**Elements:**

**All the elements must be executed in the listed order, otherwise they will not be counted. Coaches are allowed to skate together with their skaters showing them the elements that have to be completed. Only the first attempt will be evaluated.**

**Element B (born 2014/2015 and younger)**

* Čiuožimas į priekį

Skating forward

* Čiuožimas atgal

Skating backwards

* Pritupimas (min. 3 sek.)

Squat (min. 3 sec.)

* 5 Burbuliukai

5 bubbles

**Element A (born 2014/2015)**

* Čiuožimas į priekį + sustojimas + čiuožimas atgal (atsispyrimai)

Skating forward + stop + skating backwards (strokes)

* Pirmyn 1 burbuliukas + pritupimas (min. 3 sek.) + gandriukas (min. 3 sek.)

1 bubble forward + squat (min. 3 sec.) + grip on one leg (min. 3 sec.)

* Vidiniai lankai pirmyn

Forward Inside Edge

* Aukštas Suktukas

Standing spin

**Element B (born 2012/ 20013)**

* Čiuožimas į priekį + sustojimas + čiuožimas atgal (atsispyrimai)

Skating forward + stop + skating backwards (strokes)

* Pirmyn 1 burbuliukas + pritupimas (min. 3 sek.) + gandriukas (min. 3 sek.)

1 bubble forward + squat (min. 3 sec.) + grip on one leg (min. 3 sec.)

* Vidiniai lankai pirmyn

Forward Inside Edge

* Aukštas Suktukas

Standing spin

**Element A (born 2012/ 2013)**

* Valso žingsnis + Jauniaus šuoliukas

Waltz Step + Waltz Jump

* Kryžiavimas į prieki ir kryžiavimas atgal

Forward and Backward Crossovers

* Kregždutė + Įtūpstas pirmyn (delfinas)

Camel + Forward Lunge (Dolphin)

* Salchovo šuolis

Salchow jump

* Auštas suktukas ant vienos kojos.

One foot standing spin .

**Element B (born 2010/ 2011)**

* Valso žingsnis + Jauniaus šuoliukas

Waltz Step + Waltz Jump

* Kryžiavimas į prieki ir kryžiavimas atgal

Forward and Backward Crossovers

* Kregždutė + Įtūpstas pirmyn (delfinas)

Camel + Forward Lunge (Dolphin)

* Salchovo šuolis

Salchow jump

* Auštas suktukas ant vienos kojos.

One foot standing spin .

**Element A (born 2010/ 2011)**

* Valso žingsnis + jauniaus šuolis + Tulupo šuolis (kaskadas)

Waltz Step + Waltz Jump + Toe Loop (combo)

* Kryžiavimas į prieki ir kryžiavimas atgal

Forward and Backward Crossovers

* Kregždutė + šautuvėlis

Camel + Shoot the duck

* Salchovo šuolis

Salchow jump

* Žemas suktukas

Sit spin

**Element B (born 2008/ 2009)**

* Valso žingsnis + jauniaus šuolis + Tulupo šuolis (kaskadas)

Waltz Step + Waltz Jump + Toe Loop (combo)

* Vidiniai tvizlai pirmyn

Forward Inside Twizzles

* Džiaksono žingsnis ratu

„Jackson“ in circle

* Salchovo šuolis

Salchow jump

* Žemas suktukas

Sit spin

**Element A (born 2008/ 2009)**

* Kryžiavimas atgal ratu + salchovas + Tulupo šuolis (kaskadas)

Backward Crossovers + salchow jump + toe loop jump (combo)

* Vidiniai tvizlai pirmyn

Forward Inside Twizzles

* Ritbergerio žingsnis + Ritbergerio šuolis (Loop)

Loop steps + loop jump

* Žemas suktukas

Sit spin

**Element A (born 2006/ 2007)**

* Jauniaus šuolis + Oileris + Salchovas

Waltz Jump + Half Loop + Salchow

* Vidiniai tvizlai pirmyn

Forward Inside Twizzles

* Ritbergerio žingsnis + Ritbergerio šuolis + Tulupo šuolis

Loop steps + loop Jump + Toe loop

* Žemas suktukas

Sit spin

**Element (born 2006/2011)**

* Kryžiavimas į prieki ir kryžiavimas atgal

Forward and backward crossovers

* Vidiniai lankai į priekį ir atgal

Forward and backward inside edges

* Valso žingsnis

Waltz step

* Aukštas suktukas

Standing Spin

**Technical data for season 2019/2020**

**ISU**

**SENIOR A** Short Program: The required elements to be skated are those listed in ISU Technical Rules Single & Pair Skating 2018 Rule 611, paragraphs 1 and 3 for 2019/20.Duration:2 min., 40sec. +/-10 sec.

