

2011-2012 Singles Short Program Requirements – This chart has been updated with changes made to the US Figure Skating Governing Council that will go into effect June 1, 2011



INTERMEDIATE LADIES/MEN 2:00 max.	Axel or Double Axel	Double or Triple Jump Immediately preceded by connecting steps May not repeat double Axel jump May not be a Triple if Triple is in Combo	Jump Combination Single/Double, Double/Double, Single/Triple, or Double/Triple May not repeat Axel type or solo jump	Spin Only one position No change of foot May start with a fly Min. 5 rev.		Spin Combination With only 1 change of foot and min. 1 change of position No Flying Entry Min. 5 rev. each foot	Choreographed Step Sequence Full ice surface
NOVICE LADIES 2:30 max.	Axel or Double Axel	Double or Triple Jump Immediately preceded by connecting steps May not repeat double Axel jump	Jump Combination Double/Double or Double/Triple May not repeat double Axel or solo jump	Layback or Sideways Leaning Spin No change of foot No Flying Entry Min. 6 rev.		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	Leveled Step Sequence Straight line, circular, or serpentine
NOVICE MEN 2:30 max.	Axel or Double Axel	Double or Triple Jump Immediately preceded by connecting steps May not repeat double Axel jump	Jump Combination Double/Double or Double/Triple May not repeat double Axel or solo jump	Camel or Sit Spin With only 1 change of foot No change of position No Flying Entry Min. 5 rev. each foot		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	Leveled Step Sequence Straight line, circular, or serpentine
JUNIOR LADIES 2:50 max.	Double Axel	Double or Triple Lutz Immediately preceded by connecting steps or other free skating movements	Jump Combination Double/Double, Double/Triple or Triple/Triple May not repeat double Axel or solo jump	Flying Sit Spin (sit position must be attained in air) Min. 8 rev.	Layback or Sideways Leaning Spin No Flying Entry Min. 8 rev	Spin Combination With only 1 change of foot and all 3 basic positions or any variation thereof No Flying Entry Min. 6 rev. each foot, Min. 2 rev. in pos.	Leveled Step Sequence Straight line, circular, or serpentine
JUNIOR MEN 2:50 max.	Double or Triple Axel	Double or Triple Lutz Immediately preceded by connecting steps or other free skating movements	Jump Combination Double/Triple or Triple/Triple May not repeat either Axel jump performed or solo jump	Flying Sit Spin (sit position must be attained in air) Min. 8 rev	Camel Spin With only 1 change of foot No Flying Entry Min. 6 rev. each foot	Spin Combination With only 1 change of foot and all 3 basic positions or any variation thereof No Flying Entry Min. 6 rev. each foot, Min. 2 rev. in pos.	Leveled Step Sequence Straight line, circular, or serpentine
SENIOR LADIES 2:50 max.	Double or Triple Axel	Any Triple Jump Immediately preceded by connecting steps or other free skating movements	Jump Combination Double/Triple or Triple/Triple May not repeat either Axel jump performed or solo jump	Flying Spin Min. 8 rev.	Layback or Sideways Leaning Spin No Flying Entry Min. 8 rev	Spin Combination With only 1 change of foot and all 3 basic positions or any variation thereof No Flying Entry Min. 6 rev. each foot, Min. 2 rev. in pos.	Leveled Step Sequence Straight line, circular, or serpentine
SENIOR MEN 2:50 max.	Double or Triple Axel	Any Triple or Quadruple Jump Immediately preceded by connecting steps or other free skating movements	Jump Combination Double/Triple, Triple/Triple, Quad/Double, or Quad/Triple May not repeat either Axel jump performed or solo jump	Flying Spin Landing position different than spin in 1 position Min. 8 rev	Camel or Sit Spin With only 1 change of foot No Flying Entry Min. 6 rev. each foot	Spin Combination With only 1 change of foot and all 3 basic positions or any variation thereof No Flying Entry Min. 6 rev. each foot, Min. 2 rev. in pos.	Leveled Step Sequence Straight line, circular, or serpentine