



GLISS EXTRA 2025

Annex 1 TECHNICAL DATA

SINGLE SKATING A-CLASS

PRE-CHICKS A Girls and Boys (2019 and younger)

Free Program: 2:00 minutes/ ± 10 sec.

1. Maximum of four (4) jump elements
 - Maximum two (2) jump combinations or one (1) jump combination and one (1) jump sequence. Jump combinations and sequences may consist of 2 jumps only.
In the jump sequence the second jump must be 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. Jumps executed in a jump sequence will receive their full value.
2. Max. two (2) spins of different nature.
3. One (1) Choreographic sequence consisting of at least two different skating movements.

Components:

- composition
- presentation
- skating skills

The factor for the Program Components is 1,67.

The level of spins and step sequences cannot be higher than 2. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

The choice of music should fit the skater as well as their age.

The skater's outlook (costume and makeup) must be appropriate to the skater's age.

CHICKS A Girls and Boys (2017/2018)

Free Program: 2:00 minutes/ \pm 10 sec.

1. Maximum of four (4) jump elements
 - At least one (1) Axel-type jump
 - Maximum two (2) jump combinations or one (1) jump combination and one (1) jump sequence. Jump combinations and sequences may consist of 2 jumps only.
In the jump sequence the second jump must be 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. Jumps executed in a jump sequence will receive their full value.
2. Max. two (2) spins of different nature (min four (4) revolutions). If with a change of foot, only one feature per foot will count.
3. One (1) step sequence fully utilizing the ice surface and including at least one skating movement such as a spiral, spread eagle, Ina Bauer, hydroblading etc. If the skating movement is missing, no Level will be given. At least 2 difficult turns and steps must be executed on clean edges for Level basic. The Technical Panel will not award Feature 3) Use of body movements for at least 1/3 of the pattern and Feature 4) Two combinations of 3 difficult turns on different feet.

Components

- composition
- presentation
- skating skills

The factor for the Program Components is 1,67.

The level of spins and step sequences cannot be higher than 2. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

The choice of music should fit the skater as well as their age.

The skater's outlook (costume and makeup) must be appropriate to the skater's age.

CUBS A Girls and Boys (2015/2016)

Free Program: 2:30 minutes/ \pm 10 sec.

1. Maximum of four (4) jump elements:
 - at least one (1) Axel-type jump
 - Maximum two (2) jump combinations or one (1) jump combination and one (1) jump sequence. Jump combinations and sequences may consist of 2 jumps only.
In the jump sequence the second jump must be 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. Max. two (2) spins of different nature:
 - one (1) spin combination with change of foot (minimum eight (8) revolutions in total) or without change of foot (min. six (6) revolutions in total);
If with a change of foot, only one level feature per foot will count. Flying entry is not allowed.
 - one spin with no change of position and with a change of foot (minimum eight (8) revolutions in total) or without a change of foot (min. six (6) revolutions in total). If with a change of foot,

only one level feature per foot will count. Flying entry is allowed.

3. One (1) step sequence fully utilizing the ice surface and including at least one skating movement such as a spiral, spread eagle, Ina Bauer, hydroblading etc. If the skating movement is missing, no Level will be given. At least 2 difficult turns and steps must be executed on clean edges for Level basic. The Technical Panel will not award Feature 3) Use of body movements for at least 1/3 of the pattern and Feature 4) Two combinations of 3 difficult turns on different feet.

Components:

- composition
- presentation
- skating skills

The factor for the Program Components is 1,67.

The level of spins and step sequences cannot be higher than **2**. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

The choice of music should fit the skater as well as their age.

The skater's outlook (costume and makeup) must be appropriate to the skater's age.

NB! Additional information

1. Skaters are not allowed to change from Class A to Class B and from class B to class C during the ongoing season.

2.. Judging is carried out in accordance with **ISU Comm. 2701** (or with the latest ISU Communication) and additions related to these documents.

3. Any single, double jump or triple jumps (including 1A) may be executed only twice (2).

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

5. Falls: 0.5 point deduction per fall outside the element. Falls in elements will be called by the Technical Panel but with no deduction(s).

