

**SISA National Championships
Singles Short Program Requirements
2007-2008**

	Pre-Novice	Novice	Junior	Senior
Time	max 2 minutes 50 seconds	max 2 minutes 50 seconds	max 2 minutes 50 seconds	max 2 minutes 50 seconds
Axel	Single or Double	Single or Double	Double	Ladies: Double Men: Double or Triple
Solo Jump	Double Jump *entry steps required	Double Jump *entry steps required	Double or Triple Loop *entry steps required	Ladies: Any Triple Men: Any Triple or Quad *entry steps required
Comb Jump	Double/Double Triple/Double (may include repeated double axel)	Double/Double Triple/Double (may NOT include repeated dbl axel as first jump)	Ladies: Double/Double Triple/Double Men: Double/Triple Triple/Triple (jumps must be different from solo jumps)	Ladies: Triple/Double Triple/Triple Men: Double/Triple Triple/Triple Quad/Double* Quad/Triple* *if quad is not done as solo jump (jumps must be different from solo jumps)
Flying Spin	Flying Spin (min 5 revs)	Flying Spin (min 6 revs)	Flying Sit Spin (min 8 revs)	Any (minimum 8 revs)
Comb Spin	* Only 1 change of foot * At least 1 change of position (min 4+4 revs)	* Only 1 change of foot * At least 2 changes of position (min 5+5 revs)	* Only 1 change of foot * At least 2 changes of position (min 6+6 revs)	* Only 1 change of foot * At least 2 changes of position (min 6+6 revs)
Other Spin	Ladies: Layback or sideways leaning spin (min 5 revs) Men: Sit Spin or Camel Spin with only one change of foot (min.4+4 revs)	Ladies: Layback or sideways leaning spin (min 6 revs) Men: Sit spin with only one change of foot (min. 5+5 revs)	Ladies: Layback or sideways leaning spin (min 8 revs) Men: Camel spin with only one change of foot (min.6+6 revs)	Ladies: Layback or sideways leaning spin (min 8 revs) Men: Camel change Camel or Sit change Sit (min 6+6 revs)
Step Sequence	Ladies: Spiral Step Sequence (at least 3 spirals and 1 change of foot) Men: Step Seq (any pattern)	Ladies: Spiral Step Sequence (at least 3 spirals and 1 change of foot) Men: Step Seq (any pattern)	Ladies: Spiral Step Sequence (at least 3 spirals and 1 change of foot) Men: Step Seq (any pattern)	Ladies: Spiral Step Sequence (at least 3 spirals and 1 change of foot) Men: Step Seq (any pattern)
Step Sequence	Step Sequence (different pattern)	Step Sequence (different pattern)	Step Sequence (different pattern)	Step Sequence (different pattern)