

2008-2009 SHORT PROGRAM



<p>INTERMEDIATE LADIES/MEN 2:00 max.</p>	<p>Axel or Double Axel</p>	<p>Double Jump Immediately preceded by connecting steps May not repeat double Axel jump</p>	<p>Jump Combination Single/Double or Double/Double May not repeat Axel or solo jump</p>	<p>Spin Only one position No change of foot May start with a fly Min. 5 rev.</p>		<p>Spin Combination With only 1 change of foot and min. 1 change of position No Flying Entry Min. 5 rev. each foot</p>		<p>Step Sequence Straight line, circular, or serpentine Full ice surface</p>
<p>NOVICE LADIES/MEN 2:30 max.</p>	<p>Axel or Double Axel</p>	<p>Double or Triple Jump Immediately preceded by connecting steps May not repeat double Axel jump</p>	<p>Jump Combination Double/Double or Double/Triple May not repeat either double Axel or solo jump</p>	<p>Ladies: Layback or Sideways Leaning Spin Men: Camel or Sit Spin No change of foot May not have flying entry Min. 6 rev.</p>		<p>Spin Combination With only 1 change of foot and min. 1 change of position. 2 rev. req. for position to count No Flying Entry Min. 5 rev. each foot</p>	<p>Ladies: Spiral Sequence Min. 2 spiral positions of at least 3 seconds each Min. 1 change of foot First 3 spirals count for level</p>	<p>Men: Step Sequence Straight line, circular, or serpentine, with full use of ice surface.</p>
<p>JUNIOR LADIES 2:50 max.</p>	<p>Double Axel</p>	<p>Double or Triple Lutz Immediately preceded by connecting steps or other free skating movements</p>	<p>Jump Combination Double/Double, Double/Triple or Triple/Triple May not repeat either double Axel or solo jump</p>	<p>Flying Camel Spin Min. 8 rev.</p>	<p>Layback or Sideways Leaning Spin Min. 8 rev</p>	<p>Spin Combination With only 1 change of foot <u>and all 3 basic positions or any variation thereof</u> No Flying Entry Min. 6 rev. each foot, Min. 2 rev. in pos.</p>	<p>Spiral Sequence Shape may vary. Min. 3 spiral positions Min. 1 change of foot Each position 3 seconds minimum. First 3 spirals count for level</p>	<p>Step Sequence Straight line, circular, or serpentine</p>
<p>JUNIOR MEN 2:50 max.</p>	<p>Double or Triple Axel</p>	<p>Double or Triple Lutz Immediately preceded by connecting steps or other free skating movements</p>	<p>Jump Combination Double/Triple or Triple/Triple May not repeat either double Axel or solo jump</p>	<p>Flying Camel Spin Min. 8 rev</p>	<p>Sit Spin With only 1 change of foot Min. 6 rev. each foot</p>	<p>Spin Combination With only 1 change of foot <u>and all 3 basic positions or any variation thereof</u> No Flying Entry Min. 6 rev. each foot, Min. 2 rev. in pos.</p>		<p>2 Step Sequences of a different nature Straight line, circular, or serpentine</p>
<p>SENIOR LADIES 2:50 max.</p>	<p>Double Axel</p>	<p>Any Triple Jump Immediately preceded by connecting steps or other free skating movements</p>	<p>Jump Combination Double/Triple or Triple/Triple May not repeat either double Axel or solo jump</p>	<p>Flying Spin Min. 8 rev.</p>	<p>Layback or Sideways Leaning Spin Min. 8 rev</p>	<p>Spin Combination With only 1 change of foot <u>and all 3 basic positions or any variation thereof</u> No Flying Entry Min. 6 rev. each foot, Min. 2 rev. in pos.</p>	<p>Spiral Sequence Shape may vary. Min. 3 spiral positions Min. 1 change of foot Each position 3 seconds minimum. First 3 spirals count for level</p>	<p>Step Sequence Straight line, circular, or serpentine</p>
<p>SENIOR MEN 2:50 max.</p>	<p>Double or Triple Axel</p>	<p>Any Triple or Quadruple Jump Immediately preceded by connecting steps or other free skating movements May not be a Quad if Quad is in Comb.</p>	<p>Jump Combination Double/Triple, Triple/Triple, Quad/Double, or Quad/Triple May not repeat either Axel jump performed or solo jump</p>	<p>Flying Spin Min. 8 rev</p>	<p>Camel or Sit Spin With only 1 change of foot Min. 6 rev. each foot</p>	<p>Spin Combination With only 1 change of foot <u>and all 3 basic positions or any variation thereof</u> No Flying Entry Min. 6 rev. each foot, Min. 2 rev. in pos.</p>		<p>2 Step Sequences of a different nature Straight line, circular, or serpentine</p>

