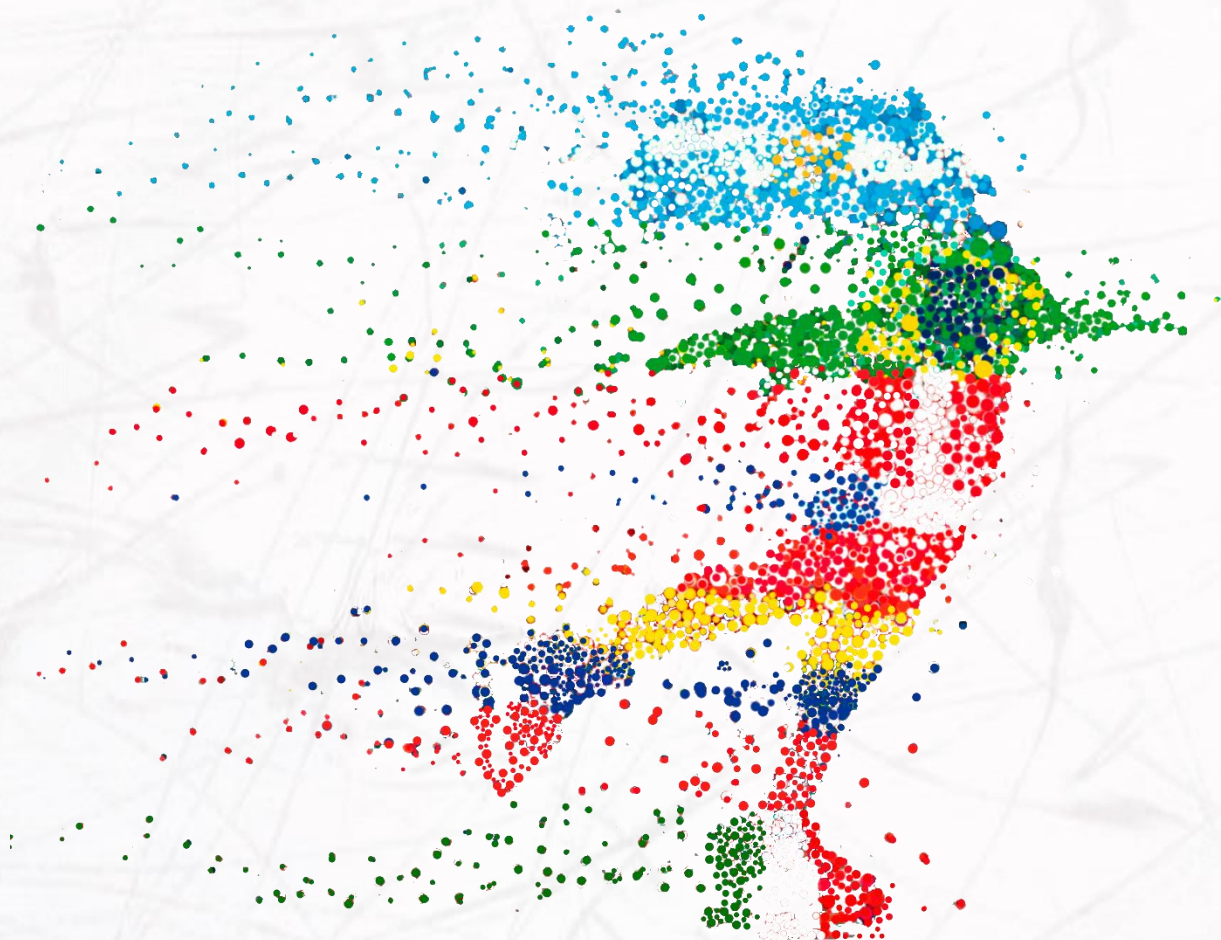


1st Latin American Regional Inter-Club Figure Skating Competition



November 3 – 5



General Manual for Technical Requirements, Calculations and Behavior for all Disciplines and Categories

NOTICE

The 1st Latin American Regional Interclub Figure Skating Competition is open to competitive club entries from any Latin American club belonging to their respective ISU national member federation. Skaters from the Caribbean and Central America are invited to request authorization to participate in the competition, and it will be the organizing committee of the event that will approve their registration and participation.

All competitors and coaches are expected to be familiar with these rules, to comply with them in full and to exemplify the highest standards of fairness, ethical behavior and genuine good sportsmanship in their relations with others. Any person whose acts, statements or conduct is considered detrimental to the welfare of figure skating may be disqualified from the competition.



1st Latin American Regional Inter-Club Figure Skating Competition

Requirements for the Audience, Parents and Relatives

During warm-ups and during the presentation of athletes, the audience shall endeavor to remain quiet, except for reasonable clapping and cheering. Bullhorns, drums, whistles and other noise-making devices are strictly prohibited. Any individual or group of people who violate this rule will be invited by security or person in charge to exit the competition venue.

At the conclusion of each skater's performance, plush toys may be thrown onto the ice if they are completely enclosed in a plastic bag. No object that may deteriorate the quality of the ice or pose a risk of falling to subsequent skaters may be thrown on the ice. This includes flowers (even if properly wrapped). Individuals violating this rule will be asked to leave the premises permanently. Club delegations shall take every possible measure to ensure that this rule is followed. Failure to do so may lead to disciplinary action.

Skaters, coaches, parents and relatives are responsible for looking after all personal items. The Organizing Committee shall not be held liable for damage to or the disappearance of any property inside or on the premises of the establishment where the event is held.


Coaching Requirements – All Disciplines

- Sideline Coaching

Skaters and Synchro Groups skating teams may receive in-person coaching from the sidelines while on the ice during warm-up periods and may also leave the ice surface for that purpose, provided such coaching does not interfere with the judging of another skater. Remote coaching is not permitted nor is any form of coaching during the actual performance of the skater or team before the judges, nor may the coach be on the ice with the skater or team in the warm-up area. For the purpose of this rule, coaching shall be considered any communication between the skater or team and a coach, parent or any other person. The referee may bar from the rink anyone who disregards this rule and may disqualify any skater or team who receives coaching in violation thereof.

- Planned Program Content Sheets (PPCS)

PPCS are mandatory for all levels. PPCS must be presented at the time of registration for the event. Registrations that are not accompanied by a Planned Content Program Sheet and/or the payment of the corresponding fee will be deemed incomplete and inadmissible. PPCS containing egregious errors in content, format and/or nomenclature will be returned to the club representative and may be re-submitted within three business days. A fee of US\$ 50 will be charged for such re-submissions. Skaters will not be included on the Competition list until such payment is made. If the



re-submission continues to include errors, the club representative will be contacted again and offered a second opportunity to rectify, as long as the Competition is not scheduled to take place within the next 30 days. The form may be re-filed a second time, with the corresponding US\$ 50 review payment. If, after two reviews, it is the opinion of the organizing committee that the form continues to contain egregious errors, the participation of the skater will be canceled. The registration and PPCS review fees will NOT be reimbursed.

- **Behavior of Competitors During Competitions – All Disciplines**

Competitors shall at all times respect and obey the instructions of the official in charge of the competition, best practices for the sport and endeavor to apply common sense. Competitors who directly or indirectly, or in writing, express themselves in any improper manner regarding the officials or their decisions or the marking of the judges may be suspended or excluded from further competition.

Judging Systems for the 1st South American Regional Inter-Club Figure Skating Competition

The IJS (International Judging System) will be used for judging and scoring this Competition.

- A. The Panel of Judges shall be composed of five judges and one Referee, all of whom shall be duly qualified and skilled in the judging systems used.
- B. The Technical panel shall be composed at least for one Technical Controller and one Technical Specialist.

- **Participation Regulations**

The Organizing Committee for the 1st Latin American Regional Inter-Club Figure Skating Competition has agreed to use the following regulations adapted to the needs of Latin American figure skating at present.

- **Age Groups: Singles/ Non ISU levels**

- 5 – 7 years old – MINORS
- 8 – 10 years old – CHILDREN
- 11 – 13 years old – PRE-TEENS
- 14 – 17 years old – TEENS
- 18 – 25 years old – ADULTS

Novice level only 1 category

Junior – Senior levels according to the ISU regulations

ADULTS LEVELS – More than 25 years old

The competitor's age will be determined based on that skater's age on JUL 1st 2023.
Should the competitor's birthday be July 1st, the older age category shall apply.



Competition Schedule Draw

The skating order within each category will be defined by lottery, made via conference call with all or most of the coaches responsible or club representative for the foreign delegations participating in the event. The date of the draw will be made public through the usual means of communications for coaches or club representative in sufficient time prior to the event.

- Clothing and Equipment – Singles/Synchro Groups

A. Competitors' clothing must be modest, dignified, and appropriate for athletic competition, not garish or theatrical in design. Clothing may, however, reflect the character of the music chosen.

B. The skating clothing worn in actual competition may not bear any form of advertising. However, warm-up suits may bear the name of a sponsor when a skater is on the ice. The sponsor's name must not exceed 4.65 square inches (30 square centimeters);

C. Clothing may not give the appearance of excessive nudity. While a reasonable use of skin color fabrics is acceptable, athletes and coaches must consider the age, maturity and development of the skater and ensure that the use of such fabrics is appropriate, tasteful and respectful.

D. Props, feathers, and objects that may fall on the ice surface, are prohibited; any ornamentation attached to the clothing must be firmly fastened so as not to fall off while skating under normal competitive conditions.

E. Men must wear trousers; not tights. Ladies may wear skirts, trousers and tights (including unitards);

F. All competitors must maintain their equipment and clothing and store them with care. Boots shall be presented in the best fashion possible. Boot covers may be used. Blades must be sharpened to produce a flat to concave cross section without change to the width of the blade as measured between the two edges. However, a slight tapering or narrowing of the cross section of the blade is permitted.

- Music - Singles

A. Music Type

A.1. The music in singles events shall be selected by the competitor; for all programs, vocals are permitted. Choreography must be appropriate for the music.

A.2. No type of indication or signal (beep, bells, etc.) may precede the skater's music.

B. Duration of Skating – Singles

B.1. Time starts from the moment the skater begins to move or skate. Timing stops when the skater comes to a complete stop at the end of the program.

B.1.2. Should the music end before the skater concludes the presentation, only the elements executed through the end of the music will be scored. A deduction of .1 will be applied as well to the artistic portion.

B.1.3. Should the skater conclude the presentation before the end of the music, a deduction of .1 will be applied to the artistic score.



B.2. Time Allowance – All the levels

B.2.1. The duration of Basic, Pre-Advanced, Advanced Levels and All Single Adult events must not exceed the maximum time allowed, but may be less, provided that all technical elements are included.

B.2.2. Any element started after the permissible time will be considered in the marking as omitted.

B.2.3. No extra marks are obtained by extending the program to the maximum time permitted if it is unnecessary to do so.

- Ice Resurface Time

The timing of ice cuts for the maintenance of the ice surface shall be determined, initially, one month after the registration deadline and shall be released with the skating order. Nonetheless, the Referee will have the discretion to alter the schedule as needed.

- Warm-Up Times and Group Sizes – All Singles (except Exhibition Events)

A warm-up period must immediately precede a competitive skating group. In case of interruption in the competition of more than 10 minutes, due to unforeseen circumstances, the skaters concerned will be permitted a second warm-up period of six minutes in the case of singles.

A. Time Allotted

For singles, unless otherwise authorized by the referee, after an event segment (such as the free skate) has begun, as witnessed by the first warm-up group having taken the ice, no competitor in that event segment, regardless of their warm-up group, may practice for any length of time on the official ice surface or any other ice surface until the event segment has concluded. This rule does not affect the skater's official warm-up group or the time immediately preceding the call of their name by the announcer. A skater/team who violates this rule will be disqualified from the competition.

Before the start of any part of any event, the referee shall allow a period of warm-up in groups as follows:

EVENT	GROUP MAXIMUM	MINUTES
Basic (all levels)	6	4
Pre advanced (all levels)	6	5
From Pre preliminary to Intermediate (all levels)	6	6
Novice, Junior & Senior	6	6
Adults	6	6



B. Delayed Start or Restart – Singles

B.1. If the tempo or quality of the music is deficient, the competitor(s) must stop skating and notify the event referee. No restart may be made if the competitor fails to inform the event referee within 30 seconds of the start. If the interruption happens after the 30 second mark, the performance will continue from the point of interruption. Back-up music must be readily available at rink side. No deduction will be made by the event referee or judges.

B.2. If an interruption or stop in the music or any other adverse condition unrelated to the competitor(s) or the competitor's equipment, such as lighting, ice condition, etc., occurs, the competitor(s) must stop skating at the acoustic signal of the event referee and report to the event referee. Immediately after the problem has been resolved, the competitor(s) will continue from the point of interruption. If, however, the interruption lasts longer than 10 minutes, there will be a second warm-up period according to the rule.

B.3. If a competitor is injured during the performance, or another adverse condition related to the competitor (such as health problems or unexpected damage to the competitor's clothing or equipment) impedes the competitor's skating, the competitor must stop skating, or they will be directed to do so by an acoustic signal by the event referee.

