

MINIEMEN

Has not reached the age of 10 by July 1st preceding the competition for Girls and Boys.
To compete in this category a skater need to have at least **Miniemen level**.

Free Skating Program: 2:30 min +/- 10 sec

Warming up: **4 minutes**

Vocal music is allowed in this category.

There will be no Bonus for jump elements performed in the second half of the Free program.

A well balanced Free Skating Program for Miniemen singles Girls and Boys must contain:

a) Maximum of **4 jump elements one of which must be an Axel type jump for Girls and Boys.**

There may be up to **two (2) jump combinations or sequences.**

Jump combinations can contain only **two (2) jumps.**

A jump sequence can contain any number of jumps, but **only the two (2) most difficult jumps will be counted.**

Any single and double jump (including Double Axel) **cannot** be executed **more than twice** in a free program.

Triple jumps are **not** permitted.

b) There must be a maximum of **2 different spins (different abbreviation)**

One (1) combination spin: the combination spin can be executed with a change of foot and a minimum of eight (8) revolutions or without a change of foot and a minimum of six (6) revs.

One (1) spin with no change of position: the spin with no change of position can be executed with a change of foot and a minimum of eight (8) revolutions or without a change of foot and a minimum of six (6) revolutions.

In both spins flying entries are NOT allowed.

The minimum of required revolutions must be counted from the entry of the spin until its exit (except final wind-up in spins in one position spin).

c) For Girls and Boys there must be **one (1) step sequence with fully utilizing the ice surface.**

The Program Components are only judges in:

- Skating Skills
- Performance/Execution

Component factor: 2.5

LEVEL EXPLANATIONS:

All elements, which are subject to levels, only features up to **Level 2** will be counted.

Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

If a **double Axel (2A)** is jumped and called by the Technical Panel (no < or <<) in the program, no deduction of -0,5 for a fall will be given, if this should be the case.

Fall 0.5Pt

NOVICE A

Has reached a least the age of ten (10) by July 1st preceding the competition for Girls and Boys.
 Has not reached the age of thirteen (13) by July 1st preceding the competition for Girls and Boys.
 To compete in this category a skater need to have at least **Novice A** level.

Free Skating Program: 2:30 min +/- 10 sec

Warming up: **6 minutes**

Vocal music is allowed in this category.

There will be no Bonus for jump elements performed in the second half of the Free Program.

A well balanced Free Skating program for singles A Girls and Boys must contain:
 (ISU communication n° 1947)

- a) Maximum of **4 jump elements for Girls and Boys** of which must be an **Axel type** jump.
 There may be up to **two (2) jump combinations or sequences**.
 Jump combinations can contain only **two (2) jumps**.
 A jump sequence can contain any number of jumps, but **only the two (2) most difficult jumps will be counted**.
 Any single and double jump (including Double Axel) **cannot** be executed **more than twice**.
 Triple jumps are **not** permitted.
- b) There must be a maximum of **two (2) spins of a different nature (different abbreviation)**
One (1) Spin combination : the spin combination can be executed with a change of foot and a minimum of eight (8) revolutions or without a change of foot with a minimum of six (6) revolutions.
One (1) Spin with no change of position: the spin with no change of position can be executed with a change of foot and a minimum of eight (8) revolutions or without a change of foot and a minimum of six (6) revolutions.
In both spins flying entries are allowed.
- The minimum of required revolutions must be counted from the entry of the spin until its exit (except final wind-up in spins in one position spin).
- c) There must be **one (1) step sequence with fully utilizing the ice surface**.

The Program components are only judged in:

- Skating Skills
- Performance/Execution

Component factor: 2.5

LEVEL EXPLANATION:

All elements, which are subject to levels, only features up to **Level 2** will be counted.
 Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

If a double Axel (2A) is jumped and called by the Technical Panel (no < or <<) in the program, no deduction of -0.5 for a fall will be given, if this should be the case.

FALL -0.5 Pt

NOVICE B

Has reached a least the age of thirteen (13) by July 1st preceding the competition for Girls and Boys.
Has not reached the age of fifteen (15) by July 1st preceding the competition for Girls and Boys.
To compete in this category a skater need to have at least **Novice B** level.