2008 – 2009 Free Skating Requirements



2008-2009	JUMP ELEMENTS	SPINS	STEP SEQUENCES
JUVENILE 2:15 *means element is required	<ul style="list-style-type: none"> 1 must be an Axel-type jump* Max 6 Max 3 combos or sequences Combos limited to 2 jumps, but one 3 jump combo is permitted. Number of jumps in jump sequence is not limited. No more than 3 double jumps may be repeated (1 each), but only as part of combo or sequence. Maximum of 2 of any double jump No triple jumps 	<ul style="list-style-type: none"> 1 flying entry* Max 3 1 combo with min 1 change of position* 3rd is option of the skater Min 5 rev; 8 for combo; min 2 revs in position All spins may change feet and start with a fly Spins must be of a different nature 	<ul style="list-style-type: none"> Straight line, circular, or serpentine* Max 1 Must use entire ice surface
INTERMEDIATE 2:30 *means element is required	<ul style="list-style-type: none"> 1 must be an Axel-type jump* Max 6 Max 3 combos or sequences Combos limited to 2 jumps, but one 3 jump combo is permitted. Number of jumps in jump sequence is not limited. No more than 3 jumps may be repeated, only 1 may be a triple. Double or triple jump repeated only in combo or seq. Max. 2 any double or triple. 	<ul style="list-style-type: none"> 1 flying entry* Max 3 1 combo with min 1 change of foot & 1 change of position* 3rd spin is option of skater Min 5 rev; 4 each foot for combo; min 2 revs in position All spins may change feet and start with a fly Spins must be of a different nature 	<ul style="list-style-type: none"> Straight line, circular, or serpentine* Max 1 Must use entire ice surface
NOVICE LADIES 3:00 *means element is required	<ul style="list-style-type: none"> 1 must be an Axel-type jump* Max 6 Max 3 combos or sequences Combos limited to 2 jumps, but one 3 jump combo is permitted. Number of jumps in jump sequence is not limited. No more than 2 jumps that are 2 ½ or 3 revolutions may be repeated. If 2 ½ or triple jump repeated, must be in combo or sequence. 	<ul style="list-style-type: none"> Spins must be of a different nature Max 3 1 flying entry w/ no change of foot or position* 1 spin combination; w/without change of foot* 3rd spin is option of skater Min 6 rev; 10 for combo; min 2 revs in position Spins may change feet and start with a fly. Exception: the flying spin with no change of foot or position 	<ul style="list-style-type: none"> Step or spiral sequence* Max 1 Must use entire ice surface Minimum of two (2) spiral positions, shape may vary. 3 second minimum for spiral position to count. Only first 3 spirals count for levels
NOVICE MEN 3:30 *means element is required	<ul style="list-style-type: none"> 1 must be an Axel-type jump* Max 7 Max 3 combos or sequences Combos limited to 2 jumps, but one 3 jump combo is permitted. Number of jumps in jump sequence is not limited. No more than 2 jumps that are 2 ½ or 3 revolutions may be repeated. If 2 ½ or triple jump repeated, must be in combo or sequence. 	<ul style="list-style-type: none"> Spins must be of a different nature Max 3 1 flying entry w/ no change of foot or position* 1 spin combination; w/without change of foot* 3rd spin is option of skater Min 6 rev; 10 for combo; min 2 revs in position Spins may change feet and start with a fly. Exception: the flying spin with no change of foot or position 	<ul style="list-style-type: none"> Step or spiral sequence* Max 1 Must use entire ice surface Minimum of two (2) spiral positions, shape may vary. 3 second minimum for spiral position to count
JUNIOR LADIES 3:30 *means element is required	<ul style="list-style-type: none"> 1 must be an Axel-type jump * Max 7 Max 3 combos or sequences Combos limited to 2 jumps, but one 3 jump combo is permitted. Number of jumps in sequence is free 2 triples or quads may be repeated, but must be in combo or sequence 3 double axel max as solo jump or in combo/sequence 	<ul style="list-style-type: none"> 1 flying entry * Max 3 1 spin combination; w/without change of foot* 1 spin with only 1 position * Min 6 rev; 10 for combo; min 2 revs in position All spins may change feet and start with a fly Spins must be of a different nature 	<ul style="list-style-type: none"> Straight line, circular, or serpentine Max 1
JUNIOR MEN 4:00 *means element is required	<ul style="list-style-type: none"> 1 must be an Axel-type jump * Max 8 Max 3 combos or sequences Combos limited to 2 jumps, but one 3 jump combo is permitted. Number of jumps in sequence is free 2 triples or quads may be repeated, but must be in combo or sequence 3 double axel max as solo jump or in combo/sequence 	<ul style="list-style-type: none"> 1 flying entry * Max 3 1 spin combination; w/without change of foot* 1 spin with only 1 position * Min 6 rev; 10 for combo; min 2 revs in position All spins may change feet and start with a fly Spins must be of a different nature 	<ul style="list-style-type: none"> Straight line, circular, or serpentine * Max 1
SENIOR LADIES 4:00 *means element is required	<ul style="list-style-type: none"> 1 must be an Axel-type jump * Max 7 Max 3 combos or sequences Combos limited to 2 jumps, but one 3 jump combo is permitted. Number of jumps in sequence is free 2 triples or quads may be repeated, but must be in combo or sequence 3 double axel max as solo jump or in combo/sequence 	<ul style="list-style-type: none"> 1 flying entry * Max 3 1 spin combination; w/without change of foot* 1 spin with only 1 position * Min 6 rev; 10 for combo; min 2 revs in position All spins may change feet and start with a fly Spins must be of a different nature 	<ul style="list-style-type: none"> One step sequence Max 2 One spiral sequence with at least 2 spirals. Shape may vary. Only first 3 spirals count for levels.
SENIOR MEN 4:30 *means element is required	<ul style="list-style-type: none"> 1 must be an Axel-type jump * Max 8 Max 3 combos or sequences Combos limited to 2 jumps, but one 3 jump combo is permitted. Number of jumps in sequence is free 2 triples or quads may be repeated, but must be in combo or sequence 3 double axel max as solo jump or in combo/sequence 	<ul style="list-style-type: none"> 1 flying entry * Max 3 1 spin combination; w/without change of foot* 1 spin with only 1 position * Min 6 rev; 10 for combo; min 2 revs in position All spins may change feet and start with a fly Spins must be of a different nature 	<ul style="list-style-type: none"> Straight line, circular, or serpentine * Max 2 If two sequences are performed, they must be different step sequences



