Øvelsesutvalg Single 2026-2027

Here is Øvelsesutvalget for next season, 2026-2027.
New changes are marked with underline.

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

Explanation to the document
Underline - new changes this season

Log of changes to the document

30.09.2026	- Adv. Novice adjustment to layout for Variety Jump Bonus vs. Jump Bonus
14.09.2026	- Updated Veteran categories
23.08.2026	- Corrected Junior Free Program time
16.08.2026	- Added age requirements for all categories on page 2 - Clarification adjustments, and layout updates - Corrections to Junior and Senior categories - updated with correct number of elements and "Max 2 combo/seq"

ERR/CI/JR/UHT 30.09.2026 Subject to changes after updated published ISU Communications and/or Technical Panel Handbook.

Øvelsesutvalg Single 2026-2027

AGE REQUIREMENTS		
Category	**Aqe requirements season 2026/2027**	**Details**
Oppvisning	**2026/2027:** Høsten 2026: Født 01.01.2016 - 31.12.2020 Våren 2027: Født 01.01.2017 - 31.12.2021	En løper som er eldre enn aldersbestemmelsene, kan stille i stevne i egen medlemsklubb, såfremt løperen aldri har deltatt i nasjonale konkurranser tidligere. Løperen må være født etter 01.01.2010.
Cubs u/13	**2026/2027:** Høsten 2026: Født 01.01.2014 - 31.12.2015 Våren 2027: Født 01.01.2014 - 31.12.2016	
Cubs o/13	**2026/2027:** Født 01.01.2012 - 31.12.2013	
Cubs gutter	**2026/2027:** Høsten 2026: Født 01.01.2012 - 31.12.2015 Våren 2027: Født 01.01.2012 - 31.12.2016	
Springs	**2026/2027:** Høsten 2026: Født 01.01.2012 - 31.12.2015 Våren 2027: Født 01.01.2012 - 31.12.2016	
Artistic	**2026/2027:** Høsten 2025: Født 01.07.1998 - 31.12.2015 Våren 2025: Født 01.07.1998 - 31.12.2016	
Basic/ Pre-Basic	**2026/2027:** Født 01.07.1998 - 31.12.2011	-
Intermediate Novice / Advanced Novice / Advanced Novice A	**2026/2027:** Høsten 2026: Født 01.07.2010 - 31.12.2015 Våren 2027: Født 01.07.2010 - 31.12.2016	
Junior / Junior A	**2026/2027:** Høsten 2026: Født 01.07.2007 - 31.12.2013 Våren 2027: Født 01.07.2007 - 31.12.2014	
Senior / Senior A	**2026/2027:** Født før 01.07.2009	-
Veteran	**2026/2027:** Født før 01.01.1998	-

Øvelsesutvalg Single 2026-2027

Clarifications

Jumps	An Euler (half-loop) when used in a jump combination or sequence between two listed jumps will be called but not considered as a listed jump, and will not be counted in the number of the jumps of the concerned jump combination or sequence. After the Euler (half-loop) no change of foot is allowed. An Euler (half-loop) can only be executed once in the Free Skating.
Choreographic Spin (ChSp)	A Choreographic Spin is a spin which enhances the choreography of the program and matches the music. A Choreographic Spin must have a minimum of 3 consecutive revolutions executed on one or two blades, with any basic or non-basic positions allowed. Change of foot is optional and can be done several times during the spin. The Technical Panel identifies the Choreographic Spin and it will be confirmed once the 3 consecutive revolutions have been completed. If the Choreographic Spin cannot be identifiable to the panel, the third performed spin will be considered as the Choreographic Spin (Choreographic Spin confirmed). The Choreographic Spin is included in Junior and Senior Free Skating. This element has a fixed base value and will be evaluated by the judges in GOE only.
Choreographic Sequence (ChSq)	A Choreographic Sequence is an element which enhances the choreography of the program and matches the music. It consists of at least 2 different skating movements like spirals, arabesques, spread eagles, Ina Bauers, hydroblading, any jumps with maximum of 2 revolutions, spins, etc. Steps and turns may be used to link the 2 or more different movements together. Listed elements included in the Choreographic Sequence will not be called and will not occupy a box. The pattern is not restricted, but the sequence must be clearly visible. The Technical Panel identifies the Choreographic Sequence which commences with the first choreographed movement and ends with the last choreographed movement. It can be performed before or after the Step Sequence. The Choreographic Sequence is included in Junior and Senior Free Skating. This element has a fixed base value and will be evaluated by the judges in GOE only.

