



# Generic Criteria for Singles

## For Open Events

These competition criteria are aligned to the BIS National Tests Structure and will be effective from 1<sup>st</sup> July 2023 and specify the Technical and Program Component requirements for National Opens and Test Passes which can be achieved in BIS permitted events.

**Last updated: 30/06/2023**

## Overview

**These competition criteria are aligned to the BIS National Tests Structure and will be effective from 1<sup>st</sup> July 2023 and specify the Technical and Program Component requirements for National Opens and Test Passes which can be achieved in BIS permitted events.**

The program content complies with ISU program requirements from National Open 4 – 8 although the scores required to pass the National Test are significantly lower than will be required to achieve entry into BIS Qualifiers. These scores will be published prior to 1<sup>st</sup> July 2023.

The test scores for the Program Components are different for Boys/Men and Girls/Women from National 5 upwards for tests passed in competition. This to ensure that when the factors in the ISU results system are applied to the judges' base scores, the total score reflects the different factors for Boys/Men and Girls/Women.

The National Test Structure no longer includes Short Program tests. However, Short Programs are included in the National Open Generic Criteria as scores will be required in the future for entry to Championship Qualifiers

Vocal Music is allowed at all levels.

There are no age restrictions for skaters entering BIS Open Competitions although competitions can be split by age where organisers wish to reduce the number of competitors within a competition.

Women/Girls and Men/Boys may not compete together in the same Singles competitions. These Singles competitions must be split into separate Women/Girls and Men/Boys events.

## Where Do Skaters Fit In To The New Structure

There are no test equivalencies as the new National 8 test cannot be equated to a current Senior test. However, to ensure skaters compete with the correct program length and criteria, the table below shows where skaters will compete in the new structure.

OLD ELEMENTS AND FREE		CURRENT ELEMENTS AND FREE		NEW TECHNICAL ELEMENTS AND PROGRAM COMPONENTS	
10	10	Senior	Senior	National 8	National 8
9	9	Junior	Junior	National 7	National 7
8	8	Advanced Novice	Advanced Novice	National 6	National 6
6/7	6/7	Intermediate Novice	Intermediate Novice	National 5	National 5
4/5	4/5	Basic Novice	Basic Novice	National 4	National 4
3	3	3	3	National 3	National 3
2	2	2	2	National 2	National 2
1	1	1	1	National 1	National 1

If a skater holds all of a test, e.g. Skills 7 National 7 Technical Elements and Program Components they can compete at either National 7 or move up to National 8 if they have the Skills 8 test.

If a skater has one part of a current test e.g. Intermediate Element but not the Free, they need to skate in a competition at National 5 to achieve the necessary part of the National 5 or take the National 5 test. Alternatively, they can continue to compete at National 4 or 5 if they do not achieve the 2<sup>nd</sup> part of National 5 test.

## Technical Definitions

### Jump Sequences:

National Open 1 – National Open 5: The jump sequence consists of only two (2) jumps. In the jump sequence the second jump must be an Axel type jump with a direct step from the landing curve of the first jump in to the take-off curve of the Axel jump. One full revolution on the ice between the jumps (free foot can touch the ice, but without weight transfer) keeps the element in the frame of the definition of a jump sequence. Jumps executed in a jump sequence receive their full value.

National Open 6 to National Open 8: A jump sequence consists of two or three jumps of any number of revolutions, in which the second and/or the third jump is an Axel type jump with a direct step from the landing curve of the first/second jump in to the take-off curve of the Axel jump. One full revolution on the ice between the jumps (free foot can touch the ice, but without weight transfer) keeps the element in the frame of the definition of a jump sequence. Jumps executed in a jump sequence receive their full value.

