



Øvelsesutvalg Singel 2022-2023

FREE SKATING	Oppvisning boys & girls (6-11)	Cubs u/13 boys & girls (11-12) Cubs o/13 boys & girls (13-19)	Springs u/14 boys & girls (11-13) Springs o/14 boys & girls (14-19)																		
CONTENT	The "oppvisningsklasse" has its own judging system and has no requirements. It is recommended that the skater follows the requirements for Cubs.	Max 5 jump elements Max 2 different spins of free choice - If combo spin (6) - All other spins (4) StSq (see clarifications)	Max 5 jump elements (must include Axel) Max 2 different spins - CoSp (5)/CCoSp (8) - Spin in one position (5) or spin in one position with change of foot (4+4) StSq (see clarifications)																		
CLARIFICATIONS	Max 2 jump combo/seq. A jump combo/seq.* can contain only two jumps. All double jumps can only be executed twice. Only two triple or quadruple jumps can be executed twice, the second of the same abbreviation must be in combo/seq.																				
NO. ELEMENTS/ MAX. LEVEL	---/---	8/2	8/3																		
NORWEGIAN RULES	---	Feature: 8 rotations in basic sit position	---																		
BONUS	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. See clarifications for more details. BONUS A: 3 points for a triple jump. BONUS B: 2 points for 2A. BONUS C: 1,5 points for a triple jump with a q or triple fully rotated with a double three turn on the landing. BONUS D: 1 point for 2Aq or 2A fully rotated with a double three turn on the landing. BONUS F: 0,5 points for three different double jumps																				
DEDUCTION FALL	---	0,5 points	0,5 points																		
TIME/ MUSIC	Recommendation: Max. 2 min. 30 sec. Instrumental/vocal music	Max. 2 min. 30 sec. Instrumental/vocal music	Max. 2 min. 30 sec. Instrumental/vocal music																		
WARM-UP	4 minutes, max. 8 skaters	4 minutes, max. 8 skaters	4 minutes, max. 8 skaters																		
COMPONENTS	---	<table border="1"> <tr> <td>CO</td> <td>PR</td> <td>SS</td> </tr> <tr> <td>1,67</td> <td>1,67</td> <td>1,67</td> </tr> <tr> <td colspan="3">General Factor 1,0</td> </tr> </table>	CO	PR	SS	1,67	1,67	1,67	General Factor 1,0			<table border="1"> <tr> <td>CO</td> <td>PR</td> <td>SS</td> </tr> <tr> <td>1,67</td> <td>1,67</td> <td>1,67</td> </tr> <tr> <td colspan="3">General Factor 1,00</td> </tr> </table>	CO	PR	SS	1,67	1,67	1,67	General Factor 1,00		
CO	PR	SS																			
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SHORT PROGRAM	DEBS GIRLS (11-19)	DEBS BOYS (11-19)	NOVICE GIRLS (11-19)	NOVICE BOYS (11-19)																								
CONTENT	1A or 2A Double or triple jump Jump combination (2+2, 2+1) LSp/SSp (5) CCoSp/FCCoSp (5+5) StSq	1A or 2A Double or triple jump Jump combination (2+2, 2+1) CSSp (5+5) CCoSp/FCCoSp (5+5) StSq	1A or 2A Double or triple jump Jump combination (2+2, 3+2) LSp/SSp (6) CCoSp/FCCoSp (5+5) StSq	1A or 2A Double or triple jump Jump combination (2+2, 3+2) CSSp (5+5) CCoSp/FCCoSp (5+5) StSq																								
CLARIFICATIONS	<p>CCoSp/FCCoSp: only one change of foot is allowed.</p> <p>The solo jump must be of a different abbreviation than the jumps executed in the jump combination and cannot be an Axel-type jump.</p> <p>The jumps included in the jump combination must be of a different abbreviation than the solo jump and cannot include an Axel-type jump</p>																											
NO. ELEMENTS/ MAX. LEVEL	6/3	6/3	6/3	6/3																								
BONUS	<p>Jumps must be fully rotated or landed on the quarter (q), be in accordance with the SP 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 bonus points can be achieved:</p> <ul style="list-style-type: none"> ○ 1 point for one 2A ○ 1 point for one triple jump. 																											
