



2009/2010 SINGLES PRE-EVENT TECHNICAL PACKAGE

(August 27, 2009 update)

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See ISU Communication 1557 and 1548 for more information.

(1) SINGLES: Short Program Requirements 2009/ 2010

PRE-NOVICE WOMEN: A short program of maximum 2:30.

- (a) Axel or double Axel
- (b) One double or triple jump* (may not repeat double Axel)
- (c) One jump combination consisting of two double jumps or one double and one triple jump* (may repeat double Axel)
- (d) Layback or sideways leaning spin. Minimum five revolutions
- (e) Spin combination with only one change of foot and at least two different basic positions (sit, camel, upright or any variation thereof). Minimum four revolutions on each foot
- (f) Spiral sequence
- (g) Step sequence

PRE-NOVICE MEN (Group A): A short program of maximum 2:30.

- (a) Axel or double Axel
- (b) One double or triple jump* (may not repeat double Axel)
- (c) One jump combination consisting of two double jumps or one double and one triple jump* (May repeat double Axel)
- (d) Camel spin with only one change of foot. Minimum four revolutions on each foot

- (e) Spin combination with only one change of foot and at least two different basic positions (sit, camel, upright or any variation thereof). Minimum four revolutions on each foot)
- (f) Two different step sequences of a different nature (straight line, circular or serpentine)

* The jump combination may be composed of the same, or two different double jumps, or one double and one triple jump. If a triple jump is executed in the jump combination, a second triple jump **may not** be executed as the solo jump. If a triple jump is executed as the solo jump a second triple jump **may not** be executed in the jump combination. Jumps in the combination must be different than the solo jump however the double Axel may be repeated in the jump combination.

Short program groupings for Pre- Novice men shall rotate between A and B on an annual basis. There is no rotation of groupings for Pre-Novice women's short programs.

NOVICE WOMEN: A short program of maximum 2:30.

- (a) Axel or double Axel
- (b) One double or triple jump immediately preceded by connecting steps and/or other comparable free skating movements* (may not repeat double Axel)
- (c) One jump combination consisting of two double jumps or one double and one triple jump* (May not repeat double Axel)
- (d) Layback or sideways leaning spin. Minimum six revolutions.
- (e) Spin combination with only one change of foot and at least two different basic positions (sit, camel, upright or any variation thereof) Minimum five revolutions on each foot
- (f) Spiral sequence
- (g) Step sequence (straight line, circular or serpentine)

NOVICE MEN: A short program of maximum 2:30.

- (a) Axel or double Axel
- (b) One double or triple jump immediately preceded by connecting steps and/or other comparable free skating movements* (may not repeat double Axel)
- (c) One jump combination consisting of two double jumps or one double and one triple jump* (May not repeat double Axel)
- (d) Camel or sit spin. Change of foot is optional. No flying entrance. Minimum six revolutions (or five revolutions on each foot if change of foot performed)
- (e) Spin combination with only one change of foot and at least two different basic positions (sit, camel, upright or any variation thereof). Minimum five revolutions each foot

- (f) Two different step sequences of a different nature (straight line, circular or serpentine)

* The jump combination may consist of the same or two different double jumps, or one double and one triple jump. The double Axel may not be repeated in the solo jump or jump combination. The jumps in the combination must be different than the solo jump.

JUNIOR WOMEN (Group B): A short program of maximum 2:50.

- (a) Double Axel
- (b) One double or triple flip jump immediately preceded by connecting steps and/or other comparable free skating movements
- (c) One jump combination consisting of two double jumps or one double and one triple jump or two triple jumps*
- (d) Flying sit spin. Landing foot optional. Minimum eight revolutions.
- (e) Layback or sideways leaning spin. Minimum eight revolutions
- (f) Spin combination with only one change of foot and all three basic positions (sit, camel, upright or any variation thereof). Minimum six revolutions each foot
- (g) Spiral sequence
- (h) Step sequence (straight line, circular or serpentine)

JUNIOR MEN (Group B): A short program of maximum 2:50.

- (a) Double or triple Axel
- (b) One double or triple flip jump immediately preceded by connecting steps and/or other comparable free skating movements
- (c) One jump combination consisting of one double and one triple jump or two triple jumps*
- (d) Flying sit spin. Landing foot optional. Minimum eight revolutions.
- (e) Camel spin with only one change of foot. Minimum six revolutions on each foot
- (f) Spin combination with only one change of foot and all three basic positions (sit, camel, upright or any variation thereof). Minimum six revolutions each foot
- (g) Two different step sequences of a different nature (straight line, circular or serpentine)

* The jump combination may consist of the same jump or another double or triple jump. The jumps included must be different than the solo jump.

SENIOR WOMEN: A short program of maximum 2:50.

