



IJS Checklist for Coaches & Athletes - Singles Skating

JUNIOR MEN & LADIES

SHORT PROGRAM

FREE SKATE

2016-17

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 **JUNIOR 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.*

JUNIOR Ladies & Men SHORT PROGRAM

DURATION; 2:50 MAX 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 or Sit Spin, no change of foot

- ✓ Minimum six (6) revolutions (for GOE) **Men: Sit Spin with one change of foot** (min 6 revs on each foot)

First Feature _____

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 Camel Spin Flying position may be different than landing position

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

First Feature _____

Second Feature _____

Third Feature _____

Fourth Feature _____

- ✓ *If a difficult flying entry is chosen (Feature #11), the fly must satisfy the ISU spin requirements. See details on the Spin Feature Checklist page*

Leveled Step Sequence: See Step Sequence page

Jump Elements:

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

Jump Restrictions

- ✓ *Jump Combination may not repeat double Axel or solo jump performed*

JUNIOR Ladies & Men FREE SKATING

DURATION; Ladies: 3:30 +/- 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

- ✓ Minimum six (6) revolutions (for GOE) **May change foot and position**

First Feature _____

Second Feature _____

Third Feature _____

Fourth Feature _____

- ✓ *If a difficult flying entry is chosen (Feature #11), the fly must satisfy the ISU spin requirements. See details on the Spin Feature Checklist page*

Spin in One Position: With / without a change of foot; Entry may fly, must of a different

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

First Feature _____

Second Feature _____

Third Feature _____

Fourth Feature _____

Leveled Step Sequence See Step Sequence page

Jump Elements: Men: max 8;

Ladies: max 7

3 jump combinations or sequences

1. Axel type jump _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____ **men only**

Jump Restrictions

1. One three-jump combination is permitted
2. Of all triple or quads, only 2 can be executed twice. If both executions are as solo jumps, the second of these will receive 70% of the base value.
3. No double jump, including double Axel, can be included more than twice.

JUNIOR 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.

JUNIOR 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 #2000
ISU COMMUNICATION #2014**

Check current TN.

JUNIOR 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
Brackets: LFO, RFI, RBO, LBI	LFI to RBO
Counters: LFO, RFI, RBO, LBI	LBO to RFI
Rockers: RFO, LFI, LBO, RBI	LFO to RBI
Loops: RFO, LFI, LBO, RBI	RBI to LFO
Twizzles: RFO, LFI, LBO, RBI	

Turns that Rotate Counter Clockwise	Choctaws
Brackets: LFI, RFO, LBO, RBI	RFI to LBO
Counters: LFI, RFO, LBO, RBI	RBO to LFI
Rockers: LFO, RFI, RBO, LBI	RFO to LBI
Loops: LFO, RFI, RBO, LBI	LBI to RFO
Twizzles: 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 different feet**, with a clear rhythm within the sequence.

Cluster #1

Cluster #2