DEDUCTION FALL	0,5 points																											
TIME/ MUSIC	2 min. 20 sec. +/- 10 sec. Instrumental/vocal music	2 min. 20 sec. +/- 10 sec. Instrumental/vocal music	2 min. 20 sec. +/- 10 sec. Instrumental/vocal music	2 min. 20 sec. +/- 10 sec. Instrumental/vocal music																								
WARM-UP	4 minutes, max. 8 skaters																											
COMPONENTS	<table border="1"> <tr> <td>CO</td> <td>PR</td> <td>SS</td> </tr> <tr> <td>1,07</td> <td>1,07</td> <td>1,07</td> </tr> </table> <p>General Factor 1,0</p>	CO	PR	SS	1,07	1,07	1,07	<table border="1"> <tr> <td>CO</td> <td>PR</td> <td>SS</td> </tr> <tr> <td>1,20</td> <td>1,20</td> <td>1,20</td> </tr> </table> <p>General Factor 1,0</p>	CO	PR	SS	1,20	1,20	1,20	<table border="1"> <tr> <td>CO</td> <td>PR</td> <td>SS</td> </tr> <tr> <td>1,07</td> <td>1,07</td> <td>1,07</td> </tr> </table> <p>General Factor 1,0</p>	CO	PR	SS	1,07	1,07	1,07	<table border="1"> <tr> <td>CO</td> <td>PR</td> <td>SS</td> </tr> <tr> <td>1,20</td> <td>1,20</td> <td>1,20</td> </tr> </table> <p>General Factor 1,0</p>	CO	PR	SS	1,20	1,20	1,20
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FREE SKATING	DEBS GIRLS (11-19)	DEBS BOYS (11-19)	NOVICE GIRLS (11-19)	NOVICE BOYS (11-19)																								
CONTENT	Max. 6 jump elements (must include Axel) Max. 2 spins -FCSp/FSSp/ FUSp (5) -CoSp (6)/CCoSp(8) StSq	Max. 6 jump elements (must include Axel) Max. 2 spins -FCSp/FSSp/ FUSp (5) -CoSp (6)/CCoSp(8) StSq	Max. 6 jump elements (must include Axel) Max. 2 spins -FCSp/FSSp/FUSp (6) or FCCSp/FCSSp/FCUSp (8) -CCoSp(8) StSq	Max. 6 jump elements (must include Axel) Max. 2 spins - FCSp/FSSp/FUSp (6) or FCCSp/FCSSp/FCUSp (8) - CCoSp(8) StSq																								
CLARIFICATIONS	Debs: Max 2 jump combo or 1 jump combo and 1 jump seq*. A jump combo/seq. can contain only two jumps. Novice: Max 2 jump combo or 1 jump combo and 1 jump seq. One (1) combo/seq can contain three (3) jumps. Only two triple jumps can be repeated either in a jump combination or jump sequence. No quadruple jumps are allowed. Any single, double or triple jump cannot be executed more than twice in total.																											
NO. ELEMENTS/ MAX. LEVEL	9/3	9/3	9/3	9/3																								
BONUS	Jumps must be fully rotated or landed on the quarter (q), be in accordance with the well-balanced FS program and repetition rules for jumps. Jumps are NOT eligible to receive bonus points if they have; <, <<, e, fall, invalid element (*) A maximum of three bonus points can be achieved: <ul style="list-style-type: none"> ○ 1 point for one 2A ○ 2 points for any two different triple jumps. 1 point each for any two different triple jumps 																											
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WARM-UP	5 minutes, max. 8 skaters																											
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2,13	2,13	2,13																										
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2,40	2,40	2,40																										

Øvelsesutvalg Singel 2022-2023

SHORT PROGRAM	DEBS A GIRLS (11-19)	DEBS A BOYS (11-19)	NOVICE A GIRLS (11-19)	NOVICE A BOYS (11-19)																								
CONTENT	1A or 2A Double or triple jump Jump combination (2+2) LSp/SSp (5) CCoSp/FCCoSp (5+5) StSq	1A or 2A Double or triple jump Jump combination (2+2) CSSp (5+5) CCoSp/FCCoSp (5+5) StSq	2A Double or triple jump Jump combination (2+2, 3+2, 2+3) LSp/SSp (6) CCoSp/FCCoSp (5+5) StSq	2A Double or triple jump Jump combination (2+2, 3+2, 2+3) CSSp (5+5) CCoSp/FCCoSp (5+5) StSq																								
CLARIFICATIONS	<p>CCoSp/FCCoSp: only one change of foot is allowed.</p> <p>The solo jump must be of a different abbreviation than the jumps executed in the jump combination and cannot be an Axel-type jump.</p> <p>The jumps included in the jump combination must be of a different abbreviation than the solo jump and cannot include an Axel-type jump.</p>																											
ELEMENTS/ MAX. LEVEL	6/4	6/4	6/4	6/4																								
BONUS	<p>Jumps must be fully rotated or landed on the quarter (q), be in accordance with the SP 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 bonus points can be achieved:</p> <ul style="list-style-type: none"> ○ 1 point for one 2A ○ 1 point for one triple jump. 																											
