

## Technical Requirements Free Skating

### A. SINGLE FREE SKATING

#### For all levels

- VOCAL MUSIC MAY BE USED
- The points for each Program Component are multiplied by a factor of 1.6 (Master & Gold),  
by a factor of 1.2 (Silver and Bronze),  
by 1.0 (Pre-Bronze)
- The warm-up duration is six (6) minutes.
- Each fall shall receive a deduction of 1.0 (in Master & Gold) and of 0.5 (in Silver, Bronze and Pre-Bronze)

#### Free Skating Masters

A competitor in the Masters Free Skating event must perform a well-balanced program that **must** contain:

- A maximum of six (6) jump elements, one of which **must** be an Axel type jump.  
Single, double, and triple jumps are permitted  
There may be up to three (3) jump combinations or jump sequences in the free program.
  - One (1) jump combination may consist of up to three (3) listed jumps.  
Two (2) jump combinations may consist of two (2) listed jumps.
  - A jump sequence consists of two (2) listed 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.
  - Each listed jump may be performed a maximum of two (2) times.
  - Please note that the Euler (half-loop) when used in combination/sequence, in between two listed jumps, is considered as a listed jump with the value of a single loop (1Lo).
  - Non-listed jumps may be included in the program as part of connecting footwork.
- A maximum of three (3) spins of a different abbreviation, one (1) of which must be a spin combination with a change of foot and one (1) of which must be a flying spin or a spin with a flying entrance.
  - The spins must have a required minimum number of revolutions : five (5) for any spin with no change of foot, and eight (8) for any spin with a change of foot.
  - A spin that has no basic position with 2 revolutions will receive no level and no value, however a spin with less than three rotations is considered as a skating movement and not a spin.
  - Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions in each of these positions anywhere within the spin. To receive full value, a spin combination must include all three (3) basic positions.
  - All spins with change of foot must have a t least 3 revolutions on each foot. If this requirement is not fulfilled, the spin will be marked with a V.
- A maximum of one (1) step sequence, fully utilizing the ice surface.

#### Free Skating Gold

A competitor in the Gold Free Skating event must perform a well-balanced program that may contain:

- A maximum of five (5) jump elements consisting of single jumps (including the single Axel) **or** double jumps, but **Double Flip, double Lutz, double Axel and Triple jumps are not permitted.**  
There may be up to three (3) jump combinations or jump sequences in the free program.
  - One (1) jump combination may consist of up to three (3) listed jumps.  
Two (2) jump combinations may consist of two (2) listed jumps.

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- A jump sequence consists of two (2) listed single or double jumps, 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 takeoff curve of the Axel jump. The jumps in bold above are NOT permitted.
  - Each listed jump may be performed a maximum of two (2) times.
  - Please note that the Euler (half-loop) is considered as a listed jump when used in combination in between two listed jumps.
  - Non-listed jumps may be included in the program as part of connecting footwork.
- b. A maximum of three (3) spins of a different abbreviation, one (1) of which must be a spin combination with a change of foot and one (1) of which must be a flying spin or a spin with a flying entrance.
- The spins must have a required minimum number of revolutions: four (4) for any spin with no change of foot, and eight (8) for any spin with a change of foot.
  - A spin that has no basic position with 2 revolutions will receive no level and no value, however a spin with less than three rotations is considered as a skating movement and not a spin.
  - Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions in each of these positions anywhere within the spin. To receive full value, a spin combination must include all three (3) basic positions.
  - All spins with a change of foot must have at least 3 revolutions on each foot. If this requirement is not fulfilled, the spin will be marked with a V.
- c. A maximum of one (1) step sequence, fully utilizing the ice surface.

The duration is 2 minutes and 50 seconds, +/- 10 seconds.

Only features up to and including Level 3 will be counted for the technical elements.

Any additional features will not count for level requirements and will be ignored by the Technical Panel.

