

## SENIOR A, Women

### Short program 2:40 min ( $\pm 10$ sec)

- a) Double or triple axel
- b) Triple jump
- c) Jump combination consisting of double and triple jump or two triple jumps
  - solo jumps may not be repeated
- d) Flying spin, min 8 revolutions in spin position
  - spin position must be different than in point e)
- e) Layback / sideways leaning spin or camel spin or sit spin without change of foot, min 8 revolutions
  - spin position must be different than in point d)
  - change of foot not allowed
- f) Spin combination with only one change of foot, min 6 revolutions with each foot
- g) Step sequence fully utilizing the ice surface

Deduction – 1.0 points for first and second fall, -2.0 points for 3. and 4. fall and -3.0 points for the next falls.

The Program component factor is 1.33.

The last one jump element executed in the second half counts for the 1.1 factor.

### Free program: 4:00 min ( $\pm 10$ sec)

- Maximum of 7 jump elements, one must be an Axel type jump. Maximum of 3 jump combinations or 2 jump combination and one jump sequence.
  - Only one jump combination or one jump sequence may consist of up to three jumps, the other two up to two jumps each.
  - Each double jump, incl. 2A, may not be executed more than twice
  - All triple and quadruple jumps are permitted, max 2 of these can be repeated in jump combination or jump sequence. However, only 1 quadruple jump can be repeated.
- Maximum of 3 different spins, each with different character.
  - One spin combination, minimum 10 revolutions, change of foot is not mandatory.
  - One flying spin or spin with flying entrance, min 6 revolutions
  - One spin with only 1 position and min 6 revolutions
- Step sequence, fully utilizing the ice surface.
- Choreographic sequence

Deduction – 1.0 points for first and second fall, -2.0 points for 3. and 4. fall and -3.0 points for the next falls.

The Program component factor is 2.67.

The three last jump elements executed in the second half counts for the 1.1 factor.

## SENIOR A, Men

### Short program 2:40 min ( $\pm 10$ sec)

- a) Double or triple axel
- b) Triple or quadruple jump
- c) Jump combination consisting of double and triple jump or two triple jumps or quadruple and double jump or quadruple and triple jump
  - o solo jumps may not be repeated
  - o if a quadruple jump is executed at point b), the quadruple jump in the jump combination must be different
- d) Flying spin, min 8 revolutions in spin position
  - o spin position must be different than in point e)
- e) Camel spin or sit spin with only one change of foot, min 8 revolutions
  - o spin position must be different than in point d)
- f) Spin combination with only one change of foot, min 6 revolutions with each foot
- g) Step sequence fully utilizing the ice surface

Deduction – 1.0 points for first and second fall, -2.0 points for 3. and 4. fall and -3.0 points for the next falls.

The Program component factor is 1.67.

The last one jump element executed in the second half counts for the 1.1 factor.

### Free program: 4:00 min ( $\pm 10$ sec)

- Maximum of 7 jump elements, one must be an Axel type jump. Maximum of 3 jump combinations or 2 jump combination and one jump sequence.
  - o Only one jump combination or one jump sequence may consist of up to three jumps, the other two up to two jumps each.
  - o Each double jump, incl. 2A, may not be executed more than twice.
  - o All triple and quadruple jumps are permitted, max 2 of these can be repeated in jump combination or jump sequence. However, only 1 quadruple jump can be repeated.
- Maximum of 3 different spins, each with different character.
  - o One spin combination, minimum 10 revolutions, change of foot is not mandatory.
  - o One flying spin or spin with flying entrance, min 6 revolutions
  - o One spin with only 1 position and min 6 revolutions
- Step sequence, fully utilizing the ice surface.
- Choreographic sequence

Deduction – 1.0 points for first and second fall, -2.0 points for 3. and 4. fall and -3.0 points for the next falls.

The Program component factor is 3.33.

The three last jump elements executed in the second half counts for the 1.1 factor.