DEDUCTION FALL	0,5 points	0,5 points	0,5 points	0,5 points																								
TIME/ MUSIC	2 min. 20 sec. +/- 10 sec. Instrumental/vocal music	2 min. 20 sec. +/- 10 sec. Instrumental/vocal music	2 min. 20 sec. +/- 10 sec. Instrumental/vocal music	2 min. 20 sec. +/- 10 sec. Instrumental/vocal music																								
WARM-UP	4 minutes, max. 8 skaters	4 minutes, max. 8 skaters	4 minutes, max. 8 skaters	4 minutes, max. 8 skaters																								
COMPONENTS	<table border="1"> <tr> <td>CO</td> <td>PR</td> <td>SS</td> </tr> <tr> <td>1,07</td> <td>1,07</td> <td>1,07</td> </tr> </table> <p>General Factor 1,0</p>	CO	PR	SS	1,07	1,07	1,07	<table border="1"> <tr> <td>CO</td> <td>PR</td> <td>SS</td> </tr> <tr> <td>1,20</td> <td>1,20</td> <td>1,20</td> </tr> </table> <p>General Factor 1,0</p>	CO	PR	SS	1,20	1,20	1,20	<table border="1"> <tr> <td>CO</td> <td>PR</td> <td>SS</td> </tr> <tr> <td>1,07</td> <td>1,07</td> <td>1,07</td> </tr> </table> <p>General Factor 1,0</p>	CO	PR	SS	1,07	1,07	1,07	<table border="1"> <tr> <td>CO</td> <td>PR</td> <td>SS</td> </tr> <tr> <td>1,20</td> <td>1,20</td> <td>1,20</td> </tr> </table> <p>General Factor 1,0</p>	CO	PR	SS	1,20	1,20	1,20
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FREE SKATING	DEBS A GIRLS (11-19)	DEBS A BOYS (11-19)	NOVICE A GIRLS (11-19)	NOVICE A BOYS (11-19)																								
CONTENT	Max. 6 jump elements (must include Axel) Max. 2 spins - FCSp/FSSp/FUSp (5) - CoSp (6)/CCoSp(8) StSq	Max. 6 jump elements (must include Axel) Max. 2 spins - FCSp/FSSp/FUSp (5) - CoSp (6)/CCoSp(8) StSq	Max. 6 jump elements (must include 2A) Max. 2 spins - FCSp/FSSp/FUSp (6) or FCCSp/FCSSp/FCUSp (8) - CCoSp(8) StSq	Max. 6 jump elements (must include 2A) Max. 2 spins - FCSp/FSSp/FUSp (6) or FCCSp/FCSSp/FCUSp (8) - CCoSp(8) StSq																								
CLARIFICATIONS	Debs: Max 2 jump combo or 1 jump combo and 1 jump seq*. A jump combo/seq. can contain only two jumps. Novice: Max 2 jump combo or 1 jump combo and 1 jump seq. One (1) combo/seq can contain three (3) jumps. Only two triple jumps can be repeated either in a jump combination or jump sequence. No quadruple jumps are allowed. Any single, double (including Double Axel) or triple jump cannot be executed more than twice in total.																											
ELEMENTS/ MAX. LEVEL	9/4	9/4	9/4	9/4																								
BONUS	Jumps must be fully rotated or landed on the quarter (q), be in accordance with the well-balanced FS program and repetition rules for jumps. Jumps are NOT eligible to receive bonus points if they have; <, <<, e, fall, invalid element (*) A maximum of three bonus points can be achieved: <ul style="list-style-type: none"> ○ 1 point for one 2A ○ 2 points for any two different triple jumps. 1 point each for any two different triple jumps. 																											
DEDUCTION FALL	0,5 points	0,5 points	0,5 points	0,5 points																								
TIME/ MUSIC	3 min. +/- 10 sec. Instrumental/vocal music	3 min. +/- 10 sec. Instrumental/vocal music	3 min. +/- 10 sec. Instrumental/vocal music	3 min. +/- 10 sec. Instrumental/vocal music																								
WARM-UP	5 minutes, max. 8 skaters	5 minutes, max. 8 skaters	5 minutes, max. 8 skaters	5 minutes, max. 8 skaters																								
COMPONENTS	<table border="1"> <tr> <td>CO</td> <td>PR</td> <td>SS</td> </tr> <tr> <td>2,13</td> <td>2,13</td> <td>2,13</td> </tr> </table> General Factor 1,0	CO	PR	SS	2,13	2,13	2,13	<table border="1"> <tr> <td>CO</td> <td>PR</td> <td>SS</td> </tr> <tr> <td>2,40</td> <td>2,40</td> <td>2,40</td> </tr> </table> General Factor 1,0	CO	PR	SS	2,40	2,40	2,40	<table border="1"> <tr> <td>CO</td> <td>PR</td> <td>SS</td> </tr> <tr> <td>2,13</td> <td>2,13</td> <td>2,13</td> </tr> </table> General Factor 1,0	CO	PR	SS	2,13	2,13	2,13	<table border="1"> <tr> <td>CO</td> <td>PR</td> <td>SS</td> </tr> <tr> <td>2,40</td> <td>2,40</td> <td>2,40</td> </tr> </table> General Factor 1,0	CO	PR	SS	2,40	2,40	2,40
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2,13	2,13	2,13																										
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2,40	2,40	2,40																										

Øvelsesutvalg Singel 2022-2023

SHORT PROGRAM	JUNIOR LADIES (11-19)	JUNIOR MEN (11-19)	SENIOR LADIES (11-)	SENIOR MEN (11-)																								
CONTENT	2A 2Lo or 3Lo Jump combination (2+2,3+2,3+3) LSp/SSp (8) FCSp (8) CCoSp (6+6) StSq	2A or 3A 2Lo or 3Lo Jump combination (2+2, 3+2, 3+3) CSSp (6+6) FCSp (8) CCoSp (6+6) StSq	2A or 3A Double or triple jump Jump combination (2+2, 3+2, 3+3) LSp/SSp/CSp (8) FCSp/FSSp/FUSp (8) CCoSp (6+6) StSq	2A or 3A Double or triple or quad jump Jump combination (2+2,3+2,3+3,4+2,4+3) CCSp/CSSp (6+6) FCSp/FSSp/FUSp (8) CCoSp (6+6) StSq																								
CLARIFICATIONS	<p>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. The spin in one position (with or without a change of foot) must be different from the landing position of the flying spin.</p>																											
ELEMENTS/ MAX. LEVEL	7/4	7/4	7/4	7/4																								
BONUS	10% bonus for the last executed jump element after half time.																											
