



Changes to Primary Singles Test

The following changes to Primary Singles Ladies and Men test were passed at the 2011 ISA AGM; these changes are effective 1st January 2012.

Duration of Free Skate: 3:00 mins +/- 10 secs.

Free Skate

A well balanced ISU Basic Novice 'B' Free Skate program must contain:

- a) Ladies – Maximum of 5 jump elements, one of which must be an Axel type jump and one a double jump
Men – Maximum of 6 jump elements, one of which must be an Axel type jump and one a double jump
There may be up to two (2) jump combinations or sequences. Jump combinations can contain only two (2) jumps.
- b) There must be a maximum of two (2) spins of a different nature (abbreviation)
 - One of which must be a spin combination (min 10 revs in total)
 - One Flying Spin or spin with a flying entrance (min 6 revs)
- c) There must be a maximum:
 - (i) Ladies – one (1) Choreo Step Sequence OR one (1) Choreo Spiral Sequence
 - (ii) Men – one (1) Choreo Step Sequence

Program Components to be evaluated are: Skating Skills, Performance/Execution and Interpretation only.

Authorised by: Lisa Jelinek, Operational Director Technical Regulations
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