2008-2009 PAIRS SHORT PROGRAM

2008-2009	LIFTS	TWIST LIFT	THROW JUMP	SOLO JUMP	PAIR SPIN	SOLO SPIN	DEATH SPIRAL	SPIRAL SEQUENCE
<p>NOVICE PAIRS Group C 2:50 Max</p>	<p>One lift selected from Group 1-5. One-handed, changes of hold and changes of lady's position are permitted</p> <p>Min 2 revs by lady. Min 1 rev and Max 3 ½ revs by man.</p>	<p>Single or Double</p>	<p>Single or Double</p>	<p>Double Lutz</p>	<p>No change of foot. Optional change of position. Min 5 revs</p> <p>May not commence with a jump</p>	<p>No change of foot. Optional change of position Min 5 revs</p> <p>May commence with a jump</p>	<p>Forward Inside</p> <p>Min 1 revolution of the man in pivot position</p>	<p>Spiral Sequence</p> <p>Each partner must execute at least 2 spiral positions and Min 3 second hold for each spiral.</p>
<p>JUNIOR PAIRS Group C 2:50 Max</p>	<p>Toe Loop hip lift take-off (Group 3)</p> <p>Min 2 revs by lady. Min 1 rev and Max 3 ½ revs by man.</p>	<p>Double</p> <p>Take off either Flip or Lutz only</p>	<p>Double or Triple Loop</p>	<p>Double Lutz</p>	<p>Combination Spin with only one (1) change of foot and at least one (1) change of position Min 8 revs</p> <p>May not commence with a jump</p>	<p>Combination Spin with only one (1) change of foot and at least one (1) change of position Min 5 revs each foot</p> <p>May commence with a jump</p>	<p>Forward Inside</p> <p>When final death spiral position is attained, both partners must execute 1 full rev with man in full pivot position</p> <p>The lady's lowest hip or buttock and head should not be higher than her skating knee.</p>	<p>Spiral Sequence</p> <p>Each partner must execute at least 2 spiral positions and Min 3 second hold for each spiral.</p>
<p>SENIOR PAIRS Group C 2:50 Max</p>	<p>Any hip lift take-off (Group 3)</p> <p>Min 2 revs by lady. Min 1 rev and Max 3 ½ revs by man.</p>	<p>Double or Triple</p> <p>Take off either Flip or Lutz only</p>	<p>Double or Triple</p>	<p>Double or Triple</p>	<p>Combination Spin with only 1 change of foot and at least 1 change of position Min 8 revs</p> <p>May not commence with a jump</p>	<p>Combination Spin with only 1 change of foot and at least 1 change of position Min 5 revs each foot</p> <p>May commence with a jump</p>	<p>Forward Inside</p> <p>When final death spiral position is attained, both partners must execute 1 full rev with man in full pivot position</p> <p>The lady's lowest hip or buttock and head should not be higher than her skating knee.</p>	<p>Spiral Sequence</p> <p>Each partner must execute at least 2 spiral positions and Min 3 second hold for each spiral.</p>



2008-2009 Novice - Senior Pairs Free Skate

2008-2009	LIFTS	TWIST LIFT	THROW JUMP	SOLO JUMP	JUMP SEQUENCE/ COMBINATION	PAIR SPIN/ COMBINATION	SOLO SPIN/ COMBINATION	DEATH SPIRAL	STEP/SPIRAL SEQUENCE
