

## **ANNEX A; TECHNICAL DATA, REQUIREMENTS**

Rules in following order 1) these requirements; 2) STLL rules changes upd 12.9.2018; 3) STLL rules changes 31.7.2017; 4) Finnish STLL rulebook 23; 5) relevant ISU communications

### **SENIOR A men; Short and free skating program**

Requirements according to ISU Regulations

ISU Communication 2168

ISU rules 611 and 612

### **SENIOR A ladies; Short and free skating program**

Requirements according to ISU Regulations

ISU Communication 2168

ISU rules 611 and 612

### **SENIOR B ladies and men; Short and free skating program; born 30.6.2003 or before**

Short program: 2 min 40 sec  $\pm$ 10 sec

Free skating: 3 min 30 $\pm$ 10 sec

Vocal music is allowed.

Deduction for fall -1,0

#### **Short program (7 elements):**

- a) Axel or double axel
- b) Double or triple jump
- c) Jump combination, consisting of two double jumps or a double and a triple jump.
  - Solo jumps may not be repeated
- d) Flying spin, minimum 6 revolutions in the landing position.
  - Landing position must be different than in the spin in point e).
- e) Ladies: Layback and/or sideways leaning spin or Camel or sit spin
  - minimum 8 revolutions in chosen position
  - change of foot not allowed
  - spinning position different from spin in point d)

Men: Change foot Camel or sit spin with only one change of foot, minimum 6+6 revolutions  
(=camel-camel or sit-sit spin)
- f) Spin combination with only one change of foot, minimum 6+6 revolutions.
  - No flying entrance.
- a) Step sequence fully utilizing the ice surface

Program component factor is 0,8

In the second half of the program, the base value of the last executed jump element will be multiplied by 1,1.

#### **Free skating program (11 elements):**

- max 7 jump elements 1 Axel type of jump. max 3 jump combinations or jump sequences
  - max one combination with 3 jumps, two with max 2 jumps
  - All triple and quadruple jumps may be attempted and only 2 jumps with 3 or more revolutions can be repeated either in a jump combination or in a jump sequence. Only one quadruple jump may be repeated in a jump combination or a jump sequence.

- each single and double jump, incl. 1A and 2A, may be executed no more than twice (jumps do not need to be executed in a jump combination or jump sequence)
- max 3 spins with different abbreviations
  - 1 spin combination with or without change of foot, minimum 10 revolutions.
  - 1 flying spin or spin with flying entrance with minimum 6 revolutions
  - 1 spin with one position and minimum 6 revolutions
- 1 Step sequence fully utilizing the ice surface.

Program component factor is 1,6.

In the second half of the program, the base value of three last jump elements will be multiplied by 1,1

### **JUNIOR A men; Short and free skating program; born 1.7.1999 or later**

Short program: 2 min 40 sec  $\pm$ 10 sec

Free skating: 3 min 30 sec  $\pm$ 10 sec

Vocal music is allowed.

Deduction for fall -1,0 point/fall

#### **Short program (7 elements):**

- a) Double or triple axel
- b) Double or triple Flip
- c) Jump combination, consisting of a double and a triple jump or two triple jumps.
  - Jump in the combination may not be the same as either of the solo jumps
- d) Flying camel spin, minimum 8 revolutions in the landing position (camel position).
  - execution of a position variation is allowed
  - Flying position need not to be camel position
- e) Sit spin with only one change of foot, minimum 6+6 revolutions.
- f) Spin combination with only one change of foot, minimum 6+6 revolutions.
- g) Step sequence fully utilizing the ice surface

Program component factor is 1,0

In the second half of the program, the base value of the last jump element will be multiplied by 1,1

#### **Free skating program (11 elements):**

- A maximum of 7 jump elements, one must be an Axel type of jump, max 3 jump combinations or jump sequences
  - max one combination with 3 jumps, others with max 2 jumps
  - each double jump, incl. 2A, may be executed max twice
  - all triple or quadruple jumps may be attempted, only 2 different jumps with 3 or 4 revolutions may be repeated. Only one quadruple jump may be repeated in a jump combination or a sequence.
- A maximum of 3 of the following spins
  - 1 spin combination with or without change of foot, minimum 10 revolutions.
  - 1 flying spin or spin with flying entrance, minimum 6 revolutions
  - 1 spin in one position, minimum 6 revolutions
- max 1 Step sequence fully utilizing the ice surface.

