

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

	Pre-Preliminary	Preliminary	Pre-Juvenile
Time	2min10s max	2:00 min (+/- 10 sec)	2:30 min (+/- 10 sec)
Jump Elements	4 jump elements	5 jump elements	6 jump elements
Jump Restrictions	* No axel or double jumps allowed. * There can be no more than 3 combinations or sequences included in the program. One jump combination may contain a maximum of 3 jumps.	*Program may include axel, double salchow and double toe loop. *No other doubles allowed. *Any repeated double jump must be in combination or sequence.*There can be no more than 3 combinations or sequences included in a program.	*Program may include all doubles except double axel. *Any repeated double jump must be in combination or sequence.*There can be no more than 3 combinations or sequences included in a program. One jump combination may contain a maximum of 3 jumps.
Spin Elements	2 spin elements	3 spin elements	3 spin elements
Spin Restrictions	*No flying spins allowed. Combination spins may have only one change of foot, OR one change of position, but not both.	* The program must include at least one spin combination (with at least one change of foot or one change of position).	* The program must include at least one flying spin and one spin combination (with at least one change of foot or one change of position).
Step Sequences	1 step sequence or spiral sequence	1 step sequence	1 step sequence

	Juvenile	Pre-Novice	Novice
Time	3:00 min (+/- 10 sec)	3:00 min (+/- 10 sec)	3:00 min (+/- 10 sec)
Jump Elements	7 jump elements	7 jump elements	7 jump elements
Jump Restrictions	*The program must include at least one Axel-type jump. *No jump can be included more than twice, and there can be no more than 3 jumps repeated in the program. (Note: a double jump and a triple jump of the same nature, i.e., 2T and 3T, are considered different jumps.) *Any repeated jump must be in combination or sequence. *There can be no more than 3 combinations or sequences included in a program. One jump combination may contain a maximum of 3 jumps.		
Spin Elements	3 spin elements	3 spin elements	3 spin elements
Spin Restrictions	* The program must include at least one spin combination (with at least one change of foot and one change of position). * The program must include at least one flying spin. The third spin may be of any nature.		
Step Sequences	1 step sequence	1 step sequence	Ladies: 1 step sequence or spiral sequence Men: 1 step sequence