

**Singles Short Program Requirements
2008-2009 Competition Season**

<p align="center">Senior Men - Short Program</p> <p>8 elements 2:50 max</p> <p>Triple or Double Axel</p> <p>Any Quad or Triple jump out of footwork</p> <p>Jump Combination - Quad or Triple with Triple or Double Only 1 quad per program</p> <p>Flying Spin (8) Only the Flying Spin may start with a flying entry</p> <p>Camel or Sit Spin with change of foot (6-6)</p> <p>Combination Spin with change of foot (6-6) must include all 3 basic positions</p> <p>2 Step Sequences (must be different patterns)</p>	<p align="center">Senior Ladies - Short Program</p> <p>8 elements 2:50 max</p> <p>Double Axel</p> <p>Any Triple jump out of footwork</p> <p>Jump Combination - Triple with Triple or Double</p> <p>Flying Spin (8) Only the Flying Spin may start with a flying entry</p> <p>Layback Spin (8)</p> <p>Combination Spin with change of foot (6-6) must include all 3 basic positions</p> <p>1 Step Sequence</p> <p>1 Spiral Sequence (3 spirals min/must change feet)</p>
<p align="center">Junior Men - Short Program</p> <p align="center">Group A</p> <p>8 elements 2:50 max</p> <p>Triple or Double Axel</p> <p>Triple or Double Lutz out of footwork</p> <p>Jump Combination - Triple with Triple or Double Only the Flying Camel Spin may start with a flying entry.</p> <p>Flying Camel Spin (8)</p> <p>Sit Spin with change of foot (6-6)</p> <p>Combination Spin with change of foot (6-6) must include all 3 basic positions</p> <p>2 Step Sequences (must be different patterns)</p>	<p align="center">Junior Ladies - Short Program</p> <p align="center">Group A</p> <p>8 elements 2:50 max</p> <p>Double Axel</p> <p>Triple or Double Lutz out of footwork</p> <p>Jump Combination - Triple or Double with Triple or Double Only the Flying Camel Spin may start with a flying entry.</p> <p>Flying Camel Spin (8)</p> <p>Layback Spin (8)</p> <p>Combination Spin with change of foot (6-6) must include all 3 basic positions</p> <p>1 Step Sequence</p> <p>1 Spiral Sequence (3 spirals min/must change feet)</p>
<p align="center">Novice Men - Short Program</p> <p>6 elements 2:30 max</p> <p>Double or Single Axel</p> <p>Any Triple or Double jump out of footwork</p> <p>Jump Combination - Double with Triple or Double Neither spin may start with a flying entry</p> <p>Camel or sit spin/no change of foot (6)</p> <p>Combination Spin with change of foot (5-5) at least 1 change of position required</p> <p>1 Step Sequence</p>	<p align="center">Novice Ladies - Short Program</p> <p>6 elements 2:30 max</p> <p>Double or Single Axel</p> <p>Any Triple or Double jump out of footwork</p> <p>Jump Combination - Double with Triple or Double Neither spin may start with a flying entry</p> <p>Layback Spin (6)</p> <p>Combination Spin with change of foot (5-5) at least 1 change of position required</p> <p>1 Spiral Sequence (2 spirals min/must change feet)</p>
<p align="center">Intermediate - Short Program</p> <p>6 elements 2:00 max</p> <p>Double or Single Axel</p> <p>Any Double jump out of footwork</p> <p>Jump Combination - Double with Double or Single Only the spin in one position may start with a flying entry</p> <p>Spin in one position w/ no change of foot (5)</p> <p>Combination Spin with change of foot (5-5) at least 1 change of position required</p> <p>1 Step Sequence</p>	