

# Singapore National Figure Skating Championships 2008

## SINGLES SHORT PROGRAM REQUIREMENTS

(As of August 20th, 2007)

### PRE-NOVICE SHORT PROGRAM REQUIREMENTS

1. Axel or double Axel
2. One double jump immediately preceded by connecting steps and/or other comparable free skating movements
3. Jump Combination: Any double or triple jump followed by any double jump (double axel may be repeated)
4. Flying Spin
5. Spin Combination with only one change of foot and at least one change of position
6. Ladies: Layback or sideways leaning spin,  
Men: Sit/Change Sit Spin or Camel/Change Camel spin
7. Ladies: Spiral Sequence  
Men: Step Sequence
8. Ladies: Step Sequence  
Men: Step Sequence of a different nature

### NOVICE SINGLES SHORT PROGRAM REQUIREMENTS

1. Axel or double Axel
2. One double jump immediately preceded by connecting steps and/or other comparable free skating movements
3. Jump Combination: Any double or triple jump followed by any double or triple jump (double axel may not be repeated as first jump)
4. Flying Spin
5. Spin Combination with only one change of foot and at least one change of position
6. Ladies: Layback or sideways leaning spin,  
Men: Sit/Change Sit Spin or Camel/Change Camel Spin
7. Ladies: Spiral Step Sequence  
Men: Step Sequence
8. Ladies: Step Sequence  
Men: Step Sequence of a different Nature

## **JUNIOR SINGLES SHORT PROGRAM REQUIREMENTS**

**Junior Ladies:** As per ISU Rule 510 - Group C – 2007/2008

1. Double Axel
2. One double or triple loop jump immediately preceded by connecting steps and/or other comparable free skating movements
3. One jump combination consisting of two double jumps or one double and one triple jump
4. Flying sit spin
5. Layback or sideways leaning spin
6. Spin combination with only one change of foot and at least two changes of position (sit, camel, upright or any variation thereof)
7. Spiral Sequence
8. Step sequence (straight line, circular or serpentine)

**Junior Men:** As per ISU Rule 510 - Group C – 2007/2008

1. Double Axel
2. One double or triple loop jump immediately preceded by connecting steps and/or other comparable free skating movements
3. One jump combination consisting of one double and one triple jump or two triple jumps
4. Flying sit spin
5. Camel spin with only one change of foot
6. Spin combination with only one change of foot and at least two changes of position (sit, camel, upright or any variation thereof)
7. Step Sequence (straight line, circular or serpentine)
8. Step sequence of a different nature

## **SENIOR SINGLES SHORT PROGRAM REQUIREMENTS**

**Senior Ladies:** As per ISU Rule 510

1. Double Axel
2. One triple jump immediately preceded by connecting steps and/or other comparable free skating movements
3. One jump combination consisting of one double and one triple jump or two triple jumps
4. Flying spin
5. Layback or sideways leaning spin
6. Spin combination with only one change of foot and at least two changes of position (sit, camel, upright or any variation thereof)
7. Spiral Sequence

8. Step sequence (straight line, circular or serpentine)

**Senior Men:** As per ISU Rule 510

1. Double or triple Axel
2. One triple or quadruple jump immediately preceded by connecting steps and/or other comparable free skating movements
3. One jump combination consisting of one double and one triple jump, or two triple jumps, or one quadruple jump and a double or triple jump
4. Flying spin
5. Camel spin or sit spin with only one change of foot
6. Spin combination with only one change of foot and at least two changes of position (sit, camel, upright or any variation thereof)
7. Step Sequence (straight line, circular or serpentine)
8. Step sequence of a different nature