



## NATIONAL A-COMPETITION REGULATIONS

### General rules:

Members of Belgian skating clubs can participate in Belgian National A-Competitions (BK&VK) according their age and obtained level.

There will be **NO** category *Pre-Miniemen* in National A-competitions.

There will be **NO** *Young Adult categories* in National A-competitions.

A new category **PRE-NOVICE** will be introduced in the Belgian National A-Competitions.

- This category is created for Miniemen skaters age wise who have obtained their Novice B level or a higher level.

### Remarks for other categories:

- All Novice A skaters age wise who have obtained their Junior level need to participate in the Advanced Novice category.
- All Novice B skaters age wise who have obtained their Junior level need to participate in the Advanced Novice category.
- Novice A skaters age wise who have obtained their Advanced Novice level may participate in the Novice A or Advanced Novice category.
- Novice B skaters age wise who have obtained their Advanced Novice level may participate in the Novice B or Advanced Novice category.
- Junior skaters age wise who have obtained their Senior level may participate in the Junior or Senior category.
- Once a skater starts to compete in a category, he/she cannot participate in a lower category in the following Belgian National A-Competitions.

**Citizenship requirements:**

Members of Belgian skating clubs can only compete in Belgian National A-Competitions if:

- They have the Belgian citizenship
- For more information, see latest ISU communication n° 2030 – Rule 109

**Conditions in case of a new figure skating level obtained:**

- A skater who obtains a higher level, can still participate in the same category during the season in National A-Competitions.
- A skater can also upgrade the category after obtaining a higher level for the following National A-Competitions, if it's the skater's choice but it's not mandatory.
- In case of an upgrade to a higher category during the season, the club has to inform the National General Secretary, the Regional Secretary and the Responsible Competitions about the respective competition at least two (2) weeks before the first competition day.

National General Secretary: [secretariaat.kbkf@telenet.be](mailto:secretariaat.kbkf@telenet.be)

Regional Secretary Flemish speaking federation: [mariabouwens@hotmail.com](mailto:mariabouwens@hotmail.com)

Regional Secretary French speaking federation: [ffpa.christian.pieman@skynet.be](mailto:ffpa.christian.pieman@skynet.be)

Responsible National Competitions: [ludod@telenet.be](mailto:ludod@telenet.be)

**Warm-up:**

- **Miniemen Girls and Boys** warm up groups can be maximum up to **eight (8)** skaters.
- Singles Girls and Boys for all **Novice Divisions** warm-up groups can be maximum up to **eight (8)** skaters.
- Boys will have separate warm-up groups from the Girls. However, starting from Novice A boys can be put together in one warm-up group (Novice A, Novice B and Advanced Novice).
- **Miniemen and Pre-Novice boys** can be put together in one warm-up group. The warm-up groups can be maximum up to **eight (8)** skaters.

**Junior and Senior Ladies and Men** need to have separate warm-up groups, (according ISU rules). The warm-up groups can be maximum up to **six (6)** skaters.

- Boys/Men can skate before or after the Girls/Ladies categories.

**Organizing clubs:**

- All Belgian clubs who organize a National A-competition need to put these regulations of the federation KBKF/FRBPA in their announcement.

## **MINIEMEN**

Has not reached the age of 10 by July 1<sup>st</sup> preceding the competition for Girls and Boys.

Only skaters with a **Miniemen and/or Novice A level** can participate in this category.

**Free Skating Program for Girls & Boys:** 2:30 min +/- 10 sec.

Warm-up: **4 minutes**. The warm-up groups can be maximum up to eight (8) skaters.  
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 jumps (including Double Axel) cannot be executed more than twice in total.

**Rule 612, para 2, part Repetitions:** If an extra jump(s) is executed, only the individual jump(s) which is not according to the requirements will have no value. The jumps are considered in the order of execution.

Triple jumps are **NOT** permitted.

