

ISU Categories

WOMEN and MEN

Short Program: The required elements to be skated are those listed in ISU Technical Rules Single & Pair Skating 2024, Rule 611, paragraphs 1 and 3 for 2025/26.Com.2701

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

Free Skating: In accordance with ISU Technical Rules Single & Pair Skating 2024, 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 2024, Rule 611, paragraphs 1 and 3, for 2025/2026. Com.2701

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

Free Skating: In accordance with ISU Technical Rules Single & Pair Skating 2024, 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 2010-2011 2012-2013 and 2014-2015 Girls and Boys

Age and technical requirements are according to the ISU Technical Rules Single and Pair Skating 2024, ISU Communication 2699 and all respective ISU Communications.

Duration: 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 2024, ISU Communication 2699 and all respective ISU Communications.

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

BASIC NOVICE 2012-2014, 2015-2016 and Younger Girls and Boys

Technical requirements are according to the ISU Technical Rules Single and Pair Skating 2024, ISU Communication 2699 and all respective ISU Communications.

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

INTERCLUB A CLASS

PRE-CHICKS A Girls and Boys (2019 and younger) Free Skating only 2 min., +/- 10 sec.

- a) maximum of four (4) 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. Jump combinations and the jump sequence consist of two (2) jumps. 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 into 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) Choreographic Sequence consisting of at least two different skating movements.

Choice of music should fit the skater as well as their age. **Costumes should be age appropriate and suitable for Novice level (and below) skaters participating in a competitive environment. Attention should also be given to the amount of cosmetics used by a young athlete. (Com.2699)**

CHICKS A Girls and Boys (2017/2018) Free Skating only 2 min., +/- 10 sec.

- a) maximum of four (4) 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. Jump combinations and the jump sequence consist of two (2) jumps. 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 into the take-off curve of the Axel jump.
- c) maximum of two (2) spins of a different nature (minimum of 4 revolutions each).
In spin with change of foot, only one level feature per foot will count. If two features are done on the first foot, only one feature will be awarded.

d) there must be a maximum of 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.

Choice of music should fit the skater as well as their age. **Costumes should be age appropriate and suitable for Novice level (and below) skaters participating in a competitive environment. Attention should also be given to the amount of cosmetics used by a young athlete. (Com.2699)**

CHICKS Axel Girls and Boys (2017/2018) Free Skating only 2 min., +/- 10 sec.

- a) maximum of four (4) 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. Jump combinations and the jump sequence consist of two (2) jumps. 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 into 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) Choreographic Sequence consisting of at least two different skating movements.

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

Choice of music should fit the skater as well as their age. **Costumes should be age appropriate and suitable for Novice level (and below) skaters participating in a competitive environment. Attention should also be given to the amount of cosmetics used by a young athlete. (Com.2699)**

TECHNICAL DATA SEASON 2025-2026

IMPORTANT!

The following Program Components are judged:

- Composition
- Presentation
- Skating Skills

The factor for the Program Components is 1.67

1. Please note! Skaters who participated in group A, B or C are not allowed to change category for a lower one during the season (only with some exceptions consulting with referee and OC), Acting against this rules can cause the cancellation of the competition`s results of athlete by oc or the referee of event.

2. In all elements which are subject to Levels, only features up to **(Pre-Chicks A and Chicks A) Level 2 and (Chicks Axel) Level 1** 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. **2701** (or any update of this Com.)

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. Program time violation up to every 5 seconds lacking or in excess -0.5

7. Part of the costume/decoration falls on the ice -0.5

8. Costume/prop violation -0.5

9. Late start -0.5

10. Falls – 0,5 per fall outside elements.

Falls in elements will be called by the Technical Panel but with no deduction(s).

11. 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

12. Warm up 4 min. and Warm up group up to 10 skaters

INTERCLUB B CLASS

PRE-CHICKS B Girls and Boys (**2019** and younger) Free Skating only 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 **three (3) revolution in position** for each)

NB!!! All spins must contain only basic positions (upright, sit or camel). Variations-simple, difficult or non-basic (such as sideways sit spin, upright Biellmann, etc.) are not allowed and will be ignored by the technical panel. No value will be awarded for the spin, but it will be considered as attempted and occupy a spin box.

d) one (1) Choreographic Sequence consisting of at least two different skating movements.

