



Øvelsesutvalg 2019-2020

FREE SKATING	Oppvisning boys & girls (6-11)	Cubs u/13 boys & girls (11-12) Cubs o/13 boys & girls (13-19)	Springs u/14 boys & girls (11-13) Springs o/14 boys & girls (14-19)								
CONTENT	The "oppvisningsklasse" has its own judging system and has no requirements. It is recommended that the skater follows the requirements for Cubs.	Max 5 jump elements Max 2 <u>different</u> spins of free choice - If combo spin (6) - All other spins (4) Stsq	Max 5 jump elements (<u>must include Axel</u>) Max 2 <u>different</u> spins - CoSp (5)/CCoSp (8) - Spin in one position (5) or spin in one position with change of foot (4+4) StSq								
CLARIFICATIONS	Max 2 jump combo/seq. A jump combo/seq.* can contain only two jumps. All double jumps can only be executed twice. Only two triple or quadruple jumps can be executed twice, the second of the same abbreviation must be in combo/seq.										
NO. ELEMENTS/ MAX. LEVEL	---/---	8/2	8/3								
NORWEGIAN RULES	---	Feature: 8 rotations in basic sit position									
BONUS		Bonus: Only one bonus can be awarded per program. Only the highest valued bonus of the successfully executed jump elements will be awarded. In cases where two or more jump elements within the same bonus are successfully executed, only the first jump element will be awarded a bonus. See clarifications for more details. BONUS A: 3 points for a triple jump. BONUS B: 2 points for 2A. BONUS C: 1,5 points for a triple jump under-rotated or with a double three turn on the landing. BONUS D: 1 point for 2A under-rotated or with a double three turn on the landing. BONUS F: 0,5 points for three different double jumps									
DEDUCTION FALL	---	0,5 points	0,5 points								
TIME/ MUSIC	Recommendation: Max. 2 min. 30 sec. Instrumental/vocal music	Max. 2 min. 30 sec. Instrumental/vocal music	Max. 2 min. 30 sec. Instrumental/vocal music								
WARM-UP	4 minutes, max. 8 skaters	4 minutes, max. 8 skaters	4 minutes, max. 8 skaters								
COMPONENTS	---	<table border="1"> <tr> <td>SS</td> <td>PE</td> </tr> <tr> <td>3.0</td> <td>2.0</td> </tr> </table> General Factor 1.0	SS	PE	3.0	2.0	<table border="1"> <tr> <td>SS</td> <td>PE</td> </tr> <tr> <td>3.0</td> <td>2.0</td> </tr> </table> General Factor 1.0	SS	PE	3.0	2.0
SS	PE										
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SHORT PROGRAM	DEBS GIRLS (11-19)	DEBS BOYS (11-19)	NOVICE GIRLS (11-19)	NOVICE BOYS (11-19)																																
CONTENT	1A or 2A Double jump Jump combination (2+1, 2+2, 3+1, 3+2) LSp/CSp/SSp/Usp (5) CCoSp/FCCoSp (5+5) StSq	1A or 2A Double jump Jump combination (2+1, 2+2, 3+1, 3+2) LSp/CSp/SSp/Usp (5) CCoSp/FCCoSp (5+5) StSq	1A or 2A Double or triple jump Jump combination (2+2, 3+2) LSp/CSp/SSp/Usp (6) CCoSp/FCCoSp (5+5) StSq	1A or 2A Double or triple jump Jump combination (2+2, 3+2) CCSp/CSSp/CUSp (5+5) CCoSp/FCCoSp (5+5) StSq																																
CLARIFICATIONS	<p>CCoSp/FCCoSp: only one change of foot is allowed.</p> <p>The solo jump must be of a different abbreviation than the jumps executed in the jump combination and cannot be an Axel-type jump.</p> <p>The jumps included in the jump combination must be of a different abbreviation than the solo jump and cannot include an Axel-type jump</p>																																			
NO. ELEMENTS/ MAX. LEVEL	6/3	6/3	6/3	6/3																																