Program component factor is 2,0

In the second half of the program, the base value of three last jump elements will be multiplied by 1.1

## **JUNIOR A ladies; Short and free skating program; born 1.7.1999 or later**

Short program: 2 min 40 sec  $\pm$ 10 sec

Free skating: 3 min 30 sec  $\pm$ 10 sec

Vocal music is allowed.

Deduction for fall -1,0 point/fall

### **Short program (7 elements):**

- a) Double axel
- b) Double or triple Flip
  - program must contain one triple jump, either as a solo jump or in a combination (failing to have one results in "no value" for point b) )
- c) Jump combination, consisting of two double jumps or a double and a triple jump.
  - Solo jumps may not be repeated
  - program must contain one triple jump, either as a solo jump or in a combination (failing to have one results in "no value" for point b) )
- d) Flying camel spin, minimum 8 revolutions in the landing position (camel position).
  - execution of a position variation is allowed
  - Flying position need not to be camel position
- e) Layback and/or sideways leaning spin or sit spin
  - minimum 8 revolutions in chosen position
  - Change of foot not allowed
- f) Spin combination with only one change of foot, minimum 6+6 revolutions.
- g) Step sequence fully utilizing the ice surface

Program component factor is 0,8

In the second half of the program, the base value of the last jump element will be multiplied by 1,1

### **Free skating program (11 elements):**

- A maximum of 7 jump elements, 1 must be an Axel type of jump, max 3 jump combinations or jump sequences
  - max one combination with 3 jumps, two with max 2 jumps
  - each double jump, incl. 2A, may be executed max twice
  - all triple or quadruple jumps may be attempted, only 2 different jumps with 3 or 4 revolutions may be repeated. Only one quadruple jump may be repeated in a jump combination or a sequence.
- A maximum of 3 spins with different abbreviations
  - 1 spin combination with or without change of foot, minimum 10 revolutions.
  - 1 flying spin or spin with flying entrance, minimum 6 revolutions
  - 1 spin in one position, minimum 6 revolutions
- max 1 Step sequence fully utilizing the ice surface.

Program component factor is 1,6.

In the second half of the program, the base value of three last jump elements will be multiplied by 1,1

## **JUNIOR B Ladies, Men; Short and free skating program; born 1.7.1999-30.6.2005**

ISU evaluation; Vocal music is allowed.

Short Program: 2 min 40 sec  $\pm$ 10 sec

Free Skating: max 3 min 40 sec

Deduction for fall is -1,0 point/fall

### **Short program (7 elements):**

- a) Axel or double Axel.
- b) Double or triple Flip
- c) One jump combination consisting of two double jumps or a double jump and a triple jump or two triple jumps
  - Solo jumps may not be repeated.
- d) Flying camel spin, minimum 8 revolutions in the landing position (camel position).
  - execution of a position variation is allowed
  - Flying position need not to be camel position
- e) Ladies: Layback and/or sideways leaning spin or sit spin
  - minimum 8 revolutions in the chosen position
  - Change of foot not allowed

Men: Change foot sit spin with only one change of foot, minimum 6+6 revolutions (sit-sit spin)
- f) Spin combination with only one change of foot, minimum 6 revolutions each foot.
- g) Step sequence fully utilizing the skating area

Program component 0,8.

In the second half of the program, the base value of the last jump element will be multiplied by 1,1

### **Free Skating program (11 elements):**

- Maximum of 7 jump elements, one must be an Axel type of jump, max. 3 jump combinations or jump sequences.
  - max one combination may consist of 3 jumps. The other combinations may contain max. 2 jumps.
  - each single and double jump, incl. 2A, may be executed no more than twice (jumps do not need to be executed in a jump combination or jump sequence)
  - all triple or quadruple jumps may be attempted, only 2 different jumps with 3 or 4 revolutions may be repeated. Only one quadruple jump may be repeated in a jump combination or a sequence.
- Maximum of 3 different spins, all with different abbreviations
  - One spin combination, minimum 10 revolutions, change of foot is not mandatory
  - 1 flying spin or spin with flying entrance, minimum 6 revolutions
  - 1 spin in one position, minimum 6 revolutions
- Step sequence fully utilizing the skating area.