ERR/CI/JR/UHT 30.09.2026 Subject to changes after updated published ISU Communications and/or Technical Panel Handbook.

Øvelsesutvalg Single 2026-2027

CUBS U/O 13 GIRLS & CUBS BOYS Oppvisning Guidelines			
Category/ Program Time	**FREE SKATING** (Max 2 min 15 sec)		
Content	Max 4 jump elements USp (6) SSp/CSp (4) or CSSp/CCSp (6) StSq		
No. Elements	7		
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 or - 1 jump combo (without Euler (half-loop)) and 1 jump seq		
Requirements Spins	**USp:** - Max Level B - No level features are allowed **SSp/CSp/CSSp/CCSp:** - Max Level 1. If change of foot, the difficult variation or feature can count on either foot.		
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.		
Deduction Falls	0,5 outside elements	**Warm-up/ No. Skaters**	4 min/ 8 skaters

Clarifications

Spin in one position without change of foot (Cubs: USp ONLY)	- Will be called maximum Level Base if there are 3 revolutions in the spin with 2 revolutions in basic position. - No level features are allowed, if any feature is attempted the spin will receive No Value. - Flying entry is not allowed.
Step Sequence	- 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. - Level B1: 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 twizzle needs to have at least two (2) revolutions to be counted. - The Panel must ensure that the correct call is entered into the computer. Level Base = BB, Level 1 = B1.

ERR/CI/JR/UHT 30.09.2026 Subject to changes after updated published ISU Communications and/or Technical Panel Handbook.

Øvelsesutvalg Single 2026-2027

SPRINGS GIRLS & BOYS			
Category/ Program Time	**FREE SKATING** (2:30 min +/- 10 sec)		
Content	Max 5 jump elements (must include Axel) USp/SSp/CSp/LSp (6) CoSp/FCoSp (6) or CCoSp/FCCoSp (8) StSq		
No. Elements	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 or - 1 jump combo (without Euler (half-loop)) and 1 jump seq		
Requirements Spins	**USp/SSp/CSp/LSp:** - Max Level B - No level features are allowed. **CoSp/FCoSp/CCoSp/FCCoSp (Combo spin):** - Max Level 2. If the foot changes, max 1 feature per foot will count. - Flying entry is allowed - Difficult variation in a non-basic position is no longer considered a feature.		
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. The twizzle needs to have at least two (2) revolutions to be counted. **Level B1:** Must include at least 2 clean difficult turns/steps. **Level B2:** Must include at least 4 clean difficult turns/steps.		
Deduction Falls	0,5 outside elements	**Warm-up/ No. Skaters**	4 min/ 8 skaters

Clarifications

Spin in one position without change of foot	- Will be called maximum Level Base if there are 3 revolutions in the spin with 2 revolutions in basic position (camel, sit, layback or upright). - 8 revolutions can be done but will not be counted as an attempted feature. - No level features are allowed, if any feature is attempted the spin will receive No Value. - Change of foot is not allowed. - Flying entry is not allowed.
Step Sequence	- 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. - Level B1/B2: 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 twizzle needs to have at least two (2) revolutions to be counted. - The Panel must ensure that the correct call is entered into the computer. Level Base = BB, Level 1 = B1, Level 2 = B2.

ERR/CI/JR/UHT 30.09.2026 Subject to changes after updated published ISU Communications and/or Technical Panel Handbook.

Øvelsesutvalg Single 2026-2027

INTERMEDIATE NOVICE Girls & Boys			
Category/ Program Time	**FREE SKATING** (2:30 min +/- 10 sec)		
Content	Max 5 jump elements (must include Axel) Spin in one position (6) CoSp(6) or CCoSp (8) StSq		
No. Elements	8		
Jump Bonus	Bonus points that can be achieved: - 2 points for Variety Jump Bonus		
Requirements Spins	Max Level 2. If the foot changes, max 1 features per foot will count.		
Requirements StSq	Max Level 2		
Deduction Falls	0,5 outside elements	**Warm-up/ No. Skaters**	4 min/ 8 skaters

Clarifications

Jumps	- No triples or quads
	- One single and one double jump can be repeated once (including Double Axel)
	- Max 2 combo/seq (can contain only 2 jumps):
	  - 2 jump combo or
	  - 1 jump combo (without Euler (half-loop)) and 1 jump seq

