



Øvelsesutvalg Single 2024-2025

Here is Øvelsesutvalget for next season, 2024-2025.

The document is in a new format. New changes are marked with underline.

There was a lot of new changes in the last version, some of them were rejected by the ISU Congress (10-14th of June, 2024). They are removed in this version.

The coaches is invited to a digital Q&A-session in August. Invitation will be sent out by email.

If you have questions or comments before that, please send an email to isaksenchristine@gmail.com

Explanation to the document

Underline - new changes this season

Log of changes to the document

- | | |
|----------|---|
| 06.01.25 | <ul style="list-style-type: none">- Springs: Correction on Spin combo - "Max Level 2. If the foot changes, max 1 feature per foot will count."- Novice/Novice A: Corrected "Clarifications" of Jump Bonus to have both SP and FP requirements. Corrected Typo for Norwegian Jump Requirements in for Novice A- Junior A Boys: Corrected typo Norwegian Jump Requirements. |
| 21.10.24 | <ul style="list-style-type: none">- Cubs/Springs: Added "Cubs: USp/ Springs: SSp/CSp to header in Clarifications- Cubs/Springs: Added "and features" for one position spin with max level B- New design on component overview sheet |
| 14.10.24 | <ul style="list-style-type: none">- Basic: Corrected sentence "Max 2 "different" spins"- Created an improved Components Overview sheet, inc. Program Times |
| 07.10.24 | <ul style="list-style-type: none">- Added "Veteran Artistic Men & Women" to the Basic/Artistic sheet.- Corrected title from "Ladies" to "Women" for all relevant categories |
| 26.09.24 | <ul style="list-style-type: none">- Added decution sheet on last page |
| 25.09.24 | <ul style="list-style-type: none">- Changed the order of change log, new changes on the top- Basic: Added underline on sentences "One single and one double jump can be repeated once" and "1 jump combo and 1 jump seq"- Junior Ladies & Men: Corrected the required amount of revolutions in CCoSp to (6+6) |

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FREE SKATING			
Category	BASIC GIRLS & BOYS	Category	VETERAN ARTISTIC MEN & WOMEN ARTISTIC GIRLS & BOYS
Content	Max 4 jump elements Max 2 different spins; - If combo spin (10), if other spins (6) ChSq	Content	Jump elements - Min 1, max 2 listed jumps Spins - Min 1, max 2 spins
No. Elements	7	No. Elements	Min 2/Max 4
Requirements Jump Elements	- <u>One single and one double jump can be repeated once</u> - Max 2 combo/seq (can contain only 2 jumps): - 2 jump combo - 1 jump combo and <u>1 jump seq</u>	Clarifications	<i>Judged only on the Program Components.</i> <i>Referee deductions:</i> - Elements exceeding the max number above are judged as an illegal element (1.0 ded). - Illegal elements: Somersaults, laying on the ice, prolonged/stationary kneeling on both knees. - If min elements are not included, it is judged as missing element (1.0 ded). <i>Clothing rules:</i> - Appropriate for athletic competition – not garish or theatrical in design. Can reflect the character of the music, but must not give the effect of excessive nudity. - Props and accessories are not allowed. Costumes that contain particles that may mar or leave anything on the ice surface (feathers, boas, excessive beading, etc.) are not permitted. - The decorations on costumes must be non-detachable.
Requirements Spins	Max Level 4. If the foot changes, max 2 features per foot will count.		
Requirements ChSq	Min 2 different <u>skating</u> movements (spirals, arabesques, spread eagles, Ina Bauers, hydroblading, any jumps with maximum of 2 revolutions, spins, etc) to be confirmed.		
Deduction Falls	<u>0.5 outside elements</u>	Deduction Falls	Reflected in Components only
Program Time	2 min 30 sec +/- 10 sec	Program Time	1 min 30 sec +/- 10 sec

