

Regulations for National Championships.

Miniemen

a) **Has reached at least the age of 6**

b) **Has not reached the age of 9**

Free Skating 2:15 min., +/- 10 sec

A well balanced Free Skating program for Singles must contain:

- a) Maximum of 4 jump elements for Girls and Boys one of which must be an Axel type jump. There may be up to two (2) jump combinations or sequences. Jump combinations can contain only two (2) jumps. A jump sequence can contain any number of jumps, but only two most difficult jumps will be counted. Triple jumps are not permitted. All different types of (basic) jumps must be showed!
- b) There must be a maximum of two (2) spins of a different nature (abbreviation), one of which must be a spin combination with no change of foot (minimum of six (6) revolutions in total) and one spin with no change of position and no change of foot (minimum of six (6) revolutions in total).
- c) There must be a maximum:
 - (i) for Girls one (1) step sequence or one (1) spiral sequence consisting of max. two (2) spiral positions. The spiral sequence will have a fixed Base value and evaluated in GOE only.
 - (ii) for Boys maximum of one (1) step sequence

The Program Components are only judged in

- Skating Skills
- Performance/Execution

Levels explanations:

For Miniemen Singles in all elements, which are subject to Levels, only features up to **Level 2** will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

Novices A

a) **has reached at least the age of nine (9)**

b) **has not reached the age of thirteen (13) for Girls and Boys in singles competitions**

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

A well balanced Free Skating program for Singles A must contain:

- a) Maximum of 4 jump elements for Girls and Boys one of which must be an Axel type jump. There may be up to two (2) jump combinations or sequences. Jump combinations can contain only two (2) jumps. A jump sequence can contain any number of jumps, but only two most difficult jumps will be counted. Triple jumps are not permitted. All different types of (basic) jumps must be showed!
- b) There must be a maximum of two (2) spins of a different nature (abbreviation), one of which must be a spin combination with or without change of foot (minimum of six (6) revolutions in total) and one spin with no change of position and with or without change of foot (minimum of six (6) revolutions in total).
- d) There must be a maximum:
 - (ii) for Girls one (1) step sequence or one (1) spiral sequence consisting of max. two (2) spiral positions. The spiral sequence will have a fixed Base value and evaluated in GOE only.
 - (ii) for Boys maximum of one (1) step sequence

The Program Components are only judged in

- Skating Skills
- Performance/Execution

Levels explanations:

For Novice A Singles in all elements, which are subject to Levels, only features up to **Level 2** will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

Novices B

- a) **has reached at least the age of thirteen (12)**
- b) **has not reached the age of fifteen (15) for Girls and Boys**

Short program:

GIRLS – BOYS: Short program duration: Maximum 2.30 minutes

1. Single or double axel
2. Single or double jump immediately preceding by connecting steps and/or free skating movements
3. Jump combination consisting of 1 double and 1 single jump or two double jumps (repetition of the solo jump is not allowed)
4. Camel spin (6 revolutions in position)
5. Spin combination with one change of foot and at least one change of position (5 revolutions on each foot)
6. 1 spiral or step sequence, pattern optional

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

A well balanced Free Skating program for Singles B boys and girls must contain:

- a) Maximum of 5 jump elements for Girls and 6 jump elements for Boys one of which must be an Axel type jump. There may be up to two (2) jump combinations or sequences. A jump combination can contain only two (2) jumps. A jump sequence can contain any number of jumps, but only two most difficult jumps will be counted.
Only two (2) jumps with two and a half (2 1/2) or more revolutions can be repeated either in a jump combination or in a jump sequence. All different types of (basic) jumps must be showed!
- b) There must be a maximum of two (2) spins of a different nature, one of which must be a spin combination (minimum of ten (10) revolutions in total) and one a flying spin or a spin with a flying entrance (minimum of six (6) revolutions in total).
- c) There must be a maximum:
 - (i) for Girls one (1) step sequence or one (1) spiral sequence consisting of max. two (2) spiral positions. The spiral sequence will have a fixed Base value and evaluated in GOE only.
 - (ii) for Boys maximum of one (1) step sequence

The Program Components are only judged in

- Skating Skills
- Performance/Execution
- Interpretation

Levels explanations:

For Novice B Singles in all elements, which are subject to Levels, only features up to **Level 2** will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

Advanced novices

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

Short Program max. 2:30 min

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

Free Skating 3:30 min., +/- 10 sec. for boys

Boys

The **Short Program for Boys' Singles** shall consist of the following elements:

- a) Axel Paulsen or double Axel Paulsen
- b) Double or triple jump immediately preceded by connecting steps, may not repeat jump in a)
- c) One jump combination consisting of two double jumps or one double and one triple jump, both jumps may not repeat jump in a) or b)
- d) Camel or sit spin (minimum of six (6) revolutions) with change of foot and no flying entrance
- e) Spin combination with only one change of foot and at least one change of position (minimum of five (5) revolutions on each foot)
- f) One step sequences with full utilization of the ice surface (straight line, serpentine/ circular)

Girls

The **Short Program for Girls' Singles** shall consist of the following elements:

- a) Axel Paulsen or double Axel Paulsen
- b) Double or triple jump immediately preceded by connecting steps, may not repeat jump in a)
- c) One jump combination consisting of two double jumps or one double and one triple jump, both jumps may not repeat jump in a) or b)
- d) Layback or sideways leaning spin (minimum of six (6) revolutions)
- e) Spin combination with only one change of foot and at least one change of position (minimum of five (5) revolutions on each foot)
- f) One step sequence with full utilization of the ice surface (straight line / circular / serpentine)

Boys and Girls

A well balanced Free Skating program for Singles must contain:

- a) Maximum 6 jump elements for Girls and 7 jump elements for Boys one of which must be an Axel type jump. There may be up to two (2) jump combinations or sequences. A jump combination can contain only two (2) jumps. A jump sequence can contain any number of jumps, but only two most difficult jumps will be counted.
Only two (2) jumps with two and a half (2 1/2) revolutions or more can be repeated either in a jump combination or in a jump sequence. All different types of (basic) jumps must be showed!
- b) There must be a maximum of two (2) spins of a different nature, one of which must be a spin combination (minimum of ten (10) revolutions) and one a flying spin or a spin with a flying entrance (minimum of six (6) revolutions).
- c) There must be a maximum:
 - (i) for Girls one (1) step sequence or one (1) spiral sequence consisting of max. two (2) spiral positions. The spiral sequence will have a fixed Base value and evaluated in GOE only.
 - (ii) for Boys maximum of one (1) step sequence

Levels explanations:

For Advanced Novice Singles all elements, which are subject to Levels may not include more features than necessary to increase the base value up to **Level 3**. Any additional feature will not count for Level requirements and will be ignored by the Technical Panel.

The Program Components are only judged in

- Skating Skills
- Transitions
- Performance/Execution
- Interpretation

Juniors

See latest ISU regulations and communications

Seniors

See latest ISU regulations and communications