



GLISS EXTRA 2021

Annex 1 TECHNICAL DATA

SINGLE SKATING A-CLASS

PRE-CHICKS A Girls and Boys (2015 and younger)

Free Program: 2:00 minutes/ ± 10 sec.

1. Maximum of four (4) jump elements
 - Maximum two (2) jump combinations or jump sequences. Jump combinations may consist of 2 jumps only. Combinations of 3 jumps are not allowed.
A jump sequence consists of 2 (two) jumps of any number of revolutions, 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.
2. Max. two (2) spins of different nature.
3. One (1) Step sequence with full utilization of the ice surface. The sequence will receive a Level and will be evaluated in GOE.

Components:

- skating skills
- performance

The factor for the Program Components is 2,5.

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.

CHICKS A Girls and Boys (2013/2014)

Free Program: 2:00 minutes/ ± 10 sec.

1. Maximum of four (4) jump elements
 - At least one (1) Axel-type jump
 - Maximum two (2) jump combinations or jump sequences. Jump combinations may consist of 2 jumps only. Combinations of 3 jumps are not allowed.

A jump sequence consists of 2 (two) jumps of any number of revolutions, 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.

2. Max. two (2) spins of different nature (min four (4) revolutions).
3. One (1) Step sequence with full utilization of the ice surface. The sequence will receive a Level and will be evaluated in GOE.

Components:

- skating skills
- performance

The factor for the Program Components is 2,5.

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.

CUBS A Girls and Boys (2011/2012)

Free Program: 2:30 minutes/ ± 10 sec.

1. Maximum of four (4) jump elements:
 - at least one (1) Axel-type jump
 - maximum two (2) jump combinations or sequences. Jump combinations may consist of 2 jumps only. Combinations of 3 jumps are not allowed. 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. Max. two (2) spins of different nature:
 - one (1) spin combination with change of foot (minimum three (3) revolutions on each foot) or without change of foot (min. six (6) revolutions in total);
 - one spin with no change of position and with a change of foot (minimum three (3) revolutions on each foot) or without a change of foot (min. six (6) revolutions in total).
 - **Flying entry is allowed for both spins.**
3. One (1) Step sequence with full utilization of the ice surface. The sequence will receive a Level and will be evaluated in GOE.

Components that are judged:

- skating skills
- performance

The factor for the Program Components is 2,5.

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.

NB! Additional information

1. Judging is carried out in accordance with ISU Comm. 2334 (or with the latest ISU Communication) and additions related to these documents.
2. Any single or double jump (including 1A) may be executed only twice (2).
3. Time violation - 0.5 point deduction for every 5 seconds in excess.
4. Falls - 0.5 point deduction for every fall.
5. 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
6. There shall be no bonus for difficult elements in the second half of the program.
7. Protests must be submitted not later than 24 hours after the publication of results. Protest can be filed against the incorrect determination of the executed element or any calculation error. 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. Protest fee is EUR 50. The protest must be submitted to the Referee of the event in writing. In case the Referee cannot be reached, the protest can be submitted to the competition Office (ISU Rule 123).
8. 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.
9. 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 2396** and all respective ISU Communications.

Age requirements: **Skater has not reached the age of thirteen (13) 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 2396** and all respective ISU Communications.

Age requirements: **Skater has not reached the age of fifteen (15) 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 2396** and all respective ISU Communications.

Age requirements:

- has reached at least the age of ten (10)
 - has not reached the age of fifteen (15)
- 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 2018

Single Skating Short Program – reg. nr 611,

Single Skating Free Program – reg. nr 612.

ISU Communication 2334

SINGLE SKATING B-CLASS

Pre-Chicks B Girls and Boys (born 2015 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) Step sequence with full utilization of the ice surface. The sequence will receive a Level and will be evaluated in GOE.

Components:

- skating skills
- performance

The factor for the Program Components is 2,5.

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.

Chicks B Girls and Boys (born 2013/2014)

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. Maximum two (2) spins of different nature
3. One (1) Step sequence with full utilization of the ice surface. The sequence will receive a Level and will be evaluated in GOE.

Components:

- skating skills
- performance

The factor for the Program Components is 2,5.

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

CUBS B Girls and Boys (born 2011/2012)

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

1. Maximum four (4) jump elements

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

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.

- **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. Maximum two (2) spins of different nature:

- one (1) spin combination with change of foot (minimum three (3) revolutions on each foot) or without change of foot (min. six (6) revolutions in total);
- one spin with no change of position and with a change of foot (minimum three (3) revolutions on each foot) or without a change of foot (min. six (6) revolutions in total).
- **Flying entry is allowed for both spins.**

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

Components that are judged:

- skating skills
- performance

The factor for the Program Components is 2,5.

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

SPRINGS B Girls and Boys (born 2009/2010)

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 jump sequences. Jump combinations may consist of 2 jumps only. Combinations of 3 jumps are not allowed.
A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any listed jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump.
- **Maximum 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 two (2) spins of different nature:

- One (1) spin combination (min 8 revolutions in total)
- One (1) spin is optional (min 4 revolutions)

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

Components that are judged:

- skating skills
- performance

The factor for the Program Components is 2,5.