DEDUCTION FALL	1 point	1 point	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																								
TIME/ MUSIC	2 min. 40 sec. +/- 10 sec. Instrumental/vocal music	2 min. 40 sec. +/- 10 sec. Instrumental/vocal music	2 min. 40 sec. +/- 10 sec. Instrumental/vocal music	2 min. 40 sec. +/- 10 sec. Instrumental/vocal music																								
WARM-UP	6 minutes, max. 6 skaters	6 minutes, max. 6 skaters	6 minutes, max. 6 skaters	6 minutes, max. 6 skaters																								
COMPONENTS	<table border="1"> <tr> <td>CO</td> <td>PR</td> <td>SS</td> </tr> <tr> <td>1,33</td> <td>1,33</td> <td>1,33</td> </tr> </table> <p>General Factor 1,0</p>	CO	PR	SS	1,33	1,33	1,33	<table border="1"> <tr> <td>CO</td> <td>PR</td> <td>SS</td> </tr> <tr> <td>1,67</td> <td>1,67</td> <td>1,67</td> </tr> </table> <p>General Factor 1,0</p>	CO	PR	SS	1,67	1,67	1,67	<table border="1"> <tr> <td>CO</td> <td>PR</td> <td>SS</td> </tr> <tr> <td>1,33</td> <td>1,33</td> <td>1,33</td> </tr> </table> <p>General Factor 1,0</p>	CO	PR	SS	1,33	1,33	1,33	<table border="1"> <tr> <td>CO</td> <td>PR</td> <td>SS</td> </tr> <tr> <td>1,67</td> <td>1,67</td> <td>1,67</td> </tr> </table> <p>General Factor 1,0</p>	CO	PR	SS	1,67	1,67	1,67
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FREE SKATING	JUNIOR LADIES (11-19)	JUNIOR MEN (11-19)	SENIOR LADIES (11-)	SENIOR MEN (11-)																								
CONTENT	Max. 7 jump elements (must include Axel) Max. 3 spins - Flying spin or spin with flying entry (6) - CoSp/CCoSp (10) - Spin in one position (6) (change of foot is optional. Flying entry is allowed) ChSq	Max. 7 jump elements (must include Axel) Max. 3 spins - Flying spin or spin with flying entry (6) - CoSp/CCoSp (10) - Spin in one position (6) (change of foot is optional. Flying entry is allowed) ChSq	Max. 7 jump elements (must include Axel) Max. 3 spins - Flying spin or spin with flying entry (6) - CoSp/CCoSp (10) - Spin in one position (6) (change of foot is optional. Flying entry is allowed) StSq ChSq	Max. 7 jump elements (must include Axel) Max. 3 spins - Flying spin or spin with flying entry (6) - CoSp/CCoSp (10) - Spin in one position (6) (change of foot is optional. Flying entry is allowed) StSq ChSq																								
CLARIFICATIONS	<p>Max 3 jump combo or 2 jump combo and 1 jump seq. One (1) combo/seq can contain three (3) jumps. 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. Any double (including Double Axel) or triple jump cannot be executed more than twice in total.</p>																											
ELEMENTS/ MAX. LEVEL	11/4	11/4	12/4	12/4																								
BONUS	10% bonus for the 3 last executed jump elements after half time.																											
