

Technical data for season 2019/2020

ISU

SENIOR A Short Program: The required elements to be skated are those listed in ISU Technical Rules Single & Pair Skating 2018 Rule 611, paragraphs 1 and 3 for 2019/20. Duration: 2 min., 40 sec. +/- 10 sec. Free Skating In accordance with ISU Technical Rules Single & Pair Skating 2018, Rule 612 and the respective ISU Communication. Special attention should be paid to the “well balanced program” and the element value. Duration: 4 min., +/- 10 sec

JUNIOR A Short Program. The required elements to be skated are those listed in ISU Technical Rules Single & Pair Skating 2018, Rule 611, paragraphs 1 and 2. Duration: 2 min., 40 sec. +/- 10 sec. Free Skating In accordance with ISU Technical Rules Single & Pair Skating 2018, Rule 612 and the respective ISU Communication. Special attention should be paid to the “well balanced program” and the element value. Duration: 3 min., 30 sec., +/- 10 sec

ADVANCED NOVICE Age and technical requirements are according to the ISU Technical Rules Single and Pair Skating 2018, ISU Communication 2242 and all respective ISU Communications. Short Program: 2 min 20 sec, +/- 10 sec. Free Skating: 3 min +/- 10 sec

INTERMEDIATE NOVICE Age and technical requirements are according to the ISU Technical Rules Single and Pair Skating 2018, ISU Communication 2242 and all respective ISU Communications. Free Skating: 3 min, +/- 10 sec

BASIC NOVICE 2006-2008 Girls

Technical requirements are according to the ISU Technical Rules Single and Pair Skating 2018, ISU Communication 2242 and all respective ISU Communications. Free Skating: 2 min 30 sec, +/- 10 sec

BASIC NOVICE 2009-2010 Girls

Technical requirements are according to the ISU Technical Rules Single and Pair Skating 2018, ISU Communication 2242 and all respective ISU Communications. Free Skating: 2 min 30 sec, +/- 10 sec

BASIC NOVICE Boys

Technical requirements are according to the ISU Technical Rules Single and Pair Skating 2018, ISU Communication 2242 and all respective ISU Communications. Free Skating: 2 min 30 sec, +/- 10 sec

NON – ISU

A class

PRE-CHICKS A Free Skating only Girls and Boys (2013 and younger) 2 min., +/- 10 sec.

- maximum of four (4) jump elements (one of which must be an Axel type jump)
- maximum of two (2) jump combinations or sequences. Jump combination can contain only two (2) jumps. A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any listed jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump.
- maximum of two (2) spins of a different nature (minimum of 4 revolutions each)
- one (1) step sequence.

CHICKS A Free Skating only Girls and Boys (2011/2012 and younger) 2 min., +/- 10 sec.

- maximum of four (4) jump elements (one of which must be an Axel type jump)
- maximum of two (2) jump combinations or sequences. Jump combination can contain only two (2) jumps. A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any listed jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump.
- maximum of two (2) spins of a different nature (minimum of 4 revolutions each)
- one (1) step sequence.

CHICKS Axel Free Skating only Girls and Boys (2011/2012 and younger) 2 min., +/- 10 sec.

- a) maximum of four (4) jump elements (one of which must be an Axel type jump)
- b) maximum of two (2) jump combinations or sequences. Jump combination can contain only two (2) jumps. A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any listed jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump.
- c) maximum of two (2) spins of a different nature (minimum of 3 revolutions each)
- d) one (1) step sequence

Only 1A is allowed in this category and all the other double jumps is not allowed

IMPORTANT!