BONUS	<p>Bonus: Only one bonus can be awarded per program. Only the highest valued bonus of the successfully executed jump elements will be awarded. In cases where two or more jump elements within the same bonus are successfully executed, only the first jump element will be awarded a bonus. See clarifications for more details.</p> <p>BONUS A: 3 points for a triple jump.</p> <p>BONUS B: 2 points for 2A.</p> <p>BONUS C: 1,5 points for a triple jump under-rotated or with a double three turn on the landing.</p> <p>BONUS D: 1 point for 2A under-rotated or with a double three turn on the landing.</p> <p>BONUS E: 0,5 points for 2Lo, 2F and 2Lz (Debs only)</p>																																			
DEDUCTION FALL	0,5 points																																			
TIME/ MUSIC	2 min. 20 sec. +/- 10 sec. Instrumental/vocal music	2 min. 20 sec. +/- 10 sec. Instrumental/vocal music	2 min. 20 sec. +/- 10 sec. Instrumental/vocal music	2 min. 20 sec. +/- 10 sec. Instrumental/vocal music																																
WARM-UP	4 minutes, max. 8 skaters	4 minutes, max. 8 skaters	4 minutes, max. 8 skaters	4 minutes, max. 8 skaters																																
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FREE SKATING	DEBS GIRLS (11-19)	DEBS BOYS (11-19)	NOVICE GIRLS (11-19)	NOVICE BOYS (11-19)																																
CONTENT	Max. 6 jump elements (must include Axel) Max. 2 spins FCSp/FSSp/ FUSp (5) CoSp (6)/CCoSp(8) StSq	Max. 6 jump elements (must include Axel) Max. 2 spins FCSp/FSSp/ FUSp (5) CoSp (6)/CCoSp(8) StSq	Max. 6 jump elements (must include Axel) Max. 2 spins -FCSp/FSSp/FUSp (6) or FCCSp/FCSSp/FCUSp (8) -CCoSp(8) StSq	Max. 6 jump elements (must include Axel) Max. 2 spins - FCSp/FSSp/FUSp (6) or FCCSp/FCSSp/FCUSp (8) - CCoSp(8) StSq																																
CLARIFICATIONS	Debs: Max 2 jump comb/seq. A jump combo/seq.* can contain only two jumps. Novice: Max 2 jump comb/seq. A jump seq.* can contain only two jumps. One (1) combo can contain three (3) jumps. Only two triple jumps can be executed twice, the second of the same abbreviation must be in combo/seq. No quadruple jumps are allowed. Any single, double or triple jump cannot be executed more than twice in total.																																			
NO. ELEMENTS/ MAX. LEVEL	9/3	9/3	9/3	9/3																																
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DEDUCTION FALL	0,5 points																																			
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WARM-UP	5 minutes, max. 8 skaters																																			
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SHORT PROGRAM	DEBS A GIRLS (11-19)	DEBS A BOYS (11-19)	NOVICE A GIRLS (11-19)	NOVICE A BOYS (11-19)																																
CONTENT	1A or 2A Double jump Jump combination (2+2, 3+2) LSp/CSp/SSp/Usp (5) CCoSp/FCCoSp (5+5) StSq	1A or 2A Double jump Jump combination (2+2, 3+2) LSp/CSp/SSp/Usp (5) CCoSp/FCCoSp (5+5) StSq	2A Double or triple jump Jump combination (2+2, 3+2, 2+3) LSp/CSp/SSp/USp (6) CCoSp/FCCoSp (5+5) StSq	2A Double or triple jump Jump combination (2+2, 3+2, 2+3) CCSp/CSSp/CUSp (5+5) CCoSp/FCCoSp (5+5) StSq																																
CLARIFICATIONS	<p>CCoSp/FCCoSp: only one change of foot is allowed.</p> <p>The solo jump must be of a different abbreviation than the jumps executed in the jump combination and cannot be an Axel-type jump.</p> <p>The jumps included in the jump combination must be of a different abbreviation than the solo jump and cannot include an Axel-type jump.</p>																																			
ELEMENTS/ MAX. LEVEL	6/4	6/4	6/4	6/4																																