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

NB: Additional information:

1. Judging is carried out in accordance with ISU Comm. 2334 (or with the latest ISU Communication) and additions related to these documents.
2. Any single or double jump (including 1A) may be executed only twice (2).
3. Time violation - 0.5 point deduction for every 5 seconds in excess.
4. Falls - 0.5 point deduction for every fall.
5. 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
6. There shall be no bonus for difficult elements in the second half of the program.
7. Protests must be submitted not later than 24 hours after the publication of results. Protest can be filed against the incorrect determination of the executed element or any calculation error. 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. Protest fee is EUR 50. The protest must be submitted to the Referee of the event in writing. In case the Referee cannot be reached, the protest can be submitted to the competition Office (ISU Rule 123).
8. Pre-chicks, Chicks, Cubs and Springs category skaters are allowed to participate in a higher category if their skills meet the technical requirements of that category.
9. Warm-up time is 4 min and there can be up to 10 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 fifteen (15)

before July 1st preceding the event

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

1. **Maximum 5 jump elements**
 - One must be Axel type jump
 - Max two (2) jump combinations or sequences. A jump combination can contain only two (2) jumps.
 - A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any listed jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump.
 - **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 two (2) spins of different nature
- one (1) spin combination with change of foot (minimum of eight (8) revolutions) or with no change of foot (minimum of six (6) revolutions).
 - one (1) spin in one position with a change of foot (minimum of eight (8) revolutions) or with no change of foot (minimum of six (6) revolutions).
- Flying entry is allowed for both spins.**
3. One (1) Step sequence with full utilization of the ice surface. The sequence will receive a Level and will be evaluated in GOE

Components:

- Skating skills
- Performance
- Interpretation

The factor for the Program Components is

- For boys 2.0
- For girls 1.7

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. 2334 (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 deductions
 Interruption of the program with 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. Warm-up time is 5 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 Axel type jump
 - Maximum two (2) jump combinations or sequences.
 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.
- 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) Step sequence with full utilization of the ice surface. The sequence will receive a Level and will be evaluated in GOE

Components:

- Skating skills
- Transitions
- Performance
- Interpretation

The factor for the Program Components is

- For boys 1.7
- For girls 1.5

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. 2334 (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 2011 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
2. At least one (1) and maximum two (2) spins of different nature.
3. One (1) Step sequence with full utilization of the ice surface.
Axel and double jumps are not allowed!
Any jump with the same name may be executed only twice including Axel -type jumps.

Pre-Young Girls and Boys (born 2009/2010)

Free program 2:00 min± 10 sec

1. Maximum four (4) jump elements
 - Max two (2) jump combinations. Jump combinations may consist of 2 jumps only. Combinations of 3 jumps are not allowed. Jump sequences are not allowed.
2. At least one (1) and maximum two (2) spins of different nature.
3. One (1) Step sequence with full utilization of the ice surface.
Axel and double jumps are not allowed!
Any jump with the same name may be executed only twice including Axel- type jumps.

Young Girls and Boys (born 2007/2008)

Free program 2:30 min ± 10 sec

1. Maximum five (5) jump elements
 - Max three (3) jump combinations or sequences. Jump combinations may consist of 2 jumps only. Combinations of 3 jumps are not allowed. A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any listed jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump.
 - **Maximum one (1) Axel and one (1) double jump are allowed.**
Any jump with the same name may be executed only twice including Axel-type jumps.
2. Min one (1) and maximum two (2) spins of different nature (min 4 revolutions).
3. One (1) Step sequence with full utilization of the ice surface.

Young Girls and Boys (2002 - 2006)

Free program 2:30 min ± 10 sec

1. Maximum five (5) jump elements

- Max three (3) jump combinations or sequences. Jump combinations may consist of 2 jumps only. Combinations of 3 jumps are not allowed.
A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any listed jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump.
 - **Maximum one (1) Axel and one (1) double jump are allowed.**
Any jump with the same name may be executed only twice including Axel-type jumps.
2. Min one (1) and maximum two (2) spins of different nature (min 4 revolutions).
 3. One (1) Step sequence with full utilization of the ice surface.

Additional information

1. In all beginners' categories listed above, the following two (2) components are judged in the Program Components' mark:
 - skating skills
 - performance
 The factor for the Program Components is
 - for boys 1.8
 - for girls 1.6
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, 1992 and June 30th, 2002**, Bronze, Silver, Gold, Masters

Class I skaters born between **July 1st, 1983 and June 30th, 1993**, Bronze, Silver, Gold, Masters

Class II skaters born between **July 1st, 1973 and June 30th, 1983**, Bronze, Silver, Gold, Masters

Class III skaters born between **July 1st, 1963 and June 30th, 1973**, Bronze, Silver, Gold, Masters

Class IV skaters born between **July 1st, 1953 and June 30th, 1963**, Bronze, Silver, Gold, Masters

Class V skaters born before **June 30th, 1953**, Bronze, Silver, Gold, Masters

Masters Free Skating

a) A maximum of six (6) jump elements, one of which must be an Axel type jump. Single, double and triple jumps are permitted. There may be up to three (3) jump combinations or jump sequences in the free program.