1. In all categories listed above the Program Components are only judged in
 - Skating Skills
 - Performance/executionThe Factor of the Program Components is • 2.5
2. In all elements which are subject to Levels, only features up to **Level 2 (Pre-Chiks A and Chiks A)** **Level 1 (Chiks Axel)** will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.
3. Evaluation is in accordance with ISU Communication No. 2242 (or any update of this Communication).
4. No jump with the same name may be repeated more than twice including Axel type jumps.
5. There shall be no bonus for difficult elements in the second half of the program
6. Time violation - 0.5 point deduction for every 5 seconds in excess.
7. Falls - 0.5 point deduction for every fall
8. Interruption
 - more than 10 sec. up to 20 sec.: -0,5
 - more than 20 sec. up to 30 sec.: -1,0
 - more than 30 sec. up to 40 sec.: - 1,5Interruption of the program with allowance of up to three (3) min. to resume from the point of interruption: -2,5 perprogram
9. Warm up group up to 10 skaters
10. Warm up 4 min.

B class

PRE-CHICKS B Free Skating only Girls and Boys (2013 and younger) 2 min., +/- 10 sec.

- a) maximum of four (4) jump elements minimum of two (2) jump elements
- b) maximum of two (2) jump combinations. Jump combination can contain only two (2) jumps.
- c) maximum of two (2) spins of a different nature (minimum of 3 revolutions each);
- d) one (1) step sequence.

NEW ! 1 Axel and double (2) jumps are not allowed in pre-chicks b category ! NEW !

CHICKS B Free Skating only Girls and Boys (2011/2012 and younger) 2 min., +/- 10 sec.

- a) maximum of four (4) jump elements
- b) maximum of two (2) jump combinations. Jump combination can contain only two (2) jumps.
- c) maximum of two (2) spins of a different nature (minimum of 3 revolutions each)
- d) one (1) step sequence.

• 1 Axel and double (2) jumps are not allowed

CUBS B Free Skating only Girls and Boys (2009/2010) 2 min. 30 sec., +/- 10 sec.

- a) maximum of four (4) jump elements;
- b) maximum of two (2) jump combinations or sequences. Jump combination can contain only two (2) jumps. A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any listed jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump

- c) maximum of two (2) spins of a different nature (minimum of three (5) revolutions);
- d) one step sequence.

• **1 Axel and one (1) double jump are allowed not more than two (2) times.**

2F and 2Lz – are not allowed in this category

SPRINGS B Free Skating only Girls and Boys (2007/2008) 2 min. 30 sec., +/- 10 sec.

- a) maximum of four (4) jump elements (one of which must be an Axel type jump;)
- b) maximum of two (2) jump combinations or sequences. Jump combination can contain only two (2) jumps. A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any listed jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump
- c) maximum of two (2) spins of a different nature (minimum of three (5) revolutions);
- d) one step sequence.

• **Maximum 2 (two) different double jumps are allowed and they cannot be repeated more than twice.**

2Aa, 2F and 2Lz – are not allowed in this category

IMPORTANT!!!

1. In all categories listed above the Program Components are only judged in
 - Skating Skills
 - Performance/executionThe Factor of the Program Components is • 2.0
2. In all elements which are subject to Levels, only features up to **Level Base (Pre-Chiks B, Chiks B, Cubs B), Level 1 (Springs)** will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.
3. Evaluation is in accordance with ISU Communication No. 2242 (or any update of this Communication).
4. No jump with the same name may be repeated more than twice including Axel type jumps.
5. There shall be no bonus for difficult elements in the second half of the program
6. Time violation - 0.5 point deduction for every 5 seconds in excess.
7. Falls - 0.5 point (Chiks B, Cubs B, Springs), 0,25 point (Pre-Chiks B) deduction for every fall
8. Interruption
 - more than 10 sec. up to 20 sec.: -0,5
 - more than 20 sec. up to 30 sec.: -1,0
 - more than 30 sec. up to 40 sec.: - 1,5Interruption of the program with allowance of up to three (3) min. to resume from the point of interruption: -2,5 perprogram
9. Warm up group up to 10 skaters
10. Warm up 4 min.

NOVICE B Free Skating only 3 min. +/- 10 sec.