BONUS	<p>Bonus: Only one bonus can be awarded per program. Only the highest valued bonus of the successfully executed jump elements will be awarded. In cases where two or more jump elements within the same bonus are successfully executed, only the first jump element will be awarded a bonus. See clarifications for more details.</p> <p>BONUS A: 3 points for a triple jump.</p> <p>BONUS B: 2 points for 2A.</p> <p>BONUS C: 1,5 points for a triple jump under-rotated or with a double three turn on the landing.</p> <p>BONUS D: 1 point for 2A under-rotated or with a double three turn on the landing.</p> <p>BONUS E: 0,5 points for 2Lo, 2F and 2Lz (Debs A only)</p>																																			
DEDUCTION FALL	0,5 points	0,5 points	0,5 points	0,5 points																																
TIME/ MUSIC	2 min. 20 sec. +/- 10 sec. Instrumental/vocal music	2 min. 20 sec. +/- 10 sec. Instrumental/vocal music	2 min. 20 sec. +/- 10 sec. Instrumental/vocal music	2 min. 20 sec. +/- 10 sec. Instrumental/vocal music																																
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FREE SKATING	DEBS A GIRLS (11-19)	DEBS A BOYS (11-19)	NOVICE A GIRLS (11-19)	NOVICE A BOYS (11-19)																																
CONTENT	Max. 6 jump elements (must <u>include</u> Axel) Max. 2 spins - FCSp/FSSp/ FUSp (5) - CoSp (6)/CCoSp(8) StSq	Max. 6 jump elements (must <u>include</u> Axel) Max. 2 spins - FCSp/FSSp/ FUSp (5) - CoSp (6)/CCoSp(8) StSq	Max. 6 jump elements (must <u>include</u> 2A) Max. 2 spins - FCSp/FSSp/FUSp (6) or FCCSp/FCSSp/FCUSp (8) - CCoSp(8) StSq	Max. 6 jump elements (must <u>include</u> 2A) Max. 2 spins - FCSp/FSSp/FUSp (6) or FCCSp/FCSSp/FCUSp (8) - CCoSp(8) StSq																																
CLARIFICATIONS	Debs: Max 2 jump comb/seq. A jump combo/seq.* can contain only two jumps. Novice: Max 2 jump comb/seq. A jump seq.* can contain only two jumps. One (1) combo can contain three (3) jumps. Only two (2) triple jumps can be repeated either in a jump combination or a jump sequence. No quadruple jumps are allowed. Any single, double (including Double Axel) or triple jump cannot be executed more than twice in total.																																			
ELEMENTS/ MAX. LEVEL	9/4	9/4	9/4	9/4																																
BONUS	<p>Bonus: Only one bonus can be awarded per program. Only the highest valued bonus of the successfully executed jump elements will be awarded. In cases where two or more jump elements within the same bonus are successfully executed, only the first jump element will be awarded a bonus. See clarifications for more details.</p> <p>BONUS A: 3 points for a triple jump.</p> <p>BONUS B: 2 points for 2A.</p> <p>BONUS C: 1,5 points for a triple jump under-rotated or with a double three turn on the landing.</p> <p>BONUS D: 1 point for 2A under-rotated or with a double three turn on the landing.</p> <p>BONUS E: 0,5 points for 2Lo, 2F and 2Lz (Debs A only)</p>																																			
DEDUCTION FALL	0,5 points	0,5 points	0,5 points	0,5 points																																
TIME/ MUSIC	3 min. +/- 10 sec. Instrumental/vocal music	3 min. +/- 10 sec. Instrumental/vocal music	3 min. +/- 10 sec. Instrumental/vocal music	3 min. +/- 10 sec. Instrumental/vocal music																																
WARM-UP	5 minutes, max. 8 skaters	5 minutes, max. 8 skaters	5 minutes, max. 8 skaters	5 minutes, max. 8 skaters																																
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SHORT PROGRAM	JUNIOR LADIES (11-19)	JUNIOR MEN (11-19)	SENIOR LADIES (11-)	SENIOR MEN (11-)																																								