### Choreographic Sequences

Beginner, National Open 1 and National Open 2: A Choreographic Sequence consists of at least one (1) skating movement like spirals, arabesques, spread eagles, Ina Bauers, hydroblading, etc. Listed elements such as jumps and spins are not allowed within the choreographic sequence. The pattern should be approximately straight line, circular or serpentine and it must be clearly visible and utilise the full ice surface. It is not necessary to touch the barrier at each end of the sequence but the sequence should be large enough to cover the full ice. A tiny circle in the middle of the ice or a straight line covering only ½ the ice will not be considered as covering full ice surface. This element has a fixed base value and will be evaluated by the judges in GOE only. The intention should be to match the musical structure, showing speed and flow over the ice without the necessity to attempt difficult steps and turns. This element will be awarded half the scale of value for an ISU Choreographic sequence and marked with an L on the pdf to indicate this.

Choreographic Sequences for All Other Levels: A Choreographic Sequence consists of at least two (2) skating movement like spirals, arabesques, spread eagles, Ina Bauers, hydroblading, any jumps with a maximum of two revolutions, spins, etc. Steps and turns may be used to link the two or more different movements together.

### Bonus Explanations

Where bonuses are awarded they are not applied to jump elements with the following symbols:

FIE – Fall in Element

e – Wrong edge on take off for Flip or Lutz

< - Under-rotated jump

<< - Downgraded jump

\* - Incorrect or Invalid element

## National Opens 1 to 8 – Free Program Requirements

Standard	Minimum Entry Requirements	Split of Competition by age	Program Length	Requirements	Test Scores
<b>Beginner</b>	Skate UK Gold Star (Figure)  A photocopy of the Skate UK passport must be submitted with the application form (unless Skills 1 or equivalent already held)	If there are too many entries, the competition can be split by age at the discretion of the Organisers	1 Min 30 Secs (+/- 5 seconds)	Skaters should perform a well-balanced programme with linking steps, consisting of:  A maximum of 3 jump elements including <ul style="list-style-type: none"> <li>• Different single jumps only, excluding Axel</li> <li>• NO combinations or sequences are permitted.</li> </ul> NB - A 3 (waltz) jump is not a listed jump and is not counted as a jump element.  A maximum of 2 spins, <ul style="list-style-type: none"> <li>• 2 Basic position spins only are allowed with no change of foot and no change of position. (Min 3 revs) Spins with the same ISU abbreviation can be repeated.</li> <li>• <b>Difficult variations and features are not permitted.</b></li> </ul> A maximum of 1 Choreographic Sequence fully utilising the ice surface. See definition on page 1.  <b>Levels explanation:</b> In Spins, no features/variations are permitted. Spins that meet the criteria will be given Base value and evaluated in GOE. Any spin where features or variations are attempted will be called as a No Value spin.	N/A

Standard	Minimum Entry Requirements	Split of Competition by age	Program Length	Requirements	Test Scores
National 1	A minimum of Skills1 or equivalent	If there are too many entries, the competition can be split by age at the discretion of the Organisers	1 Min 30 Secs (+/- 5 seconds)	<p>Skaters should perform a well-balanced programme with linking steps, consisting of:</p> <p>A maximum of <u>3</u> jump elements including</p> <ul style="list-style-type: none"> <li>• Any single jumps may be executed, excluding Axel</li> <li>• A maximum of 1 jump combination consisting of only 2 single jumps, excluding axel</li> <li>• No jump may be executed more than twice in total.</li> </ul> <p>There must be a maximum of two (2) spins of a different nature (abbreviation), one of which must be a spin combination and one must be a spin with no change of position.</p> <ul style="list-style-type: none"> <li>• The spin combination can be executed with a change of foot and a minimum of six (6) revolutions or without a change of foot with a minimum of four (4) revolutions.</li> <li>• The spin with no change of position can be executed with a change of foot and a minimum of six (6) revolutions or without a change of foot and a minimum of four (4) revolutions.</li> <li>• In both spins flying entries are allowed.</li> </ul> <p>A maximum of 1 Choreographic Sequence fully utilising the ice surface.</p> <p><b>Levels explanation:</b> In all elements subject to levels only features up to Level 1 will be counted.</p>	TES 5.50 PCS 6.25