Free Skating In accordance with ISU Technical Rules Single & Pair Skating 2018, 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 A** Short Program. The required elements to be skated are those listed in ISU Technical Rules Single & Pair Skating 2018, Rule 611, paragraphs 1 and 2.Duration: 2 min., 40 sec. +/-10 sec.

Free Skating In accordance with ISU Technical Rules Single & Pair Skating 2018, 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** Age and technical requirements are according to the ISU Technical Rules Single and Pair Skating2018, ISU Communication 2242 and all respective ISU Communications.

Short Program: 2 min 20 sec, +/-10 sec. Free Skating: 3 min +/-10 sec

**INTERMEDIATE NOVICE** Age and technical requirements are according to the ISU Technical Rules Single and Pair Skating 2018, ISU Communication 2242 and all respective ISU Communications.Free Skating: 3 min, +\- 10 sec

**BASIC NOVICE 2006-2008 Girls**

Technical requirements are according to the ISU Technical Rules Single and Pair Skating 2018, ISU Communication 2242 and all respective ISU Communications. Free Skating: 2 min 30 sec, +/- 10 sec

**BASIC NOVICE 2009-2010 Girls**

Technical requirements are according to the ISU Technical Rules Single and Pair Skating 2018, ISU Communication 2242 and all respective ISU Communications. Free Skating: 2 min 30 sec, +/- 10 sec

**BASIC NOVICE Boys**

Technical requirements are according to the ISU Technical Rules Single and Pair Skating 2018, ISU Communication 2242 and all respective ISU Communications. Free Skating: 2 min 30 sec, +/- 10 sec

**NON – ISU *A class***

**PRE-CHICKS A** Free Skating only Girls and Boys (2013 and younger) 2 min., +/- 10 sec.

a) maximum of four (4) jump elements (one of which must be an Axel type jump)

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 (2011/2012 and younger) 2 min., +/- 10 sec.

a) maximum of four (4) jump elements (one of which must be an Axel type jump)

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 (2011/2012 and younger) 2 min., +/- 10 sec.

a) maximum of four (4) jump elements (one of which must be an Axel type jump)

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 categories listed above the Program Components are only judged in

• Skating Skills

• Performance/execution

The Factor of the Program Components is • 2.5

2. In all elements which are subject to Levels, only features up to **Level 2 ( Pre-Chiks A and Chiks A ) Level 1 (Chiks Axel )** 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. 2242 (or any update of this Communication).

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. Time violation - 0.5 point deduction for every 5 seconds in excess.

7. Falls - 0.5 point deduction for every fall

8. 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 perprogram

9. Warm up group up to 10 skaters

10. Warm up 4 min.

***B class***

**PRE-CHICKS B** Free Skating only Girls and Boys ( 2013 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);

d) one (1) step sequence.

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

**CHICKS B** Free Skating only Girls and Boys (2011/2012 and younger) 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) step sequence.

**• 1 Axel and double (2) jumps are not allowed**

**CUBS B** Free Skating only Girls and Boys (2009/2010) 2 min. 30 sec., +/- 10 sec.

a) maximum of four (4) jump elements;

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 (5) revolutions);

d) one step sequence.

**• 1 Axel and one (1) double jump are allowed not more than two (2) times.**

**2F and 2Lz – are not allowed in this category**

**SPRINGS B** Free Skating only Girls and Boys (2007/2008) 2 min. 30 sec., +/- 10 sec.

a) maximum of four (4) jump elements (one of which must be an Axel type jump; )

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 (5) revolutions);

d) one step sequence.

**•Maximum 2 (two) different double jumps are allowed and they cannot be repeated more than twice.**

**2Aa, 2F and 2Lz – are not allowed in this category**

IMPORTANT!!!

1. In all categories listed above the Program Components are only judged in

• Skating Skills

• Performance/execution

The Factor of the Program Components is • 2.0

2. In all elements which are subject to Levels, only features up to **Level Base ( Pre-Chiks B, Chiks 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.

3. Evaluation is in accordance with ISU Communication No. 2242 (or any update of this Communication).

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. Time violation - 0.5 point deduction for every 5 seconds in excess.

7. Falls - 0.5 point (Chiks B, Cubs B, Springs), 0,25 point (Pre-Chiks B) deduction for every fall

8. 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 perprogram

9. Warm up group up to 10 skaters

10. 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 1st preceding the event

a)Maximum of 5 jump elements, 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 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 changeof 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.**

The Program Components are only judged in

• Skating Skills

• Performance/Execution

• Interpretation

The factor for the Program Components is

*•* for boys 2.0

*•* for girls 1.7

**JUNIOR B** Free Skating only 3 min., +/- 10 sec.

a) maximum of five (5) jump elements one of which must be an Axel type jump;

b) maximum of three (3) jump combinations or sequences; (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.

