

OPTIONAL SEGMENT (Juvenile short program is not a qualifying segment.)

<p>JUVENILE and OPEN JUVENILE GIRLS/BOYS 2:10 max. Warmup Time: 5 minutes <i>Age eligibility: see USFS rule 6400</i> 6 elements</p>	<p>Single or Double Axel</p>	<p>Single or Double Jump May not repeat Axel jump or jumps used in the combination</p>	<p>Jump Combination Single/Double or Double/Double May not repeat Axel jump or solo jump performed</p>	<p>Spin Only one position No change of foot May start with a fly Min. 5 revs.</p>	<p>Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 5 revs. each foot Min. 2 revs in pos.</p>	<p>Leveled Step Sequence Fully utilize the ice surface Max Level 1</p>
BONUSES*	<ul style="list-style-type: none"> • 1.0 for each Double Axel 					

REQUIREMENTS FOR NONQUALIFYING AND QUALIFYING COMPETITIONS

<p>INTERMEDIATE WOMEN/MEN 2:10 max. Warmup Time: 5 minutes <i>Age eligibility: see USFS rule 6400</i> 6 elements</p>	<p>Single or Double Axel</p>	<p>Double or Triple Jump May not repeat double Axel or either jump in combo</p>	<p>Jump Combination Single/Double, Double/Double, Single/Triple, Double/Triple or Triple/triple May not repeat Axel jump or solo jump performed</p>	<p>Camel Spin Women and Men: With only 1 change of foot No change of position No flying entry Min 4 revs on each foot.</p>	<p>Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 5 revs. each foot Min. 2 revs in pos.</p>	<p>Leveled Step Sequence Fully utilizing the ice surface Max Level 2</p>
BONUSES*		<ul style="list-style-type: none"> • for each triple jump (maximum 2, triples must be different) • 1.0 for one combination with a double jump immediately followed by a triple jump (e.g. 2Lz+3T) 				

***Bonuses - General Notes for JUVENILE & INTERMEDIATE SHORT PROGRAM**

- **Bonuses apply only to jump elements that meet SP or FS well-balanced program requirements and repeat rules.**
- Jump elements (individual jump or jump combination/sequence) are eligible for a maximum 1.0 bonus.
- Individual jump bonuses shall be applied to an eligible jump executed in combination/sequence only if the entire element is not eligible for a **Combo Bonus**.
- Bonuses noted “for one” in above may be applied only once per program.
- **The first jump element that meets the requirements is eligible for the bonus in that category.**
- **+REP does not block a bonus application.**
- When bonuses are applied to jump elements, the repeat rule verifications in the software may fail and must be manually checked by the technical controller.
- **Juvenile & Intermediate:** To be eligible for any bonus, jumps must be fully rotated, landed on the quarter (q) or under-rotated (<). Jumps with an edge attention (!) are eligible. Jump elements that include a wrong edge (e) or downgrade (<<) are **not eligible** for a bonus.

Combination Bonus – Juvenile & Intermediate:

- If ANY jump in a jump combination has a wrong edge or downgrade, the element is not eligible for a **Combo Bonus**.
- If a combination with a double jump immediately followed by a triple jump has one full revolution between the jumps with no weight transfer it is still eligible for a **Combo Bonus**.

REQUIREMENTS FOR NONQUALIFYING AND QUALIFYING COMPETITIONS

<p>NOVICE WOMEN 2:30 max.</p> <p>Warmup Time: 6 minutes</p> <p>6 elements</p>	<p>Single or Double Axel</p>	<p>Double or Triple Jump</p> <p>May not repeat double Axel or either jump in combo</p>	<p>Jump Combination</p> <p>Double/Double, Double/Triple or Triple/Triple</p> <p>May not repeat double Axel or solo jump performed</p>	<p>Layback/Sideways Leaning, Sit or Camel Spin</p> <p>No change of foot No flying entry Min. 6 revs.</p>	<p>Spin Combination</p> <p>With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 5 revs. each foot Min. 2 revs in pos.</p>	<p>Leveled Step Sequence</p> <p>Fully utilizing the ice surface</p>
<p>NOVICE MEN 2:30 max.</p> <p>Warmup Time: 6 minutes</p> <p>6 elements</p>	<p>Single or Double Axel</p>	<p>Double or Triple Jump</p> <p>May not repeat double Axel or either jump in combo</p>	<p>Jump Combination</p> <p>Double/Double, Double/Triple or Triple/Triple</p> <p>May not repeat Double Axel or solo jump performed</p>	<p>Camel Spin</p> <p>With only 1 change of foot No change of position No flying entry Min. 5 revs. each foot</p>	<p>Spin Combination</p> <p>With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 5 revs. each foot Min. 2 revs in pos.</p>	<p>Leveled Step Sequence</p> <p>Fully utilizing the ice surface</p>
<p>BONUSES*</p>		<ul style="list-style-type: none"> • for one triple Axel • for one combination with two consecutive triple jumps (e.g. 3T+3T) 			<ul style="list-style-type: none"> • 0.5 for one step sequence that achieves a Level 4 	

*** Bonuses - General Notes for NOVICE SHORT PROGRAM**

- **Bonuses apply only to jump elements that meet SP or FS well-balanced program requirements and repeat rules.**
- Jump elements (individual jump or jump combination/sequence) are eligible for a maximum 1.0 bonus.
- Individual jump bonuses shall be applied to an eligible jump executed in combination/sequence only if the entire element is not eligible for a **Combo Bonus**.
- Bonuses noted “for one” in the chart above may be applied only once per program.
- **The first jump element that meets the requirements is eligible for the bonus in that category.**
- +REP does not block a bonus application.
- When bonuses are applied to jump elements, the repeat rule verifications in the software may fail and must be manually checked by the technical controller.
- **Novice & Junior:** To be eligible for any bonus, jumps must be fully rotated or landed on the quarter (q). Jump elements that include an attention (!), wrong edge (e), under-rotation (<) or downgrade (<<) are **not eligible** for a bonus.