CONTENT	2A 2Lo or 3Lo Jump combination (2+2,3+2,3+3) LSp/CSp (8) FSSp (8) CCoSp (6+6) StSq	2A or 3A 2Lo or 3Lo Jump combination (2+2, 3+2, 3+3) CCSp (6+6) FSSp (8) CCoSp (6+6) StSq	2A or 3A Double or triple jump Jump combination (2+2, 3+2, 3+3) LSp/SSp/CSp (8) FCSp/FSSp/FUSp (8) CCoSp (6+6) StSq	2A or 3A Double or triple or quad jump Jump combination (2+2,3+2,3+3,4+2,4+3) CCSp/CSSp (6+6) FCSp/FSSp/FUSp (8) CCoSp (6+6) StSq																																								
CLARIFICATIONS	<p>The solo jump must be of a different abbreviation than the jumps executed in the jump combination and cannot be an Axel-type jump. The jumps included in the jump combination must be of a different abbreviation than the solo jump and cannot include an Axel-type jump. The spin in one position (with or without a change of foot) must be different from the landing position of the flying spin.</p>																																											
ELEMENTS/ MAX. LEVEL	7/4	7/4	7/4	7/4																																								
BONUS	10% bonus for the last executed jump element after half time.																																											
DEDUCTION FALL	1 point	1 point	1 point: first/second fall, 2 points: third/fourth fall, 3 points: fifth and additional falls	1 point: first/second fall, 2 points: third/fourth fall, 3 points: fifth and additional falls																																								
TIME/ MUSIC	2 min. 40 sec. +/- 10 sec. Instrumental/vocal music	2 min. 40 sec. +/- 10 sec. Instrumental/vocal music	2 min. 40 sec. +/- 10 sec. Instrumental/vocal music	2 min. 40 sec. +/- 10 sec. Instrumental/vocal music																																								
WARM-UP	6 minutes, max. 6 skaters	6 minutes, max. 6 skaters	6 minutes, max. 6 skaters	6 minutes, max. 6 skaters																																								
COMPONENTS	<table border="1"> <tr> <td>SS</td> <td>TR</td> <td>PE</td> <td>CO</td> <td>IN</td> </tr> <tr> <td>1.0</td> <td>1.0</td> <td>1.0</td> <td>1.0</td> <td>1.0</td> </tr> </table> <p>General Factor 0.8</p>	SS	TR	PE	CO	IN	1.0	1.0	1.0	1.0	1.0	<table border="1"> <tr> <td>SS</td> <td>TR</td> <td>PE</td> <td>CO</td> <td>IN</td> </tr> <tr> <td>1.0</td> <td>1.0</td> <td>1.0</td> <td>1.0</td> <td>1.0</td> </tr> </table> <p>General Factor 1.0</p>	SS	TR	PE	CO	IN	1.0	1.0	1.0	1.0	1.0	<table border="1"> <tr> <td>SS</td> <td>TR</td> <td>PE</td> <td>CO</td> <td>IN</td> </tr> <tr> <td>1.0</td> <td>1.0</td> <td>1.0</td> <td>1.0</td> <td>1.0</td> </tr> </table> <p>General Factor 0.8</p>	SS	TR	PE	CO	IN	1.0	1.0	1.0	1.0	1.0	<table border="1"> <tr> <td>SS</td> <td>TR</td> <td>PE</td> <td>CO</td> <td>IN</td> </tr> <tr> <td>1.0</td> <td>1.0</td> <td>1.0</td> <td>1.0</td> <td>1.0</td> </tr> </table> <p>General Factor 1.0</p>	SS	TR	PE	CO	IN	1.0	1.0	1.0	1.0	1.0
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FREE SKATING	JUNIOR LADIES (11-19)	JUNIOR MEN (11-19)	SENIOR LADIES (11-)	SENIOR MEN (11-)																																								
CONTENT	Max. 7 jump elements (must <u>include</u> Axel) Max. 3 spins - Flying spin or spin with flying entry (6) - CoSp/CCoSp (10) - Spin in one position (6) (change of foot is optional) StSq	Max. 7 jump elements (must <u>include</u> Axel) Max. 3 spins - Flying spin or spin with flying entry (6) - CoSp/CCoSp (10) - Spin in one position (6) (change of foot is optional) StSq	Max. 7 jump elements (must <u>include</u> Axel) Max. 3 spins - Flying spin or spin with flying entry (6) - CoSp/FCoSp/CCoSp/FCCoSp (10) - Spin in one position (6) (change of foot is optional) StSq ChSq	Max. 7 jump elements (must <u>include</u> Axel) Max. 3 spins - Flying spin or spin with flying entry (6) - CoSp/FCoSp/CCoSp/FCCoSp (10) - Spin in one position (6) (change of foot is optional) StSq ChSq																																								