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Explanation to the sheet

Underline - new changes this season

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FREE SKATING		
Category	CUBS U/O 13 GIRLS & CUBS BOYS Oppvisning Guidelines	SPRINGS GIRLS & BOYS
Content	Max 4 jump elements USp (6) SSp/CSp (4) or CSSp/CCSp (6) StSq	Max 5 jump elements (must include Axel) USp/SSp/CSp/LSp (6) CoSp/FCoSp (6) or CCoSp/FCCoSp (8) StSq
No. Elements	7	8
Requirements Jump Elements	- No triples or quads - One single and one double jump can be repeated once - Max 2 combo/seq (can contain only 2 jumps): - 2 jump combo - 1 jump combo and 1 jump seq	- No triples or quads - One single and one double jump can be repeated once - Max 2 combo/seq (can contain only 2 jumps): - 2 jump combo - 1 jump combo and 1 jump seq
Norwegian Jump Bonus	Max 1 bonus: BONUS A: 2 points for 2A. BONUS B: 1 point for 2Aq or 2A fully rotated with a double three turn on the landing. BONUS C: 0,5 points for three different double jumps	
Requirements Spins	<u>USp:</u> - Max Level B - Difficult variations and features after 6 revs will be ignored by the Technical Panel - Difficult variations and features before 6 revs results in No Value <u>SSp/CSp/CSSp/CCSp:</u> - Max Level 1. If change of foot, the difficult variation or feature can count on either foot.	<u>USp/SSp/CSp/LSp:</u> - Max Level B - Difficult variations and features after 6 revs will be ignored by the Technical Panel - Difficult variations and features before 6 revs results in No Value <u>Spin combo:</u> - Max Level 2. If the foot changes, max 1 feature per foot will count.
Norwegian Spin Features	8 revolutions in basic sit position 5 revolutions in basic camel position	
Requirements StSq	Level BB: Must fully utilize the ice surface and include minimum 1 skating movement (spiral, spread eagle, Ina Bauer, hydroblading, etc). No Value if the requirement is not met. Level B1: Must include at least 2 clean difficult turns/steps.	
		Level B2: (Springs only) must include at least 4 clean difficult turns/steps.
Deduction Falls	0,5 outside elements	0,5 outside elements
Program Time	Max 2 min 15 sec	Max 2 min 30 sec

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Clarifications Cubs/Springs

Spin in one position without change of foot (Cubs: USp ONLY)	<ul style="list-style-type: none"> - Will be called maximum Level Base if there are 3 revolutions in the spin with 2 revolutions in basic position. - Difficult variations and features may be performed after 6 revolutions. - If difficult variations and/or features are executed earlier, the spin will have No Value.
Step Sequence	<ul style="list-style-type: none"> - Level BB: Must fully utilize the ice surface and include at least 1 skating movement such as a spiral, spread eagle, Ina Bauer, hydroblading. If the movement is missing, No Value will be given. - Only the number of correctly executed difficult turns on clean edges count towards the Level. The difficult turns are; twizzel, rocker, counter, bracket, loop and choctaw. None of the types can be counted more than twice. - The Panel must ensure that the correct call is entered into the computer. Level Base = BB, Level 1 = B1, Level 2 = B2.
Jump Bonus	<p>Only one bonus can be awarded per program. Only the highest valued bonus of the successfully executed jump elements will be awarded. In cases where two or more jump elements within the same bonus are successfully executed, only the first jump element will be awarded a bonus.</p> <ul style="list-style-type: none"> - The bonus is awarded by the Technical Panel. It is the responsibility of the Technical Controller and the Referee to ensure that a bonus is correctly awarded. In all doubtful cases the Technical Panel will act to the benefit of the skater. - In order to be awarded a bonus, the landing phase of the jump must have a running edge. A running edge is defined as gliding, but not a complete stand-still, by the blade after the blade hits the ice upon landing the jump. - No bonus will be awarded if the following errors occurs: <ul style="list-style-type: none"> - fall or step-out (including cases where the skater unintentionally adds a Lo or something similar to a Lo during the landing phase) - two foot landing or touch with free foot - e or ! on the takeoff edge of F or Lz - <, <, or q (except bonus B) - hand or hands touching the ice during the landing phase - any turn during the landing phase (except bonus B).

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DEBS Girls & Boys			DEBS A Girls & Boys		
Category	SHORT PROGRAM	FREE SKATING	Category	SHORT PROGRAM	FREE SKATING
Content	1A or 2A Double jump Jump combination (1+2T, 2+1T, 2+2T) LSp/SSp/CSp (5) CCoSp (5+5) ChSq	Max 5 jump elements (must include Axel) Max 2 different spins; - CoSp (6) or CCoSp (8) - Spin in one position (6) StSq	Content	1A or 2A Double jump Jump combination (2+2T) LSp/SSp/CSp (5) CCoSp (5+5) ChSq	Max 5 jump elements (must include Axel) Max 2 different spins; - CoSp (6) or CCoSp (8) - Spin in one position (6) StSq
No. Elements	6	8	No. Elements	6	8
Requirements Jump Elements		- No triples or quads - <u>One single and one double jump can be repeated once</u> - Max 2 combo/seq (can contain only 2 jumps): - 2 jump combo - 1 jump combo and 1 jump seq	Requirements Jump Elements		- No triples or quads - <u>One single and one double jump can be repeated once</u> - Max 2 combo/seq (can contain only 2 jumps): - 2 jump combo - 1 jump combo and 1 jump seq
Jump Bonus	A maximum of <u>one</u> bonus points can be achieved: - 1 point for one 2A		Jump Bonus	A maximum of <u>one</u> bonus points can be achieved: - 1 point for one 2A	
Requirements Spins	<u>Max Level 2. If the foot changes, max 1 feature per foot will count.</u>		Requirements Spins	<u>Max Level 2. If the foot changes, max 1 feature per foot will count.</u>	
Requirements ChSq/StSq	ChSq: Min 2 different skating movements to be confirmed	StSq: Max Level 2	Requirements ChSq/StSq	ChSq: Min 2 different skating movements to be confirmed	StSq: Max Level 2
Deduction Falls	<u>0.5 outside elements</u>	<u>0.5 outside elements</u>	Deduction Falls	<u>0.5 outside elements</u>	<u>0.5 outside elements</u>
Program Time	Max 2 min 15 sec	3 min +/- 10 sec	Program Time	Max 2 min 15 sec	3 min +/- 10 sec

