

Regulations for national competitions.

Miniemen

Free Skating 2:30 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

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

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

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

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

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

A well balanced Free Skating program for **Men** must contain:

- maximum of 8 jump elements (one of which must be an Axel type jump);
- maximum of 3 spins, one of which must be a spin combination, one a flying spin or a spin with a flying entrance and one a spin with only one position;
- maximum of 1 step sequence.

A well balanced Free Skating program for **Ladies** must contain:

- maximum of 7 jump elements (one of which must be an Axel type jump);
- maximum of 3 spins, one of which must be a spin combination, one a flying spin or a spin with a flying entrance and one a spin with only one position;
- maximum of 1 step sequence.

Seniors

A well balanced Free Skating program for **Men** must contain:

- maximum of 8 jump elements (one of which must be an Axel type jump);
- maximum of 3 spins, one of which must be a spin combination, one a flying spin or a spin with a flying entrance and one a spin with only one position;
- maximum of 2 step sequences of a different nature.

A well balanced Free Skating program for **Ladies** must contain:

- maximum of 7 jump elements (one of which must be an Axel type jump);
- maximum of 3 spins, one of which must be a spin combination, one a flying spin or a spin with a flying entrance and one a spin with only one position;
- maximum of 1 step sequence;
- maximum of 1 spiral sequence.

ATTENTION

For all singles Free Programs JUNIOR AND SENIOR the following will apply:

Individual Jumps

Individual jumps can contain any number of revolutions.

Jump Combinations and Jump Sequences

A jump combination may consist of the same or another single, double, triple or quadruple jump. There may be up to three jump combinations or jump sequences in the Free Program. One jump combination could consist of up to three (3) jumps, the other two up to two (2) jumps.

Repetitions:

A Double Axel cannot be included more than two (2) times in total in a Single's Free Program (as a Solo Jump or a part of Combination / Sequence).

Of all the triple and quadruple jumps only two (2) can be repeated and these repetitions must be in either a jump-combination or in a jump sequence. Triple and quadruple jumps with the same name will be considered as two different jumps. A repeated triple or quadruple jump, not included into a jump combination or jump sequence, will be considered as a part of a not successfully executed jump sequence and counted as a jump sequence with only one jump executed. If three (3) jump combinations or jump sequences (in total) have already been executed, the repeated solo jump will be treated as an additional element and therefore not considered (but this element will occupy a jump element box if there still is any left). No triple or quadruple jump can be attempted more than twice. If a third repeated jump is executed in a combination or sequence, the entire combination or sequence will be treated as an additional element and therefore not considered (but this element will occupy a jump element box if there still is any left).

Spins

All Spins must be of a different character. Any Spin with the same character (abbreviation) as the one executed before will be deleted (but will occupy a spinning box).

The spins must have a required minimum number of revolutions: six (6) for the flying spin and the spin with only one position and ten (10) for the spin combination, the lack of which must be reflected by Judges in their marking.

These minimum number of required revolutions must be counted from the entry of the spin until its exit (except final wind-up in Spins in one position and Flying spins). In the spin combination and spin in one position the change of foot is optional. The number of different positions in the spin combination is free.

Steps

The Competitors have complete freedom in selecting the kind of step sequence they intend to execute. Jumps can also be included in the step sequence.

However the step sequence must fully utilize the ice surface. Step sequences too short and barely visible cannot be considered as meeting the requirements of a step sequence.

For Senior Men the second (in the order of execution) step sequence will always be awarded a fixed Base Value and evaluated by Judges in GOE only. This sequence can have any pattern while fully utilizing the ice surface.

Spiral Sequences (Senior Ladies)

Spiral sequence consists primarily of spirals.

A Spiral is a position with one blade on the ice and the free leg (including knee and foot) higher than the hip level. Spiral positions are classified according to the skating leg (right, left), edge (outside, inside), direction (forward, backward) or position of the free leg (backward, forward, sideways).

There must be at least two (2) spiral positions not less than three (3) seconds long each or only one (1) spiral position not less than six (6) seconds long. In case this requirement is not fulfilled, the spiral sequence will have no value.

The Spiral Sequence will always be awarded a fixed Base Value and evaluated by Judges in GOE only.

Moves in the Field

This is a sequence of movements, which includes such movements as turns, spirals, arabesques, spread eagles, Ina Bauers and flowing moves with strong edges, which can be connected with linking steps and footwork. Moves in the Field should be included in the program and will be evaluated under the "Transitions".