B.3.1. If the adverse conditions can be remedied without delay and the competitor(s) resumes the program without reporting to the event referee, the event referee will apply a deduction for the interruption for IJS events (see as per rule Basic Principles of Calculation – All Skating Disciplines (B)) depending on the duration of the interruption. This time period commences immediately after the competitor stops performing the program or is directed to do so by the event referee, whichever occurs earlier. During this time period, the competitor's music will continue playing. If the competitor does not resume the program within 40 seconds, the competitor will be considered withdrawn;

B.3.2. If the adverse conditions cannot be remedied without delay and the competitor(s) reports to the event referee within 40 seconds, the event referee will allow an additional period of up to three minutes for the competitor to resume skating. The additional time period commences at the moment the competitor reports to the event referee. The event referee will apply a deduction in IJS events (see as per rule Basic Principles of Calculation – All Skating Disciplines (B)) for the whole interruption. If the competitor does not report to the event referee within 40 seconds or does not resume the program within the additional period of three minutes, the competitor will be considered withdrawn.

B.3.2.a. In all the events, the referee will decide and indicate to the technical controller where the point of interruption is. If the technical panel decides that the interruption occurred at the entrance to or during an element, the technical panel will call the element according to the usual principles of calling, and the technical controller will inform the event referee of those decisions. The point from where the competitor has to continue the program will be decided and communicated to the competitor, the judges and the technical panel by the referee: it is either the point of interruption or, if the technical panel has decided that the interruption occurred at the entrance to or during an element, the point immediately following this element.

B.4. If, in the opinion of the referee, medical attention is required, the referee must stop the performance. The referee, after consulting with medical personnel, if available, will decide if the competitor(s) is fit to continue their program with no further risk to



themselves or their partner/teammates, if applicable. There will be a maximum of a three-minute allowance for evaluation before the referee will be required to make their decision. If the referee determines the competitor is not fit to continue, the competitor will be considered withdrawn.

B.5. If a competitor with the first starting number in the group is injured, or any other adverse condition related to the competitor or the competitor's equipment impeding the competitor's skating occurs during the warm-up period, and time before the start of the program is not sufficient to remedy the adverse condition, the referee will allow the competitor up to three additional minutes before the competitor is called to the start. No deduction applies.

B.6. If any competitor between entering the ice and being called to the start is injured, or any other adverse condition related to the competitor or the competitor's equipment impeding the competitor's skating occurs, and time before the start of the program is not sufficient to remedy the adverse condition, the referee will allow the competitor up to three additional minutes before the competitor is called to the start. The event referee will apply a deduction as per rule Allowance of a Delayed Start or Restart – Singles (B.3.1.).

B.7. If any competitor between being called to the start and taking the starting position is injured or any other adverse condition related to the competitor or the competitor's equipment impeding the competitor's skating occurs, rule Call to Start applies. If sixty (60) seconds are not enough to remedy the adverse condition, the referee will allow the competitor up to three additional minutes, applying a deduction for the whole interruption as per rule Allowance of a Delayed Start or Restart – Singles (B.3.1.).

B.8. No restarts of the whole program are allowed, except for deficient music; see rule Allowance of a Delayed Start or Restart – Singles (B).

B.9. If a competitor is unable to complete the program, no marks are to be awarded, and the competitor will be considered as withdrawn. The same applies to the situation when a competitor has been given the opportunity to continue the program from the point of interruption and once more is unable to complete the program.

C. Call to Start (for all Singles and Synchro Groups events)

Before each performance, the name of the competitor/team and club will be called. The country of origin of the club will also be announced.

C.1 For all the events:

1. Every singles, pairs and ice dance competitor/team must take the starting position of each segment of the competition (pattern dance, short program, short dance, free skate or free dance) no later than 30 seconds after the competitor's/team's name has been announced. If the competitor/team has not taken their starting position within 30 seconds after their name is announced, the referee will deduct 1.00. If the competitor/team has not taken their starting position within 60 seconds after their name is announced, the competitor/team will be considered withdrawn.

2. Every Synchro Groups team must take the starting position and make a signal to the referee of each segment of the competition (free skate) no later than 30 seconds after the team's name has been announced, failing which, the music will be played.



Composition of Singles Events

A. For this Competition only the Free Skate Program for Singles, Adults and Synchro Groups will be skated. Skaters will NOT perform a short program at any level.

C. Planned Program Content Sheets shall be presented for all entries. The organizers are not responsible for errors by coaches/or athletes. PPCS presented to the judges containing obvious or egregious errors will result in a no value score for the element. Such scores will not be eligible for appeal.

Illegal elements/movements

Somersault-type jumps, lying on the ice, and prolonged and/or stationary kneeling on both knees or placing both legs flat on the ice (including splits) at any time are illegal.

1st South American Regional Inter-Club Figure Skating Competition

Singles Technical Requirements

Basic Levels

General Requirements: The skating order of the required elements is optional. The elements are not restricted as to the number of times the element is executed or length of glides, number of revolutions, etc., unless otherwise specified. Vocal music is allowed.

- To be skated on full ice surface.
- The skater may use elements from a previous level.
- A 0.2 deduction will be taken for each element performed from a higher level
- Skaters must come to a complete stop when a stop or standstill position is indicated.
- All glides must be executed for at least a count of **six**
- All three-turn and related movements must be clearly perceivable.
- All spirals must be executed with the free leg at least parallel to the ice surface and the position held for at least a count of **four** to ensure that the spiral is readily visible and identifiable.
- When performing a dip, the upper part of the skating leg at least parallel to the ice. When performing a shoot the duck movement, the upper part of the leg must be at least parallel to the ice surface. The skater must return to the standing position on one leg. In both cases, the position will be held for a **count of four** to ensure that the position is readily visible and identifiable.
- All steps must be visible and identifiable in order to be judged.
- Elements that must be done with both feet must be performed consecutively.
- Connecting steps or movements between elements are highly recommended.
- The time duration for all Basic Levels (1:40 min +/- 10 sec) must not exceed the maximum time allowed, but may be less, provided that all technical elements are included.
- These events are scored with both element and program components scores.
- The panel's points for each Program Component are multiplied by a factor such that the Program Component Score is as equivalent as possible to the Total Elements Score as follows:
 - Composition: 1.10
 - Presentation: 1.40
 - Skating Skills: 1.40

→ **IMPORTANT:** All steps and sequence of steps required must be appropriate to the size of the track on which the championship will be held without prejudice to the quality of the performance, or the number of steps or repetitions (if applicable).

→ The organizing committee has the freedom to join contiguous age categories if, after registration, there were 1 or 2 athletes in a competition group, this in order to stimulate competition.

BASIC 1 – 7 ELEMENTS FROM THE LIST BELOW

Forward Swizzles / Backward Wiggles / 2Ft Glide -Dip / Snowplow Stop / Forward one foot Glide / Scooter pushes R or L / Forward Snowplow stop / 2Ft Turn in a place / Backwards Swizzles.

BASIC 2 – 7 ELEMENTS FROM THE LIST BELOW

Beginning Forward Stroking / Forward ½ Swizzle pumps on a circle (minimum 4) / Moving Forward to backward 2Ft turn / Forward Slalom / 1 foot glide on a straight line / Forward Lunge / Side toe hop / Counterclockwise and Clockwise Forward Pivots / Backward Snowplow Stop – R or L.

BASIC 3 - 7 ELEMENTS FROM THE LIST BELOW

Forward Outside edge / Forward Crossover / Backward ½ swizzle pumps on a circle / Backward 1Ft glide R or L / Beginning 2Ft Spin / Backward outside edge on a circle / Backward Crossover / Forward outside 3turn R or L / Advanced 2Ft Spin / Hockey Stop

BASIC 4 - 8 ELEMENTS FROM THE LIST BELOW:

Forward Inside 3Turn R or L / Mohawk / Bunny hop / Basic Forward Spiral / Beginning 1Ft Spin / T Stops R or L / Shoot the duck R or L / 2 Forward crossovers into a forward inside edge mohawk / Step down and cross behind / Step into one backward crossover and step to a forward inside edge / 1Ft Upright Spin / Mazurca / Waltz jump

Pre - Advanced Levels

General Requirements: The skating order of the required elements is optional. The elements are not restricted as to length of glides, number of revolutions, etc., unless otherwise specified, but they will be executed once. Vocal music is allowed.

- To be skated on full ice surface.
- The skater may use elements from a previous level.
- A 0.3 deduction will be taken for each element performed from a higher level.
- When performing a stop, the competitor must come to a complete stop.
- When performing a glide, the athlete must remain in position for a count of at least four, except for landing positions which must be held for at least a count of three.
- To be valid, Three-Turns, Mohawks and Step Sequences must be clearly visible and identifiable by the judges.
- All spirals must be executed with the free leg at least parallel to the ice surface and held in position for at least a count of four or sufficient time to make the element readily identifiable to the audience and the judges.
- When performing a dip, the skater must at least have both legs parallel to the ice surface. When performing a shoot the duck movement, the athlete's free leg must be at least parallel to the ice surface. The skater must return to the standing position on one leg. In both cases, the position will be held for a count of four to ensure that the position is readily visible and identifiable.
- All required jumps must be executed as solo jumps unless otherwise indicated
- All steps must be visible and identifiable in order to be judged
- Elements that must be done with both feet must be performed consecutively.
- Solo Jumps can't not be repeated as a solo jump or as a part of a combination.
- The time duration for all Intermediate Levels (1:50 min +/- 10 Sec) must not exceed the maximum time allowed, but may be less, provided that all technical elements are included.
- The Spins will have Level Base maximum
- These events are scored with both element and program components scores.
- The panel's points for each Program Component are multiplied by a factor such that the Program Component Score is as equivalent as possible to the Total Elements Score as follows:
 - Composition: 1.20
 - Presentation: 1.80
 - Skating Skills: 1.80
- **IMPORTANT: All steps and sequence of steps required must be appropriate to the size of the track on which the championship will be held without prejudice to the quality of the performance, or the number of steps or repetitions (if applicable). Level Base Maximum**
- **The organizing committee has the freedom to join contiguous age categories if, after registration, there were 1 or 2 athletes in a competition group, this in order to stimulate competition.**



PRE ADVANCED 1 – 7 ELEMENTS:

3 jumps : ½ Flip / ½ Lutz / 1T / 1S

1 Spin : 1Ft Usp (Backward, Scratch) / Beginning Back Spin

3 Steps : Forward Stroking 4-6/ Alternating Forward outside Spiral R&L / Forward inside Spiral R&L / Backward outside and inside 3 turns R&L

PRE ADVANCED 2 – 7 ELEMENTS:

2 solo jumps: 1Lo / 1F

1 jump combination: 1Wz +1T / 1S + 1T

2 Spins: USp, CUSp, SSp*

2 Steps: Alternating Mohawk - Crossover seq / Forward power 3s

*Mandatory

PRE ADVANCED 3 – 7 ELEMENTS:

2 solo jumps: 1Lz* / 1F / 1Lo / 1S / 1T

2 jump combination: 1Wz +1Lo / 1Wz +1EU + 1S

2 Spins: CSp* / LSp /USp / SSp / CUSp / CSSp(spins must be of a different character)

1 StSq : (Full Ice Surface)

*Mandatory

PRE ADVANCED 4 – 7 ELEMENTS:

3 Solo Jumps: 1Lz / 1F / 1Lo / 1S / 1T (Single axel is not allowed)

2 Jump Combinations or sequence: One could be a 3 or 2 single jumps combination
One could be a sequence (with waltz jump)

2 Spins: All Spins are allowed, spins must be of a different character, Change of position is allowed, Change of foot or Flying entry are allowed. 3 min revs

1 StSq: (Full Ice Surface)

Advanced Levels

General Requirements: The skating order of the required elements is optional. The elements are not restricted as to the number of times the element is executed or length of glides, number of revolutions, etc., unless otherwise specified. Vocal music is allowed.

- To be skated on full ice surface.
- The skater may use elements from a previous level.
- A 0.3 deduction will be taken for each element performed from a higher level
- In the execution of difficult steps (Brackets, Loops, Counters, Rockers, Choctaws, etc.) and Step Sequences and/or Choreographic Sequences, the movements must be really perceptive and identifiable, with correct edges to be considered valid for the judges
- All spirals must be executed with the free leg at least parallel to the ice surface and held in position for at least a count of four or sufficient time to make the element readily identifiable to the audience and the judges.
- All the required jumps must be executed as solo jumps or as indicated. Solo Jumps could be repeated in the Combination or sequence but only once
- Spins will only be considered if performed correctly: in the sit spin, the flexed leg must be at least parallel to the surface of the ice; in the Camel Spin, the free leg should be at an angle of at least 90 degrees from the ice. Spin rotations will be counted from the moment the skater takes the correct position. If the skater exits this position and returns to the proper position the lap count will restart.
- Skating time varies by level and must not exceed the maximum allowed time. Skaters may, however, use less than the prescribed time, provided that all the mandatory elements are presented, under penalty of a deduction for those not performed.
- Unless otherwise stated, all elements must meet the general criteria and basic requirements in order to be counted.
- If an extra jump is executed, only the individual jump in violation will be scored as no value. Jumps are considered in the order of execution.
- Solo Jumps can't not be repeated again unless it will be executed as a part of a combination or sequence, in that case could be executed only once again.
- These events are scored with both element and program components scores.
- The panel's points for each Program Component are multiplied by a factor such that the Program Component Score is as equivalent as possible to the Total Elements Score as follows:

Category	Segment	Composition	Presentation	Skating Skills
Pre - Preliminary	FS	0.90	0.90	2.70
Preliminary	FS	0.92	0.92	2.76
Pre Juvenile	FS	0.96	0.96	2.88
Juvenile	FS	1.25	1.25	3.75
Intermediate	FS	0.90	0.90	1.80

→ **IMPORTANT:** All steps and sequence of steps required must be appropriate to the size of the ice surface on which the championship will be held without prejudice to the quality of the performance, or the number of steps or repetitions (if applicable). Step sequences or Choreo sequences that are too short and barely visible cannot be considered as meeting the requirements of a step sequence/Choreo sequence but additional step sequences connecting the various elements may be included at the discretion of the skater. Single Jumps may be included in the Step Sequence.