Free Skating Program: 3:00 min +/- 10 sec

Warming up: **6 minutes**

Vocal music is allowed in this category.

There will be no Bonus for jump elements performed in the second half of the Free Program.

A well balanced Free Skating program for singles B must contain:

(ISU communication n° 1947)

- a) Maximum of **five (5) jump elements for Girls** one of which must be an **Axel type** jump .
Maximum of **six (6) jump elements for Boys** one of which must be an **Axel type** jump.
There may be up to **two (2) jump combinations or sequences**.
A jump combination can contain only **two (2) jumps**.
A jump sequence can contain any number of jumps, but **only the two most difficult jumps will be counted**
Only two (2) jumps with two and a half (2 ½) or more revolutions can be repeated either in a jump combination or in a jump sequence.
Any single and double jump (including Double Axel) cannot be executed more than twice.
- b) There must be a maximum of **two (2) spins of a different nature (different abbreviation)**
One (1) Spin combination: the spin combination can be executed with a change of foot and a minimum of eight (8) revolutions or without a change of foot with a minimum of six (6) revs.
One (1) Spin with no change of position: the spin with no change of position can be executed with a change of foot and a minimum of eight (8) revolutions or without change of foot and a minimum of six (6) revolutions.
In both spins flying entries are allowed.
- The minimum of required revolutions must be counted from the entry of the spin until its exit (except final wind-up in spins in one position spin).
- c) There must be **one (1) step sequence with fully utilizing the ice surface**.

The Program Components are only judged in:

- Skating Skills
- Performance/Execution
- Interpretation

Component factor for Girls: 1.7

Component factor for Boys: 2.0

LEVEL EXPLANATION:

All elements, which are subject to levels, only features up to **Level 2** will be counted.

Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

If a double Axel (2A) is jumped and called by the Technical Panel (no < or <<) in the program, no deduction of -0.5 for a fall will be given, if this should be the case.

FALL -0.5 Pt

ADVANCED NOVICE

Has reached at least the age of ten (10) by July 1st preceding the competition for Girls and Boys.
Has not reached the age of fifteen (15) by July 1st preceding the competition for Girls and Boys.

To compete in this category a skater need to have at least **Advanced Novice** level.

Short Program for Girls and Boys: max. 2:30
Free Skating Program: 3:00 min +/- 10 sec. for Girls
Free Skating Program: 3:30 min +/- 10 sec. for Boys

Warming up: **6 minutes**

Vocal music is allowed in Short and or Free Skating in this Category.

There will be no Bonus for jump elements performed in the second half of the Short and Free Skating Program.

The **Short Program for Boys** shall consist of the following elements:
(According ISU Communication n° 1947)

- a) **Single Axel or double Axel.**
- b) **Double or triple jump** immediately preceded by connecting steps, may not repeat jump in a).
- c) **One (1) jump combination** consisting of two (2) double jumps or one double and one triple jump, both jumps may not repeat jump in a) or b).
- d) **Camel or sit spin with change of foot and no flying entrance**
(minimum of five (5) revolutions on each foot).
- e) **Spin combination with only one change of foot**
(minimum of five (5) revolutions on each foot) **Flying entry is allowed.**
- f) **One (1) step sequence** fully utilizing the ice surface.

The **Short Program for Girls** shall consist of the following elements:

- a) **Single Axel or double Axel.**
- b) **Double or triple jump** immediately preceded by connecting steps, may not repeat jump in a).
- c) **One (1) jump combination** consisting of two (2) double jumps or one double and one triple jump, both jumps may not repeat jump in a) or b).
- d) **Layback or Sideways leaning spin** (minimum of six (6) revolutions).
- e) **Spin combination with only one change of foot**
(minimum of five (5) revolutions on each foot). **Flying entry is allowed.**
- f) **One (1) step sequence** fully utilizing the ice surface.

Jumps not according to Short Program requirements (wrong number of revolutions) will receive no value.

