



2007-2008 CANADIAN QUALIFYING COMPETITIONS - SHORT AND FREE PROGRAM REQUIREMENTS (REVISED JUNE 14, 2007)

Please consult the Skate Canada Members login site for the most up-to-date information on any changes/updates.

(JUNE 14) Please note: After consultation with various stakeholders in the skating family and in response to changes in the technical rules for Junior and Senior Singles skating as listed in ISU Communication 1445, some minor revisions have been made to the short programs for Novice and Pre-Novice that were originally listed January 2007. Also, a change has been made in the well balanced program requirements for spins in the Pre-Juvenile, Juvenile, Pre-Novice and Novice free programs. Additions are noted in red underline. Deletions are noted in ~~strikethrough~~.

In response to ISU Communication 1449 published May 30, 2007, the compulsory dances for 2007-08 have been adjusted. Also, the well balanced program requirements for the Novice Free Dance have been adjusted to allow for a Midline Not-Touching step sequence without sequential twizzles in accordance with the requirements for Junior and Senior. Please see the Skate Canada members login for the 2007-08 compulsory dance draw.

SINGLES

SINGLES SHORT PROGRAM REQUIRED ELEMENTS

PRE-NOVICE WOMEN: A short program of maximum ~~2:15~~ 2:30

- (a) Axel or double Axel
- (b) One double or triple jump ~~preceded by steps~~* (may not repeat double axel)
- (c) One jump combination consisting of two double jumps or one double and one triple jump* (May repeat double axel)
- (d) Layback or sideways leaning spin
- (e) Spin combination with only one change of foot and at least one change of position (sit, camel, upright or any variation thereof).
- (f) Spiral Sequence
- (g) Step Sequence



PRE-NOVICE MEN: (GROUP A, 2007-2008) A short program of maximum ~~2:15~~ 2:30

- (a) Axel or double Axel
- (b) One double or triple jump **preceded by steps*** (may not repeat double axel)
- (c) One jump combination consisting of two double jumps or one double and one triple jump* (May repeat double axel)
- (d) Camel spin with only one change of foot
- (e) Spin combination with only one change of foot and at least one change of position (sit, camel, upright or any variation thereof).
- (f) Two different step sequences of a different nature (straight line, circular or serpentine).

PRE-NOVICE MEN: (GROUP B, 2008-2009) A short program of maximum ~~2:15~~ 2:30

- (a) Axel or double Axel
- (b) One double or triple jump **preceded by steps*** (may not repeat double axel)
- (c) One jump combination consisting of two double jumps or one double and one triple jump* (May repeat double axel)
- (d) Sit spin with only one change of foot
- (e) Spin combination with only one change of foot and at least one change of position (sit, camel, upright or any variation thereof).
- (f) Two different step sequences of a different nature (straight line, circular or serpentine).

* The jump combination may be composed of the same, or two different double jumps, or one double and one triple jump. If a triple jump is executed in the jump combination, a second triple jump **may not** be executed as the solo jump. If a triple jump is executed as the solo jump a second triple jump **may not** be executed in the jump combination. Jumps in the combination must be different than the solo jump however the double axel may be repeated in the jump combination.

Short program groupings for men shall rotate between A and B on an annual basis. There is no rotation of groupings for women's short programs.

NOVICE WOMEN: A short program of maximum ~~2:15~~ 2:30

- (a) Axel or double Axel
- (b) One double or triple jump **immediately** preceded by **connecting** steps **and/or other comparable free skating movements*** (may not repeat double axel)
- (c) One jump combination consisting of two double jumps or one double and one triple jump* (May not repeat double axel)
- (d) Layback or sideways leaning spin
- (e) Spin combination with only one change of foot and at least one change of position (sit, camel, upright or any variation thereof).
- (f) Spiral Sequence
- (g) Step Sequence



NOVICE MEN: (~~GROUP A, 2007-2008~~) A short program of maximum ~~2:15~~ 2:30

- (a) Axel or double Axel
- (b) One double or triple jump **immediately** preceded by **connecting** steps **and/or other comparable free skating movements*** (may not repeat double axel)
- (c) One jump combination consisting of two double jumps or one double and one triple jump* (May not repeat double axel)
- (d) Camel **or sit** spin, ~~with only one~~ Change of foot **is optional. No flying entrance.**
- (e) Spin combination with only one change of foot and at least one change of position (sit, camel, upright or any variation thereof).
- (f) Two different step sequences of a different nature (straight line, circular or serpentine).