6. Interruption:

10-20 sec: -0,5 point deduction

20-30 sec: -1,0 point deduction

30-40 sec: -1,5 point deduction

Interruption of the program with an allowance of up to three (3) minutes to resume from the point of interruption - 2.5 point deduction

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

10. The protest must be submitted to the Referee of the event in writing form. In case the Referee cannot be reached, the protest can be submitted to the competition Office (ISU Rule 123).

No protests against evaluations by Referees, Judges and the Technical Panel (Technical Controller, Technical Specialists) of Skaters' performances are allowed.

Protests against incorrect mathematical calculation must be submitted not later than 24 hours after the Victory Ceremony of the category concerned.

A wrong identification of an element or of a level of difficulty, although it results in a lower or higher score is not an incorrect mathematical calculation.

In case of incorrect determination of the executed element, all technical panel members (TC, TS and assistant TS) must agree with the correction. The correction shall be determined on the basis of official recording only.

All protests (except incorrect mathematical calculation) must be filed immediately, thus not later than 30 minutes after the end of the Segment concerned

Protests can be lodged by Competitors or team leaders accredited for the competition concerned and with the approval of such Competitor or team leaders, members of the committee organizing the competition or any official representatives of affiliated clubs that have entered Competitor.

Protest fee is EUR 50. In the case where the protest is successful the protest fee will be refunded, otherwise it will remain to the Organizing Committee.

11. Pre-chicks, Chicks and Cubs category skaters are allowed to participate in a higher category if their skills meet the technical requirements of that category.

12. Warm-up time is 4 min and there can be up to 8 skaters in a warm-up group.

Basic Novice

Basic Novice category will be held in accordance with **ISU Communication 2699** and all respective ISU Communications.

Age requirements: Skater has not reached the age of fourteen (14) before July 1st preceding the event.

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

Intermediate Novice

Intermediate Novice category will be held in accordance with **ISU Communication 2699** and all respective ISU Communications.

Age requirements: Skater has not reached the age of sixteen (16) before July 1st preceding the event.

Free Skating 3:00 min, +/- 10 sec

Advanced Novice

Advanced Novice category will be held in accordance with **ISU Communication 2699** and all respective ISU Communications.

Age requirements:

- has reached at least the age of ten (10)
- has not reached the age of sixteen (16)

before July 1st preceding the event

Short program 2:20 +/- 10 sec

Free skating 3:00 min, +/- 10 sec

Junior (Ladies/ Men) and **Senior** (Ladies/Men)

In accordance with ISU Special Regulations and Technical Rules for Single and Pair Skating 2024
Single Skating Short Program – reg. nr 611,
Single Skating Free Program – reg. nr 612.

ISU Communication 2701

PAIR SKATING A-CLASS

Advanced Novice

Advanced Novice category will be held in accordance with **ISU Communication 2699** and all respective ISU Communications.

Short program 2:20 +/- 10 sec

Free skating 3:00 min, +/- 10 sec

SINGLE SKATING B-CLASS

Pre-Chicks B Girls and Boys (born 2019 and younger)

Free program: max 2:00 minutes (+/- 10 sec)

1. Maximum four (4) jump elements
 - Maximum two (2) jump combinations. Jump combinations may consist of 2 jumps only. Combinations of 3 jumps are not allowed.
A jump sequence is not allowed
1F, 1Lz and 1A are not allowed
2. Maximum two (2) spins of different nature
3. One (1) Choreographic sequence consisting of at least two different skating movements.

Components:

- composition
- presentation
- skating skills

The factor for the Program Components is 1,67.

The level of spins and step sequences cannot be higher than **level Base**. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

The choice of music should fit the skater as well as their age.

The skater's outlook (costume and makeup) must be appropriate to the skater's age.

Chicks B Girls and Boys (born 2017/2018)

Free program: max 2:00 minutes (+/- 10 sec)

1. Maximum four (4) jump elements

- Maximum two (2) jump combinations. Jump combinations may consist of 2 jumps only. Combinations of 3 jumps are not allowed.