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Clarifications Debs & Debs A

Requirements SP	Jumps	- Jumps not according to the requirements will receive No Value. - If the same jump is executed as a solo jump and as a part of the jump combination, the repeated jump will not be counted.
	Spins	- Biellmann position counts as a feature after 6 revolutions in Layback spin.
	Choreo Sequence	- Must include min 2 different movements (spirals, arabesques, spread eagles, Ina Bauers, hydroblading, any jumps with maximum of 2 revolutions, spins, etc) to be confirmed.
Requirements FP	Jumps	- No triples or quads - One single and one double jump can be repeated once
	Spins	- The spin in one position (Change of foot is optional. Flying entry is allowed)
	Step Sequence	- <u>Level Base:</u> - <u>Fully utilize the ice surface.</u> - <u>Include min 1 skating movement (spiral, spread eagle, Ina Bauer, hydroblading, etc).</u> - <u>2 difficult turns/steps executed on clean edges.</u> - <u>Level 1 and 2:</u> - <u>Features: Minimum variety, simple variety, rotations.</u>
Jump Bonus		Jumps must be fully rotated or landed on the quarter (q), be in accordance with the SP/FP requirements and repetition rules for jumps. Jumps are NOT eligible to receive bonus points if they have; <, <<, e, fall, invalid element (*)

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Explanation to the sheet

Underline - new changes this season



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NOVICE Girls & Boys			NOVICE A Girls & Boys		
Category	SHORT PROGRAM	FREE SKATING	Category	SHORT PROGRAM	FREE SKATING
Content	1A or 2A Double or triple jump Jump combination (2+2T/3T, 3+2T) Girls: LSp/SSp (6) Boys: CSSp (5+5) CCoSp (5+5) StSq	Max 6 jump elements (must include Axel) Max 2 different spins; - CCoSp (8) - FCSp/FCCSp (6) ChSq	Content	2A Double or triple jump Jump combination (2+2T/3T, 3+2T) Girls: LSp/SSp (6) Boys: CSSp (5+5) CCoSp (5+5) StSq	Max 6 jump elements (must include - 2A or - Axel type jump + Triple) Max 2 different spins; - CCoSp (8) - FCSp/FCCSp (6) ChSq
No. Elements	6	9	No. Elements	6	9
Requirements Jump Elements		- Max 2 combo/seq (one combo/seq can contain 3 jumps): - 2 jump combo - 1 jump combo and 1 jump seq - If there is no Axel type jump attempted, the last jump performed will receive an * and No Value.	Requirements Jump Elements		- Max 2 combo/seq (one combo/seq can contain 3 jumps): - 2 jump combo - 1 jump combo and 1 jump seq - If there is no Axel type jump attempted, the last jump performed will receive an * and No Value.
Norwegian Jump Requirements			Norwegian Jump Requirements		- If there is no attempt at the required 2A or triple, the last jump performed will receive an * and No Value
Jump Bonus	A maximum of two bonus points can be achieved: - 1 point for one 2A - 1 point for one triple jump	A maximum of three bonus points can be achieved: - 1 point for one 2A - 1 point each for any two different triple jumps	Jump Bonus	A maximum of two bonus points can be achieved: - 1 point for one 2A - 1 point for one triple jump.	A maximum of three bonus points can be achieved: - 1 point for one 2A - 1 point each for any two different triple jumps
Requirements Spins	<u>Max Level 3.</u> If the foot changes, max 2 features per foot will count.		Requirements Spins	<u>Max Level 3.</u> If the foot changes, max 2 features per foot will count.	
Requirements StSq	<u>Max Level 3</u>		Requirements StSq	<u>Max Level 3</u>	
Deduction Falls	<u>0.5 outside elements</u>	<u>0.5 outside elements</u>	Deduction Falls	<u>0.5 outside elements</u>	<u>0.5 outside elements</u>
Program Time	2 min 20 sec +/- 10 sec	3 min +/- 10 sec	Program Time	2 min 20 sec +/- 10 sec	3 min +/- 10 sec

