



2014-2015 Singles, Pair, Ice Dance Program Requirements (updated May 8, 2014 ~~March 7, 2014~~)

The following charts represent summary/overviews of the program content requirements for Singles, Pair and Ice Dance for the 2014-2015 season. Changes to program requirements are highlighted with either a strikethrough (deleting existing criteria) or an underline (adding new criteria) in either **red**, indicating a technical change or in **green** to indicate a yearly rotational change.

Information on Junior and Senior categories is announced by the ISU. Please monitor the ISU website for the publication of this information (www.isu.org).

These requirements have now been approved by the Skating Programs Development Committee and the High Performance Development Committee. The changes from the 2013-2014 version are outlined below:

- Pre-Juvenile and Juvenile Men and Women - May only perform difficult variations in specific spins as identified within the requirements.
- Pre-Juvenile Men and Women – The flying spin must now be in one position with no change of foot.
- Pre-Juvenile and Juvenile Men and Women – Must perform a spiral sequence.
- Pre-Novice and Novice Men and Women Free Program – Must now perform a choreographic sequence (definition below).
- Pre-Juvenile and Juvenile Pair - Must perform a spiral sequence.
- Pre-Novice Pair Short Program – The spiral sequence has been replaced by any single or double throw jump (no double Axel).
- The element rotations in Pre-Novice Men and Novice Pair have been indicated.
- The pattern dance rotations for Juvenile Dance and Novice Dance have been indicated

A choreographic sequence consists of any kind of movements like steps, turns, spirals, arabesques, spread eagles, Ina Bauers, hydroblading, transitional (unlisted) jumps, spinning movements; etc. A choreographic sequence for women and pair must include at least one spiral (not a kick) of any length (by each partner in pair). The sequence commences with the first move and is concluded with the last move of the skater. The pattern is not restricted, but the sequence must fully utilize the ice surface. If this requirement is not fulfilled, the sequence will have no value. The choreographic sequence has a base value and will be evaluated by the judges in GOE only.

The ISU has approved the use of vocal music for Junior and Senior singles and pair programs for the 2014-2015 season.

Please note that this rule will apply domestically for the 2014-2015 competitive season for **Junior and Senior categories only.**

SINGLES SKATING

Pre-Juvenile Women Free Program (2:30 ±0:10)	Pre-Juvenile Men Free Program (2:30 ±0:10)
<ul style="list-style-type: none"> Maximum of six jump elements <ul style="list-style-type: none"> One jump must be an Axel type takeoff Maximum of three jump combinations or sequences. Jump combinations may contain no more than two jumps. <p><i>No jump may be included more than twice, and if a jump is repeated it must be in combination or sequence.</i></p> Maximum of three spins. <i>All spins shall be called no higher than Level B.</i> <ul style="list-style-type: none"> One must be a combination spin with at least one change of foot (GOE: minimum three revolutions per foot). <u>Spin may only contain basic spin positions. No difficult variations may be attempted.</u> One must be a flying spin <u>in one position with no change of foot</u> (GOE: minimum four revolutions in total). <u>Spin may only contain basic spin positions. No difficult variations may be attempted.</u> One spin of any nature (GOE: minimum four revolutions in total). <u>Difficult variations may be attempted.</u> Maximum of one step sequence or spiral sequence. <i>All spiral sequences shall be called no higher than Level B</i> 	<ul style="list-style-type: none"> Maximum of six jump elements. <ul style="list-style-type: none"> One jump must be an Axel type takeoff Maximum of three jump combinations or sequences. Jump combinations may contain no more than two jumps <p><i>No jump may be included more than twice, and if a jump is repeated it must be in combination or sequence.</i></p> Maximum of three spins. <i>All spins shall be called no higher than Level B.</i> <ul style="list-style-type: none"> One must be a combination spin with at least one change of foot (GOE: minimum three revolutions per foot). <u>Spin may only contain basic spin positions. No difficult variations may be attempted.</u> One must be a flying spin <u>in one position with no change of foot</u> (GOE: minimum four revolutions in total). <u>Spin may only contain basic spin positions. No difficult variations may be attempted.</u> One spin of any nature (GOE: minimum four revolutions in total) <u>Difficult variations may be attempted.</u> Maximum of one step sequence or spiral sequence. <i>All spiral sequences shall be called no higher than Level B</i>
Juvenile Women Free Program (2:30 ±0:10)	Juvenile Men Free Program (2:30 ±0:10)
<ul style="list-style-type: none"> Maximum of six jump elements. <ul style="list-style-type: none"> One jump must be an Axel type takeoff Maximum of three jump combinations or sequences. Jump combinations may contain no more than two jumps. <p><i>No jump may be included more than twice, and if a jump is repeated it must be in combination or sequence.</i></p> Maximum of three spins. <i>All spins shall be called no higher than Level B.</i> <ul style="list-style-type: none"> One must be a combination spin with at least one change of foot (GOE: minimum three revolutions per foot). <u>Spin may only contain basic spin positions. No difficult variations may be attempted.</u> One must be a flying spin in one position with no change of foot (GOE: minimum four revolutions). <u>Spin may only contain basic spin positions. No difficult variations may be attempted.</u> One must be a spin of any nature (GOE: minimum four revolutions in total). <u>Difficult variations may be attempted.</u> Maximum of one step sequence or spiral sequence. <i>All spiral sequences shall be called no higher</i> 	<ul style="list-style-type: none"> Maximum of six jump elements. <ul style="list-style-type: none"> One jump must be an Axel type takeoff Maximum of three jump combinations or sequences. Jump combinations may contain no more than two jumps. <p><i>No jump may be included more than twice, and if a jump is repeated it must be in combination or sequence.</i></p> Maximum of three spins. <i>All spins shall be called no higher than Level B.</i> <ul style="list-style-type: none"> One must be a combination spin with at least one change of foot (GOE: minimum three revolutions per foot). <u>Spin may only contain basic spin positions. No difficult variations may be attempted.</u> One must be a flying spin in one position with no change of foot (GOE: minimum four revolutions). <u>Spin may only contain basic spin positions. No difficult variations may be attempted.</u> One must be a spin of any nature (GOE: minimum four revolutions in total). <u>Difficult variations may be attempted.</u> Maximum of one step sequence or spiral sequence. <i>All spiral sequences shall be called no higher than Level B.</i>

