



## Øvelsesutvalg Single 2025-2026

Here is Øvelsesutvalget for next season, 2025-2026.  
New changes are marked with underline.

The coaches are invited to a digital Q&A-session May 15th 19.30. Invitation will be sent out by email.  
If you have questions or comments before that, please send an email to [isaksenchristine@gmail.com](mailto:isaksenchristine@gmail.com)

### Explanation to the document

Underline - new changes this season

### Log of changes to the document

*ERR/CI/JR 01.05.25 Subject to changes after updated published ISU Communications and/or Technical Panel Handbook*

## Øvelsesutvalg Single 2025-2026



CUBS U/O 13 GIRLS & CUBS BOYS Oppvisning Guidelines	
<b>Category</b>	<b>FREE SKATING</b>
<b>Content</b>	Max 4 jump elements USp (6) SSp/CSp (4) or CSSp/CCSp (6) StSq
<b>No. Elements</b>	7
<b>Requirements Jump Elements</b>	- 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
<b>Norwegian Jump Bonus</b>	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
<b>Requirements Spins</b>	<b>USp:</b> - 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  <b>SSp/CSp/CSSp/CCSp:</b> - Max Level 1. If change of foot, the difficult variation or feature can count on either foot.
<b>Norwegian Spin Features</b>	8 revolutions in basic sit position 5 revolutions in basic camel position
<b>Requirements StSq</b>	<b>Level BB:</b> 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. <b>Level B1:</b> Must include at least 2 clean difficult turns/steps.
<b>Deduction Falls</b>	0,5 outside elements
<b>Program Time</b>	Max 2 min 15 sec

## Clarifications

<b>Jump Bonus</b>	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.  - 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: - 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).
<b>Spin in one position without change of foot (Cubs: USp ONLY)</b>	- 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. - Flying entry is not allowed.
<b>Step Sequence</b>	- 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 Panel must ensure that the correct call is entered into the computer. Level Base = BB, Level 1 = B1.

Explanation to the sheet

Underline - new changes this season

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## Øvelsesutvalg Single 2025-2026



SPRINGS GIRLS & BOYS	
<b>Category</b>	<b>FREE SKATING</b>
<b>Content</b>	Max 5 jump elements (must include Axel) USp/SSp/CSp/LSp (6) CoSp/FCoSp (6) or CCoSp/FCCoSp (8) StSq
<b>No. Elements</b>	8
<b>Requirements Jump Elements</b>	<ul style="list-style-type: none"> <li>- No triples or quads</li> <li>- One single and one double jump can be repeated once</li> <li>- Max 2 combo/seq (can contain only 2 jumps): <ul style="list-style-type: none"> <li>- 2 jump combo</li> <li>- 1 jump combo and 1 jump seq</li> </ul> </li> </ul>
<b>Norwegian Jump Bonus</b>	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
<b>Requirements Spins</b>	<b>USp/SSp/CSp/LSp:</b> <ul style="list-style-type: none"> <li>- Max Level B</li> <li>- Difficult variations and features after 6 revs will be ignored by the Technical Panel</li> <li>- Difficult variations and features before 6 revs results in No Value</li> </ul> <b>CoSp/FCoSp/CCoSp/FCCoSp (Combo spin):</b> <ul style="list-style-type: none"> <li>- Max Level 2. If the foot changes, max 1 feature per foot will count.</li> <li>- <u>Difficult variation of a non-basic position is not counted as a feature and will be ignored by the Tech Panel.</u></li> </ul>
<b>Requirements StSq</b>	<b>Level BB:</b> 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. <b>Level B1:</b> Must include at least 2 clean difficult turns/steps. <b>Level B2:</b> Must include at least 4 clean difficult turns/steps.
<b>Deduction Falls</b>	0,5 outside elements
<b>Program Time</b>	2 min 30 sec +/-10 sec

## Clarifications

<b>Jump Bonus</b>	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.  - 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"> <li>- fall or step-out (including cases where the skater unintentionally adds a Lo or something similar to a Lo during the landing phase)</li> <li>- two foot landing or touch with free foot</li> <li>- e or ! on the takeoff edge of F or Lz</li> <li>- &lt;&lt;, &lt;, or q (except bonus B)</li> <li>- hand or hands touching the ice during the landing phase</li> <li>- any turn during the landing phase (except bonus B). "</li> </ul>
<b>Spin in one position without change of foot</b>	- 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. - Flying entry is not allowed.
<b>Step Sequence</b>	- 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 Panel must ensure that the correct call is entered into the computer. Level Base = BB, Level 1 = B1, Level 2 = B2.