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

**One (1) combination spin:** a combination spin with a change of foot minimum eight (8) revolutions or without a change of foot minimum six (6) revolutions.

**One (1) spin with no change of position:** a spin in one position with a change of foot minimum eight (8) revolutions or without a change of foot minimum 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

**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 executed and called by the Technical Panel (no < or <<) in the program, a bonus of 0.5 will be given even if there is a fall.

**Fall -0.5Pt:** A fall is defined as loss of control by a skater with the result that the majority of his/her own body weight is on the ice supported by any other part of the body other than the blades e.g. hand(s), knee(s), buttock(s), or part of the arm (Rule 503, para1).

## **PRE-NOVICE**

Has not reached the age of 10 by July 1<sup>st</sup> preceding the competition for Girls and Boys.

Only skaters with a **Novice B and a higher level** can participate in this category.

**Free Skating Program for Girls & Boys:** 2:30 min +/- 10 sec.

Warm-up: **4 minutes.** The warm-up groups can be maximum up to eight (8) skaters.

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 Young Novice 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 jumps (including Double Axel) cannot be executed more than twice in total.

**Rule 612, para 2, part Repetitions:** If an extra jump(s) is executed, only the individual jump(s) which is not according to the requirements will have no value. The jumps are considered in the order of execution.

Triple jumps are **NOT** permitted.

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

**One (1) combination spin:** a combination spin with a change of foot minimum eight (8) revolutions or without a change of foot minimum six (6) revolutions.

**One (1) spin with no change of position:** a spin in one position with a change of foot minimum eight (8) revolutions or without a change of foot minimum 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) 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

**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 executed and called by the Technical Panel (no < or <<) in the program, a bonus of 0.5 will be given even if there is a fall.

**Fall -0.5Pt:** A fall is defined as loss of control by a skater with the result that the majority of his/her own body weight is on the ice supported by any other part of the body other than the blades e.g. hand(s), knee(s), buttock(s), or part of the arm (Rule 503, para1)

## NOVICE A

Has reached a least the age of ten (10) by July 1<sup>st</sup> preceding the competition for Girls and Boys.  
Has not reached the age of thirteen (13) by July 1<sup>st</sup> preceding the competition for Girls and Boys.

Only skaters with a **Novice A and/or Novice B and Advanced Novice level** can participate in this category.

**Free Skating Program for Girls & Boys:** 2:30 min +/- 10 sec.

Warm-up: **6 minutes.** The warm-up groups can be maximum up to eight (8) skaters.

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:**

(According ISU communication n° 2024)

- 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 jumps (including Double Axel) cannot be executed more than twice in total.

**Rule 612, para 2, part Repetitions:** If an extra jump(s) is executed, only the individual jump(s) which is not according to the requirements will have no value. The jumps are considered in the order of execution.

Triple jumps are **NOT** permitted.

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

**One (1) Spin combination:** a spin combination with a change of foot minimum eight (8) revolutions or without a change of foot minimum six (6) revolutions.

**One (1) Spin with no change of position:** a spin in one position with a change of foot minimum eight (8) revolutions or without a change of foot 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

**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 executed and called by the Technical Panel (no < or <<) in the program, a bonus of 0.5 will be given even if there is a fall.

**FALL -0.5 Pt:** A fall is defined as loss of control by a skater with the result that the majority of his/her own body weight is on the ice supported by any other part of the body other than the blades e.g. hand(s), knee(s), buttock(s), or part of the arm (Rule 503, para1)

## NOVICE B

Has reached at least the age of thirteen (13) by July 1<sup>st</sup> preceding the competition for Girls and Boys.  
Has not reached the age of fifteen (15) by July 1<sup>st</sup> preceding the competition for Girls and Boys.

Only skaters with a **Novice B level and/or Advanced Novice level** can participate in this category.

**Free Skating Program for Girls & Boys:** 3:00 min +/- 10 sec.

Warm-up: **6 minutes**. The warm-up groups can be maximum up to eight (8) skaters.