Jump Bonus	**Variety Jump Bonus:** In the Free Skating skaters can earn bonus points when performing all types of jumps (6 different types of jumps) independent of revolutions based on the well-balanced program requirements. To be eligible for bonus points, all different type of jumps must be valid, e.g. not be identified by the Technical Panel as invalid element (*). The bonus points will be two (2) points. The computer automatically identifies the different abbreviations in the list of elements, and the Technical Panel confirms the bonus with the Authorization of elements.
Spins	Spin in one position: - Change of foot is optional, if with change (8) - Flying Entry is allowed CoSp or CCoSp (Combo spin): - Difficult variation in a non-basic position is no longer considered a feature - Flying Entry is **not** allowed

Step Sequence	Level Base:
	  - Fully utilize the ice surface.
	  - Include min 1 skating movement (spiral, spread eagle, Ina Bauer, hydroblading, etc).
	  - 2 difficult turns/steps executed on clean edges.
	  - The twizzle needs to have at least two (2) revolutions to be counted.
	Level 1 and 2:
	  - Features: Minimum variety, simple variety, rotations.

ERR/CI/JR/UHT 30.09.2026 Subject to changes after updated published ISU Communications and/or Technical Panel Handbook.

Øvelsesutvalg Single 2026-2027

ADVANCED NOVICE Girls & Boys				
Category/ Program Time	**SHORT PROGRAM** (2:20 min +/- 10 sec)		**FREE SKATING** (3:00 min +/- 10 sec)	
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 5 jump elements (must include Axel) Max 2 different spins; - CCoSp (8) - FCSp (6) ChSq	
No. Elements	6		8	
Jump Bonus	Bonus points that can be achieved: - 1 point for one 2A - 1 point for one triple jump		Bonus points that can be achieved: - 1 point for one 2A - 1 point each for any two different triple jumps - 2 points for Variety Jump Bonus	
Requirements Spins	Max Level 3. If the foot changes, max 2 features per foot will count.			
Requirements StSq	Max Level 3			
Deduction Falls	0,5 outside elements	**Warm-up/ No. Skaters**	**SP:** 4 min/ 8 skaters	**FP:** 5 min/ 8 skaters

Clarifications & Requirements

Short Program	**Jumps**	- Jumps not according to the requirements (wrong number of revs) 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. - The 2nd jump in the jump combo must be a 2T or 3T. - An Euler jump cannot be included in the Jump combination in the Short Program.
	Spins	- Flying entrance is not allowed. - Girls: Biellmann position counts as a feature after 6 revolutions in Layback spin. - Difficult variation in a non-basic position is no longer considered a feature.
	Step Sequence	Level Base: - Fully utilize the ice surface. - 2 difficult turns/steps executed on clean edges. - The twizzle needs to have at least two (2) revolutions to be counted. For the feature *"Two combinations of 3 difficult turns on different feet"* : - The mandatory turns are forward outside counter and backward outside loop. - They can be in the same combination or one in the first and the other in the second. - Only one difficult turn may be repeated once in the two combinations.
Free Skating	**Jumps**	- Max 2 combo/seq (one combo/seq can contain 3 jumps): - 2 jump combo - 1 jump combo (without Euler (half-loop)) and 1 jump seq - Only two triples can be repeated either in a jump combo or seq. - Quads are not allowed. - The same type of jump independent of revolutions can be included not more than two times.
	Variety Jump bonus	In the Free Skating skaters can earn bonus points when performing all types of jumps (6 different types of jumps) independent of revolutions based on the well-balanced program requirements. To be eligible for bonus points, all different type of jumps must be valid, e.g. not be identified by the Technical Panel as invalid element (*). The bonus points will be two (2) points. The computer automatically identifies the different abbreviations in the list of elements, and the Technical Panel confirms the bonus with the Authorization of elements.
	Spins	- Combo Spin, flying entrance is not allowed. - Difficult variation in a non-basic position is no longer considered a feature.
Jump bonus (2A & Triple jumps)	Jumps must be fully rotated or landed on the quarter (q), be in accordance with the SP/FS requirements and repetition rules for jumps. Jumps are NOT eligible to receive bonus points if they have; <, <<, e, fall, invalid element (*) A maximum of two (SP)/three (FS) bonus points can be achieved: - 1 point for one 2A - SP: 1 point for one triple jump, FS: 1 point each for any two different triple jumps	

ERR/CI/JR/UHT 30.09.2026 Subject to changes after updated published ISU Communications and/or Technical Panel Handbook.

