



# **IJS Checklist for Coaches & Athletes - Singles Skating**

**JUNIOR 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 **JUNIOR 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.*

# JUNIOR Ladies & Men SHORT PROGRAM

**DURATION; 2:50 MAX FOR LADIES & MEN**

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

- ✓ Minimum six (6) 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 Ladies: Layback/sideways leaning spin,**

**Men: Camel Spin with 1  
change of foot**

- ✓ Minimum six (6) revolutions (for GOE) **Entry may not fly**

**First Feature** \_\_\_\_\_

**Second Feature** \_\_\_\_\_

**Third Feature** \_\_\_\_\_

**Fourth Feature** \_\_\_\_\_

- ✓ *For Short Program, Biellmann is awarded after 8 revolutions in sideways or layback position.*

## **Flying Sit Spin Sit position must be attained in the air**

- ✓ Minimum eight (8) revolutions on each foot (for GOE)

**First Feature** \_\_\_\_\_

**Second Feature** \_\_\_\_\_

**Third Feature** \_\_\_\_\_

**Fourth Feature** \_\_\_\_\_

- ✓ *If a difficult flying entry is chosen (Feature #11) or **ANY** spin with a flying entry. The fly must satisfy ISU spin requirements. See details on the Spin Feature Checklist page.*

## **Leveled Step Sequence: See Step Sequence page**

### **Jump Elements:**

1. Double Axel (ladies) or triple Axel (men)
2. Double or triple Flip (preceded by steps or free skating movements) \_\_\_\_\_
3. Jump combination **Ladies:** (double/double, double/triple, triple/triple) \_\_\_\_\_  
**Men:** (double/triple, triple/triple) \_\_\_\_\_

### **Jump Restrictions**

- ✓ **Jump Combination** may not repeat double Axel or solo jump preformed

# JUNIOR Ladies & Men FREE SKATING

**DURATION; Ladies: 3:30 +/- 10 sec. Men: 4:00 +/- 10 sec.**

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

- ✓ Minimum ten (10) 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** \_\_\_\_\_

## **Flying Entry Spin**

- ✓ Minimum six (6) revolutions (for GOE)

**First Feature** \_\_\_\_\_

**Second Feature** \_\_\_\_\_

**Third Feature** \_\_\_\_\_

**Fourth Feature** \_\_\_\_\_

- ✓ *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.*

## **Spin in One Position: With or without a change of foot; Entry may fly, must of a different character**

- ✓ Minimum six (6) revolutions (for GOE)

**First Feature** \_\_\_\_\_

**Second Feature** \_\_\_\_\_

**Third Feature** \_\_\_\_\_

**Fourth Feature** \_\_\_\_\_

- ✓ *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.*

✓

## **Leveled Step Sequence** See Step Sequence page

### **Jump Elements: Men: max 8; Ladies: max 7**

1. Axel type jump \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_ **men only**

### **3 jump combinations or sequences**

#### **Jump Restrictions**

1. One three-jump combination is permitted
2. Of all triple or quads, only 2 can be executed twice. If both executions are as solo jumps, the second of these will receive 70% of the base value.
3. No double jump, including double Axel, can be included more than twice.

# JUNIOR 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 (error 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.
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 8 revolutions in a layback or sideways position.

## **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.**

## JUNIOR FINAL SPIN 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
- ✓ 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

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

# JUNIOR STEP SEQUENCE

## Leveled Step Sequence

- ✓ **Minimum variety** must include at least **5** difficult turns and steps
- ✓ **Simple variety** must include at least **7** difficult turns and steps
- ✓ **Variety** must include at least **9** difficult turns and steps
- ✓ **Complexity** must include at least **11** turns and steps, 5 types executed in both directions

**None of the types can be counted more than twice, 3 turns are not considered difficult**

<input type="checkbox"/>	<input type="checkbox"/>	Choctaws	CW	CCW
<input type="checkbox"/>	<input type="checkbox"/>	Brackets	_____	_____
<input type="checkbox"/>	<input type="checkbox"/>	Counter	_____	_____
<input type="checkbox"/>	<input type="checkbox"/>	Rockers	_____	_____
<input type="checkbox"/>	<input type="checkbox"/>	Loops	_____	_____
<input type="checkbox"/>	<input type="checkbox"/>	Twizzles	_____	_____

Turns that Rotate Clockwise	Choctaws
<b>Brackets:</b> LFO, RFI, RBO, LBI	<b>LFI to RBO</b>
<b>Counters:</b> LFO, RFI, RBO, LBI	<b>LBO to RFI</b>
<b>Rockers:</b> RFO, LFI, LBO, RBI	<b>LFO to RBI</b>
<b>Loops:</b> RFO, LFI, LBO, RBI	
<b>Twizzles:</b> RFO, LFI, LBO, RBI	

Turns that Rotate Counter Clockwise	Choctaws
<b>Brackets:</b> LFI, RFO, LBO, RBI	<b>RFI to LBO</b>
<b>Counters:</b> LFI, RFO, LBO, RBI	<b>RBO to LFI</b>
<b>Rockers:</b> LFO, RFI, RBO, LBI	<b>RFO to LBI</b>
<b>Loops:</b> LFO, RFI, RBO, LBI	
<b>Twizzles:</b> LFO, RFI, RBO, LBI	

2. Rotations in both directions (clockwise & counter clockwise) with full (360) body rotation covering at least 1/3 of the pattern in total for each rotational direction.

Full body rotation for at least 1/3 of the pattern in each direction

3. Use of body movements (including arms, head, torso, hips & legs) for at least 1/3 of the pattern

For at least 1/3 of the pattern in total

4. Two different combinations (clusters) of 3 difficult turns (brackets, counters, rockers, twizzles, loops) executed with a clear rhythm within the sequence. For Level 4, the combination of difficult turns must be executed on each foot.

**Cluster #1**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Cluster #2**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_