CLARIFICATIONS	Max 3 jump comb/seq. A jump seq.* can contain only two jumps. One (1) combo can contain three (3) jumps Of all triple and quadruple jumps only two (2) can be executed twice. Of the two repetitions only one (1) can be a quadruple jump. Any double (including Double Axel) or triple jump cannot be executed more than twice in total.																																											
ELEMENTS/ MAX. LEVEL	11/4	11/4	12/4	12/4																																								
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DEDUCTION FALL	1 point	1 point	1 point: first/second fall, 2 points: third/fourth fall, 3 points: fifth and additional falls	1 point: first/second fall, 2 points: third/fourth fall, 3 points: fifth and additional falls																																								
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SHORT PROGRAM	JUNIOR A LADIES (11-19)	JUNIOR A MEN (11-19)	SENIOR A LADIES (11-)	SENIOR A MEN (11-)																																								
CONTENT	2A 2Lo or 3Lo Jump combination (3+2,3+3) LSp/CSp (8) FSSp (8) CCoSp (6+6) StSq	2A or 3A 2Lo or 3Lo Jump combination (3+2, 3+3) CCSp (6+6) FSSp (8) CCoSp (6+6) StSq	2A or 3A Triple jump Jump combination (3+2, 3+3) LSp/SSp/CSp (8) FCSp/FSSp/FUSp (8) CCoSp (6+6) StSq	2A or 3A Triple or quad jump Jump combination (3+2,3+3,4+2,4+3) CCSp/CSSp (6+6) FCSp/FSSp/FUSp (8) CCoSp (6+6) StSq																																								
CLARIFICATIONS	<p>The solo jump must be of a different abbreviation than the jumps executed in the jump combination and cannot be an Axel-type jump. The jumps included in the jump combination must be of a different abbreviation than the solo jump and cannot include an Axel-type jump. The spin in one position (with or without a change of foot) must be different from the landing position of the flying spin.</p>																																											
NO. ELEMENTS/ MAX. LEVEL	7/4	7/4	7/4	7/4																																								
BONUS	10% bonus for the last executed jump element after half time.																																											
DEDUCTION FALL	1 point	1 point	1 point: first/second fall, 2 points: third/fourth fall, 3 points: fifth and additional falls	1 point: first/second fall, 2 points: third/fourth fall, 3 points: fifth and additional falls																																								
TIME/ MUSIC	2 min. 40 sec. +/- 10 sec. Instrumental/vocal music	2 min. 40 sec. +/- 10 sec. Instrumental/vocal music	2 min. 40 sec. +/- 10 sec. Instrumental/vocal music	2 min. 40 sec. +/- 10 sec. Instrumental/vocal music																																								
WARM-UP	6 minutes, max. 6 skaters	6 minutes, max. 6 skaters	6 minutes, max. 6 skaters	6 minutes, max. 6 skaters																																								
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FREE SKATING	JUNIOR A LADIES (11-19)	JUNIOR A MEN (11-19)	SENIOR A LADIES (11-)	SENIOR A MEN (11-)																																								
CONTENT	Max. 7 jump elements (<u>must include 2A and one triple jump</u>) Max. 3 spins - Flying spin or spin with flying entry (6) - CoSp/CCoSp (10) - Spin in one position (6) (change of foot is optional) StSq	Max. 7 jump elements (<u>must include 2A and one triple jump</u>) Max. 3 spins - Flying spin or spin with flying entry (6) - CoSp/CCoSp (10) - Spin in one position (6) (change of foot is optional) StSq	Max. 7 jump elements (must include Axel) Max. 3 spins - Flying spin or spin with flying entry (6) - CoSp/FCoSp/CCoSp/FCCoSp (10) - Spin in one position (6) (change of foot is optional) StSq ChSq	Max. 7 jump elements (must include Axel) Max. 3 spins - Flying spin or spin with flying entry (6) - CoSp/FCoSp/CCoSp/FCCoSp (10) - Spin in one position (6) (change of foot is optional) StSq ChSq																																								