PRE-PRELIMINARY 2.00 min +/- 10 sec

3 Solo jumps: 1A* / 1Lz / 1F / 1Lo / 1T / 1S

2 jump combinations/sequence: 2 jump combinations (2 or 3 jumps) or 1 jump combination (2 or 3 jumps) and 1 sequence

2 Spins: 1 solo spin, change of position or flying entry are allowed

1 Combination Spin with only one change of foot, Flying entry is not allowed

All Spins will have level 1 Max

1 StSq: (Full Ice Surface) Level 1 Max

*Mandatory

PRELIMINARY 2 min +/- 10 sec

3 Solo Jumps: All single jumps are allowed 1A*

2T / 2S / 2Lo are allowed

2 Jump combinations /Sequence: 2 jump combinations (2 or 3 jumps) or 1 jump combination (2 or 3 jumps) and 1 sequence 2+1 / 1+2 / 1 + 1 / 2+2+1 / 2+1+1 / 1+1+1

2 Spins: 1 solo spin, change of foot or position or flying entry are allowed

1 Combination Spin with only one change of foot, Flying entry is not allowed

All Spins will have level 1 Max

1 StSq: (Full Ice Surface) Level 1 Max

*Mandatory

PRE-JUVENILE 2 min +/- 10sec

3 Solo Jumps: All Singles and Doubles not 2A / 1A*

2 Jump combinations /Sequence: 2 jump combinations (2 or 3 jumps) or 1 jump combination (2 or 3 jumps) and 1 sequence 2+1 / 1+2 / 2+2+1 / 2+1+1 / 1+1+1

2 Spins: 1 solo spin, change of foot or position or flying entry are allowed

1 Combination Spin with only one change of foot, Flying entry is allowed

All Spins will have Level 2 Max

1StSq: At least 2 choreographic movements

*Mandatory

JUVENILE 2.30 min +/- 10 sec

3 Solo jumps : All singles and doubles are allowed. 1 Triple is allowed

2 jump combinations/Sequence: 2 jump combinations (2 or 3 jumps) or 1 jump combination (2 or 3 jumps) and 1 sequence 2+2 / 2+1 / 1+2 / 2+2+1 / 2+1+1 / 1+1+1

2 Spins: 1 solo spin, change of foot or position are allowed, must have flying entry (min 5 Revs)

1 CCoSp with only one change of foot, no flying entry

All Spins will have Level 2 Max.

1ChSq: at least 2 choreographic movements

INTERMEDIATE 3.00 min +/- 10 sec

3 Solo jumps: All singles, doubles or triples are allowed

3 Jump combinations/sequences: 3 jump combinations or 1 jump sequence and 2
Jump combinations (1 can have 3 jumps)

2 Spins: 1 solo spin, change of foot or position are allowed, may have flying entry (min
5 Revs)

1 CCoSp with only one change of foot, may have flying entry

All Spins will have Level 2 Max.

StSq: Max level 2

Novice Level

The regulations contained herein are based on the provisions of the ISU Communication 2489 but not will count as a part of ISU international results.

- Ages: Only one group No minimum age, maximum 26yo
- Duration of the Programs: Single Skating Novice Free Skating: 2:30 min, +/-10 sec.
- For Novice Singles, in all elements that 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. The factor for the Program Components is 1.67

NOVICE – Women and Men 2:30 min, +/-10 sec.

4 jump elements : One must be an Axel type jump.

There may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence. Jump combinations and the jump sequence consist of two (2) jumps.

In the jump sequence the second jump must be an Axel type jump with a direct step from the landing curve of the first jump in to the take- off curve of the Axel jump. 3 One full revolution on the ice between the jumps (free foot can touch the ice, but without weight transfer) keeps the element in the frame of the definition of a jump sequence. Jumps executed in a jump sequence receive their full value.

No triple and quadruple jumps are allowed.

Only one single jump and one double jump (including Double Axel) can be repeated once.

2 Spins: There must be a maximum 2 spins of a different nature (abbreviation)

1 spin combination. The spin combination with a change of foot must have minimum of eight (8) revolutions or without a change of foot must have a minimum of six (6) revolutions.

1 spin with no change of position. The spin in one position with a change of foot must have a minimum of eight (8) revolutions or spin in one position without change of foot must have a minimum of six (6) revolutions.

In both spins flying entries are allowed.

1 step sequence: Fully utilizing the ice surface.

Junior and Senior Levels

The regulations contained herein are based on ISU Special Regulations & Technical Rules handbook updated in September 2022 but not will count as a part of ISU international results.

- The Competitor has complete freedom to select the Free Skating elements, the sum of which will comprise the program. All elements are to be linked together by connecting steps of a different nature and by other comparable Free Skating movements while fully utilizing the entire ice surface (forward and backward crossovers are not considered to be connecting steps).
- Any additional element or elements exceeding the prescribed numbers will not be counted in the results of a participant. Only the first attempt (or allowed number of attempts) of an element will be taken into account.
- Remarks: For all singles Free Programs the following will apply:
- Individual Jumps Individual jumps can contain any number of revolutions.
- Jump Combinations and Jump Sequences A jump combination and a jump sequence may consist of the same or another single, double, triple or quadruple jump. There may be up to three jump combinations or two jump combinations and one jump sequence in the Free Program. One jump combination or one jump sequence may consist of up to three jumps, the other two up to two jumps each.
- Repetitions: Any double jump (including double Axel) cannot be included more than twice in a Single's Free Program (as a Solo Jump or a part of a Jump Combination / Sequence). Of all triple and quadruple jumps only two can be executed twice. Of the two repetitions only one can be a quadruple jump. If at least one of these executions is in a Jump Combination/ Sequence, both executions are attributed their full numerical value according to the Scale of Value and calculation process described in Rule 353, 1.h), i) and ii. If both executions are as solo jumps, the second of these solo jumps will be attributed 70% of its numerical value according to the Scale of Value. Triple and quadruple jumps with the same name will be considered as two different jumps. No triple jump or quadruple jump can be attempted more than twice.
- Extra jumps and jump elements: If an extra jump(s) is executed only the individual jump which is not according to the requirements will have no value. The jumps are considered in the order of execution.
- 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 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 (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.
- Steps The Competitors have complete freedom in selecting the kind of step sequence they intend to execute. Any unlisted jumps of any number of revolutions and listed jumps with maximum one revolution can be included in the step sequence without any penalties. Listed jumps of not more than one revolution included in the sequence will not be called and will not occupy a box. Listed jumps with more than one revolution can also be included in the step sequence; they will be called and will occupy a box. The step sequence must fully utilize the ice surface. Step sequences which are too short and barely visible cannot be considered as meeting the requirements of a step sequence.
- Choreographic Sequences A Choreographic Sequence consists of at least two different movements like spirals, arabesques, spread eagles, Ina Bauers, hydroblading, any jumps with maximum of two revolutions, spins, etc. Steps and turns may be used to link the two or more different movements together. Listed elements included in the Choreographic Sequence will not be called and will not occupy a box. The pattern is not restricted, but the sequence must be clearly visible. The Technical Panel identifies the Choreographic Sequence which commences with the first skating movement and is concluded with the preparation to the next element (if the Choreographic Sequence is not the last element of the program). It can be performed before or after the Step Sequence. This element has a fixed base value and will be evaluated by the judges in GOE only.

JUNIOR – Women and Men 3.30 min

Junior Well-Balanced Program

A well-balanced program for Men must contain:

7 jumps : one must be an Axel type jump

3 Spins: one must be a spin combination,
one flying spin or a spin with a flying entrance
one spin with only one position;

1 choreographic sequence.

A well-balanced Free Skating program for Women must contain:

7 jumps: one must be an Axel type jump

3 spins: one must be a spin combination
one flying spin or a spin with a flying entrance
one spin with only one position

1 choreographic sequence

SENIOR – Women and Men 4.00 min

Senior Well Balanced Program

A well-balanced program for Men must contain:

7 jumps: one must be an Axel type jump.

3 Spins: one must be a spin combination.
one flying spin or a spin with a flying entrance
one a spin with only one position

1 step sequence

1 choreographic sequence.

A well-balanced program for Women must contain:

7 jumps: one must be an Axel type jump.

3 spins: one spin combination,
one flying spin or a spin with a flying entrance
one spin with only one position.

1 step sequence

1 choreographic sequence.

ADULTS LEVELS

General Requirements: The skating order of the required elements is optional. The elements are not restricted as to the number of times the element is executed or length of glides, number of revolutions, etc., unless otherwise specified. Vocal music is allowed.

- To be skated on full ice surface
- Minimum age 25 years old
- The skater may use elements from a previous level and must contain the elements mentioned in any order
- Elements that must be done with both feet must be performed consecutively
- Adult Pre bronze and Bronze levels: a 0.2 deduction will be taken for each element performed from a higher level
- Adult Silver, Gold, Master Intermediate and Masters Junior-Senior: a 0.3 deduction will be taken for each element performed from a higher level
- Steps Sequences (Three-Turns, Mohawks, Choctaws, Counters, Rockers. Brackets, Loops, etc.) and movements must use correct edges and must be visible and identifiable to the judges to be considered valid.
- All spirals must be executed with the free leg at least parallel to the ice surface and held in position for at least a count of four or sufficient time to make the element readily identifiable to the audience and the judges.
- When performing a dip, the skater must at least have both legs parallel to the ice surface. When performing a shoot the duck movement, the athlete's free leg must be at least parallel to the ice surface. The skater must return to the standing position on one leg. In both cases, the position will be held for a count of six to ensure that the position is readily visible and identifiable.
- All the required jumps must be executed as solo jumps or as indicated.
- Skating time varies by level and must not exceed the maximum allowed time. Skaters may, however, use less than the prescribed time, provided that all the mandatory elements are presented, under penalty of a deduction for those not performed.
- The panel's points for each Program Component are multiplied by a factor such that the Program Component Score is as equivalent as possible to the Total Elements Score as follows:

Category	Segment	Composition	Presentatiom	Skating Skills
Basic	FS	1.10	1.40	1.40
Pre Advanced	FS	1.20	1.50	1.80
Pre Bronze	FS	1.50	1.50	1.50
Bronze	FS	1.50	1.50	1.50
Silver	FS	1.00	1.00	1.00
Gold	FS	1.00	1.00	1.00
Master Int	FS	1.00	1.00	1.00
Master Junior & Senior	FS	1.00	1.00	1.00

- **IMPORTANT:** All steps and sequence of steps required must be appropriate to the size of the rink on which the championship will be held without prejudice to the quality of the performance, or the number of steps or repetitions (if applicable)

ADULT BASIC – TIME 1:40 MAXIMUM

8 ELEMENTS FROM THE LIST BELOW:

Mohawk / Mazurca / Waltz Jump / Bunny hop / 2 Forward crossovers into a forward inside edge mohawk / Basic Forward Spiral (R and L) / Step into one backward crossover and step to a forward inside edge/ 1Ft Upright Spin / Backward outside edge on a circle / Backward inside edge on a circle / T Stops R or L

ADULT PRE ADVANCE – TIME 1:50 MAXIMUM

3 JUMP ELEMENTS: Half Flip / Half Lutz / Single Toe Loop / Single Salchow / Euler

2 Spins: BackSpin* / Upright Spin / Camel Spin / Sit Spin Without change of foot or Position, No Flying entry allowed

2 Steps: Alternating Mohawk - Crossover seq / Alternating Forward outside Spiral R&L Backward Outside and inside 3 turns R&L / Forward power 3s

ADULT PRE BRONZE – TIME: 1: 50 MIN +/- 10 Sec

FOUR JUMP ELEMENTS MAXIMUM

- Maximum of four jump elements;
- Up to two jump elements may be jump combinations or jump sequences;
- One jump combination/sequence may contain three jumps, and the other may contain only two jumps;
- Each jump may be repeated only once and only in combination or sequence;
- Only single and half-revolution jumps are permitted;
- No single Lutz, single Axel or double jumps are permitted.

TWO SPIN ELEMENTS MAXIMUM

- A maximum of two spins;
- Spins with a flying entry are not permitted;
- Spins must have a minimum of three revolutions;
- The skaters have freedom to select the kinds of spins they intend to execute within the spin types allowed.

ONE STEP SEQUENCE

- FOIE, BOIE, FSpr2, FO3, must be included in the Step Sequence;
- Other Moves In The Field sequences and spiral sequences are permitted but will not be counted as elements.