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Clarifications Novice/Novice A

Requirements SP	Jumps	<ul style="list-style-type: none"> - Jumps not according to the requirements (wrong number of revolutions) will receive No Value. - If the same jump is executed as a solo jump and as a part of the jump combination, the repeated jump will not be counted. - <u>The 2nd jump in the jump combo must be a 2T/3T.</u>
	Spins	<ul style="list-style-type: none"> - Biellmann position counts as a feature after 6 revolutions in Layback spin.
	Step Sequence	<p><u>To be called Level Base:</u> <u>Fully utilize the ice surface and 2 difficult turns/steps executed on clean edges.</u> <u>If not met, the element is called No Value.</u></p> <p><u>For feature:</u></p> <ul style="list-style-type: none"> - <u>Two combinations of 3 difficult turns on different feet: the combinations must include forward outside rocker and backward inside loop (for season 2024/25), they can be in the same combination or one in the first and the other in the second.</u> - <u>The order of the turns is free.</u> - <u>Only one difficult turn may be repeated once in the two combinations.</u> - <u>At least 2 difficult turns and steps must be executed on clean edges for Level Base</u>
Requirements FP	Jumps	<ul style="list-style-type: none"> - Only two triples can be repeated either in a jump combo or seq. - Quads are not allowed. - Any single, double or triple jump cannot be executed more than twice in total. <u>The same type of jump independent of revolutions can be included not more than three times.</u> - Norwegian Jump Requirements (Novice A only): <u>one jump element must include 2A or triple.</u> <ul style="list-style-type: none"> - If the skater only attempts a triple but no Axel type jump, the requirement is not met. The last jump performed will receive an * and No Value. - If there is no Axel type jump and no Triple jump the last two jumps performed will receive an * and No Value.
	Choreo Sequence	<u>Min 2 different skating movements (spirals, arabesques, spread eagles, Ina Bauers, hydroblading, any jumps with maximum of 2 revolutions, spins, etc) to be confirmed.</u>
Jump bonus		<p>Jumps must be fully rotated or landed on the quarter (q), be in accordance with the SP/FP requirements and repetition rules for jumps. Jumps are NOT eligible to receive bonus points if they have; <, <<, e, fall, invalid element (*)</p> <p>A maximum of two (SP)/three (FP) bonus points can be achieved:</p> <ul style="list-style-type: none"> - 1 point for one 2A - SP: 1 point for one triple jump, FP: 1 point each for any two different triple jumps

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Explanation to the sheet

Underline - new changes this season



Øvelsesutvalg Single 2024-2025

JUNIOR Women			JUNIOR Men		
Category	SHORT PROGRAM	FREE SKATING	Category	SHORT PROGRAM	FREE SKATING
Content	2A <u>2F or 3F</u> Jump combination (2+2, 3+2, 2+3, 3+3) LSp/SSp (8) FCSp (8) CCoSp (6+6) StSq	Max 7 jump elements (must include Axel) Max 3 different spins; - Flying spin (6) - CoSp/CCoSp (10) - Spin in one position (6) ChSq	Content	2A <u>2F or 3F</u> Jump combination (2+2, 3+2, 2+3, 3+3) <u>CSSp (5+5)</u> <u>FCSp (8)</u> CCoSp (6+6) StSq	Max 7 jump elements (must include Axel) Max 3 different spins; - Flying spin (6) - CoSp/CCoSp (10) - Spin in one position (6) ChSq
No. Elements	7	11	No. Elements	7	11
Requirements Jump Elements		- Max 3 combo/seq (one combo/seq can contain 3 jumps): - 3 jump combo - 2 jump combo and 1 jump seq	Requirements Jump Elements		- Max 3 combo/seq (one combo/seq can contain 3 jumps): - 3 jump combo - 2 jump combo and 1 jump seq
Jump Bonus	10% bonus for the last executed jump element after half time.	10% bonus for the 3 last executed jump elements after half time.	Jump Bonus	10% bonus for the last executed jump element after half time.	10% bonus for the 3 last executed jump elements after half time.
Requirements Spins	Max Level 4	Max Level 4	Requirements Spins	Max Level 4	Max Level 4
Deduction Falls	1,0 per fall	1,0 per fall	Deduction Falls	1,0 per fall	1,0 per fall
Program Time	2 min 40 sec +/- 10 sec	3 min 30 sec +/- 10 sec	Program Time	2 min 40 sec +/- 10 sec	3 min 30 sec +/- 10 sec

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Clarifications Junior

Requirements SP	Jumps	<ul style="list-style-type: none"> - The solo jump must be of a different abbreviation than the jumps executed in the jump combination and cannot be an Axel-type jump. - The jumps included in the jump combination must be of a different abbreviation than the solo jump and cannot include an Axel-type jump.
	Spins	-The spin in one position (with or without a change of foot) must be different from the landing position of the flying spin.
Requirements FP	Jumps	<ul style="list-style-type: none"> - Any double, triple or quadruple jump can only be executed twice in total. -Of all triple and quadruple jumps only two (2) can be executed twice. Of the two repetitions only one (1) can be a quadruple jump. - If there is no Axel type jump attempted, the last jump performed will receive an * and No Value.
	Spins	- The spin in one position (with or without a change of foot) must be different from the landing position of the flying spin.