- (a) Double Axel
- (b) One triple jump immediately preceded by connecting steps and/or other comparable free skating movements
- (c) One jump combination consisting of one double and one triple jump or two triple jumps*
- (d) Flying spin. Minimum eight revolutions.
- (e) Layback or sideways leaning spin. Minimum eight revolutions
- (f) Spin combination with only one change of foot and all three basic positions (sit, camel, upright or any variation thereof). Minimum six revolutions each foot
- (g) Spiral sequence
- (h) Step sequence (straight line, circular or serpentine)

SENIOR MEN: A short program of maximum 2:50.

- (a) Double or Triple Axel
- (b) One triple or one quadruple jump immediately preceded by connecting steps and/or other comparable free skating movements
- (c) One jump combination consisting of one double and one triple jump, or two triple jumps, or a quadruple jump and a double or triple jump*
- (d) Flying spin. Minimum eight revolutions.
- (e) Camel spin or sit spin with only one change of foot. Minimum six revolutions each foot.
- (f) Spin combination with only one change of foot and all three basic positions (sit, camel, upright or any variation thereof). Minimum six revolutions each foot.
- (g) Two step sequences of a different nature (straight line, circular or serpentine)

* The jump combination may consist of the same jump or another double, triple or quadruple jump. The jumps in the combination must be different than the solo jump.

(2) Descriptions of Elements (Short Program)

GENERAL:

- An element is considered omitted only if started after the maximum time allotted for the program. The referee must advise the judges and the technical panel of any element(s) started after the time limit.
- Spirals, spread eagles, falling leaves and/or other moves in the field, when included in the short program for the purpose of enhancing choreography or connecting steps, should not be considered as extra elements.

JUMPS:

- A jump performed with an incorrect takeoff edge (e.g. flutz) will be identified as the intended jump and subject to a deduction in the GOE. For severe cases of wrong takeoff edge “e” (long wrong edge, no correct edge at all, etc.) the technical panel will notify the Judges of this error and the GOE shall be reduced by -2 to -3 and it has to end up in the negative. In cases when the wrong edge takeoff is not so obvious “!” , the technical panel will notify the Judges of this error and the GOE shall be reduced by -1 to -2 but does not have to be in the negative.
- **Novice - Senior:** The solo jump must be immediately preceded by connecting steps and/or other comparable free skating movements. A single move (spread eagle, spiral, single three-turn etc.) is not considered as steps. The entry steps should be completed as a fluid movement integrated with the rhythm of the jump entry in order to be rewarded accordingly in the GOE.
- **Senior Men:** Cannot repeat the triple Axel. Only one quad jump may be included in a short program.
- **Senior Women:** The solo jump must be a triple jump.
- A solo jump may not be repeated as either of the jumps in the combination except that in **Pre-Novice** the skater may repeat the double Axel.

JUMP COMBINATION:

- **Pre-Novice:** Double Axel **can** be repeated.
- **Novice Men and Women, Junior Women and Senior Women** cannot repeat the double Axel.
- Pre-Novice can only include one triple jump in the program.
- **Junior and Senior Men** cannot repeat the double or triple Axel.
- **Senior Men** may include only one quad jump in a program.
- If the same jump is executed as a solo jump and as a part of the jump combination, the last performed of these jump elements will be not counted, but will occupy a jumping box (if this element is a jump combination, the whole jump combination will not be counted).

SPINS:

- A spinning movement with less than three revolutions is considered a skating movement and not a spin. An attempted spin that happens to rotate less than three revolutions will be called the intended spin “no level”.
- The minimum required number of revolutions in a basic position is two without interruption. If this is not fulfilled the position is not counted. The concluding upright position at the end of the spin (final wind-up) is not considered another position if it does not exceed three revolutions (two revolutions for combo spins) and these revolutions are not to be counted in the required number of revolutions.

FLYING SPIN:

- The flying camel and flying sit spins must be jumped and not "stepped" or will be called no higher than level 1. A step over must be considered in the GOE.
- Any variation of the spin position is possible, staying within the definition of the spin.
- **Senior:** Any type of flying spin is permitted. The landing position may be different from the flying position.
- **Junior:** The flying sit position must be attained in the air. The landing position must be the same as the flying position, changing foot on landing is permitted.