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## Øvelsesutvalg Single 2025-2026



INTERMEDIATE NOVICE Girls & Boys	
<b>Category</b>	<b>FREE SKATING</b>
<b>Content</b>	Max 5 jump elements (must include Axel) Spin in one position (6), if with change of foot (8) CoSp(6) or CCoSp (8) StSq
<b>No. Elements</b>	8
<b>Requirements Jump Elements</b>	<ul style="list-style-type: none"> <li>- No triples or quads</li> <li>- One single and one double jump can be repeated once</li> <li>- Max 2 combo/seq (can contain only 2 jumps): <ul style="list-style-type: none"> <li>- 2 jump combo</li> <li>- 1 jump combo and 1 jump seq</li> </ul> </li> </ul>
<b>Norwegian Jump Bonus</b>	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 double + double jump combination
<b>Requirements Spins</b>	Max Level 2. If the foot changes, max 1 features per foot will count.
<b>Requirements StSq</b>	Max Level 2
<b>Deduction Falls</b>	0,5 outside elements
<b>Program Time</b>	3 min +/- 10 sec

## Clarifications

<b>Jump Bonus</b>	<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"> <li>- 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.</li> <li>- 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.</li> <li>- No bonus will be awarded if the following errors occurs: <ul style="list-style-type: none"> <li>- fall or step-out (including cases where the skater unintentionally adds a Lo or something similar to a Lo during the landing phase)</li> <li>- two foot landing or touch with free foot</li> <li>- e or ! on the takeoff edge of F or Lz</li> <li>- &lt;&lt;, &lt;, or q (except bonus B)</li> <li>- hand or hands touching the ice during the landing phase</li> <li>- any turn during the landing phase (except bonus B).</li> </ul> </li> </ul>
<b>Spins</b>	<p>Spin in one position:</p> <ul style="list-style-type: none"> <li>- Change of foot is optional</li> <li>- Flying Entry is allowed</li> </ul> <p>CoSp or CCoSp (Combo spin):</p> <ul style="list-style-type: none"> <li>- Difficult variation of a non-basic position is not counted as a feature</li> <li>- Flying Entry is not allowed</li> </ul>
<b>Step Sequence</b>	<p>Level Base:</p> <ul style="list-style-type: none"> <li>- Fully utilize the ice surface.</li> <li>- Include min 1 skating movement (spiral, spread eagle, Ina Bauer, hydroblading, etc).</li> <li>- 2 difficult turns/steps executed on clean edges.</li> </ul> <p>Level 1 and 2:</p> <ul style="list-style-type: none"> <li>- Features: Minimum variety, simple variety, rotations.</li> </ul>

Explanation to the sheet

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Underline - new changes this season

## Øvelsesutvalg Single 2025-2026



ADVANCED NOVICE Girls & Boys		
Category	SHORT PROGRAM	FREE SKATING
Content	1A or 2A Double or triple jump Jump combination (2+ <u>2Lo/3Lo</u> , 3+ <u>2Lo</u> ) <b>Girls:</b> LSp/CSp (6) <b>Boys:</b> CSp (6)/CCSp (5+5) CCoSp (5+5) StSq	Max 6 jump elements (must include Axel) Max 2 different spins; - CCoSp (8) - FSSp (6)/FCSSp (8) ChSq
No. Elements	6	9
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	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	
Program Time	2 min 20 sec +/- 10 sec	3 min +/- 10 sec