Age limits- has reached at least the age of ten (10) - has not reached the age of fifteen (15) before July 1st preceding the event

a) Maximum of 5 jump elements, one of which must be an Axel type jump.
There may be up to two (2) jump combinations or sequences. A jump combination can contain only two (2) jumps. A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any listed jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump

b) There must be a maximum of two (2) spins of a different nature. -one of which must be a spin combination with change of foot (minimum of eight (8) revolutions in total) or without change of foot (minimum of six (6) revolutions in total) Flying entry is allowed. -one spin with no change of position with change of foot (minimum of eight (8) revolutions in total) or without change of foot (minimum of six (6) revolutions in total). Flying entry is allowed

c) One (1) Step sequence with full utilization of the ice surface. The sequence will receive a Level and will be evaluated in GOE.

Double Axel and triple jumps are not allowed.

The Program Components are only judged in

- Skating Skills
- Performance/Execution
- Interpretation

The factor for the Program Components is

- for boys 2.0
- for girls 1.7

JUNIOR B Free Skating only 3 min., +/- 10 sec.

- a) maximum of five (5) jump elements one of which must be an Axel type jump;
- b) maximum of three (3) jump combinations or sequences; (Only one jump combination may consist of three (3) jumps); A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any listed jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump
- c) three (3) spins of a different nature, one of which must be a spin combination (minimum of ten (10) revolutions in total), one a flying spin (minimum of six (6) revolutions) and one spin is optional (minimum of six (6) revolutions);
- d) one(1) step sequence.

SENIOR B Free Skating only 3.30 min., +/- 10 sec.

- a) maximum of six (6) jump elements one of which must be an Axel type jump;
- b) maximum of three (3) jump combinations or sequences (Only one jump combination may consist of three (3) jumps); A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any listed jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump
- c) three (3) spins of a different nature, one of which must be a spin combination (minimum of ten (10) revolutions in total), one a flying spin (minimum of six (6) revolutions) and one spin is optional (minimum of six (6) revolutions);
- d) one(1) step sequence.

IMPORTANT!!!

The Program Components are only judged in

- Skating Skills
- Transitions
- Performance/Execution
- Interpretation

The factor for the Program Components is

- for men 1.7
- for ladies 1.5

2. In all elements which are subject to Levels, only features up to **Level 2 (Novice B, Junior B) Level 3 (Senior B)** will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.
3. Evaluation is in accordance with ISU Communication No. 2242 (or any update of this Communication).
4. No jump with the same name may be repeated more than twice including Axel type jumps.
5. There shall be no bonus for difficult elements in the second half of the program
6. Time violation - 0.5 point (**Novice B**) deduction for every 5 seconds in excess.
7. Falls - 0.5 point (**Novice B**) deduction for every fall
8. Interruption

- more than 10 sec. up to 20 sec.: -0,5
- more than 20 sec. up to 30 sec.: -1,0
- more than 30 sec. up to 40 sec.: - 1,5

Interruption of the program with allowance of up to three (3) min. to resume from the point of interruption: -2,5 perprogram

9. Warm up group up to 8 skaters
10. Warm up 5 min.

C class

Pre-Chicks C Free Skating only Girls and Boys (2013 and younger) 2 min., +/- 10 sec.

- a) maximum of four (4) jump elements minimum of two (2) jump elements
- b) maximum of two (2) jump combinations. Jump combination can contain only two (2) jumps.
- c) maximum of two (2) spins, each spin in one position (minimum of 3 revolutions each);
- d) one (1) step sequence (2/3 ice covered) .

Waltz jump is allowed in Pre Chicks C category and has a value 0.20

1 Axel, Lutz, Flip and double jumps are not allowed in pre-chicks C category !

CHICKS C Free Skating only Girls and Boys (2011/2012 and younger) 2 min., +/- 10 sec.

- a) maximum of four (4) jump elements
- b) maximum of two (2) jump combinations. Jump combination can contain only two (2) jumps.
- c) maximum of two (2) spins, each spin in one position (minimum of 3 revolutions each);
- d) one (1) step sequence.

Waltz jump is allowed in Chicks C category and has a value 0.20

Axel, Lutz, Flip and double jumps are not allowed

IMPORTANT!!!

