

## 2017-18 Intercollegiate - Singles Test Track Requirements

2017 - 18	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<b>PRE- PRELIMINARY</b>  <b>1:40 maximum</b>	<b>Max 5 Jump Elements</b> <ul style="list-style-type: none"> <li>Allowed Jumps: <ul style="list-style-type: none"> <li>All half revolution jumps, including half-loop</li> <li>Single rotation jumps: salchow, toe loop, and loop</li> </ul> </li> <li>Max 2 of any same type jump</li> <li>Max 2 jump combinations or jump sequences</li> </ul>	<b>Max 2 Spins</b> <ul style="list-style-type: none"> <li>Spins must be in one position ONLY</li> <li>Spins may NOT change foot, change position or fly</li> <li>Min 3 revs.</li> </ul> <p>These spins must be of a different character. See rule 4103 (E))</p>	<p>Connecting moves and steps should be demonstrated throughout the program.</p>
<b>PRELIMINARY</b>  <b>1:30 +/- 10 sec</b>	<b>Max 5 Jump Elements</b> <ul style="list-style-type: none"> <li>Jumps with no more than one revolution</li> <li>Single Axel is NOT allowed</li> <li>Max 2 of any same type jump</li> <li>Max 2 jump combinations or sequences</li> </ul>	<b>Max 2 Spins</b> <ul style="list-style-type: none"> <li>Spin in one (1) position, no change of foot, no fly</li> <li>Front scratch spin to back scratch spin. Exit on spinning foot not mandatory</li> <li>Min 3 revs</li> </ul> <p>These spins must be of a different character. See rule 4103 (E))</p>	<p>Connecting moves and steps should be demonstrated throughout the program.</p>
<b>PRE-JUVENILE</b>  <b>2:00 +/- 10 sec</b>	<b>Max 5 Jump Elements</b> <ul style="list-style-type: none"> <li>Jumps with no more than one revolution</li> <li>Single Axel is NOT allowed</li> <li>Max 2 of any same type jump</li> <li>Max 2 jump combinations or sequences</li> </ul>	<b>Max 2 Spins</b> <ul style="list-style-type: none"> <li>Spin in one (1) position, no change of foot <ul style="list-style-type: none"> <li>Min 3 revs</li> </ul> </li> <li>Forward camel to forward sit spin. <ul style="list-style-type: none"> <li>Change of foot optional</li> <li>Min 6 revs.</li> </ul> </li> <li>Spins may NOT fly</li> </ul> <p>These spins must be of a different character. See rule 4103 (E))</p>	<b>Max 1 Sequence</b> <ul style="list-style-type: none"> <li>Step Sequence <ul style="list-style-type: none"> <li>Must fully utilize the ice surface</li> </ul> </li> </ul>
<b>JUVENILE</b>  <b>2:20 +/- 10 sec</b>	<b>Max 5 Jump Elements</b> <ul style="list-style-type: none"> <li>All single jumps allowed, including Single Axel</li> <li>Max 2 of any same type jump</li> <li>Max 2 jump combinations or sequences</li> </ul>	<b>Max 2 Spins</b> <ul style="list-style-type: none"> <li>Solo spin in one position, no change of foot <ul style="list-style-type: none"> <li>May fly</li> <li>Min 4 revs</li> </ul> </li> <li>Combination spin with one change of foot and at least one change of position <ul style="list-style-type: none"> <li>Must include two basic positions</li> <li>May NOT fly</li> <li>Min 4 revs per foot</li> </ul> </li> </ul> <p>These spins must be of a different character. See rule 4103 (E))</p>	<b>Max 1 Sequence</b> <ul style="list-style-type: none"> <li>Step Sequence <ul style="list-style-type: none"> <li>Must fully utilize the ice surface</li> </ul> </li> </ul>
<b>INTERMEDIATE</b>  <b>2:40 +/- 10 sec</b>	<b>Max 6 Jump Elements</b> <ul style="list-style-type: none"> <li>All single jumps allowed</li> <li>Double jumps allowed: double salchow, double toe loop</li> <li>Triple jumps are NOT allowed</li> <li>Max 2 of any same type jump</li> <li>Max 3 jump combinations or sequences</li> </ul>	<b>Max 2 Spins</b> <ul style="list-style-type: none"> <li>Flying spin <ul style="list-style-type: none"> <li>Min 5 revs</li> </ul> </li> <li>Combination spin with one change of foot and at least one change of position <ul style="list-style-type: none"> <li>Min 4 revs per foot</li> </ul> </li> </ul> <p>These spins must be of a different character. See rule 4103 (E))</p>	<b>Max 1 Sequence</b> <ul style="list-style-type: none"> <li>Step Sequence <ul style="list-style-type: none"> <li>Must fully utilize the ice surface</li> </ul> </li> </ul>

### Deductions:

- 0.2 from technical mark for each extra element included
- 0.1 from the technical mark for any spin that is less than required revolutions
- 0.1 from each mark for each technical element skated that is not permitted in the event description

This chart highlights the elements in each program. It is not meant to replace the reading of the rules.