## SENIOR B, Women and Men

### Short program: 2:40 min ( $\pm 10$ sec)

- a) Single or Double Axel
- b) Double or Triple jump
- c) Jump combination consisting of two double jumps or one double and one triple jump
  - o solo jumps may not be repeated
- d) Flying spin, min 8 revolutions in spin position
  - o spin position must be different than in point e)
- e) Ladies: Layback / sideways leaning spin or camel spin or sit spin without change of foot, min 8 revolutions
  - o spin position must be different than in point d)Men: Camel spin or sit spin with only one change of foot, min 6 revolutions with each foot
  - o spin position must be different than in point d)
- f) Spin combination with only one change of foot, min 6 revolutions with each foot
- g) Step sequence fully utilizing the ice surface

Deduction – 1.0 points for every fall. The Program component factor is 1.33.

The last one jump element executed in the second half counts for the 1.1 factor.

Deduction -2.5 points for Interruption of the program with allowance up to 3 min.

### Free program: 3:30 min ( $\pm 10$ sec)

- Maximum of 7 jump elements, one must be an Axel type jump. Maximum of 3 jump combinations or 2 jump combination and one jump sequence.
  - o Only one jump combination or one jump sequence may consist of up to three jumps, the other two up to two jumps each.
  - o Each double jump, incl. 2A, may not be executed more than twice
  - o All triple and quadruple jumps are permitted, max 2 of these can be repeated in jump combination or jump sequence. However, only 1 quadruple jump can be repeated.
- Maximum of 3 different spins, each with different character.
  - o One spin combination, minimum 10 revolutions, change of foot is not mandatory.
  - o One flying spin or spin with flying entrance, min 6 revolutions
  - o One spin with only 1 position and min 6 revolutions
- Choreographic sequence

Deduction – 1.0 points for every fall

The Program component factor is 2.67.

The three last jump elements executed in the second half counts for the 1.1 factor.

Deduction -2.5 points for Interruption of the program with allowance up to 3 min.

## JUNIOR A, Women

### Short program 2:40 min ( $\pm 10$ sec)

- a) Double axel
- b) Double or triple Flip
  - there must be min 1 triple jump, either as a solo jump or in jump combination \*
- c) Jump combination consisting of two double jumps, one double and one triple jump or two triple jumps
  - solo jumps may not be repeated in jump combination
  - there must be min 1 triple jump, either as a solo jump or in jump combination\*
- d) Flying camel spin, min 8 revolutions in spin position
- e) Layback / sideways leaning spin or sit spin without change of foot, min 8 revolutions
- f) Spin combination with only one change of foot, min 6 revolutions with each foot
- g) Step sequence fully utilizing the ice surface

\* If there is no triple jump in the program, the second jump of the jump combination (point c)) takes the value 0,0 points (no value). However, if there is already a single jump in b) or c) which is marked \* and a value of 0,0 points (no value), the second jump of the jump combination shall no longer be marked with \*-for the last jump.

Deduction – 1.0 points for every fall

The Program component factor is 1.33.

The last one jump element executed in the second half counts for the 1.1 factor.

### Free program: 3:30 min ( $\pm 10$ sec)

- Maximum of 7 jump elements, one must be an Axel type jump. Maximum of 3 jump combinations or 2 jump combination and one jump sequence.
  - Only one jump combination or one jump sequence may consist of up to three jumps, the other two up to two jumps each.
  - Each double jump, incl. 2A, may not be executed more than twice
  - All triple and quadruple jumps are permitted, max 2 of these can be repeated in jump combination or jump sequence. However, only 1 quadruple jump can be repeated.
- Maximum of 3 different spins, each with different character.
  - One spin combination, minimum 10 revolutions, change of foot is not mandatory.
  - One flying spin or spin with flying entrance, min 6 revolutions
  - One spin with only 1 position and min 6 revolutions
- Choreographic sequence

Deduction – 1.0 points for every fall

The Program component factor is 2.67.

