

Singapore National Figure Skating Championships 2008

SINGLES FREE PROGRAM REQUIREMENTS 2007-2008

(As of August 20th, 2007)

Well-Balanced Free Program Notes

The following section provides notes on the well-balanced program and outlines the criteria for all free programs for the 2007-2008 National Championships. For additional information, please consult the SISA website often for updates and relevant communications.

Definition of a “jump element”

A “jump element” is defined as an individual jump, jump combination, or jump sequence. Jumps of less than or equal to ½ rotation are not counted as a jump element. They are considered as linking moves and are assessed as part of the “Technical Transitions” score.

Jump Combination

A “jump combination” may consist of the same jump or another single, double, triple or quadruple jump. There may be up to three jump combinations or jump sequences in the free program. In any well-balanced free skating program, there may only be one jump combination consisting of three jumps. All other jump combinations must include only two jumps.

In a jump combination, the landing foot of the first jump is the take-off foot of the second jump. The same would apply to a third jump. A jump combination is scored as one unit and not as individual jumps. The jump combination is counted as one (1) jump element. The element remains a Jump Combination even when there are 2 three turns in between the jumps with a slight touch down (without weight transfer).

Jump Sequence

A “jump sequence” may consist of any number of jumps of any number of revolutions that must be linked by non-listed jumps and hops immediately following each other while maintaining the rhythm (knee); there can be no three turns/Mohawks during the sequence; there can be no crossovers or stroking during the sequence. If this definition is not fulfilled, two solo jumps will be called. The sequence will be scored as one (1) jump element. Should a skater perform only one listed jump together with other non-listed jumps, it will not be considered a jump sequence but will count as a single jump.

Junior and Senior

Of all the triple and quadruple jumps only two can be repeated and the repetitions must be either in a jump combination or a jump sequence. A repeated triple or quadruple jump, not included into a jump combination or sequence, will be considered as part of a not successfully executed jump combination and counted as a jump combination with only one jump executed. If three jump combinations or jump sequences have already been executed, the repeated solo jump will be treated as an additional element and therefore not considered. No triple or quadruple jump can be attempted more than twice.

The value of the linking moves is considered as part of the “Technical Transitions” score.

Additional Elements

Any additional elements or elements exceeding the numbers prescribed above will not be counted in the result of a participant. Only the first attempt (or allowed number of attempts) of such elements will be taken into account.

Spins

The spins are not limited in the number of rotations, however, an individual “spin” with less than two revolutions is considered as a skating movement and not a spin. In a case where this requirement is not fulfilled, the position is not counted. If the skater falls when entering a spin, a simple spin or a spinning movement is allowed immediately after this fall (for filling time purpose) with this spin/movement not being counted as an element.

All Spins must be of a different character (must have different abbreviations). Any Spin with the same abbreviation as the one executed before will be deleted by the computer (but will occupy a spinning box).

Steps

Competitors have complete freedom in selecting the kind of step sequence they intend to execute. Jumps can also be included in the step sequence. The step sequence must fully utilize the ice surface.

Moves in the Field

Moves in the field should be included in the program and will be evaluated under the “transitions” score.

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WELL-BALANCED PROGRAM CRITERIA

Pre-Preliminary Free Programs: music of 2min10s maximum

- 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) No more than three jump combinations or jump sequences may be included. One jump combination may contain a maximum of 3 jumps.
- b) **Spins, Spin Combination**
There shall be no more than **2 spin elements** that must meet the following specifications:
- i) No flying spins allowed.
 - ii) May include 1 combination spin: only one change of foot OR one change of position, but not both.
- c) **Step Sequence**
There shall be no more than **1 step sequence** that fully utilizes the ice surface.

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

- a) **Jumps, Jump Combinations, Jump Sequences**
There shall be no more than **5 jump elements** that must meet the following specifications:
- i) May include axel, double toe loop and double salchow. No other double jumps allowed.
 - ii) Any repeated double jump must be included in a combination or sequence.
 - iii) No more than three jump combinations or jump sequences may be included. One jump combination may contain a maximum of 3 jumps.
- b) **Spins, Spin Combination, Flying Spin**
There shall be no more than **3 spin elements** that must meet the following specifications:
- i) One combination spin: minimum-one change of foot or one change of position.

c) **Step Sequence**

There shall be no more than **1 step sequence** that fully utilizes the ice surface.

Pre-Juvenile Free Programs: music of 2:30 minutes (+ or – 10 seconds).

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

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

- i) May include all double jumps except double axel.
- ii) No double jump may be included more than twice, and if a double jump is repeated it must be included in a combination or sequence.
- iii) No more than three jump combinations or jump sequences may be included. One jump combination may contain a maximum of 3 jumps.

b) **Spins, Spin Combination, Flying Spin**

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

- i) One combination spin: minimum-one change of foot or one change of position.
- ii) One flying spin.
- iii) The third spin may be of any nature.

c) **Step Sequence**

There shall be no more than **1 step sequence** that fully utilizes the ice surface.