CLARIFICATIONS	Max 3 jump comb/seq. A jump seq.* can contain only two jumps. One (1) combo can contain three (3) jumps. Of all triple and quadruple jumps only two (2) can be executed twice. Of the two repetitions only one (1) can be a quadruple jump. Any double (including Double Axel) or triple jump cannot be executed more than twice in total.																																											
ELEMENTS/ MAX. LEVEL	11/4	11/4	12/4	12/4																																								
BONUS	10% bonus for the 3 last executed jump elements after half time.																																											
DEDUCTION FALL	1 point	1 point	1 point: first/second fall, 2 points: third/fourth fall, 3 points: fifth and additional falls	1 point: first/second fall, 2 points: third/fourth fall, 3 points: fifth and additional falls																																								
TIME/ MUSIC	3 min. 30 sec. +/- 10 sec. Instrumental/vocal music	3 min. 30 sec. +/- 10 sec. Instrumental/vocal music	4 min. +/- 10 sec. Instrumental/vocal music	4 min. +/- 10 sec. Instrumental/vocal music																																								
WARM-UP	6 minutes, max. 6 skaters	6 minutes, max. 6 skaters	6 minutes, max. 6 skaters	6 minutes, max. 6 skaters																																								
COMPONENTS	<table border="1"> <tr> <td>SS</td> <td>TR</td> <td>PE</td> <td>CO</td> <td>IN</td> </tr> <tr> <td>1.0</td> <td>1.0</td> <td>1.0</td> <td>1.0</td> <td>1.0</td> </tr> </table> <p>General Factor 1.6</p>	SS	TR	PE	CO	IN	1.0	1.0	1.0	1.0	1.0	<table border="1"> <tr> <td>SS</td> <td>TR</td> <td>PE</td> <td>CO</td> <td>IN</td> </tr> <tr> <td>1.0</td> <td>1.0</td> <td>1.0</td> <td>1.0</td> <td>1.0</td> </tr> </table> <p>General Factor 2.0</p>	SS	TR	PE	CO	IN	1.0	1.0	1.0	1.0	1.0	<table border="1"> <tr> <td>SS</td> <td>TR</td> <td>PE</td> <td>CO</td> <td>IN</td> </tr> <tr> <td>1.0</td> <td>1.0</td> <td>1.0</td> <td>1.0</td> <td>1.0</td> </tr> </table> <p>General Factor 1.6</p>	SS	TR	PE	CO	IN	1.0	1.0	1.0	1.0	1.0	<table border="1"> <tr> <td>SS</td> <td>TR</td> <td>PE</td> <td>CO</td> <td>IN</td> </tr> <tr> <td>1.0</td> <td>1.0</td> <td>1.0</td> <td>1.0</td> <td>1.0</td> </tr> </table> <p>General Factor 2.0</p>	SS	TR	PE	CO	IN	1.0	1.0	1.0	1.0	1.0
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FREE SKATING	BASIC (11-28)						
CONTENT	Max 4 jump elements (must include Axel) Max 2 <u>different</u> spins of free choice - If combo spin (10) - All other spins (6) ChSq						
CLARIFICATIONS	Max 2 jump comb/seq*. A jump combo can contain only two jumps. Only two (2) triple jumps can be repeated either in a jump combination or a jump sequence. No quadruple jumps are allowed. Any single, double (including Double Axel) or triple jump cannot be executed more than twice in total.						
ELEMENTS/ MAX. LEVEL	7/4						
BONUS							
DEDUCTION FALL	0,5 points						
TIME/ MUSIC	2 min. 30 sec. +/- 10 sec. Instrumental/vocal music						
WARM-UP	4 minutes, max. 8 skaters						
COMPONENTS	<table border="1"> <tr> <td>SS</td> <td>PE</td> <td>IN</td> </tr> <tr> <td>2.0</td> <td>2.0</td> <td>2.0</td> </tr> </table> General Factor 1.0	SS	PE	IN	2.0	2.0	2.0
SS	PE	IN					
2.0	2.0	2.0					



