

PRE-MINIEMEN

To compete in this Category, **Competition level or Pre-pre preliminary** is required for a Belgian Skater.

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

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 Pre-Miniemen singles Girls and Boys must contain:

a) Maximum of **4 jump elements for Girls and Boys.**

There may be up to **one (1) jump combination or sequence.**

A jump combination 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 jump **cannot** be executed **more than twice** in total .

Jumps with one and a half (1-1/2) revolutions and double jumps are not permitted.

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

One (1) position spin no change of foot (minimum of four (4) revolutions in total)

One (1) combination spin no change of foot (minimum of six (6) revolutions in total)

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 **one (1) step sequence fully covering the ice surface.** This step must contain **steps, turns.**

The step sequence will have a **level Base maximum** .

The Program Components are only judged in:

- Skating Skills
- Performance/Execution

Component factor: 2.5

LEVEL EXPLANATIONS:

All elements, which are subject to levels, only features up to **Level 1** will be counted except for the step sequence which will have a **level Base maximum.**

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

Fall 0.5Pt

MINIEMEN

To compete in this category, **Miniemen level** is required for a Belgian Skater.

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 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 spin combination 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 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

To compete in this category, **Novice A level** required for a Belgian Skater.

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** in a Free Program.
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) 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 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

To compete in this category, **Novice B level** required for a Belgian Skater.

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 A 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 in a Free Program.

- 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 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.

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
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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

To compete in this category, **Advanced Novice level** required for a Belgian Skater.

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 Free Skating Program.

A well balanced Free Skating Program must contain:

(ISU communication n° 1947)

- 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 combination spin must be with a minimum of eight (8) revs.
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) revs.
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
- Transitions
- Performance/Execution
- Interpretation

Component factor for Girls: 1.6

Component factor 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.

If a double Axel (2A) and/or a triple 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

To compete in this category, **Junior level** required for a Belgian Skater.

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

Free Skating Program: 4:00 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 a Bonus for jump elements performed in the second half of the Free Skating Program.

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**
 - One (1) spin in one position** with or without change of foot
(minimum of six (6) revolutions in total)
 - One (1) spin combination** with or without change of foot
(minimum ten (10) revolutions in total)
 - One (1) flying spin or spin with flying entrance** 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 for Ladies: 1.6

Component factor 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.

If a **double Axel (2A)** and/or a **triple** is jumped and called by the Technical Panel (no < or <<) in the program, no deduction of -1 for a fall will be given, if this should be the case.

FALL -1.0 Pt

SENIOR

To compete in this category, **Senior level** required for a Belgian Skater.

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

Free Skating Program: 4:30 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 a Bonus for jump elements performed in the second half of the Free Skating Program

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**
One (1) spin in one position with or without change of foot
 (minimum of six (6) revolutions in total)
One (1) spin combination with or without change of foot
 (minimum ten (10) revolutions in total)
One (1) flying spin or spin with flying entrance 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 for Ladies: 1.6

Component factor 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