Øvelsesutvalg Single 2026-2027

ADVANCED NOVICE A Girls & Boys				
Category/ Program Time	**SHORT PROGRAM** (2:20 min +/- 10 sec)		**FREE SKATING** (3:00 min +/- 10 sec)	
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 5 jump elements (**must include 2A or Triple + Axel type jump**) Max 2 different spins; - CCoSp (8) - FCSp (6) ChSq	
No. Elements	6		8	
Jump Bonus	Bonus points that can be achieved: - 1 point for one 2A - 1 point for one triple jump		Bonus points that can be achieved: - 1 point for one 2A - 1 point each for any two different triple jumps - 2 points for Variety Jump Bonus	
Requirements Spins	Max Level 3. If the foot changes, max 2 features per foot will count.			
Requirements StSq	Max Level 3			
Deduction Falls	0,5 outside elements	**Warm-up/ No. Skaters**	**SP:** 4 min/ 8 skaters	**FP:** 5 min/ 8 skaters

Clarifications & Requirements

Short Program	**Jumps**	- Jumps not according to the requirements (wrong number of revs) 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. - The 2nd jump in the jump combo must be a 2T or 3T. - An Euler jump cannot be included in the Jump combination in the Short Program.
	Spins	- Flying entrance is not allowed. - Girls: Biellmann position counts as a feature after 6 revolutions in Layback spin. - Difficult variation in a non-basic position is no longer considered a feature.
	Step Sequence	Level Base: - Fully utilize the ice surface. - 2 difficult turns/steps executed on clean edges. - The twizzle needs to have at least two (2) revolutions to be counted. For the feature *"Two combinations of 3 difficult turns on different feet"* : - The mandatory turns are forward outside counter and backward outside loop. - They can be in the same combination or one in the first and the other in the second. - Only one difficult turn may be repeated once in the two combinations.
Free Skating	**Jumps**	- Max 2 combo/seq (one combo/seq can contain 3 jumps): - 2 jump combo - 1 jump combo (without Euler (half-loop)) and 1 jump seq - Only two triples can be repeated either in a jump combo or seq. - Quads are not allowed. - The same type of jump independent of revolutions can be included not more than two times. **Norwegian Jump Requirement:** - One jump element must include 2A or a Triple jump. - 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.
	Variety Jump bonus	In the Free Skating skaters can earn bonus points when performing all types of jumps (6 different types of jumps) independent of revolutions based on the well-balanced program requirements. To be eligible for bonus points, all different type of jumps must be valid, e.g. not be identified by the Technical Panel as invalid element (*). The bonus points will be two (2) points. The computer automatically identifies the different abbreviations in the list of elements, and the Technical Panel confirms the bonus with the Authorization of elements.
	Spins	- Combo Spin, flying entrance is not allowed. - Difficult variation in a non-basic position is no longer considered a feature.
Jump bonus (2A & Triple jumps)	Jumps must be fully rotated or landed on the quarter (q), be in accordance with the SP/FS requirements and repetition rules for jumps. Jumps are NOT eligible to receive bonus points if they have; <, <<, e, fall, invalid element (*) A maximum of two (SP)/three (FS) bonus points can be achieved: - 1 point for one 2A - SP: 1 point for one triple jump, FS: 1 point each for any two different triple jumps	

ERR/CI/JR/UHT 30.09.2026 Subject to changes after updated published ISU Communications and/or Technical Panel Handbook.

Øvelsesutvalg Single 2026-2027

JUNIOR Women & Men			
Category/ Program Time	**SHORT PROGRAM** (2:40 min +/- 10 sec)		**FREE SKATING** (3:30 min +/- 10 sec)
Content	**Women:** 2A 2Lz or 3Lz Jump combination (2+2, 3+2, 2+3, 3+3) FCSp (8) LSp/SSp (8) CCoSp (6+6) StSq	**Men:** 2A or 3A 2Lz or 3Lz Jump combination (2+2, 3+2, 2+3, 3+3) FCSp (8) CSSp (6+6) CCoSp (6+6) StSq	Max 6 jump elements (must include Axel) Max 3 different spins; - Spin Combination (10) - Flying spin (6) - Choreographic spin, ChSp (3) ChSq
No. Elements	7		10
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		
Deduction Falls	1,0 per fall	**Warm-up/ No. Skaters**	6 min/ 6 skaters

Clarifications & Requirements

Short Program	**Jumps**	- The solo jump can only be the requirerd double or triple jump. - 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.
	Step Sequence	Level Base: - Fully utilize the ice surface. - 2 difficult turns/steps executed on clean edges. - The twizzle needs to have at least two (2) revolutions to be counted.
Free Skating	**Jumps**	- Max 2 combo/seq (one combo/seq can contain 3 jumps): - 2 jump combo - 1 jump combo (without Euler (half-loop)) and 1 jump seq - 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. - The same type of jump independent of revolutions can be included not more than three times.
	Spins	A well balanced Free Skating program for Men & Women (Senior & Junior) must contain max of 3 spins: - Spin combination (flying entry and change of foot is optional) - Flying spin (one position and no change of foot) - Choreographic spin (See page 3, for clarifications) All Spins must be of a different character. Any Spin with the same character (abbreviation) as the one executed before will not be counted (but will occupy a spinning box).