OBS.: Unless otherwise stated, all elements must meet the general criteria and basic requirements in order to be counted.

ADULT BRONZE – TIME: 1:50 MIN +/- 10 Sec**FOUR JUMP ELEMENTS MAXIMUM**

- Maximum of four jump elements;
- Up to two jump elements may be jump combinations or jump sequences;
- One jump combination/sequence may contain three jumps, and the other may contain only two jumps;
- Each jump may be repeated only once and only in combination or in sequence;
- All single jumps, except single Axel, are permitted;
- No Single Axel, double or triple jumps are permitted.

TWO SPIN ELEMENTS MAXIMUM

- Maximum of two spins of a different character;
- If a spin includes a change of foot, it must have a minimum of three revolutions on each foot. All other spins must have a minimum of three revolutions;
- There must be a minimum of two revolutions in each position or the position will not be counted;
- Spins with a flying entry are not permitted;
- The skaters have freedom to select the kinds of spins they intend to execute within the spin types allowed.

ONE STEP SEQUENCE

- Maximum of one choreographic step sequence (may include moves in the field and spirals) utilizing at least one-half of the ice surface;
- Jumps may be included in the step sequence;
- Sequences that are too short and barely visible cannot be considered as meeting the requirements;
- AFXov, CFXov, ABXov, CBXov (minimum 3 each), FAbqSq, FO3, FI3, RFIMo, LFIMo must be included in the Step Sequence;
- Other Moves In The Field sequences and spiral sequences are permitted but will not be counted as elements.

ADULT SILVER – TIME: 2:10 MIN MAXIMUM**FIVE JUMP ELEMENTS MAXIMUM**

- Maximum of five jump elements;
- Up to two jump elements may be jump combinations or jump sequences;
- One jump combination/sequence may contain three jumps, and the other may contain only two jumps;
- Additional jump sequences which contain non-listed jumps of not more than one revolution performed as part of connecting footwork preceding single jumps are permitted;
- Each jump may be repeated only once and only in combination or sequence;
- All single jumps, including single Axel, are permitted;
- No double or triple jumps are permitted.

TWO SPIN ELEMENTS MAXIMUM

- Maximum of two spins of a different character;
- If a spin includes a change of foot, it must have a minimum of three revolutions on each foot. A spin without a change of foot must have a minimum of three revolutions;
- There must be a minimum of two revolutions in each position, or the position will not be counted;
- The skaters have freedom to select the kinds of spins they intend to execute within the spin types allowed.

ONE CHOREOGRAPHIC STEP SEQUENCE

- Maximum of one choreographic step sequence (may include moves in the field and spirals) utilizing at least one-half of the ice surface;
- Jumps may be included in the step sequence;
- Sequences that are too short and barely visible cannot be considered as meeting the requirements;
- FO-BI AND FI-BO Three-Turns in the Field (minimum 2 each foot), FIO to FOI AND BOI to BIO Power change of Edges Pulls, Five Step Mohawk Sequence Clockwise AND Counter-clockwise must be included in the Step Sequence;
- Other Moves In The Field sequences and spiral sequences are permitted but will not be counted as elements.
- A sequence that meets the minimum requirements above will be awarded a fixed base value and evaluated by the judges in GOE;
- A sequence that does not meet the minimum requirements above will receive no value.

OBS.: Unless otherwise stated, all elements must meet the general criteria and basic requirements in order to be counted.

Important: If an extra jump is executed, only the individual jump in violation will be scored as no value. Jumps are considered in the order of execution.

ADULT GOLD – TIME: 2:40 MIN MAXIMUM FIVE JUMP ELEMENTS MAXIMUM

- Maximum of five jump elements;
- Up to three jump elements may be jump combinations or jump sequences;
- One jump combination/sequence may contain three jumps; the remaining jump combinations/sequences are limited to two jumps;
- Each jump combination or sequence may include only one double jump;
- Each jump may be repeated only once and only in combination and/or sequence. If at least one of these executions is in a jump combination or a jump sequence, both executions (of the same single or double jump) are evaluated in a regular way. If both executions (of the same single or double jump) are as solo jumps, the second of these solo jumps will receive 70 percent of its original base value;
- All single jumps (including single Axel) and the following double jumps may be performed: double toe loop and double Salchow;
- Double loop, double flip, double Lutz, double Axel and triple jumps are not permitted.

THREE SPIN ELEMENTS MAXIMUM

- Maximum of three spins of a different character;
- If a spin includes a change of foot, it must have a minimum of four revolutions on each foot. All other spins must have a minimum of four revolutions;
- There must be a minimum of two revolutions in each position, or the position will not be counted;
- The skaters have freedom to select the kinds of spins they intend to execute within the spin types allowed.

ONE CHOREOGRAPHIC STEP SEQUENCE

- Maximum of one choreographic step sequence (may include moves in the field and spirals);
- Must be visible and identifiable and should be performed using almost the full ice surface;

- A sequence that meets the minimum requirements above will be awarded a fixed base value and evaluated by the judges in GOE;
- A sequence that does not meet the minimum requirements above will receive no value;
- Jumps may be included in the step sequence;
- Sequences that are too short and barely visible cannot be considered as meeting the requirements;
- Eight-step Mohawk Sequence Clockwise AND Counter-clockwise, Backward Power Three Turns (minimum 3), FO AND BO Double Three-Turns (minimum 3 each) must be included in the Step Sequence;
- Other Moves In The Field sequences and spiral sequences are permitted but will not be counted as elements; instead they will be counted as transitions and marked as such.

OBS.: Unless otherwise stated, all elements must meet the general criteria and basic requirements in order to be counted.

Important: If an extra jump is executed, only the individual jump in violation will be scored as no value. Jumps are considered in the order of execution.

ADULT MASTER INTERMEDIATE LEVEL – TIME: 3:10 MIN MAXIMUM SIX JUMP ELEMENTS MAXIMUM

- Maximum of six jump elements;
- One must be an Axel-type jump;
- Up to three jump elements may be jump combinations or jump sequences;
- One jump combination/sequence may contain three jumps; the remaining jump combinations/sequences are limited to two jumps;
- Only one jump combination or sequence may include two double jumps;
- Each jump may be repeated only once and only in combination or sequence. If at least one of these executions is in a jump combination or a jump sequence, both executions (of the same single or double jump) are evaluated in a regular way. If both executions (of the same single or double jump) are as solo jumps, the second of these solo jumps will receive 70 percent of its original base value;
- All single jumps and the following double jumps may be performed: double toe loop, double Salchow and double loop;
- Double flip, double Lutz, double Axel and triple jumps are not permitted.

THREE SPIN ELEMENTS MAXIMUM

- Maximum of three spins of a different character;
- If a spin includes a change of foot, it must have a minimum of four revolutions on each foot. All other spins must have a minimum of five revolutions;
- There must be a minimum of two revolutions in each position, or the position will not be counted;
- The skaters have freedom to select the kinds of spins they intend to execute within the spin types allowed.

ONE CHOREOGRAPHIC STEP SEQUENCE

- Maximum of one choreographic step sequence (may include moves in the field and spirals);
- Must be visible and identifiable and should be performed using almost the full ice surface;
- A sequence that meets the minimum requirements above will be awarded a fixed base value and evaluated by the judges in GOE;

- A sequence that does not meet the minimum requirements above will receive no value;
- Jumps may be included in the step sequence;
- Sequences that are too short and barely visible cannot be considered as meeting the requirements;
- Backward Double Three-Turns (minimum 2 each foot), FAbqSq AND BAbqSQ, Brackets Sequence (including FO AND BO, 2 each foot), 2 different Twizzles must be included in the Step Sequence;
- Other Moves In The Field sequences and spiral sequences are permitted but will not be counted as elements; instead they will be counted as transitions and marked as such.

OBS.: Unless otherwise stated, all elements must meet the general criteria and basic requirements in order to be counted.

Important: If an extra jump is executed, only the individual jump in violation will be scored as no value. Jumps are considered in the order of execution.

ALDULT MASTERS JUNIOR/SENIOR LEVEL – TIME: 3:40 MIN MAXIMUM SEVEN JUMP ELEMENTS MAXIMUM

Minimum Age: 28

- Maximum of seven jump elements;
- One must be an Axel-type jump;
- Up to three jump elements may be jump combinations or jump sequences;
- One jump combination may contain three jumps; the remaining jump combinations are limited to two jumps;
- The number of jumps in a jump sequence is not limited; however, only the two highest-value jumps in a sequence will be counted;
- No Axels or multi-rotation jumps may be repeated more than once, and if repeated, those jumps must be in combination or sequence. If at least one of these executions is in a jump combination or a jump sequence, both executions (of the same Axel or multi-rotation jump) are evaluated in a regular way. If both executions (of the same Axel or multi-rotation jump) are as solo jumps, the second of these solo jumps will receive 70 percent of its original base value.

THREE SPIN ELEMENTS MAXIMUM

- Maximum of three spins of a different character;
- If a spin includes a change of foot, it must have a minimum of four revolutions on each foot. All other spins must have a minimum of five revolutions;
- There must be a minimum of two revolutions in each position, or the position will not be counted;
- The skaters have freedom to select the kinds of spins they intend to execute within the spin types allowed.

ONE CHOREOGRAPHIC STEP SEQUENCE

- Maximum of one choreographic step sequence (may include moves in the field and spirals);
- Must be visible and identifiable and should be performed using almost the full ice surface;
- A sequence that meets the minimum requirements above will be awarded a fixed base value and evaluated by the judges in GOE;

- A sequence that does not meet the minimum requirements above will receive no value;
- Jumps may be included in the step sequence;
- Sequences that are too short and barely visible cannot be considered as meeting the requirements;
- Additional moves in the field sequences, spiral sequences and step sequences are permitted but will not be counted as elements; instead they will be counted as transitions and marked as such.

OBS.: Unless otherwise stated, all elements must meet the general criteria and basic requirements in order to be counted.

Important: If an extra jump is executed, only the individual jump in violation will be scored as no value. Jumps are considered in the order of execution.

Exhibition Competition

A. Judging and Marking

1. Performances will be judged from an entertainment standpoint, for theatrical and artistic qualities.
2. This Category will be judged using the Program Components Marks only. Technical skating skills and difficulty will not be rewarded as such; however, skating must be the major element of the performance and be of sufficient quality to support the selected theatrical elements.
3. Unintended falls, poorly executed skating elements and obvious losses of control will negatively affect the competitor's/team's marks.
4. Jump difficulty is not rewarded in showcase; therefore jumps, if choreographed, should be performed with style, flow and confidence.
5. Theatrical elements evaluated will include are but not limited to:
 - a) Reflection of the musicality as it pertains to the concept of the program
 - b) Projection
 - c) Energy
 - d) Timing
 - e) Acting
 - f) Skating skills that relate to the music
 - g) Age appropriateness to skater
 - h) Use of props and scenery
 - i) Interaction (Duets and Ensembles only)
 - j) Note: Prolonged pauses to express lyrics are discouragedThey will be consider for composition and presentation marks
6. Deductions will apply for negligence relating to: costumes, props, program times. If there is more than one infraction, each will be deducted from the single mark.

Deduction	Description
-0.1	Hair or accessory falls to ice
-1.0	Prohibited size or type of prop
-0.1	For each 10 second over maximum time
-1.0	Wrong category entered, for example a clearly Dramatic Program entered as a Light Entertainment

7. Skaters who are ONLY participating in the Exhibition portion of this competition may enter TWO Exhibition Competition events. Any skater who is competing in a non-Exhibition category may only enter ONE Exhibition Competition event.

8. They will decide at the time of registration which club/country they will represent. To help this, the Organizing Committee will publish as soon as the registration ends the list of the groups in order to facilitate the Athletes to contact the teams and join them.

B. Costumes

1. Costuming and make-up for showcase/theatrical/interpretive skating programs should enhance the feeling created by the performance and reflect the meaning of the story or theme.

2. Costume rules for competition free skate programs do not apply for showcase/theatrical/interpretive skating. Ornaments and hair accessories must be secure.

3. No bobby pins, feathers, hair accessories, or anything else that may fall to the ice and be hazardous to the skaters are allowed. A 0.1 deduction will be taken.

4. Figure skating blades must be used, no hockey or other blades. The blades must be sharpened to produce a flat to concave cross section without change to the width of the blade as measured between the two edges. However, a slight tapering or narrowing of the cross section of the blade is permitted.

C. Event Regulations

Skaters may enter any or all singles events for which they are qualified by test level. Skaters cannot skate in different levels of the same event

C.1. Singles events:

C.1.1. Dramatic Entertainment: Programs should express intense emotional connection and investment in the music, choreography and theme concept through related skating movements, gestures and physical actions. The entire gamut of emotions may be expressed including intense joy and/or introspectiveness. Even the emotion is sadness, there should be an enlivened feeling given to the audience. **Props and Scenery ARE permitted.**

C.1.2. Light Entertainment: Programs should express a carefree concept or storyline designed to uplift and entertain the audience through related skating movements, gestures and physical actions. **Props and Scenery ARE permitted.**

C.1.3. Interpretive: The program will be a performance choreographed by the competitor, unaccompanied and unassisted, to music that is supplied by the LOC. Programs should incorporate various elements of expressive movement and skating moves, to enhance the skater's interpretation of the music, rather than technical elements. The music will be played continuously during a 30-minute off ice session in a room. The room will be attended only by the adult monitor assigned to play the music, and the competing skaters. The music will be played twice during a warm-up on full ice. **After the warm up skaters will go back to the room, with no music being played.** Skaters will be brought to the ice when the previous skater finishes. All competitors in an event will interpret the same music. Props are permitted but must be brought into the room prior to listening to the music and be taken to the ice only when the skater is called to perform. Props may not be pre-positioned on the performance surface.