COMBINATION SPIN:

- The combination spin must not commence with a jump.
- **Pre-Novice - Novice:** The combination spin must contain at least two different basic positions and only one change of foot. Any variation of position is possible.
 - If the spin does not contain at least two different basic positions, the level cannot be higher than one. All three basic positions are required for Level 4.
- **Junior – Senior:** The combination spin must contain all three basic positions (camel, sit, upright) and only one change of foot. Any variation of position is possible.
 - If the spin does not contain all three basic positions, the level cannot be higher than one.
- The minimum number of revolutions required in each position is two without interruption, if this is not fulfilled, the position is not counted.
- In all categories, if the spin does not contain a change of foot, or if the spin contains a second change of foot, no level will be called and the spin will receive no value.
- The change of foot can be done in the form of a jump, step over or reverse direction. In the short program, a change of foot cannot be performed with a toe arabian, but it is permitted in the free program. If performed in the short program, judges will reduce the GOE, considering it an error (touching the ice with the free foot).
- A combination spin in which any basic position is not held for at least two full un-interrupted revolutions it shall be called “no level” and will receive no value.
- To be considered, a change of foot in a spin requires at least three revolutions before and after the change.

- Reverse direction can only be used as a change of foot and will be ignored if executed at the end of the spin after the change of foot.

SPIN IN ONE POSITION WITH CHANGE OF FOOT:

- The change of foot can be done in the form of a jump, step over or reverse direction. In the short program, a change of foot cannot be performed with a toe arabian, but it is permitted in the free program. If performed in the short program, judges will reduce the GOE, considering it an error (touching the ice with the free foot).
- The spin cannot be commenced with a jump.
- Only revolutions in the specified position shall be counted.
- Any variation of the spin position is possible.
- To be considered, a change of foot in a spin requires at least three revolutions before and after the change. If the skater changes position the spin will be considered as a combination.
- If there are two revolutions. on one foot in a basic position, but less than two revolutions in a basic position on the other foot, the spin will have no Level and consequently no value.
- **Novice Men:** The change of foot is optional in the camel or sit spin in one position.
- Reverse direction can only be used as a change of foot and will be ignored if executed at the end of the spin after the change of foot.

LAYBACK OR SIDEWAYS LEANING SPIN:

- Any position or variation is permitted, as long as the basic layback or sideways leaning position is maintained for five revolutions in Pre-Novice, six revolutions in Novice and eight revolutions in Junior and Senior without rising to an upright position.
- The position of a Biellmann spin can only be taken and considered as a feature to increase the level after having successfully rotated the required five, six or eight revolutions in the layback-position (backward or sideways) as specified above.

SPIRAL SEQUENCES:

- Spirals in the spiral sequence must be held and not kicked. A minimum of three spiral positions of at least three seconds hold and at least one change of foot are required.
- A spiral position must be maintained with the free leg above the hip for three seconds to be counted.
- The pattern of the spiral sequence can be any combination of curves. Only spirals executed on edges will be counted, spirals executed in a straight line will not be considered but will take up one of the three spiral attempts. Pushes in order to gain speed are permitted. Connecting steps (including spread eagles and two footed movements with one leg extended and the other bent, or Ina Bauer), turns, small jumps are permitted at any point in the sequence. Except during such pushes, steps, turns and small jumps, the competitor must be primarily in a spiral

- position, that is with the free leg (including knee and foot) higher than the hip level and each position must be maintained for at least three seconds.
- Only the first three attempted spiral positions shall be considered for levels. Only the first three spiral positions will be considered when awarding the GOE score.
 - At least one of the spiral positions must be maintained for three seconds without any assistance of the hand or arm. If this requirement is not met, the sequence will be called level one regardless of the features performed (but the GOE is not restricted).
 - All positions or features in a spiral sequence must be performed for a minimum of three seconds to achieve the appropriate feature. If this minimum hold is not fulfilled, the position will not count for level features, but will count in the number of position attempts.
 - A spiral sequence in which all executed spiral positions are held with less than three seconds or only one spiral is held for the required three seconds will be called “no level” and will receive no value.
 - A spiral sequence in which only two positions are held for the required three seconds and the required change of foot is achieved (change of foot requires a three second spiral before and after the change) will receive no higher than level one.
 - A spiral sequence in which the change of foot is not achieved will be called “no level” and will receive no value.
 - If all positions are executed with assistance of the hand/arm, the level can be no more than one (but GOE is not restricted).
 - Unsupported spiral position with the free leg sideways or forward is no longer a level feature by itself. It can be included in a number of executed positions but considered a level feature only when it is a difficult variation of position (affects the core body and balance).

STEP SEQUENCES:

- Step sequences may include small jump-like movements (not more than half a revolution). Short stops in accordance with the music and retrogressions are permitted.
- Serpentine footwork must have at least two bold curves and must go from end to end.
- Straight line footwork must start at any point along the short barrier at one end of the ice and extend to any place on the opposite short barrier, keeping approximately the shape of a straight line.
- Circular footwork can be oval or circular but must cover the width of the ice.
- Steps are considered finished once the skater has gone end to end, barrier to barrier or have closed their circle.