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FREE SKATING	VETERAN BRONZE MEN and LADIES (28-)	VETERAN SILVER MEN and LADIES (28-)	VETERAN GOLD MEN and LADIES (28-)	VETERAN MASTERS MEN and LADIES (28-)																																								
CONTENT	Max 4. Jump elements Max. 2 spins: - CSp/SSp/USp/LSp (3) -Optional (3 or 6 with change of foot) ChSq (minimum half of the ice surface)	Max. 5 jump elements Max. 2 spins: - CoSp(4)/CCoSp(6) - 1 Optional spin (4 or 6 with change of foot) ChSq (minimum half of the ice surface)	Max. 5 jump elements Max. 3 spins: -CCoSp (8) -Flying spin (4) - Optional spin (4 or 8 with change of foot) StSq	Max. 6 jump elements (must include Axel) -Max. 3 spins -CCoSp (8) -Flying Spin (5) -Optional spin (5 or 8 with change of foot) -StSq																																								
CLARIFICATIONS	Max. 2 jump combinations. No seq. allowed 1A, double and triple jumps are not permitted. Each listed jump may be performed a maximum of 2 times. All spins must be of different abbreviations. Flying spins of any kind are not permitted	Max 2 jump comb/seq. A jump seq.* can contain only two jumps. One combo can contain three (3) jumps. Double and triple jumps are not permitted. Each listed jump may be performed a maximum of 2 times. All spins must be of different abbreviations.	Max 3 jump comb/seq. A jump seq.* can contain only two jumps. One combo can contain three (3) jumps. 2F, 2Lz, 2A and triple jumps are not permitted. Each listed jump may be performed a maximum of 2 times. All spins must be of different abbreviations.	Max 3 jump comb/seq. A jump seq.* can contain only two jumps. One combo can contain three (3) jumps Single, Double & Triple jumps are permitted. Each listed jump may be performed a maximum of 2 times. All spins must be of different abbreviations.																																								
ELEMENTS/ MAX. LEVEL	7/1	8/2	9/3	10/4																																								
BONUS	-----																																											
DEDUCTION FALL	0,5 points	0,5 points	1 point	1 point																																								
TIME/ MUSIC	1 min. 40 sec. +/- 10 sec. Instrumental/vocal music	2 min. +/- 10 sec. Instrumental/vocal music	2 min. 50 sec. +/- 10 sec. Instrumental/vocal music	3 min. +/- 10 sec. Instrumental/vocal music																																								
WARM-UP	4 minutes, max. 8 skaters	4 minutes, max. 8 skaters	4 minutes, max. 8 skaters	4 minutes, max 8 skaters																																								
COMPONENTS	<table border="1"> <tr><td>SS</td><td>TR</td><td>PE</td><td>CO</td><td>IN</td></tr> <tr><td>1.0</td><td>1.0</td><td>1.0</td><td>1.0</td><td>1.0</td></tr> </table> <p>General factor 1.2</p>	SS	TR	PE	CO	IN	1.0	1.0	1.0	1.0	1.0	<table border="1"> <tr><td>SS</td><td>TR</td><td>PE</td><td>CO</td><td>IN</td></tr> <tr><td>1.0</td><td>1.0</td><td>1.0</td><td>1.0</td><td>1.0</td></tr> </table> <p>General factor 1.2</p>	SS	TR	PE	CO	IN	1.0	1.0	1.0	1.0	1.0	<table border="1"> <tr><td>SS</td><td>TR</td><td>PE</td><td>CO</td><td>IN</td></tr> <tr><td>1.0</td><td>1.0</td><td>1.0</td><td>1.0</td><td>1.0</td></tr> </table> <p>General factor 1.6</p>	SS	TR	PE	CO	IN	1.0	1.0	1.0	1.0	1.0	<table border="1"> <tr><td>SS</td><td>TR</td><td>PE</td><td>CO</td><td>IN</td></tr> <tr><td>1.0</td><td>1.0</td><td>1.0</td><td>1.0</td><td>1.0</td></tr> </table> <p>General factor 1.6</p>	SS	TR	PE	CO	IN	1.0	1.0	1.0	1.0	1.0
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Clarifications