D. Duet & Ensemble events:

D.1. Duets: are theatrical performances by any two competitors. Props and Scenery ARE permitted. Skaters may enter only one duet, one mini production ensemble and one production ensemble each.

D.2. Mini Production Ensembles: are theatrical performances by three to seven competitors. Props and Scenery ARE permitted. Programs are performed under full arena lighting. Skaters may enter only one duet, one mini production ensemble and one production ensemble each.

D.3. Production Ensembles: are theatrical performances by eight or more competitors. NOTE: Skaters may enter only one duet, one mini production ensemble and one production ensemble each. Props and Scenery ARE permitted. Programs are performed under full arena lighting.

E. Warm Up Times

Interpretive events will warm up for four minutes on performance ice under full house lighting. Warm-up groups for interpretive will not exceed 10 skaters. No props are allowed on the ice during warm up.

Singles, duets, mini-production and production ensembles will warm up for a minimum of three minutes backstage when curtains and spotlights are used.

F. Performance Times:

F.1. Exhibition Competition Events (except Adult):

EVENT	AGE	TIME
Basic	No Minimum Age (Maximum Age 25)	1:30 max
Pre Advanced 1-4	No Minimum Age (Maximum Age 25)	1:30 max
Pre Preliminary - Preliminary	No Minimum Age (Maximum Age 25)	1:40 max
Pre Juvenile - Juvenile	No Minimum Age (Maximum Age 25)	1:40 max
Intermediate	No Minimum Age (Maximum Age 25)	2:10 max
Junior	18 or under	2:10 max
Senior	16-25	2:10 max

F.2. For Adult Exhibition Competition Events ONLY:

EVENT	AGE	TIME
Adult Pre Bronze	25 and older	1:40 max
Adult Bronze	25 and older	1:40 max
Adult Silver	25 and older	1:40 max
Adult Gold	25 and older	1:40 max
Adult Master	25 and older	2:30 max

F.3. Specials:

EVENT	AGE	TIME
Mini-Production	Open	3:10 max
Production	Open	5:30 max

G. TIMING:

Timing of the program will begin with the first purposeful movement of any competitor or member of a team. For performances that are over the time allotment, standard time deductions will apply according to previously announced rules for Singles Events. Timing will cease when the last skater comes to a complete stop.

H. SCENERY / PROPS RULES:

H.1. Props and scenery must be placed and removed:

- Unaided, by the singles and duets competitors within one-minute total on and off.
- Unaided, by the ensemble teams within two minutes maximum for setup and two minutes maximum for removal. Anyone not skating is not allowed to step on the ice.

H.2. General:

- The inclusion of scenery and/or props is not mandatory.
- All scenery will be portable and not require any mechanical means for transportation (i.e. forklift, etc.). Its movement will be the responsibility of the skater or teams.
- A mandatory deduction of 1.0 may be applied by each judge as instructed by the referee for the following violations:
- Scenery may not exceed 7'6" in height
- For insurance reasons no propulsion devices will be permitted. This includes items such as cannons and trampolines. Apparatus such as these, which could be used to assist skaters with jumping into the air, are NOT permitted.
- The use of smoke, fire, dry ice, liquids, live animals, feathers, bubble machines or any substance that may harm the ice surface and/or skaters is not permitted.
- No projectiles.
- All props must be under the control of the skater; for example, remotely controlled images or objects.
- No mirrors or glass of any kind is allowed on the ice.
- People may not be used as props.
- For ensemble set ups (2:00 max): An announcement will be made after 1 minute has elapsed. Another announcement will be made when 30 seconds are remaining. At the 2-minute mark, an announcement is made that set up time is over. Set-up must be complete, and skaters must be in their starting position before the 2-minute announcement is made. A 0.1 deduction will be taken for every 10 seconds over.
- There will be no countdown of timing announced for Single skaters or Duets.
- If a competitor has any doubt concerning the safety of his/her performance, the Chief Referee should be consulted.

H.3. Scenery Break Down (Ensembles):

At the completion of the performance, and after the team has taken their bows, teams will be permitted two minutes to remove all scenery/props. When removing the scenery/props from the ice the skaters may not step off the ice until all scenery is removed.

A 0.1 deduction will be assessed by the referee against each judge's mark for each ten second in excess of the time allowed.

SPECIFICS:

A. There is no minimum time requirement for any event program.

B. Events will not be segregated by gender.

C. There will be a 0.1 deduction for each 10 second in excess of the maximum performance time.

D. There will be a 0.1 deduction for each 10 second in excess of the maximum prop placement

E. There will be a 0.1 deduction for each 10 second in excess of the maximum prop break down time.

F. There will be a 1.0 deduction when a program is entered in the wrong category, for example a clearly Dramatic Program entered as a Light Entertainment.

G. Timing starts with the first purposeful motion of the body and ends when motion stops.

H. Spotlights and curtains are not required for showcase events at nonqualifying competitions.

GROUP SIZES AND FINAL ROUNDS:

Maximum sizes of initial rounds will be 18 contestants. In adult events, groups larger than 18 participants will be split by age. Final rounds may be held at the discretion of the referee and the local organizing committee.

IMPORTANT: The final classification and division of the presentations will be done by technical level, age (when applicable), regardless of the gender of the athletes. Mixed and same sex couples will be allowed.

ANNEXES

1. Definitions

Singles Free Skate

The free skate consists of a well-balanced program of free skate elements such as jumps, spins, steps and other linking movements executed with a minimum of two-footed skating in harmony with music of the skater's choice.

Within the applicable well-balanced program requirements of the skater's level, the skater has complete freedom to select the free skate elements, the sum of which will comprise the program. All elements are to be linked together by connecting steps of a different nature and by other comparable free skating movements while fully utilizing the entire ice surface (forward and backward crossovers are not considered to be connecting steps). Special attention must be given to choreography, expression, interpretation of the music, intricate footwork and transitions between elements.

Jumps

1. Missing rotation: signs “q”, “<<” sign are listed in the SOV table. The jump with a sign << is evaluated with SOV for the same jump one revolution less.
2. Correct take-off edge in F/Lz: signs “e” and “!” indicate an error. The base values of the jumps with the sign “e” are listed in the SOV table. The sign “!” allows to keep full original base value of the jump. If both signs < and “e” are applied for the same jump, the base values are listed in the SOV table.

A. Jump elements: An individual jump, a jump combination or a jump sequence. (Example: An individual jump is counted as one jump element; a jump combination is counted as one jump element; a jump sequence is counted as one jump element.)

A.1. Individual jump: A jump performed by itself (e.g. not as a jump combination or sequence). Individual jumps are also referred to as solo jumps.

A.2. Jump combination: In a jump combination, the landing foot of a jump is the take-off foot of the next jump. One full revolution on the ice between the jumps (free foot can touch the ice, but no weight transfer) keeps the element in the frame of the definition of a jump combination (but with an error). A jump combination may consist of the same or different jumps.

A.2.1. If the jumps are connected with a non-listed jump, the element is called a jump sequence, regardless of how many listed jumps are done consecutively;

A.2.2. A half-loop (Euler) is considered as a listed jump with the value of a single loop when used in combinations/sequences for all levels;

A.2.3. If the first jump of a two-jump combination fails to succeed and turns into a non-listed jump, the unit will still be considered as a jump combination.

B. Jump sequence: A jump sequence consists of two or three jumps of any number of revolutions, in which the second and/or the third jump is an Axel type jump with a direct step from the landing curve of the first/second jump in to the take-off curve of the Axel jump. One full revolution on the ice between the jumps (free foot can touch the ice, but without weight transfer) keeps the element in the frame of the definition of a jump sequence. Jumps executed in a jump sequence receive their full value..

C. Jump repetitions: Each free skate has different limitations on which jumps can be repeated; however, the following rules are consistently applied at each level:

C.1. Jumps with the same name but different numbers of revolutions are considered as different jumps. For example, a double loop is considered a different jump than a triple loop;

C.2. If a jump that is only allowed to be repeated as part of a jump combination or jump sequence is executed twice as a solo jump, the second execution will only receive 70 percent of the base value in this Open Competition and will be scored according to described below:

A program is not considered well-balanced when it contains an extra number or less than the required minimum number of an element, or when it lacks connecting steps between the elements. When a program is not well-balanced, a deduction will be applied for each extra or lacking element.

C.3. If a jump is executed more times than allowed, the additional attempt will be treated as an additional element and will not be considered but will count toward the maximum number of jump elements. If the additional jump is executed in a combination or sequence, only the individual jump which is not according to requirements will have no value. The jumps are considered in the order of execution.

C.4. Because the triple toe loop and the triple toe Walley jumps are very similar in nature and equal in value, the skater may execute only one or the other of them but not both.

D. Non-listed jump: Jumps that are not listed in the SOV (e.g. Walley, split jump, Inside Axel with any number of revolutions taking off from the forward inside edge etc.) will not count as a jump element but might be used as a special entrance to the jump to be considered in the mark for Transitions.

E. Downgraded Jumps: jump will be considered as “**Downgraded**” if it has “missing rotation of ½ revolutions or more”. A downgraded jump will be indicated by the Technical Panel to the Judges and in the protocols with a “<<” symbol after the element code.

F. Underrotated (<): Missing rotation of more than a quarter revolution but less than half a revolution. The jump will receive 80% of the base value and Judges will reduce GOE.

G. Landed on the quarter (q): Technical panel will indicate this with a sign “q”. The jump will receive full base value and Judges will reduce GOE.

Less than a quarter missing: No sign will indicate this. The jump will receive full base value and Judges will reduce GOE.

H. Attempted Jump: What is an attempt? In principle, a clear preparation for a takeoff for a jump, stepping to the entry edge or placing the toe pick into the ice and leaving the ice with or without a turn is considered an attempt of a jump and receives no value.

I. Taking Off from Wrong Edge (Flip/Lutz): Flip take-off is from a backward inside edge; Lutz take-off is from a backward outside edge. If the take-off edge is not clean correct, the TP indicates the error to the Judges using the signs “e” (edge) and “!” (attention).

J. Extra Jumps: If an extra jump is executed, only the individual jump which is not according to the requirements will have no value. All extra jumps are called and marked with an *. The jumps are considered in the order of execution.

K. Considering that the entire Single competition for this Open Competition will be judged as Free Skating, the following **rules apply to repetitions:**

K.1. First Repetition of a Triple/Quad Jump: First repetition of a triple or quad jump of the same name and the same number of revolutions without one of them being in a jump combination/sequence: both jumps will be counted as solo jumps, but the second

of these jumps will be marked with the sign “+REP” and will receive 70% of the base value with result rounded to two decimal places.

K.2. First Repetition of a Double Jump: First repetition of a double jump as a solo jump or in a jump combination/ sequence: both jumps will receive full base value.

K.3. Second/Third Repetition of a Double/Triple/Quad Jump: Second/third repetition of a double or triple or quad jump of the same name and the same number of revolutions as a solo jump or in a jump combination/ sequence: only the jumps not according to the requirements will receive no value, but the rest of the jumps of the combination/ sequence will be counted.

K.4. Second Jump Combo with 3 Jumps: Only the jumps not according to requirements will receive no value.

K.5. More than 3 Jump Combinations/Sequences: If the number of jump combinations or sequences are more than three, only the first jump of the extra jump combinations/sequences is counted. This jump will be marked with the sign “+REP” and receive full of the base value (as a repetition of a jump combination/sequence), e.g. 3Lo+3T*+REP, 3Lo+3T*+2A*+REP etc.

L. Executions of a Jump Not Counted in Jump Combination or Sequence: If in a jump combination or sequence a skater falls or steps out of a jump and immediately executes another jump, the jump after the mistake are not counted, and the call will be the executed jump before the mistake + combo/sequence + the executed jump. The jumps after the mistake are marked with an *.

Moves in the Field Sequence

A sequence of movements such as turns, spirals, arabesques, spread eagles, Ina Bauers and flowing moves with strong edges, connected with linking steps and footwork. Moves in the field sequences will be judged as transitions rather than as separate elements but must be visible and identifiable to be considered valid.

Spins

A spin must have the minimum number of revolutions; however, a spin with less than three revolutions, unless otherwise noted in the corresponding required elements, is considered a skating movement and not a spin. For any spin with a change of foot, the change must be preceded and followed by a spin position with at least three revolutions. The minimum number of required revolutions must be counted from the entry of the spin until its exit (except the final wind-up in spins in one position and flying spins).

1. For flying spins (with no change of foot and only one position) of both Short Program and Free Skating the following is required: a clear visible jump. The sign “V” indicates that this requirement is not fulfilled. The base values of spins with the sign “V” are listed in the SOV table.
2. The base values of spin combinations with only 2 basic positions (at least 2 revolutions in each of these positions) are also listed in the SOV table.
3. All spins with change of foot must have 3 revolutions on each foot. In Short Program, if this requirement is not fulfilled, the spin will get “No Value”. In Free Skating the sign “V” indicates that this requirement is not fulfilled. The base values of spins with the sign “V” are listed in the SOV table.

