



Skate Canada – 2025 NextGen Program Team Selection Guidelines

NOVEMBER 2024

The current selection guidelines are based on following circumstances:

- current Canadian standard within each Junior and Senior discipline
- scores and skill levels achieved by skaters placing in the top two groups at the 2024 Junior Grand Prix Series competitions
- international trends within the Junior and Senior categories

The guidelines are designed with the hope of encouraging skaters to achieve these skills to be competitive with the top skaters competing in the Jr Grand Prix Series. As skating on the World stage improves, the selection guidelines will similarly be adjusted to ensure Canadian skaters remain competitive.

The 2025 Skate Canada NextGen Team Selection Guidelines are as follows:

- **AGE:** Skaters/teams should be **age eligible to compete for Canada at the Jr Grand Prix** level.
- **SCORES:** Skaters/teams who **achieve the targeted total scores listed in this document at a 2024 Junior Grand Prix or International Competition¹** will automatically be named to the 2025 NextGen Team.
- **SKILLS:** Skaters/teams in the Junior categories who **achieved the technical and performance skills similar to international trends** at 2025 SC Nationals will be named to the 2025 NextGen Team. Performances at the 2025 SC Challenge and other competitions between July 2024 and March 2025 may also be taken into consideration. Skaters with 3 or more years eligible in the Junior category should achieve all the benchmarks in the “Train to Train – Novice stage of development in the Skate Canada LTD”. In addition, these skaters should begin achieving some benchmarks in the “Train to Compete – Junior”. Skaters with 2 years or less should be achieving most of the benchmarks at the “Train to Compete - Junior stage of development in the Skate Canada LTD”. Please refer to the Skate Canada Long Term Development (Podium Pathway) documents currently available in the Info Center on the Skate Canada website.
- **DEVELOPMENT:** The **improvement in skills and scores** a skater/team achieves from one year to the next will be taken into consideration.
- **NEW PAIR & ICE DANCE TEAMS:** Starting in April 2025, new Pair or Ice Dance teams who demonstrate an ability of achieving the competitive scores and technical skills outlined in this document could be added to the NextGen Team. These teams will be monitored to determine if they should be named to the NextGen Team.
- **OTHER:** In special circumstances, as has been done in the past, the Skate Canada NextGen Director may add skaters/teams to the NextGen Team if they have demonstrated that they can consistently perform in a competition environment the skills outlined in this document. Such additions to the NextGen Team may occur following a monitoring session during training or a competition performance.

¹ *International Competition includes international competitions in which Skate Canada has named and financially supported the skater/team during the 2024-25 season.*

Targeted Total Scores

	Men	Women	Pairs	Ice Dance
2 years or less – Junior age eligibility	195.00	167.00	140.00	145.00
3 years or more – Junior age eligibility	170.00	147.00	120.00	130.00

The 2025 NextGen Team will be announced in April 2025.



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MEN

Skill Level (minor errors allowed in the jumps)	Jr Eligible Years
<p>In competition:</p> <ul style="list-style-type: none"> - Triple + triple combo with 3Lo, 3F or Lz (both programs) - triple solo jump and triple Axel (short) (2025/26 season, 3Lo) - all triple jumps (including triple Axel) - spins and step sequence in the +GOE - Most elements must be performed with speed <p>AVERAGE PC (not factored): 6.5 or higher</p> <p>In training, a quad jump should be in development</p>	2 or less [#]
<p>In competition:</p> <ul style="list-style-type: none"> - triple + triple Combo (both programs) - triple solo jump (short) (2025/26, 3Lo) - Five different triples (free) - spins and step sequence in the +GOE - Most elements must be performed with speed <p>AVERAGE PC (not factored): 6 or higher</p> <p>In training, the 3A should be in development</p>	3 or more [#]

[#] As of July 1, 2025

WOMEN

Skill Level (minor errors allowed in the jumps)	Jr Eligible Years
<p>In competition:</p> <ul style="list-style-type: none"> - Triple + triple combo with 3F or 3Lz (short) - triple solo jump (short) (2025/26 season, 3Lo) - Four different triples (free) - at least one triple + triple combo (free) - spins and step sequence in the +GOE - Most elements must be performed with speed <p>AVERAGE PC (not factored): 6.0 or higher</p> <p>In training, a 5th triple jump should be in development</p>	2 or less [#]
<p>In competition:</p> <ul style="list-style-type: none"> - Triple + triple combo or combo with 3F or 3Lz (short) - triple solo jump (short) (2025/26 season, 3Lo) - Four different triples - triple + triple combo (free) - spins and step sequence in the +GOE - Most elements must be performed with speed <p>AVERAGE PC (not factored): 5.5 or higher</p> <p>In training, Triple + triple combo with 3Lo, 3F or 3Lz should be in development, as well as a 5th triple jump</p>	3 or more [#]

[#] As of July 1, 2025



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PAIRS

Skill Level (minor errors allowed)	Jr Eligible Years
<p>In competition, achieve at least five of the following bullet points:</p> <ul style="list-style-type: none"> • Double Axel with an average GOE +1 or higher • Triple jump with an average GOE 0 or higher • One throw triple jump with an average GOE 0 or higher • Another throw triple jump with an average GOE 0 or higher • Triple twist at Level 1 with an average GOE 0 or higher • Spins (solo and pair) at a Level 4 with an average GOE +1 or higher • Lifts at a Level 4 with an average GOE +1 or higher (additional focus will be placed male skater's footwork technique, and female skater's positions and extensions) • Death spiral at a Level 3 and Step Sequence at a Level 2 with an average GOE +1 or higher <p>Most elements must be performed with speed.</p> <p>AVERAGE PC (not factored): 5.50 or higher</p>	2 or less [#]
<p>In competition, achieve at least three of the following bullet points:</p> <ul style="list-style-type: none"> • Double Axel with an average GOE 0 or higher • Throw double jump with an average GOE +2 or higher • One throw triple jump with an average GOE -1 or higher • Double twist at Level 2 with an average GOE +1 or higher • Spins (solo and pair) at a Level 4 with an average GOE +1 or higher • Lifts at a Level 3 with an average GOE +1 or higher (additional focus will be placed male skater's footwork technique, and female skater's positions and extensions) • Death spiral at a Level 2 and Step Sequence at a Level 2 with an average GOE +1 or higher <p>Most elements must be performed with speed.</p> <p>AVERAGE PC (not factored): 4.50 or higher.</p> <p>In training, teams should be working on the development of the following elements:</p> <ul style="list-style-type: none"> • triple twist, • another throw triple jump • a triple solo jump. 	3 or more [#]

[#] As of July 1, 2025

ICE DANCE

Skill Level (minor errors allowed)	Jr Eligible Years
<p>Skaters should be able to execute the following elements:</p> <ul style="list-style-type: none"> • Step sequences at an average Level 2.5 or higher with an average GOE +1 or higher • Twizzles at an average Level 3.5 or higher with an average GOE +1 or higher • Spins and Lifts at a Level 4 with an average GOE +2 or higher <p>Demonstrate an ability to achieve an average PC score of 7.00 or higher</p>	2 or less [#]
<p>Skaters should be able to execute the following elements:</p> <ul style="list-style-type: none"> • Step sequences at an average Level 2 or higher with an average GOE +1 or higher • Twizzles at an average Level 3 or higher with an average GOE +1 or higher • Spins and Lifts at a Level 4 with an average GOE +2 or higher <p>Demonstrate an ability to achieve an average PC score of 6.00 or higher</p>	3 or more [#]

[#] As of July 1, 2025