1. In all categories listed above the Program Components are only judged in

- Skating Skills
- Performance/execution

The Factor of the Program Components is • **1.5**

2. In all elements which are subject to Levels, only features up to **Level Base** will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.
3. Evaluation is in accordance with ISU Communication No. 2242 (or any update of this Communication).
4. No jump with the same name may be repeated more than twice including Axel type jumps.
5. There shall be no bonus for difficult elements in the second half of the program
6. Time violation - 0.5 point deduction for every 5 seconds in excess
7. Falls - 0.25 point deduction for every fall
8. Interruption – 0,5
9. Warm up group up to 10 skaters
10. Warm up 4 min.

BEGINNERS ISU Judging system

Beginners born 2008-2010 and younger Free Program: max. 2:00 min (± 10 sek)

- a). Maximum four (4) jump elements- at least two (2) of them are solo jumps
- at least one (1) and no more than two (2) are jump combinations. Jump combination can contain only two (2) jumps.

b). NEW ! maximum of two (2) spins, each spin in one position (minimum of 3 revolutions each) NEW !

c) Step sequence (2/3 cover of the ice), (straight line, circular or serpentine).

Axel and double jumps are not allowed!

In occasion of much entries category may be divided

Beginners born 1999 -2003 and 2004-2007 Free Program: max. 2:30 min (± 10 sek)

1. Maximum five (4) jump elements

- at least two (2) of them are solo jumps
 - at least one (1) and no more than two (2) are jump combinations or sequences. Jump combination can contain only two (2) jumps. A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any listed jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump
2. At least one (1) but not more than two (2) spins of a different nature min. four (4) revolutions.
 3. Step sequence (2/3 cover of the ice), (straight line, circular or serpentine).
- Maximum one (1) Axel and one (1) double jump are allowed

Beginners born 1988 -1998 Free Program: max. 2:30 min (± 10 sek)

1. Maximum five (5) jump elements
 - at least two (2) of them are solo jumps
 - at least one (1) and no more than two (2) are jump combinations or sequences (Only one jump combination may consist of three (3) jumps); A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any listed jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump
 2. At least one (1) but not more than two (2) spins min. four (4) revolutions.
 3. Step sequence (2/3 cover of the ice), (straight line, circular or serpentine).
- Maximum one (1) Axel and one (1) double jump are allowed

IMPORTANT!!!

1. In all categories listed above the Program Components are only judged in
 - Skating Skills
 - Performance/execution
 The Factor of the Program Components is • **1.3**
2. In all elements which are subject to Levels, only features up to **Level Base** will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.
3. Evaluation is in accordance with ISU Communication No. 2242 (or any update of this Communication).
4. No jump with the same name may be repeated more than twice including Axel type jumps.
5. There shall be no bonus for difficult elements in the second half of the program
6. Time violation - 0.5 point deduction for every 5 seconds in excess
7. Falls - • 0.5 point deduction for every fall
8. Interruption – 0,5
9. Warm up group up to 10 skaters
10. Warm up 4 min.

Hobby Class

Adults Ladies and Men (born 1991 and earlier)

Masters Free Skating

A competitor in the Masters Free Skating event must perform a well - balanced program that may contain:

a) A maximum of seven (7) jump elements, one of which must be an Axel type jump. Single, double and triple jumps are permitted. A jump combination may consist of the same or another single, double or triple jump. There may be up to three jump combinations or jump sequences in the Free Program. One jump combination could consist of up to three (3) listed jumps, the other two up to two (2) listed jumps. A jump sequence may consist of any number of jumps of any number of revolutions that may be linked by non - listed jumps like mazurkas, etc. and/or hops immediately following each other while maintaining the jump rhythm (knee); there can be no steps/ turns, crossovers or stroking during the sequence. However, only the two jumps with the highest value will count. Please note that a half - loop in combination or in a sequence with any other listed jump will be called as a listed jump (1 Lo). Any jump can be repeated only once and this repetition must be done either in a jump combination or in a jump sequence.

b) A maximum of three (3) spins of a different abbreviation, one of which must be a spin combination with a change of foot and one must be a flying spin. The spins must have a required minimum number of revolutions: five (5) for the flying spin with no change of foot after landing, five (5) for the spin with only one position and no change of foot and five (5) for the spin combination with no change of foot and eight (4 + 4) for the spin combination with change of foot or spin in one position with a change of foot. There must be a minimum of two (2) revolutions in each position or the position will not be counted.