Standard	Minimum Entry Requirements	Split of Competition by age	Program Length	Requirements	Test Scores
<b>National 2</b>	A minimum of Skills 2 or equivalent  <b>and</b>  National 1 Technical Elements and Program Components	If there are too many entries, the competition can be split by age at the discretion of the Organisers	2 Minutes (+/- 5 seconds)	<p>Skaters should perform a well-balanced programme with linking steps, consisting of:</p> <ul style="list-style-type: none"> <li>• A maximum of 4 jump elements, consisting of               <ul style="list-style-type: none"> <li>• Any Single jumps including Axel may be executed.</li> <li>• A maximum of 2 jump combinations or sequences consisting of only 2 jumps may be executed.</li> <li>• No jump may be executed more than twice in total.</li> </ul> </li> </ul> <p>There must be a maximum of two (2) spins of a different nature (abbreviation), one of which must be a spin combination and one must be a spin with no change of position.</p> <ul style="list-style-type: none"> <li>• The spin combination can be executed with a change of foot and a minimum of six (6) revolutions or without a change of foot with a minimum of four (4) revolutions.</li> <li>• The spin with no change of position can be executed with a change of foot and a minimum of six (6) revolutions or without a change of foot and a minimum of four (4) revolutions.</li> <li>• In both spins flying entries are allowed</li> </ul> <p>A Maximum of 1 Choreographic Sequence utilizing the full ice surface</p> <p><b>Levels explanation:</b> In all elements subject to levels only features up to level 2 will be counted.</p> <p><b>Program Components:</b>            Composition            Presentation            Skating Skills</p> <p><b>Bonus:</b> A bonus of 0.5 will be awarded for each Single Axel called in the Program with no F, &lt;, &lt;&lt; or * sign</p>	TES – 7.00 PCS – 7.50

Standard	Minimum Entry Requirements	Split of Competition by age	Program Length	Requirements	Test Scores
<b>National 3</b>	A minimum of Skills 3 or equivalent  <b>and</b>  National 2 Technical Elements and Program Components	If there are too many entries, the competition can be split by age at the discretion of the Organisers	2 Minutes (+/- 5 seconds)	<p>Skaters should perform a well-balanced programme with linking steps, consisting of:</p> <ul style="list-style-type: none"> <li>• A maximum of 4 jump elements, consisting of               <ul style="list-style-type: none"> <li>• 1 single Axel must be executed.</li> <li>• Any Single or Double jumps may be executed.</li> <li>• A maximum of 2 jump combinations or 1 Jump Combination and 1 Jump Sequence consisting of only 2 jumps may be executed.</li> <li>• No jump may be executed more than twice in total.</li> </ul> </li> </ul> <p>There must be a maximum of two (2) spins of a different nature (abbreviation), one of which must be a spin combination and one must be a spin with no change of position.</p> <ul style="list-style-type: none"> <li>• The spin combination can be executed with a change of foot and a minimum of six (6) revolutions or without a change of foot with a minimum of four (4) revolutions.</li> <li>• The spin with no change of position can be executed with a change of foot and a minimum of six (6) revolutions or without a change of foot and a minimum of four (4) revolutions.</li> <li>• In both spins flying entries are allowed</li> </ul> <p>A Maximum of 1 Step Sequence utilizing the full ice surface</p> <p><b>Levels explanation:</b> In all elements subject to levels only features up to level 2 will be counted.</p> <p><b>Bonus:</b> A bonus of 0.5 will be awarded for each different double jump called in the Program with no F, &lt;, &lt;&lt;, e or * sign</p>	TES – 8.00 PCS – 8.75