(3) Short Program Elements Quick Reference Chart

	Pre-Novice	Novice	Junior	Senior
Time	max 2:30	max 2:30	max 2:50	Max 2:50
Axel	single or double	single or double	Women: double Men: double or triple (may not repeat triple Axel)	Women: double Men: double or triple (may not repeat triple Axel)
Solo Jump	One double or triple jump (may not repeat double Axel) If solo jump is a triple, combination jump may not contain a triple	One double or triple jump - entry steps required (may not repeat double Axel)	double or triple flip - entry steps required	Women: any triple Men: any triple or quad - entry steps required (may not repeat quad jump in jump combination)
Comb Jump	double/double double/triple triple/double (may repeat double Axel) If combination jump contains a triple, solo jump may not be a triple. If the same jump is executed as a solo jump and as a part of the jump combination, the last performed of these jump elements will be not counted, but will occupy a jumping box.	double/double double/triple triple/double (may NOT repeat double Axel) If the same jump is executed as a solo jump and as a part of the jump combination, the last performed of these jump elements will be not counted, but will occupy a jumping box.	Women: double/double triple/double double/triple triple/triple Men: double/triple triple/double triple/triple (jumps must be different from solo jumps)	Women: triple/double double/triple triple/triple Men: any with one double and one triple triple/triple quad/double quad/triple (may not repeat quad as solo jump) (jumps must be different from solo jumps)
Flying Spin	NA	NA	Flying sit (minimum eight revolutions) (landing foot optional)	Any (minimum eight revolutions)
Comb Spin	• Only one change of foot	• Only one change of foot	• Only one change of foot	• Only one change of foot

	<ul style="list-style-type: none"> At least two different basic positions (minimum four + four revolutions) 	<ul style="list-style-type: none"> At least two different basic positions (minimum five + five revolutions) 	<ul style="list-style-type: none"> All three basic positions (minimum six + six revolutions) 	<ul style="list-style-type: none"> All three basic positions (minimum six + six revolutions)
Other Spin	<p>Women: layback or sideways leaning spin (min five revolutions) Men: camel spin with only one change of foot, no flying entrance (minimum four + four revolutions)</p>	<p>Women: layback or sideways leaning spin (min six revs) Men: camel or sit spin, change of foot optional, no flying entrance (minimum 6 revolutions or five + five revolutions)</p>	<p>Women: layback or sideways leaning spin (min eight revs) Men: camel spin with only one change of foot (minimum six + six revolutions)</p>	<p>Women: layback or sideways leaning spin (min eight revs) Men: camel or sit spin with only one change of foot (minimum six + six revolutions)</p>
Step Sequence	<p>Women: spiral sequence (at least three spiral positions and one change of foot) Men: Step sequence (any pattern)</p>	<p>Women: spiral sequence (at least three spiral positions and one change of foot) Men: Step sequence (any pattern)</p>	<p>Women: spiral sequence (at least three spiral positions and one change of foot) Men: Step sequence (any pattern)</p>	<p>Women: spiral sequence (at least three spiral positions and one change of foot) Men: Step sequence (any pattern)</p>
Step Sequence	Step sequence (Men: of different nature)	Step sequence (Men: of different nature)	Step sequence (Men: of different nature)	Step sequence (Men: of different nature)

(4) Well Balanced Free Program Requirements

PRE-JUVENILE WOMEN & MEN: 2:30 ± 10 seconds.

- Maximum of seven jump elements.
 - One jump must be an Axel type takeoff.
 - Maximum of three jump combinations or sequences. Jump combinations may contain no more than two jumps.
 - No jump may be included more than twice, and if a jump is repeated it must be in combination or sequence.
- Maximum of three spins. All spins shall be called no higher than Level 1.
 - One must be a combination spin with at least one change of foot.
 - One must be a flying spin.
 - One spin of any nature.
- Maximum of one step sequence or spiral sequence. All step and spiral sequences shall be called no higher than Level 1.

JUVENILE WOMEN & MEN: 2:30 ± 10 seconds.

- Maximum of seven jump elements.
 - One jump must be an Axel type takeoff.
 - Maximum of three jump combinations or sequences. Jump combinations may contain no more than two jumps.
 - No jump may be included more than twice, and if a jump is repeated it must be in combination or sequence.
- Maximum of three spins. All spins shall be called no higher than Level 1.
 - One must be a combination spin with at least one change of foot.
 - One must be a flying spin in one position with no change of foot.
 - One must be a spin of any nature.
- Maximum of one step sequence or spiral sequence. All step and spiral sequences shall be called no higher than Level 1.

PRE-NOVICE WOMEN: 3:00 ± 10 seconds.

