



# **IJS Checklist for Coaches & Athletes - Singles Skating**

**SENIOR MEN & LADIES**

**SHORT PROGRAM**

**FREE SKATE**

**2018-19**

# IJS CHECKLIST FOR COACHES & ATHLETES—SINGLES SKATING

## **INTRODUCTION / HOW TO USE THE IJS PROGRAM CHECKLIST**

The IJS checklist is a tool for coaches and athletes in designing and checking their programs, to ensure that they have met all of the rules, and are maximizing their points.

*This checklist does not contain all of the rules and specific requirements. Coaches still must refer to [U.S. Figure Skating Rulebook](#), [ISU Technical Panel Handbook](#), [Technical Notifications](#), and [ISU Communications](#).*

*It is the responsibility of the coach to read and understand all rules when constructing programs.*

The checklist is designed to enable coaches and athletes to record their chosen elements in great detail, and verify their compliance.

There is a separate booklet for each level. This one is for **SENIOR SINGLES**

The following format applies:

### ***Spin and Jump Elements for the short program and free skate***

- *All of the spin and jump requirements for the selected level and the repeat rules are listed.*
- *The user should record each feature used in the required spins and jumps.*

### ***Description of Features***

- *Features with criteria if needed for reference.*

### ***Final Checklist***

- *The final checklist is the overall tally of the features that can be executed only once per program.*

# SENIOR Ladies & Men SHORT PROGRAM

DURATION; 2:40 +/- 10 secs. FOR LADIES & MEN

## **Spin Combination With only one (1) change of foot Entry may not fly**

- ✓ Minimum six (6) revolutions for on each foot (for GOE)
- ✓ Minimum two (2) revolutions in each position
- ✓ All three (3) basic positions needed for highest base value. Two (2) positions will be assigned a "v"
- ✓ A maximum of two (2) features on each foot

First Feature \_\_\_\_\_

Second Feature \_\_\_\_\_

Third Feature \_\_\_\_\_

Fourth Feature \_\_\_\_\_

## **Spin in One Position Ladies: Layback/sideways leaning spin, sit or camel, no change of foot**

- ✓ Minimum eight (8) revolutions for layback, sit or camel **Men: Camel or Sit Spin** with one change of foot

First Feature \_\_\_\_\_

Minimum six (6) revolutions on each foot

Second Feature \_\_\_\_\_

Third Feature \_\_\_\_\_

Fourth Feature \_\_\_\_\_

- ✓ For Short Program, Biellmann is awarded after 8 revolutions in sideways or layback position.

**Entry may not fly**

## **Flying Spin Landing position must be different than the Spin in One Position**

- ✓ Minimum eight (8) revolutions on each foot (for GOE)

First Feature \_\_\_\_\_

Second Feature \_\_\_\_\_

Third Feature \_\_\_\_\_

Fourth Feature \_\_\_\_\_

## **Leveled Step Sequence: See Step Sequence page**

### **Jump Elements:**

1. Double Axel or triple Axel \_\_\_\_\_
2. Any triple (ladies), triple or quad (men) preceded by steps or free skating movements \_\_\_\_\_
3. Jump combination **Ladies:** (double/triple, triple/triple) \_\_\_\_\_  
**Men:** (double/triple, triple/triple, quad/double, quad/triple) \_\_\_\_\_

### **Jump Restrictions**

- ✓ **Solo Jump** may not repeat Axel jump or either jump in jump combination
- ✓ **Jump Combination** may not repeat Axel jump or solo jump.

# SENIOR Ladies & Men FREE SKATING

**DURATION; Ladies: 4:00 +/- 10 sec. Men: 4:00 +/- 10 sec.**

## **Spin Combination With or without a change of foot Entry may fly**

- ✓ Minimum ten (10) revolutions (for GOE)
- ✓ Minimum two (2) revolutions in each position
- ✓ All three (3) basic positions needed for highest base value. Two (2) positions will be assigned a “v”
- ✓ A maximum of two (2) features on each foot

First Feature \_\_\_\_\_

Second Feature \_\_\_\_\_

Third Feature \_\_\_\_\_

Fourth Feature \_\_\_\_\_

## **Flying Entry Spin May change of foot and position**

- ✓ Minimum six (6) revolutions (for GOE)

First Feature \_\_\_\_\_

Second Feature \_\_\_\_\_

Third Feature \_\_\_\_\_

Fourth Feature \_\_\_\_\_

## **Spin in One Position: With or without a change of foot; Entry may fly**

- ✓ Minimum six (6) revolutions

First Feature \_\_\_\_\_

Second Feature \_\_\_\_\_

Third Feature \_\_\_\_\_

Fourth Feature \_\_\_\_\_

- ✓ .

## **Leveled Step Sequence & Choreographic Sequence (ChSt must be clearly visible)**

### **Jump Elements: Men: max 7**

**Ladies: max 7**

### **3 jump combinations or sequences**

1. Axel type jump \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

### **Jump Restrictions**

1. One three-jump combination is permitted
2. Of all triple or quads, only 2 can be executed twice. Of the two repetitions only one can be a quadruple jump. Only one quad can be repeated.
3. No double jump, including double Axel, can be included more than twice.

