



ANNEX A

TECHNICAL REQUIREMENTS

ISU EVALUATION

SPRINGS B Girls and Boys, born 2008 or later

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

Max. of 5 jump elements.

- 1 of which must be Axel-type of jump.
- The program should include at least 1 double jump. All double jumps may be attempted.
- Max. 2 jump combinations or jump sequences. Max. 1 jump combination may consist of 3 jumps
- Single and double jumps can be executed only twice.

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

- 1 spin combination with **or** without a change of foot minimum 8 revolutions.. No flying entry permitted.
- 1 spin with one position of at least 5 revolutions on one foot, with change of foot at least 8 revolutions, flying entrance permitted.

1 step sequence fully utilizing the ice surface.

Min. 2 unsupported spirals on edge,

- The spirals cannot be included within the step sequence
- One of them must be held at least 3 sec.
- Evaluated under the transitions section
- If spiral is not attempted or leg does not rise above hip level or spiral is not on edge or duration is less than 3 sec a 0,5 deduction is made for a faulty spiral.

SPRINGS A Girls and Boys, born 2008 or later

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

Max. of 5 jump elements.

- 1 of which must be Axel-type of jump.
- At least 3 different double jumps. All double jumps may be attempted.
- Max. 2 jump combinations or jump sequences. Max. 1 jump combination may consist of 3 jumps
- Single and double jumps can be executed only twice.

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 of at least 5 revolutions on one foot, with change of foot at least 8 revolutions, flying entrance permitted

1 step sequence fully utilizing the ice surface.

Min. 2 unsupported spirals on edge,

- The spirals cannot be included within the step sequence
- One of them must be held at least 3 sec.
- Evaluated under the transitions section
- If spiral is not attempted or leg does not rise above hip level or spiral is not on edge or duration is less than 3 sec a 0,5 deduction is made for a faulty spiral.
- Evaluated under the transitions section



- If spiral is not attempted or leg does not rise above hip level or spiral is not on edge or duration is less than 3 sec a 0,5 deduction is made for a faulty spiral

DEBS A Girls and Boys, born 1.7.2006 or later

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

Max. 6 jump elements

- 1 of which must be **Axel-type** jump.
- 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 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)..

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

- One spin combination min 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).
 - Spin on one foot min 5 revolutions, with change of foot min 8 revolutions.
 - Change of foot allowed.
 - Change of position not allowed.

1 Step sequence fully utilizing the ice surface.

Min. 2 spirals on edge.

- The spirals cannot be included within the step sequence
- One of them must be held at least 3 sec.
- Evaluated under the transitions section
- If spiral is not attempted or leg does not rise above hip level or spiral is not on edge or duration is less than 3 sec a 0,5 deduction is made for a faulty spiral.

It is recommended to have 4 different double jumps in the program. Bonus: Max 2 jumps named 2A and max 2 different triple jumps, give the skater a bonus. 2A=+1,0 points, 2 x 2A=+2,0 points, triple jump=+2,0 points, two different triple jumps =+ 4,0 points. The maximum bonus is +4.0 points (Also 3Fe and 3Lze qualify for bonus).

Deduction for falling is 0,5 points/fall.

The program component factor is 1,3.

Interruption of the program -2,5 points, when the 3 min break is used

**NOVICE B Girls and Boys, born 1.7.2004 or later**

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

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

- 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).

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

- One spin combination min 8 revolutions.
 - No flying entry.
 - Change of foot not mandatory.
 - Spin choices are CoSp and CCoSp.
- Spin in one position.
 - Spin on one foot min 5 revolutions, with change of foot min 8 revolutions.
 - Flying entrance allowed.
 - Change of foot allowed.

Step sequence fully utilizing the ice surface.

Min. 2 spirals on edge.

- The spirals cannot be included within the step sequence
- One of them must be held at least 3 sec.
- Evaluated under the transitions section
- If spiral is not attempted or leg does not rise above hip level or spiral is not on edge or duration is less than 3 sec a 0,5 deduction is made for a faulty spiral.
- Evaluated under the transitions section

It is recommended to have 3 different double jumps in the program

Deduction for falling is 0,5 points/fall.

The program component factor is 1,3.

Interruption of the program -2,5 points, when the 3 min break is used



NOVICE A Girls and Boys, born 1.7.2004 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 utilizing 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: 3.00 min (+/- 10 sec), 9 elements

- Max. 6 jump elements. One must be an Axel type jump.
 - Max. 2 jump combinations or 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, not be executed more than twice (jumps do not need to be attempted in jump combinations or jump sequence).
- Max. 2 different spins.
 - 1 spin combination with a change of foot min. 8 revolutions.
 - May not start with the jump. ○
 - 1 Flying spin or spin with a flying entrance in one position.
 - Spin on one foot min. 6 revolutions. Spin with a change of foot min. 8 revolutions.
- 1 step sequence, must fully utilize 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. (Also 3Fe and 3Lze qualify for bonus)

Deduction - 0,5 points for each fall.

The program component factor is 1,4 (Girls) 1,6 (Boys).

Interruption of the program -2,5 points, when the 3 min break is used.

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 1.7.2000-30.6.2006 Short and free skating program

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

elements

- Axel or double Axel.
- Double or triple Loop (Lo).
- 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 sit spin, minimum 8 revolutions in the landing position
 - Execution of a position variation is allowed
 - Flying position need not to be sit position
- Ladies: Layback and/or sideways leaning spin or camel spin
 - minimum 8 revolutions in the chosen position
 - Change of foot not allowed
- Men: Change foot camel spin with only one change of foot, minimum 6+6 revolutions (camel-camel spin)
- Spin combination with only one change of foot, minimum 6+6 revolutions each foot.
- Step sequence fully utilizing the ice surface

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: 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 executed only twice (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 all with different abbreviations
 - One spin combination, minimum 10 revolutions, with **or** without change of foot
 - One flying spin or spin with flying entrance in one position minimum 6 revolutions
 - One spin with only one position minimum 6 revolutions
- Step sequence fully utilizing the ice surface

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.



JUNIOR A, Ladies and Men; born 1.7.2000 or later Short and free skating

Short Program 2 min 40 s +/- 10 s

Free Skating Ladies 3 min 30 s +/- 10 s. Free Skating Men 4 min +/-10 s

For Junior A (ISU evaluation) categories technical requirements are according to ISU Rules 611 Communication 2253 and 2254 or later where applicable.

SENIOR B ladies and men; born 2004 or earlier 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 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
 - 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)
- 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.