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JUNIOR A Women			JUNIOR A Men		
Category	SHORT PROGRAM	FREE SKATING	Category	SHORT PROGRAM	FREE SKATING
Content	2A 2F or 3F Jump combination (3+2, 2+3, 3+3) <u>LSp/SSp (8)</u> <u>FCSp (8)</u> CCoSp (6+6) StSq	Max 7 jump elements (must include - 2A or - Axel type jump + Triple) Max 3 different spins; - Flying spin (6) - CoSp/CCoSp (10) - Spin in one position (6) ChSq	Content	2A or 3A 2F or 3F Jump combination (3+2, 2+3, 3+3) <u>CSSp (6+6)</u> <u>FCSp (8)</u> CCoSp (6+6) StSq	Max 7 jump elements (must include - 2A/3A or - Axel type jump + Triple) Max 3 different spins; - Flying spin (6) - CoSp/CCoSp (10) - Spin in one position (6) ChSq
No. Elements	7	11	No. Elements	7	11
Requirements Jump Elements		- Max 3 combo/seq (one combo/seq can contain 3 jumps): - 3 jump combo - 2 jump combo and 1 jump seq - If there is no <u>Axel type</u> jump attempted, the last jump performed will receive an * and No Value.	Requirements Jump Elements		- Max 3 combo/seq (one combo/seq can contain 3 jumps): - 3 jump combo - 2 jump combo and 1 jump seq - If there is no <u>Axel type</u> jump attempted, the last jump performed will receive an * and No Value.
Norwegian Jump Requirements		- If there is no attempt at the required 2A or triple, the last jump performed will receive an * and No Value	Norwegian Jump Requirements		- If there is no attempt at the required 2A or triple, the last jump performed will receive an * and No Value
Jump Bonus	10% bonus for the last executed jump element after half time.	10% bonus for the 3 last executed jump elements after half time.	Jump Bonus	10% bonus for the last executed jump element after half time.	10% bonus for the 3 last executed jump elements after half time.
Requirements Spins	Max Level 4	Max Level 4	Requirements Spins	Max Level 4	Max Level 4
Deduction Falls	1,0 per fall	1,0 per fall	Deduction Falls	1,0 per fall	1,0 per fall
Program Time	2 min 40 sec +/- 10 sec	3 min 30 sec +/- 10 sec	Program Time	2 min 40 sec +/- 10 sec	3 min 30 sec +/- 10 sec

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Clarifications Junior A

Requirements SP	Jumps	<ul style="list-style-type: none"> - The solo jump must be of a different abbreviation than the jumps executed in the jump combination and cannot be an Axel-type jump. - The jumps included in the jump combination must be of a different abbreviation than the solo jump and cannot include an Axel-type jump.
	Spins	<ul style="list-style-type: none"> - The spin in one position (with or without a change of foot) must be different from the landing position of the flying spin.
Requirements FP	Jumps	<ul style="list-style-type: none"> - Any double, triple or quadruple jump can only be executed twice in total. - Of all triple and quadruple jumps only two (2) can be executed twice. Of the two repetitions only one (1) can be a quadruple jump. - Norwegian Jump Requirements: <u>one jump element must include 2A or triple.</u> - <u>If the skater only attempts a triple but no Axel type jump, the requirement is not met. The last jump performed will receive an * and No Value.</u> - <u>If there is no Axel type jump and no Triple jump the last two jumps performed will receive an * and No Value.</u>
	Spins	<ul style="list-style-type: none"> - The spin in one position (change of foot is optional. Flying entry is allowed)