A jump sequence is not allowed

1A and double jumps are not allowed

2. - One (1) spin in one position with no change of foot

- one (1) spin is optional

3. One (1) Choreographic sequence consisting of at least two different skating movements.

Components:

- composition
- presentation
- skating skills

The factor for the Program Components is 1,67.

The level of spins and step sequences cannot be higher than **level Base**. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

The choice of music should fit the skater as well as their age.

The skater's outlook (costume and makeup) must be appropriate to the skater's age.

CUBS B Girls and Boys (born 2015/2016)

Free program: max 2:30 minutes (+/- 10 sec)

1. Maximum four (4) jump elements

- Maximum two (2) jump combinations or (1) one jump combination and (1) one jump sequence. Jump combinations and sequences may consist of 2 jumps only. In the jump sequence the second jump must be 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. Jumps executed in a jump sequence will receive their full value.
- **1 Axel and one (1) double jump is allowed and it may be repeated no more than two (2) times.**
- **2F and 2Lz are not allowed**

2. Max. two (2) spins of different nature:

- one (1) spin combination with change of foot (minimum eight (8) revolutions in total) or without change of foot (min. six (6) revolutions in total); Flying entry is not allowed.
- one spin with no change of position and with a change of foot (minimum eight (8) revolutions in total) or without a change of foot (min. six (6) revolutions in total).

Flying entry is allowed.

3. One (1) step sequence fully utilizing the ice surface and including at least one skating movement such as a spiral, spread eagle, Ina Bauer, hydroblading etc. If the skating movement is missing, no Level will be given. At least 2 difficult turns and steps must be executed on clean edges for Level basic. The Technical Panel will not award Feature 3) Use of body movements for at least 1/3 of the pattern and Feature 4) Two combinations of 3 difficult turns on different feet.

Components:

- composition
- presentation
- skating skills

The factor for the Program Components is 1,67.

The level of spins and step sequences cannot be higher than **level 1**. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

The choice of music should fit the skater as well as their age.

The skater's outlook (costume and makeup) must be appropriate to the skater's age.

SPRINGS B Girls and Boys (born 2013/2014)

Free program: 2:30 minutes, (+/- 10 sec)

1. Maximum four (4) jump elements

- one of which must be Axel type jump
- Maximum two (2) jump combinations or (1) one jump combination and (1) one jump sequence. Jump combinations and sequences may consist of 2 jumps only. In the jump sequence the second jump must be 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. Jumps executed in a jump sequence will receive their full value.
- **Maximum two (2) double jumps are allowed (2S, 2T, 2Lo)**
- **2F, 2Lz and 2A are not allowed**
- **Triple jumps are not allowed**
- **Any single or double jump may be executed only twice (2)**

2. maximum of two (2) spins of a different nature:

- one (1) spin combination with a change of foot (minimum of eight (8) revolutions) or without a change of foot (minimum of six (6) revolutions). Flying Entry is allowed.
- spin in one position without change of foot must have a minimum of six (6) revolutions, must be done in a basic position without any difficult variation positions and will be called maximum level basic. Flying entry is not allowed.

3. One (1) Choreographic sequence consisting of at least two different skating movements.

Components:

- composition
- presentation
- skating skills

The factor for the Program Components is 1,67.

The level of spins and step sequences cannot be higher than **level 1**. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

The choice of music should fit the skater as well as their age.

The skater's outlook (costume and makeup) must be appropriate to the skater's age.

NB: Additional information:

1. Skaters are not allowed to change from Class A to Class B or Class B to Class C during the ongoing season.

2.. Judging is carried out in accordance with **ISU Comm. 2701** (or with the latest ISU Communication) and additions related to these documents.

3. Any single, double jump or triple jumps (including 1A) may be executed only twice (2).

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

5. Falls: 0.5 point deduction per fall outside the element. Falls in elements will be called by the Technical Panel but with no deduction(s).