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

Choice of music should fit the skater as well as their age. Costumes should be age appropriate and suitable for Novice level (and below) skaters participating in a competitive environment. Attention should also be given to the amount of cosmetics used by a young athlete. (Com.2699)

CHICKS B Girls and Boys (**2017/2018**) Free Skating only 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. **3/9**

TECHNICAL DATA SEASON 2024-2025

c) maximum of two (2) spins of a different nature (minimum of **three (3) revolution in position** for each)

(1) Choreographic Sequence consisting of at least two different skating movements.

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

Choice of music should fit the skater as well as their age. Costumes should be age appropriate and suitable for Novice level (and below) skaters participating in a competitive environment. Attention should also be given to the amount of cosmetics used by a young athlete. (Com.2699)

CUBS B Girls and Boys (**2015/2016**) Free Skating only, 2 min. 30 sec., +/- 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 combinations and the jump sequence consist of two (2) jumps. 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 into the take-off curve of the Axel jump.

c) maximum of two (2) spins of a different nature (minimum of five (5) revolutions);

d) one (1) Choreographic Sequence consisting of at least two different skating movements.

- 1 Axel and one (1) double (2x) jump (2S or 2T) are allowed max. two (2) times.

2A, 2Lo, 2F, 2Lz and 3x (triple jump) – are not allowed in this category

Choice of music should fit the skater as well as their age. Costumes should be age appropriate and suitable for Novice level (and below) skaters participating in a competitive environment. Attention should also be given to the amount of cosmetics used by a young athlete. (Com.2699)

SPRINGS B Girls and Boys (**2013/2014**) Free Skating only, 2 min. 30 sec., +/-10 sec.

a) maximum of four (4) 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. Jump combinations and the jump sequence consist of two (2) jumps. 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 into the take-off curve of the Axel jump.

c) maximum of two (2) spins of a different nature

-one (1) spin combination with a change of foot must have a minimum of eight (8) revolutions and without a change of foot with a minimum of six (6) revolutions. Flying entry is allowed. **Difficult variation of a non-basic position is not counted as a feature in this spin, this will be ignored by the Technical Panel.**

-and one (1) 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.

d) one (1) Choreographic Sequence consisting of at least two different skating movements.

- Maximum 2 (two) different double jumps (2S, 2T or 2Lo) are allowed and they cannot be repeated more than twice.

2A, 2F, 2Lz and 3x (triple jump) – are not allowed in this category

Choice of music should fit the skater as well as their age. Costumes should be age appropriate and suitable for Novice level (and below) skaters participating in a competitive environment. Attention should also be given to the amount of cosmetics used by a young athlete. (Com.2699)

IMPORTANT!!!

The following Program Components are judged:

- Composition
- Presentation

TECHNICAL DATA SEASON 2024-2025

• Skating Skills

The factor for the Program Components is 1.50

1. Please note! Skaters who participated in group A, B or C are not allowed to change category for a lower one during the season (only with some exceptions consulting with referee and OC). Acting against this rules can cause the cancellation of the competition's results of athlete by oc or the referee of event.

2. In all elements which are subject to Levels, only features up to **(Pre-Chicks B, Chicks B and Cubs B) Level Base, (Springs) Level 1** 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. **2623** (or any update of this Com.)

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. Program time violation up to every 5 seconds lacking or in excess -0.5

7. Part of the costume/decoration falls on the ice -0.5

8. Costume/prop violation -0.5

9. Late start -0.5

10. Falls deduction for every fall -0.5

11. 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

12. Warm up Pre-chicks B, Chicks B 3 min. Cubs B, Springs 4 min. Warm up group max.10 skaters

NOVICE B Girls and Boys, 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 (16) before July 1st preceding the event

a). maximum five (5) jump elements - at least one (1) Axel type jump

b). there may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence. Jump combinations and the jump sequence consist of two (2) jumps. 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 into the take-off curve of the Axel jump.

c) 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

In spin with change of foot, only one level feature per foot will count. If two features are done on the first foot, only one feature will be awarded.

d) one (1) Choreographic Sequence consisting of at least two different skating movements.

(2A) Double Axel and (3x) triple jumps are not allowed.