~~NOVICE MEN: (GROUP B, 2008-2009) A short program of maximum 2:15 2:30 (Pending approval at the 2007 ACGM)~~

- ~~(a) — Axel or double Axel~~
- ~~(b) — One double or triple jump preceded by steps* (may not repeat double axel)~~
- ~~(c) — One jump combination consisting of two double jumps or one double and one triple jump* (May not repeat double axel)~~
- ~~(d) — Sit spin with only one change of foot~~
- ~~(e) — Spin combination with only one change of foot and at least one change of position (sit, camel, upright or any variation thereof).~~
- ~~(f) — Two different step sequences of a different nature (straight line, circular or serpentine).~~

* The jump combination may consist of the same or two different double jumps, or one double and one triple jump. The Double Axel may not be repeated in the solo jump or jump combination. The jumps in the combination must be different than the solo jump.

Short program groupings for men shall rotate between A and B on an annual basis. There is no rotation of groupings for women's short programs.

JUNIOR WOMEN (Group C):

- (a) Double Axel Paulsen
- (b) One double or triple Loop jump immediately preceded by connecting steps and/or other comparable free skating movements:
- (c) One jump combination consisting of two double jumps or one double and one triple jump or two triple jumps.
- (d) Flying sit spin
- (e) Layback or sideways leaning spin:
- (f) Spin combination with **only** one change of foot and at least two changes of position (sit, camel, upright or any variation thereof).
- (g) Spiral sequence.
- (h) Step sequence (straight line, circular or serpentine).



JUNIOR MEN (Group C):

- (a) Double Axel Paulsen
- (b) One double or triple Loop jump immediately preceded by connecting steps and/or other comparable free skating movements:
- (c) One jump combination consisting of one double and one triple jump or two triple jumps.
- (d) Flying sit spin
- (e) Camel Spin with only one change of foot:
- (f) Spin combination with only one change of foot and at least two changes of position (sit, camel, upright or any variation thereof).
- (g) Two different step sequences of a different nature (straight line, circular or serpentine).

SENIOR WOMEN:

- (a) Double Axel Paulsen
- (b) One triple jump immediately preceded by connecting steps and/or other comparable free skating movements.
- (c) One jump combination consisting of one double and one triple jump or two triple jumps.
- (d) Flying spin.
- (e) Layback or sideways leaning spin.
- (f) Spin combination with only one change of foot and at least two changes of position (sit, camel, upright or any variation thereof).
- (g) Spiral sequence.
- (h) Step sequence (straight line, circular or serpentine).

SENIOR MEN:

- (i) Double or Triple Axel Paulsen
- (ii) One triple or quadruple jump immediately preceded by connecting steps and/or other comparable free skating movements.
- (iii) One jump combination consisting of one double and one triple jump, or two triple jumps, or a quadruple jump and a double or triple jump.
- (iv) Flying spin.
- (v) Camel spin or sit spin with one change of foot.
- (vi) Spin combination with only one change of foot and at least two changes of position (sit, camel, upright or any variation thereof).
- (vii) Two step sequences of a different nature (straight line, circular or serpentine).

SINGLES WELL BALANCED FREE PROGRAM ELEMENTS

IMPORTANT NOTICE (From ISU Communication 1445, Paragraph 3): For all categories of Singles Free Skating, all spins must be of a different character (must have different abbreviations). Any spin with the same abbreviation as one executed before will be invalidated, but will occupy a spin box.

Example: (Novice Men)

- 1) CCoSp2**
- 2) FCSp3**
- 3) CCoSp4****

Because the 1st and 3rd spin have the same abbreviation (code), the 3rd spin is invalidated by the computer and receives no points.

Example 2: (Novice Men)

- 1) CCoSp2**
- 2) FCSp3**
- 3) FCCoSp3**

In this example the abbreviations (codes) for all three spins are different, as such, all three spins are valid and count for points.