NOVICE PAIRS 3:30 +/- 10 sec *means element is required	Max 2 Different *One must be from Group 3 or 4 Variation of lady's position, no-handed, 1-handed lifts and combo lifts are permitted Min 2 revs by lady. Min 1 rev and Max 3 ½ revs by man. <u>No carry lift permitted.</u>	Max 1 Single or Double	Max 2 Different Single, Double, or Triple	Max 1 No limit on the number of revolutions	Max 1 Max 2 jumps in Jump Combo No limit to number of jumps in Jump Sequence	Max 1 Pair Spin or Pair Spin Combination Min. 5 revs. Pair Combo Spin must change foot by both partners and min 1 change of position by both partners	Max 1 Solo Spin or Solo Spin combination, Min. 5 revs	Max 1 Must be a regular hand-hold At least 1 rev by the man in pivot position	Max 1 Step Sequence Straight line, circular or serpentine utilizing full ice surface
JUNIOR PAIRS 4:00 +/- 10 sec *means element is required	Max 2 *One must be from Group 3 or 4 Full extension of lifting arms Min 2 revs by lady. Min 1 rev and Max 3 ½ revs by man. 1 lift may be a carry type lift.	Max 1 No limit to number of revs Take-off may be Toe Loop, Flip/Lutz or Axel	Max 2 Different	Max 1 No limit on the number of revolutions	Max 1 Max 2 jumps in Jump Combo No limit to number of jumps in Jump Sequence	Max 1 Pair Spin Min 6 revs Optional change of position OR Pair Spin Combo Min 8 rev with at least 1 change of foot and 1 change of position by each partner	Max 1 Solo Spin Min 6 revs OR Spin Combination Min 10 revs Optional change of foot	Max 1 When final death spiral position is attained, both partners must execute 1 rev with man in full pivot position. The lady's lowest hip or buttock and head should not be higher than her skating knee. For the Back Outside Death Spiral a slightly higher position of her hip or buttock is acceptable.	Max 1 Step Sequence Straight line, circular, or serpentine utilizing full ice surface
SENIOR PAIRS 4:30 +/- 10 sec *means element is required	Max 4 Lifts Total 3 lifts, 1 twist lift OR 2 lifts, 2 twist lifts Max 3 *One must be from Group 3 or 4 Full extension of lifting arms Min 2 revs by lady. Min 1 rev and Max 3 ½ revs by man. 1 lift may be a carry type lift	Max 2 No limit to number of revs Take off may be Toe Loop, Flip/Lutz or Axel Each twist lift must be of a different nature	Max 2 Different	Max 1 No limit on the number of revolutions	Max 1 Max 2 jumps in Jump Combo No limit to number of jumps in Jump Sequence	Max 1 Pair Spin Combo Min 8 revs with at least 1 change of foot and 1 change of position by each partner	Max 1 Spin Combination Min 10 revs and at least one change of foot by each partner	Max 1 When final death spiral position is attained, both partners must execute 1 rev with man in full pivot position. The lady's lowest hip or buttock and head should not be higher than her skating knee. For the Back Outside Death Spiral a slightly higher position of her hip or buttock is acceptable.	Max 1 Step Sequence Straight line, circular, or serpentine utilizing full ice surface



