



2011-12 & 2012-13 Junior Men & Junior Ladies Short Program Requirements

2011-12 – Junior Men Short Program

- a. Double or triple Axel. See rule 3626 for U.S. Collegiate Figure Skating Championships requirement;
- b. One double or triple Lutz jump immediately preceded by connecting steps and/or other comparable free skate movements;
- c. One jump combination consisting of a double jump and a triple jump or two triple jumps;
- d. Flying sit spin. Minimum of eight revolutions in position;
- e. Camel spin with only one change of foot. Minimum of six revolutions on each foot;
- f. Spin combination with only one change of foot and all three basic positions (sit, camel, upright or any variation thereof). Minimum of six revolutions on each foot;
- g. One step sequence (straight line, circular or serpentine).

2012-13 – Junior Men Short Program

- a. Double or triple Axel. See rule 3626 for U.S. Collegiate Figure Skating Championships requirement;
- b. One double or triple flip immediately preceded by connecting steps and/or other comparable free skate movements;
- c. One jump combination consisting of a double jump and a triple jump or two triple jumps;
- d. Flying camel spin. Minimum of eight revolutions in position;
- e. Sit spin with only one change of foot. Minimum of six revolutions of each foot;
- f. Spin combination with only one change of foot and all three basic positions (sit, camel, upright or any variation thereof). Minimum of six revolutions on each foot.
- g. One step sequence (straight line, circular or serpentine).

2011-12 – Junior Ladies Short Program

- a. Double Axel. See rule 3626 for U.S. Collegiate Figure Skating Championships requirement;
- b. One double or triple Lutz jump immediately preceded by connecting steps and/or other comparable free skate movements;
- c. One jump combination consisting of two double jumps, a double jump and a triple jump, or two triple jumps;
- d. Flying sit spin. Minimum of eight revolutions in position;
- e. Layback or sideways leaning spin. Minimum of eight revolutions in position;
- f. Spin combination with only one change of foot and all three basic positions (sit, camel, upright or any variation thereof). Minimum of six revolutions on each foot;
- g. Step sequence (straight line, circular or serpentine).

2012-13 – Junior Ladies Short Program

- a. Double Axel. See rule 3626 for U.S. Collegiate Figure Skating Championships requirement;
- b. One double or triple flip immediately preceded by connecting steps and/or other comparable free skate movements;
- c. One jump combination consisting of a two double jumps, a double and a triple jump, or two triple jumps;
- d. Flying camel spin. Minimum of eight revolutions in position;
- e. Layback or sideways leaning spin. Minimum of eight revolutions of each foot;
- f. Spin combination with only one change of foot and all three basic positions (sit, camel, upright or any variation thereof). Minimum of six revolutions on each foot.
- g. Step sequence (straight line, circular or serpentine).



2011-12 & 2012-13 Junior & Senior Pairs Short Program Requirements

2011-12 – Senior Pairs Short Program

- a. Any hip lift take-off (Group 3)
- b. One twist lift (double or triple)
- c. One throw jump (double or triple)
- d. One solo jump (double or triple)
- e. Pair spin combination with only one change of foot and at least one change of position
- f. Death spiral forward inside
- g. Step sequence (straight line, circular or serpentine)

2012-13 – Senior Pairs Short Program

- a. Any hand-to-hand lift take-off (Group 4)
- 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. Death spiral backward outside
- g. Step sequence (straight line, circular or serpentine)

2011-12 – Junior Pairs Short Program

- a. Toe loop hip lift take-off (Group 3)
- b. Twist lift (double)
- c. Double or triple loop throw jump
- d. Double Lutz (solo jump)
- e. Pair spin combination with only one change of foot and at least one change of position
- f. Death spiral forward inside
- g. Step sequence (straight line, circular or serpentine)

2012-13 – Junior Pairs Short Program

- a. Hand-to-hand loop lift take-off (Group 4)
- b. Twist lift (double)
- c. Double or triple Salchow throw jump
- d. Double flip or double Axel (solo jump)
- e. Solo spin combination with only one change of foot and at least one change of position
- f. Death spiral backward outside
- g. Step sequence (straight line, circular or serpentine)



2011-12, 2012-13 & 2013-14 Novice Pairs Short Program Requirements

2011-12 – Novice Pairs Short Program

- a. One lift selected from Groups 1-5, type optional
- b. Twist lift (single or double)
- c. One throw jump (single or double)
- d. Double Lutz (solo jump)
- e. One pair spin with no change of foot and optional change of position. Minimum of five revolutions in total.
- f. One forward inside death spiral
- b. One step sequence (straight line, circular or serpentine)

2012-13 – Novice Pairs Short Program

- a. One lift selected from Groups 1-5, type optional
- b. Twist lift (single or double)
- c. One throw jump (single or double)
- d. Double flip (solo jump)
- e. One solo spin with no change of foot, optional change of position and optional flying entry. Minimum of five revolutions in total.
- f. One backward outside death spiral
- g. One step sequence (straight line, circular or serpentine)

2013-14 – Novice Pairs Short Program

- a. One lift selected from Groups 1-5, type optional
- b. Twist lift (single or double)
- c. One throw jump (single or double)
- d. Double loop (solo jump)
- e. One pair spin with no change of foot and optional change of position. Minimum of five revolutions in total.
- f. One backward inside death spiral
- g. One step sequence (straight line, circular or serpentine)