Juvenile Free Programs: music of 3:00 minutes (+ or – 10 seconds).

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) No more than three jump combinations or jump sequences may be included. One jump combination may contain a maximum of 3 jumps.

- iii) No jump may be included more than twice, and if a jump is repeated it must be included in a combination or sequence.
- iv) No more than 3 jumps can be repeated in a program.

b) **Spins, Spin Combination, Flying Spin**

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

- i) One combination spin: minimum-two positions, one change of foot.
- ii) One flying spin.
- iii) The third spin may be of any nature.

c) **Step Sequence**

There shall be no more than **1 step sequence** that fully utilizes the ice surface.

Pre-Novice Free Programs: music of 3:00 minutes (+ or – 10 seconds).

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) No more than three jump combinations or jump sequences may be included. One jump combination may contain a maximum of 3 jumps.
- iii) No jump may be included more than twice, and if a jump is repeated it must be included in a combination or sequence.
- iv) No more than 3 jumps can be repeated in a program.

b) **Spins, Spin Combination, Flying Spin**

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

- i) One combination spin: minimum-two positions, one change of foot.
- ii) One flying spin.
- iii) The third spin may be of any nature.

c) **Step Sequence**

There shall be no more than **1 step sequence** that fully utilizes the ice surface.

Novice Free Programs: music of 3:00 minutes (+ or – 10 seconds).

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) No more than three jump combinations or jump sequences may be included. One jump combination may contain a maximum of 3 jumps.
- iii) No jump may be included more than twice, and if a jump is repeated it must be included in a combination or sequence.
- iv) No more than 3 jumps can be repeated in a program.

b) **Spins, Spin Combination, Flying Spin**

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

- i) One combination spin: minimum-two positions, one change of foot.
- ii) One flying spin.
- iii) The third spin may be of any nature.

c) **Step Sequence**

Ladies: There shall be no more than **1 step sequence** or **1 spiral sequence** that fully utilizes the ice surface.

Men: There shall be no more than **1 step sequence** that fully utilizes the ice surface.

Junior Free Programs: music 3:30 minutes for women and 4:00 minutes for men (+ or – 10 seconds).

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

For Ladies: There shall be no more than **7 jump elements**.

For Men: There shall be no more than **8 jump elements**.

Jump elements must meet the following specifications:

- i) At least one axel type jump must be included (any jump with a forward take off).
- ii) No more than three jump combinations or jump sequences may be included. One jump combination may contain a maximum of 3 jumps.
- iii) Only two jumps of three or more rotations may be repeated and no jump may be included more than twice, and if a jump is repeated it must be included in a combination or sequence.
- iv) There can be no more than 2 triple or quad jumps repeated in a program.

b) **Spins, Spin Combination, Flying Spin**

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

- i) One combination spin: minimum-two positions, 10 revolutions.
- ii) One flying spin: minimum of 6 revolutions.
- iii) One which is a spin of only one position (change of foot is optional): minimum 6 revolutions.

c) **Step Sequence**

For Ladies: There shall be no more than **1 step sequence** that fully utilizes the ice surface. There shall be no more than **1 spiral sequence** that fully utilizes the ice surface.

For Men: There shall be no more than **2 step sequences of a different nature** that fully utilize the ice surface.

Senior Free Programs: music of 4:00 minutes for women and of 4:30 minutes for men. (+ or – 10 seconds).

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

For Ladies: There shall be no more than **7 jump elements**.

For Men: There shall be no more than **8 jump elements**.

Jump elements must meet the following specifications:

- i) At least one axel type jump must be included (any jump with a forward take off).
- ii) No more than three jump combinations or jump sequences may be included. One jump combination may contain a maximum of 3 jumps.
- iii) Only two jumps of three or more rotations may be repeated and no jump may be included more than twice, and if a jump is repeated it must be included in a combination or sequence.

iv) There can be no more than 2 triple or quad jumps repeated in a program.

b) **Spins, Spin Combination, Flying Spin**

There shall be no more than **4 spin elements** that must meet the following specifications:

i) One combination spin: minimum-two positions, 10 revolutions.

ii) One flying spin: minimum of 6 revolutions.

iii) One which is a spin of only one position (change of foot is optional): minimum 6 revolutions.

iv) The fourth spin may be of any nature.

c) **Step Sequence**

For Ladies: There shall be no more than **1 step sequence** that fully utilizes the ice surface. There shall be no more than **1 spiral sequence** that fully utilizes the ice surface.

For Men: There shall be no more than **2 step sequences of a different nature** that fully utilize the ice surface.