



## Foreløpig Øvelsesutvalg 2024/2025

(the document is published in English at the end of this document)

Teknisk Komité Kunstløp ønsker å informere alle trenere, koreografer og løpere om flere store endringer som er foreslått på ISU-kongressen som avholdes 10-14.juni 2024. Dersom disse endringene blir votert inn, vil det påvirke Øvelsesutvalget for neste sesong. For at dere skal kunne planlegge og trene for neste sesong best mulig, har vi laget en oversikt over mulige endringer som dere bør være klar over når dere går i gang med koreografering av løp og trener for neste sesong.

Endelig versjon av Øvelsesutvalget for neste sesong vil bli publisert så fort nye endringer fra ISU publiseres og det vil publiseres i nytt format.

### 1. Program Tid & Elementer Sesong 2024/2025

#### Kortprogram

Kategori	Program tid	Elementer
Senior A	2:40 +/- 10 sek	Ingen endringer
Junior A	2:40 +/- 10 sek	3 hoppelementer (2A, 2F/3F, 3+2 / 3+3) 3 piruetter (CCoSp, FCSp, LSp/SSp (kvinner), CSSp (menn)) StSq
Novice A	2:20 +/- 10 sek	StSq Andre endringer avventer ISU Novice Communication
Debs A	Max 2:15	ChSq Ingen andre endringer
Senior	2:40 +/- 10 sec	Ingen endringer
Junior	2:40 +/- 10 sek	3 hoppelementer (2A, 2F/3F, 2+2 / 3+2 / 3+3) 3 piruetter (CCoSp, FCSp, LSp/SSp (kvinner), CSSp (menn)) StSq
Novice	2:20 +/- 10 sek	StSq Andre endringer avventer ISU Novice Communication
Debs	Max 2:15	ChSq Ingen andre endringer

**Friløp**

Kategori	Programtid	Elementer
Senior A	4:00 +/- 10 sek	6 hoppelementer 3 piruetter ( <i>Combo Spin, Flying Spin, Choreographic Spin</i> ) StSq ChSq
Junior A	3:30 +/- 10 sek	6 hoppelementer 3 piruetter ( <i>Combo Spin, Flying Spin, Choreographic Spin</i> ) ChSq
Novice A	3:00 +/- 10 sek	ChSq Andre endringer avventer ISU Novice Communication
Debs A	3:00 +/- 10 sek	StSq ( <i>must include one skating movement</i> ) Andre endringer avventer ISU Novice Communication
Senior	4:00 +/- 10 sek	6 hoppelementer 3 piruetter ( <i>Combo Spin, Flying Spin, Choreographic Spin</i> ) StSq ChSq
Junior	3:30 +/- 10 sek	6 hoppelementer 3 piruetter ( <i>Combo Spin, Flying Spin, Choreographic Spin</i> ) ChSq
Novice	3:00 +/- 10 sek	ChSq Andre endringer avventer ISU Novice Communication
Debs	3:00 +/- 10 sek	StSq ( <i>must include one skating movement</i> ) Andre endringer avventer ISU Novice Communication
Springs	Max 2:15	StSq ( <i>must include one skating movement</i> ) Andre endringer avventer ISU Novice Communication



## **2. Cubs, Basic, Artistic, Veteran categories**

Det er ikke planlagt noen endringer til programtid eller innhold for disse kategoriene.

## **3. Choreographic Spin (definisjon er hentet fra offisielle sakspapirer til kongressen)**

A Choreographic Spin is a spin which enhances the choreography of the program and matches the music. Choreographic Spin must have minimum 3 revolutions executed on a blade, with any basic or non-basic positions allowed. Change of foot is optional and can be done several times during the spin. If the Choreographic Spin cannot be identified by the Technical panel, the third performed spin will be considered as the Choreographic Spin (Choreographic Spin confirmed). This element has a fixed base value and will be evaluated by the judges in GOE only.

## **4. StSq (must include one skating movement)**

Flere detaljer avventer publisering av ISU Novice Communication. Skating movements er definert som bevegelser som, men ikke begrenset til; flyvere, arabesques, kniv, Ina Bauer, hydroblading etc.

## **5. StSq (Novice A, Novice, Debs A, Debs, Springs)**

TKK har fått indikasjoner på at det vil bli noen obligatoriske vendinger i clusters. Vi vet foreløpig ikke om clusters vil påvirke level i disse kategoriene og avventer publisering av ISU Novice Communication.