ERR/CI/JR/UHT 30.09.2026 Subject to changes after updated published ISU Communications and/or Technical Panel Handbook.

Øvelsesutvalg Single 2026-2027

JUNIOR A Women & Men			
Category/ Program Time	**SHORT PROGRAM** (2:40 min +/- 10 sec)		**FREE SKATING** (3:30 min +/- 10 sec)
Content	**Women:** 2A 2Lz or 3Lz Jump combination (3+2, 2+3, 3+3) FCSp (8) LSp/SSp (8) CCoSp (6+6) StSq	**Men:** 2A or 3A 2Lz or 3Lz Jump combination (3+2, 2+3, 3+3) FCSp (8) CSSp (6+6) CCoSp (6+6) StSq	Max 6 jump elements (**must include 2A or Triple + Axel type jump**) Max 3 different spins; - Spin Combination (10) - Flying spin (6) - Choreographic spin, ChSp (3) ChSq
No. Elements	7		10
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		
Deduction Falls	1,0 per fall	**Warm-up/ No. Skaters**	6 min/ 6 skaters

Clarifications & Requirements

Short Program	**Jumps**	- The solo jump can only be the requirerd double or triple jump. - 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.
	Step Sequence	Level Base: - Fully utilize the ice surface. - 2 difficult turns/steps executed on clean edges. - The twizzle needs to have at least two (2) revolutions to be counted.
Free Skating	**Jumps**	- Max 2 combo/seq (one combo/seq can contain 3 jumps): - 2 jump combo - 1 jump combo (without Euler (half-loop)) and 1 jump seq - 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. - The same type of jump independent of revolutions can be included not more than three times. **Norwegian Jump Requirements**: - One jump element must include 2A or a Triple jump. - 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.
	Spins	A well balanced Free Skating program for Men & Women (Senior & Junior) must contain max of 3 spins: - Spin combination (flying entry and change of foot is optional) - Flying spin (one position and no change of foot) - Choreographic spin (See page 3, for clarifications) All Spins must be of a different character. Any Spin with the same character (abbreviation) as the one executed before will not be counted (but will occupy a spinning box).

ERR/CI/JR/UHT 30.09.2026 Subject to changes after updated published ISU Communications and/or Technical Panel Handbook.

Øvelsesutvalg Single 2026-2027

SENIOR Women & Men			
Category/ Program Time	**SHORT PROGRAM** (2:40 min +/- 10 sec)		**FREE SKATING** (4:00 min +/- 10 sec)
Content	**Women:** 2A or 3A Double or Triple jump Jump combination (2+2, 3+2, 2+3, 3+3) Flying spin (8) LSp/SSp/CSp (8) CCoSp (6+6) StSq	**Men:** 2A or 3A Double or Triple jump Jump combination (2+2, 3+2, 3+3, 4+2, 4+3) Flying spin (8) CSSp/CCSp (6+6) CCoSp (6+6) StSq	Max 6 jump elements (must include Axel) Max 3 different spins; - Spin Combination (10) - Flying spin (6) - Choreographic spin, ChSp (3) StSq ChSq
No. Elements	7		11
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		
Deduction Falls	1 point: first/second fall, 2 points: third/fourth fall, 3 points: fifth and additional falls	**Warm-up/ No. Skaters**	6 min/ 6 skaters

Clarifications & Requirements

Short Program	**Jumps**	- 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	- Flying spins are: FUSp/FSSp/FCSp/FLSp. - The spin in one position must be different from the landing position of the flying spin.
	Step Sequence	Level Base: - Fully utilize the ice surface. - 2 difficult turns/steps executed on clean edges. - The twizzle needs to have at least two (2) revolutions to be counted.
Free Skating	**Jumps**	- Max 2 combo/seq (one combo/seq can contain 3 jumps): - 2 jump combo - 1 jump combo (without Euler (half-loop)) and 1 jump seq - 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. - The same type of jump independent of revolutions can be included not more than three times.
	Spins	A well balanced Free Skating program for Men & Women (Senior & Junior) must contain max of 3 spins: - Spin combination (flying entry and change of foot is optional) - Flying spin (one position and no change of foot) - Choreographic spin (See page 3, for clarifications) All Spins must be of a different character. Any Spin with the same character (abbreviation) as the one executed before will not be counted (but will occupy a spinning box).
	Step Sequence	Level Base: - Fully utilize the ice surface. - 2 difficult turns/steps executed on clean edges. - The twizzle needs to have at least two (2) revolutions to be counted.