Combination Bonus:

- **Novice & Junior:** If ANY jump in a jump combination has a wrong edge, edge attention, under-rotation or downgrade, the element is not eligible for a **Combo Bonus**.
- If a combination with two consecutive triple jumps has one full revolution between the jumps with no weight transfer it is still eligible for a **Combo Bonus**.

REQUIREMENTS FOR NONQUALIFYING AND QUALIFYING COMPETITIONS

<p>JUNIOR WOMEN 2:40 +/- 10 sec</p> <p>Warmup Time: 6 minutes</p> <p>2nd half bonus: 1:20</p> <p>7 elements</p>	<p>Double Axel</p>	<p>Double or Triple Loop</p>	<p>Jump Combination</p> <p>Double/Double, Double/Triple or Triple/Triple</p> <p>May not repeat Double Axel or solo jump performed</p>	<p>Flying Sit Spin</p> <p>Flying pos. may be different than landing pos. Min. 8 revs.</p>	<p>Layback/Sideways Leaning or Camel Spin without change of foot</p> <p>No flying entry Min. 8 revs.</p>	<p>Spin Combination</p> <p>With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 6 revs. each foot Min. 2 revs in pos.</p>	<p>Leveled Step Sequence</p> <p>Fully utilizing the ice surface</p>
<p>JUNIOR MEN 2:40 +/- 10 sec</p> <p>Warmup Time: 6 minutes</p> <p>2nd half bonus: 1:20</p> <p>7 elements</p>	<p>Double or Triple Axel</p>	<p>Double or Triple Loop</p>	<p>Jump Combination</p> <p>Double/Triple or Triple/Triple</p> <p>May not repeat Axel jump or solo jump performed</p>	<p>Flying Sit Spin</p> <p>Flying pos. may be different than landing pos. Min. 8 revs.</p>	<p>Camel Spin</p> <p>With only 1 change of foot</p> <p>No flying entry Min. 6 revs. each foot</p>	<p>Spin Combination</p> <p>With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 6 revs. each foot Min. 2 revs in pos.</p>	<p>Leveled Step Sequence</p> <p>Fully utilizing the ice surface</p>
<p>BONUSES*</p>	<ul style="list-style-type: none"> • for one triple Axel • for one combination with two consecutive triple jumps (e.g. 3Lz+3T) 						

*** Bonuses - General Notes for JUNIOR SHORT PROGRAM**

- **Bonuses apply only to jump elements that meet SP or FS well-balanced program requirements and repeat rules.**
- Jump elements (individual jump or jump combination/sequence) are eligible for a maximum 1.0 bonus.
- Individual jump bonuses shall be applied to an eligible jump executed in combination/sequence only if the entire element is not eligible for a **Combo Bonus**.
- Bonuses noted "for one" in the chart above may be applied only once per program.
- **The first jump element that meets the requirements is eligible for the bonus in that category.**
- +REP does not block a bonus application.
- When bonuses are applied to jump elements, the repeat rule verifications in the software may fail and must be manually checked by the technical controller.
- **Novice & Junior:** To be eligible for any bonus, jumps must be fully rotated or landed on the quarter (q). Jump elements that include an attention (!), wrong edge (e), under-rotation (<) or downgrade (<<) are **not eligible** for a bonus.

Combination Bonus:

- **Novice & Junior:** If ANY jump in a jump combo has a wrong edge, edge attention, under-rotation or downgrade, the element is not eligible for a **Combo Bonus**.
- If a combination with two consecutive triple jumps has one full revolution between the jumps with no weight transfer it is still eligible for a **Combo Bonus**.



REQUIREMENTS FOR NONQUALIFYING AND QUALIFYING COMPETITIONS

<p>SENIOR WOMEN 2:40 +/- 10 sec Warmup Time: 6 minutes 2nd half bonus: 1:20 7 elements</p>	<p>Double or Triple Axel</p>	<p>Any Triple Jump May not repeat Triple Axel or either jump in combo</p>	<p>Jump Combination Double/Triple or Triple/Triple May not repeat Axel jump or solo jump performed</p>	<p>Flying Spin Landing position different than spin in 1 position Min. 8 revs.</p>	<p>Layback/ Sideways Leaning, Sit or Camel Spin without change of foot No flying entry Min. 8 revs.</p>	<p>Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 6 revs. each foot Min. 2 revs in pos.</p>	<p>Leveled Step Sequence Fully utilizing the ice surface</p>
<p>SENIOR MEN 2:40 +/- 10 sec Warmup Time: 6 minutes 2nd half bonus: 1:20 7 elements</p>	<p>Double or Triple Axel</p>	<p>Any Triple or Quadruple Jump May not repeat Triple Axel or either jump in combo</p>	<p>Jump Combination Double/Triple, Triple/Triple, Quad/Double, or Quad/Triple May not repeat Axel jump or solo jump performed</p>	<p>Flying Spin Landing position different than spin in 1 position Min. 8 revs.</p>	<p>Sit or Camel Spin With only 1 change of foot No flying entry Min. 6 revs. each foot</p>	<p>Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 6 revs. each foot Min. 2 revs in pos.</p>	<p>Leveled Step Sequence Fully utilizing the ice surface</p>