## Clarifications &amp; Requirements

Short Program	Jumps	<ul style="list-style-type: none"> <li>- Jumps not according to the requirements (wrong number of revolutions) will receive No Value.</li> <li>- 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.</li> <li>- <u>The 2nd jump in the jump combo must be a 2Lo or 3Lo.</u></li> </ul>
	Spins	<ul style="list-style-type: none"> <li>- Flying entrance is not allowed.</li> <li>- Biellmann position counts as a feature after 6 revolutions in Layback spin.</li> </ul>
	Step Sequence	Level Base: <ul style="list-style-type: none"> <li>- Fully utilize the ice surface</li> <li>- 2 difficult turns/steps executed on clean edges.</li> </ul> For the feature "Two combinations of 3 difficult turns on different feet" : <ul style="list-style-type: none"> <li>- The mandatory turns are <u>forward inside bracket and backward outside counter.</u></li> <li>- They can be in the same combination or one in the first and the other in the second.</li> <li>- Only one difficult turn may be repeated once in the two combinations.</li> </ul>
Free Skating	Jumps	<ul style="list-style-type: none"> <li>- Max 2 combo/seq (one combo/seq can contain 3 jumps):  <ul style="list-style-type: none"> <li>- 2 jump combo</li> <li>- 1 jump combo and 1 jump seq</li> </ul> </li> <li>- Only two triples can be repeated either in a jump combo or seq.</li> <li>- Quads are not allowed.</li> <li>- Any single, double or triple jump cannot be executed more than twice in total.</li> <li>- The same type of jump independent of revolutions can be included not more than three times.</li> </ul>
	Spins	Combo Spin, flying entrance is not allowed.
	Choreo Sequence	Min 2 different skating movements (spirals, arabesques, spread eagles, Ina Bauers, hydroblading, any jumps with maximum of 2 revolutions, spins, etc) to be confirmed.
Jump bonus		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: <ul style="list-style-type: none"> <li>- 1 point for one 2A</li> <li>- <b>SP:</b> 1 point for one triple jump, <b>FS:</b> 1 point each for any two different triple jumps</li> </ul>

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## Øvelsesutvalg Single 2025-2026



ADVANCED NOVICE A Girls & Boys		
Category	SHORT PROGRAM	FREE SKATING
Content	2A Double or triple jump Jump combination (2+2Lo/3Lo, 3+2Lo) <b>Girls:</b> LSp/CSp (6) <b>Boys:</b> CSp (6)/CCSp (5+5) CCoSp (5+5) StSq	Max 6 jump elements ( <b>must include 2A or Triple + Axel type jump</b> ) Max 2 different spins; - CCoSp (8) - FSSp (6)/FCSSp (8) ChSq
No. Elements	6	9
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	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	
Program Time	2 min 20 sec +/- 10 sec	3 min +/- 10 sec

## Clarifications &amp; Requirements

Short Program	Jumps	- 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 2Lo or 3Lo.</u>
	Spins	- Flying entrance is not allowed. - Biellmann position counts as a feature after 6 revolutions in Layback spin.
	Step Sequence	Level Base: - Fully utilize the ice surface - 2 difficult turns/steps executed on clean edges. For the feature "Two combinations of 3 difficult turns on different feet": - The mandatory turns are <u>forward inside bracket and backward outside counter.</u> - 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 and 1 jump seq - 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. - The same type of jump independent of revolutions can be included not more than three times.  <b>Norwegian Jump Requirement:</b> - One jump element must include 2A or a Triple jump. - If the skater <b>only</b> 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 <b>two</b> jumps performed will receive an * and No Value.
	Spins	Combo Spin, flying entrance is not allowed.
	Choreo Sequence	Min 2 different skating movements (spirals, arabesques, spread eagles, Ina Bauers, hydroblading, any jumps with maximum of 2 revolutions, spins, etc) to be confirmed.
Jump bonus		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

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## Øvelsesutvalg Single 2025-2026



JUNIOR Women & Men			
Category	SHORT PROGRAM		FREE SKATING
Content	<b>Women:</b> 2A <u>2Lo or 3Lo</u> Jump combination (2+2, 3+2, 2+3, 3+3) <u>FSSp</u> (8) <u>LSp/CSp</u> (8) CCoSp (6+6) StSq	<b>Men:</b> 2A or 3A <u>2Lo or 3Lo</u> Jump combination (2+2, 3+2, 2+3, 3+3) <u>FSSp</u> (8) <u>CCSp</u> (6+6) CCoSp (6+6) StSq	Max 7 jump elements (must include Axel) Max 3 different spins; - Flying spin or spin with flying entry (6) - Spin Combination (10) - Spin in one position (6) 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	1,0 per fall		
Program Time	2 min 40 sec +/- 10 sec		3 min 30 sec +/- 10 sec

## Clarifications &amp; Requirements

Short Program	Jumps	- The solo jump can only be the required 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.
Free Skating	Jumps	- Max 3 combo/seq (one combo/seq can contain 3 jumps): - 3 jump combo - 2 jump combo and 1 jump seq - 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.