- One (1) jump combination may consist of up to three (3) listed jumps. Two (2) jump combinations may consist of two (2) listed jumps.
- A jump combination may consist of the same or another single, double or triple jump.
- 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.
- 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: 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 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.
- The change of foot in any spin must be preceded and followed by a spin position with at least three (3) revolutions. If this requirement is not fulfilled, the short part of the spin will be ignored including any features.

c) A maximum of one (1) step sequence, fully utilizing the ice surface. Only the first executed attempt of a step sequence will contribute to the technical score.

The program duration is 3 minutes +/- 10 seconds

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

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 three (3) jump combinations or jump sequences in the free program.

- One (1) jump combination may consist of up to three (3) listed jumps. Two (2) jump combinations may consist of two (2) listed jumps.
- A jump combination may consist of the same or another single or double jump, with the exception of the jumps in **bold** above.
- 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. The jumps in bold above are not permitted.
- Each listed jump may be performed a maximum of two (2) times.
- Please note that the half-loop when used in combination, in between two listed jumps, is considered as a listed jump with the value of a single loop (1Lo).
- 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 level and no value, however a spin with less than three rotations 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. Only the first executed attempt of a step sequence will contribute to the technical score.

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

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

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 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 jump sequences in the free program.

- One (1) jump combination may consist of up to three (3) listed jumps. The other jump combination may consist of two (2) listed jumps.
- A jump combination may consist of the same or another single jump.
- 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.
- Each listed jump may be performed a maximum of two (2) times.
- Please note that the half-loop when used in combination, in between two listed jumps, is considered as a listed jump with the value of a single loop (1Lo).
- 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, one (1) of which must be a spin combination.

- 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 level and no value, however a spin with less than three rotations 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) choreographic sequence, utilizing at least half (1/2) of the ice surface. A choreographic sequence consists of any kind of movements like steps, turns, spirals, arabesques, spread eagles, Ina Bauers, hydroblading, transitional (unlisted) jumps, spinning movements etc. 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 1.2.

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 six (6) minutes.

Each fall shall receive a deduction of 0.5

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

- Each jump combination may consist of two (2) listed jumps.
- A jump combination may consist of the same or another single 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 no 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) for the spin combination with change of foot or the spin in one position 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 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 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 any kind of movements like steps, turns, spirals, arabesques, spread eagles, Ina Bauers, hydroblading, transitional (unlisted) jumps, spinning movements etc.
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 1 minute and 40 seconds, +/- 10 seconds

The points for each Program Component are multiplied by a factor of 1.2.

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

Each fall shall receive a deduction of 0.5.

Pre-Bronze Free Skating

- a) A maximum of two (2) jump elements. **Only single jumps are permitted**, no Axel type jump, no double or triple jumps can be included.**
- A jump combination may consist of the same or another single jump. There may be up to one jump combination in the Free Program.
 - **Any solo jump can be repeated only once and this repetition must be done either in a jump combination.** Non-listed jumps may be included in the program as part of connecting footwork preceding single jumps.
- b) A maximum of one (1) spin;**
- The spin must have a required minimum number of revolutions: three (3) for the spin with only one position and no change of foot and four (4) for the spin combination with no change of foot and six(3 + 3) for the spin combination with change of foot.
 - **Flying spins are not permitted.**
 - There must be a minimum of two (2) revolutions in each position or the position will not be counted.
- c) A maximum of one (1) choreographic sequence utilizing at least half (1/2) of the ice surface.**

- A choreographic sequence consists of any kind of movements like steps, turns, spirals, arabesques, spread eagles, Ina Bauers, hydroblading, transitional (unlisted) jumps, spinning movements etc. The pattern is not restricted.
- A choreographic sequence has a base value and will be evaluated by the judges in GOE only.
- The Sequence commences with the first move and is concluded with the last move of the Skater. The pattern is not restricted.

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

Program Component factor is 1.2

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

Each fall shall receive a deduction of 0.5.

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

The program duration for Bronze, Silver and Gold Free Skating is 1:30 minutes, +/-10 seconds. The program duration for Masters Artistic Free Skating is 2 minutes +/- 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. No Axel type jumps, double or triple jumps are allowed. No combination jumps are allowed.

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

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

(See ISU Special Regulations and Technical Rules 2016, Singles & Pair Skating, Rule 504, paragraph 3 for a detailed description of Program Components. The respective Rules can be found on the ISU website.)

There will be no technical panel and no technical mark 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.

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. The theme of the program should be recognizable from the skating movements and choreography – regardless of what the skater is wearing.

Props and accessories may not be used in any part of the artistic programs. Any item that is held in the hand or removed during the performance is considered a prop. Thus, for example, a hat worn throughout the program is not considered to be a prop, but if it is intentionally removed during the performance it is considered a prop. Objects on the ice, thrown in the audience, placed on the boards or on the judges’ table are not permitted. Costumes that contain particles that may mar or leave anything on the ice surface (feathers, boas, excessive beading) are considered unsafe and are not permitted.

The 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.