DEDUCTION FALL	1 point	1 point	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																								
TIME/ MUSIC	3 min. 30 sec. +/- 10 sec. Instrumental/vocal music	3 min. 30 sec. +/- 10 sec. Instrumental/vocal music	4 min. +/- 10 sec. Instrumental/vocal music	4 min. +/- 10 sec. Instrumental/vocal music																								
WARM-UP	6 minutes, max. 6 skaters	6 minutes, max. 6 skaters	6 minutes, max. 6 skaters	6 minutes, max. 6 skaters																								
COMPONENTS	<table border="1"> <tr> <td>CO</td> <td>PR</td> <td>SS</td> </tr> <tr> <td>2,67</td> <td>2,67</td> <td>2,67</td> </tr> </table> <p>General Factor 1,0</p>	CO	PR	SS	2,67	2,67	2,67	<table border="1"> <tr> <td>CO</td> <td>PR</td> <td>SS</td> </tr> <tr> <td>3,33</td> <td>3,33</td> <td>3,33</td> </tr> </table> <p>General Factor 1,0</p>	CO	PR	SS	3,33	3,33	3,33	<table border="1"> <tr> <td>CO</td> <td>PR</td> <td>SS</td> </tr> <tr> <td>2,67</td> <td>2,67</td> <td>2,67</td> </tr> </table> <p>General Factor 1,0</p>	CO	PR	SS	2,67	2,67	2,67	<table border="1"> <tr> <td>CO</td> <td>PR</td> <td>SS</td> </tr> <tr> <td>3,33</td> <td>3,33</td> <td>3,33</td> </tr> </table> <p>General Factor 1,0</p>	CO	PR	SS	3,33	3,33	3,33
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SHORT PROGRAM	JUNIOR A LADIES (11-19)	JUNIOR A MEN (11-19)	SENIOR A LADIES (11-)	SENIOR A MEN (11-)																								
CONTENT	2A 2Lo or 3Lo Jump combination (3+2,3+3) LSp/SSp (8) FCSp (8) CCoSp (6+6) StSq	2A or 3A 2Lo or 3Lo Jump combination (3+2, 3+3) CSSp (6+6) FCSp (8) CCoSp (6+6) StSq	2A or 3A Triple jump Jump combination (3+2, 3+3) LSp/SSp/CSp (8) FCSp/FSSp/FUSp (8) CCoSp (6+6) StSq	2A or 3A Triple or quad jump Jump combination (3+2,3+3,4+2,4+3) CCSp/CSSp (6+6) FCSp/FSSp/FUSp (8) CCoSp (6+6) StSq																								
CLARIFICATIONS	<p>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. The spin in one position (with or without a change of foot) must be different from the landing position of the flying spin.</p>																											
NO. ELEMENTS/ MAX. LEVEL	7/4	7/4	7/4	7/4																								
BONUS	10% bonus for the last executed jump element after half time.																											
DEDUCTION FALL	1 point	1 point	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																								
TIME/ MUSIC	2 min. 40 sec. +/- 10 sec. Instrumental/vocal music	2 min. 40 sec. +/- 10 sec. Instrumental/vocal music	2 min. 40 sec. +/- 10 sec. Instrumental/vocal music	2 min. 40 sec. +/- 10 sec. Instrumental/vocal music																								
WARM-UP	6 minutes, max. 6 skaters	6 minutes, max. 6 skaters	6 minutes, max. 6 skaters	6 minutes, max. 6 skaters																								
COMPONENTS	<table border="1"> <tr> <td>CO</td> <td>PR</td> <td>SS</td> </tr> <tr> <td>1,33</td> <td>1,33</td> <td>1,33</td> </tr> </table> <p>General Factor 1,0</p>	CO	PR	SS	1,33	1,33	1,33	<table border="1"> <tr> <td>CO</td> <td>PR</td> <td>SS</td> </tr> <tr> <td>1,67</td> <td>1,67</td> <td>1,67</td> </tr> </table> <p>General Factor 1,0</p>	CO	PR	SS	1,67	1,67	1,67	<table border="1"> <tr> <td>CO</td> <td>PR</td> <td>SS</td> </tr> <tr> <td>1,33</td> <td>1,33</td> <td>1,33</td> </tr> </table> <p>General Factor 1,0</p>	CO	PR	SS	1,33	1,33	1,33	<table border="1"> <tr> <td>CO</td> <td>PR</td> <td>SS</td> </tr> <tr> <td>1,67</td> <td>1,67</td> <td>1,67</td> </tr> </table> <p>General Factor 1,0</p>	CO	PR	SS	1,67	1,67	1,67
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FREE SKATING	JUNIOR A LADIES (11-19)	JUNIOR A MEN (11-19)	SENIOR A LADIES (11-)	SENIOR A MEN (11-)																								
CONTENT	Max. 7 jump elements (must include 2A and one triple jump) Max. 3 spins - Flying spin or spin with flying entry (6) - CoSp/CCoSp (10) - Spin in one position (6) (change of foot is optional. Flying entry is allowed) ChSq	Max. 7 jump elements (must include 2A and one triple jump) Max. 3 spins - Flying spin or spin with flying entry (6) - CoSp/CCoSp (10) - Spin in one position (6) (change of foot is optional. Flying entry is allowed) ChSq	Max. 7 jump elements (must include Axel) Max. 3 spins - Flying spin or spin with flying entry (6) - CoSp/CCoSp (10) - Spin in one position (6) (change of foot is optional. Flying entry is allowed) StSq ChSq	Max. 7 jump elements (must include Axel) Max. 3 spins - Flying spin or spin with flying entry (6) - CoSp/CCoSp (10) - Spin in one position (6) (change of foot is optional. Flying entry is allowed) StSq ChSq																								
CLARIFICATIONS	<p style="text-align: center;">Max 3 jump combo or 2 jump combo and 1 jump seq. One (1) combo/seq can contain three (3) jumps. 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. Any double (including Double Axel) or triple jump cannot be executed more than twice in total.</p>																											
ELEMENTS/ MAX. LEVEL	11/4	11/4	12/4	12/4																								
BONUS	10% bonus for the 3 last executed jump elements after half time.																											