Program component 1,6.

In the second half of the program, the base value of three last jump elements will be multiplied by 1,1.

**Advanced NOVICE, Boys; Short and free skating program;** born 1.7.2003 or later

Short Program: 2 min 20 sec  $\pm$ 10 sec

Free Skating: 3 min  $\pm$ 10 sec

Vocal music is allowed.

Deduction for falling is 0,5 points/fall

**Short Program** (6 elements):

- Double axel\*)
- Double or triple jump
- Jump combination, consisting of two double jumps or a double and a triple jump.
  - Solo jumps may not be repeated.
- Camel spin or Sit spin or Upright spin with only one change of foot, minimum 5 revolutions with both feet
  - No flying entrance
- Combination spin with one change of foot and at least one change of position, minimum 5 revolutions with each foot
  - Flying entry allowed
- Step sequence must fully utilize the ice surface.
  - unclassified jumps allowed

The component factor is 0,8.

\*) if the skater does not attempt 2A or executes a 1A, A-jump is marked as \* and the skater gets 0 points (no value)

In the Short Program the base value for the last jump element in the second half of the program will be multiplied by factor 1.1.

Bonus: 2A = +1.0 point, triple jump = +2.0 points, 2 different triple jumps = +4.0 points. The maximum bonus is +4.0 points (3Fe and 3Lze qualify for bonus)

**Free Skating program** (9 elements):

- Maximum of 6 jump elements of which one must be an Axel type jump and maximum of 2 jump combinations or jump sequences
  - max. 1 jump combination may consist of 3 jumps, the other jump combination may contain max 2 jumps.
  - only 2 jumps with 3 or more revolutions can be repeated either in a jump combination or in a jump sequence.
    - each single and double jump, incl. 1A and 2A, may be executed no more than twice (jumps do not need to be executed in a jump combination or jump sequence)
- Maximum of 2 different spins
  - change foot combination spin, minimum 8 revolutions
    - No flying entrance
  - flying spin or spin with a flying entrance with only one position (minimum 6 revolutions/one foot spin and at least 8 revolutions /change foot spin).
- Maximum of one step sequence, fully utilizing the skating area.

Bonus: for max one 2A and two different triple jumps. 2A=+1.0 points, triple jump=+2.0 points, 2 different triple jumps = +4.0 points. The maximum bonus is +4.0 points (3Fe and 3Lze qualify for bonus)

Free program component factor is 1,6.

In the Free Program the base values for the last three jump elements started in the second half of the

program will be multiplied by factor 1,1

### **Advanced NOVICE Girls; Short and free skating program; born 1.7.2003 or later**

ISU evaluation; Vocal music is allowed.

Short Program: 2 min 20 sec  $\pm$ 10 sec

Free Skating: 3 min  $\pm$ 10 sec

Deduction for falling is 0,5 points/fall

#### **Short Program (6 elements):**

- Double axel\*)
- Double or triple jump
- Jump combination, consisting of two double jumps or a double and a triple jump.
  - Solo jumps may not be repeated.
- Layback and/or sideways leaning spin or camel spin or sit spin or upright spin, minimum 6 revolutions.
  - No flying entrance
- Combination spin with one change of foot and at least one change of position, minimum 5 revolutions with each foot
  - Flying entry allowed
- Step sequence, must fully utilize the ice surface.
  - unclassified jumps allowed

In the Short Program the base value for the last jump element started in the second half of the program will be multiplied by factor 1,1

\*) if the skater does not attempt 2A or executes a 1A, A-jump is marked as \* and the skater gets 0 points (no value)

Bonus: 2A = +1.0 point, triple jump = +2.0 points, 2 different triple jumps = +4.0 points. The maximum bonus is +4.0 points (3Fe and 3Lze qualify for bonus)

The short program component factor is 0,7.