The three last jump elements executed in the second half counts for the 1.1 factor.

Deduction -5 points for Interruption of the program with allowance up to 3 min.

## **JUNIOR A, Men**

### **Short program 2:40 min (± 10 sec)**

- a) Double or Triple axel
- b) Double or triple Flip
- c) Jump combination consisting of one double and one triple jump or two triple jumps
  - solo jumps may not be repeated in jump combination
- d) Flying camel spin, min 8 revolutions in spin position
- e) Sit spin with change of foot, min 6 revolutions with each foot
- f) Spin combination with only one change of foot, min 6 revolutions with each foot
- g) Step sequence fully utilizing the ice surface

Deduction – 1.0 points for every fall

The Program component factor is 1.67.

The last one jump element executed in the second half counts for the 1.1 factor.

### **Free program: 3:30 min (± 10 sec)**

- Maximum of 7 jump elements, one must be an Axel type jump. Maximum of 3 jump combinations or 2 jump combination and one jump sequence.
  - Only one jump combination or one jump sequence may consist of up to three jumps, the other two up to two jumps each.
  - Each double jump, incl. 2A, may not be executed more than twice
  - All triple and quadruple jumps are permitted, max 2 of these can be repeated in jump combination or jump sequence. However, only 1 quadruple jump can be repeated.
- Maximum of 3 different spins, each with different character.
  - One spin combination, minimum 10 revolutions, change of foot is not mandatory.
  - One flying spin or spin with flying entrance, min 6 revolutions
  - One spin with only 1 position and min 6 revolutions
- Choreographic sequence

Deduction – 1.0 points for every fall

The Program component factor is 2.67.

The three last jump elements executed in the second half counts for the 1.1 factor.

Deduction -5 points for Interruption of the program with allowance up to 3 min.

## **JUNIOR B, Women and Men**

### **Short program 2:40 min (± 10 sec)**

- a) Single or double axel
- b) Double or triple flip
- c) Jump combination consisting of two double jumps, one double and one triple jump or two triple jumps
  - solo jumps may not be repeated in jump combination
- d) Flying camel spin, min 8 revolutions in spin position
- e) Ladies: Layback / sideways leaning spin or sit spin without change of foot, min 8 revolutions  
Men: Sit spin with only one change of foot, min 6 revolutions with each foot
- f) Spin combination with only one change of foot, min 6 revolutions with each foot
- g) Step sequence fully utilizing the ice surface

Deduction – 1.0 points for every fall.

The Program component factor is 1.33.

The last one jump element executed in the second half counts for the 1.1 factor.

Deduction -2.5 points for Interruption of the program with allowance up to 3 min.

### **Free program: 3:30 min (± 10 sec)**

- Maximum of 7 jump elements, one must be an Axel type jump. Maximum of 3 jump combinations or 2 jump combination and one jump sequence.
  - Only one jump combination or one jump sequence may consist of up to three jumps, the other two up to two jumps each.
  - Each double jump, incl. 2A, may not be executed more than twice
  - All triple and quadruple jumps are permitted, max 2 of these can be repeated in jump combination or jump sequence. However, only 1 quadruple jump can be repeated.
- Maximum of 3 different spins, each with different character.
  - One spin combination, minimum 10 revolutions, change of foot is not mandatory.
  - One flying spin or spin with flying entrance, min 6 revolutions
  - One spin with only 1 position and min 6 revolutions
- Choreographic sequence

Deduction – 1.0 points for every fall

The Program component factor is 2.67.

The three last jump elements executed in the second half counts for the 1.1 factor.

Deduction -2.5 points for Interruption of the program with allowance up to 3 min.

