

LADIES	ELITE	JUNIOR / SENIOR B	NOVICE (U14+U15)	JUGEND (ESPOIRS) / MINI
Free Skating Program				
Jumps	Maximum of seven (7) jump elements, one of which must be an Axel type jump and there may be up to three (3) jump combinations or sequences. Only one jump combination can contain three (3) jumps. A jump sequence can contain any number of jumps, but only the two (2) most difficult jumps will be counted. Only two (2) jumps with three (3) revolutions can be repeated either in a jump combination or a jump sequence.	Maximum of seven (7) jump elements, one of which must be an Axel type jump and there may be up to three (3) jump combinations or sequences. Only one jump combination can contain three (3) jumps. A jump sequence can contain any number of jumps, but only the two (2) most difficult jumps will be counted. Only two (2) jumps with three (3) revolutions can be repeated either in a jump combination or a jump sequence.	Maximum of six (6) jump elements, one of which must be an Axel type jump and there may be up to three (3) jump combinations or sequences. Only one jump combination can contain three (3) jumps. A jump sequence can contain any number of jumps, but only the two (2) most difficult jumps will be counted. Only two (2) jumps with two and a half (2 ½) revolutions or three (3) revolutions can be repeated either in a jump combination or a jump sequence.	Maximum of six (6) jump elements, one of which must be an Axel type jump and there may be up to three (3) jump combinations or sequences. Only one jump combination can contain three (3) jumps. A jump sequence can contain any number of jumps, but only the two (2) most difficult jumps will be counted. Only two (2) jumps with two and a half (2 ½) revolutions or three (3) revolutions can be repeated either in a jump combination or a jump sequence.
Spins	There must be a maximum of three (3) spins of different nature, one of which must be a combination spin (minimum of ten (10) revolutions), one a flying spin (6 revolutions) and one a spin with only one position (6 revolutions).	There must be a maximum of three (3) spins of different nature, one of which must be a combination spin (minimum of ten (10) revolutions), one a flying spin (6 revolutions) and one a spin with only one position (6 revolutions).	There must be a maximum of three (3) spins of different nature, one of which must be a combination spin (minimum of ten (10) revolutions) and one a flying spin <u>with no change of position and no change of foot</u> (minimum of <u>six (6)</u> revolutions). In spins the minimum number of revolutions required in a position is two (2). In case this requirement is not fulfilled, the position is not counted. The number of changes of foot in the spin combination is optional.	There must be a maximum of three (3) spins of different nature, one of which must be a combination spin (minimum of ten (10) revolutions) and one a flying spin <u>with no change of position and no change of foot</u> (minimum of <u>six (6)</u> revolutions). In spins the minimum number of revolutions required in a position is two (2). In case this requirement is not fulfilled, the position is not counted. The number of changes of foot in the spin combination is optional.
Spirals and Step Sequences	One step sequence (straight line, circular or serpentine) One spiral sequence	One step sequence (straight line, circular or serpentine)	There must be a maximum of one step or one spiral sequence consisting of at least 2 spiral positions. A spiral position in order to be counted must be held at least 3 seconds. Change of foot is not required	There must be a maximum of one step or one spiral sequence consisting of at least 2 spiral positions. A spiral position in order to be counted must be held at least 3 seconds. Change of foot is not required.