DEDUCTION FALL	1 point	1 point	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																								
TIME/ MUSIC	3 min. 30 sec. +/- 10 sec. Instrumental/vocal music	3 min. 30 sec. +/- 10 sec. Instrumental/vocal music	4 min. +/- 10 sec. Instrumental/vocal music	4 min. +/- 10 sec. Instrumental/vocal music																								
WARM-UP	6 minutes, max. 6 skaters	6 minutes, max. 6 skaters	6 minutes, max. 6 skaters	6 minutes, max. 6 skaters																								
COMPONENTS	<table border="1"> <tr> <td>CO</td> <td>PR</td> <td>SS</td> </tr> <tr> <td>2,67</td> <td>2,67</td> <td>2,67</td> </tr> </table> <p style="text-align: center;">General Factor 1,0</p>	CO	PR	SS	2,67	2,67	2,67	<table border="1"> <tr> <td>CO</td> <td>PR</td> <td>SS</td> </tr> <tr> <td>3,33</td> <td>3,33</td> <td>3,33</td> </tr> </table> <p style="text-align: center;">General Factor 1,0</p>	CO	PR	SS	3,33	3,33	3,33	<table border="1"> <tr> <td>CO</td> <td>PR</td> <td>SS</td> </tr> <tr> <td>2,67</td> <td>2,67</td> <td>2,67</td> </tr> </table> <p style="text-align: center;">General Factor 1,0</p>	CO	PR	SS	2,67	2,67	2,67	<table border="1"> <tr> <td>CO</td> <td>PR</td> <td>SS</td> </tr> <tr> <td>3,33</td> <td>3,33</td> <td>3,33</td> </tr> </table> <p style="text-align: center;">General Factor 1,0</p>	CO	PR	SS	3,33	3,33	3,33
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FREE SKATING	BASIC (11-28)	VETERAN ARTISTIC MEN and LADIES (28-)												
CONTENT	Max 4 jump elements Max 2 different spins of free choice - If combo spin (10) - All other spins (6) ChSq	At least one (1) and a maximum of two (2) listed single jumps MUST be included. No Axel type jumps, double or triple jumps are allowed. No jump combinations are allowed. At least one (1) and a maximum of two (2) spins MUST be included. Credit for the required technical elements is based solely on the ability of such movements to enhance the chosen theme and support the music. Credit will not be given for their technical difficulty. The program must be developed through skating skill and quality rather than through non-skating actions such as sliding on one knee or excessive use of toe steps. The skater must not remain in one place for more than five (5) seconds.												
CLARIFICATIONS	Max 2 jump combo/seq*. A jump combo/seq can contain only two jumps. Only two (2) triple jumps can be repeated either in a jump combination or a jump sequence. No quadruple jumps are allowed. Any single, double (including Double Axel) or triple jump cannot be executed more than twice in total.	There will be no technical panel and no technical mark given. The program is judged only on the basis of the Program Components. Referee deductions: - Any technical element exceeding the maximum number as set forth below, will be judged as an illegal element (1.0 deduction). - Other illegal elements: Somersault type jumps, laying on the ice and prolonged and/or stationary kneeling on both knees. - If the minimum required technical elements are not included, a deduction for a "missing element" of 1.0 will be made. Clothing rules: - Must be appropriate for athletic competition – not garish or theatrical in design. Clothing may reflect the character of the music chosen, but must not give the effect of excessive nudity. This is not intended to be a Theatre on Ice; Spotlight; or a Showcase event. - Props and accessories are not allowed. Any item that is held in the hand or removed during the performance is considered a prop. Objects on the ice, thrown in the audience, placed on the boards or on the judges table are not permitted. 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.												
ELEMENTS/ MAX. LEVEL	7/4	2 to 4/-												
BONUS	---	---												
DEDUCTION FALL	0,5 points	Falls are not subject to a deduction but may have a negative impact on the Program Components.												