PRE-JUVENILE WOMEN & MEN

- Maximum of 7 jump elements
 - One jump must be an Axel type takeoff
 - Maximum of 3 jump combinations or sequences, one jump combination may contain 3 jumps
 - No jump may be included more than twice, and if a jump is repeated it must be in combination or sequence
 - Maximum of 3 jumps repeated in a program
- Maximum of 3 spins **(Please see Important Notice above)**
 - One must be a combination spin with at least one change of foot
 - One must be a flying spin
 - One may be a spin of any nature
- Maximum of 1 step sequence

JUVENILE WOMEN & MEN:

- Maximum of 7 jump elements
 - One jump must be an Axel type takeoff
 - Maximum of 3 jump combinations or sequences, one jump combination may contain 3 jumps
 - No jump may be included more than twice, and if a jump is repeated it must be in combination or sequence
 - Maximum of 3 jumps repeated in a program
- Maximum of 3 spins **(Please see Important Notice above)**
 - One must be a combination spin with at least one change of foot
 - One must be a flying spin
 - One may be a spin of any nature
- Maximum of 1 step sequence

PRE-NOVICE WOMEN:

- Maximum of 7 jump elements
 - One jump must be an Axel type takeoff
 - Maximum of 3 jump combinations or sequences, one jump combination may contain 3 jumps
 - No jump may be included more than twice, and if a jump is repeated it must be in combination or sequence
 - Maximum of 3 jumps repeated in a program
- Maximum of 3 spins **(Please see Important Notice above)**
 - One must be a combination spin with at least one change of foot
 - One must be a flying spin in one position with no change of foot
 - One spin of any nature
- Maximum of 1 step sequence or 1 spiral sequence

PRE-NOVICE MEN:

- Maximum of 7 jump elements
 - One jump must be an Axel type takeoff
 - Maximum of 3 jump combinations or sequences, one jump combination may contain 3 jumps
 - No jump may be included more than twice, and if a jump is repeated it must be in combination or sequence
 - Maximum of 3 jumps repeated in a program
- Maximum of 3 spins **(Please see Important Notice above)**
 - One must be a combination spin with at least one change of foot
 - One must be a flying spin in one position with no change of foot
 - One spin of any nature
- Maximum of 1 step sequence



NOVICE WOMEN:

- Maximum of 7 jump elements
 - One jump must be an Axel type takeoff
 - Maximum of 3 jump combinations or sequences, one jump combination may contain 3 jumps
 - No jump may be included more than twice, and if a jump is repeated it must be in combination or sequence
 - Maximum of 3 jumps repeated in a program
- Maximum of 3 spins **(Please see Important Notice above)**
 - One must be a combination spin with at least one change of foot
 - One must be a flying spin in one position with no change of foot
 - One spin of any nature
- Maximum of 1 step sequence or 1 spiral sequence

NOVICE MEN:

- Maximum of 8 jump elements
 - One jump must be an Axel type takeoff
 - Maximum of 3 jump combinations or sequences, one jump combination may contain 3 jumps
 - No jump may be included more than twice, and if a jump is repeated it must be in combination or sequence
 - Maximum of 3 jumps repeated in a program
- Maximum of 3 spins **(Please see Important Notice above)**
 - One must be a combination spin with at least one change of foot
 - One must be a flying spin in one position with no change of foot
 - One spin of any nature
- Maximum of 1 step sequence

JUNIOR WOMEN:

- Maximum of 7 jump elements
 - One jump must be an Axel type takeoff
 - Maximum of 3 jump combinations or sequences, one jump combination may contain 3 jumps
 - No triple or quad jump may be included more than twice, and if a triple or quad is repeated it must be in combination or sequence
 - Maximum 2 triple or quad jumps repeated
- Maximum of 3 spins **(Please see Important Notice above)**
 - One must be a combination spin
 - One must be a flying spin
 - One must be a spin in one position (change foot optional)
- Maximum one step sequence
- Maximum one spiral sequence

JUNIOR MEN:

- Maximum of 8 jump elements
 - One jump must be an Axel type takeoff
 - Maximum of 3 jump combinations or sequences, one jump combination may contain 3 jumps
 - No triple or quad jump may be included more than twice, and if a triple or quad is repeated it must be in combination or sequence
 - Maximum 2 triple or quad jumps repeated
- Maximum of 3 spins **(Please see Important Notice above)**
 - One must be a combination spin
 - One must be a flying spin
 - One must be a spin in one position (change foot optional)
- Maximum of 2 step sequences of a different nature

SENIOR WOMEN:

- Maximum of 7 jump elements
 - One jump must be an Axel type takeoff
 - Maximum of 3 jump combinations or sequences, one jump combination may contain 3 jumps
 - No triple or quad jump may be included more than twice, and if a triple or quad is repeated it must be in combination or sequence
 - Maximum 2 triple or quad jumps repeated
- Maximum of 4 spins **(Please see Important Notice above)**
 - One must be a combination spin
 - One must be a flying spin
 - One must be a spin in one position (change foot optional)
 - One spin of any nature
- Maximum one step sequence
- Maximum one spiral sequence

SENIOR MEN:

- Maximum of 8 jump elements
 - One jump must be an Axel type takeoff
 - Maximum of 3 jump combinations or sequences, one jump combination may contain 3 jumps
 - No triple or quad jump may be included more than twice, and if a triple or quad is repeated it must be in combination or sequence
 - Maximum 2 triple or quad jumps repeated
- Maximum of 4 spins **(Please see Important Notice above)**
 - One must be a combination spin
 - One must be a flying spin
 - One must be a spin in one position (change foot optional)
 - One spin of any nature
- Maximum of 2 step sequences of a different nature

PAIR

PAIR SHORT PROGRAM REQUIRED ELEMENTS

PRE-NOVICE PAIR:

- (a) One lift
- (b) One twist (single or double)
- (c) One solo jump (Axel or any double jump)
- (d) Solo spin (minimum 4 rotations) - any but not a combination
- (e) Pair spin (minimum 4 rotations) - any but not a combination
- (f) One spiral figure (See Definition of Spiral Figure, regulation D - 2.4)
- (g) Spiral step sequence
- (e) Step sequence (straight line, circular or serpentine)

NOVICE AND JUNIOR PAIR: GROUP B (2)

- (a) One toe lasso lift take off (toe overhead) (Group 5)
- (b) One twist lift (double)
- (c) Any double or triple jump (Double loop or double Axel for ISU Junior)
- (d) Solo spin combination with only one change of foot and at least one change of position
- (e) Pair spin combination with at least one change of position and only one change of foot
- (f) Death spiral backward inside
- (g) Throw Double Toe Loop (Juniors may do Throw Triple Toe Loop)
- (h) Step sequence (straight line, circular or serpentine)

SENIOR PAIR: GROUP B

- (a) Any Lasso- lift take-off (Group 5)
- (b) One twist lift (double or triple)
- (c) One throw jump (double or triple)
- (d) One solo jump (double or triple)
- (e) Solo spin combination with only one change of foot and at least one change of position
- (f) Pair spin combination with at least one change of position and only one change of foot (sit, camel, upright or any variation thereof)
- (g) Death spiral backward inside
- (h) Step sequence (straight line, circular or serpentine)

PAIR WELL BALANCED FREE PROGRAM ELEMENTS

PRE-JUVENILE: 1 free program, 2:30 minutes or 2:00 (to be determined by the applicable section and applied at all events in that Section in the same competitive season)

- (a) maximum of 2 different lifts, each lift must be from group 1. Lifts must not include a change of position and all lifts will be called Level 1 regardless of content.
- (b) maximum of 1 throw jump.
- (c) maximum of 1 solo jump.
- (d) maximum of 1 solo jump combination or sequence.
- (e) maximum of 1 pair spin (may be in combination).
- (f) maximum of 1 solo spin (may be in combination).
- (g) maximum of 1 spiral figure or death spiral.
- (h) maximum of 1 step sequence (straight line, circular or serpentine).

JUVENILE: 1 free program to music of 2.5 minutes (+ or – 10 seconds).