## **JUNIOR C, Women and Men**

### **Free program: max 3:10min**

- Maximum of 5 jump elements, one must be an Axel type jump. Maximum of 2 jump combinations or one jump combination and one jump sequence.
  - Jump combinations and jump sequence may consist of max 2 jumps
  - Only one single jump and one double jump, including single and double axel (1A/2A) may be performed up to two times (jumps do not have to be performed in a combination or series of jumps).
  - Triple or quadruple jumps are not permitted.
- Maximum of 2 different spins, each with different character.
  - One spin combination, minimum 8 revolutions
    - No flying entrance.
    - Change of foot is not mandatory.
    - Spin choices are CoSp or CCoSp.
    - If the spin has a change of foot, up to one feature per foot is counted.
  - One spin with only 1 position, min 6 revolutions with one foot, with change of foot min 8 revolutions
    - Flying entrance allowed.
    - Change of foot allowed.
- Step Sequence, fully utilizing the ice surface, and including at least one skating movement such as a spiral, spread eagle, Ina Bauer, hydroblading etc.
  - If the skating movement is missing, StSq will receive no value.
  - At least 2 difficult turns and steps must be executed on clean edges for Level basic.
  - The Technical Panel will not award Feature 3) Use of body movements for at least 1/3 of the pattern and Feature 4) Two combinations of 3 difficult turns on different feet.
- 1 spiral on edge and duration of at least 3 sec.
  - This may not be in step sequence.
  - Evaluated as element (Po)
  - Only the first spiral is evaluated
  - If spiral is not attempted or leg does not rise above hip level or duration is less than 3 sec, it is valued as zero points (no value).

In all elements that 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.

Spinning 8 revolutions in sit position is a spin feature and increases the level.

Deduction – 0.5 points for every fall outside of the elements.

Falling in elements will be marked but no deduction will be given.

No deduction for the interruption of 3 minutes is given.

The program component factor is 1.67.

## NOVICE A, Girls

### Short program: 2:20 min ( $\pm 10$ sec)

- a) Double Axel\*
- b) Double or triple jump
- c) Jump combination consisting of two double jumps or one double and one triple jump
  - solo jumps may not be repeated
  - second jump must be 2T or 3T
- d) Layback / sideways leaning spin or sit spin without change of foot, min 6 revolutions
  - flying entrance or change of foot not allowed
- e) Spin combination with only one change of foot and min one change of position, min 5 revolutions with each foot
  - flying entrance not allowed
- f) Step sequence fully utilizing the ice surface.
  - For feature 4) Two combinations of 3 difficult turns on different feet: the combinations must include forward outside rocker and backward inside loop, they can be in the same combination or one in the first and the other in the second.
  - At least 2 difficult turns and steps must be executed on clean edges for Level basic.

\*If double Axel is not attempted or jump is single Axel, it is valued as zero points (no value).

The Program component factor is 1.07.

Deduction – 0.5 points for every fall outside of the elements. Falling in elements will be marked but no deduction will be given.

Deduction -2.5 points for Interruption of the program with allowance up to 3 min.

### Free program: 3:00 min ( $\pm 10$ sec)

- Maximum of 6 jump elements, one must be an Axel type jump. Maximum of 2 jump combinations or 2 jump combination and one jump sequence.
  - Only one jump combination or one jump sequence may consist of up to three jumps, the other may contain up to two jumps.
  - Max 2 triple jumps can be repeated in jump combination or jump sequence.
  - Only one single jump and one double jump, including single and double axel (1A/2A) may be performed up to two times (jumps do not have to be performed in a combination or series of jumps).
  - Quadruple jumps are not permitted.
  - The same type of jump independent of revolutions can be included not more than three times in the Free Skating program.
- Maximum of 2 different spins, each with different character.
  - One spin combination with a change of foot, min 8 revolutions.
    - Flying entrance is not allowed.
  - Flying camel spin, min 6 revolutions
    - Change of foot is allowed
- Choreographic sequence



In all elements that are subject to Levels, features up to Level 4 will be counted in both Short Program and Free Skating.

The Program component factor is 2.13.

Deduction – 0.5 points for every fall outside of the elements. Falling in elements will be marked but no deduction will be given.

Deduction -2.5 points for Interruption of the program with allowance up to 3 min.