Jumps

***Sequence:** A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump.

Jumps which do not satisfy the requirements (including wrong number of revolutions) will receive no value, but will block a jumping box.

1A instead of a required 2A will block a jumping box and receive no value.

If a triple jump is required, but not executed, the last double jump in the program (excluding Axel type jump) will not count and receive no value.

More than required jump combinations: If more than maximum jump combinations is executed, the combinations in addition will be marked with +REP. Example:

2LO+REP+2T*

Bonus:

In general

-The bonus is awarded by the Technical Panel. It is the responsibility of the Technical Controller and the Referee to ensure that a bonus is correctly awarded.

- The Technical Panel will award the bonus in accordance with the rules of the current season.

- Bonus A, B, E, F must have a running edge during the landing phase.

- No bonus will be awarded if the following errors occurs:

- fall

- step-out (including cases where the skater unintentionally adds a Lo or something similar to a Lo during the landing phase)

- two foot landing or touch with free foot

- e or ! on the takeoff edge of F or Lz

- < (except bonus C and D alternative 1)

- <<

- hand or hands touching the ice during the landing phase

- any turn during the landing phase (except bonus C and D alternative 2)

- Only one bonus can be awarded per program. Only the highest valued bonus of the successfully executed jumps will be awarded.

- In all doubtful cases the Technical Panel will act to the benefit of the skater.

Definitions

- Running edge means a small glide, but not a complete stand-still, by the blade after the blade hits the ice upon landing the jump.



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BONUS A (applicable for Cubs u13/o13, Springs u14/o14, Debs, Debs A, Novice, Novice A)

3 points for a triple jump landed on one foot fully rotated with a running edge.

BONUS B (applicable for Cubs u13/o13, Springs u14/o14, Debs, Debs A, Novice, Novice A)

2 points for a 2A landed on one foot fully rotated with a running edge.

BONUS C (applicable for Cubs u13/o13, Springs u14/o14, Debs, Debs A, Novice, Novice A)

1,5 points for a triple jump landed on one foot under-rotated (alternative 1) or landed on one foot with a three turn or double three turn on the landing foot (alternative 2).

BONUS D (applicable for Cubs u13/o13, Springs u14/o14, Debs, Debs A, Novice, Novice A)

1 point for a 2A landed on one foot under-rotated (alternative 1) or landed on one foot with a three turn or double three turn on the landing foot (alternative 2).

BONUS E (applicable for Debs, Debs A)

0,5 points for 2Lo, 2F and 2Lz landed on one foot fully rotated with a running edge.

BONUS F (applicable for Cubs u13/o13, Springs u14/o14)

0,5 points for three different double jumps landed on one foot fully rotated with a running edge.

Limitations Program Components

(only applicable for Debs, Debs A, Novice, Novice A, Junior, Junior A, Senior, Senior A)

If a program contains a Fall or a Serious error, the maximum scores are listed below:

Skating Skills, Transitions, Composition: Maximum score 9.75.

Performance and Interpretation: Maximum score 9.50.

If a program contains Falls or Serious errors, the maximum scores are listed below:

Skating Skills, Transitions, Composition: Maximum score 9.25.

Performance and Interpretation: Maximum score 8.75.

Serious errors are interruptions during the program and technical mistakes that impact the integrity/continuity/fluidity of the composition and/or its relation to the music.

Similar limitations must be applied to all levels of skaters from extremely poor to outstanding.

Please check ISU Communications, ISU Regulation and ISU Technical Handbook for details. **Changes may occur according to ISU changes/ or printing error**