ERR/CI/JR/UHT 30.09.2026 Subject to changes after updated published ISU Communications and/or Technical Panel Handbook.

Øvelsesutvalg Single 2026-2027

SENIOR A Women & Men			
Category/ Program Time	**SHORT PROGRAM** (2:40 min +/- 10 sec)		**FREE SKATING** (4:00 min +/- 10 sec)
Content	**Women:** 2A or 3A Triple jump Jump combination (3+2, 2+3, 3+3) Flying spin (8) LSp/SSp/CSp (8) CCoSp (6+6) StSq	**Men:** 2A or 3A Triple or Quad jump Jump combination (3+2, 2+3, 3+3, 4+2, 4+3) Flying spin (8) CSSp/CCSp (6+6) CCoSp (6+6) StSq	Max 6 jump elements (must include Axel) Max 3 different spins; - Spin Combination (10) - Flying spin (6) - Choreographic spin, ChSp (3) StSq ChSq
No. Elements	7		11
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		
Deduction Falls	1 point: first/second fall, 2 points: third/fourth fall, 3 points: fifth and additional falls	**Warm-up/ No. Skaters**	6 min/ 6 skaters

Clarifications & Requirements

Short Program	**Jumps**	- 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	- Flying spins are: FUSp/FSSp/FCSp/FLSp. - The spin in one position must be different from the landing position of the flying spin.
	Step Sequence	Level Base: - Fully utilize the ice surface. - 2 difficult turns/steps executed on clean edges. - The twizzle needs to have at least two (2) revolutions to be counted.
Free Skating	**Jumps**	- Max 2 combo/seq (one combo/seq can contain 3 jumps): - 2 jump combo - 1 jump combo (without Euler (half-loop)) and 1 jump seq - 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. - The same type of jump independent of revolutions can be included not more than three times.
	Spins	A well balanced Free Skating program for Men & Women (Senior & Junior) must contain max of 3 spins: - Spin combination (flying entry and change of foot is optional) - Flying spin (one position and no change of foot) - Choreographic spin (See page 3, for clarifications) All Spins must be of a different character. Any Spin with the same character (abbreviation) as the one executed before will not be counted (but will occupy a spinning box).
	Step Sequence	Level Base: - Fully utilize the ice surface. - 2 difficult turns/steps executed on clean edges. - The twizzle needs to have at least two (2) revolutions to be counted.

ERR/CI/JR/UHT 30.09.2026 Subject to changes after updated published ISU Communications and/or Technical Panel Handbook.

Øvelsesutvalg Single 2026-2027

BASIC GIRLS & BOYS			
Category/ Program Time	**FREE SKATING** (2:30 min +/- 10 sec)		
Content	Max 4 jump elements Max 2 different spins; - If combo spin (10), if other spins (6) ChSq		
No. Elements	7		
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 (without Euler (half-loop)) and 1 jump seq		
Requirements Spins	Max Level 4. - If the foot changes, max 2 features per foot will count. - Difficult variation in a non-basic position is no longer considered a feature.		
Requirements ChSq	Choreographic Sequence - clarification see page 3		
Deduction Falls	0,5 outside elements	**Warm-up/ No. Skaters**	4 min/ 8 skaters

PRE-BASIC GIRLS & BOYS			
Category/ Program Time	**FREE SKATING** (Max 2 min 15 sec)		
Content	Max 4 jump elements Max 2 different spins; - If combo spin (8), if other spins (4) ChSq		
No. Elements	7		
Requirements Jump Elements	- No triples or quads - Max one double jump allowed - One single jump can be repeated once - Max 1 combo/seq (can contain only 2 jumps)		
Requirements Spins	Max Level 2 - If the foot changes, max 1 feature per foot will count. - Difficult variation in a non-basic position is no longer considered a feature.		
Requirements ChSq	Choreographic Sequence - clarification see page 3		
Deduction Falls	0,5 outside elements	**Warm-up/ No. Skaters**	4 min/ 8 skaters

ERR/CI/JR/UHT 30.09.2026 Subject to changes after updated published ISU Communications and/or Technical Panel Handbook.