TIME/ MUSIC	2 min. 30 sec. +/- 10 sec. Instrumental/vocal music	1 min. 30 sec. +/- 10 sec. Instrumental/vocal music												
WARM-UP	4 minutes, max. 8 skaters	4 minutes, max. 8 skaters												
COMPONENTS	<table border="1"> <tr> <td>CO</td> <td>PR</td> <td>SS</td> </tr> <tr> <td>2,00</td> <td>2,00</td> <td>2,00</td> </tr> </table> General Factor 1,00	CO	PR	SS	2,00	2,00	2,00	<table border="1"> <tr> <td>CO</td> <td>PR</td> <td>SS</td> </tr> <tr> <td>1,67</td> <td>1,67</td> <td>1,67</td> </tr> </table> General Factor 1,0	CO	PR	SS	1,67	1,67	1,67
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2,00	2,00	2,00												
CO	PR	SS												
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FREE SKATING	VETERAN BRONZE MEN and LADIES (28-)	VETERAN SILVER MEN and LADIES (28-)	VETERAN GOLD MEN and LADIES (28-)	VETERAN MASTERS MEN and LADIES (28-)																								
CONTENT	Max. 4 jump elements Max. 2 different spins with the choice of CSp/SSp/USp/LSp/CCSp/CSSp/CUSp/CLSp ChSq (minimum half of the ice surface)	Max. 5 jump elements Max. 2 spins (of different abbreviations) ChSq	Max. 5 jump elements Max. 3 spins (must include 1 CCoSp and 1 flying spin or spin with flying entry) StSq	Max. 6 jump elements (must include Axel) -Max. 3 spins (must include 1 CCoSp and 1 flying spin or spin with flying entry) -StSq																								
CLARIFICATIONS	Max. 2 jump combinations. No seq allowed. Each jump combination may consist of two (2) listed jumps. 1A, double and triple jumps are not permitted. Each listed jump may be performed a maximum of 2 times. All spins must be of different abbreviations. Flying spins are not permitted. Revolutions in spins: 3 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 2 jump comb or 1 combo and 1 seq. One combo/seq can contain three (3) jumps Double and triple jumps are not permitted. Each listed jump may be performed a maximum of 2 times. Euler (half-loop) is a listed jump only when used in combination in between two other listed jumps. 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 3 jump comb or 2 combo and 1 seq. One combo/seq can contain three (3) jumps 2F, 2Lz, 2A and triples are not permitted. Each listed jump may be performed a maximum of 2 times. Euler (half-loop) is a listed jump only when used in combination in between two other listed jumps. All spins must be of different abbreviations. 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.	Max 3 jump comb or 2 combo and 1 seq. One combo/seq can contain three (3) jumps Single, Double & Triple jumps are permitted. Each listed jump may be performed a maximum of 2 times. Euler (half-loop) is a listed jump only when used in combination in between two other listed jumps. All spins must be of different abbreviations. 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.																								
ELEMENTS/ MAX. LEVEL	7/1	8/2	9/3	10/4																								
DEDUCTION FALL	0,5 points	0,5 points	1 point	1 point																								
TIME/ MUSIC	1 min. 40 sec. +/- 10 sec. Instrumental/vocal music	2 min. +/- 10 sec. Instrumental/vocal music	2 min. 50 sec. +/- 10 sec. Instrumental/vocal music	3 min. +/- 10 sec. Instrumental/vocal music																								
WARM-UP	4 minutes, max. 8 skaters	4 minutes, max. 8 skaters	4 minutes, max. 8 skaters	4 minutes, max 8 skaters																								
COMPONENTS	<table border="1"> <tr> <td>CO</td> <td>PR</td> <td>SS</td> </tr> <tr> <td>2,00</td> <td>2,00</td> <td>2,00</td> </tr> </table> <p>General Factor 1,00</p>	CO	PR	SS	2,00	2,00	2,00	<table border="1"> <tr> <td>CO</td> <td>PR</td> <td>SS</td> </tr> <tr> <td>2,00</td> <td>2,00</td> <td>2,00</td> </tr> </table> <p>General Factor 1,00</p>	CO	PR	SS	2,00	2,00	2,00	<table border="1"> <tr> <td>CO</td> <td>PR</td> <td>SS</td> </tr> <tr> <td>2,67</td> <td>2,67</td> <td>2,67</td> </tr> </table> <p>General Factor 1,0</p>	CO	PR	SS	2,67	2,67	2,67	<table border="1"> <tr> <td>CO</td> <td>PR</td> <td>SS</td> </tr> <tr> <td>2,67</td> <td>2,67</td> <td>2,67</td> </tr> </table> <p>General Factor 1,0</p>	CO	PR	SS	2,67	2,67	2,67
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Clarifications

<p>Bonus (Cubs u/13, Cubs o/13, Springs u/14, Springs o/14)</p>	<p>Only one bonus can be awarded per program. Only the highest valued bonus of the successfully executed jumps shall be awarded.</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. - The Technical Panel will award the bonus in accordance with the rules of the current season. - In order to be awarded a bonus, the landing phase of the jump must have a running edge (excluding Bonus C and D alternative 2). 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 - 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 - q (except bonus C and D alternative 1) - < - << - hand or hands touching the ice during the landing phase - any turn during the landing phase (except bonus C and D alternative 2). <p>BONUS A (applicable for Cubs u13/o13, Springs u14/o14, Debs, Debs A, Novice, Novice A) 3 points for a triple jump landed on one foot fully rotated with a running edge.</p> <p>BONUS B (applicable for Cubs u13/o13, Springs u14/o14, Debs, Debs A, Novice, Novice A) 2 points for a 2A landed on one foot fully rotated with a running edge.</p> <p>BONUS C (applicable for Cubs u13/o13, Springs u14/o14, Debs, Debs A, Novice, Novice A) 1,5 points for a triple jump landed on one foot with a running edge and a q (alternative 1) or a triple landed on one foot fully rotated with a three turn or double three turn on the landing foot (alternative 2).</p> <p>BONUS D (applicable for Cubs u13/o13, Springs u14/o14, Debs, Debs A, Novice, Novice A) 1 point for 2Aq with a running edge (alternative 1) or 2A landed on one foot fully rotated with a three turn or double three turn on the landing foot (alternative 2).</p> <p>BONUS E (applicable for Debs, Debs A) 0,5 points for 2Lo, 2F and 2Lz landed on one foot fully rotated with a running edge.</p> <p>BONUS F (applicable for Cubs u13/o13, Springs u14/o14) 0,5 points for three different double jumps landed on one foot fully rotated with a running edge.</p>