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:**

(According ISU communication n° 2024)

- 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, double (including Double Axel) or triple jumps cannot be executed **more than twice** in total.  
**Rule 612, para 2, part Repetitions:** If an extra jump(s) is executed, only the individual jump(s) which is not according to the requirements will have no value. The jumps are considered in the order of execution.
- a) There must be a maximum of **two (2) spins of a different nature (abbreviation)**  
**One (1) Spin combination:** a spin combination with a change of foot minimum eight (8) revolutions or without a change of foot minimum six (6) revolutions.  
**One (1) Spin with no change of position:** a spin with no change of position with a change of foot minimum eight (8) revolutions or without change of foot 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
- 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) and/or a triple jump is executed and called by the Technical Panel (no < or <<) in the program, a bonus of 0.5 will be given even if there is a fall.

**FALL -0.5 Pt:** A fall is defined as loss of control by a skater with the result that the majority of his/her own body weight is on the ice supported by any other part of the body other than the blades e.g. hand(s), knee(s), buttock(s), or part of the arm (Rule 503, para1)

## ADVANCED NOVICE

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

Only skaters with an **Advanced novice level and/or Junior level** can participate in this category.

**Short Program for Girls and Boys:** 2:20 min +/- 10 sec.

**Free Skating Program for Girls:** 3:00 min +/- 10 sec.

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

Warm-up: **6 minutes**. The warm-up groups can be maximum up to eight (8) skaters.

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° 2024)

- 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, sit or upright spin** with change of foot and **NO** flying entrance (minimum five (5) revolutions on each foot).
- e) **Spin combination** with only one change of foot (minimum 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 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 a) or b).
- d) **Layback/Sideways leaning spin or spin in a basic position** with **NO** change of foot (minimum six (6) revolutions).
- e) **Spin combination with only one change of foot** (minimum five (5) revolutions on each foot). Flying entry **IS** allowed.
- f) **One (1) step sequence** fully utilizing the ice surface.

**Rule 611, para 4, part Jump combination:** If the same jump is executed as a solo jump and as a part of the jump combination, the repeated jump will not be counted (if this repetition is in a jump combination, only the individual jump which is not according to the above requirements will not be counted).  
If an extra jump(s) is executed, only the individual jump(s) which is not according the requirements will have no value. The jumps are considered in order of execution.

**A well balanced Free Skating Program for Advanced Novice Girls and Boys 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 the 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, double (including Double Axel) or triple jumps cannot be executed more than twice in total.

**Rule 612, para 2, part Repetitions:** If an extra jump(s) is executed, only the individual jump(s) which is not according to the requirements will have no value. The jumps are considered in the order of execution.

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

**One (1) spin combination:** a spin combination with change of foot minimum eight (8) revolutions.  
**Flying entrance is NOT allowed.**

**One (1) flying spin or spin with a flying entrance:** a flying spin minimum of six (6) revolutions or a spin in one position with change of foot and a flying entrance minimum 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
- Interpretation of the Music

**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 executed and called by the Technical Panel (no < or <<) in the program, a bonus of 0.5 will be given even if there is a fall.

**FALL -0.5 Pt:** A fall is defined as loss of control by a skater with the result that the majority of his/her own body weight is on the ice supported by any other part of the body other than the blades e.g. hand(s), knee(s), buttock(s), or part of the arm (Rule 503, para1)



## JUNIOR

Has reached at least the age of thirteen (13) by July 1<sup>st</sup> preceding the competition for Ladies and Men.

Has not reached the age of nineteen (19) by July 1<sup>st</sup> preceding the competition for Ladies and Men.

Only skaters with a **Junior level and/or Senior level** can participate in this category.

**Short Program for Ladies & Men:** 2:40 min +/- 10 sec.

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

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

Warm-up: **6 minutes**. The warm-up groups can be maximum up to six (6) skaters.