## Free Skating Silver

A competitor in the Silver Free Skating event must perform a well-balanced program that may contain:

- a. A maximum of five (5) jump elements, consisting of any single jumps (including the single Axel).  
**Double jumps and triple jumps are not permitted.**  
There may be up to two (2) jump combinations or jump sequences in the free program.
- One (1) jump combination may consist of up to three (3) listed jumps. The other jump combination may consist of two (2) listed jumps.
  - A jump combination may consist of two (2) single listed jumps, beginning with any listed jump, immediately followed by an Axel type jump with direct step from the landing curve of the first jump to the takeoff curve of the Axel jump.
  - Each listed jump may be performed a maximum of two (2) times.
  - Please note that the Euler (half-loop) is considered as a listed jump when used in combination in between two listed jumps.
  - Non-listed jumps may be included in the program as part of connecting footwork.
- b. A maximum of two (2) spins of a different abbreviation, one (1) of which must be a spin combination.
- The spins must have a required minimum number of revolutions: four (4) for any spin with no change of foot, and six (6) for any spin with a change of foot.
  - A spin that has no basic position with 2 revolutions will receive no value, however a spin with less than three rotations in total is considered as a skating movement and not a spin.
  - Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions in each of these positions anywhere within the spin. To receive full value, a spin combination must include all three (3) basic positions.
  - All spin with a change of foot must have at least 3 revolutions on each foot. If this requirement is not fulfilled, the spin will be marked with a V.
- c. A maximum of one (1) choreographic step sequence, utilizing at least half (1/2) of the ice surface.



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- A choreographic sequence consists of any kind of movements like steps, turns, spirals, arabesques, spread eagles, Ina Bauers, hydroblading, transitional unlisted jumps, spinning movements, etc...

The maximum time is 2 minutes and 10 seconds.

Only features up to and including Level 2 will be counted for the technical elements..

Any additional features will not count for level requirements and will be ignored by the Technical Panel.

## **Free Skating Bronze**

A competitor in the Bronze Free Skating event must perform a well-balanced program that may contain:

- a. A maximum of four (4) jump elements, consisting only of single jumps.  
**Axel type jumps, double jumps and triple jumps are not permitted.**  
There may be up to two (2) jump combinations or jump sequences in the free program.
  - Each jump combination may consist of two (2) listed jumps.
  - Each listed jumps may be performed a maximum of two (2) times.
- b. A maximum of two (2) spins of a different abbreviation one of which must be a spin in one position with no change of foot.  
**Flying spins are not permitted.**
  - The spins must have a required minimum number of revolutions: three (3) for any spin with no change of foot, and six (6) for the spin combination with change of foot.
  - A spin that has no basic position with 2 revolutions will receive no value, however a spin with less than three rotations in total is considered as a skating movement and not a spin.
  - Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions in each of these positions anywhere within the spin. To receive full value, a spin combination must include all three (3) basic positions.
  - All spins with change of foot must have at least 3 revolutions on each foot. If this requirement is not fulfilled, the spin will be marked with a V.
  - Only features up to and including Level 1 will be counted. Any additional features will not count for level requirements and will be ignored by the Technical Panel.
- c. A maximum of one (1) choreographic sequence utilizing at least half (1/2) of the ice surface.
  - A choreographic sequence consists of any kind of movements like steps, turns, spirals, arabesques, spread eagles, Ina Bauers, hydroblading, transitional (unlisted) jumps, spinning movements etc.
  - The pattern is not restricted but the sequence must be clearly visible.
  - A choreographic sequence has a base value and will be evaluated by the judges in GOE only.

The duration is 1 minute and 40 seconds, +/- 10 seconds

## **Free Skating Pre-Bronze**

A competitor in the Adult Pre Bronze Free Skating event must perform a well-balanced program that must contain:

- a. A maximum of three (3) jump elements consisting of only half and single jumps.  
**Axel type jumps, Lutz and Flip jumps are not permitted.**  
There may be only one (1) jump combination or jump sequence in the Free Program.
  - Each jump combination may consist of up to two (2) listed jumps.
  - Each listed jump may be performed a maximum of two (2) times.
  - A jump sequence may consist of any number of single jumps that may be linked by non-listed jumps like mazurkas, etc... and/or hops immediately following each other while maintaining the jump rhythm (knee); there can be no turns/steps, crossovers or stroking during the sequence. However, only the two jumps with the highest value will count.
  - Non-listed jumps may be included in the program as part of connecting footwork preceding single jumps.
- b. A maximum of one (1) spin.  
The spin must have a required minimum number of revolutions: three (3) .