6. Interruption:

10-20 sec: -0,5 point deduction

20-30 sec: -1,0 point deduction

30-40 sec: -1,5 point deduction

Interruption of the program with an allowance of up to three (3) minutes to resume from the point of interruption - 2.5 point deduction

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

10. The protest must be submitted to the Referee of the event in writing form. In case the Referee cannot be reached, the protest can be submitted to the competition Office (ISU Rule 123).

No protests against evaluations by Referees, Judges and the Technical Panel (Technical Controller, Technical Specialists) of Skaters' performances are allowed.

Protests against incorrect mathematical calculation must be submitted not later than 24 hours after the Victory Ceremony of the category concerned.

A wrong identification of an element or of a level of difficulty, although it results in a lower or higher score is not an incorrect mathematical calculation.

In case of an incorrect determination of the executed element, all technical panel members (TC, TS and assistant TS) must agree with the correction. The correction shall be determined on the basis of official recording only.

All protests (except incorrect mathematical calculation) must be filed immediately, thus not later than 30 minutes after the end of the Segment concerned

Protests can be lodged by Competitors or team leaders accredited for the competition concerned and with the approval of such Competitors or team leaders, members of the committee organizing the competition or any official representatives of affiliated clubs that have entered Competitor.

The protest fee is EUR 50. In the case where the protest is successful, the protest fee will be refunded, otherwise, it will remain with the Organizing Committee.

11. Skaters are allowed to participate in a higher category if their skills meet the technical requirements of that category.

12. Warm-up time is 4 min and there can be up to 8 skaters in a warm-up group.

NOVICE B Girls and Boys

Age requirements:

- has reached at least the age of ten (10)
- has not reached the age of sixteen (16)

before July 1st preceding the event

Free program only: 3:00 minutes (±10 sec.).

1. Maximum 5 jump elements

- One must be an Axel-type jump
- Maximum two (2) jump combinations or (1) one jump combination and (1) one jump sequence. Jump combinations and sequences may consist of 2 jumps only. In the jump sequence, the second jump must be 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. Jumps executed in a jump sequence will receive their full value.
- **All double jumps are allowed.**
- **Any jump with the same name cannot be included more than two (2) times in total.**
- **2A and triple jumps are not allowed**

2. maximum of two (2) spins of a different nature:

- one (1) spin combination with a change of foot (minimum of eight (8) revolutions) or without a change of foot (minimum of six (6) revolutions). If with a change of foot, only one level feature per foot will count. Flying Entry is allowed.
- spin in one position without change of foot must have a minimum of six (6) revolutions, must be done in a basic position without any difficult variation positions and will be called maximum level basic. Flying entry is not allowed.

3. One (1) Choreographic sequence consisting of at least two different skating movements.

Components:

- composition
- presentation
- skating skills

The factor for the Program Components is

- For boys 2,40
- For girls 2,13

The level of spins cannot be higher than **level 2**. Extra features do not increase the level.

Additional information for Novice B:

1. Judging is carried out in accordance with ISU Comm. 2701 (or with the latest ISU Communication) and additions related to these documents.
2. Interruption:
 - 10-20 sec: -0,5 point deductions
 - 20-30 sec: -1,0 point deductions
 - 30-40 sec: -1,5 point deductionsInterruption of the program with the allowance of up to three (3) minutes to resume from the point of interruption - 2.5 point deduction
3. Falls - 0.5 point deduction for every fall.
4. There can be up to 8 skaters in a warm-up group.
5. The warm-up time is 4 min.
6. There shall be no bonus for difficult elements in the second half of the program.
7. If an extra jump(s) is executed, only the solo jump(s) which is not according to the requirements will have no value. All extra jumps are called and marked with an *. The jumps are considered in the order of execution.

JUNIOR B Girls and Boys (Age same as Junior A)

Free Skating only: 3:00 minutes (±10 sec.)

