitted
- ✓ No more than two (2) different jumps with 2 ½ or 3 revolutions may be repeated.
- ✓ If any double or triple jumps, including double Axel, are repeated, at least one (1) attempt must be part of a combination or sequence.
- ✓ No double or triple jump can be repeated more than once
- ✓ Single jumps will have value.

Bonus 1.0 for one (1) double Axel (fully rotated or under rotated <)

1.0 for every different triple jump (fully rotated or under rotated <) SEE TN 170

INTERMEDIATE Spin Feature Checklist

- 1. Difficult Variations** Any category of difficult spin variation in a basic position counts once per program, first time attempted. A difficult variation in a non-basic position counts once per program in spin combination only.
- 2. Change of foot executed by a jump** Must be at least 2 revolutions in a basic position or non-basic position before the jump, reach a basic position within the first 2 revolutions, and held for 2 revolutions.
- 3. Jump within a spin without changing feet** Must be at least 2 revolutions in a basic position or non-basic position before the jump, reach a basic position within the first 2 revolutions, and held for 2 revolutions.
- 4. Difficult change of position on the same foot** Changing from a basic position to a different basic position without establishing a non-basic position that requires significant strength, skill, and control.
- 5. Difficult entrance into a spin** Includes the preparation and/or the beginning phase of a spin. The entrance must have significant impact on the balance, control, and execution of the spin and the position reached without hesitation.
- 6. Clear change of edge** In sit (only from backward inside to forward outside), camel, layback, and Biellmann. Must be held for 2 revolutions before and after the change.
- 7. All 3 basic positions on second foot** Each position must be held for 2 revolutions. The execution cannot be interrupted by a second change of foot.
- 8. Both directions immediately following each other** Must be executed in sit or camel positions. A minimum of 3 revolutions in each direction is required. Must not have long exit or entry edges (reflected in GOE)
- 9. Clear increase of speed** In sit, camel, layback, or Biellmann position. Once the position has been established, a clear increase in speed will be considered a feature.
- 10. At least 8 revolutions** without changes in position/variation, foot, or edge in camel, layback, difficult variation of any basic position, or for combination only, a non-basic. May be repeated in another spin in a different position or different difficult variation.
- 11. Difficult variation of flying spins/spins with flying entry** Flying position must be really difficult, e.g.: total sit position in the air, open butterfly, almost a split position on flying camel entrance. Must achieve a basic position within 2 revolutions and hold for 2 revolutions in the basic position.
- 12. One clear change of position backwards/sideways or reverse** At least 2 revolutions in each position. Also counts if the layback is part of any other spin.
- 13. Biellmann position** Must be held for a minimum of 2 revolutions. In **SP**, after 5 revolutions in a layback

Spin Requirements

- 1. Flying Spins** (spins in 1 position without change of foot) or **ANY** spin with a flying entry
 - a) a clear visible jump
 - b) a basic landing position reached within the first 2 revolutions and held for 2 revolutions after landing

The sign "V" indicates that 1 or more of these requirements are not fulfilled.

INTERMEDIATE FINAL CHECK

No Repeat of:

- ✓ Any (same type) difficult variation
- ✓ Change of foot executed by a jump
- ✓ Jump (clearly visible) within a spin without changing feet
- ✓ Difficult change of position on the same foot
- ✓ Difficult entrance into a spin
- ✓ Clear change of edge in sit, camel, or layback
- ✓ All 3 basic positions on second foot
- ✓ Both directions immediately following each other
- ✓ Clear increase of speed in camel, sit, layback or Biellmann
- ✓ 8 revolutions, max of 2 times per program
- ✓ Difficult flying entry
- ✓ Side to back or reverse in layback or part of any other spin

Other Important Reminders

1. Difficult variation of a non-basic position cannot be similar to another attempted variation
2. All spins must be of a different nature

Choreographic Step Sequence

- ✓ Pattern and steps/turns are optional, but sequence must fully utilize the ice surface
- ✓ May include listed and unlisted jumps
- ✓ If sequence meets minimum standards, it receives a fixed value and is evaluated by judges
- ✓ Must meet minimum standards or will receive no value

**FOR ADDITIONAL INFORMATION REGARDING THE LEVELS OF DIFFICULTY
FEATURE CRITERIA AND SCALE OF VALUES, PLEASE REFERENCE
[ISU TECHNICAL HANDBOOK AND ISU COMMUNICATION #1944.](#)**