- (a) maximum of 2 different lifts, at least one of which must be from group 1. Lifts must not include a change of position and all lifts will be called Level 1 regardless of content.
- (b) maximum of 1 twist lift.
- (c) maximum of 1 throw jump
- (d) maximum of 1 solo jump
- (e) maximum of 1 solo jump combination or sequence.
- (f) maximum of 1 pair spin (may be in combination).
- (g) maximum of 1 solo spin (may be in combination).
- (h) maximum of 1 spiral figure or death spiral.
- (i) maximum of 1 step sequence (straight line, circular or serpentine).

PRE-NOVICE: 1 free program to music of 3.0 minutes (+ or – 10 seconds).

- (a) maximum of 2 different lifts, one of which must be from group 1, 2, 3 or 4.
- (b) maximum of 1 twist lift.
- (c) maximum of 2 different throw jumps.
- (d) maximum of 1 solo jump.
- (e) maximum of 1 solo jump combination or sequence.
- (f) maximum of 1 pair spin (may be in combination).
- (g) maximum of 1 solo spin (may be in combination).
- (h) maximum of 1 spiral figure or death spiral.
- (i) maximum of 1 step sequence (straight line, circular or serpentine).



NOVICE PAIR: 1 free program to music of 3.5 minutes (+ or – 10 seconds).

- (a) maximum of 2 different lifts, at least one of which must be from group 3 or 4.
- (b) maximum of 1 twist lift.
- (c) maximum of 2 different throw jumps.
- (d) maximum of 1 solo jump.
- (e) maximum of 1 jump combination or sequence.
- (f) maximum of 1 pair spin or pair spin combination.
- (g) maximum of 1 solo spin or solo spin combination.
- (h) maximum of 1 death spiral without restriction as to type.
- (i) maximum of 1 step sequence (straight line, circular or serpentine) fully utilizing the ice surface.
- (j) maximum of 1 spiral sequence.

JUNIOR PAIR: 1 free program to music of 4.0 minutes (+ or – 10 seconds)

- (a) maximum of 2 lifts, one of which must be from group 3 or 4;
- (b) maximum of 1 twist lift;
- (c) maximum of 2 different throw jumps;
- (d) maximum of 1 solo jump;
- (e) maximum of 1 jump combination or sequence;
- (f) maximum of 1 solo spin or solo spin combination;
- (g) maximum of 1 pair spin or pair spin combination;
- (h) maximum of 1 death spiral;
- (i) maximum of 1 step sequence;
- (j) maximum of 1 spiral sequence;

SENIOR PAIR: 1 free program to music of 4.5 minutes (+ or – 10 seconds).

- (a) maximum of 3 lifts, one of which must be from group 3 or 4;
- (b) maximum of 1 twist lift;
- (c) maximum of 2 different throw jumps;
- (d) maximum of 1 solo jump;
- (e) maximum of 1 jump combination or sequence;
- (f) maximum of 1 solo spin combination;
- (g) maximum of 1 pair spin combination;
- (h) maximum of 1 death spiral;
- (i) maximum of 1 step sequence;
- (j) maximum of 1 spiral sequence;



DANCE

COMPULSORY DANCE AND ORIGINAL DANCE

NOTICE: Please see the Skate Canada Members Login for the 2007-2008 Compulsory Dance Draw for qualifying and championship events.

JUVENILE

Compulsories – Two of the four dances listed below shall be drawn and announced by September 1st annually. Dances shall be skated in the order listed:

Fiesta Tango, Ten-Fox, Fourteenstep, European

Free Dance - Requirements shall be listed in the Technical Handbook

PRE-NOVICE:

Compulsories – Two of the four dances listed below shall be drawn and announced by September 1st annually. Dances shall be skated in the order listed:

Keats Foxtrot, Harris Tango, American Waltz, Rocker Foxtrot

Free Dance – Requirements shall be listed in the Technical Handbook.