Standard	Minimum Entry Requirements	Split of Competition by age	Program Length	Requirements	Test Scores
<b>National 4</b>	A minimum of Skills 4 or equivalent  <b>and</b>  National 3 Technical Elements and Program Components	If there are too many entries the competition can be split by age.  The age split must be:  Skaters who have not reached the age of 13 before 1 <sup>st</sup> July <u>2023</u> and skaters who are 13 or over on 1 <sup>st</sup> July <u>2023</u>  If there are still too many skaters in each section, the age split can be broken down further within each group	Girls and Boys 2 Mins 30 Secs (+/- 10 seconds)	Skaters should perform a well-balanced programme with linking steps consisting of  A maximum of <u>5</u> jump elements, consisting of <ul style="list-style-type: none"> <li>• A minimum of 1 axel type jump element (either solo or in combination or sequence)</li> <li>• A maximum of 2 jump combinations or 1 Jump Combination and 1 Jump Sequence consisting of only 2 jumps may be executed.</li> <li>• Only one single jump and one double jump (including Double Axel) can be repeated once.</li> <li>• Triple or quadruple jumps are not permitted.</li> </ul> There must be a maximum of two (2) spins of a different nature (abbreviation), one of which must be a spin combination and one must be a spin with no change of position. <ul style="list-style-type: none"> <li>• The spin combination can be executed with a change of foot and a minimum of eight (8) revolutions or without a change of foot with a minimum of six (6) revolutions.</li> <li>• The spin with no change of position can be executed with a change of foot and a minimum of eight (8) revolutions or without a change of foot and a minimum of six (6) revolutions.</li> <li>• In both spins flying entries are allowed</li> </ul> There must be one step sequence fully utilising the ice surface.  <b>Levels explanation:</b> In all elements subject to levels only features up to level 2 will be counted.  <b>Program Components:</b> Composition Presentation Skating Skills	TES – 10.30 PCS – 10.50

Standard	Minimum Entry Requirements	Split of Competition by age	Program Length	Requirements	Test Scores
<b>National 5</b>	A minimum of Skills 5 or equivalent  <b>and</b>  National 4 Technical Elements and Program Components	If there are too many entries the competition can be split by age.  The age split must be:  Skaters who have not reached the age of 15 before 1 <sup>st</sup> July 2023 and skaters who are 15 or over on 1 <sup>st</sup> July 2023  If there are still too many skaters in each section, the age split can be broken down further within each group.	Girls and Boys 3 Minutes (+/- 10 seconds)	Skaters should perform a well-balanced programme with linking steps consisting of  A maximum of 5 jump elements for ladies and men, consisting of <ul style="list-style-type: none"> <li>• A minimum of one Axel type jump.</li> <li>• A maximum of 2 jump combinations or 1 Jump Combination and 1 Jump Sequence consisting of only 2 jumps may be executed.</li> <li>• Only one single jump and one double jump (including Double Axel) can be repeated once.</li> <li>• No triple and quadruple jumps allowed.</li> </ul> There must be a maximum of two (2) spins of a different nature (abbreviation), one of which must be a spin combination and one must be a spin with no change of position. <ul style="list-style-type: none"> <li>• The spin combination can be executed with change of foot (minimum eight (8) revolutions), or without a change of foot with a minimum of six (6) revolutions.</li> <li>• The spin with no change of position can be executed with a change of foot and a minimum of eight (8) revolutions or without a change of foot and a minimum of six (6) revolutions.</li> <li>• In both spins flying entries are allowed</li> </ul> <ul style="list-style-type: none"> <li>• <u>There must be 1 Choreographic sequence consisting of at least two (2) different movements.</u></li> </ul> <b>Levels explanation:</b> In all elements subject to levels only features up to level 2 will be counted	<b>Girls:</b>  TES – 11.50 PCS – 11.50  <b>Boys:</b>  TES – 11.50 PCS – 13.50