- Maximum of seven jump elements.
 - One jump must be an Axel type takeoff.
 - Maximum of three jump combinations or sequences. Jump combinations may contain no more than two jumps.
 - No jump may be included more than twice, and if a jump is repeated it must be in combination or sequence.
- Maximum of three spins.
 - One must be a combination spin with at least one change of foot.
 - One must be a flying spin in one position with no change of foot.
 - One spin of any nature.
- Maximum of one step sequence or one spiral sequence.

PRE-NOVICE MEN: 3:00 ± 10 seconds.

- Maximum of seven jump elements.
 - One jump must be an Axel type takeoff.
 - Maximum of three jump combinations or sequences. Jump combinations may contain no more than two jumps.
 - No jump may be included more than twice, and if a jump is repeated it must be in combination or sequence.
- Maximum of three spins
 - One must be a combination spin with at least one change of foot.
 - One must be a flying spin in one position with no change of foot.
 - One spin of any nature.
- Maximum of one step sequence.

NOVICE WOMEN: 3:00 ± 10 seconds.

- Maximum of seven jump elements.
 - One jump must be an Axel type takeoff.
 - Maximum of three jump combinations or sequences. Jump combinations may contain no more than two jumps.
 - No jump may be included more than twice, and if a jump is repeated it must be in combination or sequence.
- Maximum of three spins.
 - One must be a combination spin with at least one change of foot.
 - One must be a flying spin in one position with no change of foot.
 - One spin of any nature.
- Maximum of one step sequence or one spiral sequence.

NOVICE MEN: 3:30 ± 10 seconds.

- Maximum of eight jump elements.
 - One jump must be an Axel type takeoff.
 - Maximum of three jump combinations or sequences. Jump combinations may contain no more than two jumps.
 - No jump may be included more than twice, and if a jump is repeated it must be in combination or sequence.
- Maximum of three spins.
 - One must be a combination spin with at least one change of foot.
 - One must be a flying spin in one position with no change of foot.
 - One spin of any nature.
- Maximum of one step sequence.

JUNIOR WOMEN: 3:30 ± 10 seconds.

- Maximum of seven jump elements.
 - One jump must be an Axel type takeoff.
 - Maximum of three jump combinations or sequences, one jump combination may contain three jumps.

- No triple or quad jump may be included more than twice, and if a triple or quad is repeated it must be in combination or sequence.
- Maximum two triple or quad jumps repeated.
- Maximum three double axels.
- Maximum of three spins.
 - One must be a combination spin. Minimum ten revolutions total.
 - One must be a flying spin. Minimum six revolutions.
 - One must be a spin in one position (change foot optional). Minimum six revolutions.
- Maximum one step sequence.

JUNIOR MEN: 4:00 ± 10 seconds.

- Maximum of eight jump elements.
 - One jump must be an Axel type takeoff.
 - Maximum of three jump combinations or sequences, one jump combination may contain three jumps.
 - No triple or quad jump may be included more than twice, and if a triple or quad is repeated it must be in combination or sequence.
 - Maximum two triple or quad jumps repeated.
 - Maximum three double axels.
- Maximum of three spins.
 - One must be a combination spin. Minimum ten revolutions total.
 - One must be a flying spin. Minimum six revolutions.
 - One must be a spin in one position (change foot optional). Minimum six revolutions.
- Maximum of one step sequence.

SENIOR WOMEN: 4:00 ± 10 seconds.

- Maximum of seven jump elements.
 - One jump must be an Axel type takeoff.
 - Maximum of three jump combinations or sequences, one jump combination may contain three jumps.
 - No triple or quad jump may be included more than twice, and if a triple or quad is repeated it must be in combination or sequence.
 - Maximum two triple or quad jumps repeated.
 - Maximum three double axels.
- Maximum of three spins.
 - One must be a combination spin. Minimum ten revolutions total.
 - One must be a flying spin. Minimum six revolutions.
 - One must be a spin in one position (change foot optional). Minimum six revolutions.
- Maximum one step sequence.
- Maximum one spiral sequence.

SENIOR MEN: 4:30 ± 10 seconds.

- Maximum of eight jump elements for men.
 - One jump must be an Axel type takeoff.
 - Maximum of three jump combinations or sequences, one jump combination may contain three jumps.
 - No triple or quad jump may be included more than twice, and if a triple or quad is repeated it must be in combination or sequence.
 - Maximum two triple or quad jumps repeated.
 - Maximum three double axels.
- Maximum of three spins.
 - One must be a combination spin. Minimum ten revolutions total.
 - One must be a flying spin. Minimum six revolutions.
 - One must be a spin in one position (change foot optional). Minimum six revolutions.
- Maximum of two step sequences of a different nature.

