

**PRIMARY SINGLES (Ladies & Men)**

ELIGIBILITY

(ISA Rule 521)

Participation in a Primary Singles Championship shall be open to a member of a State association who has at the closing of entries:

1. passed the Primary Level Test or its equivalent;
2. not reached the age of fourteen (14) by 1 July in the year in which the event takes place;
3. not competed in the same season in an Intermediate or higher level Singles Championship, (State, Australian or other).

PROGRAM REQUIREMENTS	DEFINITIONS & REMARKS	PROGRAM DURATION
<p><u>SHORT PROGRAM</u> (ISA Rule 310)</p> <p>a) Axel Paulsen.</p> <p>b) One double jump immediately preceded by connecting steps and/or other comparable free skating movements.</p> <p>c) One jump combination consisting of any single or double jump followed by any double jump.</p> <p>d) <u>Flying spin.</u></p> <p>e) <u>Spin in one position.</u></p> <p>f) Spin with one change of foot and at least one change of position (sit, camel, upright or any variation thereof).</p> <p>g) Ladies: A spiral sequence, fully utilising the ice surface.</p> <p>h) Men: A step sequence (straight line, circular or serpentine), fully utilising the ice surface.</p>	<p>Spin d) – <u>any type of flying spin. No change of foot or position after landing. Only the chosen ‘flying’ position or its variation is permitted.</u></p> <p>Spin e) – <u>No flying entry. No change of foot. Variations of position of the head, arms or free leg permitted.</u></p> <p>Spins d) and e) - min (8) revolutions.</p> <p>Spin f) - only one change of foot and at least one change of position (sit, camel, upright or any variation thereof), with not less than (6) revolutions on each foot. <u>No flying entry.</u></p> <p>g) Spiral sequence must have at least three spiral positions with at least one change of foot.</p>	<p>Maximum Duration: 2 min 50 sec (ISA Rule 305)</p> <p>If a competitor fails to finish a program within the allowed time, there will be a <u>1.0 point</u> deduction for every five <u>(5) seconds</u> in excess.</p>

NB: IJS calling requirements as per ISU Communication # 1445 7/5/07.

**PRIMARY SINGLES (Ladies & Men) (Cont)**

PROGRAM REQUIREMENTS	DEFINITIONS & REMARKS	PROGRAM DURATION
<p><u>FREE SKATING PROGRAM</u> (ISA Rule 320)</p> <p>A well-balanced program consisting of free skating elements, such as jumps, spins, steps and other linking movements executed with a minimum of two-footed skating in harmony with music of the competitor's choice, except that vocal music with lyrics is not permitted.</p>	<p>Maximum (10) elements:</p> <p><b>Jumps</b> Maximum (6) jump elements (one of which must be an Axel type jump), including at least: (1) jump combination or sequence but not more than (3) in total. One jump combination could consist of up to (3) jumps, the other two up to (2) jumps.</p> <p><b>Spins</b> (3) spins of a different nature, (1) of which must be a spin combination and (1) a flying spin. Min of (6) revolutions in each spin and min of (10) revolutions in the spin combination.</p> <p><b>Steps</b> <b>Ladies:</b> One sequence of spirals and/or free skating movements such as turns, arabesques and spread eagles, fully utilising the ice surface.</p> <p><b>Men:</b> One step sequence, straight line, serpentine, circular or other, fully utilising the ice surface.</p>	<p>2 min 30 sec plus or minus 10 sec (ISA Rule 305)</p> <p>If a competitor fails to finish a program within the allowed range of time, there will be a <u>1.0 point</u> deduction for up to every five <u>(5) seconds</u> lacking or in excess.</p>

NB: IJS calling requirements as per ISU Communication # 1445 7/5/07.