Choice of music should fit the skater as well as their age. Costumes should be age appropriate and suitable for Novice level (and below) skaters participating in a competitive environment. Attention should also be given to the amount of cosmetics used by a young athlete. (Com.2699)

JUNIOR B Women and Men (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. Jump combinations and the jump sequence consist of two (2) jumps. In the jump

TECHNICAL DATA SEASON 2024-2025

sequence the second jump must be an Axel type jump with a direct step from the landing curve of the first jump into 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) Choreographic Sequence consisting of at least two different skating movements.
(2A) Double Axel and (3x) triple jumps are not allowed.

SENIOR B (age same as Senior 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) there may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence. Jump combinations and the jump sequence consist of two (2) jumps. 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 into 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) Choreographic Sequence consisting of at least two different skating movements.
(2A) Double Axel and (3x) triple jumps are not allowed.

IMPORTANT!!!

- Composition
- Presentation
- Skating Skills

The factor for the Program Components is 1.50

1. In all elements which are subject to Levels, only features up to **(Novice B, Junior B), Level 2 and (Senior B) Level 3** 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. **2623** (or any update of this Com.)

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. Program time violation up to every 5 sec. lacking or in excess (-1,0) -0.5 (only Novice B)

6. Part of the costume/decoration falls on the ice (-1,0) -0.5 (only Novice B)

7. Costume/prop violation (-1,0) -0.5 (only Novice B)

8. Late start (-1,0) -0.5 (only Novice B)

9. Falls deduction for every fall (-1,0) -0.5 (only Novice B)

10. Late start (-1,0) -0.5 (only Novice B)

11. 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

12. Wapm up 5 min. and Warm up group up to 8 skaters

INTERCLUB C CLASS

PRE-CHICKS C Girls and Boys (**2019** and younger) Free Skating only 2 min., +/- 10 sec.

a) maximum of three (3) jump elements.

b) there may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence. Jump combinations and the jump sequence consist of two (2) jumps. In the jump **6/9**

TECHNICAL DATA SEASON 2024-2025

sequence the second jump must be an Axel type jump with a direct step from the landing curve of the first jump into the take-off curve of the Axel jump.

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

NB!!! All spins must contain only basic positions (upright, sit or camel). Variations-simple, difficult or non-basic (such as sideways sit spin, upright Biellmann, etc.) are not allowed and will be ignored by the technical panel. No value will be awarded for the spin, but it will be considered as attempted and occupy a spin box.

"Holding of the free leg is deemed a variation and will result with the spin receiving no value."

d) one (1) Choreographic Sequence consisting of at least two different skating movements.

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!

Choice of music should fit the skater as well as their age. Costumes should be age appropriate and suitable for Novice level (and below) skaters participating in a competitive environment. Attention should also be given to the amount of cosmetics used by a young athlete. (Com.2699)

CHICKS C Girls and Boys Free Skating only (2017/2018) 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 combinations and the jump sequence consist of two (2) jumps. 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 into the take-off curve of the Axel jump.

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

NB!!! All spins must contain only basic positions (upright, sit or camel). Variations-simple, difficult or non-basic (such as sideways sit spin, upright Biellmann, etc.) are not allowed and will be ignored by the technical panel. No value will be awarded for the spin, but it will be considered as attempted and occupy a spin box.

"Holding of the free leg is deemed a variation and will result with the spin receiving no value."

d) one (1) Choreographic Sequence consisting of at least two different skating movements.

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

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

Choice of music should fit the skater as well as their age. Costumes should be age appropriate and suitable for Novice level (and below) skaters participating in a competitive environment. Attention should also be given to the amount of cosmetics used by a young athlete. (Com.2699)

IMPORTANT!!!

- Composition
- Presentation
- Skating Skills

The factor for the Program Components is 1.40

1.Please note! Skaters who did participate in group A, B or C are not allowed to change category for lowest during season (only with some exceptions consulting with referee and OC), Acting against this rules can cause the cancellation of the competition`s results of athlete by oc or the referee of event.

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.2623 (or any update of this Com.)