2008-2009 ORIGINAL DANCE

Original Dance	LIFTS	DANCE SPINS	STEP SEQUENCES	TWIZZLES	Additional Information
<p>JUNIOR & SENIOR 2:30 +/- 10 seconds</p> <p>Rhythms and Dances of the 1920's, 1930's or 1940's</p>	<p style="text-align: center;">Max 2</p> <p>2 different types of Short Lifts (max 6 seconds) Long Lifts not permitted 2nd Lift optional – see Note below.</p> <p style="text-align: center;">Note: The first performed lift only will be identified and considered in determining level of difficulty. The 2nd lift is optional and, if performed, will be considered by the judges in marking Choreography.</p> <p style="text-align: center;">See Additional Information column regarding Combined Dance Spin & Lift</p>	<p style="text-align: center;">Max 1</p> <p>Spin – min 3 revs on one foot by both partners</p> <p>Combination Spin is <u>not</u> permitted.</p> <p style="text-align: center;">See Additional Information column regarding Combined Dance Spin & Lift</p>	<p style="text-align: center;">Max 2</p> <p>1 Midline Not Touching Covering the Full length of the ice surface.</p> <p style="text-align: center;">Must incorporate mirror and/or matching footwork. Both partners may cross each other's tracing(s) and may switch from matching footwork to mirror and vice versa.</p> <p>The partners should remain as close together as possible but must not touch. Distance between partners should be generally no more than 2 arms lengths apart.</p> <p style="text-align: center;">AND</p> <p>One (1) Step Sequence in hold selected from: Diagonal or Circular Diagonal – skated as fully corner to corner as possible Circular - Utilizing the full width of ice surface on the short axis of the rink.</p> <p style="text-align: center;">Use of variety of dance holds except no hand in hand hold in sustained position with fully extended arms.</p> <p>Any separation to change hold must not exceed one measure of music.</p> <p>Lifts, jumps of more than ½ rotation, stops, dance spins, pirouettes, pattern retrogressions or loops are <u>not</u> permitted in either step seq.</p>	<p style="text-align: center;">Max 1</p> <p>One set of Sequential Twizzles</p> <p>Up to one step in between twizzles.</p> <p>No stop(s) allowed before and/or between twizzles.</p> <p style="text-align: center;">The set of sequential twizzles may be skated in any part of the program except in the required step sequences.</p>	<p style="text-align: center;">Additional Information</p> <p>See ISU Communication <u>1522</u> on repeated positions and illegal lifts/elements.</p> <p>One (1) stop of 10 sec. duration or 2 stops each of 5 sec. duration are permitted</p> <p><u>Hops and jumps of ½ rotation which may be executed by both partners simultaneously are permitted.</u></p> <p><u>Jumps of one rotation are permitted but may not be performed simultaneously. These one rotation jumps are not permitted in either step sequence.</u></p> <p>Kneeling and sliding on 2 knees are permitted if not used excessively.</p> <p>One (1) combined dance spin & lift permitted but are to be counted as separate elements: i.e., as one of the permitted lifts and one dance spin.</p> <p style="text-align: center;">Touching of ice by hand(s) is not permitted</p> <p style="text-align: center;"><u>Illegal elements:</u></p> <p><u>Jumps of one (1) full rotation performed simultaneously</u></p> <p><u>Jumps of more than one (1) rotation</u></p> <p>If deemed excessive – Kneeling and sliding on 2 knees</p> <p>Lying on the ice</p>