(5) DESCRIPTION OF ELEMENTS (FREE PROGRAM)

GENERAL

- Any additional element or elements exceeding the prescribed numbers will not be counted in the results of a skater. Only the first attempt (or allowed number of attempts) of an element will be taken into account.
- An element is considered omitted only if started after the maximum time allotted for the program (plus ten seconds). The referee must advise the judges and the technical panel of any element(s) started after the time limit.

JUMPS

- A jump performed with an incorrect takeoff edge (e.g.. flutz) will be identified as the intended jump and subject to a deduction in the GOE. For severe cases of wrong takeoff edge (long wrong edge, no correct edge at all, etc.) the technical panel will notify the judges of this error and the GOE shall be reduced by -2 to -3 and it has to end up in the negative. In cases when the wrong edge takeoff is not so obvious, the technical panel will notify the judges of this error and the GOE shall be reduced by -1 to -2 but does not have to be negative.
- A "jump element" is defined as an individual jump, a jump combination or a jump sequence.
- **Jump Combinations:**
 - 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.
 - Pre-Juvenile – Novice no three jump combination allowed.
 - Junior and Senior one jump combination could consist of up to three jumps, the other two up to two jumps.

- If the jumps are connected with a not listed jump (e.g. half-loop), the element is called as a jump sequence. If the first jump of a two-jump-combination fails to succeed and turns into a “not listed jump”, the unit will still be considered as a jump-combination as long as the element still fits within the jump combination definition. .
- In a jump combination the landing foot of the first jump is the take off foot of the second. The same would apply to the third jump. The element remains a jump combination (with an error) even when there are two three turns in between jumps with a slight touch down (without weight transfer).
- **Jump Sequences:**
 - A jump sequence may consist of any number of jumps of any number of revolutions that may be linked by non-listed jumps 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.”
 - * Turns: three turns, twizzles, brackets, loops, counters, rockers.
 - * Steps: running steps, toe steps, chasses, mohawks, choctaws, curves with change of edge, cross-rolls.
 - Any kinds of hops and unlisted jumps inside the Sequence are allowed.
 - From the moment the jump sequence does not fulfill the above requirements, the remainder of the jump sequence will be ignored and the element will be called “name of the first jump(s) plus sequence”. In this case the GOE relates to the whole element. So in free skating Judges always evaluate what they see independent of the call.
 - If an Axel type jump immediately follows any other jump (without any steps, turns, hops, mazurkas and unlisted jumps), **it is considered as a jump sequence** and will be identified as one jump element.
- **Repetitions:**
 - **Junior & Senior:** Of all the triple and quadruple jumps only two can be repeated and the repetitions must be either in a jump combination or 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 in a jump combination or jump sequence, will be considered as part of an unsuccessfully executed jump sequence and counted as a jump sequence with only one jump executed. If three jump combinations or jump sequences 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 box if there are any left.) A double Axel cannot be included more than three times (as a solo jump or a part of combination/sequence). A repeated double Axel does not have to be in combination or sequence in Junior or Senior.
 - **Junior & Senior:** No triple or quadruple jump can be attempted more than twice.
 - **Pre-Juvenile – Novice:**
 - Jumps with the same name but different rotations will be considered as two different jumps. A repeated jump, not included

in a jump combination or jump sequence, will be considered as part of an unsuccessfully executed jump sequence and counted as a jump sequence with only one jump executed. If three jump combinations or jump sequences 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 box if there are any left.)

- If a three jump combination is attempted it will receive no value and take up a jump element box.
- No jump can be attempted more than twice.

SPINS

- **Junior & Senior:** The spins must have a required minimum number of revolutions: six for the flying spin and the spin with only one position and ten 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. In the spin combination the change of foot is optional and the number of different positions is free.
- **Spins are not limited in the number of revolutions; however, a spin with less than three revolutions is considered as a skating movement and not a spin.** All spins must be of a different character (must have a different abbreviation/code). Any spin with the same abbreviation as one executed before will be invalidated, but will occupy a spin box.

Example 1: (Novice Men) 1) CCoSp2
 2) FCSp3
 3) CCoSp4**

Because the first and third spins have the same abbreviation (code), the third spin is invalidated by the computer and receives no points.

Example 2: (Novice Men) 1) CCoSp2
 2) FCSp3
 3) FCCoSp3

In this example the abbreviations (codes) for all three spins are different, as such, all three spins are valid and count for points.

- **Pre-Juvenile to Novice:** The spin combination must have at least one change of foot and 2 different basic positions (sit, camel, upright or any variation thereof).
- **Juvenile to Novice:** The flying spin must have one position and no change of foot.
- The minimum number of revolutions required in a basic position is two without interruption. In a case where this requirement is not fulfilled, the position is not counted.
- A spin combination executed with less than two revolutions in any basic positions is considered as not according to requirements and will receive no value.
 - If the skater falls when entering a spin, a spin is allowed immediately after this fall (for filling time purpose) with this spin not being counted as an element.