## **6. Euler (definisjon er hentet fra offisielle sakspapirer til kongressen)**

An Euler (half-loop) will be considered a non-listed jump. It will have no value when used in a jump combination or sequence between two listed jumps and it will not be counted in the number of the allowed jumps of the concerned jump combination or sequence with the value indicated in the Scale of Value. After the execution of an Euler no change of foot is allowed. An Euler can only be executed once in Free Skating.

Teknisk komité kunstløp

3. April 2024

Christine Isaksen  
Espen Røtterud Runås



## Preliminary Øvelsesutvalg 2024/2025

Teknisk Komité Kunstløp would like to notify all coaches, choreographers and skaters that several major changes are proposed at the 2024 ISU Congress, Las Vegas 6-10 June 2024. If the current proposals are voted in favor by the congress, this will affect Øvelsesutvalget for the 2024/2025 season. In order for you to plan the upcoming season, TKK has made a list of possible changes you need to be aware of when choreographing programs.

The final Øvelsesutvalg 2024/2025 will be published after the ISU Congress. It will be drafted in a new layout.

### 7. Program Times & Elements Season 2024/2025

#### Short Program

Category	Program Time	Elements
Senior A	2:40 +/- 10 sec	No changes
Junior A	2:40 +/- 10 sec	3 jump elements (2A, 2F/3F, 3+2 / 3+3) 3 spins (CCoSp, FCSp, LSp/SSp (women), CSSp (men)) StSq
Novice A	2:20 +/- 10 sec	StSq Other changes pending ISU Novice Communication
Debs A	Max 2:15	ChSq No other changes
Senior	2:40 +/- 10 sec	No changes
Junior	2:40 +/- 10 sec	3 jump elements (2A, 2F/3F, 2+2 / 3+2 / 3+3) 3 spins (CCoSp, FCSp, LSp/SSp (women), CSSp (men)) StSq
Novice	2:20 +/- 10 sec	StSq Other changes pending ISU Novice Communication
Debs	Max 2:15	ChSq No other changes

**Free Skating**

Category	Program Time	Elements
Senior A	4:00 +/-10 sec	Six jump elements 3 spins ( <i>Combo Spin, Flying Spin, Choreographic Spin</i> ) StSq ChSq
Junior A	3:30 +/- 10 sec	Six jump elements 3 spins ( <i>Combo Spin, Flying Spin, Choreographic Spin</i> ) ChSq
Novice A	3:00 +/- 10 sec	ChSq Other changes pending ISU Novice Communication
Debs A	3:00 +/- 10 sec	StSq ( <i>must include one skating movement</i> ) Other changes pending ISU Novice Communication
Senior	4:00 +/-10 sec	Six jump elements 3 spins ( <i>Combo Spin, Flying Spin, Choreographic Spin</i> ) StSq ChSq
Junior	3:30 +/- 10 sec	Six jump elements 3 spins ( <i>Combo Spin, Flying Spin, Choreographic Spin</i> ) ChSq
Novice	3:00 +/- 10 sec	ChSq Other changes pending ISU Novice Communication
Debs	3:00 +/- 10 sec	StSq ( <i>must include one skating movement</i> ) Other changes pending ISU Novice Communication
Springs	Max 2:15	StSq ( <i>must include one skating movement</i> ) Other changes pending ISU Novice Communication



### **8. Cubs, Basic, Artistic, Veteran categories**

There are currently no planned changes to the program time nor content in these categories.

### **9. Choreographic Spin**

A Choreographic Spin is a spin which enhances the choreography of the program and matches the music. Choreographic Spin must have minimum 3 revolutions executed on a blade, with any basic or non-basic positions allowed. Change of foot is optional and can be done several times during the spin. If the Choreographic Spin cannot be identified by the Technical panel, the third performed spin will be considered as the Choreographic Spin (Choreographic Spin confirmed). This element has a fixed base value and will be evaluated by the judges in GOE only.

### **10. StSq (must include one skating movement)**

Further details pending ISU Novice Communication. Skating movements are defined as movements such as, but not limited to; spirals, arabesques, spread eagles, Ina Bauers, hydroblading, etc.

### **11. StSq (Novice A, Novice, Debs A, Debs, Springs)**

TKK has received indications that there will be mandatory turns in clusters. It is currently unknown whether clusters will count towards the Levels in all these categories. Further details pending the ISU Novice Communication.

### **12. Euler**

An Euler (half-loop) will be considered a non-listed jump. It will have no value when used in a jump combination or sequence between two listed jumps and it will not be counted in the number of the allowed jumps of the concerned jump combination or sequence with the value indicated in the Scale of Value. After the execution of an Euler no change of foot is allowed. An Euler can only be executed once in Free Skating.

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