**SENIOR B** 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 sequences (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.

IMPORTANT!!!

The Program Components are only judged in

• Skating Skills

• Transitions

• Performance/Execution

• Interpretation

The factor for the Program Components is

*•* for men 1.7

*•* for ladies 1.5

2. 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.

3. Evaluation is in accordance with ISU Communication No. 2242 (or any update of this Communication).

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. Time violation - 0.5 point **( Novice B )** deduction for every 5 seconds in excess.

7. Falls - 0.5 point **( Novice B )** deduction for every fall

8. 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 perprogram

9. Warm up group up to 8 skaters

10. Warm up 5 min.

***C class***

**Pre-Chicks C** Free Skating only Girls and Boys ( 2013 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, each spin in one position (minimum of 3 revolutions each);

d) one (1) step sequence ( 2/3 ice covered) .

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

**1 Axel, Lutz, Flip and double jumps are not allowed in pre-chicks C category !**

**CHICKS C** Free Skating only Girls and Boys (2011/2012 and younger) 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, each spin in one position (minimum of 3 revolutions each);

d) one (1) step sequence.

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

**Axel, Lutz, Flip and double jumps are not allowed**

IMPORTANT!!!

1.In all categories listed above the Program Components are only judged in

• Skating Skills

• Performance/execution

The Factor of the Program Components is • **1.5**

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. 2242 (or any update of this Communication).

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. Time violation - 0.5 point deduction for every 5 seconds in excess

7. Falls - 0.25 point deduction for every fall

8. Interruption – 0,5

9. Warm up group up to 10 skaters

10. Warm up 4 min.

***BEGINNERS*** ISU Judging system

**Beginners born 2008-2010 and younger** 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). NEW ! maximum of two (2) spins, each spin in one position (minimum of 3 revolutions each) NEW !**

c) Step sequence (2/3 cover of the ice), (straight line, circular or serpentine).

Axel and double jumps are not allowed!

In occasion of much entries category may be divided

**Beginners born 1999 -2003 and 2004-2007** Free Program: max. 2:30 min (± 10 sek)

1. Maximum five (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 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

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

**Beginners born 1988 -1998** Free Program: max. 2:30 min (± 10 sek)

1. Maximum five (5) jump elements

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

- at least one (1) and no more than two (2) are jump combinations or sequences ( 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

2. At least one (1) but not more than two (2) spins 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 categories listed above the Program Components are only judged in

• Skating Skills

• Performance/execution

The Factor of the Program Components is • **1.3**

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. 2242 (or any update of this Communication).

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. Time violation - 0.5 point deduction for every 5 seconds in excess

7. Falls - *•* 0.5 point deduction for every fall

8. Interruption – 0,5

9. Warm up group up to 10 skaters

10. Warm up 4 min.

**Hobby Class**

Adults Ladies and Men (born 1991 and earlier)

**Masters Free Skating**

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

a)A maximum of seven (7) jump elements, one of which must be an Axel type jump. Single, double and triple jumps are permitted. A jump combination may co nsist of the same or another single, double or triple 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) listed jumps, the other two up to two (2) listed jumps. A j ump sequence may consist of any number of jumps of any number of revolutions that may be linked by non - listed jumps like mazurkas, etc. and/or hops immediately following each other while maintaining the jump rhythm (knee); there can be no steps/ turns, cro ssovers or stroking during the sequence. However, only the two jumps with the highest value will count. Please note that a half - loop in combination or in a sequence with any other listed jump will be called as a listed jump (1 Lo). Any jump can be repeated only once and this repetition must be done either in a jump combination or in a jump sequence.

b) A maximum of three (3) spins of a different abbreviation, one of which must be a spin combination with a change of foot and one must be a flying spin. The s pins must have a required minimum number of revolutions: five (5) for the flying spin with no change of foot after landing, five (5) for the spin with only one position and no change of foot and five (5) for the spin combination with no change of foot and eight (4 + 4) for the spin combination with change of foot or spin in one position with a change of foot. 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 (ChSq). 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. A Chore ographic Sequence for Ladies must include at least one spiral (not a kick) of any length. The Sequence commences with the first move and is concluded with the last move of the Skater. The pattern is not restricted, but must fully utilize the ice surface. A choreographic Sequence has to be skated to the music. A Choreographic Sequence has a base value and will be evaluated by the judges in GOE only.