Øvelsesutvalg Single 2026-2027

ARTISTIC GIRLS & BOYS	
Category/ Program Time	**FREE SKATING** (1 min 30 sec +/- 10 sec)
	Judged only on the Program Components Score. There is no Technical Element Score, elements are optional.
Optional Content	- ChSq Jump elements; - Max 1 (only singles allowed) Spins; - Max 1 spin (ChSp allowed)
Deduction Falls	Reflected in Components only
Warm-up/ No. Skaters	4 min/ 8 skaters

ERR/CI/JR/UHT 30.09.2026 Subject to changes after updated published ISU Communications and/or Technical Panel Handbook.

Øvelsesutvalg Single 2026-2027

Category	VETERAN BRONZE MEN & WOMEN (28-)	VETERAN SILVER MEN & WOMEN (28-)
	FREE SKATING	
Program Time	1 min 40 sec +/- 10 sec	2 min +/- 10 sec
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)	Max 4 jump elements Max 2 spins of different abbreviations, must include; - Spin in one position, change of foot optional, no flying entry - Spin of any nature, flying entrance optional ChSq (fully utilizing the ice surface)
No. Elements	7	7
Requirements Jump Elements	- No Axel type jumps, 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 or Euler allowed - Waltz jumps will be ignored	- No doubles 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 (without Euler (half-loop)) and 1 jump seq - A Waltz jump will be called as a single Axel downgrade
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.
	Max Level 1	Max Level 2
Deduction Falls	0,5 per fall	
Warm-up/ No. Skaters	4 min/ 8 skaters	

VETERAN ARTISTIC MEN & WOMEN	
Category/ Program Time	**FREE SKATING** (1 min 30 sec +/- 10 sec)
	Jump elements; Single jumps (No doubles, triples and no Combo or Seq allowed) - Min 1, max 2 Spins; - Min 1, max 2 spins (choreographic spins allowed)
No. Elements	Min 2/ Max 4
Clarifications	*Judged only on the Program Components.* *Referee deductions:* *- 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),* *- marked in protocol as illegal element.* *Clothing rules:* *- 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.*
Deduction Falls	Reflected in Components only
Warm-up/ No. Skaters	4 min/ 8 skaters

ERR/CI/JR/UHT 30.09.2026 Subject to changes after updated published ISU Communications and/or Technical Panel Handbook.

Øvelsesutvalg Single 2026-2027

Category	VETERAN GOLD MEN & WOMEN (28-)	VETERAN MASTERS MEN & WOMEN (28-)
	FREE SKATING	
Program Time	2 min 50 sec +/- 10 sec	3 min +/- 10 sec
Content	Max 5 jump elements Max 3 different spins of different abbrevation, must include; - CCoSp - Flying spin or spin with flying entry, change og foot optional - Choreographic spin, ChSp (3) StSq (fully utilizing the ice surface)	Max 5 jump elements (must include Axel) Max 3 different spins of different abbrevation, must include; CoSp/CCoSp - Flying spin or spin with flying entry, with no change og foot - Choreographic spin, ChSp (3) StSq (fully utilizing the ice surface)
No. Elements	9	9
Requirements Jump Elements	- No 2F, 2Lz, 2A or triples - Each listed jump may be performed a maximum of 2 times. - Max 2 combo/seq (one combo/seq can contain 3 jumps): - 2 jump combo - 1 jump combo (without Euler (half-loop)) and 1 jump seq - A Waltz jump will be called as a single Axel downgrade	- No triple or quads - Each listed jump may be performed a maximum of 2 times - Max 2 combo/seq (one combo/seq can contain 3 jumps): - 2 jump combo - 1 jump combo (without Euler (half-loop)) and 1 jump seq
Requirements Spins	- 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.
	Max Level 3	Max Level 4
Requierments Steps	- Must include at least one (1) skating movement such as a spiral, spread eagle, Ina Bauer, hydroblading etc. If the skating movement is missing, no Level will be given. - At least 2 difficult turns and steps must be executed on clean edges for Level basic. - The twizzle needs to have at least two (2) revolutions to be counted. - Will not award step features 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, and Feature 5) Body movements included in a combination of 3 difficult turns feature.	- At least 2 difficult turns and steps must be executed on clean edges for Level basic. - The twizzle needs to have at least two (2) revolutions to be counted.
	Max Level 2	Max Level 4
Deduction Falls	1,0 per fall	
Warm-up/ No. Skaters	4 min/ 8 skaters	

ERR/CI/JR/UHT 30.09.2026 Subject to changes after updated published ISU Communications and/or Technical Panel Handbook.

