



ANNEX A TECHNICAL REQUIREMENTS

ISU EVALUATION

SPRINGS A Girls and Boys, born 2007 or later

Free program: 2.30 min (+/- 10sec), 8 elements

Max. of 5 jump elements.

- 1 of which must be Axel jump.
- The program should include at least 3 different double jumps. All double jumps may be attempted.
- Max. 2 jump combinations or jump sequences (one with 3 jumps, one with 2 jumps).
- no single or double jump, incl. 1A or 2A, may be attempted more than twice (jumps do not need to be attempted in a jump combinations or jump sequence).

Max. 2 different spins (every spin with different abbreviations!)

- 1 spin combination with **or** without a change of foot (8 revolutions). There must be at least 2 basic positions at min 2 revolutions. No flying entry permitted.
- 1 spin with one position with or without change of foot (5rev/8 rev). Flying entry permitted.

1 step sequence fully utilising the ice surface.

Min. 2 unsupported spirals on edge, one must last at least 3 sec. (evaluation in

transitions). Deduction - 0,5 points for each fall and missing or incorrect spiral.

DEBS A Girls and Boys, born 1.7.2005 or later

Free program: girls and boys 3.00 min (+/- 10sec), 9 elements

Max. 6 jump elements **1** of which must be **Axel** jump.

- **Max. 2** jump combination or jump sequences of which max. 1 jump combination may consist of 3 jumps.
- The program should include at least 4 different double jumps.
- Single and double jumps can be repeated once. Triple jumps can be repeated once in jump combination or sequence.

Max. 2 different spins (every spin has to have different abbreviation!)

- Spin combination (8 revolutions) with **or** without change of foot. No flying entry permitted. (CoSp or CCoSp)
- Flying spin at least 5 revolutions. With change of foot at least 8 revolutions. No change of position.

1 Step sequence fully utilising the ice surface.

Min. 2 spirals on edge. One must be at least 3 sec. (evaluation in transitions).

Bonus: 2A = + 1,0 points, 2x2A = + 2,0 points, triple jump = + 2,0 points. 2 different triple jumps = + 4,0 points. Max. bonus is + 4,0 points counted from the three most valuable bonus jumps.

Deduction - 0,5 points for each fall and missing or incorrect spiral.

**NOVICE B Girls and Boys, born 1.7.2003 or later****Free program:** girls and boys 3.00 min(+/- 10sec), 9 elements**Max. 6 jump elements** 1 of which must be **Axel** jump.

- **Max. 2** jump combination or jump sequences of which max. 1 jump combination may consist of 3 jumps.
- Single and double jumps can be repeated once. Triple jumps can be repeated once in jump combination or sequence.
- The program should include at least 3 different double jumps.

Max. 2 different spins (every spin has to have different abbreviation!)

- Spin combination (8 revolutions) with **or** without change of foot. No flying entry permitted.
- 1 spin with one position with **or** without change of foot. Flying entry permitted. (5rev/8 rev).
rev.)

1 Step sequence fully utilising the ice surface.**2 spirals on edge.** One must be at least 3 sec. (evaluation in transitions).

Deduction - 0,5 points for each fall and missing or incorrect spiral.

NOVICE A Girls and Boys, born 1.7.2003 or later**Short Program:** 2 min 20s (+/-10s), 6 elements

- **Double Axel.**
- Double **or** triple jump.
- **1** jump combination (with two double jumps or double jump and triple jump). Solo jumps may not be repeated.
- **Girls: Layback spin** (sideways and/or backwards) or upright- or camel or sit spin with min. 6 revolutions. No flying entry permitted.
- **Boys: Camel spin** or sit spin or upright spin (min. 5 revolutions on each foot) with only 1 change of foot. No flying entry permitted.
- **1 Spin combination** with **only** one change of foot and **at least** one change of position min. 5 revolutions each foot. Flying entry permitted.
- **1 step sequence**, fully utilising the ice surface may contain unclassified jumps

Bonus: 2A = +1,0 points, 1 triple jump = +2,0 points, 2 different triple jumps = +4,0 points. Max. bonus +4,0 points. Deduction - 0,5 points for each fall.

Base value for last jump element executed after the first half of the program will be multiplied with 1,1.

Free Program: 3 min +/- 10 s, 9 elements**Max. 6** jump elements and **Axel** jump.

- **Max. 2** jump combinations or jump sequences of which one jump combination may contain 3 jumps and 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.
- Single or double jump, incl. 1A or 2A, may be attempted twice (jumps do not need to be attempted in a jump combinations or jump sequence).

Max. 2 different spins

- 1 spin combination with a change of foot min. 8 revolutions. No flying entry permitted.
- 1 spin with one position with **or** without change of foot. Flying entry permitted. (5rev/8 rev).

1 step sequence, fully utilising the ice surface.

Bonus: 2A = +1,0 points, triple jump = +2,0 points. 2 different triple jumps +4,0 points. Max. bonus +4,0 points. Deduction - 0,5 points for each fall.

Base value for last three jump elements executed after the first half of the program will be multiplied with 1,1



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

Short Program: 2 min 40 s \pm 10 s, 7

elements

- Axel or double Axel.
- Double or triple Flip.
- One jump combination consisting with two double jumps or double jump and triple jump or triple and triple jumps.
- Solo jumps may not be repeated in combination.
- Flying camel spin, minimum 8 revolutions in the landing position.
- 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)
- Spin combination with only one change of foot, minimum 6+6 revolutions each foot.
- Step sequence fully utilising the ice surface

Base value for last jump element executed after the first half of the program will be multiplied with 1,1.

Free skating: 3 min 30 s \pm 10 s, 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.
 - Single and double jumps can be repeated once (jumps do not need to be executed in a jump combination or jump sequence)
 - All triple and quadruple jumps may be attempted and maximum two of these may be repeated in a jump sequence or combination. However only one quadruple jump may be repeated in a jump sequence or combination.
- Maximum of 3 different spins
 - One spin combination, minimum 10 revolutions, with **or** without change of foot
 - One flying spin in one position minimum 6 revolutions
 - One spin with only one position minimum 6 revolutions
- Step sequence fully utilising the ice surface

Base value for last three jump elements executed after the first half of the program will be multiplied

**JUNIOR A, Ladies and Men****Short Program** 2 min 40 s +/- 10 s**Free Skating** Ladies 3 min 30 s +/- 10 s. Free Skating Men 4 min +/-10 s

- According to the current ISU regulations and communications.

SENIOR B ladies and men; born 2003 or later Short and free skating program**Short program:** 2 min 40 s ±10 s, 7 elements

- Axel or 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
- Flying spin, minimum 6 revolutions in the landing position.
 - Landing position must be different than in the spin in point
- 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)
- Spin combination with only one change of foot, minimum 6+6 revolutions.
 - No flying entry
- Step sequence fully utilising the ice surface

Base value for last jump element executed after the first half of the program will be multiplied with 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
 - only 2 jumps with 3 or more revolutions can be repeated either in a jump combination or in a jump sequence.
 - Single and double jumps can be repeated 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 spin with or without change of foot in one position
 - flying entry permitted
 - minimum 6 revolutions
 - 1 spin with a different abbreviation than the two spins mentioned above
- 1 Step sequence fully utilising the ice surface.

Base value for last jump element executed after the first half of the program will be multiplied with 1,1.