c) A maximum of one (1) choreographic - sequence (ChSq). A Choreographic Sequence consists of any kind of movements like steps, turns, spirals, arabesques, spread eagles, Ina Bauers, hydroblading, transitional (unlisted) jumps, spinning movements etc. A Choreographic Sequence for Ladies must include at least one spiral (not a kick) of any length. The Sequence commences with the first move and is concluded with the last move of the Skater. The pattern is not restricted, but must fully utilize the ice surface. A choreographic Sequence has to be skated to the music. A Choreographic Sequence has a base value and will be evaluated by the judges in GOE only.

The first visible attempt to execute a choreographic sequence will contribute to the technical score. Additional spiral sequences and step sequences will not be counted in the technical score but will be counted as moves - in - the field (transitions) and marked as such.

Duration The maximum time is 3 min 10 sec., but may be less.

Factor: The panels points for each Program Component are multiplied by a factor of 1.6.

Gold Free Skating

A competitor in the Adult Gold Free Skating event must perform a well - balanced program that may contain:

a) A maximum of six (6) jump elements, consisting of any single or double jumps (including a single Axel). Triple jumps, 2F, 2Lz are not permitted. A jump combination may consist of the same or another single or double jump. There may be up to three jump combinations or jump sequences in the Free Program. One jump combination could consist of up to three (3) listed jumps, the other two up to two (2) listed jumps. A jump sequence may consist of any number of single and double jumps, that may be linked by non - listed jumps like mazurkas, etc. and/or hops immediately following each other while maintaining the jump rhythm (knee); there can be no turns/steps, crossovers or stroking during the sequence. However, only the two jumps with the highest value will count. Please note that a half - loop in combination or in a sequence with any other listed jump will be called as a listed jump (1Lo.) Any jump can be repeated only once and this repetition must be done either in a jump combination or in a jump sequence. Non - listed jumps may be included in the program as part of connecting footwork, preceding single or double jumps.

b) A maximum of three (3) spins of a different abbreviation, one of which must be a spin combination with a change of foot and one must be a flying spin. The spins must have a required minimum number of revolutions: four (4) for the flying spin with no change of foot after landing, four (4) for the spin with only one position and no change of foot and four (4) for the spin combination with no change of foot and eight (4 + 4) for the spin combination with change of foot or spin in one position with a change of foot. There must be a minimum of two (2) revolutions in each position or the position will not be counted.

c) A maximum of one (1) choreographic sequence (ChSq). A Choreographic Sequence consists of any kind of movements like steps, turns, spirals, arabesques, spread eagles, Ina Bauers, hydroblading, transitional (unlisted) jumps, spinning movements etc. A Choreographic Sequence for Ladies must include at least one spiral (not a kick) of any length. The Sequence commences with the first move and is concluded with the last move of the Skater. The pattern is not restricted, but must fully utilize the ice surface. A choreographic sequence has to be skated to the music. A Choreographic Sequence has a base value and will be evaluated by the judges in GOE only. The first visible attempt to execute a choreographic sequence will contribute to the technical score. Additional choreographic sequences and step sequences will not be counted in the technical score but will be counted as moves - in - the field (transitions) and marked as such.

Duration: The maximum time is 2 min 50 sec., but may be less.

Factor: The panels points for each Program Component are multiplied by a factor of 1.6 .

Silver Free Skating

A competitor in the Adult Silver Free Skating event must perform a well - balanced program that may contain:

a) A maximum of five (5) jump elements. The single Axel and all other single jumps are permitted. No double jumps or triple jumps are permitted. A jump combination may consist of the same or another single jump. There may be up to three jump combinations or jump sequences in the Free Program. One jump combination could consist of up to three (3) listed jumps, the other two up to two (2) listed jumps. A jump sequence may consist of any number of single jumps that may be linked by non - listed jumps like mazurkas, etc. and/or hops immediately following each other while maintaining the jump rhythm (knee); there can be no turns/steps, crossovers or stroking during the sequence. However, only the two jumps with the highest value will count. Please note that a half - loop in combination or in a sequence with any other listed jump will be called as a listed jump (1Lo.)