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**Spin combination with change of foot and Flying spins is not permitted.**

- c. A maximum of one choreographic-sequence (ChSq) covering at least half of the ice surface and **must include at least one (1) spiral position (not a kick)**.
- A Choreographic Sequence consists of any kind of movements like steps, turns, spirals, arabesques, spread, eagles, Ina Bauers, hydroblading, transitional (unlisted jumps), spinning movements etc.
  - The pattern is not restricted.
  - A choreographic sequence has a base value and will be evaluated by the judges in GOE only.
  - Additional spiral sequences and step sequences will not be counted in the technical score but will be counted as moves-in-the field (transitions) and marked as such.

The maximum time is 1 minute and 40 seconds but may be less.

## **B. PAIR FREE SKATING**

### **For all levels**

- VOCAL MUSIC MAY BE USED
- The points for each Program Component are multiplied by a factor of 1.6 (Master & Gold), 1.2 (Silver)
- The warm-up duration is six (6) minutes.
- Each fall shall receive a deduction of 1.0 (0.5 in Adult)

Pair events consist of Free Skating only.

Each pair must consist of a man and a lady.

The man must be the male skater, the lady the female skater.

Coaches and students are welcome to compete in all events, however it is MANDATORY that pair couples enter at the skill level of the more skilled skater, even if that skater is not a professional, but simply a higher level skater.

### **Masters Pair**

Masters pairs must perform a well-balanced program that may contain:

- a. A maximum of three (3) different lifts, one of which may be a twist lift.
  - In lifts of Group 1 and Group 2, the man's lifting hand(s) should be above his shoulder line.
  - In lifts of Groups 3–4-5, full extension of the lifting arm(s) is mandatory.
- b. A maximum of two (2) throw jumps (single or double).
- c. A maximum of one (1) solo jump. **Single, double and triple jumps are permitted.**
- d. A maximum of one (1) jump combination with a maximum of three (3) listed jumps or one (1) jump sequence.
  - A jump sequence consists of two (2) listed 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.
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- e. A maximum of one (1) pair spin (pair spin or pair spin combination)
  - The spin must have a required minimum number of revolutions: four (4) revolutions for a pair spin and six (6) for a pair spin combination. A pair spin combination must have a change of foot by both partners with at least three (3) revolutions on each foot **and** at least one (1) change of position by both partners. A Pair Combination Spin can be started with a jump. Any flying entry can be considered as a feature by either partner. If there are not 3 revolutions before or after the change of foot executed by both partners, the Pair Spin Combination will be marked with a "V". If there are less than 3 revolutions on both feet by either partner, the spin will have no value.
  - A pair spin is any spin with no change of foot and does not require a change of position by one or both partners. Change of positions may be used for a level feature.
  - There must be a minimum of two (2) revolutions in each position or the position will not be counted.

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- f. A maximum of one (1) solo spin.
- The solo spin must have a required minimum number of revolutions: five (5) for the flying spin with no change of foot after landing, five (5) for the spin with only one position and no change of foot and five (5) for the spin combination with no change of foot and eight (4 + 4) for the spin combination with change of foot or spin in one position with a change of foot.
  - There must be a minimum of two (2) revolutions in each position or the position will not be counted.
  - Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions in each of these positions anywhere within the spin. To receive full value, a spin combination must include all three (3) basic positions.
- g. A maximum of one (1) death spiral or pivot figure (position optional).
- At least  $\frac{3}{4}$  revolution in pivot position by the man is required for the death spiral.
  - At least one revolution in pivot position by the man is required for pivot figure.
- h. A maximum of one (1) step sequence, utilizing at least half (1/2) of the ice surface.

The duration is 3 minutes and 30 seconds, +/- 10 seconds.

## Gold Pair (Intermediate)

Gold Pairs must perform a well-balanced program that may contain:

- a. A maximum of two (2) different lifts of Group 1 or Group 2 with a minimum  $\frac{1}{2}$  revolution for the man and 1 revolution for the lady.
- The man's lifting hand(s) should be above his shoulder line.
  - Variations of the lady's position, no-handed and one-handed lifts, and combination lifts **are not permitted**.
  - Lifts of Groups 3-4-5 **are not permitted**.
  - Twist lifts **are not permitted**.
  - A different take-off counts as a different lift.
- b. A maximum of one (1) single throw jump (including the throw Axel).
- Double and triple jumps **are not permitted**.
- c. A maximum of one (1) solo single jump (including the single Axel).
- Double and triple jumps **are not permitted**.
- d. A maximum of one (1) jump combination with a maximum of three (3) listed jumps or one (1) jump sequence.
- A jump sequence consists of two (2) listed single jumps, 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.
  - Only single jumps are allowed (including the single Axel).
  - Double and triple jumps **are not permitted**.
- e. A maximum of one (1) pair spin (pair spin or pair combination spin).
- The spin must have a required minimum number of revolutions: four (4) revolutions for a pair spin and six (6) for a pair spin combination. A pair spin combination must have a change of foot by both partners with at least three (3) revolutions on each foot **and** at least one (1) change of position by both partners. If there is no change of foot or no change of position by one or both partners, the spin will be called as a pair spin.
  - There must be a minimum of two (2) revolutions in each position or the position will not be counted.
- f. A maximum of one (1) death spiral or pivot figure (position optional).
- At least  $\frac{3}{4}$  revolution in pivot position by the man is required for the death spiral.
  - At least one (1) revolution in pivot position by the man is required for the pivot figure.
- g. A maximum of one (1) step sequence, fully utilizing the ice surface.

The duration is 2 minutes and 40 seconds, +/- 10 seconds.

Only features up to and including Level 2 will be counted for the spins and step sequence.

Any additional features will not count for level requirements and will be ignored by the Technical Panel.



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## Silver Pair (Adult)

Silver Pairs must perform a well-balanced program that may contain:

- a. A maximum of one (1) lift of Group 1 or Group 2 with a minimum ½ revolution for the man.
  - The man's lifting hand(s) should be above his shoulder line.
  - Variations of the lady's position, no-handed and one-handed lifts, and combination lifts **are not permitted**.
  - Lifts of Groups 3-4-5 are not permitted,
  - Twist lifts **are not permitted**.
- b. A maximum of one (1) single throw jump.
  - Throw double and triple jumps **are not permitted**.
  - Throw Axel **is not permitted**.
- c. A maximum of one (1) solo single jump.
  - Double and triple jumps **are not permitted**.
  - Axel type jumps **are not permitted**.
- d. A maximum of one (1) jump combination with a maximum of two (2) listed jumps or one (1) jump sequence with any number of jumps (only the two jumps with the highest value will count for points).
  - Only single jumps are allowed.
  - Axel jumps, Double and triple jumps **are not permitted**.
- e. A maximum of one (1) pair spin.
  - A pair spin is any spin with no change of foot and does not require a change of position by one or both partners. Change of position may be used for a level feature.
  - There must be a minimum of two (2) revolutions in each position or the position will not be counted.
- f. A maximum of one (1) pivot figure (position of the lady optional).
  - At least one (1) revolution in pivot position by the man is required.
- g. A maximum of one (1) choreographic sequence that fully utilizes the ice surface.
  - A choreographic sequence consists of any kind of movements like steps, turns, spirals, arabesques, spread eagles, Ina Bauers, hydroblading, transitional (unlisted) jumps, spinning movements etc.
  - The pattern is not restricted.
  - A choreographic sequence has a base value and will be evaluated by the judges in GOE only.

The duration is 2 minutes and 20 seconds, +/- 10 seconds

Only features up to and including Level 1 will be counted. Any additional features will not count for level requirements and will be ignored by the Technical Panel.

## Bronze Pair

Bronze Pairs must perform a well-balanced program that may contain:

- a. A maximum of one (1) lift of Group 1 or Group 2 without any revolution for the man.
  - Variations of the lady's position, no-handed and one-handed lifts, and combination lifts **are not permitted**.
  - Lifts of Groups 3-4-5 **are not permitted**.
  - Twist lifts **are not permitted**.
- b. A maximum of one (1) solo single jump.
  - Axel, Double and triple jumps **are not permitted**.
- c. A maximum of one (1) jump combination with a maximum of two (2) listed jumps.
  - Only single jumps are allowed.
  - Double and triple jumps **are not permitted**.
  - Axel type jumps **are not permitted**.
- d. • Jump sequence **is not permitted**.
- e. A maximum of one (1) pair spin
  - A pair spin in a basic position (upright, sit or camel) or even on two feet are allowed, change of foot or change of position by one or both partners **is not permitted**.



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- Pair combination spins (spins with a change of foot and change of position by both partners) **are not permitted.**
- There must be a minimum of two (2) revolutions in position or the spin will not be counted.
- Any additional features will not count for level requirements and will be ignored by the Technical Panel.

The maximum time is 2 minutes, but may be less.