4. Spin in one position with change of foot must have 2 revolutions in basic position on each foot. In Short Program, if this requirement is not fulfilled, the spin will get “No Value”. In Free Skating the sign “V” indicates that this requirement is not fulfilled. The base values of spins with the sign “V” are listed in the SOV table.

A. There are three basic spin positions:

- A.1. Camel:** Free leg backwards with the knee higher than the hip level; however, Layback, Biellmann and similar variations are still considered as upright spins
- A.2. Sit:** The upper part of the skating leg at least parallel to the ice
- A.3. Upright:** Any position with the skating leg extended or slightly bent which is not a camel position
- A.3.1** Layback spin: An upright spin in which head and shoulders are leaning backward with the back arched. The position of the free leg is optional.
- A.3.2.** Sideways leaning spin: An upright spin in which head and shoulders are leaning sideways and the upper body is arched. The position of the free leg is optional.

All spin positions not according to the above definitions are considered non-basic positions.

If a skater falls when entering a spin, a spin or spinning movement is allowed immediately after this fall for the purpose of filling time. This additional spin/spinning movement will not be counted as an element.

B. Types of spins:

1. Spin combination: Must have a minimum of two different basic positions with two revolutions in each of these positions anywhere within the spin. Must consist of changes of foot and/or position as specified. A change of foot and a change of position may be made either at the same time or separately. To receive full value, a spin combination must include all three basic positions.

- 1.1.** If the spinning centers before and after a change of foot are too far apart, and the criteria for two spins are fulfilled, only the part before the change of foot will be counted and considered for level features
- 1.2.** The number of revolutions in positions that are non-basic is counted in the total number of revolutions but changing to a non-basic position is not considered as a change of position, which can only be from one basic position to another basic position

2. Spin in one position: May change feet (if allowed) but may not change position. Non-basic positions are allowed and counted in the total number of revolutions but, in ASAJ events, are not eligible for features to increase the level.

- 2.1.** The concluding upright position at the end of the spin (final wind-up) is not considered to be another position, regardless of the number of revolutions, as long as no additional feature (change of edge, variation of position, etc.) is attempted in the final wind-up.

3. Flying spin: A spin with a flying entrance, no change of foot and no change of position. Non-basic positions are allowed and counted in the total number of revolutions but, in ASAJ events, are not eligible for features to increase the level.

- 3.1.** The concluding upright position at the end of the spin (final wind-up) is not considered to be another position, regardless of the number of revolutions, as long

as no additional feature (change of edge, variation of position, etc.) is attempted in the final wind-up.

3.2. A spin that begins with a jump and also changes feet and/or position is considered a spin with a flying entry, not a flying spin.

3.3. When a spin is commenced with a jump, no rotation is permitted on the ice before the take-off.

4. Character: In a well-balanced free skate, each spin performed must have a different character (abbreviation). Abbreviations can be found in the ISU Scale of Values for Singles (SOV). Character is also referred to as "nature".

4.1. A spin that begins with a backward entry and a spin that begins with a forward entry are considered to have the same character if they are otherwise the same type of spin. For example: a sit spin with a forward entry has the same character as a sit spin with a backward entry, and a spin combination with a change of foot and a forward entry has the same character as a spin combination with a change of foot and a backward entry.

4.2. A spin with a flying entry has a different character than a spin without a flying entry.

4.3. A spin with a change of foot has a different character than a spin without a change of foot.

4.4. All spin combinations without a change of foot and no flying entry are considered to have the same character, regardless of the number or types of positions. (The same is true for spin combinations with a flying entry)

4.5. All spin combinations with a change of foot and no flying entry are considered to have the same character, regardless of the number or types of positions and the number of changes of foot. (The same is true for spin combinations with a flying entry)

5. Levels of Difficulty

5.1. Difficult variations (count as many times as performed with limitations specified below)

5.2. Change of foot executed by jump

5.3. Jump within a spin without changing feet

5.4. Difficult change of position on the same foot

5.5. Difficult entrance

5.6. Difficult exit

5.7. Clear change of edge in sit (only from backward inside to forward outside), camel, Layback, Biellmann or difficult variation of an upright position

5.8. Both directions immediately following each other in sit or camel spin

5.9. Clear increase of speed in camel, sit, layback, Biellmann or difficult variation of an upright position (except in crossfoot spin)

5.10. At least 8 rev. without changes in position/variation, foot or edge (camel, layback, difficult variation of any basic position or for combinations only non-basic position)

5.11. Difficult variation of flying entry in flying spins/spins with a flying entrance
Additional features for the Layback spin:

5.12. One clear change of position backwards-sideways or reverse, at least 2 rev. in each position (counts also if the Layback position is a part of any other spin)

5.13. Biellmann position after Layback spin (SP – after 8 revolutions in layback spin for Junior/Senior and after 6 revolutions for Advanced Novice)

Features 2-9, 11-13 count only once per program (first time they are attempted). Feature 10 counts only once per program (in the first spin it is successfully performed; if in this spin 8 revs are executed on both feet, any one of these executions can be taken in favour of the Skater).

Any category of difficult spin variation in a basic position counts only once per program (first time it is attempted). A difficult variation in a non-basic position counts once per program in spin combination only (first time it is attempted).

In any spin with change of foot the maximum number of features attained on one foot is two (2).

To receive level 4 in any spin, one of these features must be counted:

Difficult change of position on the same foot

Difficult exit

Clear change of edge

Both directions immediately following each other in sit or camel spin

Clear increase of speed

Difficult variation of flying entry

Difficult entrance and Difficult exit are two different features. To get credit for both features they must be executed in two different spins and the movements must be of different nature.

Exit: The exit out of the spin is defined as the last phase of the spin and includes the phase immediately following the spin.

Difficult exit: Any movement or jump that makes the exit significantly more difficult. The exit must have a significant impact on the balance, control and execution of the spin.

Windmill (illusion) is considered as a difficult movement for a feature only if it reaches close to a split position. It can be awarded as a feature for spins only once in a program.

Feature “3 basic positions on the second foot” is no longer a level feature. Clear increase of speed is counted in camel, sit, layback, Biellmann or difficult variation of an upright position (except in crossfoot spin).

Spirals

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

A. Spiral sequence: Consists primarily of spirals. There must be at least two spiral positions held not less than three seconds each, or at least one spiral position held not less than a count of four.

Step Sequences

A series of unprescribed steps, turns and/or movements. All step sequences should be executed according to the character of the music. Short stops in accordance with the music are permitted. Non-listed jumps and retrogression are also permitted. Turns and steps must be balanced in their distribution throughout the sequence. Turns are

three-turns, twizzles, brackets, loops, counters and rockers. Steps are toe steps, chassés, mohawks, Choctaws, changes of edge, cross rolls and running steps. Patterns are not restricted.

A. Levels of Difficulty:

- A.1. Minimum variety (Level 1), simple variety (Level 2), variety (Level 3), complexity (Level 4) of difficult turns and steps throughout (compulsory)
- A.2. Rotations in either direction (left and right) with full body rotation covering at least 1/3 of the pattern in total for each rotational direction.
- A.3. Use of body movements for at least 1/3 of the pattern
- A.4. Two combinations of 3 difficult turns on different feet executed with continuous flow within the sequence. Only one difficult turn may be repeated in the two combinations. Only the first combination attempted on each foot can be counted.

IMPORTANT:

Types of difficult turns and steps: twizzles, brackets, loops, counters, rockers, Choctaws.

Minimum variety includes at least **5** difficult turns and steps, none of the types can be counted more than twice.

Simple variety includes at least **7** difficult turns and steps, none of the types can be counted more than twice.

Variety includes at least **9** difficult turns and steps, none of the types can be counted more than twice.

Complexity includes at least **11** difficult turns and steps, none of the types can be counted more than twice, 5 types must be executed in both directions.

Use of body movements means the visible use for a combined total of at least 1/3 of the pattern of any movements of arms, head, torso, hips and legs that have an effect on the balance of the main body core.

Two combinations of difficult turns are considered to be the same if they consist of the same turns done in the same order, on the same edge and on the same foot.

Two combinations of 3 difficult turns on different feet executed with continuous flow within the sequence: Only one difficult turn may be repeated once in the 2 combinations. Example of correct combinations of turns: First combination: Bracket, counter, loop. Second combination: Rocker, counter, twizzle. In this example only counter is repeated. Example of incorrect combinations of turns: First combination: Rocker, counter, twizzle. Second combination: Bracket, counter, twizzle. In this example 2 different turns are repeated (counter and twizzle) and loop is not used at all.

Choreographic Sequence:

A Choreographic Sequence consists of at least two different movements like steps, turns, spirals, arabesques, spread eagles, Ina Bauers, hydroblading, any jumps with maximum of 2 revolutions, spins, etc. Steps and turns may be used to link the two or more different movements together. The choreographic sequence commences with the first skating movement and is concluded with the preparation to the next element (if the choreographic sequence is not the last element of the program). It can be performed before or after the step sequence. If this requirement is not fulfilled, the sequence will have no value. In this Competition, if the choreographic sequence meets these requirements, it will be awarded a fixed base value and will be evaluated by the judges in GOE.

2. Nomenclature for Planned Content Sheets

Compulsory

CODES	DESCRIPTION
SnwStp1	SnowPlow Stop, One Foot
SnwStp2	SnowPlow Stop, Two Feet
TStpL	T-Stop Left Foot
TStpR	T-Stop Right Foot
HkyStp	Hockey Stop
Dip	Dip
LGlide	Left Foot Glide
RGlide	Right Foot Glide
FSwz	Forward Swizzles
BSwz	Backward Swizzles
BWig	Backward Wiggles
FStrk	Forward Stroking
BStrk	Backward Stroking
AFXov	Counter-clockwise (R/L) Forward Crossovers
CFXov	Clockwise (R/L) Forward Crossovers
ABXov	Counter-clockwise (R/L) Backward Crossovers
CBXov	Clockwise (R/L) Backward Crossovers
F8Xov	Forward Crossovers Figure 8
B8Xov	Backward Crossovers Figure 8
FOE	Consecutive Forward Outside Edges
FIE	Consecutive Forward Inside Edges
FOIE	Consecutive Forward Outside/Inside Edges
BOE	Consecutive Backward Outside Edges
BIE	Consecutive Backward Inside Edges
BOIE	Consecutive Backward Outside/Inside Edges
FO3	Alternating Forward Outside Threes
FI3	Alternating Forward Inside Threes
BO3	Alternating Backward Outside Threes
BI3	Alternating Backward Inside Threes
RFIMo	Right Forward Inside Mohawks
LFIMo	Left Forward Inside Mohawks
FSpr1	Forward Spiral, either foot
BSpr1	Backward Spiral, either foot
FSpr2	Forward Right-Left Spirals
BSpr2	Backward Right-Left Spirals
FAbq	Forward Arabesque
BAbq	Backward Arabesque
FAbqSq	Forward Arabesques Sequence
BAbqSq	Backward Arabesques Sequence
2FtUSp	Two-Foot Upright Spin
FPv	Forward Pivot, Inside or Outside
BPv	Backward Pivot, Inside or Outside
StDuck	Shoot the Duck
Lunge	Lunge

ISEgl	Inside Spread Eagle
OSEgl	Outside Spread Eagle
Bauer	Ina Bauer, any pattern

Beginning Jumps

CODES	DESCRIPTIONS
1Wz	Waltz Jump
1BH	Bunny Hop
1FL	Falling Leaf
1Ba	Ballet Jump
1Mz	Mazurka Jump
1HF	Half Flip
1HLz	Half Lutz
1HLo/1Eu	Half Loop (Euler)

Advanced Jumps

1A	Axel Jump
2A	Double Axel Jump
3A	Triple Axel Jump
1Aof	One-Foot Axel or Inside Axel
1S	Salchow Jump
2S	Double Salchow Jump
3S	Triple Salchow Jump
1W	Walley Jump
1T	Toe Loop or Toe Walley Jump
2T	Double Toe Loop or Toe Walley Jump
3T	Triple Toe Loop or Toe Walley Jump
1Lo	Loop Jump
2Lo	Double Loop Jump
3Lo	Triple Loop Jump
1F	Flip Jump
2F	Double Flip Jump
3F	Triple Flip Jump
1F^	Split Jump or Russian Split Jump
1Lz	Lutz Jump
2Lz	Double Lutz Jump
3Lz	Triple Lutz Jump
1Lz^	Split Lutz Jump

OBS.: Jump combination should be marked with the "+" sign between the two or three jumps executed and the Jump Sequence should contain the "+" sign between the jumps, but at the end it should be signaled with "+ SEQ".

Spins

USp	Upright Spin
LSp	Layback Spin
CSp	Camel Spin
SSp	Sit Spin
FUSp	Flying Upright Spin
FLSp	Flying Layback Spin
FCSp	Flying Camel Spin
FSSp	Flying Sit Spin
(F)CUSp	Upright Spin with one change of foot and no change of position
(F)CLSp	Layback Spin with one change of foot and no change of position
(F)CCSp	Camel Spin with one change of foot and no change of position
(F)CSSp	Sit Spin with one change of foot and no change of position
(F)CoSp	Spin Combination with change of position and no change of foot
(F)CCoSp	Spin Combination with change of position and change of foot

Step Sequences

StSq	Step Sequence
ChSq	Choreographic Sequence

IMPORTANT: The Technical Panel will determine the corresponding level for all Spins and Step Sequences. PPCS should therefore only indicate the element, not the intended level.