than Level B.	
Pre-Novice Women Short Program (max: 2:30) <ul style="list-style-type: none"> One single or double Axel One double or triple jump (must be a double loop or higher base value jump) One jump combination including two double jumps or one double and one triple jump. <p><i>The 2A may be repeated, but if it is repeated one must be in combination. No more than two Axel type jumps can be included in the program. Other than the 2A, no jump can be repeated unless as the first and second jump in the combination. Maximum of two different triple jumps may be included in the program.</i></p> <ul style="list-style-type: none"> Layback or sideways leaning spin (GOE: minimum five revolutions) Spin combination with one (and only one) change of foot and at least two basic positions (GOE: minimum four revolutions per foot). <p><i>No flying entry on any spin</i></p> <ul style="list-style-type: none"> Maximum of one step sequence (any pattern). 	Pre-Novice Women Free Program (3:00 ±0:10) <ul style="list-style-type: none"> Maximum of six jump elements. <ul style="list-style-type: none"> One jump must be an Axel type takeoff Maximum of three jump combinations or sequences. Jump combinations may contain no more than two jumps. <p><i>No jump may be included more than twice, and if a jump is repeated it must be in combination or sequence.</i></p> <ul style="list-style-type: none"> Maximum of three spins. <ul style="list-style-type: none"> One must be a combination spin with at least one change of foot (GOE: minimum four revolutions per foot) One must be a flying spin in one position with no change of foot (GOE: minimum five revolutions in total) One spin of any nature (GOE: minimum five revolutions) Maximum of one <u>choreographic spiral</u> sequence <u>(fully utilizing the ice surface)</u>. The spiral sequence shall be called no higher than Level B.
Pre-Novice Men Short Program (max: 2:30) <ul style="list-style-type: none"> One single or double Axel One double or triple jump (must be a double loop or higher base value jump) One jump combination including two double jumps or one double and one triple jump. <p><i>The 2A may be repeated, but if it is repeated one must be in combination. No more than two Axel type jumps can be included in the program. Other than the 2A, no jump can be repeated unless as the first and second jump in the combination. Maximum of two different triple jumps may be included in the program</i></p> <ul style="list-style-type: none"> Sit spin with only one change of foot (GOE: minimum four revolutions per foot) Spin combination with one (and only one) change of foot and at least two basic positions (GOE: minimum four revolutions per foot) <p><i>No flying entry on any spin.</i></p> <ul style="list-style-type: none"> Maximum of one step sequence (any pattern). 	Pre-Novice Men Free Program (3:00 ±0:10) <ul style="list-style-type: none"> Maximum of six jump elements. <ul style="list-style-type: none"> One jump must be an Axel type takeoff Maximum of three jump combinations or sequences. Jump combinations may contain no more than two jumps. <p><i>No jump may be included more than twice, and if a jump is repeated it must be in combination or sequence.</i></p> <ul style="list-style-type: none"> Maximum of three spins. <ul style="list-style-type: none"> One must be a combination spin with at least one change of foot (GOE: minimum four revolutions per foot) One must be a flying spin in one position with no change of foot (GOE: minimum five revolutions in total) One spin of any nature (GOE: minimum five revolutions) Maximum of one <u>choreographic step</u> sequence <u>(fully utilizing the ice surface)</u>.