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## Øvelsesutvalg Single 2025-2026



JUNIOR A Women & Men			
Category	SHORT PROGRAM		FREE SKATING
Content	<b>Women:</b>  2A <u>2Lo or 3Lo</u> Jump combination (3+2, 2+3, 3+3) <u>FSSp</u> (8) <u>LSp/CSp</u> (8) CCoSp (6+6) StSq	<b>Men:</b>  2A or 3A <u>2Lo or 3Lo</u> Jump combination (3+2, 2+3, 3+3) <u>FSSp</u> (8) <u>CCSp</u> (6+6) CCoSp (6+6) StSq	Max 7 jump elements ( <b>must include 2A or Triple + Axel type jump</b> ) Max 3 different spins; - Flying spin or spin with flying entry (6)  - Spin combination (10)  - Spin in one position (6) 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	1,0 per fall		
Program Time	2 min 40 sec +/- 10		3 min 30 sec +/- 10 sec

## Clarifications &amp; Requirements

<b>Short Program</b>	<b>Jumps</b>	<ul style="list-style-type: none"> <li>- The solo jump can only be the required double or triple jump.</li> <li>- 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.</li> </ul>
<b>Free Skating</b>	<b>Jumps</b>	<ul style="list-style-type: none"> <li>- Max 3 combo/seq (one combo/seq can contain 3 jumps):               <ul style="list-style-type: none"> <li>- 3 jump combo</li> <li>- 2 jump combo and 1 jump seq</li> </ul> </li> <li>- Any double, triple or quadruple jump can only be executed twice in total.</li> <li>- 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.</li> </ul> <p><b>Norwegian Jump Requirements:</b></p> <ul style="list-style-type: none"> <li>- One jump element must include 2A or a Triple jump.</li> <li>- 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.</li> <li>- If there is no Axel type jump and no Triple jump the last two jumps performed will receive an * and No Value.</li> </ul>

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## Øvelsesutvalg Single 2025-2026



SENIOR Women & Men			
Category	SHORT PROGRAM		FREE SKATING
Content	<b>Women:</b> 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	<b>Men:</b> 2A or 3A Double or Triple jump Jump combination (2+2, 3+2, 3+3, 4+2, 4+3) Flying spin (8) CSp/CCSp (6+6) CCoSp (6+6) StSq	Max 7 jump elements (must include Axel) Max 3 different spins; - Flying spin or spin with flying entry (6) - Spin Combination (10) - Spin in one position (6) StSq ChSq
	No. Elements	7	12
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		
Program Time	2 min 40 sec +/- 10 sec		4 min +/- 10 sec

## Clarifications &amp; Requirements

<b>Requirements SP</b>	<b>Jumps</b>	- 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.
	<b>Spins</b>	- Flying spins are: FUSp/FSSp/FCSp/FLSp. - The spin in one position must be different from the landing position of the flying spin.
<b>Requirements FP</b>	<b>Jumps</b>	- Max 3 combo/seq (one combo/seq can contain 3 jumps): - 3 jump combo - 2 jump combo and 1 jump seq - Any double 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.

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SENIOR A Women & Men			
Category	SHORT PROGRAM		FREE SKATING
Content	<b>Women:</b> 2A or 3A Triple jump Jump combination (3+2, 2+3, 3+3) Flying spin (8) LSp/SSp/CSp (8) CCoSp (6+6) StSq	<b>Men:</b> 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 7 jump elements (must include Axel) Max 3 different spins; - Flying spin or spin with flying entry (6)  - Spin combination (10)  - Spin in one position (6) StSq ChSq
	No. Elements	7	12
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		
Program Time	2 min 40 sec +/- 10 sec		4 min +/- 10 sec

## Clarifications &amp; Requirements

<b>Requirements SP</b>	<b>Jumps</b>	- 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.
	<b>Spins</b>	- Flying spins are: FUSp/FSSp/FCSp/FLSp. - The spin in one position must be different from the landing position of the flying spin.
<b>Requirements FP</b>	<b>Jumps</b>	- Max 3 combo/seq (one combo/seq can contain 3 jumps): - 3 jump combo - 2 jump combo and 1 jump seq - Any double 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.

