



tuusulan luistelijat

REQUIREMENTS
Figure Skating Competition
13-14.10.2012

DEBS A born 1.7.1999 and younger (ISU evaluation)

Free program: time 3 min. (+/- 10 sec), 10 elements

max. 6 jump elements

- 1 of which must be **Axel** jump
- **At least 1** and **max. 3** jump combinations or jump sequences of which max. 1 jump combination may consist of 3 jumps
- If a double (or triple) jump is executed as a solo jump, it can only be repeated once as part of a jump combination or jump sequence
- The program should include at least 4 different double jumps

max. 3 different spins (every spin has to have different abbreviation!)

- Spin combination (8 revolutions) with **or** without change of foot
- Layback or sideways leaning spin at least 5 revolutions
- Camel spin with one change of foot (4+4 revolutions)

1 Step sequence must fully utilize the ice surface

Bonus: Each jump named 2A or triple jump, gives the skater a bonus.

2A = + 2,0 points, triple jump = + 3,0 points. The maximum bonus is + 9,0 points counted from the three most valuable bonus jumps

The program component factor is 1,5.

NOVICE A girls born 1.7.1997 – 30.6.2002 (ISU evaluation)

Short program (6 elements) time max. 2.30

- Single Axel or double axel
- One double or triple jump preceded by steps or other free skating movements.
- One jump combination consisting of 2 double jumps or double jump and triple jump, solo jumps may not be repeated
- layback or sideways leaning spin at least 6 revolutions
- Spin combination with only one change of foot and at least 1 change of position with at least 5 revolutions each foot
- 1 Step sequence must fully utilize the ice surface

Bonus: Each jump named 2A or triple jump, gives the skater a bonus.

2A = + 2,0 points, triple jump = + 3,0 points. The maximum bonus in SP is + 8,0 points counted from the three most valuable bonus jumps

The short program component factor is 0,8

In the Short Program the base values for all jump elements started in the second half of the program will be multiplied by a factor 1.1

Free program (10 elements) time 3 min +/- 10 s

6 jump elements

- One must be **Axel** type jump.
- **max. 3** jump combinations or jump sequences of which max. 1 jump combination may consist of 3 jumps
- In a jump combination or jump sequence it is allowed to repeat only 2 jumps consisting 2,5 or 3 revolutions. It is allowed to repeat the same jump consisting 2,5 or 3 revolutions only once.

3 spins

- spin combination with at least 1 change of position (min 10 rev.)



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- flying spin at least 6 revolutions, **no** change of foot or position
- One spin different nature than previous (one position spin 6 revolutions **or** spin combination 10 revolutions)

1 Step sequence must fully utilize the ice surface

Bonus: Each jump named 2A or triple jump, gives the skater a bonus.

2A = + 2,0 points, triple jump = + 3,0 points. The maximum bonus in FP is + 9,0 points

NOVICE B born 1.7.1997 or later (ISU evaluation)

Free program: time 3 min. (+/- 10 sec), 10 elements

max. 6 jump elements

- 1 of which must be **Axel** jump
- **At least 1 and max. 3** jump combinations or jump sequences of which max. 1 jump combination may consist of 3 jumps
- If a double (or triple) jump is executed as a solo jump, it can only be repeated once as part of a jump combination or jump sequence
- The program should include at least 3 different double jumps

max. 3 different spins (every spin has to have different abbreviation!)

- Spin combination (8 revolutions) with **or** without change of foot
- One Spin with one position and no change of foot **or** flying spin with no change of foot and position (5 revolutions: any position - upright, layback, camel, sit)
- One spin different nature than previous 1 position spin 5 revolutions or spin combination 8 revolutions

1 Step sequence must fully utilize the ice surface

The program component factor is 1,5.

JUNIOR A ladies ISU requirements

JUNIOR B girls born 1.7.1993 – 30.6.1999 (ISU evaluation)

Short program: max 2.50 min

- Single Axel or double axel
- One double jump preceded by steps or other free skating movements
- One jump combination consisting of 2 double jumps, solo jumps may not be repeated
- flying spin with no change of foot and position at least 6 revolutions
- layback and/or sideways leaning spin at least 6 revolutions
- Spin combination with only one change of foot with at least 5 revolutions each foot
- 1 step sequence must fully utilize the ice surface

The short program component factor is 0,8

In the Short Program the base values for all jump elements started in the second half of the program will be multiplied by a factor 1.1

Free program: max. 3.40 min. 11 elements

max. 7 jump elements.

- One must be **Axel** type jump.



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REQUIREMENTS
Figure Skating Competition
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- **At least 1 and max. 3** jump combinations or jump sequences of which max. 1 jump combination may consist of 3 jumps.
- If a double/triple jump is executed as a solo jump, it can only be repeated once as part of a jump combination or jump sequence

max 3 different spins of a different nature.

- One which must be a spin combination (min 10 rev) with **or** without a change of foot.
- One must be a spin in one foot and in one position (min 5 rev) and may start with a jump.
- One spin different nature than previous 1 position spin 5 revolutions or spin combination 10 revolutions

1 Step sequence must fully utilize the ice surface

The free program component factor is 1,6

SENIOR, Ladies born July 1st 1997 or earlier (ISU evaluation)

Short program: max 2.50 min

- Single Axel or double axel
- One double or triple jump preceded by steps or other free skating movements
- One jump combination consisting of 2 double jumps or double and triple jump, solo jumps may not be repeated
- flying spin with no change of foot and position at least 6 revolutions
- layback and/or sideways leaning spin at least 6 revolutions
- Spin combination with only one change of foot with at least 5 revolutions each foot
- 1 step sequence must fully utilize the ice surface

The short program component factor is 0,8

In the Short Program the base values for all jump elements started in the second half of the program will be multiplied by a factor 1.1

Free program: max. 3.40 min. 11 elements

max. 7 jump elements.

- One must be **Axel** type jump.
- **At least 1 and max. 3** jump combinations or jump sequences of which max. 1 jump combination may consist of 3 jumps.
- If a double/triple jump is executed as a solo jump, it can only be repeated once as part of a jump combination or jump sequence

max 3 different spins of a different nature.

- One which must be a spin combination (min 10 rev) with **or** without a change of foot.
- One must be a spin in one foot and in one position (min 5 rev) and may start with a jump.
- One spin different nature than previous 1 position spin 5 revolutions or spin combination 10 revolutions

1 Step sequence must fully utilize the ice surface

The free program component factor is 1,6