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SENIOR Women			SENIOR Men		
Category	SHORT PROGRAM	FREE SKATING	Category	SHORT PROGRAM	FREE SKATING
Content	2A or 3A Double or triple jump Jump combination (2+2, 3+2, 3+3) LSp/CSp/SSp (8) FUSp/FSSp/FCSp/FLSp (8) CCoSp (6+6) StSq	Max 7 jump elements (must include Axel) Max 3 different spins; - Flying spin (6) - CoSp/CCoSp (10) - Spin in one position (6) StSq ChSq	Content	2A or 3A Double or triple jump Jump combination (2+2, 3+2, 3+3) CSSp/CCSp (6+6) FUSp/FSSp/FCSp (8) CCoSp (6+6) StSq	Max 7 jump elements (must include Axel) Max 3 different spins; - Flying spin (6) - CoSp/CCoSp (10) - Spin in one position (6) StSq ChSq
No. Elements	7	12	No. Elements	7	12
Requirements Jump Elements		- Max 3 combo/seq (one combo/seq can contain 3 jumps): - 3 jump combo - 2 jump combo and 1 jump seq	Requirements Jump Elements		- Max 3 combo/seq (one combo/seq can contain 3 jumps): - 3 jump combo - 2 jump combo and 1 jump seq
Jump Bonus	10% bonus for the last executed jump element after half time.	10% bonus for the 3 last executed jump elements after half time.	Jump Bonus	10% bonus for the last executed jump element after half time.	10% bonus for the 3 last executed jump elements after half time.
Requirements Spins	Max Level 4	Max Level 4	Requirements Spins	Max Level 4	Max Level 4
Deduction Falls	1 point: first/second fall, 2 points: third/fourth fall, 3 points: fifth and additional falls	1 point: first/second fall, 2 points: third/fourth fall, 3 points: fifth and additional falls	Deduction Falls	1 point: first/second fall, 2 points: third/fourth fall, 3 points: fifth and additional falls	1 point: first/second fall, 2 points: third/fourth fall, 3 points: fifth and additional falls
Program Time	2 min 40 sec +/- 10 sec	4 min +/- 10 sec	Program Time	2 min 40 sec +/- 10 sec	4 min +/- 10 sec

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Clarifications Senior

Requirements SP	Jumps	<ul style="list-style-type: none"> - The solo jump must be of a different abbreviation than the jumps executed in the jump combination and cannot be an Axel-type jump. - The jumps included in the jump combination must be of a different abbreviation than the solo jump and cannot include an Axel-type jump.
	Spins	<ul style="list-style-type: none"> - The spin in one position must be different from the landing position of the flying spin.
Requirements FP	Jumps	<ul style="list-style-type: none"> - Any double, triple or quadruple jump can only be executed twice in total. - Of all triple and quadruple jumps only two (2) can be executed twice. Of the two repetitions only one (1) can be a quadruple jump.
	Spins	<ul style="list-style-type: none"> - The spin in one position (change of foot is optional. Flying entry is allowed)

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Øvelsesutvalg Single 2024-2025

SENIOR A Women			SENIOR A Men		
Category	SHORT PROGRAM	FREE SKATING	Category	SHORT PROGRAM	FREE SKATING
Content	2A or 3A Triple jump Jump combination (3+2, 3+3) LSp/SSp/CSp (8) FUSp/FSSp/FCSp/FLSp (8) CCoSp (6+6) StSq	Max 7 jump elements (must include Axel) Max 3 different spins; - Flying spin (6) - CoSp/CCoSp (10) - Spin in one position (6) StSq ChSq	Content	2A or 3A Triple or quad jump Jump combination (3+2, 3+3, 4+2, 4+3) CSSp/CCSp (6+6) FUSp/FSSp/FCSp (8) CCoSp (6+6) StSq	Max 7 jump elements (must include Axel) Max 3 different spins; - Flying spin (6) - CoSp/CCoSp (10) - Spin in one position (6) StSq ChSq
No. Elements	7	12	No. Elements	7	12
Requirements Jump Elements		- Max 3 combo/seq (one combo/seq can contain 3 jumps): - 3 jump combo - 2 jump combo and 1 jump seq	Requirements Jump Elements		- Max 3 combo/seq (one combo/seq can contain 3 jumps): - 3 jump combo - 2 jump combo and 1 jump seq
Jump Bonus	10% bonus for the last executed jump element after half time.	10% bonus for the 3 last executed jump elements after half time.	Jump Bonus	10% bonus for the last executed jump element after half time.	10% bonus for the 3 last executed jump elements after half time.
Requirements Spins	Max Level 4	Max Level 4	Requirements Spins	Max Level 4	Max Level 4
Deduction Falls	1 point: first/second fall, 2 points: third/fourth fall, 3 points: fifth and additional falls	1 point: first/second fall, 2 points: third/fourth fall, 3 points: fifth and additional falls	Deduction Falls	1 point: first/second fall, 2 points: third/fourth fall, 3 points: fifth and additional falls	1 point: first/second fall, 2 points: third/fourth fall, 3 points: fifth and additional falls
Program Time	2 min 40 sec +/- 10 sec	4 min +/- 10 sec	Program Time	2 min 40 sec +/- 10 sec	4 min +/- 10 sec