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## Øvelsesutvalg Single 2025-2026



BASIC GIRLS & BOYS	
Category	FREE SKATING
Content	Max 4 jump elements Max 2 different spins; - If combo spin (10), if other spins (6) ChSq
No. Elements	7
Requirements Jump Elements	- <u>No triples or quads</u> - 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
Requirements Spins	Max Level 4. If the foot changes, max 2 features per foot will count.
Requirements ChSq	Min 2 different skating movements (spirals, arabesques, spread eagles, Ina Bauers, hydroblading, any jumps with maximum of 2 revolutions, spins, etc) to be confirmed.
Deduction Falls	0,5 outside elements
Program Time	2 min 30 sec +/-10 sec

ARTISTIC	
Category	FREE SKATING
Content	<u>Max 4 jump elements</u> <u>Max 2 different spins;</u> <u>- If combo spin (8), if other spins (4)</u> <u>ChSq</u>
No. Elements	7
Requirements Jump Elements	- <u>No triples or quads</u> - <u>Max two double jumps are allowed</u> - <u>One single and one double jump can be repeated once</u> - <u>Max 1 combo/seq (can contain only 2 jumps)</u>
Requirements Spins	<u>Max Level 2</u> If the foot changes, max 1 feature per foot will count.
Requirements ChSq	Min 2 different skating movements (spirals, arabesques, spread eagles, Ina Bauers, hydroblading, any jumps with maximum of 2 revolutions, spins, etc) to be confirmed.
Deduction Falls	0,5 outside elements
Program Time	Max 2 min 15 sec

## Explanation to the sheet

Underline - new changes this season

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## Øvelsesutvalg Single 2025-2026 - NOT UPDATED



Category	VETERAN BRONZE MEN & WOMEN (28-)	VETERAN SILVER MEN & WOMEN (28-)	VETERAN GOLD MEN & WOMEN (28-)	VETERAN MASTERS MEN & WOMEN (28-)
	<b>FREE SKATING</b>			
Content	Max 4 jump elements Max 2 spins (of different abbreviations) - CSp/SSp/USp/LSp (3) or - CCoSp/CCSp/CUSp/CLSp (6) ChSq (minimum half of the ice surface)	Max 4 jump elements Max 2 spins (of different abbreviations) ChSq (fully utilizing the ice surface)	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)	Max 5 jump elements (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> - 2 jump combo - 1 jump combo and 1 jump seq	- 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> - 2 jump combo - 1 jump combo and 1 jump seq
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

VETERAN ARTISTIC MEN & WOMEN	
Category	<b>FREE SKATING</b>
Content	Jump elements; - Min 1, max 2 listed jumps Spins; - Min 1, max 2 spins
No. Elements	Min 2/ Max 4
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.
Deduction Falls	Reflected in Components only
Program Time	1 min 30 sec +/- 10 sec

Explanation to the sheet  
Underline - new changes this season

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## Øvelsesutvalg Single 2025-2026 - COMPONENTS OVERVIEW

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

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 min +/- 10 sec	2:50 min +/- 10 sec	3 min +/- 10 sec
CO	1,67		2,00		2,67
PR	1,67		2,00		2,67
SS	1,67		2,00		2,67
General Factor	1,0				
Warm-up/ No. Skaters	4 min/ 8 skaters				

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

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

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

FREE SKATING	Boys/Men			
Category	Intermediate	Novice + Novice A	Junior + Junior A	Senior + Senior A
Program Time	3 min +/- 10 sec		3:30 min +/- 10 sec	4 min +/- 10 sec
Warm-up/ No. Skaters	4 min/ 8 skaters	5 min/ 8 skaters	6 min/ 6 skaters	
CO	2,00	2,40	3,33	
PR	2,00	2,40	3,33	
SS	2,00	2,40	3,33	
General Factor	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 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	<b>Illegal Elements/Movements – for every illegal element/movement</b> – lifts with wrong holds; somersault type jumps <b>Novice Only</b> 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	<b>Fall during the program - for every fall</b> (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).  <b>A fall is defined as:</b> "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	<b>Interruption of program</b> - more than 10-20 sec. interruption - more than 20-30 sec. interruption - more than 30-40 sec. interruption  <b>Interruption of the program with allowance of up to three (3) minutes to resume from the point of interruption.</b>	Senior/Junior -1.0 -2.0 -3.0	All other categories -0.5 -1.0 -1.5	Referee
	<b>Exception for Cubs u/13 if they forget the program:</b> -First time skater forgets program, 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.	<b>Cubs only:</b> <b>First time:</b> 0.0 deduction <b>Second time:</b> -2,5 deduction (deduction with allowance) <b>Third time:</b> -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	<b>Bonus for Distribution of Highlights in the second half of the program</b> 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

#REF!