Skaters can earn bonus points for jumps that are achieved in Short Program or Free Skating.

To be eligible for bonus points, jumps must be fully rotated or landed on the quarter (q) and must be in accordance with balanced Short Program and/or Free Skating program and the repetition rules for jumps. Jumps can be performed as a solo jump, or in jump combination or jump sequence. Jumps that are identified by the Technical Panel as under-rotated (<), downgraded (<<), with wrong edge (e) or have a fall or being identified as invalid element (\*) are not eligible to receive bonus points. However, if in a jump combination or sequence there is a fall on a jump other than the bonus-generating jump, the bonus is still received.

In the Short Program a maximum of two (2) bonus points can be achieved:

- one (1) bonus point for one Double Axel
- one (1) bonus point for one (1) triple jump.

In the Free Skating a maximum of three (3) bonus points can be achieved:

- one (1) bonus point for one Double Axel
- one (1) bonus point for one (1) triple jump or two (2) bonus points for two different types of triple jumps

## NOVICE A, Boys

### Short program: 2:20 min ( $\pm 10$ sec)

- a) Double Axel\*
- b) Double or triple jump
- c) Jump combination consisting of two double jumps or one double and one triple jump
  - o solo jumps may not be repeated
  - o second jump must be 2T or 3T
- d) Sit spin with change of foot, min 5 revolutions with each foot
  - o Flying entrance is not allowed.
- e) Spin combination with only one change of foot and min one change of position, min 5 revolutions with each foot
  - o flying entrance not allowed
- f) Step sequence fully utilizing the ice surface.
  - o For feature 4) Two combinations of 3 difficult turns on different feet: the combinations must include forward outside rocker and backward inside loop, they can be in the same combination or one in the first and the other in the second.
  - o At least 2 difficult turns and steps must be executed on clean edges for Level basic.

\*If double Axel is not attempted or jump is single Axel, it is valued as zero points (no value).

The Program component factor is 1.07.

Deduction – 0.5 points for every fall outside of the elements. Falling in elements will be marked but no deduction will be given.

Deduction -2.5 points for Interruption of the program with allowance up to 3 min.

### Free program: 3:00 min ( $\pm 10$ sec)

- Maximum of 6 jump elements, one must be an Axel type jump. Maximum of 2 jump combinations or 2 jump combination and one jump sequence.
  - o Only one jump combination or one jump sequence may consist of up to three jumps, the other may contain up to two jumps.
  - o Max 2 triple jumps can be repeated in jump combination or jump sequence.
  - o Only one single jump and one double jump, including single and double axel (1A/2A) may be performed up to two times (jumps do not have to be performed in a combination or series of jumps).
  - o Quadruple jumps are not permitted.
  - o The same type of jump independent of revolutions can be included not more than three times in the Free Skating program.
- Maximum of 2 different spins, each with different character.
  - o One spin combination with a change of foot, min 8 revolutions.
    - Flying entrance is not allowed.
  - o Flying camel spin, min 6 revolutions
    - Change of foot is allowed
- Choreographic sequence

In all elements that are subject to Levels, features up to Level 4 will be counted in both Short Program and Free Skating.

The Program component factor is 2.13.

Deduction – 0.5 points for every fall outside of the elements. Falling in elements will be marked but no deduction will be given.

Deduction -2.5 points for Interruption of the program with allowance up to 3 min.

Skaters can earn bonus points for jumps that are achieved in Short Program or Free Skating.

To be eligible for bonus points, jumps must be fully rotated or landed on the quarter (q) and must be in accordance with balanced Short Program and/or Free Skating program and the repetition rules for jumps. Jumps can be performed as a solo jump, or in jump combination or jump sequence. Jumps that are identified by the Technical Panel as under-rotated (<), downgraded (<<), with wrong edge (e) or have a fall or being identified as invalid element (\*) are not eligible to receive bonus points. However, if in a jump combination or sequence there is a fall on a jump other than the bonus-generating jump, the bonus is still received.