1. Maximum 5 jump elements,
 - one of which must be an Axel-type jump
 - Maximum two (2) jump combinations or (1) one jump combination and (1) one jump sequence. Jump combinations and sequences may consist of 2 jumps only.
In the jump sequence, the second jump must be 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. Jumps executed in a jump sequence will receive their full value.
 - 2A and triple jumps are not allowed
 - Any jump with the same name can not be repeated more than two (2) times in total
2. There must be (3) spins of different nature
 - one (1) spin combination (minimum of ten (10) revolutions in total)
 - one (1) flying spin (minimum of 6 revolutions)
 - one (1) spin is optional (minimum of 6 revolutions)
3. One (1) Choreographic sequence consisting of at least two different skating movements.

Components

- composition
- presentation
- skating skills

The factor for the Program Components is

- For boys 2,40
- For girls 2,13

The level of spins and step sequences cannot be higher than **level 2**. Extra features do not increase the level.

Additional Information for Junior B:

1. Judging is carried out in accordance with ISU Comm. 2701 (or with the latest ISU Communication) and additions related to these documents.
2. There can be up to 8 skaters in a warm-up group
3. Warm-up time is 5 min
4. There shall be no bonus for difficult elements in the second half of the program.
5. If an extra jump(s) is executed, only the solo jump(s) which is not according to the requirements will have no value. All extra jumps are called and marked with an *. The jumps are considered in the order of execution.

SINGLE SKATING FOR YOUNG AMATEUR SKATERS

Pre-Young Girls and Boys (born 2015 and younger)

Free program 2:00 min ± 10 sec

1. Maximum four (4) jump elements
 - Min two (2) solo jumps
 - Maximum two (2) jump combinations. Jump combinations may consist of 2 jumps only. Combinations of 3 jumps are not allowed.
Jump sequences are not allowed
Axel and double jumps are not allowed!
Any jump with the same name may be executed only twice
2. At least one (1) and a maximum of two (2) spins of different nature.
 - Spins with change of foot must have a minimum of three (3) revolutions on each foot. Spins without change of foot must have at least four (4) revolutions.
3. One (1) Choreographic sequence consisting of at least two different skating movements.

Pre-Young Girls and Boys (born 2013/2014)

Free program 2:00 min± 10 sec

1. Maximum four (4) jump elements
 - Maximum two (2) jump combinations. Jump combinations may consist of 2 jumps only. Combinations of 3 jumps are not allowed.
Jump sequences are not allowed
Axel and double jumps are not allowed!
Any jump with the same name may be executed only twice
2. At least one (1) and a maximum of two (2) spins of different nature.
 - Spins with change of foot must have a minimum of three (3) revolutions on each foot. Spins without change of foot must have at least four (4) revolutions.
3. One (1) Choreographic sequence consisting of at least two different skating movements.

Young Girls and Boys (born 2011/2012)

Free program 2:30 min ± 10 sec

1. Maximum five (5) jump elements
 - Max two (2) jump combinations or one (1) jump combination and one (1) jump sequence. Jump combinations and sequences may consist of 2 jumps only.
In the jump sequence, the second jump must be 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. Jumps executed in a jump sequence will receive their full value.
 - **Maximum one (1) Axel and one (1) double jump are allowed, which may be repeated once.**
Any jump with the same name may be executed only twice.
2. At least one (1) and maximum of two (2) spins of different nature.
 - Spins with change of foot must have a minimum of three (3) revolutions on each foot. Spins without change of foot must have at least four (4) revolutions.

3. One (1) Choreographic sequence consisting of at least two different skating movements.

Young Girls and Boys (2005 - 2010)

Free program 2:30 min \pm 10 sec

1. Maximum five (5) jump elements

- Max two (2) jump combinations or one (1) jump combination and one (1) jump sequence. Jump combinations and sequences may consist of 2 jumps only.

In the jump sequence, the second jump must be 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. Jumps executed in a jump sequence will receive their full value.

- **Maximum one (1) Axel and one (1) double jump are allowed, which may be repeated once. Any jump with the same name may be executed only twice.**

2. At least one (1) and a maximum of two (2) spins of different nature.

- Spins with change of foot must have a minimum of three (3) revolutions on each foot. Spins without change of foot must have at least four (4) revolutions.