2008-2009 JUNIOR & SENIOR FREE DANCE

2008-09 Free Dance Version 2.0 7/07/08 JDE

Free Dance	LIFTS	DANCE SPINS	STEP SEQUENCES	TWIZZLES	Optional Additional Elements*	Additional Information
JUNIOR 3:30 +/- 10 sec * See Optional Additional Elements	Max 3 3 different types of lifts. 1 may be a Long lift (max 12 sec) Short lifts are max 6 sec.	Max 1* Combination Spin min 3 revs on each foot by both partners.	Max 2 1 selected from Group A: midline in hold or diagonal in hold and 1 selected from Group B: circular in hold or serpentine (2 or 3 bold curves) in hold Both to be skated in dance holds or variations thereof except hand-in-hand hold in sustained position with fully extended arms. Any separation to change a hold must not exceed 1 measure of music. Lifts, jumps of more than ½ rotation, stops, dance spins, pirouettes, pattern regression & loops not to be included in step sequences.	Max 1* Set of Synchronized Twizzles	1 additional dance spin (may be spin or combo) & additional set(s) of synchronized twizzles may be performed. Additional elements not identified by Technical Panel but considered by judges in Linking Footwork/ Movements component. If 3 rd dance spin is performed it will be considered by Technical Panel as Extra Element	Combined dance spin & lift permitted but are to be counted as separate elements: i.e. as 1 of the permitted lifts and 1 dance spin. <u>Lifts</u> -see ISU Communication 1496 on repeated positions and illegal lifts/elements. <u>Other illegal elements</u> - Jumps of more than 1 revolution or jumps of one revolution skated at the same time by both partners. - Kneeling on 2 knees on the ice. - Lying on the ice
SENIOR 4:00 +/- 10 sec * See Optional Additional Elements	4 (see note) 4 different types of lifts. 1 may be a Long lift (max 12 sec) Short lifts are max 6 sec. Note: 1 additional lift up to 6 secs without any requirements to level is permitted but only first 4 lifts performed will be identified for level. Additional lift to be considered by the judges in the Choreography mark.	Max 1* Combination Spin min 3 revs on each foot by both partners.	Max 2 1 selected from Group A: midline in hold, diagonal in hold and 1 selected from Group B: circular in hold or serpentine (2 or 3 bold curves) in hold Both to be skated in dance holds or variations thereof except hand-in-hand hold in sustained position with fully extended arms. Any separation to change a hold must not exceed 1 measure of music. Lifts, jumps of more than ½ rotation, stops, dance spins, pirouettes, pattern regression & loops not to be included in step sequences.	Max 1* Set of Synchronized Twizzles	1 additional dance spin (may be spin or combo) & additional set(s) of synchronized twizzles may be performed. Additional elements not identified by Technical Panel but considered by judges in Linking Footwork/ Movements component. If 3 rd dance spin and/or 6 th lift is performed it will be considered by Technical Panel as Extra Element	Combined dance spin & lift permitted but are to be counted as separate elements: i.e. as 1 of the permitted lifts and 1 dance spin. <u>Lifts</u> -see ISU Communication 1496 on repeated positions and illegal lifts/elements. <u>Other illegal elements</u> - Jumps of more than one revolution or jumps of one revolution skated at the same time by both partners. - Kneeling on 2 knees on the ice. - Lying on the ice