Any jump can be repeated only once and this repetition must be done either in a jump combination or in a jump sequence. Non - listed jumps may be included in the program as part of connecting footwork, preceding single jumps or an axel type jump.

b) A maximum of three (3) spins of different abbreviations, one of which must be a spin combination. The spins must have a required minimum number of revolutions: three (3) for the flying spin with no change of foot after landing, three (3) for the spin with only one position and no change of foot and four (4) for the spin combination with no change of foot and eight (4 + 4) for the spin combination with change of foot or spin in one position with a change of foot. There must be a minimum of two (2) revolutions in each position or the position will not be counted .

c) A maximum of one (1) choreographic sequence (ChSq). A Choreographic Sequence consists of any kind of movements like steps, turns, spirals, arabesques, spread eagles, Ina Bauers, hydroblading, transitional (unlisted) jumps, spinning movements etc. A Choreographic Sequence for Ladies must include at least one spiral (not a kick) of any length. The Sequence commences with the first move and is concluded with the last move of the Skater. The pattern is not restricted, but must utilize at least half of the ice surface. A Choreographic Sequence has to be skated to the music. A Choreographic Sequence has a base value and will be evaluated by the judges in GOE only. The first visible attempt to execute a choreographic sequence will contribute to the technical score. Additional choreographic sequences and step sequences will not be counted in the technical score but will be counted as moves - in - the field (transitions) and marked as such.

Duration: The maximum time is 2 min 10 sec., but may be less.

Factor: The panels points for each Program Component are multiplied by a factor of 1.6 .

Bronze Free Skating

A competitor in the Adult Bronze Free Skating event must perform a well - balanced program that may contain:

a) A maximum of four (4) jump elements. Only single jumps are permitted , no Axel type jump, no double or triple jumps can be included. A jump combination may consist of the same or another single jump. There may be up to three jump combinations or jump sequences in the Free Program. One jump combination could consist of up to three (3) listed jumps, the other two up to two (2) listed jumps. A jump sequence may consist of any number of single jumps that may be linked by non - listed jumps like mazurkas, etc. and/or hops immediately following each other while maintaining the jump rhythm (knee); there can be no turns/steps, crossovers or stroking during the sequence. However, only the two jumps with the highest value will count. Please note that a half - loop in combination or in a sequence with any other listed jump will be called as a listed jump (1Lo.) Any jump can be repeated only once and this repetition must be done either in a jump combination or in a jump sequence. Non - listed jumps may be included in the program as part of connecting footwork preceding single jumps.

b) A maximum of two (2) spins of a different abbreviation; The spins must have a required minimum number of revolutions: three (3) for the spin with only one position and no change of foot and four (4) for the spin combination with no change of foot and six (3 + 3) for the spin combination with change of foot. Flying spins are not permitted . There must be a minimum of two (2) revolutions in each position or the position will not be counted.

c) A maximum of one (1) choreographic sequence (ChSq). A Choreographic Sequence consists of any kind of movements like steps, turns, spirals, arabesques, spread eagles, Ina Bauers, hydroblading, transitional (unlisted) jumps, spinning movements etc. A Choreographic Sequence for Ladies must include at least one spiral (not a kick) of any length. The Sequence commences with the first move and is concluded with the last move of the Skater. The pattern is not restricted, but must utilize at least half of the ice surface. A Choreographic Sequence has to be skated to the music. A Choreographic Sequence has a base value and will be evaluated by the judges in GOE only. The first visible attempt to execute a choreographic sequence will contribute to the technical score. Additional choreographic sequences and step sequences will not be counted in the technical score but will be counted as moves - in - the field (transitions) and marked as such.

Duration: The maximum time is 1 min 50 sec., but may be less.

Factor: The panels points for each Program Component are multiplied by a factor of 1.6 .