3. One (1) Choreographic sequence consisting of at least two different skating movements.

Additional information

1. In all beginners' categories listed above, the following components are judged in the Program Components' mark:

- composition
- presentation
- skating skills

The factor for the Program Components is

- for boys 2.0
- for girls 1.7

The choice of music should fit the skater as well as their age.

The skater's outlook (costume and makeup) must be appropriate to the skater's age.

2. The level of spins and step sequences cannot be higher than **Level Base**. Any additional features will not count for Level features and will be ignored by the Technical Panel.

3. Any jump with the same name may be repeated only twice including Axel-type jumps.

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

5. Falls: -0.5 point deduction for every fall.

6. Interruption:

10-20 sec: -0,5 point deductions

20-30 sec: -1,0 point deductions

30-40 sec: -1,5 point deductions

Interruption of the program with an allowance of up to three (3) minutes to resume from the point of interruption - 2.5 point deduction

7. No bonus shall be applied for jumps in the second half of the program.

8. Warm-up time is 4 minutes and there can be up to 10 skaters in a warm-up group.

SINGLE SKATING FOR ADULT AMATEUR SKATERS

Age categories for ladies and men free skating events:

Young adults skaters born between **July 1st, 1997 and June 30th, 2004**, Bronze, Silver, Gold, Masters

Class I skaters born between **July 1st, 1987 and June 30th, 1997**, Bronze, Silver, Gold, Masters

Class II skaters born between **July 1st, 1977 and June 30th, 1987**, Bronze, Silver, Gold, Masters

Class III skaters born between **July 1st, 1967 and June 30th, 1977**, Bronze, Silver, Gold, Masters

Class IV skaters born between **July 1st, 1957 and June 30th, 1967**, Bronze, Silver, Gold, Masters

Class V skaters born on or before **June 30th, 1957**, Bronze, Silver, Gold, Masters

Free Skating Masters Elite

Skaters entering this category will compete against other Elite Masters Free skaters. The technical requirements are the same as those for the category "Masters Free Skating." with the exception that triple jumps are permitted. Skaters in the Elite category competed internationally for their federation at the Junior or Senior level, made it to their National Championships at the Junior or Senior level, or are currently competing with a double axel and/or triple jumps.

Masters Free Skating

a) A maximum of five (5) jump elements, one of which must be an Axel-type jump. Single and double jumps are permitted. There may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence in the free program.

- One (1) jump combination or (1) jump sequence may consist of up to three (3) listed jumps. The other may have two (2) listed jumps.
- A jump sequence consists of two (2) or three (3) 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 into the take-off curve of the Axel jump
- A jump combination may consist of the same or another single, double or triple jump.
- Each listed jump may be performed a maximum of two (2) times.

b) A maximum of three (3) spins of a different abbreviation, one (1) of which must be a spin combination with a change of foot and one (1) of which must be a flying spin or a spin with a flying entrance and one (1) of which must be a spin with only one (1) position

The spins must have a required minimum number of revolutions: five (5) for any spin with no change of foot, and eight (8) for any spin with a change of foot.

- A spin that has no basic position with 2 revolutions will receive no level and no value, however, a spin with less than three rotations is considered a skating movement and not a spin.
- Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions in each of these positions anywhere within the spin. To receive full value, a spin combination must include all three (3) basic positions.
- All spins with change of foot must have at least 3 revolutions on each foot. If this requirement is not fulfilled, the spin will be marked with a V.

c) A maximum of one (1) step sequence, fully utilizing the ice surface.

The program duration is 3 minutes +/- 10 seconds

The points for each Program Component are multiplied by a factor of 2,67

Features up to and including Level 4 will be counted for the technical elements.

The warm-up duration is six (6) minutes.