A well balanced Free Skating Program must contain:

- a) Maximum **6 jump elements for Girls** one of which must be an Axel type jump.
Maximum **7 jump elements for Boys** one of which must be an Axel type jump.

There may be up to **two (2) jump combinations or sequences**.

A jump combination can contain only **two (2) jumps**.

A jump sequence can contain any number of jumps, but only **two most difficult jumps** will be counted.

Only two (2) jumps with three (3) or more revolutions can be repeated either in a jump combination or in a jump sequence.

Any single and double jump (including Double Axel) cannot be executed **more than twice** in total.

- b) There must be a maximum of **two (2) spins of a different nature (different abbreviation)**
One (1) spin combination: the spin combination must be executed with a minimum of eight (8) revolutions. **Flying entrance is NOT allowed.**
One (1) flying spin or spin with a flying entrance: the flying spin must have a minimum of six (6) revolutions. If the spin with a flying entrance is selected, the spin must be executed with a change of foot and without a change of position with a minimum of eight (8) revolutions.

The minimum of required revolutions must be counted from the entry of the spin until its exit (except final wind-up in spins in one position spin).

- c) There must be **one (1) step sequence fully utilizing the ice surface.**

The Program Components are only judged in:

- Skating Skills
- Transitions
- Performance/Execution
- Interpretation

Component factor short for Girls: 0.8

Component factor free for Girls: 1.6

Component factor short for Boys: 0.9

Component factor free for Boys: 1.8

LEVEL EXPLANATION:

All elements, which are subject to levels, only features up to **Level 3** will be counted.

Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

In short and free program, if a **double Axel (2A) and/or a triple jump** is jumped and called by the Technical Panel (no < or <<) in the program, no deduction of -0.5 for a fall will be given, if this should be the case.

FALL -0.5 Pt

JUNIOR

Has reached a least the age of thirteen (13) by July 1st preceding the competition for Ladies and Men.
Has not reached the age of nineteen (19) by July 1st preceding the competition for Ladies and Men.

To compete in this category a skater need to have at least **Junior** level.

Short Program: max. 2:50 for Ladies & Men

Free Skating Program: 3:30 min +/- 10 sec. for Ladies

Free Skating Program: 4:00 min +/- 10 sec. for Men

Warming up: **6 minutes**

Vocal music is allowed in Short and or Free Skating in this Category.

There will be a **Bonus** for jump elements performed in the second half of the **Short and Free Skating Program.**

The **Short Program for Men** shall consist of the following elements:

- a) Double or triple **Axel**
- b) Double or triple **Flip** jump immediately preceded by connecting steps and/or by other comparable Free Skating movements
- c) **Jump combination** consisting of a double and a triple or two triple jumps
- d) **Flying sit spin** (minimum of eight (8) revolutions)
- e) **Camel spin with only one change of foot** (minimum of six (6) revolutions on each foot)
- f) **Spin combination with only one change of foot** (minimum of six (6) revolutions on each foot)
- g) **Steps sequence fully utilizing the ice surface**

The **Short Program for Ladies** shall consist of the following elements:

- a) Double **Axel**
- b) Double or triple **Flip** jump immediately preceded by connecting steps and/or by other comparable Free Skating movements
- c) **Jump combination** consisting of two double jumps or one double and one triple jump or two triple jumps
- d) **Flying sit spin** (minimum of eight (8) revolutions)
- e) **Layback or Sideways leaning spin** (minimum of eight (8) revolutions)
- f) **Spin combination with only one change of foot** (minimum of six (6) revolutions on each foot)
- g) **Step sequence fully utilizing the ice surface**

For the remarks: see ISU SPECIAL REGULATION & TECHNICAL RULES – SINGLE AND PAIR SKATING Rule 611 Short program Singles.