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Clarifications Senior A

Requirements SP	Jumps	<ul style="list-style-type: none"> - The solo jump must be of a different abbreviation than the jumps executed in the jump combination and cannot be an Axel-type jump. - The jumps included in the jump combination must be of a different abbreviation than the solo jump and cannot include an Axel-type jump.
	Spins	<ul style="list-style-type: none"> - The spin in one position must be different from the landing position of the flying spin.
Requirements FP	Jumps	<ul style="list-style-type: none"> - Any double, triple or quadruple jump can only be executed twice in total. - Of all triples and quads can be repeated once - Of all triple and quadruple jumps only two (2) can be executed twice. Of the two repetitions only one (1) can be a quadruple jump.
	Spins	<ul style="list-style-type: none"> - The spin in one position (change of foot is optional. Flying entry is allowed)

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Explanation to the sheet

Underline - new changes this season



Øvelsesutvalg Single 2024-2025

FREE SKATING				
Category	VETERAN BRONZE MEN & WOMEN (28-)	VETERAN SILVER MEN & WOMEN (28-)	VETERAN GOLD MEN & WOMEN (28-)	VETERAN MASTERS MEN & WOMEN (28-)
Content	Max 4 jump elements Max 2 spins (of different abbreviations) - CSp/SSp/USp/LSp (3) or - CCSp/CSSp/CUSp/CLSp (6) ChSq (minimum half of the ice surface)	<u>Max 4 jump elements</u> Max 2 spins (of different abbreviations) ChSq (<u>fully utilizing the ice surface</u>)	Max 5 jump elements Max 3 different spins (of different abbreviation, must include - CCoSp - 1 flying spin or spin with flying entry) StSq (fully utilizing the ice surface)	<u>Max 5 jump elements</u> (must include Axel) Max 3 different spins (of different abbreviation, must include - CCoSp - 1 flying spin or spin with flying entry) StSq (fully utilizing the ice surface)
No. Elements	7	7	9	9
Requirements Jump Elements	- No 1A, doubles or triples - Each listed jump may be performed a max of 2 times - Max 1 combo (may consist of 2 listed jumps) - No Seq allowed - <u>Waltz jumps will be ignored</u>	- No double or triples - Each listed jump may be performed a max of 2 times - Max 2 combo/seq (one combo/seq can contain 3 jumps): - 2 jump combo - 1 jump combo and 1 jump seq	- No 2F, 2Lz, 2A or triples - Each listed jump may be performed a maximum of 2 times. - <u>Max 2 combo/seq (one combo/seq can contain 3 jumps):</u> - <u>2 jump combo</u> - <u>1 jump combo and 1 jump seq</u>	- No triple or quads - Each listed jump may be performed a maximum of 2 times - <u>Max 2 combo/seq (one combo/seq can contain 3 jumps):</u> - <u>2 jump combo</u> - <u>1 jump combo and 1 jump seq</u>
Requirements Spins	- No Flying spins are allowed - All spins with change of foot must have at least 3 rev on each foot. If not, the spin will be marked with a V	- Revolutions in spins: 4 for any spin with no change of foot, and 6 with a change of foot. - All spins with change of foot must have at least 3 revolutions on each foot. If not, the spin will be marked with a V.	- Revolutions in spins: 4 for any spin with no change of foot, and 8 with a change of foot. - All spins with change of foot must have at least 3 revolutions on each foot. If not, the spin will be marked with a V.	- Revolutions in spins: 5 for any spin with no change of foot, and 8 with a change of foot. - All spins with change of foot must have at least 3 revolutions on each foot. If not, the spin will be marked with a V.
Requirements Spins	Max Level 1	Max Level 2	Max Level 3	Max Level 4
Deduction Falls	0,5 per fall	0,5 per fall	1,0 per fall	1,0 per fall
Program Time	1 min 40 sec +/- 10 sec	2 min +/- 10 sec	2 min 50 sec +/- 10 sec	3 min +/- 10 sec