Each fall shall receive a deduction of 1.0

Gold Free Skating

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

a. A maximum of five (5) jump elements, consisting of single jumps (including the single Axel) or double jumps. **Double flip, double Lutz, double Axel and triple jumps are not permitted.**

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

- One (1) jump combination or one (1) jump sequence may consist of up to three (3) listed jumps. The other may have two (2) listed jumps.
- A jump sequence consists of two (2) or three (3) listed jumps of any number of revolutions, in which the second and/or the third listed jump is an Axel type jump with a direct step from the landing curve of the first/second jump into the take-off curve of the Axel jump.
- Each listed jump may be performed a maximum of two (2) times.

b. A maximum of three (3) spins of a different abbreviation, one (1) of which must be a spin combination with a change of foot and one (1) of which must be a flying spin or a spin with a flying entrance.

- The spins must have a required minimum number of revolutions: four (4) for any spin with no change of foot, and eight (8) for any spin with a change of foot.
- A spin that has no basic position with 2 revolutions will receive no value.
- Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions in each of these positions anywhere within the spin. To receive full value, a spin combination must include all three (3) basic positions.
- All spins with change of foot must have at least 3 revolutions on each foot. If this requirement is not fulfilled, the spin will be marked with a V.

c. A maximum of one (1) step sequence, fully utilizing the ice surface

The program duration is 2 minutes and 50 seconds +/- 10 seconds

The points for each Program Component are multiplied by a factor of 2.67.

Only features up to and including Level 3 will be counted for the technical elements.

Any additional features will not count for level requirements and will be ignored by the Technical Panel.

The warm-up duration is six (6) minutes.

Each fall shall receive a deduction of 1.0.

Silver Free Skating

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

- a. A maximum of four (4) jump elements, consisting of any single jumps (including the single Axel).

Double

jumps and triple jumps are not permitted.

- There may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence.
- One (1) jump combination or one (1) jump sequence may consist of up to three (3) listed jumps. The other may have two (2) listed jumps.
- A jump sequence consists of two (2) or three (3) 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 into the take-off curve of the Axel jump.
- Each listed jump may be performed a maximum of two (2) times.

- b. A maximum of two (2) spins of a different abbreviation, one of which must be a spin in one position with

or without a change of foot.

- The spins must have a required minimum number of revolutions: four (4) for any spin with no change of foot, and six (6) for any spin with a change of foot.
- A spin that has no basic position with 2 revolutions will receive no value.
- Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions in each of these positions anywhere within the spin. To receive full value, a spin combination must include all three (3) basic positions.
- All spins with change of foot must have at least 3 revolutions on each foot. If this requirement is not fulfilled, the spin will be marked with a V.

- c. A maximum of one (1) choreographic sequence, fully utilizing the ice surface

- The pattern is not restricted but the sequence must be clearly visible.
- A choreographic sequence has a base value and will be evaluated by the judges in GOE only.
- A Choreographic Sequence consists of at least two (2) different skating movements like spirals, arabesques, spread eagles, Ina Bauers, hydroblading and unlisted jumps.

The program duration is 2 minutes +/- 10 seconds.

The points for each Program Component are multiplied by a factor of 2.0.

Only features up to and including Level 2 will be counted for the technical elements.

Any additional features will not count for level requirements and will be ignored by the Technical Panel.

The warm-up duration is five (5) minutes.

Each fall outside elements shall receive a deduction of 0.5. Falls in elements will be called by the Technical Panel but with no deduction(s).

Bronze Free Skating

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

- a. A maximum of four (4) jump elements, consisting only of single jumps. **Axel type jumps, double jumps**

and triple jumps are not permitted. There may be one (1) jump combination in the free program.

- The jump combination may consist of two (2) listed jumps.
- Each listed jump may be performed a maximum of two (2) times.
- Waltz jumps will be ignored.
 - b. A maximum of two (2) spins of a different abbreviation, both of which must be a spin in one position with
 - or without a change of foot. **Flying spins are not permitted.**
- The spins must have a required minimum number of revolutions: three (3) for any spin with no change of foot, and six (6) with a change of foot.
- A spin that has no basic position with 2 revolutions will receive no value.
- All spins with change of foot must have at least 3 revolutions on each foot. If this requirement is not fulfilled, the spin will be marked with a V.
 - c. A maximum of one (1) choreographic sequence utilizing at least half (1/2) of the ice surface.
- The pattern is not restricted but the sequence must be clearly visible.
- A choreographic sequence has a base value and will be evaluated by the judges in GOE only.
- A Choreographic Sequence consists of at least two (2) different skating movements like spirals, arabesques, spread eagles, Ina Bauers, hydroblading and unlisted jumps.