Øvelsesutvalg Single 2026-2027 - COMPONENTS OVERVIEW

FREE SKATING	Girls/Women & Boys/Men				
Category	**Cubs u/o 13**	**Springs**	**Pre-Basic**	**Basic**	**Artistic**
Program Time	Max 2 min 15 sec	2:30 min +/- 10 sec	Max 2 min 15 sec	2:30 min +/- 10 sec	1:30 min +/- 10 sec
CO	1,67			2,00	1,00
PR	1,67			2,00	1,20
SS	1,67			2,00	1,00
Warm-up/ No. Skaters	4 min/ 8 skaters				
General Factor	1,0				

FREE SKATING	Girls/Women & Boys/Men				
Category	**Veteran Artistic**	**Veteran Bronze**	**Veteran Silver**	**Veteran Gold**	**Veteran Masters**
Program Time	1:30 min +/- 10 sec	1:40 min +/- 10 sec	2:00 min +/- 10 sec	2:50 min +/- 10 sec	3:00 min +/- 10 sec
CO	1,00	2,00		2,67	
PR	1,20	2,00		2,67	
SS	1,00	2,00		2,67	
Warm-up/ No. Skaters	4 min/ 8 skaters				
General Factor	1,0				

SHORT PROGRAM	Girls/Women	
Category	**Advanced Novice + Advanced Novice A**	**Junior + Junior A / Senior + Senior A**
Program Time	2:20 min +/- 10 sec	2:40 min +/- 10 sec
CO	1,07	1,33
PR	1,07	1,33
SS	1,07	1,33
Warm-up/ No. Skaters	4 min/ 8 skaters	6 min/ 6 skaters
General Factor	1,0	

FREE SKATING	Girls/Women			
Category	**Intermediate Novice**	**Advanced Novice + Advanced Novice A**	**Junior + Junior A**	**Senior + Senior A**
Program Time	10 sec	3:00 min +/- 10 sec	3:30 min +/- 10 sec	4:00 min +/- 10 sec
CO	1,7	2,13	2,67	
PR	1,7	2,13	2,67	
SS	1,7	2,13	2,67	
Warm-up/ No. Skaters	4 min/ 8 skaters	5 min/ 8 skaters	6 min/ 6 skaters	
General Factor	1,0			

SHORT PROGRAM	Boys/Men	
Category	**Advanced Novice + Advanced Novice A**	**Junior + Junior A / Senior + Senior A**
Program Time	2:20 min +/- 10 sec	2:40 min +/- 10 sec
CO	1,20	1,67
PR	1,20	1,67
SS	1,20	1,67
Warm-up/ No. Skaters	4 min/ 8 skaters	6 min/ 6 skaters
General Factor	1,0	

FREE SKATING	Boys/Men			
Category	**Intermediate Novice**	**Advanced Novice + Advanced Novice A**	**Junior + Junior A**	**Senior + Senior A**
Program Time	10 sec	3:00 min +/- 10 sec	3:30 min +/- 10 sec	4:00 min +/- 10 sec
CO	2,00	2,40	3,33	
PR	2,00	2,40	3,33	
SS	2,00	2,40	3,33	
Warm-up/ No. Skaters	4 min/ 8 skaters	5 min/ 8 skaters	6 min/ 6 skaters	
General Factor	1,0			

ERR/CI/JR/UHT 30.09.2026 Subject to changes after updated published ISU Communications and/or Technical Panel Handbook.

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 categories** -1.0 deduction **All other** -0.5 deduction	**Referee (after consultations with Timekeeper)** **Deduction applied for falls outside element**
2	**Costume / prop violations**	**Senior/Junior categories** -1.0 deduction **All other** -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 categories** -1.0 deduction **All other** -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 categories** / **All other** -1.0 / -0.5 -2.0 / -1.0 -3.0 / -1.5 -5.0 / -2.5	**Referee**
	Exception for Cubs u/13 if they forget the program: - First time skater forgets program, the 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, the skater is withdrawn.	**Cubs only:** **First time:** 0.0 deduction **Second time:** -2,5 decution (deduction with allowance) **Third time:** -Skater is withdrawn	**Referee**
7	**Late start - take starting position within 30 sec**	**Senior/Junior categories** -1.0 **All other** -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**

ERR/CI/JR/UHT 30.09.2026 Subject to changes after updated published ISU Communications and/or Technical Panel Handbook.