Marking of Singles

A. Technical Score – Singles

1. Scale of Values: The Scale of Values contains base values of all the elements and adjustments for the quality of their execution.
2. Base Values: Base values of elements are measured in points and increase with the increasing difficulty of the elements. An element's difficulty depends:
 - a. For jumps: On the names of the jumps listed in the order of their difficulty (toe loop, Salchow, loop, flip, Lutz and Axel) and the number of revolutions;
 - b. Judges should reward well-executed added difficulty in their GOEs marks.
3. Levels of Elements: The technical panel will determine the name and level of difficulty (when necessary) of elements.
 - a. Spins and step sequences (except choreographic sequences) are divided depending on their difficulty into five levels according to the number of features achieved: Basic Level (B) in case of no features, Level 1 in case of one feature, Level 2 in case of two features, Level 3 in case of three features and Level 4 in case of four features.
 - a. For Spin levels:
 - a.1. For Basic Levels spins would be called Level 1, Level Base (B) or No Level;
 - a.2. For Pre advance and above levels consider the levels applied at SOV table;
 - a.3. For Adult categories, the maximum spin levels that may be called are:
 - a.3.1. Adult Rubellite and Amethyst = Level 1;
 - a.3.2. Adult Tourmaline = Level 2;
 - a.3.3. Adult Emerald = Level 3;
 - a.3.4. Diamonds = unrestricted;
 - b. Judges should reward well-executed added difficulty in their GOEs marks.
4. Grade of Execution (GOE):
 - a. Each judge must mark the quality of execution of every element depending on the positive features of the element's execution and any errors present.
 - b. The GOE is marked from +5, +4, +3, +2, +1, 0 (base value), -1, -2, -3, -4, -5

B. Illegal Elements/Movements

Every illegal element/movement performed in the program will be penalized by a deduction (see rule Basic Principles of Calculation- All Skating Disciplines). If an illegal element/movement is performed during the execution of any element, the deduction for an illegal element/movement will apply, and the element will be called Basic Level if the requirements for at least Basic Level are fulfilled. These are considered illegal elements/movements: somersault-type jumps, lying on the ice, and prolonged and/or stationary kneeling on both knees on the ice at any moment.

C. Program Component Score – Singles

In addition to the technical score, the skater's whole performance is evaluated by program components.

C.1. All levels : Composition, Presentation and Skating Skills

D. Definitions and criteria for analyzing program components

1. Composition: Defined by The intentional, developed and / or original arrangement of the repertoire of all types of movements into a meaningful whole according to the principles of proportion, unity, space, pattern and musical structure.

- a. Unity;
- b. Connections between and within the elements;
- c. Pattern and ice coverage;
- d. Multidimensional movements and use of space;
- e. Choreography reflecting musical phrase and form;

2. Presentation: The demonstration of engagement, commitment and involvement based on an understanding of the music and composition:

- a. Expressiveness & projection;
- b. Variety and contrast of energy and of movements;
- c. Musical sensitivity and timing;
- d. Unison, oneness and awareness of space (Pair Skating, Ice Dance, Synchronized Skating)

3. Skating Skills: The ability of the Skater to execute the skating repertoire of steps, turns and skating movements with blade and body control:

- a. Variety of edges, steps, turns, movements and directions;
- b. Clarity of edges, steps, turns, movements and body control;
- c. Balance and glide;
- d. Flow;
- e. Power and speed

E. Marks for Program Components

1. Program components are marked on a scale of 0.25 to 10.00 in increments of 0.25, with a separate mark given for each program component, of which:

0,25 – 0,75	Extremely Poor
1,00 – 1,75	Very Poor
2,00 – 2,75	Poor
3,00 – 3,75	Weak
4,00 – 4,75	Fair
5,00 – 5,75	Average
6,00 – 6,75	Above Average
7,00 – 7,75	Good
8,00 – 8,75	Very Good
9,00 – 9,75	Superior
10,00	Outstanding

2. Increments are used for evaluation of performances containing some features of one degree and some of the next degree.

Basic Principles of IJS Calculation- All Skating Disciplines

A. Total technical score for each segment (free skate)

A.1. Scale of Values (SOV): Every section of every element (i.e. required element of a free skate) has a certain base value indicated in the Scale of Values (SOV).

A.1.1. The Scale of Values (SOV) will be used for all categories judged in this competition

A.1.2. This regulation is updated according to the review supplements released up to 2 months before the official disclosure of the same through the usual means of communication.

A.1.3. Non-Listed Elements. Elements not in the Scale of Values (SOV) are considered as non-listed elements and do not have point values if performed. Non-listed elements that are not otherwise illegal, must be evaluated as transitions/linking movements by the judges.

A.2. The panel's scores for all sections/elements are added together to determine the skater's/team's total technical score for the segment (TES).

A.3. In singles:

a. Jump combinations are evaluated as one unit by adding the base values of the jumps included and applying the grade of execution with the numerical value of the most difficult jump.

b. Jump sequences are evaluated as one unit by adding the base values of the two jumps included and applying the grade of execution with the numerical value of the most difficult jump.

c. Any additional element(s) exceeding the prescribed numbers will not be counted in the result of a participant and have no value.

Only the first attempt (or allowed number of attempts) of an element will be considered.

d. Special Factor:

- i. The base values (but not the Grade Of Execution - GOE) of all jump elements started in the second half of the program will be multiplied by a special factor of 1.1 in order to give credit for even distribution of difficulties in the program;
- ii. Each factored base value will be rounded to two decimal places;
- iii. The second half begins in the middle of the required time without considering the plus or minus 10 seconds allowance. However, in the cases of an interruption up to three minutes (see rule Allowance of a Delayed Start or Restart – Singles), the factor 1.1 will be used only for jump elements which were started in the second half of the program but prior to the interruption.

B. Determination of the Final Results

B.1. The total segment score for each segment is multiplied by the current segment factor and then added. The result constitutes the final score of a skater/team in an event.

B.2. The skater/team with the highest final score is first, etc.

B.3. In case of a tie in total segment score for any combined result or final result, the skater/team with the highest place for the last segment skated will prevail.

B.4. If there is a tie for the last skated segment, the placement of the next previously skated segment will determine the better place, etc. If there is no previous segment, the skaters/teams are tied.

E.5. No final placements shall be recorded for competitors or teams who do not complete an event. The only placement recorded for such competitors will be the placement earned for the part of the event they completed and for which placements were determined.

B.6. Because this competition is defined in its title as an Inter-Clubs competition, there will be a special award for the clubs who have the highest score of each club in their respective nationalities, in each of the categories, regardless of age: Basics, Pre Advance, Advance, Novice – Junior – Senior (These will be awarded as one). The calculation will be done in the following way: The First place will earn 3 point, the Second place 2 points and the Third place 1 points, the points earned of all the athletes, from the same country, and of the same club, will be added. These points will be divided by the number of skaters of the club in each category. The result will be the final score of this club in that category. This will be done with all clubs. The one who gets the highest score will receive the category award.

F. Determination of the Final Results for just One Competitor at the Event/Category

F.1. If there is one skater in an event, this skater will either earn first or second place according to the percentage points he/she scores from the total possible points in that event;

1st Place: If the skater scores 80% or more of the total possible points, the skater places first;

2nd Place: If the skater scores 79,9% or below of the total possible points, the skater places second.

It is not possible to get lower than 2nd place in events with only one skater.

4. Scale of Values (SOV)

ELEMENT NAME	CODE	-5	-4	-3	-2	-1	BASE	+1	+2	+3	+4	+5
Alternating backward crossovers to back outside edge	AltBXoBOE	-0.35	-0.3	-0.21	-0.14	-0.07	0.70	0.07	0.14	0.21	0.28	0.35
Alternating forward Outside Threes	FO3	-0.40	-0.3	-0.24	-0.16	-0.08	0.80	0.08	0.16	0.24	0.32	0.40
Alternating forward Inside Threes	FI3	-0.40	-0.3	-0.24	-0.16	-0.08	0.80	0.08	0.16	0.24	0.32	0.40
Backward ½ swizzle pumps on a circle	BHSwz	-0.20	-0.2	-0.12	-0.08	-0.04	0.40	0.04	0.08	0.12	0.16	0.20
Backward crossovers to a backward outside edge	BXoBOE	-0.25	-0.2	-0.15	-0.10	-0.05	0.50	0.05	0.10	0.15	0.20	0.25
Backward inside edge on a circle L	LBIE	-0.20	-0.2	-0.12	-0.08	-0.04	0.40	0.04	0.08	0.12	0.16	0.20
Backward inside edge on a circle R	RBIE	-0.20	-0.2	-0.12	-0.08	-0.04	0.40	0.04	0.08	0.12	0.16	0.20
Backward outside edge on a circle L	LBOE	-0.15	-0.1	-0.09	-0.06	-0.03	0.30	0.03	0.06	0.09	0.12	0.15
Backward outside edge on a circle R	RBOE	-0.15	-0.1	-0.09	-0.06	-0.03	0.30	0.03	0.06	0.09	0.12	0.15
Backward outside edge to a forward outside edge	BOEFOE	-0.25	-0.2	-0.15	-0.10	-0.05	0.50	0.05	0.10	0.15	0.20	0.25
Backward Snowplow Stop L	BSnwStpL	-0.15	-0.1	-0.09	-0.06	-0.03	0.30	0.03	0.06	0.09	0.12	0.15
Backward Snowplow Stop R	BSnwStpR	-0.15	-0.1	-0.09	-0.06	-0.03	0.30	0.03	0.06	0.09	0.12	0.15
Backward stroking	BStrk	-0.20	-0.2	-0.12	-0.08	-0.04	0.40	0.04	0.08	0.12	0.16	0.20
Backward Swizzles	BSwz	-0.15	-0.1	-0.09	-0.06	-0.03	0.30	0.03	0.06	0.09	0.12	0.15
Backward two-foot glide	B2ftGlide	-0.15	-0.1	-0.09	-0.06	-0.03	0.30	0.03	0.06	0.09	0.12	0.15
Backward Wiggles	BWig	-0.15	-0.12	-0.09	-0.06	-0.03	0.30	0.03	0.06	0.09	0.12	0.15
Clockwise (L/R) Forward Crossovers	CFXov	-0.15	-0.12	-0.09	-0.06	-0.03	0.30	0.03	0.06	0.09	0.12	0.15
Clockwise (R/L) Backward Crossovers	CBXov	-0.20	-0.16	-0.12	-0.08	-0.04	0.40	0.04	0.08	0.12	0.16	0.20
Consecutive Backward Inside Edges	BIE	-0.20	-0.16	-0.12	-0.08	-0.04	0.40	0.04	0.08	0.12	0.16	0.20
Consecutive Backward Outside Edges	BOE	-0.15	-0.12	-0.09	-0.06	-0.03	0.30	0.03	0.06	0.09	0.12	0.15
Consecutive Forward Inside Edges	FIE	-0.15	-0.12	-0.09	-0.06	-0.03	0.30	0.03	0.06	0.09	0.12	0.15
Consecutive Forward Outside Edges	FOE	-0.10	-0.08	-0.06	-0.04	-0.02	0.20	0.02	0.04	0.06	0.08	0.10
Consecutive Forward Outside/Inside Edges	FOIE	-0.15	-0.12	-0.09	-0.06	-0.03	0.30	0.03	0.06	0.09	0.12	0.15
Counter-clockwise (L/R) Backward Crossovers	ABXov	-0.15	-0.12	-0.09	-0.06	-0.03	0.30	0.03	0.06	0.09	0.12	0.15
Counter-clockwise (R/L) Forward Crossovers	AFXov	-0.15	-0.12	-0.09	-0.06	-0.03	0.30	0.03	0.06	0.09	0.12	0.15
Dip	Dip	-0.10	-0.1	-0.06	-0.04	-0.02	0.20	0.02	0.04	0.06	0.08	0.10
Five-step mohawk sequence	5StMoSq	-0.50	-0.4	-0.30	-0.20	-0.10	1.00	0.10	0.20	0.30	0.40	0.50
Forward ½ swizzle pumps on a circle	FHSwz	-0.15	-0.12	-0.09	-0.06	-0.03	0.30	0.03	0.06	0.09	0.12	0.15
Forward inside edge on a circle L	LFIE	-0.15	-0.12	-0.09	-0.06	-0.03	0.30	0.03	0.06	0.09	0.12	0.15
Forward inside edge on a circle R	RFIE	-0.15	-0.12	-0.09	-0.06	-0.03	0.30	0.03	0.06	0.09	0.12	0.15
Forward inside open mohawk from a standstill	FIMo	-0.35	-0.28	-0.21	-0.14	-0.07	0.70	0.07	0.14	0.21	0.28	0.35
Forward outside edge on a circle L	LFOE	-0.10	-0.08	-0.06	-0.04	-0.02	0.20	0.02	0.04	0.06	0.08	0.10
Forward outside edge on a circle R	RFOE	-0.10	-0.08	-0.06	-0.04	-0.02	0.20	0.02	0.04	0.06	0.08	0.10
Forward power pulls	FPp	-0.40	-0.32	-0.24	-0.16	-0.08	0.80	0.08	0.16	0.24	0.32	0.40
Forward slalom	FSla	-0.20	-0.16	-0.12	-0.08	-0.04	0.40	0.04	0.08	0.12	0.16	0.20
Forward Stroking	FStrk	-0.15	-0.12	-0.09	-0.06	-0.03	0.30	0.03	0.06	0.09	0.12	0.15
Forward Swizzles	FSwz	-0.15	-0.12	-0.09	-0.06	-0.03	0.30	0.03	0.06	0.09	0.12	0.15
Forward two-foot glide	F2ftGlide	-0.10	-0.1	-0.06	-0.04	-0.02	0.20	0.02	0.04	0.06	0.08	0.10
Hockey Stop	HkyStp	-0.25	-0.2	-0.15	-0.10	-0.05	0.50	0.05	0.10	0.15	0.20	0.25
Landing	Landing	-0.15	-0.1	-0.09	-0.06	-0.03	0.30	0.03	0.06	0.09	0.12	0.15
Left Backward inside three-turn	LBI3t	-0.25	-0.20	-0.15	-0.10	-0.05	0.50	0.05	0.10	0.15	0.20	0.25
Left Backward outside three-turn	LBO3t	-0.20	-0.16	-0.12	-0.08	-0.04	0.40	0.04	0.08	0.12	0.16	0.20
Left Foot Backward Glide	LBGlide	-0.15	-0.12	-0.09	-0.06	-0.03	0.30	0.03	0.06	0.09	0.12	0.15
Left Foot Glide	LGLide	-0.10	-0.1	-0.06	-0.04	-0.02	0.20	0.02	0.04	0.06	0.08	0.10
Left Forward inside three-turn	LFI3t	-0.20	-0.2	-0.12	-0.08	-0.04	0.40	0.04	0.08	0.12	0.16	0.20
Left Forward outside three-turn	LFO3t	-0.20	-0.2	-0.12	-0.08	-0.04	0.40	0.04	0.08	0.12	0.16	0.20
Left Scooter pushes	LSctPsh	-0.10	-0.1	-0.06	-0.04	-0.02	0.20	0.02	0.04	0.06	0.08	0.10
Lunge	Lunge	-0.40	-0.3	-0.24	-0.16	-0.08	0.80	0.08	0.16	0.24	0.32	0.40
March forward across the ice	FMarch	-0.10	-0.08	-0.06	-0.04	-0.02	0.20	0.02	0.04	0.06	0.08	0.10
Moving Backward to Forward two-foot turn on a circ	MB2ftTurn	-0.20	-0.16	-0.12	-0.08	-0.04	0.40	0.04	0.08	0.12	0.16	0.20
Moving forward two-foot turn on a circle	MF2ftTurn	-0.15	-0.12	-0.09	-0.06	-0.03	0.30	0.03	0.06	0.09	0.12	0.15
Moving snowplow stop	MSnwStp	-0.25	-0.20	-0.15	-0.10	-0.05	0.50	0.05	0.10	0.15	0.20	0.25
Right Backward inside three-turn	RBI3t	-0.25	-0.20	-0.15	-0.10	-0.05	0.50	0.05	0.10	0.15	0.20	0.25
Right Backward outside three-turn	RBO3t	-0.20	-0.16	-0.12	-0.08	-0.04	0.40	0.04	0.08	0.12	0.16	0.20