Standard	Minimum Entry Requirements	Split of Competition by age	Program Length	Requirements	Test Scores
<b>National 6</b>	A minimum of Skills 6 or equivalent  <b>and</b>  National 5 Technical Elements and Program Components	If there are too many entries the competition can be split by age.  The age split must be:  Skaters who have not reached the age of 15 before 1 <sup>st</sup> July 2023 and skaters who are 15 or over on 1 <sup>st</sup> July 2023  If there are still too many skaters in each section, the age split can be broken down further within each group.	Girls & Boys 3 Minutes (+/- 10 secs)	Skaters should perform a well-balanced programme with linking steps consisting of  A maximum of 6 jump elements for ladies and men, consisting of <ul style="list-style-type: none"> <li>• An axel type jump element (either solo or in combination or sequence)</li> <li>• A maximum of 2 jump combinations or 1 Jump Combination and 1 Jump Sequence may be executed. One (1) Jump Combination or one (1) Jump Sequence can have three (3) jumps and the other only two (2) jumps.</li> <li>• No quadruple jumps are allowed.</li> <li>• No single, double (including Double Axel) or triple jump may be executed more than twice in total. Only two (2) triple jumps can be repeated either in a jump combination or a jump sequence.</li> </ul> There must be a maximum of two (2) spins of a different nature (abbreviation) <ul style="list-style-type: none"> <li>• one must be a spin combination with change of foot (minimum eight (8) revolutions), flying entrance is not allowed.</li> <li>• one must be a flying spin (minimum six (6) revolutions) or a spin in one position with change of foot and a flying entrance (minimum eight (8) revolutions).</li> </ul> <ul style="list-style-type: none"> <li>• <u>A Maximum of 1 Choreographic Sequence consisting of at least 2 different movements.</u></li> </ul> <p><b>Levels explanation:</b> In all elements subject to levels only features up to level 3 will be counted.</p> <p><b>Bonus:</b> In the Free Program a maximum of Three (3) bonus points can be achieved: one (1) bonus point of 1.0 for one (1) Double Axel and two (2) bonus points of 1.0 for two (2) different triple jump with no F, e, &lt;, &lt;&lt; or * sign</p>	<b>Girls:</b>  TES – 15.00 PCS – 16.00  <b>Boys:</b>  TES – <u>15.00</u> PCS – 18.00

Standard	Minimum Entry Requirements	Split of Competition by age	Program Length	Requirements	Test Scores
<b>National 7</b>	A minimum of Skills 7 or equivalent  <b>and</b>  National 6 Technical Elements and Program Components	If there are too many entries the competition can be split by age.  The age split must be:  Skaters who have not reached the age of 19 before 1 <sup>st</sup> July <u>2023</u> and skaters who are 19 or over on 1 <sup>st</sup> July <u>2023</u>  If there are still too many skaters in each section, the age split can be broken down further within each group.	Women & Men 3 Mins 30 Secs (+/- 10 secs)	Skaters should perform a well-balanced programme with linking steps consisting of  A maximum of 7 jump elements which must contain: - <ul style="list-style-type: none"> <li>• An axel type jump element (either solo or in combination or sequence)</li> <li>• A maximum of 3 jump combinations or 2 jump combinations and 1 jump sequence. One jump combination or one jump sequence may consist of up to three jumps, the other two up to two jumps each.</li> </ul> There must be a maximum of 3 spins with different ISU abbreviations, 1 of which must be a combination spin (min 10 revs), 1 a flying spin or spin with a flying entrance (min 6 revs) and 1 a spin with only 1 basic position (min 6 revs)  A Maximum of 1 Choreographic Sequence utilizing the full ice surface.  N.B. With regard to the repetition of jumps ISU Rule 612 Special Regulations 2022 applies.  <b>Levels explanation:</b> In all elements subject to levels, only features up to level 4 will be counted.	<b>Women:</b>  TES – 22.00 PCS – 22.00  <b>Men:</b>  TES – 22.00 PCS – 27.50