In the Short Program a maximum of two (2) bonus points can be achieved:

- one (1) bonus point for one Double Axel
- one (1) bonus point for one (1) triple jump.

In the Free Skating a maximum of three (3) bonus points can be achieved:

- one (1) bonus point for one Double Axel
- one (1) bonus point for one (1) triple jump or two (2) bonus points for two different types of triple jumps

## NOVICE B Girls and Boys

### Free program: 3:00 min ( $\pm 10$ sec)

- Maximum of 5 jump elements, one must be an Axel type jump. Maximum of 2 jump combinations or one jump combination and one jump sequence.
  - Jump combinations and jump sequence may consist of max 2 jumps
  - Only one single jump and one double jump, including single and double axel (1A/2A) may be performed up to two times (jumps do not have to be performed in a combination or series of jumps).
  - Triple or quadruple jumps are not permitted.
- Maximum of 2 different spins, each with different character.
  - One spin combination, minimum 8 revolutions
    - No flying entrance.
    - Change of foot is not mandatory.
    - Spin choices are CoSp or CCoSp.
    - If the spin has a change of foot, up to one feature per foot is counted.
  - One spin with only 1 position, min 6 revolutions with one foot, with change of foot min 8 revolutions
    - Flying entrance allowed.
    - Change of foot allowed.
- Step Sequence, fully utilizing the ice surface, and including at least one skating movement such as a spiral, spread eagle, Ina Bauer, hydroblading etc.
  - If the skating movement is missing, StSq will receive no value.
  - At least 2 difficult turns and steps must be executed on clean edges for Level basic.
  - The Technical Panel will not award Feature 3) Use of body movements for at least 1/3 of the pattern and Feature 4) Two combinations of 3 difficult turns on different feet.
- 1 spiral on edge and duration of at least 3 sec.
  - This may not be in step sequence.
  - Evaluated as element (Po)
  - Only the first spiral is evaluated
  - If spiral is not attempted or leg does not rise above hip level or duration is less than 3 sec, it is valued as zero points (no value).

In all elements that 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.

Spinning 8 revolutions in sit position is a spin feature and increases the level.

Deduction – 0.5 points for every fall outside of the elements. Falling in elements will be marked but no deduction will be given.

The Program component factor is 2.13.

Deduction -2.5 points for Interruption of the program with allowance up to 3 min.

## DEBS A, Girls and Boys

### Free program: 3:00 min ( $\pm 10$ sec)

- Maximum of 6 jump elements, one must be an Axel type jump. Maximum of 2 jump combinations or 2 jump combination and one jump sequence.
  - Only one jump combination or one jump sequence may consist of up to three jumps, the other may contain up to two jumps.
  - Max 2 triple jumps can be repeated in jump combination or jump sequence.
  - Only one single jump and one double jump, including single and double axel (1A/2A) may be performed up to two times (jumps do not have to be performed in a combination or series of jumps).
  - Quadruple jumps are not permitted.
  - The same type of jump independent of revolutions can be included not more than three times in the Free Skating program.
- Maximum of 2 different spins, each with different character.
  - One spin combination with a change of foot, min 8 revolutions.
    - Flying entrance is not allowed.
  - Flying camel spin, min 6 revolutions
    - Change of foot is allowed
- Step Sequence, fully utilizing the ice surface, and including at least one skating movement such as a spiral, spread eagle, Ina Bauer, hydroblading etc.
  - If the skating movement is missing, StSq will receive no value.
  - At least 2 difficult turns and steps must be executed on clean edges for Level basic.
  - For feature 4) Two combinations of 3 difficult turns on different feet: the combinations must include forward outside rocker and backward inside loop, they can be in the same combination or one in the first and the other in the second.
- 1 spiral on edge and duration of at least 3 sec.
  - This may not be in step sequence.
  - Evaluated as element (Po)
  - Only the first spiral is evaluated
  - If spiral is not attempted or leg does not rise above hip level or duration is less than 3 sec, it is valued as zero points (no value).