Vocal music is allowed 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 **Loop** 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 camel spin** (minimum eight (8) revolutions)
- e) **Sit spin with only one change of foot** (minimum 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 **Loop** 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 camel spin** (minimum of eight (8) revolutions)
- e) **Layback/Sideways leaning spin or sit spin WITHOUT change of foot**. (minimum eight (8) revolutions)
- f) **Spin combination with only one change of foot** (minimum six (6) revolutions on each foot)
- g) **Step sequence fully utilizing the ice surface**

**Rule 611, para 4, part Jump combinations:** If the same jump is executed as a solo jump and as a part of the jump combination, the repeated jump will not be counted (if this repetition is in a jump combination, only the individual jump which is not according to the above requirements will not be counted).  
If an extra jump(s) is executed, only the individual jump(s) which is not according to the requirements will have no value. The jumps are considered in order of execution.

**For more remarks: see ISU SPECIAL REGULATION & TECHNICAL RULES – SINGLE AND PAIR SKATING**

Rule 611 Short program Singles.

**A well balanced Free Skating Program for Junior 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  
**Rule 612, para 2, part Repetitions:** If an extra jump(s) is executed, only the individual jump(s) which is not according to the requirements will have no value. The jumps are considered in the order of execution.
- 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 more remarks:**

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

Rule 612 Free Skating Singles

The program components:

- Skating Skills
- Transition
- Performance
- Composition
- Interpretation of the Music

**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 short and free program, if a triple jump is executed and called by the Technical Panel (no < or <<) in the program, a bonus of 1.0 will be given even if there is a fall.

**FALL -1.0 Pt:** A fall is defined as loss of control by a skater with the result that the majority of his/her own body weight is on the ice supported by any other part of the body other than the blades e.g. hand(s), knee(s), buttock(s), or part of the arm (Rule 503, para1)

## **SENIOR**

Has reached at least the age of fifteen (15) by July 1<sup>st</sup> preceding the competition for Ladies and Men.  
Only skaters with a **Senior and/or Master level** can participate in this category.

**Short Program for Ladies & Men:** 2:40 min +/- 10sec.

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

**Free Skating Program for Men:** 4:30 min +/- 10 sec.

Warm-up: **6 minutes**. The warm-up groups can be maximum up to six (6) skaters.

Vocal music is allowed 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 six (6) revolutions on each foot)
- f) **Spin combination with only one change of foot**  
(minimum 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 eight (8) revolutions)
- e) **Layback/Sideways leaning spin or sit/camel spin WITHOUT change of foot.**  
(minimum eight (8) revolutions)
- f) **Spin combination with only one change of foot**  
(minimum six (6) revolutions on each foot)
- g) **Step sequence fully utilizing the ice surface**

**Rule 611, para 4, part Jump combinations:** If the same jump is executed as a solo jump and as a part of the jump combination, the repeated jump will not be counted (if this repetition is in a jump combination, only the individual jump which is not according to the above requirements will not be counted).  
If an extra jump(s) is executed, only the individual jump(s) which is not according to the requirements will have no value. The jumps are considered in the order of execution.

**For more remarks:**

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

Rule 611 Short program Singles

**A well balanced Free Skating Program for Senior 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  
**Rule 612, para 2, part Repetitions: If an extra jump(s) is executed, only the individual jump(s) which is not according to the requirements will have no value. The jumps are considered in the order of execution.**
- 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 more remarks:**

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

Rule 612 Free Skating Singles

The program components:

- Skating Skills
- Transition
- Performance
- Composition
- Interpretation of the Music

**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.

**Increase deduction for multiple falls in Senior Single Skating:** -1.0 for the first and the second fall, -2.0 for the third and fourth falls, -3.0 for the fifth and any further falls.

A fall is defined as loss of control by a skater with the result that the majority of his/her own body weight is on the ice supported by any other part of the body other than the blades e.g. hand(s), knee(s), buttock(s), or part of the arm (Rule 503, para1)