NOVICE:

Compulsories – Two of the four dances listed below shall be drawn and announced by September 1st annually. Dances shall be skated in the order listed:

Paso Doble, Starlight Waltz, Blues, Kilian

Free Dance – Requirements shall be listed in the Technical Handbook

JUNIOR/SENIOR:

Compulsories (2007/2008) – One dance from those listed below to be drawn for each qualifying event by the Skating Programs Committee and announced by September 1st annually. Dances shall be skated in the order listed:

Junior

Viennese Waltz
Cha Cha Congelado
~~Argentine Tango~~
Blues

Senior

~~Starlight Waltz~~
Yankee Polka
~~Midnight Blues~~
Austrian
Argentine

ORIGINAL DANCE

Original Dance (2007/2008) – For all ISU Championships and International Competitions, both Junior and Senior, the rhythm of the Original Dance will be:

Folk-Country Dance

Type: One type of folk-country music may be chosen.

Description: Any variations of tempo or rhythm within a Type of Folk or Country will be permitted. Vocal music is permitted.

Original Dance Requirements

- (a) 2 different lifts (maximum 6 seconds)
- (b) 1 Dance spin or Combination spin
- (c) 1 Midline Not Touching Step with Sequential Twizzles. Sequence must have at least one change of side of the partners.
- (d) 1 Curved step sequence selected from
 - Circular
 - Serpentine with 2 bold curves

FREE DANCE

- (1) **JUVENILE FREE DANCE:** 1 free dance to music of 2.0 minutes (+ or – 10 seconds). A well-balanced Juvenile free dance must meet the following requirements:
 - (a) a maximum of 1 dance lifts chosen from Stationary, Curve or Straight Line.
 - (b) a maximum of 1 dance spin (simple spin type, not combination type).
 - (c) a maximum of 1 series of synchronized twizzles
 - (d) a maximum of 1 footwork sequence (any shape, no required positions).
- (2) **PRE-NOVICE FREE DANCE:** 1 free dance to music of 2.5 minutes (+ or – 10 seconds). A well-balanced Pre-Novice free dance must meet the following requirements:
 - (a) a maximum of 2 different dance lifts chosen from Stationary, Curve, Straight Line or Rotational (any type).
 - (b) a maximum of 1 dance spin (simple Spin type, not Combination type).
 - (c) a maximum of 1 series of synchronized twizzles
 - (d) a maximum of 1 footwork sequence (any shape, no required positions).

- (3) **NOVICE FREE DANCE:** 1 free dance to music of 3.0 minutes (+ or – 10 seconds). A well-balanced Novice free dance must meet the following requirements:
- (a) a maximum of 2 different dance lifts chosen from Stationary, Curve, Straight Line or Rotational (any type).
 - (b) a maximum of 1 dance spin (simple Spin type, or Combination type).
 - (c) a maximum of 1 series of synchronized twizzles
 - (d) a maximum of 2 different step sequences: one Straight (Midline in hold, Midline not-touching without sequential twizzles or Diagonal) and one Curved (Serpentine with 2 or 3 bold curves or Circular). no required positions.
- (4) **JUNIOR FREE DANCE:** 1 free dance to music of 3.5 minutes (+ or – 10 seconds). A well-balanced Junior free dance must meet the following requirements:
- (a) a maximum of 3 different dance lifts (1 of which may be a ~~40~~ 12 second lift from either Serpentine, Reverse Rotational or Combination).
 - (b) a maximum of 1 dance spin (simple Spin type, or Combination type),
 - (c) a maximum or 1 set of synchronized twizzles.
 - (d) a maximum of 2 different step sequences in any dance hold, one Straight line (Midline in hold, Midline not-touching without sequential twizzles or Diagonal) and one Curved (Serpentine or Circular).
- (5) **SENIOR FREE DANCE:** 1 free dance to music of 4.0 minutes (+ or – 10 seconds). A well-balanced Senior free dance must meet the following requirements:
- (a) a maximum of 4 different types of dance lifts (2 of which may be ~~40~~ 12 second lifts from either Serpentine, Reverse Rotational or Combination).
 - (b) a maximum of 1 dance spin (simple Spin type, or Combination type),).
 - (c) a maximum of 1 set of synchronized twizzles
 - (d) a maximum of 2 different step sequences in any dance hold, one Straight line (Midline in hold, Midline not-touching without sequential twizzles or Diagonal) and one Curved (Serpentine with 2 or 3 bold curves or Circular).

Please Note: The term “different dance lift” means that they must be of a different nature – i.e., in Pre-Novice there can only be one rotational lift.