A well balanced Free Skating Program for Ladies and Men must contain:

- a) Maximum of **seven (7) jump elements for Ladies**, one of which must be an Axel type jump
Maximum of **eight (8) jump elements for Men**, one of which must be an Axel type jump
- b) Maximum of **three (3) spins**
A spin combination with or without change of foot (minimum ten (10) revolutions in total)
A flying spin or spin with flying entrance with or without change of foot
(minimum six (6) revolutions in total)
A spin in one position with or without change of foot (minimum six (6) revolutions in total)
- c) Maximum of **one (1) step sequence**

For the remarks:

see ISU SPECIAL REGULATION & TECHNICAL RULES – SINGLE AND PAIR SKATING

Rule 612 Free Skating Singles

The program components:

- Skating Skills
- Transition/Linking Footwork
- Performance/Execution
- Choreography/Composition
- Interpretation

Component factor Short for Ladies: 0.8

Component factor Free for Ladies: 1.6

Component factor Short for Men: 1.0

Component factor Free for Men: 2.0

LEVEL EXPLANATION:

All elements, which are subject to levels, only features up to **Level 4** will be counted.

Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

In the short and free program, if a **triple jump** is jumped and called by the Technical Panel (no < or <<) in the program, no deduction of -1,0 for a fall will be given, if this should be the case.

FALL -1.0 Pt

SENIOR

Has reached a least the age of fifteen (15) by July 1st preceding the competition for Ladies and Men.
To compete in this category a skater need to have at least **Senior** level.

Short Program: Max. 2:50 min for Ladies & Men
Free Skating Program: 4:00 min +/- 10 sec. for Ladies
Free Skating Program: 4:30 min +/- 10 sec. for Men

Warming up: **6 minutes**

Vocal music is allowed in Short and or Free Skating in this Category.

There will be a **Bonus** for jump elements performed in the second half of the Short and Free Skating Program.

The **Short Program for Men** shall consist of the following elements:

- a) Double or triple **Axel**
- b) **Triple or quadruple jump** immediately by connecting steps and/or other comparable Free Skating movements
- c) **Jump combination** consisting of a double jump and a triple jump or two triple jumps or a quadruple and a double jump or a triple jump
- d) **Flying spin** (minimum of eight (8) revolutions)
- e) **Camel or sit spin with only one change of foot** (minimum of six (6) revolutions on each foot)
- f) **Spin combination with only one change of foot**
(minimum of six (6) revolutions on each foot)
- g) **Step sequence fully utilizing the ice surface**

The **Short Program for Ladies** shall consist of the following elements:

- a) Double or triple **Axel**
- b) **Triple jump** immediately preceded by connecting steps and/or other comparable Free Skating movements
- c) **Jump combination** consisting of a double and a triple jump or two triple jumps
- d) **Flying spin** (minimum of eight (8) revolutions)
- e) **Layback or sideways leaning spin** (minimum of eight (8) revolutions)
- f) **Spin combination with only one change of foot**
(minimum of six (6) revolutions on each foot)
- g) **Step sequence fully utilizing the ice surface**

For the remarks:

See ISU SPECIAL REGULATION & TECHNICAL RULES – SINGLE AND PAIR SKATING

Rule 611 Short program Singles

A well balanced Free Skating Program for Ladies and Men must contain:

- a) Maximum of **seven (7) jump elements for Ladies**, one of which must be an Axel type jump
Maximum of **eight (8) jump elements for Men**, one of which must be an Axel type jump

- b) Maximum of **three (3) spins**
A spin combination with or without change of foot (minimum ten (10) revolutions in total)
A flying spin or spin with flying entrance with or without change of foot
(minimum six (6) revolutions in total)
A spin in one position with or without change of foot (minimum six (6) revolutions in total)
- c) Maximum of **one (1) step sequence**
- d) Maximum of **one (1) choreographic sequence**

For the remarks:

See ISU SPECIAL REGULATION & TECHNICAL RULES – SINGLE AND PAIR SKATING

Rule 612 Free Skating Singles

The program components:

- Skating Skills
- Transition/Linking Footwork
- Performance/Execution
- Choreography/Composition
- Interpretation

Component factor Short for Ladies: 0.8

Component factor Free for Ladies: 1.6

Component factor Short for Men: 1.0

Component factor Free for Men: 2.0

LEVEL EXPLANATION:

All elements, which are subject to levels, only features up to **Level 4** will be counted.
Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

FALL -1.0 Pt