

TECHNICAL DATA: UPDATE 12.10.2022.

Season 2022-23

SENIOR WOMEN and MEN

Short Program: The required elements to be skated are those listed in ISU Technical Rules Single & Pair Skating 2022, Rule 611, paragraphs 1 and 2. Duration: 2 min., 40 sec. +/-10 sec.

Free Skating: In accordance with ISU Technical Rules Single & Pair Skating 2022, 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 WOMEN and MEN

Short Program: The required elements to be skated are those listed in ISU Technical Rules Single & Pair Skating 2022, Rule 611, paragraphs 1 and 3, for 2022/2023.

Duration: 2 min.40 sec. +/-10 sec.

Free Skating: In accordance with ISU Technical Rules Single & Pair Skating 2022, 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 Girls and Boys

Age and technical requirements are according to the ISU Technical Rules Single and Pair Skating 2022, ISU Communication 2489 and all respective ISU Communications.

Short Program: 2 min 20 sec, +/-10 sec. Free Skating: 3 min +/-10 sec

INTERMEDIATE NOVICE Girls and Boys

Age and technical requirements are according to the ISU Technical Rules Single and Pair Skating 2022, ISU Communication 2489 and all respective ISU Communications.

Free Skating: 3 min, +/- 10 sec

BASIC NOVICE 2009-2011 Girls and Boys

Technical requirements are according to the ISU Technical Rules Single and Pair Skating 2022, ISU Communication 2489 and all respective ISU Communications.

Free Skating: 2 min 30 sec, +/- 10 sec

BASIC NOVICE 2012 and Younger Girls and Boys

Technical requirements are according to the ISU Technical Rules Single and Pair Skating 2022, ISU Communication 2489 and all respective ISU Communications.

Free Skating: 2 min 30 sec, +/- 10 sec

PRE-CHICKS A Free Skating only Girls and Boys (2016 and younger) 2 min., +/- 10 sec.

- a) maximum of four (4) jump elements (one of which must be an Axel type jump)
There may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence.
- 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 4 revolutions each)
- d) one (1) step sequence.

CHICKS A Free Skating only Girls and Boys (2014/2015) 2 min., +/- 10 sec.

- a) maximum of four (4) jump elements (one of which must be an Axel type jump)
There may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence.
- 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 4 revolutions each)
- d) one (1) step sequence.

CHICKS Axel Free Skating only Girls and Boys (2014/2015) 2 min., +/- 10 sec.

- a) maximum of four (4) jump elements (one of which must be an Axel type jump)
There may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence.
- 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 elements which are subject to Levels, only features up to **Level 2 (Pre-Chicks A and Chicks**

A) Level 1 (Chicks Axel) will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

2. Evaluation is in accordance with ISU Communication No. 2474 (or any update of this Communication).

3. No jump with the same name may be repeated more than twice including Axel type jumps.

4. There shall be no bonus for difficult elements in the second half of the program

5. Time violation - 0.5 point deduction for every 5 seconds in excess.

6. Falls - 0.5 point deduction for every fall

7. 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

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

8. Warm up group up to 10 skaters

9. Warm up 4 min.

PRE-CHICKS B Free Skating only Girls and Boys (2016 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);

NB!!! All spins must contain only Base positions. Difficult variations spins will be ignored by technical panel and will have not value.

d) one (1) Choreo Sequence.

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

CHICKS B Free Skating only Girls and Boys (2014/2015) 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) Choreo Sequence.

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

CUBS B Free Skating only Girls and Boys (2012/2013) 2 min. 30 sec., +/- 10 sec.

a) maximum of four (4) jump elements;

There may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence.

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.

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

SPRINGS B Free Skating only Girls and Boys (2010/2011) 2 min. 30 sec., +/-10 sec.

a) maximum of four (4) jump elements (one of which must be an Axel type jump;)

There may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence.

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.

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

IMPORTANT!!!