Right Foot Backward Glide	RBGlde	-0.15	-0.12	-0.09	-0.06	-0.03	0.30	0.03	0.06	0.09	0.12	0.15
Right Foot Glide	RGlde	-0.10	-0.08	-0.06	-0.04	-0.02	0.20	0.02	0.04	0.06	0.08	0.10
Right Forward inside three-turn	RFI3t	-0.20	-0.16	-0.12	-0.08	-0.04	0.40	0.04	0.08	0.12	0.16	0.20
Right Scooter pushes	RSctPsh	-0.10	-0.08	-0.06	-0.04	-0.02	0.20	0.02	0.04	0.06	0.08	0.10
Rocking Horse	RockH	-0.15	-0.12	-0.09	-0.06	-0.03	0.30	0.03	0.06	0.09	0.12	0.15
Sit on ice & Stand Up	S&Up	-0.10	-0.08	-0.06	-0.04	-0.02	0.20	0.02	0.04	0.06	0.08	0.10
Snow Plow Stop, One foot	SnwStp1	-0.20	-0.16	-0.12	-0.08	-0.04	0.40	0.04	0.08	0.12	0.16	0.20
Snow Plow Stop, Two feet	SnwStp2	-0.25	-0.20	-0.15	-0.10	-0.05	0.50	0.05	0.10	0.15	0.20	0.25
T Stop, Left foot	TStpL	-0.25	-0.20	-0.15	-0.10	-0.05	0.50	0.05	0.10	0.15	0.20	0.25
T Stop, Right foot	TStpR	-0.25	-0.20	-0.15	-0.10	-0.05	0.50	0.05	0.10	0.15	0.20	0.25
T Stop, Left and Right foot	TStpLR	-0.40	-0.32	-0.24	-0.16	-0.08	0.80	0.08	0.16	0.24	0.32	0.40
Two-foot turn in place	2ftTurn	-0.10	-0.08	-0.06	-0.04	-0.02	0.20	0.02	0.04	0.06	0.08	0.10
Waltz Eight	Wz8	-0.30	-0.24	-0.18	-0.12	-0.06	0.60	0.06	0.12	0.18	0.24	0.30
Waltz three-turns	Wz3t	-0.30	-0.24	-0.18	-0.12	-0.06	0.60	0.06	0.12	0.18	0.24	0.30
Consecutive Backward Outside/Inside Edges	BOIE	-0.35	-0.28	-0.21	-0.14	-0.07	0.70	0.07	0.14	0.21	0.28	0.35
Two feet jump	2ftJump	-0.10	-0.08	-0.06	-0.04	-0.02	0.20	0.02	0.04	0.06	0.08	0.10
Two feet half turn jump	2ftHJump	-0.15	-0.12	-0.09	-0.06	-0.03	0.30	0.03	0.06	0.09	0.12	0.15
Bunny Hop	1BH	-0.10	-0.08	-0.06	-0.04	-0.02	0.20	0.02	0.04	0.06	0.08	0.10
Half Flip	1HF	-0.15	-0.12	-0.09	-0.06	-0.03	0.30	0.03	0.06	0.09	0.12	0.15
Half Lutz	1HLz	-0.15	-0.12	-0.09	-0.06	-0.03	0.30	0.03	0.06	0.09	0.12	0.15
Half Salchow	1HS	-0.10	-0.08	-0.06	-0.04	-0.02	0.20	0.02	0.04	0.06	0.08	0.10
Euler	1Eu	-0.25	-0.20	-0.15	-0.10	-0.05	0.50	0.05	0.10	0.15	0.20	0.25
Mazurka	1Mz	-0.10	-0.08	-0.06	-0.04	-0.02	0.20	0.02	0.04	0.06	0.08	0.10
Split jump	1Spl	-0.15	-0.12	-0.09	-0.06	-0.03	0.30	0.03	0.06	0.09	0.12	0.15
Stag jump	1Stg	-0.15	-0.12	-0.09	-0.06	-0.03	0.30	0.03	0.06	0.09	0.12	0.15
Stag jump°	1Stg	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Waltz	1Wz	-0.15	-0.12	-0.09	-0.06	-0.03	0.30	0.03	0.06	0.09	0.12	0.15
Half Toeloop	1HT	-0.10	-0.08	-0.06	-0.04	-0.02	0.20	0.02	0.04	0.06	0.08	0.10
Beginning one-foot spin	BUSp	-0.50	-0.40	-0.30	-0.20	-0.10	1.00	0.10	0.20	0.30	0.40	0.50
Two-Foot Beginning Upright Spin	2FtBUSp	-0.30	-0.24	-0.18	-0.12	-0.06	0.60	0.06	0.12	0.18	0.24	0.30
Two-Foot Upright Spin	2FtUSp	-0.40	-0.32	-0.24	-0.16	-0.08	0.80	0.08	0.16	0.24	0.32	0.40
Alternating Mohawk/crossover sequence	AltXoMo	-0.50	-0.40	-0.30	-0.20	-0.10	1.00	0.10	0.20	0.30	0.40	0.50
Backward outside three-turn, Mohawk	BO3tMo	-0.35	-0.28	-0.21	-0.14	-0.07	0.70	0.07	0.14	0.21	0.28	0.35
Backward outside three-turn, Mohawk°	BO3tMo	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Combination Move Crossovers and Mohawks	PFSmove	-0.40	-0.32	-0.24	-0.16	-0.08	0.80	0.08	0.16	0.24	0.32	0.40
Combination Move Crossovers and Mohawks°	PFSmove	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Forward power 3's	FP3t	-0.30	-0.24	-0.18	-0.12	-0.06	0.60	0.06	0.12	0.18	0.24	0.30
Forward power stroking	FPStrk	-0.40	-0.32	-0.24	-0.16	-0.08	0.80	0.08	0.16	0.24	0.32	0.40
Right Forward Inside Mohawks	RFIMo1	-0.35	-0.28	-0.21	-0.14	-0.07	0.70	0.07	0.14	0.21	0.28	0.35
Left Forward Inside Mohawks	LFIMo1	-0.35	-0.28	-0.21	-0.14	-0.07	0.70	0.07	0.14	0.21	0.28	0.35
Forward Spiral, either foot	FSpr1	-0.25	-0.20	-0.15	-0.10	-0.05	0.50	0.05	0.10	0.15	0.20	0.25
Backward Spiral, either foot	BSpr1	-0.25	-0.20	-0.15	-0.10	-0.05	0.50	0.05	0.10	0.15	0.20	0.25
Forward Right-Left Spirals	FSpr2	-0.50	-0.40	-0.30	-0.20	-0.10	1.00	0.10	0.20	0.30	0.40	0.50
Backward Right-Left Spirals	BSpr2	-0.40	-0.32	-0.24	-0.16	-0.08	0.80	0.08	0.16	0.24	0.32	0.40
Forward Arabesque	FAbq1	-0.20	-0.16	-0.12	-0.08	-0.04	0.40	0.04	0.08	0.12	0.16	0.20
Backward Arabesque	BAbq1	-0.20	-0.16	-0.12	-0.08	-0.04	0.40	0.04	0.08	0.12	0.16	0.20
Forward Arabesques Sequence	FAbqSq1	-0.35	-0.28	-0.21	-0.14	-0.07	0.70	0.07	0.14	0.21	0.28	0.35
Backward Arabesques Sequence	BAbqSq1	-0.35	-0.28	-0.21	-0.14	-0.07	0.70	0.07	0.14	0.21	0.28	0.35
Forward Pivot, Inside or Outside	FPv1	-0.25	-0.20	-0.15	-0.10	-0.05	0.50	0.05	0.10	0.15	0.20	0.25
Backward Pivot, Inside or Outside	BPv1	-0.25	-0.20	-0.15	-0.10	-0.05	0.50	0.05	0.10	0.15	0.20	0.25
Shoot the Duck	StDuck1	-0.50	-0.40	-0.30	-0.20	-0.10	1.00	0.10	0.20	0.30	0.40	0.50
Inside Spread Eagle	ISEgl1	-0.40	-0.32	-0.24	-0.16	-0.08	0.80	0.08	0.16	0.24	0.32	0.40
Outside Spread Eagle	OSEgl1	-0.50	-0.40	-0.30	-0.20	-0.10	1.00	0.10	0.20	0.30	0.40	0.50
Ina Bauer, any pattern	Bauer1	-0.60	-0.48	-0.36	-0.24	-0.12	1.20	0.12	0.24	0.36	0.48	0.60
Forward Right-Left Spirals	FSpr2	-0.50	-0.40	-0.30	-0.20	-0.10	1.00	0.10	0.20	0.30	0.40	0.50
Forward Spiral, either foot	FSpr1	-0.25	-0.20	-0.15	-0.10	-0.05	0.50	0.05	0.10	0.15	0.20	0.25

* For Listed elements SOV please see ISU Communication No. 2475

5. Guidelines for marking +GOE of Single Skating Elements

The Guidelines for marking GOEs for basic elements are:

FOR +1 : 1 bullet

FOR + 2 : 2 bullets

FOR + 3 : 3 Bullets

FOR + 4 : 4 bullets

FOR +5 : 5 or more bullets

FOR +4 and +5 THE FIRST THREE bullets highlighted in bold must be present

Single Skating

Positive Aspects

Basic Elements	1) Good Height, length or speed
	2) Good Controlled/Clear position(s)
	3) Effortless throughout
	4) Creativity and/or Originality
	5) Good Ice coverage
	6) Element Matches the music

Reductions for errors

Basic Elements	Fall	-5
	Loss of Balance	-1 to -3
	Poor/awkward, unathletic position(s)	-1 to -3
	Slow or reduction of speed	-1 to -3
	Strumble	-1 to -3

*For ISU listed elements please see the 2474 ISU communication.