SPIRAL SEQUENCES (WOMEN)

- Pattern can be any combination of curves (on edges).
- There must be at least two spiral positions. Pushes in order to gain speed are permitted. Connecting steps (including spread eagles and two footed movements with one leg extended and the other bent, or Ina Bauer), turns, small jumps are permitted at any point in the sequence. Except during such pushes, steps, turns and small jumps, the competitor must be primarily in a spiral position, that is with the free leg (including knee and foot) higher than the hip level and each position must be maintained for at least three seconds.
- For a possible higher level at least one of the spiral positions ~~should~~ **must** be maintained for three seconds without any assistance of the hand or arm. If all positions are executed with assistance of the hand/arm, the level can be no more than one (but GOE is not restricted). Any variations of the position are permitted, including holding the knee or skate blade and the position of the free leg is otherwise free.
- If there are only two long enough spiral positions and the third position is too short or does not exist at all, the sequence will have Level 1.
- At least one spiral without any assistance of hand or arm is required.
- A spiral sequence in which all executed spiral positions are held with less than three seconds or only one spiral is held for the required three seconds receives no level and therefore no value.
- A spiral sequence in which only one position (with at least three seconds hold) is executed will be called no level and will receive no value. ~~receive Level 1.~~
- Only the first three attempted positions are to be considered for level features.

STEP SEQUENCES

- 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. All step sequences should be executed according to the music. 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. Turns and steps must be balanced in their distribution throughout the sequence.
- For Senior men, the two step sequences must be of a different nature (straight line, circular, serpentine.)

MOVES IN THE FIELD

- Moves in the field should be included in the program and will be evaluated under the “transitions” score.

(8) FREE PROGRAM ELEMENTS QUICK REFERENCE CHART

	Pre-Juvenile	Juvenile	Pre-Novice	Novice Women	Novice Men
Time	2:00 +/- 10 sec or 2:30 +/- 10 sec min (determined by Section)	2:30 +/- 10 sec	3:00 +/- 10 sec	3:00 +/- 10 sec	3:30 +/- 10 sec
Jumps Elements	Seven jump elements	Seven jump elements	Seven jump elements	Seven jump elements	Eight jump elements
Jump Restrictions	<ul style="list-style-type: none"> * The program must include at least one Axel-type jump. * No jump can be included more than twice. <i>(Note: a double jump and a triple jump of the same nature, e.g., 2T and 3T, are considered different jumps.)</i> * Any repeated jump must be in combination or sequence. * There can be no more than three combinations or sequences included in a program. Jump combinations may contain a maximum of two jumps. 				
Spin Elements	Three spin elements	Three spin elements	Three spin elements	Three spin elements	Three spin elements
Spin Restrictions	<ul style="list-style-type: none"> * The program must include at least one spin combination (with at least one change of foot and two different basic positions). * Pre-Juvenile: The program must include at least one flying spin. * Juvenile/Pre-Novice/Novice: The program must include one flying spin in one position with no change of foot * The third spin may be of any nature * All spins must be different (different abbreviations/codes) 				
Step/Spiral Sequences	One step sequence or spiral sequence	One step sequence or spiral sequence	One step sequence (or spiral sequence – women)	One step sequence or spiral sequence	One step sequence

	Junior Women	Junior Men	Senior Women	Senior Men
Time	3:30 +/- 10 sec	4:00 +/- 10 sec	4:00 +/- 10 sec	4:30 +/- 10 sec
Jump Elements	Seven jump elements	Eight jump elements	Seven jump elements	Eight jump elements
Jump Restrictions	<ul style="list-style-type: none"> * The program must include at least one Axel-type jump. * No triple or quad jump can be included more than twice, and there can be no more than two triple or quad jumps repeated in the program. <i>(Note: a triple jump and a quad jump of the same nature, e.g., 3T and 4T, are considered different jumps.)</i> * Any repeated triple or quad jump must be in combination or sequence. Single and double jumps can be repeated and do not have to be in combination. * Maximum three double Axels may be attempted * There can be no more than three combinations or sequences included in a program. One jump combination may contain a maximum of three jumps. 			
Spin Elements	Three spin elements	Three spin elements	Three spin elements	Three spin elements
Spin Restrictions	<ul style="list-style-type: none"> * The program must include at least one spin combination (with at least one change of position and a minimum of ten revolutions, change of foot optional). * The program must include at least one flying spin of six revolutions. * The third spin must be of only one position (change of foot is optional) and six revolutions. * All spins must be different (different abbreviations/codes) 			
Step Sequences	One step sequence	One step sequence	One step sequence One spiral sequence	Two step sequences of a different nature