1. In all elements which are subject to Levels, only features up to **Level Base (Pre-Chicks B, Chicks 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.
 2. Evaluation is in accordance with ISU Communication No. 2474 (or any update of this Communication).
 3. No jump with the same name may be repeated more than twice including Axel type jumps.
 4. There shall be no bonus for difficult elements in the second half of the program
 5. Time violation - 0.5 point deduction for every 5 seconds in excess.
 6. Falls - 0.5 point (Chicks B, Cubs B, Springs), 0,25 point (Pre-Chicks B) deduction for every fall
 7. 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 per program
8. Warm up group up to 10 skaters
 9. 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 five(5) jump elements - at least one (1) Axel type jump

There may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence.

. 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.

JUNIOR B (age same as Junior A) Free Skating only 3 min., +/- 10 sec.

a) maximum of five (5) jump elements one of which must be an Axel type jump;

b) **There may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence.** (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

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- 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.

2A and triple jumps are not allowed.

SENIOR B (age same as Junior A) 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 **two (2) jump combinations and one (1) jump sequence**. (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.

2A and triple jumps are not allowed.

IMPORTANT!!!

1. 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.
 2. Evaluation is in accordance with ISU Communication No. 2474 (or any update of this Communication).
 3. No jump with the same name may be repeated more than twice including Axel type jumps.
 4. There shall be no bonus for difficult elements in the second half of the program
 5. Time violation - 0.5 point (**Novice B**) deduction for every 5 seconds in excess.
 6. Falls - 0.5 point (**Novice B**) deduction for every fall
 7. 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 per program
8. Warm up group up to 8 skaters
 9. Warm up 5 min.

Pre-Chicks C Free Skating only Girls and Boys (2016 and younger) 2 min., +/- 10 sec.

- a) maximum of four (4) jump elements minimum of two (2) jump elements
 - b) **There may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence**. Jump combination can contain only two (2) jumps.
 - c) maximum of two (2) spins, each spin in one position (minimum of 3 revolutions each);
- NB!!! All spins must contain only Base positions. Difficult variations spins will be ignored by technical panel and will have not value.**
- d) **one (1) Choreo Sequence**

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

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

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CHICKS C Free Skating only Girls and Boys (2014/2015) 2 min., +/- 10 sec.

a) maximum of four (4) jump elements

b) **There may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence.** Jump combination can contain only two (2) jumps.

c) maximum of two (2) spins, each spin in one position (minimum of 3 revolutions each);

NB!!! All spins must contain only Base positions. Difficult variations spins will be ignored by technical panel and will have not value.

d) one (1) Choreo Sequence

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

1Axel, 1Lutz, 1Flip, 1Loop and double jumps are not allowed

IMPORTANT!!!

1. 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.

2. Evaluation is in accordance with ISU Communication No. 2474 (or any update of this Communication).

3. No jump with the same name may be repeated more than twice including Axel type jumps.

4. There shall be no bonus for difficult elements in the second half of the program

5. Time violation - 0.5 point deduction for every 5 seconds in excess

6. Falls - 0.25 point deduction for every fall

7. Interruption – 0,5

8. Warm up group up to 10 skaters

9. Warm up 4 min.

Beginners born 2010-2012 Girls and Boys 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). maximum of two (2) spins, each spin in one position (minimum of 3 revolutions each)

NB!!! All spins must contain only Base positions. Difficult variations spins will be ignored by technical panel and will have not value.

c) one (1) Choreo Sequence

Axel and double jumps are not allowed !

Beginners born 2008-2009 and 2005-2007 Girls and Boys

Free Program: max. 2:30 min (± 10 sek)

1. Maximum five (4) jump elements

- at least two (2) of them are solo jumps

- **There may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence.** 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

IMPORTANT!!!

1 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.

2.Evaluation is in accordance with ISU Communication No. 2474 (or any update of this Communication).

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3. No jump with the same name may be repeated more than twice including Axel type jumps.
4. There shall be no bonus for difficult elements in the second half of the program
5. Time violation - 0.5 point deduction for every 5 seconds in excess
6. Falls - • 0.5 point deduction for every fall
7. Interruption – 0,5
8. Warm up group up to 10 skaters
9. Warm up 4 min.