The first visible attempt to execute a choreographic sequence will contribute to the technical score. Additio nal spiral sequences and step sequences will not be counted in the technical score but will be counted as moves - in - the field (transitions) and marked as such.

Duration The maximum time is 3 min 10 sec., but may be less.

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

**Gold Free Skating**

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

a) A maximum of six (6) jump elements, consisting of any single or double jumps (including a single Axel). Triple jumps, 2F, 2Lz are not permitted. A jump combination may consist of the same or another single or double jump. There may be up to three jump combinations or jump sequences in the Free Program. One jump combination could consist of u p to three (3) listed jumps, the other two up to two (2) listed jumps. A jump sequence may consist of any number of single and double jumps, that may be linked by non - listed jumps like mazurkas, etc. and/or hops immediately following each other while main taining the jump rhythm (knee); there can be no turns/steps, crossovers or stroking during the sequence. However, only the two jumps with the highest value will count. Please note that a half - loop in combination or in a sequence with any other listed jump will be called as a listed jump (1Lo.) Any jump can be repeated only once and this repetition must be done either in a jump combination or in a jump sequence. Non - listed jumps may be included in the program as part of connecting footwork, preceding single or double jumps.

b) A maximum of three (3) spins of a different abbreviation, one of which must be a spin combination with a change of foot and one must be a flying spin. The spins must have a required minimum number of revolutions: four (4) for the flying spin with no change of foot after landing, four (4) 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 eight (4 + 4) for the spin combination with change of foot or spin in one positi on with a change of foot. 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 (ChSq). A Choreographic Sequence consists of any kind of movements like steps, tur ns, spirals, arabesques, spread eagles, Ina Bauers, hydroblading, transitional (unlisted) jumps, spinning movements etc. A Choreographic Sequence for Ladies must include at least one spiral (not a kick) of any length. The Sequence commences with the first move and is concluded with the last move of the Skater. The pattern is not restricted, but must fully utilize the ice surface. A choreographic sequence has to be skated to the music. A Choreographic Sequence has a base value and will be evaluated by the ju dges in GOE only. The first visible attempt to execute a choreographic sequence will contribute to the technical score. Additional choreographic sequences and step sequences will not be counted in the technical score but will be counted as moves - in - the fie ld (transitions) and marked as such.

Durat ion: The maximum time is 2 min 5 0 sec., but may be less.

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

**Silver Free Skating**

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

a) A maximum of five (5) jump elements. The single Axel and all other single jumps are permitted. No double jumps or triple jumps are permitted. A ju mp combination may consist of the same or another single 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) listed jumps, the other two up to two (2) listed jumps. A jump sequence may consist of any number of single jumps that may be linked by non - listed jumps like mazurkas, etc. and/or hops immediately following each other while maintaining the jump rhythm (knee); there can be no turns/steps, crossovers or stroking d uring the sequence. However, only the two jumps with the highest value will count. Please note that a half - loop in combination or in a sequence with any other listed jump will be called as a listed jump (1Lo.)

Any jump can be repeated only once and this re petition must be done either in a jump combination or in a jump sequence. Non - listed jumps may be included in the program as part of connecting footwork, preceding single jumps or an axel type jump.

b) A maximum of three (3) spins of different abbreviation s, one of which must be a spin combination. The spins must have a required minimum number of revolutions: three (3) for the flying spin with no change of foot after landing, three (3) for the spin with only one position and no change of foot and four (4) f or the spin combination with no change of foot and eight (4 + 4) for the spin combination with change of foot or spin in one position with a change of foot. 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 (ChSq). 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. A Choreographic Sequence for Ladies must include at least one spiral (not a kick) of any length. The Sequence commences with the first move and is concluded with the last move of the Skater. The pattern is not restricted, but must utilize at least half of th e ice surface. A Choreographic Sequence has to be skated to the music. A Choreographic Sequence has a base value and will be evaluated by the judges in GOE only. The first visible attempt to execute a choreographic sequence will contribute to the technical score. Additional choreographic sequences and step sequences will not be counted in the technical score but will be counted as moves - in - the field (transitions) and marked as such.

Duration: The maximum time is 2 min 10 sec., but may be less.

Factor: The p anels points for each Program Component are multiplied by a factor of 1.6 .