The program duration is 1 minute and 40 seconds, +/- 10 seconds

The points for each Program Component are multiplied by a factor of 2.0.

The warm-up duration is five (5) minutes.

Only features up to and including Level 1 will be counted. Any additional features will not count for level requirements and will be ignored by the Technical Panel.

Each fall shall receive a deduction of 0.5.

Each fall outside elements shall receive a deduction of 0.5. Falls in elements will be called by the Technical Panel but with no deduction(s).

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

The program duration for Masters Elite and Masters Artistic Free Skating is 2 minutes +/- 10 seconds.

The program duration for Gold, Silver and Bronze Artistic Free Skating is 1 minute and 30 seconds, +/- 10 seconds.

The Artistic Free Skate is a competitive program that must include elements of the sport of figure skating. At least one (1) and a maximum of two (2) single jumps **MUST** be included. A Waltz jump is not considered a listed single jump. At least one (1) and a maximum of two (2) spins **MUST** be included. For Bronze, Silver and Gold level, no Axel type jumps are allowed, for Masters and Elite levels Axels are permitted. For all levels no double or triple jumps are allowed. No combination jumps are allowed.

The artistic events consist of Free Skating programs judged only on the basis of the Program Components:

- Composition

- Presentation
- Skating skills

See ISU Communication 2494 III General Technical Rules in Single & Pair Skating and Ice Dance (Rule 504 para 3a) for a detailed description of Program Components.

There will be no technical panel, and no technical mark will be given. The points for each Program Component are multiplied by a factor of 1.0.

The artistic program consists of a variety of skating moves selected for their value in demonstrating skating ability and enhancing the skater's interpretation of the music. Skaters will be judged on their ability to interpret the music and develop a theme through their skating. Credit for 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, 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/pair must not remain in one place for more than five (5) seconds. The Program and time clock will start with the first movement by the skater/pair.

Any element exceeding the maximum number as set forth below will be judged as an illegal element (1.0 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 1.0 will be made. The Referee is responsible for such deductions.

Clothing and make-up must be modest, dignified and appropriate for athletic competition – not garish or theatrical in design. Clothing may, however, reflect the character of the music chosen. Clothing must not give the effect of excessive nudity. (ISU Rule 501)

This is NOT a theatre-on-ice, showcase or spotlight event. Theatrical costumes and make-up will be penalized by a deduction: -1.0 per program. Props and accessories may NOT be used in any part of the artistic programs. Use of props will be penalized by a deduction: -1.0 per program.

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 decorations on costumes must be non-detachable. Part of the costume or decoration falling on the ice will be penalized by a deduction: -1.0 per program. The deduction for inappropriate clothing or make-up props and accessories (1.0) will be determined by a majority of the judges and the referee.

Illegal elements:

Somersault type jumps

Lying on the ice and prolonged and/or stationary kneeling on both knees on the ice

The warm-up duration is four (4) minutes for all artistic free skating events.

For all adult categories:

- Any program violating the time limit set out in this Announcement will receive a deduction of 1.0 for every 5 seconds or part thereof lacking or in excess of the permitted time.
- Skaters have 30 seconds from the time their name is called to take their starting position.
- An entry in an artistic category may be at the same level or one level higher (not lower) than the entry in an event of any other category. For example, a skater may enter the Silver Free Skating event and then the Gold Artistic Free Skating event.
- **When fewer than 3 skaters register for a singles Free Skating or Artistic Free Skating segment, age categories may be combined wherever possible to ensure competition.**
- The special factor of 1.1 for elements starting in the second half, will NOT apply.