Novice Women Short Program (max: 2:30)	Novice Women Free Program (3:00 ±0:10)
<ul style="list-style-type: none"> • One single or double Axel* • One double jump immediately preceded by connecting steps and/or other comparable free skating movements, or triple jump (connecting steps not required)* • One jump combination consisting of two double jumps or one double and one triple jump or two triple jumps* <p><i>*Jump elements must be different however the jump combination may consist of the same jump or another double or triple jump.</i></p> <ul style="list-style-type: none"> • Layback or sideways leaning spin (GOE: minimum six revolutions) • Spin combination with one (and only one) change of foot and at least two basic positions (GOE: minimum five revolutions per foot) <p><i>No flying entry on any spin.</i></p> <ul style="list-style-type: none"> • Maximum of one step sequence (any pattern). 	<ul style="list-style-type: none"> • Maximum of seven jump elements. <ul style="list-style-type: none"> • One jump must be an Axel type takeoff • One jump must be a double Axel or a triple jump • Maximum of three jump combinations or sequences. Jump combinations may contain no more than two jumps. <p><i>No jump may be included more than twice and if a jump is repeated it must be in combination or sequence. If there is no double axel or triple jump attempted skaters should only include six jump elements.</i></p> <ul style="list-style-type: none"> • SPINS: Maximum of three spins. <ul style="list-style-type: none"> • One must be a combination spin with at least one change of foot (GOE: minimum five revolutions per foot) • One must be a flying spin in one position with no change of foot (GOE: minimum six revolutions in total) • One spin of any nature (GOE: minimum six revolutions) • Maximum of one <u>choreographic spiral</u> sequence <u>(fully utilizing the ice surface)</u>. <u>The spiral sequence shall be called no higher than Level B.</u>
Novice Men Short Program (max: 2:30)	Novice Men Free Program (3:30 ±0:10)
<ul style="list-style-type: none"> • One single or double Axel* • One double jump immediately preceded by connecting steps and/or other comparable free skating movements, or triple jump (connecting steps not required)* • One jump combination consisting of two double jumps or one double and one triple jump or two triple jumps* <p><i>*Jump elements must be different however the jump combination may consist of the same jump or another double or triple jump.</i></p> <ul style="list-style-type: none"> • Sit or camel spin with change of foot (GOE: minimum five revolutions on each foot, no flying entrance) • Spin combination with one (and only one) change of foot and at least two basic positions (GOE: minimum five revolutions per foot) <p><i>No flying entry on any spin.</i></p> <ul style="list-style-type: none"> • Maximum of one step sequence (any pattern). 	<ul style="list-style-type: none"> • Maximum of eight jump elements. <ul style="list-style-type: none"> • One jump must be an Axel type takeoff • One jump must be a double Axel or a triple jump • Maximum of three jump combinations or sequences. Jump combinations may contain no more than two jumps. <p><i>No jump may be included more than twice and if a jump is repeated it must be in combination or sequence. If there is no double axel or triple jump attempted skaters should only include seven jump elements.</i></p> <ul style="list-style-type: none"> • Maximum of three spins. <ul style="list-style-type: none"> • One must be a combination spin with at least one change of foot (GOE: minimum five revolutions per foot) • One must be a flying spin in one position with no change of foot (GOE: minimum six revolutions in total) • One spin of any nature (GOE: minimum six revolutions) • Maximum of one <u>choreographic step</u> sequence <u>(fully utilizing the ice surface)</u>.

PAIR SKATING

Pre-Juvenile Pair Free Program (2:30 ±0:10)	Juvenile Pair Free Program (2:30 ±0:10)
<ul style="list-style-type: none"> • Maximum of two different lifts, at least one of which must be from group 1. Lifts must not include a change of position • Maximum of one throw jump • Maximum of one solo jump • Maximum of one pair spin (may be in combination) (GOE: minimum three revolutions) • Maximum of one solo spin (may be in combination) (GOE: minimum three revolutions) • Maximum of one spiral figure or death spiral • Maximum of one step sequence (any pattern) or spiral sequence <p><i>All lifts, solo spins, pair spins, spiral figures or death spiral and spiral sequences shall be called no higher than Level B regardless of content.</i></p>	<ul style="list-style-type: none"> • Maximum of two different lifts, at least one of which must be from group 1. Lifts must not include a change of position • Maximum of one twist lift • Maximum of one throw jump • Maximum of one solo jump combination (no more than two jumps) or sequence • Maximum of one pair spin (may be in combination) (GOE: minimum three revolutions) • Maximum of one solo spin (may be in combination) (GOE: minimum three revolutions) • Maximum of one spiral figure or death spiral • Maximum of one step sequence (any pattern) or spiral sequence <p><i>All lifts, solo spins, pair spins, spiral figures or death spiral and spiral sequences shall be called no higher than Level B regardless of content.</i></p>