## 2017-18 Intercollegiate - Singles Test Track Requirements

2017-18	JUMP ELEMENTS	SPINS	SEQUENCES
<p><b>NOVICE</b></p> <p><b>LADIES</b> 3:00 +/- 10 sec</p> <p><b>MEN</b> 3:30 +/- 10 sec</p>	<p><b>Max 6 Jump Elements (Ladies)</b> <b>Max 7 Jump Elements (Men)</b></p> <ul style="list-style-type: none"> <li>All single jumps allowed</li> <li>Double jumps allowed: salchow, toe loop and loop</li> <li>Triple jumps are NOT allowed</li> <li>Max 2 of any same type jump</li> <li>Max 3 jump combinations or sequences</li> </ul>	<p><b>Max 3 Spins</b></p> <ul style="list-style-type: none"> <li>Combination spin with one change of foot and at least one change of position <ul style="list-style-type: none"> <li>Min 5 revs per foot</li> </ul> </li> <li>2<sup>nd</sup> &amp; 3<sup>rd</sup> spin is option of skater <ul style="list-style-type: none"> <li>Min 6 revs per foot</li> </ul> </li> <li>All spins may fly</li> </ul> <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 1</b></p> <ul style="list-style-type: none"> <li>One step or spiral sequence <ul style="list-style-type: none"> <li>Must fully utilize the ice surface</li> </ul> </li> </ul> <p>See 4104 &amp; 4105 for remarks</p>
<p><b>JUNIOR</b></p> <p><b>LADIES</b> 3:30 +/- 10 sec</p> <p><b>MEN</b> 4:00 +/- 10 sec</p>	<p><b>Max 7 Jump Elements (Ladies)</b> <b>Max 8 Jump Elements (Men)</b></p> <ul style="list-style-type: none"> <li>All single jumps allowed</li> <li>Double jumps allowed: salchow, toe loop, loop and flip</li> <li>Triple jumps are NOT allowed</li> <li>Max 2 of any same type jump</li> <li>Max 3 jump combinations or sequences</li> </ul>	<p><b>Max 3 Spins</b></p> <ul style="list-style-type: none"> <li>One position spin <ul style="list-style-type: none"> <li>Min 6 revs</li> </ul> </li> <li>Flying spin <ul style="list-style-type: none"> <li>Min 6 revs</li> </ul> </li> <li>Combination spin consisting of all three basic positions and one change of foot <ul style="list-style-type: none"> <li>Two revs per basic position</li> <li>Min 5 revs per foot</li> </ul> </li> </ul> <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 1</b></p> <ul style="list-style-type: none"> <li>One step sequence <ul style="list-style-type: none"> <li>Must fully utilize the ice surface</li> </ul> </li> </ul> <p>See 4105 for remarks</p>
<p><b>SENIOR</b></p> <p><b>LADIES</b> 4:00 +/- 10 sec</p> <p><b>MEN</b> 4:30 +/- 10 sec</p>	<p><b>Max 7 Jump Elements (Ladies)</b> <b>Max 8 Jump Elements (Men)</b></p> <ul style="list-style-type: none"> <li>All single and double jumps allowed <ul style="list-style-type: none"> <li>Except double Axel</li> </ul> </li> <li>At least four double jumps must be included <ul style="list-style-type: none"> <li>One must be double Lutz</li> </ul> </li> <li>Max 2 of any same type jump</li> <li>Max 3 jump combinations or sequences</li> </ul>	<p><b>Max 3 Spins</b></p> <ul style="list-style-type: none"> <li>One position spin <ul style="list-style-type: none"> <li>Min 6 revs</li> </ul> </li> <li>Flying spin <ul style="list-style-type: none"> <li>Min 6 revs</li> </ul> </li> <li>Combination spin consisting of all three basic positions and one change of foot <ul style="list-style-type: none"> <li>Two revs per basic position</li> <li>Min 5 revs per foot</li> </ul> </li> </ul> <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 2</b></p> <ul style="list-style-type: none"> <li>Men: <ul style="list-style-type: none"> <li>Two different step sequences</li> </ul> </li> <li>Ladies: <ul style="list-style-type: none"> <li>One step sequence</li> <li>One spiral sequence</li> </ul> </li> </ul> <p>Both must:</p> <ul style="list-style-type: none"> <li>Fully utilize the ice surface</li> <li>Be of advanced difficulty</li> </ul> <p>See 4104 &amp; 4105 for remarks</p>

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