#### **Free Skating Program (9 elements):**

- Maximum of 6 jump elements of which one must be an Axel type jump and maximum of 2 jump combinations or jump sequences
  - of which max. 1 jump combination may consist of 3 jumps, the other jump combination may contain max 2 jumps.
  - only 2 jumps with 3 or more revolutions can be repeated either in a jump combination or in a jump sequence.
    - each single and double jump, incl. 1A and 2A, may be executed no more than twice (jumps do not need to be executed in a jump combination or jump sequence)
- Maximum of 2 different spins
  - change foot spin combination, minimum 8 revolutions
    - No flying entrance
  - flying spin or spin with a flying entrance with only one position
    - minimum 6 revolutions/one foot spin and at least 8 revolutions/changefoot spin
- Maximum of one step sequence, fully utilizing the skating area.

Bonus: for max one 2A and two different triple jumps. 2A=+1.0 points, triple jump=+2.0 points, 2 different triple jumps = +4.0 points. The maximum bonus is +4.0 points (3Fe and 3Lze qualify for bonus)

Free program component factor is 1,4.

In the Free Program the base values for three last jump elements started in the second half of the program will be multiplied by factor 1,1

**NOVICE B (Girls, Boys);** born 1.7.2003 or later

Free skating program: 3 min ±10 sec  
ISU evaluation; Vocal music is allowed.  
Deduction for falling is 0,5 points/fall

**Free skating program** (9 elements):

- Maximum of 6 jump elements, one must be an Axel type jump. A maximum of 2 jump combinations or jump sequences.
  - Only one jump combination may contain 3 jumps, the other combination may contain max. 2 jumps.
  - only 2 jumps with 3 or more revolutions can be repeated either in a jump combination or in a jump sequence.
    - each single and double jump, incl. 1A and 2A, may not be executed more than twice (jumps do not need to be executed in a jump combination or jump sequence)
- Maximum of 2 different spins, each with different abbreviations
  - One spin combination minimum 8 revolutions.
    - No flying entry
    - Change of foot is not mandatory
    - Spin choices are CoSp and CCoSp
  - One position spin
    - One foot spin min 5 revolutions, change of foot spin min 8 revolutions.
    - Flying entrance allowed
    - change of foot allowed
- Step sequence, fully utilizing the skating area.
- Minimum of 2 spirals, both on edge and one has duration of at least 3 sec.
  - These may not be in step sequence
  - Evaluated in transitions (ISU).
  - 0,5 points deduction per missing spiral.
  - If spiral is not attempted or leg does not rise above pelvis or spiral is not on edge or duration is less than 3 sec a 0,5 deduction is made for a faulty spiral

Program component factor is 1,3.

**DEBS A, girls and boys;** born 1.7.2005 or later

Free skating program: 3.0 min ±10 sec  
ISU evaluation; Vocal music is allowed.  
Deduction for falling is 0,5 points/fall

**Free skating program** (9 elements):

- Maximum of 6 jump elements. One must be an Axel type jump. A maximum of 2 jump combinations or jump sequences.
  - Only one jump combination may contain 3 jumps, the other combination max. 2 jumps.
  - Only 2 jumps with 3 or more revolutions may be repeated either in a jump combination or a jump sequence.
    - each single and double jump, incl. 1A and 2A, may not be executed more than twice (jumps do not need to be executed in a jump combination or jump sequence)

- Maximum of 2 different spins with different abbreviations.
  - One spin combination minimum 8 revolutions
    - No flying entry
    - change of foot not mandatory
    - Spin choices are CoSp and CCoSp
  - Flying spin or spin with flying entrance in one position (camel/sit/upright)
    - minimum 5 revolutions in landing position, 8 revolutions in foot change spin
    - change of foot allowed
    - change of position not allowed
- Step sequence, fully utilizing the skating area.
- Minimum of 2 spirals, both on edge and one has duration of at least 3 sec.
  - These may not be in the step sequence
  - Evaluated in transitions (ISU).
  - 0,5 points deduction per missing spiral.
  - If spiral is not attempted or leg does not rise above pelvis or spiral is not on edge or duration is less than 3 sec a 0,5 deduction is made for a faulty spiral

Bonus: for max one 2A and two different triple jumps. 2A=+1.0 points, 2x2A = +2.0 points, triple jump=+2.0 points, 2 different triple jumps = +4.0 points. The maximum bonus is +4.0 points (3Fe and 3Lze qualify for bonus)

The program component factor is 1,3

### **SPRINGS A Girls/Boys** born 2007 or later

Free skating: 2min 30sec ±10 sec

ISU evaluation; Vocal music is allowed.

