

# Singapore National Figure Skating Championships 2008

## ADULT FREE PROGRAM REQUIREMENTS

(As of August 20th, 2007)

Four different levels of Adult events will be offered at the SISA National Championships 2008. It is understood that men and women will compete separately. The competition committee reserves the right to combine event levels should there be fewer than two entries in any event. To compete as an adult, a skater must be 18 years of age or older as of December 31<sup>st</sup>, 2007.

### WELL-BALANCED PROGRAM CRITERIA

**Bronze Free Programs:** music of 1:30 minutes (+ or – 10 seconds). Max 1:40

- a) **Jumps, Jump Combinations, Jump Sequences**  
There shall be no more than **4 jump elements** that must meet the following specifications:
- i) No axel or double jumps allowed.
  - ii) Each jump may be repeated once, but only as part of a combination or a sequence. (max 2 of any jump)
  - iii) At least one jump combination or sequence must be included but not more than three.
  - iv) The number of jumps in a combination or sequence is limited to 2, but one 3 jump combo/sequence is permitted.
- b) **Spins, Spin Combination**  
There shall be no more than **2 spin elements** that must meet the following specifications:
- i) The spins must have a required minimum number of revolutions:
    - a. three (3) for the spin in only one position and no change of foot
    - b. four (4) for the spin combination with no change of foot and
    - c. eight (8) for the spin combination with change of foot.
  - ii) Spins must have a minimum of 3 revolutions in position.
  - iii) Spins must be of a different nature.
  - iv) **Flying spins are not permitted.**
- c) **Step Sequence**  
There shall be a maximum of **one step sequence or spiral sequence.**

**Silver Free Programs:** music of 2:00 minutes (+ or – 10 seconds). Max 2:10

a) **Jumps, Jump Combinations, Jump Sequences**

There shall be no more than **5 jump elements** that must meet the following specifications:

- i) No double jumps or triple jumps allowed.
- ii) Each jump may be repeated once, but only as part of a combination or a sequence. (max 2 of any jump)
- iii) At least one jump combination or sequence must be included but not more than three.
- iv) The number of jumps in a combination or sequence is limited to 2, but one 3 jump combo/sequence is permitted.

b) **Spins, Spin Combination**

There shall be no more than **3 spin elements** that must meet the following specifications:

- i) The spins must have a required minimum number of revolutions:
  - a. three (3) for the flying spin with no change of foot after landing,
  - b. three (3) for the spin in only one position and no change of foot,
  - c. four (4) for the spin combination with no change of foot and
  - d. eight (8) for the spin combination with change of foot.
- ii) One combination spin: may have only one change of foot or one change of position.
- iii) A spin combination that has a change of foot must have a minimum of 3 revolutions in position on each foot.
- iv) Spins must be of a different nature.

c) **Step Sequence**

There shall be a maximum of **one step sequence or spiral sequence.**

**Gold Free Programs:** music of 2:30 minutes (+ or – 10 seconds). Max 2:40

a) **Jumps, Jump Combinations, Jump Sequences**

There shall be no more than **6 jump elements** that must meet the following specifications:

- i) Double jumps may include double toe loop, double salchow and/or double loop. No double flip, double lutz or double axel allowed.  
No triple jumps allowed.
- ii) Each jump may be repeated once, but only as part of a combination or a sequence. (max 2 of any jump)
- iii) One jump combination or sequence must be included, but not more than three.

- iv) The number of jumps in a combination or sequence is limited to 2, but one 3 jump combo/sequence is permitted.
- b) **Spins, Spin Combination**  
There shall be no more than **3 spin elements** that must meet the following specifications:
  - i) The spins must have a required minimum number of revolutions:
    - a. four (4) for the flying spin with no change of foot after landing,
    - b. four (4) for the spin in only one position and no change of foot,
    - c. four (4) for the spin combination with no change of foot, and
    - d. eight (8) for the spin combination with change of foot.
  - ii) One combination spin: must have at least one change of foot and/or position.
  - iii) The spin combination must have a minimum of 4 revolutions in position on each foot.
  - iv) One flying spin.
  - v) The third spin may be of any nature.
- c) **Step Sequence**  
There shall be a maximum of **one step sequence or spiral sequence** that fully utilizes the ice surface.

**Masters Free Program:** music of 3:30 minutes (+ or – 10 seconds). Max 3:10

- a) **Jumps, Jump Combinations, Jump Sequences**  
There shall be no more than **7 jump elements** that must meet the following specifications:
  - i) At least one axel type jump must be included (any jump with a forward take-off).
  - ii) Each jump may be repeated once, but only as part of a combination or a sequence. (max 2 of any jump)
  - iii) At least one jump combination or sequence must be included, but not more than three.
  - iv) The number of jumps in a combination or sequence is limited to 2, but one 3 jump combo/sequence is permitted.
- b) **Spins, Spin Combination**  
There shall be no more than **3 spin elements** that must meet the following specifications:
  - i) The spins must have a required minimum number of revolutions:
    - a. five (5) for the flying spin with no change of foot after landing,
    - b. five (5) for the spin in only one position and no change of foot
    - c. eight (8) for the spin combination with change of foot.

- ii) One combination spin: must have at least one change of foot and/or position.
  - iii) The spin combination must have a minimum of 4 revolutions in position on each foot.
  - iv) One flying spin.
  - v) The third spin may be of any nature.
- c) **Step Sequence**  
There shall be a maximum of **one step sequence or spiral sequence** that fully utilizes the ice surface.

## Adult Competition Categories

### Guidelines for Required Skill Levels

#### **Bronze**

Skaters should have equivalent skills, but may have passed **no higher** than the SISA Preliminary Competitive test and **no higher than** the ISI-FS3 test.

#### **Silver**

Skaters should have equivalent skills, but may have passed **no higher** than the SISA Pre-Juvenile Competitive test and **no higher than** the ISI-FS5 test.

#### **Gold**

Skaters should have equivalent skills, but may have passed **no higher** than the SISA Juvenile Competitive test and **no higher than** the ISI-FS7 test.

#### **Masters**

Skaters should have equivalent skills, and may have passed the SISA Juvenile Competitive test, the ISI-FS7 test, or higher.