Bonus Points / Special Regulations	<ul style="list-style-type: none"> 1 bonus point for one triple (3) (not downgraded) 2 bonus points for one triple-triple combo (3 + 3 not downgraded) 	<ul style="list-style-type: none"> 1 bonus point for one 2A (not downgraded) 1 bonus point for one triple (3) (not downgraded) 	<ul style="list-style-type: none"> 2 bonus points for one 2A (not downgraded) 2 bonus points for one triple jump (not downgraded) 	<ul style="list-style-type: none"> 2 bonus points for one 2A (not downgraded) 2 bonus points for one triple jump (not downgraded) 2 bonus points for all 5 different double jumps shown in the program (without wrong edge and not downgraded, 2A not included) Fall deduction = 0,5 SpSq to count 50 % of its ISU base value

MEN	ELITE	JUNIOR / SENIOR B	NOVICE (U14 + U15)	JUGEND (ESPOIRS) / MINI
Free Skating Program				
Jumps	Maximum of eight (8) jump elements, one of which must be an Axel type jump and there may be up to three (3) jump combinations or sequences. Only one jump combination can contain three (3) jumps. A jump sequence can contain any number of jumps, but only the two (2) most difficult jumps will be counted. Only two (2) jumps with three (3) or four (4) revolutions can be repeated, either in a jump combination or a jump sequence.	Maximum of eight (8) jump elements, one of which must be an Axel type jump and there may be up to three (3) jump combinations or sequences. Only one jump combination can contain three (3) jumps. A jump sequence can contain any number of jumps, but only the two (2) most difficult jumps will be counted. Only two (2) jumps with three (3) or four (4) revolutions can be repeated, either in a jump combination or a jump sequence.	Maximum of seven (7) jump elements, one of which must be an Axel type jump and there may be up to three (3) jump combinations or sequences. Only one jump combination can contain three (3) jumps. A jump sequence can contain any number of jumps, but only the two (2) most difficult jumps will be counted. Only two (2) jumps with two and a half (2 ½) revolutions or three (3) revolutions can be repeated either in a jump combination or a jump sequence.	Maximum of seven (7) jump elements, one of which must be an Axel type jump and there may be up to three (3) jump combinations or sequences. Only one jump combination can contain three (3) jumps. A jump sequence can contain any number of jumps, but only the two (2) most difficult jumps will be counted. Only two (2) jumps with two and a half (2 ½) revolutions or three (3) revolutions can be repeated either in a jump combination or a jump sequence.
Spins	There must be a maximum of three (3) spins of different nature, one of which must be a combination spin (minimum of ten (10) revolutions), one a flying spin (6 revolutions) and one a spin with only one position (6 revolutions).	There must be a maximum of three (3) spins of different nature, one of which must be a combination spin (minimum of ten (10) revolutions), one a flying spin (6 revolutions) and one a spin with only one position (6 revolutions).	There must be a maximum of three (3) spins of different nature, one of which must be a combination spin (minimum of ten (10) revolutions) and one a flying spin <u>with no change of position and no change of foot</u> (minimum of six (6) revolutions). In spins the minimum number of revolutions required in a position is two (2). In case this requirement is not fulfilled, the position is not counted. The number of changes of foot in the spin combination is optional.	There must be a maximum of three (3) spins of different nature, one of which must be a combination spin (minimum of ten (10) revolutions) and one a flying spin <u>with no change of position and no change of foot</u> (minimum of six (6) revolutions). In spins the minimum number of revolutions required in a position is two (2). In case this requirement is not fulfilled, the position is not counted. The number of changes of foot in the spin combination is optional.
Spirals and Step Sequences	Two step sequence (straight line, circular or serpentine)	One step sequence (straight line, circular or serpentine)	There must be a maximum of one step or one spiral sequence consisting of at least 2 spiral positions. A spiral position in order to be counted must be held at least 3 seconds. Change of foot is not required.	There must be a maximum of one step or one spiral sequence consisting of at least 2 spiral positions. A spiral position in order to be counted must be held at least 3 seconds. Change of foot is not required.
Bonus points / Special Regulations	<ul style="list-style-type: none"> 2 bonus points for one triple-triple combo (3+3) or 3A or quadruple (4) (not downgraded) 	<ul style="list-style-type: none"> 1 bonus point for one second different triple jump (3) (must be different from the first one) (not downgraded) 1 bonus point for one third different triple jump (3) (must be different from the first and second ones) (not downgraded) 	<ul style="list-style-type: none"> 2 bonus points for one 2A (not downgraded) 2 bonus points for one triple jump (not downgraded) 	<ul style="list-style-type: none"> 2 bonus points for one 2A (not downgraded) 2 bonus points for one triple jump (not downgraded) 2 bonus points for all 5 different double jumps shown in the program (without wrong edge and not downgraded, 2A not included) Fall deduction = 0,5 SpSq to count 50 % of its ISU base value