



## **TECHNICAL DATA: UPDATE 2023.03.17**

### **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 (3) 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 (3) 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**

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### 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 1<sup>st</sup> 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) Choro 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.

### **Beginners Young adult skater is the skater born in 1994-2004 Boys and Girls**

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Free program: max 2:30 min. +/- 10 sec.

1. Maximum five (5) jump elements:

- maximum one (1) single Axel and one (1) double jump are allowed;
  - maximum three (3) jump combinations or two (2) jump combination and one (1) jump sequence;
  - only one (1) jump combination may consist of three (3) jumps.
2. Maximum two (2) spins of a different nature (abbreviation) (min. 4 revolutions).
3. One (1) step sequence (2/3 cover of the ice surface)

Additional information:

1. No jump with the same name may be done more than twice.
2. A jump sequence consists of 2 (two) jumps, beginning with any 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.
3. There will be no bonus for difficult elements in the second half of the program.

Level explanation:

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.

Components:

The Program Components are only judged in:

- Composition
- Presentation
- Skating Skills

The multiplying factor for the Program Components is: 1.67

Deductions:

1. Time violation -0.5 point for every 5 sec. in lack or excess
2. Fall -0.5 point for every fall
3. 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

## **Adult Gold**

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 three (3) jump combinations or two jump combinations 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) jumps. The others may have two (2) jumps each.
- 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.
  - Please note that the Euler (half-loop) is considered a listed jump only when used in combination in between two other listed jumps.
- Non-listed jumps may be included in the program as part of connecting footwork.

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, however a spin with less than three rotations in total is considered as 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 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 four (4) minutes.
- Each fall shall receive a deduction of 1.0.



## **Adult Silver**

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

a. A maximum of five (5) 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 in the free program.

- One (1) jump combination or one (1) jump sequence may consist of up to three (3) jumps. The other may have two (2) 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.
  - Please note that the Euler (half-loop) is considered a listed jump only when used in combination in between two other listed jumps.
  - Non-listed jumps may be included in the program as part of connecting footwork.

b. A maximum of two (2) spins of a different abbreviation.

- 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, however a spin with less than three rotations in total is considered as 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.
  - Only features up to and including Level 2 will be counted. Any additional features will not count for level requirements and will be ignored by the Technical Panel.

c. A maximum of one (1) choreographic sequence, utilizing at least half (1/2) of the ice surface.

- A choreographic sequence consists of at least two different movements like spirals, arabesques, spread eagles, Ina Bauers, hydroblading, transitional (unlisted) jumps. Steps and turns may be used to link the two or more different movements together.
  - 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.
  - The program duration is 2 minutes +/- 10 seconds.
  - The points for each Program Component are multiplied by a factor of 2.0.
  - The warm-up duration is five (5) minutes.
- Each fall shall receive a deduction of 0.5.

## **Free Skating Bronze**

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 up to two (2) jump combinations in the free program.

- Each jump combination may consist of two (2) listed jumps.
- Each listed jump may be performed a maximum of two (2) times.

b. A maximum of two (2) spins of a different abbreviation, each 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, however a spin with less than three rotations in total is considered as a skating movement and not a spin.
- 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.
- 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.

c. A maximum of one (1) choreographic sequence utilizing at least half (1/2) of the ice surface.

• A choreographic sequence consists of at least two different movements like spirals, arabesques, spread eagles, Ina Bauers, hydroblading, transitional (unlisted) jumps. Steps and turns may be used

to link the two or more different movements together.

- A choreographic sequence has a base value and will be evaluated by the judges in GOE only.
- 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.
- Each fall shall receive a deduction of 0.5.