Deduction for falling is 0,5 points/fall

#### **Free skating program** (max 8 elements):

- Max 5 jump elements. One must be an Axel type jump. Maximum of 2 jump combinations or jump sequences
  - 1 combination with 3 jumps, one with max 2 jumps
    - Each double jump may be repeated once but-no single and double jump, incl. 1A and 2A, may be attempted more than twice (jumps do not need to be attempted in a jump combination or jump sequence)
- Maximum of 2 different spins
  - One spin combination with or without change of foot, minimum 8 revolutions.
    - No flying entry
  - Spin in one position
    - Spin on one foot min 5 revolutions, change foot spin min 8 revolutions.
    - Flying entrance allowed
    - Change of foot allowed
- Maximum of 1 step sequence, fully utilizing the skating area.
- Minimum of 2 unsupported spirals, both on edge and one must last at least 3 sec.
  - these may not be in the step sequence
  - Evaluated in transitions (ISU).
  - 0,5 points deduction per missing spiral.
  - If spiral is not attempted or leg does not rise above pelvis or spiral is not on edge or duration is less than 3 sec a 0,5 deduction is made for a faulty spiral



The program should contain 3 different double jumps and all may be attempted.  
The program components factor is 1,0

**CUBS Girls/Boys;** born 2009 or later

Free skating: max 2 min 30 sec  
Finnish Star evaluation; Vocal music is allowed.

**Free skating program**

- 5 jump elements, max 2 jump combinations or sequences.
  - one jump combination may consist of 3 jumps, the other max 2 jumps
  - Axel jump and two kinds of double jump can be repeated.
- 3 spins.
- 1 step sequence covering at least ½ of the ice.
- 2 unsupported spirals.
  - 0,5 points deduction per missing spiral, max -1.0 points.

**SPRINGS B and C Girls and Boys:** born 2007 or later

Free skating: 2 min 30 sec ±10 sec  
Finnish Star evaluation; Vocal music is allowed.

**Free skating program:**

- Max 5 jump elements. One must be an Axel type jump. Maximum of 2 jump combinations or jump sequences
  - max 1 combination with 3 jumps, the other with max 2 jumps
    - Each double jump may be repeated once but-no single and double jump, incl. 1A and 2A, may be executed more than twice (jumps do not need to be executed in a jump combination or jump sequence)
- Maximum of 2 different spins
  - One spin combination (minimum 8 revolutions).
    - change of foot not mandatory
    - No flying entry.
  - Spin in one position
    - Spin on one foot min 5 revolutions, change foot spin 8 min revolutions.
    - Flying entry allowed
    - Change of foot allowed
- Maximum of 1 step sequence, fully utilizing the skating area.
- Minimum of 2 unsupported spirals, both on edge and one must last at least 3 sec.
  - These may not be in the step sequence
  - Evaluated in steps, spirals and transitions.
  - 0,5 points deduction per missing spiral.

Skaters entered for Springs B category should attempt at least one double jump. All double jumps may be attempted.

**DEBS B Girls/Boys** (born 1.7.2005 or later)  
**NOVICE C Girls/Boys** (born 1.7.2003 or later)  
**JUNIOR C Ladies/Men** (born 1.7.1999 or later)

Free Skating: max 3 min 10 sec  
Finnish Star evaluation; Vocal music is allowed.

**Free skating program:**

- Maximum of 6 jump elements, one must be an Axel type jump. Maximum of 2 jump combinations or jump sequences
  - one combination with 3 jumps, other with max 2 jumps
    - No single and double jump, incl. 1A and 2A, may be attempted more than twice (jumps do not need to be in a jump combination or jump sequence).
- Maximum of 2 different spins
  - One spin combination, minimum 8 revolutions, change of foot is not mandatory
    - Flying entry is not allowed
    - Spin choices are CoSp and CCoSp
- Spin in one position, minimum 5 revolutions (8 revolutions with change of foot). May start with a jump, may contain change of foot.
- Maximum of 1 step sequence fully utilizing the skating area.
- Minimum of 2 spirals, both on edge and one has duration of at least 3 sec.
  - 0,5 points deduction per missing spiral.
  - If spiral is not attempted or leg does not rise above pelvis or spiral is not on edge or duration is less than 3 sec a 0,5 deduction is made for a faulty spiral

**Starlets (Taitajat); Girls/Boys**

Free Skating: max 2 min 30 sec  
Finnish Star evaluation; Vocal music is allowed.