(7) GENERAL SHORT/FREE PROGRAM NOTES

- The time of the short program and free skating program must begin from the moment the skater begins to move or to skate until arriving at a complete stop at the end of the program.
- In case of an interruption in the program the allowed three minute period before the continuation commences immediately after the Referee has stopped the performance with a loud signal.
- Clothing worn in competitions must be modest, dignified, and appropriate for athletic competition and must not give the effect of excessive nudity for athletic sport. No tights for men are permitted, but women may wear skirts, trousers or tights. Sleeveless costumes are permitted. Clothing may reflect the character of the music.
- If the skater falls when entering the spin, a spin or spinning movement is allowed immediately after this fall (for purposes of filling the musical time allotted to the spin in the program) without being counted as an extra element.
- The minimum number of uninterrupted revolutions in each basic position of a spin combination is two. If this requirement is not completed, the position is not counted.
- The concluding upright position at the end of the spin (final wind-up) is not considered to be another position if it does not exceed three revolutions (two revolutions for combo spins) and the revolutions executed in it are not to be counted in the required number of revolutions.
- To obtain a higher level, turns and steps must be balanced in their distribution throughout the step sequence.
- A “jump element” is defined as an individual jump, jump combination, or jump sequence. Individual jumps can contain any number of revolutions.
- A jump performed with an incorrect takeoff edge (e.g. flutz) will be identified as the intended jump and subject to a deduction in the GOE. For severe cases of wrong takeoff edge “e” (long wrong edge, no correct edge at all, etc.) the technical panel will notify the judges of this error and the GOE shall be reduced by -2 to -3 **and it has to end up in the negative**. In cases when the wrong edge takeoff is not so obvious “!”, the technical panel will notify the judges of this error and the GOE shall be reduced by -1 to -2 but does not have to be negative.
- Jumps of less than or equal to half of a rotation are not counted as a jump element. They are considered as linking moves and are assessed as part of the "transitions" score except when a clear attempt is made. For example, an axel type jump that becomes less than three quarters of a rotation will be considered as an under rotated jump and take up a jump box.
- In an intended jump combination or jump sequence, if a skater falls/steps out of the first jump and immediately after that executes another jump, the second jump will be ignored, but the element will be identified as a combination/sequence.
- Any additional elements or elements exceeding the numbers prescribed above will not be counted in the result of a participant. Only the first attempt (or allowed number of attempts) of such elements will be taken into account.
- There are three basic spin positions: camel (free leg backwards with the knee higher than the hip level, however layback and Biellmann are still considered upright spins), sit

(lower part of the buttocks not higher than the upper part of the knee of the skating leg, the upper part of the skating leg at least parallel to the ice), upright (any position with extended or almost extended skating leg which is not a camel position) and intermediate positions (all positions that according to the above definitions are not camel, sit or upright).

- The number of revolutions in intermediate positions is counted in the total number of revolutions; intermediate positions can be considered as difficult variations in cases the definitions of such variations is fulfilled, but going to one of these positions, is not considered as a change of position which can only be from one basic position to another basic position.
- **Spin in one position and flying spin:** Intermediate positions are allowed, counted in the total number of revolutions required by the Rules, but are not valid for level features.
- In any spin, change of edge can be counted only once if done with two uninterrupted rotations before and after the change staying in the same basic position.
- Spirals second difficult variation has to be done on a different foot and has to be significantly different in its main structure from the first.
- Back entry and Biellmann positions count as features once in the short and once in the long; each feature will only count in the first attempt. spin with that feature.
- In any spin with change of foot the maximum number of features attained on one foot is three.

DEDUCTIONS (Short and Free Program):

In **Cumulative Points Calculation (CPC)** judging, the following deductions:

- Time Violation – 1.0 for every five seconds lacking or in excess. (referee)
- Music Violation – 1.0 for vocal music with lyrics (referee)
- Illegal Element Violation – 2.0 for every illegal element (technical panel)
- Costume and prop violation – 1.0 (referee)
- Falls (Technical Panel)
 - Junior & Senior –1.0 for every fall
 - Pre-Juvenile to Novice –0.5 for every fall

A fall is defined as a loss of control by a skater with the result that the majority of his/her own body weight is on the ice supported by any other part of the body other than the blades (e.g. hand (s), knee(s), back, buttock(s) or any part of the arm).

- Interruptions to the program (referee)
 - 11-20 seconds
 - Junior & Senior -1.0
 - Pre-Juvenile to Novice -0.5
 - 21-30 Seconds
 - Junior & Senior -2.0
 - Pre-Juvenile to Novice -1.0
 - etc.
- Restart of the program (referee)
 - Junior & Senior -2.0 points
 - Novice & lower-1.0 points