In all elements that are subject to Levels, only features up to Level 3. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

Deduction – 0.5 points for every fall outside of the elements. Falling in elements will be marked but no deduction will be given.

The Program component factor is 2.13.

Deduction -2.5 points for Interruption of the program with allowance up to 3 min.

Skaters can earn bonus points for jumps that are achieved in Free Skating.

To be eligible for bonus points, jumps must be fully rotated or landed on the quarter (q) and must be in accordance with balanced Free Skating program and the repetition rules for jumps. Jumps can be performed as a solo jump, or in jump combination or jump sequence. Jumps that are identified by the Technical Panel as under-rotated (<), downgraded (<<), with wrong edge (e) or have a fall or being identified as invalid element (\*) are not eligible to receive bonus points. However, if in a jump combination or sequence there is a fall on a jump other than the bonus-generating jump, the bonus is still received.

In the Free Skating a maximum of three (3) bonus points can be achieved:

- one (1) bonus point for one Double Axel or two (2) bonus points for two Double Axels.
- one (1) bonus point for one (1) triple jump or two (2) bonus points for two different types of triple jumps
- however, if the skater performs 2x2A and 2x triple jumps, the maximum bonus is still +3.0 points.

## DEBS B

### Free program: 3:00 min ( $\pm 10$ sec)

- Maximum of 5 jump elements, one must be an Axel type jump. Maximum of 2 jump combinations or one jump combination and one jump sequence.
  - Jump combinations and jump sequence may consist of max 2 jumps
  - Only one single jump and one double jump, including single and double axel (1A/2A) may be performed up to two times (jumps do not have to be performed in a combination or series of jumps).
  - Triple or quadruple jumps are not permitted.
- Maximum of 2 different spins, each with different character.
  - One spin combination, minimum 8 revolutions
    - No flying entrance.
    - Change of foot is not mandatory.
    - Spin choices are CoSp or CCoSp.
    - If the spin has a change of foot, up to one feature per foot is counted.
  - One spin with only 1 position, min 6 revolutions with one foot, with change of foot min 8 revolutions
    - Flying entrance allowed.
    - Change of foot allowed.
- Step Sequence, fully utilizing the ice surface, and including at least one skating movement such as a spiral, spread eagle, Ina Bauer, hydroblading etc.
  - If the skating movement is missing, StSq will receive no value.
  - At least 2 difficult turns and steps must be executed on clean edges for Level basic.
  - The Technical Panel will not award Feature 3) Use of body movements for at least 1/3 of the pattern and Feature 4) Two combinations of 3 difficult turns on different feet.
- 1 spiral on edge and duration of at least 3 sec.
  - This may not be in step sequence.
  - Evaluated as element (Po)
  - Only the first spiral is evaluated
  - If spiral is not attempted or leg does not rise above hip level or duration is less than 3 sec, it is valued as zero points (no value).

In all elements that 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.

Spinning 8 revolutions in sit position is a spin feature and increases the level.

Deduction – 0.5 points for every fall outside of the elements. Falling in elements will be marked but no deduction will be given.

The Program component factor is 2.13.

Deduction -2.5 points for Interruption of the program with allowance up to 3 min.

