

SENIOR LADIES

Short Program: 2 min 40 sec. +/- 10 sec.

Requirements according to the ISU Technical Rules Single and Pair Skating 2016, Art.611 and the respective ISU Communication.

Free Skating: 4 min, +/- 10 sec

In accordance with ISU Technical Rules Single and Pair Skating 2016, Art.612 and the respective ISU Communication. Special attention should be paid to the “well balanced program” and the element values.

SENIOR MEN

Short Program: 2 min 40 sec. +/- 10 sec.

Requirements according to the ISU Technical Rules Single and Pair Skating 2016 and the respective ISU Communication No.2014.

Free Skating: 4 min. 30 sec, +/- 10 sec

In accordance with ISU Technical Rules Single and Pair Skating 2016, Art. 612 and the respective ISU Communication. Special attention should be paid to the “well balanced program” and the element values.

JUNIOR LADIES

Short Program: 2 min 40 sec +/- 10 sec.

Requirements according to the ISU Technical Rules Single and Pair Skating 2016, Art.611 and the respective ISU Communication.

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

In accordance with ISU Technical Rules Single and Pair Skating 2016, Art. 612 and the respective ISU Communication. Special attention should be paid to the “well balanced program” and the element values.

JUNIOR MEN

Short Program: 2 min 40 sec +/- 10 sec

Requirements according to the ISU Technical Rules Single and Pair Skating 2016, Art. 611 and the respective ISU Communication.

Free Skating: 4 min, +/- 10 sec

In accordance with ISU Technical Rules Single and Pair Skating 2016, Art. 612 and the respective ISU Communication.

Special attention should be paid to the “well balanced program” and the element values.

ADVANCED NOVICE GIRLS

Age and requirements according to the ISU Technical Rules Single and Pair Skating 2016, and the respective ISU Communication No.2024.

Short Program: Max 2 min 20 sec

Free Skating: 3 min +/-10 sec

ADVANCED NOVICE BOYS

Age and requirements according to the ISU Technical Rules Single and Pair Skating 2016 and the ISU Communication No. 2024.

Short Program: Max 2 min 20 sec

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

BASIC NOVICE B GIRLS

Age and requirements according to the ISU Technical Rules Single and Pair Skating 2016 and the ISU Communication No. 2024.

BASIC NOVICE B BOYS

Age and requirements according to the ISU Technical Rules Single and Pair Skating 2016 and the ISU Communication No. 2024.

BASIC NOVICE A GIRLS

Age and requirements according to the ISU Technical Rules Single and Pair Skating 2016 and the ISU Communication No. 2024.

BASIC NOVICE A BOYS

Age and requirements according to the ISU Technical Rules Single and Pair Skating 2016 and the ISU Communication No. 2024.

CUBS BOYS & GIRLS

Age requirements Cubs, skater who was born 2007 and younger

Free Skating: 2 min. 00 sec. +/- 10 sec.

A well balanced Free Skating program for CUBS must contain:

- a) Maximum of four (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 combination can contain only two(2) jumps. A jump sequence can contain any number of jumps, but only the two most difficult jumps will be counted. Any single or double jump (including Double Axel) cannot be executed more than twice in total. Triple jumps are not permitted.
- 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 onepin with no

change of position and with or without change of foot (minimum of six (6) revolutions in total). Flying entry is allowed.

- c) There must be a maximum:(i) for Girls one (1) Choreographic sequence which includes at least one (1) spiral position at least (3)seconds long. The sequence will have a fixed Base value and evaluated in GOE only.
(ii) for Boys maximum of one (1) step sequence without Level value. The sequence will have a fixed Base value and evaluated in GOE only.

LEVELS EXPLANATIONS:

For Cubs 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.

FALLS DEDUCTIONS 0,50 for each!

THE PROGRAM COMPONENTS:

Skating Skills

Performance/execution

The Factors for program components is 2,5

CHICKS BOYS & GIRLS

Age requirements Chivks, skater who was born 2009 and younger

Free Skating: 2 min. 00 sec. +/- 10 sec.

A well balanced Free Skating program for CUBS must contain:

- a) Maximum of four (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 combination can contain only two(2) jumps. A jump sequence can contain any number of jumps, but only the two most difficult jumps will be counted. Any single or double jump (including Double Axel) cannot be executed more than twice in total. Triple jumps are not permitted.
- 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). Flying entry is allowed.
- c) There must be a maximum:(i) for Girls one (1) Choreographic sequence which includes at least one (1) spiral position at least (3)seconds long. The sequence will have a fixed Base value and evaluated in GOE only.
(ii) for Boys maximum of one (1) step sequence without Level value. The sequence will have a fixed Base value and evaluated in GOE only.

LEVELS EXPLANATIONS:

For Cubs 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.

FALLS DEDUCTIONS 0,50 for each!

THE PROGRAM COMPONENTS:

Skating Skills

Performance/execution

The Factors for program components is 2,5