

Singles Test Summary (effective 1 January 2017)

ELEMENTARY 2:00 +/- 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	Camel Spin Min 3 rev	RFO Spiral Executed without assistance performed on an edge/curve LFO Spiral Executed without assistance performed on an edge/curve	1 Step Sequence half the ice surface include three turns & mohawks on both feet
NOVICE A (formerly Pre-Primary) 2:30 +/- 10 secs	Max 4 Jump Elements At least one jump element must be a Single Axel Max of 2 Jump Combo/Sequences Jump combinations can contain only 2 jumps, a jump sequence can contain any number of jumps.			Max 2 Spins of a different nature (different abbreviations) Spins may commence with a fly Spin Combination No Change of foot (min 6 revs) / Change of foot (min 8 revs) Spin in ONE position No Change of foot (min 6 revs) / Change of foot (min 8 revs)		Ladies and Men One Step Sequence Fully utilising the ice surface	
NOVICE B (formerly Primary) 3:00 +/- 10secs	Ladies – Max 5 Jump Elements Men – Max 6 Jump Elements At least one jump element must be a Single Axel At least one jump element must be a Double Jump Max of 2 Jump Combinations Jump combinations can contain only 2 jumps			Max 2 Spins of a different nature (different abbreviations) Spins may commence with a fly Spin Combination No Change of foot (min 6 revs) / Change of foot (min 8 revs) Spin in ONE position No Change of foot (min 6 revs) / Change of foot (min 8 revs)		Ladies and Men One Step Sequence Fully utilising the ice surface	
^ADVANCED NOVICE 2.20 +/- 10 secs	Single or Double Axel	Double or Triple Jump immediately preceded by connecting steps (may not repeat Axel Jump)	Jump combination consisting of two double jumps or one double and one triple jumps Both jumps may not repeat Axel Jump or Solo Jump	LADIES: Layback/Sideways Leaning Spin, or spin in one basis position with no change of foot Min 6 rev	MEN: Camel, Sit, Upright Spin min 5 revs on each foot and no flying entry	Spin Combination Only One change of foot Flying Entry is allowed min 5 revs on each foot	1 Step Sequence Fully utilising the ice surface
*JUNIOR 2:50 max.	Ladies: Double Axel Men: Double or Triple Axel	Double or Triple Jump Immediately preceded by connecting steps &/or other comparable free skating movements	Jump Combination Ladies: Two Doubles, One Double and Triple or Two Triples Men: One Double and Triple or Two Triples	Flying Spin no change foot, no change position, min 8 revs	Ladies: Layback/Sideways Leaning Spin or spin in one basic position with no change of foot Min 8 rev No Flying Entry Men: Spin in one position No Flying Entry Min 6 revs on each foot	Spin Combination One change of foot Min 6 revs on each foot	1 Step Sequence Fully utilising the ice surface
# SENIOR 2:50 max.	Ladies: Double Axel Men: Double or Triple Axel	Ladies: Double or Triple Jump Men: Triple or Quad Jump Immediately preceded by connecting steps &/or other comparable free skating movements	Jump Combination Ladies: Two Doubles, One Double and Triple or Two Triples Men: One Double and Triple or Two Triples	Any Flying Spin no change foot, no change position, min 8 revs	Ladies: Layback/Sideways Leaning Spin or spin in one basic position with no change of foot Min 8 rev No Flying Entry Men: Spin in one position No Flying Entry Min 6 revs on each foot	Spin Combination one change of foot Min 6 revs on each foot	1 Step Sequence Fully utilising the ice surface

[^] For Advance Novice, please refer to the latest ISU Communication for Novice Guidelines for current requirements

* Junior Ladies and Junior Men may perform any of the current Junior Short Program Groups as listed in ISU Rule 611. Any group may be selected, but all elements performed must be all from the same group.

Senior Ladies and Men, ONE of the THREE jump elements performed must be a TRIPLE JUMP