Pre-Novice Pair Short Program (max: 2:40)	Pre-Novice Pair Free Program (3:00 ±0:10)
<ul style="list-style-type: none"> • One lift from group 1, 2, 3 or 4 • One twist (single or double) • One solo jump (Axel or any double jump) • Pair spin (any spin not in combination) (GOE: minimum four revolutions) • One spiral figure or any death spiral • <u>One throw jump (any single or double, no double Axel)</u> • Spiral step sequence, • Step sequence (any pattern) 	<ul style="list-style-type: none"> • Maximum of two different lifts, one of which must be from group 1, 2, 3 or 4 • Maximum of one twist lift • Maximum of two different throw jumps • Maximum of one solo jump • Maximum of one solo jump combination (no more than two jumps) or sequence • Maximum of one solo spin (may be in combination) (GOE: minimum four revolutions) • Maximum of one spiral figure or death spiral • Maximum of one <u>choreographic step</u> sequence <u>(fully utilizing the ice surface).</u>

Novice Pair Short Program (max: 2:40)	Novice Pair Free Program (3:30 ±0:10)
<ul style="list-style-type: none"> • One <u>toe loop hip lift take-off (Group Three)</u> • One twist lift (double) • Double <u>Lutz</u> jump • <u>Solo</u> spin combination with only one change of foot (GOE: minimum eight revolutions) • Death spiral <u>forward inside</u> • Throw <u>double loop or triple loop</u> • Step sequence fully utilizing the ice surface 	<ul style="list-style-type: none"> • Maximum of two different lifts, at least one of which must be from group 3 or 4 • Maximum of one twist lift • Maximum of two different throw jumps • Maximum of one solo jump • Maximum of one jump combination (no more than two jumps) or sequence • Maximum of one pair spin or pair spin combination (GOE: minimum eight revolutions) • Maximum of one solo spin or solo spin combination (GOE: minimum six revolutions) • Maximum of one death spiral without restriction as to type • Maximum of one <u>spiral-choreographic</u> sequence <u>(fully utilizing the ice surface).</u>

ICE DANCING

Pre-Juvenile Dance	
Two Pattern Dances to be drawn from the Junior Bronze Dance list.	
Juvenile Dance – Pattern	Juvenile Dance – Free Dance (2:00 ±0:10)
Two Pattern Dances: <ul style="list-style-type: none"> Willow Waltz Ten Fox 	<ul style="list-style-type: none"> A maximum of one dance lift (six second - stationary, curve or straight line) A maximum of one dance spin (simple spin type, not combination type). Will be called to a maximum Level 2. A maximum of one series of synchronized twizzles A maximum of one footwork sequence (any shape, no required holds, may not be midline not touching or circular not touching)
Pre-Novice Dance – Pattern	Pre-Novice Dance – Free Dance (2:30 ±0:10)
Two Pattern Dances, drawn from: <ul style="list-style-type: none"> Harris Tango Rocker Foxtrot Starlight Waltz Blues 	<ul style="list-style-type: none"> A maximum of two different dance lifts (six second - stationary, curve, straight line or rotational) A maximum of one dance spin (simple spin type or combination type) A maximum of one series of synchronized twizzles A maximum of one footwork sequence (any shape, no required holds, may not be midline not touching or circular not touching)
Novice Dance – Pattern	Novice Dance – Free Dance (3:00 ±0:10) (REQUIREMENTS UPDATED MAY 8, 2014)
Two Pattern Dances, drawn from: <ul style="list-style-type: none"> Paso Doble Blues Westminster Waltz Quickstep <p>NOTE: One pattern dance to be an option to change pending announcement of ISU Junior Short Dance rhythm for the following season</p>	<ul style="list-style-type: none"> A maximum of two three different Short Lifts (Stationary, Curve, Straight Line or Rotational) OR a maximum of one short lift and one Long Lift (serpentine, reverse rotational, combination) (The two types of Short Lifts forming the Long Lift must be of a different type). A maximum of one dance spin (simple spin type, or combination type) A maximum of one series of synchronized twizzles A maximum of two different Step Sequences: step sequences: one straight (Midline, Diagonal) (midline in hold, midline not touching without sequential twizzles or diagonal) and one curved (Circular, Serpentine) (serpentine with two or three bold curves, or circular) one of which must be a Not Touching Step Sequence and the other performed in hold. (Serpentine is not permissible as a Not Touching Step Sequence). <u>Only Style A Step Sequences may be performed (as outlined in ISU Communication 1860 and any subsequent communications).</u>