**Free skating program:**

- Maximum of 5 jump elements. Axel type jump is allowed. No Double or triple jumps.
- Maximum three spins.
- Step sequence, which must utilize at least ½ the ice surface.
- 2 spirals

## **TECHNICAL REQUIREMENTS FOR ADULT CATEGORIES (ISU OBERSTDORF 2019)**

<http://www.eissportzentrum-oberstdorf.de/events/isu-adult-competition.html>

### AGE CATEGORIES

The following age categories apply to all Free Skating events.

All events will be grouped by level. ISU scoring system will be used in all categories.

Based on the number of entries, age classes may be combined.

Class I 28 yrs -38 yrs

skaters born between July 1st, 1980 and June 30th, 1990

Class II 38 yrs -48 yrs

skaters born between July 1st, 1970 and June 30th, 1980

Class III 48 yrs -58 yrs

skaters born between July 1st, 1960 and June 30th, 1970

Class IV skaters 58 yrs – 68 yrs

born between July 1st, 1950 and June 30th, 1960

Class V skaters 68 yrs – 78 yrs

born between July 1st, 1938 and June 30th, 1950

### **Elite Masters Free Skating**

Skaters signing up for this category will compete against other Elite Masters Free Single Skaters. The technical requirements are the same as those for the category "Masters Free Single Skating".

### **Masters Free Skating**

A competitor in the Masters Free Skating event must perform a well-balanced program that may contain:

a. A maximum of six (6) jump elements, one of which must be an Axel type jump. Single, double and triple jumps are permitted. There may be up to three (3) jump combinations or jump sequences in the free program.

- One (1) jump combination may consist of up to three (3) listed jumps. Two (2) jump combinations may consist of two (2) listed jumps.
  - A jump sequence consists of two (2) listed jumps of any number of revolutions, beginning with any jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump.
  - Each listed jump may be performed a maximum of two (2) times.
  - Please note that the Euler (half-loop) is considered a listed jump only when used in combination in between two other listed jumps.
  - Non-listed jumps may be included in the program as part of connecting footwork.
- b. A maximum of three (3) spins of a different abbreviation, one (1) of which must be a spin combination with a change of foot and one (1) of which must be a flying spin or a spin with a flying entrance.
- The spins must have a required minimum number of revolutions: five (5) for any spin with no change of foot, and eight (8) for any spin with a change of foot.
  - A spin that has no basic position with 2 revolutions will receive no level and no value, however a spin with less than three rotations in total is considered as a skating movement and not a spin.
  - Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions in each of these positions anywhere within the spin. To receive full value, a spin combination must include all three (3) basic positions.
  - The change of foot in any spin must be preceded and followed by a spin position with at least three (3) revolutions. If this requirement is not fulfilled, the short part of the spin will be ignored including any features.

c. A maximum of one (1) step sequence, fully utilizing the ice surface.

- Only the first executed attempt of a step sequence will contribute to the technical score.

- The program duration is 3 minutes +/- 10 seconds.
- The points for each Program Component are multiplied by a factor of 1.6.
- The warm-up duration is six (6) minutes.

- Each fall shall receive a deduction of 1.0

## Gold Free Skating

A competitor in the Gold Free Skating event must perform a well-balanced program that may contain:

a. A maximum of six (6) jump elements, consisting of single jumps (including the single Axel) or double jumps. Double flip, double Lutz, double Axel and triple jumps are not permitted. There may be up to three (3) jump combinations or jump sequences in the free program.