## SPRINGS A, Girls and Boys

### Free program: 2:30 min ( $\pm 10$ sec)

- Maximum of 5 jump elements, one must be an Axel type jump. Maximum of 2 jump combinations or one jump combination and one jump sequence.
  - Jump combinations and jump sequence may consist of max 2 jumps
  - Only one single jump and one double jump, including single and double axel (1A/2A) may be performed up to two times (jumps do not have to be performed in a combination or series of jumps).
  - Triple or quadruple jumps are not permitted.
- Maximum of 2 different spins, each with different character.
  - One spin combination, minimum 6 revolutions, with change of foot min 8 revolutions
    - No flying entrance.
    - Change of foot is not mandatory.
    - Spin choices are CoSp or CCoSp.
    - If the spin has a change of foot, up to one feature per foot is counted.
  - One spin with only 1 position, min 6 revolutions with one foot, with change of foot min 8 revolutions
    - Flying entrance is not allowed.
    - Change of foot is not allowed.
    - Must be done in a basic position without any difficult variation positions and will be called maximum level basic.
    - After the required revolutions it is allowed to execute difficult variations, but these will be ignored by the Technical Panel.
- Step Sequence, fully utilizing the ice surface, and including at least one skating movement such as a spiral, spread eagle, Ina Bauer, hydroblading etc.
  - If the skating movement is missing, StSq will receive no value.
  - At least 2 difficult turns and steps must be executed on clean edges for Level basic.
  - The Technical Panel will not award Feature 3) Use of body movements for at least 1/3 of the pattern and Feature 4) Two combinations of 3 difficult turns on different feet.
- 1 unassisted spiral on edge and duration of at least 3 sec.
  - This may not be in step sequence.
  - Evaluated as element (Po)
  - Only the first spiral is evaluated
  - If spiral is not attempted or leg does not rise above hip level or duration is less than 3 sec, it is valued as zero points (no value).



In all elements that 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.

Spinning 8 revolutions in sit position in combination spin (CoSp) is a spin feature and increases the level.

Deduction – 0.5 points for every fall outside of the elements. Falling in elements will be marked but no deduction will be given.

The program component factor is 1.67.

No deduction for the interruption of 3 minutes is given.

It would be recommended to try 3 different types of double jumps and all doubles are allowed (not requirement).

## SPRINGS B, Girls and Boys

### Free program: 2:30 min ( $\pm$ 10 sec)

- Maximum of 5 jump elements, one must be an Axel type jump. Maximum of 2 jump combinations or one jump combination and one jump sequence.
  - Jump combinations and jump sequence may consist of max 2 jumps
  - Only one single jump and one double jump, including single and double axel (1A/2A) may be performed up to two times (jumps do not have to be performed in a combination or series of jumps).
  - Triple or quadruple jumps are not permitted.
- Maximum of 2 different spins, each with different character.
  - One spin combination, minimum 6 revolutions, with change of foot min 8 revolutions
    - No flying entrance.
    - Change of foot is not mandatory.
    - Spin choices are CoSp or CCoSp.
    - If the spin has a change of foot, up to one feature per foot is counted.
  - One spin with only 1 position, min 6 revolutions with one foot, with change of foot min 8 revolutions
    - Flying entrance is not allowed.
    - Change of foot is not allowed.
    - Must be done in a basic position without any difficult variation positions and will be called maximum level basic.
    - After the required revolutions it is allowed to execute difficult variations, but these will be ignored by the Technical Panel.
- Step Sequence, fully utilizing the ice surface, and including at least one skating movement such as a spiral, spread eagle, Ina Bauer, hydroblading etc.
  - If the skating movement is missing, StSq will receive no value.
  - At least 2 difficult turns and steps must be executed on clean edges for Level basic.
  - The Technical Panel will not award Feature 3) Use of body movements for at least 1/3 of the pattern and Feature 4) Two combinations of 3 difficult turns on different feet.
- 1 unassisted spiral on edge and duration of at least 3 sec.
  - This may not be in step sequence.
  - Evaluated as element (Po)
  - Only the first spiral is evaluated
  - If spiral is not attempted or leg does not rise above hip level or duration is less than 3 sec, it is valued as zero points (no value).

In all elements that 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.

Spinning 8 revolutions in sit position in combination spin (CoSp) is a spin feature and increases the level.

Deduction – 0.5 points for every fall outside of the elements. Falling in elements will be marked but no deduction will be given.

The program component factor is 1.67.

No deduction for the interruption of 3 minutes is given.

It would be recommended to try one double jump and all doubles are allowed (not requirement).