

<b>ELEMENTARY</b> 1:30 +/- 10 secs	Single Flip	Single Lutz	Three Jump + Single Loop Jump Combo	Upright Spin with one change of foot Min 3 revs on each foot	Sit Spin Min 4 rev	Camel Spin Min 4 rev	RFO Spiral Executed without assistance LFO Spiral Executed without assistance	Straight Line Step Sequence half the ice surface include three turns & mohawks on both feet
<b>Pre-primary</b> ( Novice A) 2:30 +/- 10 secs	Single or Double Axel	2 Jump Combo/sequences Maximum 2 jumps in combo	Lutz	Spin Combo Min 6 Rev's	Sit Spin with one chg of foot Min 3 revs on each foot		Ladies: choice of 1 step sequence or spiral sequence (2 spirals)	Men: 1 step sequence
<b>Primary</b> ( Novice B) 3:00 +/- 10secs	Single or Double Axel	2 Jump Combo/sequences Double/Single or Double/Double Maximum 2 jumps in combo	Double Jump Immediately preceded by connecting steps	Ladies: jump element of choice Men: 2 jump elements of choice	Flying Spin No Chg Foot, No Chg Posn Min 6 rev	Spin Combination 1 change of foot and at least 1 change of posn, No Flying Entry Min 5 rev on each foot	Ladies: choice of 1 step sequence or spiral sequence (2 spirals)	Men: 1 step sequence
<b>NOVICE LADIES</b> 2:30 max.	Single or Double Axel	Double or Triple Jump Immediately preceded by connecting steps	Jump Combination Double/Double Double/Triple	Flying Spin No Chg Foot, No Chg Posn Min 8 rev	Even though the short program calls for layback/ spin in One position, A flying spin is req'd for long program.	Spin Combination 1 change of foot and at least one changes of posn, No Flying Entry Min 5 rev on each foot	Please note that no jump can be repeated in short program for Novice.	Step Sequence Straight line, circular, or serpentine
<b>NOVICE MEN</b> 2:30 max.	Single or Double Axel	Double or Triple Jump Immediately preceded by connecting steps	Jump Combination Double/Double Double/Triple	Flying Spin No Chg Foot, No Chg Posn Min 8 rev		Spin Combination 1 change of foot and at least one changes of posn, No Flying Entry Min 5 rev on each foot		Step Sequence Straight line, circular, or serpentine
<b>JUNIOR LADIES</b> 2:50 max.	Double Axel	Double or Triple Jump Immediately preceded by connecting steps	Jump Combination Double/Double Double/Triple Triple/Double Triple/Triple	Flying Spin Min 8 rev (Landing position must be different than spin in one position)	Layback or Sideways Leaning, Spin Min 8 rev no flying entry	Spin Combination 1 change of foot and at least 2 changes of position (All 3 position, No Flying Entry Min 6 rev on each foot)		1 Step Sequence Straight line, circular, or serpentine
<b>JUNIOR MEN</b> 2:50 max.	Double or Triple Axel	Double or Triple Jump Immediately preceded by connecting steps	Jump Combination Double/Triple Triple/Double Triple/Triple	Flying Spin Min 8 rev (Landing position must be different than spin in one position)	Spin in one position No flying entry Min 6 rev on each foot	Spin Combination 1 change of foot and at least 2 changes of position (All 3 position, No Flying Entry Min 6 rev on each foot)		1 Step Sequence of a different nature Straight line, circular, or serpentine
<b>SENIOR LADIES</b> 2:50 max.	Double or Triple Axel	Triple Jump Immediately preceded by connecting	Jump Combination Double/Triple Triple/Double Triple/Triple	Flying Spin Min 8 rev (Landing position must be different than spin in one position)	Layback or Sideways Leaning, Spin Min 8 rev no flying entry	Spin Combination 1 change of foot and at least 2 changes of position (All 3 position, No Flying Entry Min 6 rev on each foot)		1 Step Sequence Straight line, circular, or serpentine
<b>SENIOR MEN</b> 2:50 max.	Double or Triple Axel	Any Triple or Quad Jump Immediately preceded by connecting steps	Jump Combination Double/Triple Triple/Double Triple/Triple Quad/Double Quad/Triple	Flying Spin Min 8 rev Landing position must be different than spin in one position	Spin in one position No flying entry Min 6 rev. on each foot	Spin Combination 1 change of foot and at least 2 changes of position (All 3 position, No Flying Entry Min 6 rev on each foot)		1 Step Sequence Straight line, circular, or serpentine

## Singles Test Summary