Standard	Minimum Entry Requirements	Split of Competition by age	Program Length	Requirements	Test Scores
<b>National 8</b>	A minimum of Skills 8 or equivalent  <b>and</b>  National 7 Technical Elements and Program Components	If there are too many entries, the competition can be split by age at the discretion of the Organisers	Women & Men 4 Minutes (+/- 10 secs)	<p>Skaters should perform a well-balanced programme with linking steps consisting of:</p> <p>A maximum of 7 jump elements which must consist of</p> <ul style="list-style-type: none"> <li>• An axel type jump element (either solo or in combination or sequence)</li> <li>• A maximum of 3 jump combinations or 2 jump combinations and 1 jump sequence. One jump combination or one jump sequence may consist of up to three jumps, the other two up to two jumps each.</li> </ul> <p>There must be a maximum of 3 spins with different ISU abbreviations, 1 of which must be a combination spin (min 10 revs) 1 a flying spin or spin with flying entry (min 6 revs) and 1 a spin with only 1 basic position (min 6 revs)</p> <p>A Maximum of 1 step sequence and 1 choreographic sequence utilizing the full ice surface</p> <p><b>Levels explanation:</b> In all elements subject to levels, features up to level 4 will be counted.</p> <p>N.B. With regard to the repetition of jumps ISU Rule 612 Special Regulations 2022 applies.</p>	<p><b>Women:</b></p> <p>TES – 26.00            PCS – 24.00</p> <p><b>Men:</b></p> <p>TES – 26.00            PCS – 30.00</p>

## National Opens 6 to 8 – Short Program Requirements

Standard	Minimum Entry Requirements	Split of Competition by age	Program Length	Requirements	Test Scores
<b>National 6</b>	<p>A minimum of Skills 6 or equivalent</p> <p><b>and</b></p> <p>National 5 Technical Elements and Program Components</p>	<p>If there are too many entries the competition can be split by age.</p> <p>The age split must be:</p> <p>Skaters who have not reached the age of 15 before 1<sup>st</sup> July 2023 and skaters who are 15 or over on 1<sup>st</sup> July 2023</p> <p>If there are still too many skaters in each section, the age split can be broken down further within each group.</p>	<p>Girls &amp; Boys</p> <p>2 Mins 20 Secs (+/- 10 secs)</p>	<p><b>Girls</b></p> <ul style="list-style-type: none"> <li>a) Single or double Axel</li> <li>b) Double or triple jump, may not repeat jump in a)</li> <li>c) One jump combination consisting of two double jumps or a double and a triple jump, jumps may not repeat a jump in a) or b) )</li> <li>d) Layback or sideways leaning spin <u>or Camel spin</u> in one basic position with no change of foot. (min. 6 revs in position) and no flying entrance.</li> <li>e) Spin combination with only one change of foot – min. 5 revs on each foot. Flying entry is allowed.</li> <li>f) One step sequence, fully utilising ice surface.</li> </ul> <p><b>Boys</b></p> <ul style="list-style-type: none"> <li>a) Single or double Axel</li> <li>b) Double or triple jump, may not repeat jump in a)</li> <li>c) One jump combination consisting of two double jumps or a double and a triple jump, jumps may not repeat a jump in a) or b)</li> <li>d) <u>Camel spin with or without change of foot and no flying entrance (minimum of five (5) revolutions on each foot</u></li> <li>e) Spin combination with only one change of foot (minimum of five(5) revolutions on each foot). Flying entry is allowed.</li> <li>f) One step sequence, fully utilising the ice surface.</li> </ul> <p><b>Levels explanation:</b> In all elements subject to levels only features up to level 3 will be counted.</p> <p><b>Program Components:</b> Composition Presentation Skating Skills</p> <p><b>Bonus:</b> In the Short Program a maximum of two (2) bonus points can be achieved: one (1) bonus point of 1.0 for one (1) Double Axel and one (1) bonus point of 1.0 for one (1) triple jump with no F, e, &lt;, &lt;&lt; or * sign</p>	Not Applicable

