



IJS Checklist for Coaches & Athletes - Singles Skating

SENIOR 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 **SENIOR 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.*

SENIOR 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 or Sit Spin /1

- ✓ Minimum eight (8) revolutions for layback, six (6) for camel/sit **Entry may not fly change of foot**

First Feature _____

Second Feature _____

Third Feature _____

Fourth Feature _____

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

Flying Spin Landing position must be different than layback or Spin in One Position

- ✓ 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 spin. 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:

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

Jump Restrictions

- ✓ **Solo Jump** may not repeat Axel jump or either jump in jump combination
- ✓ **Jump Combination** may not repeat Axel jump or solo jump

SENIOR Ladies & Men FREE SKATING

DURATION; Ladies: 4:00 +/- 10 sec. Men: 4:30 +/- 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 May change of foot or position

- ✓ 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

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 & Choreographic Sequence

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.

SENIOR 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.
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 6 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.

SENIOR 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.](#)**

SENIOR 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	Turns that Rotate Counterwise	Choctaws
Brackets: LFO, RFI, RBO, LBI	LFI to RBO	Brackets: LFI, RFO, LBO, RBI	RFI to LBO
Counters: LFO, RFI, RBO, LBI	LBO to RFI	Counters: LFI, RFO, LBO, RBI	RBO to LFI
Rockers: RFO, LFI, LBO, RBI	LFO to RBI	Rockers: LFO, RFI, RBO, LBI	RFO to LBI
Loops: RFO, LFI, LBO, RBI		Loops: LFO, RFI, RBO, LBI	
Twizzles: RFO, LFI, LBO, RBI		Twizzles: 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