- One (1) jump combination may consist of up to three (3) listed jumps. Two (2) jump combinations may consist of two (2) listed jumps.
  - A jump sequence consists of two (2) listed single or double jumps, beginning with any jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump. The jumps in bold above are not permitted.
  - Each listed jump may be performed a maximum of two (2) times.
  - Please note that the Euler (half-loop) is considered a listed jump only when used in combination in between two other listed jumps.
  - Non-listed jumps may be included in the program as part of connecting footwork.
- b. A maximum of three (3) spins of a different abbreviation, one (1) of which must be a spin combination with a change of foot and one (1) of which must be a flying spin or a spin with a flying entrance.
- The spins must have a required minimum number of revolutions: four (4) for any spin with no change of foot, and eight (8) for any spin with a change of foot.
  - A spin that has no basic position with 2 revolutions will receive no level and no value, however a spin with less than three rotations in total is considered as a skating movement and not a spin.
  - Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions in each of these positions anywhere within the spin. To receive full value, a spin combination must include all three (3) basic positions.
  - The change of foot in any spin must be preceded and followed by a spin position with at least three (3) revolutions. If this requirement is not fulfilled, the short part of the spin will be ignored including any features.
- c. A maximum of one (1) step sequence, fully utilizing the ice surface.
- Only the first executed attempt of a step sequence will contribute to the technical score.
- The program duration is 2 minutes and 40 seconds +/- 10 seconds.
  - The points for each Program Component are multiplied by a factor of 1.6.
  - Only features up to and including Level 3 will be counted for the spins and step sequence. Any additional features will not count for level requirements and will be ignored by the Technical Panel.
  - The warm-up duration is six (6) minutes.
  - Each fall shall receive a deduction of 1.0

## Silver Free Skating

A competitor in the Silver Free Skating event must perform a well-balanced program that may contain:

a. A maximum of five (5) jump elements, consisting of any single jumps (including the single Axel). Double jumps and triple jumps are not permitted. There may be up to two (2) jump combinations or jump sequences in the free program.

- One (1) jump combination may consist of up to three (3) listed jumps. The other jump combination may consist of two (2) listed jumps.
  - A jump sequence consists of two (2) single listed jumps, beginning with any listed jump, immediately followed by an Axel type jump with direct step from the landing curve of the first jump to the take-off curve of the Axel jump.
  - Each listed jump may be performed a maximum of two (2) times.
  - Please note that the Euler (half-loop) is considered a listed jump only when used in combination in between two other listed jumps.
  - Non-listed jumps may be included in the program as part of connecting footwork.
- b. A maximum of two (2) spins of a different abbreviation, one (1) of which must be a spin combination.
- The spins must have a required minimum number of revolutions: four (4) for any spin with no change of foot, and eight (8) for any spin with a change of foot.

- A spin that has no basic position with 2 revolutions will receive no level and no value, however a spin with less than three rotations in total is considered as a skating movement and not a spin.
  - Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions in each of these positions anywhere within the spin. To receive full value, a spin combination must include all three (3) basic positions.
  - The change of foot in any spin must be preceded and followed by a spin position with at least three (3) revolutions. If this requirement is not fulfilled, the short part of the spin will be ignored including any features.
- c. A maximum of one (1) step sequence, utilizing at least half (1/2) of the ice surface.
- Only the first executed attempt of a step sequence will contribute to the technical score.
- The program duration is 2 minutes +/- 10 seconds.
  - The points for each Program Component are multiplied by a factor of 1.6.
  - Only features up to and including Level 2 will be counted for the spins and step sequence. Any additional features will not count for level requirements and will be ignored by the Technical Panel.
  - The warm-up duration is six (6) minutes.
  - Each fall shall receive a deduction of 0.5

### **Bronze Free Skating**

A competitor in the Bronze Free Skating event must perform a well-balanced program that may contain:

- a. A maximum of four (4) jump elements, consisting only of single jumps. Axel type jumps, double jumps and triple jumps are not permitted. There may be up to two (2) jump combinations in the free program.
- Each jump combination may consist of two (2) listed jumps.
  - Each listed jump may be performed a maximum of two (2) times.
- b. A maximum of two (2) spins of a different abbreviation one of which must be a spin in one position with no change of foot. Flying spins are not permitted.
- The spins must have a required minimum number of revolutions: three (3) for any spin with no change of foot, and six (6) for the spin combination with change of foot or the spin in one position with change of foot.
  - A spin that has no basic position with 2 revolutions will receive no level and no value, however a spin with less than three rotations in total is considered as a skating movement and not a spin.
  - Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions in each of these positions anywhere within the spin. To receive full value, a spin combination must include all three (3) basic positions.
  - The change of foot in any spin must be preceded and followed by a spin position with at least three (3) revolutions. If this requirement is not fulfilled, the short part of the spin will be ignored including any features.
  - Only features up to and including Level 1 will be counted. Any additional features will not count for level requirements and will be ignored by the Technical Panel.
- c. A maximum of one (1) choreographic sequence utilizing at least half (1/2) of the ice surface.
- A choreographic sequence consists of any kind of movements like steps, turns, spirals, arabesques, spread eagles, Ina Bauers, hydroblading, transitional (unlisted) jumps, spinning movements etc.
  - The pattern is not restricted.
  - A choreographic sequence has a base value and will be evaluated by the judges in GOE only.
- The program duration is 1 minute and 40 seconds, +/- 10 seconds.
  - The points for each Program Component are multiplied by a factor of 1.6.
  - The warm-up duration is six (6) minutes.
  - Each fall shall receive a deduction of 0.5

### **Artistic Free Skating**

The artistic events consist of free skating and pair free skating programs judged only on the basis of the Program Components:

- Skating skills
- Transitions

- Performance
- Composition
- Interpretation/Timing

See ISU Special Regulations and Technical Rules 2016, Singles & Pair Skating, Rule 504, paragraph 3 for a detailed description of Program Components. The respective Rules can be found on the ISU website.

There will be no technical panel and no technical mark given. The points for each Program Component are multiplied by a factor of 1.0

The artistic program consists of a variety of skating moves selected for their value in demonstrating skating ability and enhancing the interpretation of the music. Skaters will be judged on their ability to interpret the music and develop a theme through their skating. Credit for technical elements is based solely on the ability of such movements to enhance the chosen theme and support the music. Credit will not be given for their technical difficulty.

The program must be developed through skating skill and quality rather than through non-skating actions such as sliding on one knee or excessive use of toe steps, which should be used only to reflect the character of the program and to underline the rhythm and nuances of the chosen music. The skater/pair must not remain in one place for more than five (5) seconds.

Any element exceeding the maximum number as set forth below will be judged as an illegal element (1.0 deduction). If there is no jump or no spin element included or only a jump and no spin or vice versa a deduction for a "missing element" of 1.0 will be made. The Referee is responsible for such deductions.

Clothing and make-up must be modest, dignified and appropriate for athletic competition – not garish or theatrical in design. Clothing may, however, reflect the character of the music chosen. Clothing must not give the effect of excessive nudity. The theme of the program should be clear from the skating movements and choreography – regardless of what the skater is wearing.

Props and accessories may not be used in any part of the artistic programs. Any item that is held in the hand or removed during the performance is considered a prop. Thus, for example, a hat worn throughout the program is not considered to be a prop, but if it is intentionally removed during the performance it is considered a prop. Objects on the ice, thrown in the audience, placed on the boards or on the judges table are not permitted.

Costumes that contain particles that may mar or leave anything on the ice surface (feathers, boas, excessive beading) are considered unsafe and are not permitted. The deduction for inappropriate clothing or make-up props and accessories (1.0) will be determined by a majority of the judges and the referee.

Illegal elements:

- Somersault type jumps Laying on the ice and prolonged and/or stationary kneeling on both knees on the ice

The warm-up duration is five (5) minutes for all artistic free skating events.

Competitions will be held at the Masters Elite, Masters, Gold, Silver and Bronze levels.

The Artistic Free Skate is a competitive program that must include elements of the sport of figure skating. At least one (1) and a maximum of two (2) single jumps MUST be included. At least one (1) and a maximum of two (2) spins MUST be included. No Axel type jumps, double or triple jumps are allowed. No combination jumps are allowed.

The program duration for Masters Elite and Masters Artistic Free Skating is 2 minutes +/- 10 seconds. The program duration for Gold, Silver and Bronze Artistic Free Skating is 1 minute and 30 seconds, +/- 10 seconds.