## SENIOR Spin Feature Checklist

1. **Difficult Variations** Any category of difficult spin variation in a basic position counts once per program, first time attempted. A difficult variation in a non-basic position counts once per program in spin combination only.
2. **Change of foot executed by a jump** Such change of foot can be counted as a feature only if the skater reaches the basic position within the first 2 revolutions after the landing. This jump has no requirements to the air position, but there must be a clear jump. The jump is considered as a Level feature only when it “requires significant strength”.
3. **Jump within a spin without changing feet** Must reach a basic position within the first 2 revolutions and have a clear jump.
4. **Difficult change of position on the same foot** Changing from a basic position to a different basic position without establishing a non-basic position that requires significant strength, skill, and control. May not include a jump to execute the change. The basic positions before and after the change must be held for 2 revolutions.
5. **Difficult entrance into a spin** Includes the preparation and/or the beginning phase of a spin. The entrance must have significant impact on the balance, control, and execution of the spin and a basic position (non basic for spin combinations only) reached without hesitation within the first 2 revolutions.
6. **Clear change of edge** In sit (only from backward inside to forward outside), camel, layback, and Biellmann. Must be held for 2 revolutions before and after the change.
7. **All 3 basic positions on second foot** Each position must be held for 2 revolutions. The execution cannot be interrupted by a second change of foot.
8. **Both directions immediately following each other** Must be executed in sit or camel positions. A minimum of 3 revolutions in each direction is required. Must not have long exit or entry edges.
9. **Clear increase of speed** In sit, camel, layback, or Biellmann position. Once the position has been established, a clear increase in speed will be considered a feature.
10. **At least 8 revolutions** without changes in position/variation, foot, or edge in camel, layback, difficult variation of any basic position, or for combination only, a non-basic. May be repeated in another spin in a different position or different difficult variation.
11. **Difficult variation of flying spins/spins with flying entry** Flying position must be really difficult, e.g.: total sit position in the air, open butterfly, almost a split position on flying camel entrance and reach the basic position within 2 revolutions.
12. **One clear change of position backwards/sideways or reverse** At least 2 revolutions in each position. Also counts if the layback is part of any other spin.
13. **Biellmann position** Must be held for a minimum of 2 revolutions.

## SENIOR FINAL SPIN CHECK

### **No Repeat of:**

- ✓ Any (same type) difficult variation
- ✓ Change of foot executed by a jump
- ✓ Jump (clearly visible) within a spin without changing feet
- ✓ Difficult change of position on the same foot
- ✓ Difficult entrance into a spin
- ✓ Clear change of edge in sit, camel, or layback
- ✓ All 3 basic positions on second foot
- ✓ Both directions immediately following each other
- ✓ Clear increase of speed in camel, sit, layback or Biellmann
- ✓ 8 revolutions
- ✓ Difficult flying entry
- ✓ Side to back or reverse in layback or part of any other spin
- ✓ Only 1 illusion will be considered as a Level feature only the first time it is attempted as a difficult entry, difficult change of position, or a non basic position.

### **Other Important Reminders**

1. Difficult variation of a non-basic position cannot be similar to another attempted variation
2. All spins must be of a different nature

**FOR ADDITIONAL INFORMATION REGARDING THE LEVELS OF DIFFICULTY  
FEATURE CRITERIA AND SCALE OF VALUES, PLEASE REFERENCE**

**[ISU TECHNICAL HANDBOOK](#)  
[ISU COMMUNICATION # 2168](#)**

**[Check current TN.](#)**

# SENIOR STEP SEQUENCE

## Leveled Step Sequence

- ✓ **Minimum variety** must include at least **5** difficult turns and steps
- ✓ **Simple variety** must include at least **7** difficult turns and steps
- ✓ **Variety** must include at least **9** difficult turns and steps
- ✓ **Complexity** must include at least **11** turns and steps, 5 types executed in both directions

None of the types can be counted more than twice, 3 turns are not considered difficult

			CW	CCW
<input type="checkbox"/>	<input type="checkbox"/>	Choctaws	_____	_____
<input type="checkbox"/>	<input type="checkbox"/>	Brackets	_____	_____
<input type="checkbox"/>	<input type="checkbox"/>	Counter	_____	_____
<input type="checkbox"/>	<input type="checkbox"/>	Rockers	_____	_____
<input type="checkbox"/>	<input type="checkbox"/>	Loops	_____	_____
<input type="checkbox"/>	<input type="checkbox"/>	Twizzles	_____	_____

Turns that Rotate Clockwise	Choctaws	Turns that Rotate Counter Clockwise	Choctaws
<b>Brackets:</b> LFO, RFI, RBO, LBI	<b>LFI to RBO</b>	<b>Brackets:</b> LFI, RFO, LBO, RBI	<b>RFI to LBO</b>
<b>Counters:</b> LFO, RFI, RBO, LBI	<b>LBO to RFI</b>	<b>Counters:</b> LFI, RFO, LBO, RBI	<b>RBO to LFI</b>
<b>Rockers:</b> RFO, LFI, LBO, RBI	<b>LFO to RBI</b>	<b>Rockers:</b> LFO, RFI, RBO, LBI	<b>RFO to LBI</b>
<b>Loops:</b> RFO, LFI, LBO, RBI	<b>RBI to LFO</b>	<b>Loops:</b> LFO, RFI, RBO, LBI	<b>LBI to RFO</b>
<b>Twizzles:</b> RFO, LFI, LBO, RBI		<b>Twizzles:</b> LFO, RFI, RBO, LBI	

2. Rotations in both directions (clockwise & counter clockwise) with full (360) body rotation covering at least 1/3 of the pattern in total for each rotational direction.

Full body rotation for at least 1/3 of the pattern in each direction

3. Use of body movements (including arms, head, torso, hips & legs) for at least 1/3 of the pattern

For at least 1/3 of the pattern in total

4. Two different combinations (clusters) of 3 difficult turns (brackets, counters, rockers, twizzles, loops) executed **on each foot** with a clear rhythm within the sequence. Only the first attempt on each foot will be evaluated for a level feature.

**Cluster #1**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Cluster #2**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_