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Explanation to the sheet

Underline - new changes this season



Øvelsesutvalg Single 2024-2025

COMPONENTS OVERVIEW

SHORT PROGRAM	Girls/Women			Boys/Men			
	Debs + Debs A	Novice + Novice A	Junior + Junior A Senior + Senior A	Debs + Debs A	Novice + Novice A	Junior + Junior A Senior + Senior A	
Program Time	Max 2 min 15 sec	2 min 20 sec +/- 10 sec	2 min 40 sec +/- 10 sec	Max 2 min 15 sec	2 min 20 sec +/- 10 sec	2 min 40 sec +/- 10 sec	
Warm-up/ No. Skaters	4 min/ 8 skaters		6 min/ 6 skaters	4 min/ 8 skaters		6 min/ 6 skaters	
CO	1,07		1,33	1,20		1,67	
PR	1,07		1,33	1,20		1,67	
SS	1,07		1,33	1,20		1,67	
General Factor	1,0						
FREE SKATING	Girls/Women			Boys/Men			
	Debs + Debs A Novice + Novice A	Junior + Junior A	Senior + Senior A	Debs + Debs A Novice + Novice A	Junior + Junior A	Senior + Senior A	
Program Time	3 min +/- 10 sec	3 min 30 sec +/- 10 sec	4 min +/- 10 sec	3 min +/- 10 sec	3 min 30 sec +/- 10 sec	4 min +/- 10 sec	
Warm-up/ No. Skaters	5 min/ 8 skaters		6 min/ 6 skaters	5 min/ 8 skaters		6 min/ 6 skaters	
CO	2,13		2,67	2,40		3,33	
PR	2,13		2,67	2,40		3,33	
SS	2,13		2,67	2,40		3,33	
General Factor	1,0						
Girls/Women & Boys/Men							
Cubs u/o 13	Springs	Basic	Artistic Veteran Artistic	Veteran Bronze	Veteran Silver	Veteran Gold	Veteran Masters
Max 2 min 15 sec	Max 2 min 30 sec	2 min 30 sec +/- 10 sec	1 min 30 sec +/- 10 sec	1 min 40 sec +/- 10 sec	2 min +/- 10 sec	2 min 50 sec +/- 10 sec	3 min +/- 10 sec
4 min/ 8 skaters							
1,67		2,00	1,67	2,00		2,67	
1,67		2,00	1,67	2,00		2,67	
1,67		2,00	1,67	2,00		2,67	
1,0							

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Deduction Sheet (Who is responsible?) Adjusted for national requirements

Field with orange background are changed from the original document from ISU.

Description	Penalty		Who is responsible
1 Time violation – for up to every 5 sec. lacking or excess	Senior/Junior -1.0 deduction	All other categories -0.5 deduction	Referee (after consultations with Timekeeper) Deduction applied for falls outside element
2 Costume / prop violations	Senior/Junior -1.0 deduction	All other categories -0.5 deduction	Judges Panel including the Referee by the majority of votes with no deduction in case of 50:50 split vote
3 Part of the costume/decoration falls on the ice (one or more)	Senior/Junior -1.0 deduction	All other categories -0.5 deduction	Referee
4 Illegal Elements/Movements – for every illegal element/movement – lifts with wrong holds; somersault type jumps Novice Only Remarks: If there is an illegal movement during the execution of any element, the deduction for an illegal movement will apply and the element will receive Basic Level if the requirements for at least Basic Level are fulfilled. Otherwise the element will be called "No Level".	-2.0 deduction		Technical Specialist identifies Technical Panel decides by the majority of votes. Technical Controller deducts
5 Fall during the program - for every fall (in Pair skating Junior and Senior -1.0 for a fall of one partner and -2.0 for a fall of both partners. Novice -0.5 for a fall of one partner and -1.0 for a fall of both partners outside the element). A fall is defined as: "loss of control by a skater with the result that the majority of his/her own body weight is on the ice supported by any other part of the body other than the blades e.g. hand(s), knee(s), back, buttock(s) or any part of the arm."	-2.0 deduction		Technical Specialist identifies Technical Panel decides by the majority of votes. Technical Controller deducts Deduction applied for falls outside element
6 Interruption of program - more than 10-20 sec. interruption - more than 20-30 sec. interruption - more than 30-40 sec. interruption Interruption of the program with allowance of up to three (3) minutes to resume from the point of interruption.	Senior/Junior -1.0 -2.0 -3.0 -5.0	All other categories -0.5 -1.0 -1.5 -2.5	Referee
Exception for Cubs u/13 if they forget the program: -First time skater forgets progra, referee instructs the skater to start the program from the beginning, no deduction. -If skater forgets program for the second time, the referee gives permission to start where the interruption happened. -If skater forgets program for the third time, skater is withdrawn.	Cubs only: First time: 0.0 deduction Second time: -2.5 deduction (deduction with allowance) Third time: -Skater is withdrawn		Referee
7 Late start - take starting position within 30 sec	Senior/Junior -1.0	All other categories -0.5	Referee
8 Elements not according to requirements of Short Program or Well balanced Free Skating program	Element receives * as indication for deleted element		Computer deletes elements according to rules; Technical Controller authorizes or corrects deletion of elements
9 Bonus for Distribution of Highlights in the second half of the program jump elements in Singles Junior and Senior Short Program last (1) jump element & Free Skating three (3) last jump elements.	Factor 1.1 for the base value of each such element		Computer / Calculation Program

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