**Bronze Free Skating**

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

a) A maximum of four (4) jump elements. Only single j umps 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 three jump combinations or jump sequences in the Free Program. One jump combination coul d consist of up to three (3) listed jumps, the other two up to two (2) listed jumps. A jump sequence may consist of any number of single jumps that may be linked by non - listed jumps like mazurkas, etc. and/or hops immediately following each other while mai ntaining the jump rhythm (knee); there can be no turns/steps, crossovers or stroking during the sequence. However, only the two jumps with the highest value will count. Please note that a half - loop in combination or in a sequence with any other listed jump will be called as a listed jump (1Lo.) Any jump can be repeated only once and this repetition must be done either in a jump combination or in a jump sequence. Non - listed jumps may be included in the program as part of connecting footwork preceding single jumps.

b) A maximum of two (2) spins of a different abbreviation; The spins 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 (ChSq). A Cho reographic Sequence consists of any kind of movements like steps, turns, spirals, arabesques, spread eagles, Ina Bauers, hydroblading, transitional (unlisted) jumps, spinning movements etc. A Choreographic Sequence for Ladies must include at least one spir al (not a kick) of any length. The Sequence commences with the first move and is concluded with the last move of the Skater. The pattern is not restricted, but must utilize at least half of the ice surface. A Choreographic Sequence has to be skated to the music. A Choreographic Sequence has a base value and will be evaluated by the judges in GOE only. The first visible attempt to execute a choreographic sequence will contribute to the technical score. Additional choreographic sequences and step sequences wi ll not be counted in the technical score but will be counted as moves - in - the field (transitions) and marked as such.

Duration: The maximum time is 1 min 50 sec., but may be less.

Factor: The panels points for each Program Component are multiplied by a fac tor of 1.6 .

**Pre - Bronze Free Skating**

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

a) A maximum of two (2 ) jump elements. Only single jumps are permitted , no Axel type jump, no double or trip le jumps can be included. A jump combination may consist of the same or another single jump. There may be up to one jump combination or jump sequence in the Free Program. A jump sequence may consist of any number of single jumps that may be linked by non - l isted jumps like mazurkas, etc. and/or hops immediately following each other while maintaining the jump rhythm (knee); there can be no turns/steps, crossovers or stroking during the sequence. However, only the two jumps with the highest value will count. P lease note that a half - loop in combination or in a sequence with any other listed jump will be called as a listed jump (1Lo.) Any jump can be repeated only once and this repetition must be done either in a jump combination or in a jump sequence. 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 (ChSq). A Choreographic Sequence consists of any kind of movements like steps, turns, sp irals, arabesques, spread eagles, Ina Bauers, hydroblading, transitional (unlisted) jumps, spinning movements etc. A Choreographic Sequence for Ladies must include at least one spiral (not a kick) of any length. The Sequence commences with the first move a nd is concluded with the last move of the Skater. The pattern is not restricted, but must utilize at least half of the ice surface. A Choreographic Sequence has to be skated to the music. A Choreographic Sequence has a base value and will be evaluated by t he judges in GOE only. The first visible attempt to execute a choreographic sequence will contribute to the technical score. Additional choreographic sequences and step sequences will not be counted in the technical score but will be counted as moves - in - th e field (transitions) and marked as such.

Duration: The maximum time is 1 min 50 sec., but may be less.

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

**Artistic Free Skating (Pre - Bronze, Bronze, Silver, Gold, Mast ers)**

Duration: Music not to exceed 1 min 40 sec , but may be less. Vocal music is permitted.

**Axels, double jumps and combination jumps will not be permitted.**

The artistic event will be judged only on the basis of Presentation Components (program co mponents): • Skating skills

• Transitions

• Performance/Execution

Choreography/Composition

• Interpretation/Timing

There will be no technical panel and no technical mark given . (See ISU Special Regulations and Technical Rules 2008, Singles & Pair Skating, Rule 522, paragraph 2 for a detailed description of Program Components.) The respective Rules can be found on the ISU website.

The artistic program consists of a variety o f skating moves selected for their value in enhancing the skater’s interpretation of the music rather than for their technical difficulty. Skaters will be judged on their ability to interpret the music and develop a theme by using their skating skills.

The artistic free skate is a competitive program which must include elements of the sport of figure skating.

At least one (1) but a maximum of two (2) single jumps

At least one (1) but a maximum of two (2) spins MUST be included.

Credit for jumps an d spins 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 - s kating 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 must not remain in one place for more than fi ve (5) seconds. Any element exceeding the maximum number as set forth above will be judged as an illegal element ( 2.0 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 2.0 will be made. The Referee is responsible for such deductions. Costumes should be tasteful and selected to enhance the performance by appropriately reflecting the character of the music and theme. Props may not be used in any part of the artist ic 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 cons idered 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 u nsafe and are not permitted. The Referee is responsible for prop deductions. Illegal elements:

- Somersault type jumps

- lying on the ice and prolonged and/or stationary kneeling on both knees on the ice .