Pre - Bronze Free Skating

A competitor in the Adult Pre - Bronze Free Skating event must perform a well - balanced program that may contain:

a) A maximum of two (2) jump elements. Only single jumps are permitted , no Axel type jump, no double or triple jumps can be included. A jump combination may consist of the same or another single jump. There may be up to one jump combination or jump sequence in the Free Program. A jump sequence may consist of any number of single jumps that may be linked by non - listed jumps like mazurkas, etc. and/or hops immediately following each other while maintaining the jump rhythm (knee); there can be no turns/steps, crossovers or stroking during the sequence. However, only the two jumps with the highest value will count. Please note that a half - loop in combination or in a sequence with any other listed jump will be called as a listed jump (1Lo.) Any jump can be repeated only once and this repetition must be done either in a jump combination or in a jump sequence. Non - listed jumps may be included in the program as part of connecting footwork preceding single jumps.

b) A maximum of one (1) spin. The spin must have a required minimum number of revolutions: three (3) for the spin with only one position and no change of foot and four (4) for the spin combination with no change of foot and six (3 + 3) for the spin combination with change of foot. Flying spins are not permitted . There must be a minimum of two (2) revolutions in each position or the position will not be counted.

c) A maximum of one (1) choreographic sequence (ChSq). A Choreographic Sequence consists of any kind of movements like steps, turns, spirals, arabesques, spread eagles, Ina Bauers, hydroblading, transitional (unlisted) jumps, spinning movements etc. A Choreographic Sequence for Ladies must include at least one spiral (not a kick) of any length. The Sequence commences with the first move and is concluded with the last move of the Skater. The pattern is not restricted, but must utilize at least half of the ice surface. A Choreographic Sequence has to be skated to the music. A Choreographic Sequence has a base value and will be evaluated by the judges in GOE only. The first visible attempt to execute a choreographic sequence will contribute to the technical score. Additional choreographic sequences and step sequences will not be counted in the technical score but will be counted as moves - in - the field (transitions) and marked as such.

Duration: The maximum time is 1 min 50 sec., but may be less.

Factor: The panels points for each Program Component are multiplied by a factor of 1.6 .

Artistic Free Skating (Pre - Bronze, Bronze, Silver, Gold, Masters)

Duration: Music not to exceed 1 min 40 sec , but may be less. Vocal music is permitted.

Axels, double jumps and combination jumps will not be permitted.

The artistic event will be judged only on the basis of Presentation Components (program components):

- Skating skills
- Transitions
- Performance/Execution
- Choreography/Composition
- Interpretation/Timing

There will be no technical panel and no technical mark given . (See ISU Special Regulations and Technical Rules 2008, Singles & Pair Skating, Rule 522, paragraph 2 for a detailed description of Program Components.) The respective Rules can be found on the ISU website.

The artistic program consists of a variety of skating moves selected for their value in enhancing the skater's interpretation of the music rather than for their technical difficulty. Skaters will be judged on their ability to interpret the music and develop a theme by using their skating skills.

The artistic free skate is a competitive program which must include elements of the sport of figure skating.

At least one (1) but a maximum of two (2) single jumps

At least one (1) but a maximum of two (2) spins MUST be included.

Credit for jumps and spins 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 which should be used only to reflect the character of the program and to underline the rhythm and nuances of the chosen music. The skater must not remain in one place for more than five (5) seconds. Any element exceeding the maximum number as set forth above will be judged as an illegal element (2.0 deduction); if there is no jump or no spin element included or only a jump and no spin or vice versa a deduction for a "missing element " of 2.0 will be made. The Referee is responsible for such deductions. Costumes should be tasteful and selected to enhance the performance by appropriately reflecting the character of the music and theme. Props may not be used in any part of the artistic programs . Any item that is held in the hand or removed during the performance is considered a prop. Thus, for example, a hat worn throughout the program is not considered to be a prop, but if it is intentionally removed during the performance it 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) are considered unsafe and are not permitted. The Referee is responsible for prop deductions. Illegal elements:

- Somersault type jumps
- lying on the ice and prolonged and/or stationary kneeling on both knees on the ice .