Standard	Minimum Entry Requirements	Split of Competition by age	Program Length	Requirements	Test Scores
<b>National 7</b>	A minimum of Skills 7 or equivalent  <b>and</b>  National 6 Technical Elements and Program Components	If there are too many entries the competition can be split by age.  The age split must be:  Skaters who have not reached the age of 19 before 1 <sup>st</sup> July 2023 and skaters who are 19 or over on 1 <sup>st</sup> July 2023  If there are still too many skaters in each section, the age split can be broken down further within each group.	Women and Men 2 Min 40 Seconds (+/- 10 seconds)	<p><b>Women</b></p> <ul style="list-style-type: none"> <li>a) Double Axel</li> <li>b) One double or triple <u>Lutz</u></li> <li>c) One jump combination consisting of two doubles or a double and a triple jump or two triple jumps (No repeat of a or b)</li> <li>d) Flying <u>Sit</u> spin (min. 8 revolutions in position)</li> <li>e) Layback or sideways leaning spin or <u>Camel</u> spin without change of foot (min. 8 revolutions in position)</li> <li>f) Spin combination with only 1 change of foot (min. 6 revolutions on each foot).</li> <li>g) One Step sequence fully utilizing the ice surface.</li> </ul> <p><b>Men</b></p> <ul style="list-style-type: none"> <li>a) Double or Triple Axel</li> <li>b) One double or triple <u>Lutz</u></li> <li>c) One Jump combination consisting of a double and a triple jump or two triple jumps (No repeat of a or b)</li> <li>d) Flying <u>Sit</u> spin (min. 8 revolutions in position)</li> <li>e) <u>Camel</u> spin with only one change of foot (min. 6 revolutions on each foot)</li> <li>f) Spin combination with only 1 change of foot (min . 6 revolutions on each foot)</li> <li>g) One Step sequence fully utilizing the ice surface.</li> </ul> <p><b>Levels explanation:</b> In all elements subject to levels only features up to level 4 will be counted.</p>	Not Applicable

Standard	Minimum Entry Requirements	Split of Competition by age	Program Length	Requirements	Test Scores
<b>National 8</b>	A minimum of Skills 8 or equivalent  <b>and</b>  National 7 Technical Elements and Program Components	If there are too many entries, the competition can be split by age at the discretion of the Organisers	Women and Men 2 Min 40 Secs (+/- 10 seconds)	<p><b><u>Women</u></b></p> <ul style="list-style-type: none"> <li>a) Double or Triple Axel</li> <li>b) One Triple jump</li> <li>c) One Jump combination consisting of a double and a triple jump or two triple jumps (No repeat of a or b)</li> <li>d) Flying spin (free choice – min. 8 revolutions in position)</li> <li>e) Layback or sideways leaning spin (min. 8 revolutions in position) <b>or</b> sit or camel spin without change of foot (minimum 8 revolutions in position)</li> <li>f) Spin combination with only 1 change of foot (min. 6 revolutions on each foot).</li> <li>g) One Step sequence fully utilizing the ice surface</li> </ul> <p><b><u>Men</u></b></p> <ul style="list-style-type: none"> <li>a) Double or Triple Axel</li> <li>b) One Triple or quadruple jump</li> <li>c) One Jump combination consisting of a double and a triple jump, or two triple jumps, or a quadruple jump with a double or a triple (No repeat of a or b)</li> <li>d) Flying spin (free choice – min 8 revolutions in position)</li> <li>e) Sit or camel spin with only one change of foot (min. 6 revolutions on each foot)</li> <li>f) Spin combination with only 1 change of foot (min. 6 revolutions on each foot).</li> <li>g) One Step sequence fully utilizing the ice surface.</li> </ul> <p>Note - The landing position of the flying spin (d) must be different to the position selected in the one position spin (e).</p> <p><b>Levels explanation:</b> In all elements subject to levels only features up to level 4 will be counted.</p>	Not Applicable