<p>Bonus (Debs, Debs A, Novice, Novice A)</p>	<p>To be eligible for bonus points, jumps must be;</p> <ul style="list-style-type: none"> ○ fully rotated or landed on the quarter (q), ○ be in accordance with the Short Program requirements or the well-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 are NOT eligible to receive bonus points if they have;

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	<ul style="list-style-type: none"> ○ < ○ << ○ e ○ fall ○ invalid element (*). <ul style="list-style-type: none"> • Short Program: A maximum of two bonus points can be achieved: <ul style="list-style-type: none"> ○ 1 point for one 2A ○ 1 point for one triple jump. • Free Skating: A maximum of three bonus points can be achieved: <ul style="list-style-type: none"> ○ 1 point for one 2A ○ 2 points for any two different triple jumps. 1 point each for any two different triple jumps. <p>In case of jump combinations or jump sequences, all jumps eligible for a bonus point in accordance with the above regulations and limitations can receive bonus points.</p> <p>The bonus will be assigned to the first two jumps in Short Program and to the first three jumps in Free Skating that fulfill the requirements in order of their execution.</p>
Jump Elements	<p>*Sequence: A jump sequence consists of two or three jumps of any number of revolutions, in which the second and/or the third jump is an Axel type jump with a direct step from the landing curve of the first/second jump in to the takeoff curve of the Axel jump. One full revolution on the ice between the jumps (free foot can touch the ice, but without weight transfer) keeps the element in the frame of the definition of a jump sequence. Jumps executed in a jump sequence receive their full value.</p> <p>Jumps which do not satisfy the requirements (including wrong number of revolutions) will receive No Value, but will block a jumping box, e.g. 1A instead of a required 2A will block a jumping box and receive no value. If a triple jump is required, but not executed, the last double jump in the program (excluding Axel type jump) will not count and receive no value.</p> <p>More than required jump combinations: If more than maximum jump combinations is executed, the combinations in addition will be marked with +REP. Example: 2LO+REP+2T*</p> <p>Jumps landed downgraded, underrotated and on the quarter: Full rotation: signs "q", "<" and "<<" indicate an error. The sign "q" keeps the original base value of the jump, but will affect the GOE. The base values of the jumps with a sign ("q", "<", "<<") are listed in the SOV table. The jump with a sign << is evaluated with SOV for the same jump one revolution less.</p> <p>Correct take-off edge in F/Lz: signs "e" and "!" indicates an error. The base values of the jumps with a sign ("e", "!") are listed in the SOV table. The sign "!" allows to keep full original base value of the jump.</p>



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	Multiple error signs for the same jump: In case of multiple signs applied to the same jump, the base values are listed in the SOV table.
Spins	Biellmann position after Layback spin: short program - after 6 revolutions in layback spin for Novice A, Novice, Debs A, Debs.
Step Sequence	Unlisted jumps (any number of revolutions) and listed jumps (with maximum one revolution) may be included in the step sequence without any penalties. Listed jumps of not more than one revolution included in the sequence will not be called and will not occupy a box.
Step Sequence (Cubs u/13, Cubs o/13, Springs u/14, Springs o/14)	<p>All step sequences should be executed according to the character of the music. Short stops in accordance with the music are permitted. Step Sequences must fully utilize the ice surface. Turns and steps must be balanced in their distribution throughout the sequence.</p> <p>Difficult Turns and Steps: twizzles, brackets, loops, counters, rockers, choctaws. Turns and Steps must be executed on clean edges.</p> <p>The Levels for the StSq will be marked in the judges' protocol as follows: StSqBB, StSqB1, StSqB2, StSqB3.</p> <p>In order to achieve a higher Level than Basic, the Step Sequence must include the following for each Level of difficulty: StSqBB: Must be visible and identifiable and should be performed by using the full ice surface (e.g. straight line, serpentine, circle, oval or similar shape). StSqB1: Minimum variety must include at least 2 difficult turns and steps. StSqB2: Simple variety must include at least 4 difficult turns and steps. None of the types can be counted more than twice. StSqB3: Variety must include at least 6 difficult turns and steps. None of the types can be counted more than twice.</p> <p>Note: ONLY the number of correctly executed difficult Turns and Steps will increase the Level of difficulty. Features; rotations in either direction, use of body movements and two combinations of 3 difficult turns on different feet, DO NOT count towards the Level of the StSq.</p>
Choreographic Sequence	A Choreographic Sequence consists of at least two different movements like spirals, arabesques, spread eagles, Ina Bauers, hydroblading, any jumps with maximum of 2 revolutions, spins, etc.

Please check ISU Communications, ISU Regulation and ISU Technical Handbook for details. **Changes may occur according to ISU changes/ or printing error.**