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. Program time violation up to every 5 seconds lacking or in excess -0.25

TECHNICAL DATA SEASON 2024-2025

7. Falls deduction for every fall	-0.25
8. Part of the costume/decoration falls on the ice	-0.25
9. Costume/prop violation	-0.25
10. Late start	-0.25
11. 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	
12. Warm up Pre-chicks C, Chicks C 3 min. and Warm up group up to 10 skaters	

INTERCLUB BEGINNERS and HOBY CLASS

BEGINNERS 2015 Younger and 2013/2014 Girls, Boys, Free Program: max. 2:00 min ±10 sec.

a) Maximum four (4) jump elements.

b) at least one (1) and no more than two (2) are 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)

NB!!! All spins must contain only basic positions (upright, sit or camel). Variations-simple, difficult or non-basic (such as sideways sit spin, upright Biellmann. etc.) are not allowed and will be ignored by the technical panel. No value will be awarded for the spin, but it will be considered as attempted and occupy a spin box.

"Holding of the free leg is deemed a variation and will result with the spin receiving no value."

d) one (1) Choreographic Sequence consisting of at least two different skating movements.

Single Axel and double jumps are not allowed!

Choice of music should fit the skater as well as their age. Costumes should be age appropriate and suitable for Novice level (and below) skaters participating in a competitive environment. Attention should also be given to the amount of cosmetics used by a young athlete. (Com.2699)

Beginners 2011-2012, 2005-2010 Girls and Boys Free Program: max. 2:30 min ± 10 sec.

a) Maximum four (4) jump elements

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

b) there may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence. Jump combinations and the jump sequence consist of two (2) jumps. 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 into the take-off curve of the Axel jump.

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

NB!!! All spins must contain only basic positions (upright, sit or camel). Variations-simple, difficult or non-basic (such as sideways sit spin, upright Biellmann. etc.) are not allowed and will be ignored by the technical panel. No value will be awarded for the spin, but it will be considered as attempted and occupy a spin box.

"Holding of the free leg is deemed a variation and will result with the spin receiving no value."

d) one (1) Choreographic Sequence consisting of at least two different skating movements.

• 1 Axel and maximum one (1) double jump (2S or 2T) are allowed max. two (2) times.

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

TECHNICAL DATA SEASON 2024-2025

Choice of music should fit the skater as well as their age. **Costumes should be age appropriate and suitable for Novice level (and below) skaters participating in a competitive environment. Attention should also be given to the amount of cosmetics used by a young athlete. (Com.2699)**

HOBBY CLASS Girls and Boys (2008-2011) Free Skating only, 1.40 min., +/- 10 sec.

For the very beginning skaters.

a) maximum of three (3) jump elements.

b) maximum of one (1) jump combinations. Jump combination can contain only two (2) jumps.

c) maximum of one (1) spin. Only USP (upright position (minimum of 3 revolutions each)

NB!!! Spins must contain only basic positions (upright). Variations-simple, (such as upright Biellmann, etc.) are not allowed and will be ignored by the technical panel. No value will be awarded for the spin, but it will be considered as attempted and occupy a spin box.

d) one (1) Choreographic Sequence consisting of at least two different skating movements.

Waltz jump is allowed and has a value 0.20

• 1Lz (singel Lutz), 1F (single Flip), 1A (1 Axel) and double (2) jumps are not allowed!

Choice of music should fit the skater as well as their age. **Costumes should be age appropriate and suitable for Novice level (and below) skaters participating in a competitive environment. Attention should also be given to the amount of cosmetics used by a young athlete. (Com.2699)**

IMPORTANT!!!

- Composition
- Presentation
- Skating Skills

The factor for the Program Components is 1.40 / (HOBY CLASS 1.20)

1.Please note! Skaters who did participate in group A, B or C are not allowed to change category for lowest during season (only with some exceptions consulting with referee and OC).

Acting against this rules can cause the cancellation of the competition`s results of athlete by oc or the referee of event.

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.2623 (or any update of this Com.)

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. Program time violation up to every 5 seconds lacking or in excess -0.50

7. Falls deduction for every fall -0.50

8. Part of the costume/decoration falls on the ice -0.50

9. Costume/prop violation -0.50

10. Late start -0.50

11. 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

12. Warm up 3 min. and Warm up group up to 10 skaters

ADULTSRULE

<https://isu-d8g8b4b7ece7aphs.a03.azurefd.net/isudamcontainer/CMS/Fansite/Figure-Skating/2025-2026/Events/Adult-Skating/Documents/IAFSC-Technical-Announcement-2025-26-1753454582-2156.pdf>