



Øvelsesutvalg kunstløp, 2016-2017

FREE SKATING	OPPVISNING BOYS and GIRLS (6-11)	CUBS U/12 BOYS & GIRLS (11-12) CUBS O/12 BOYS & GIRLS (12 -19)	SPRINGS BOYS and GIRLS (11-19)	BASIC MEN and LADIES (11-28 years)	VETERAN MEN and LADIES (28-79 years)																								
	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 different spins of free choice - If combo spin (6) - All other spins (4) SkMo ; (Skating Movement)*	Max 5 jump elements (must include Axel) Max 2 different spins - CoSp/CCoSp (8) - Spin one pos. (5) (change of foot is optional) StSq	Max 4 jump elements (must include Axel) Max 2 different spins of free choice - If combo spin (10) - All other spins (6) ChSq	Max 5 jump elements Max. 2 different spins of free choice - If combo spin (8) - All other spins (5) Chsq																								
CLARIFICATIONS	---	Max 2 jump combo/seq. A jump combo can contain only two jumps. A jump seq. can contain any number of 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. *Skating Movement: Ina Bauer , spiral (any variation of spiral), spread eagle, hydroblading. (Minimum 3 sec. in position, and spiral needs to be from hip level or above to be confirmed, otherwise; No level.)																											
ELEMENTS	---	8	8	8	8																								
MAX LEVEL	---	2	2	4	4																								
NORWEGIAN RULES	---	Feature: 8 rotations in basic sit position SkMo: same value as StSqB in SOV	Feature: 8 rotations in basic sit position																										
DEDUCTION FALL	---	0,5 points	0,5 points	0,5 points	0,5 points																								
TIME/ MUSIC	Recommendation: Max. 2 min 30 sek Instr./ vocal music	Max 2 min 30 sec Instrumental/ vocal music	Max 2 min 30 sec Instrumental/ vocal music	Max 3 min Instrumental/ vocal music	Max 2 min 30 sec Instrumental/ vocal music																								
WARM-UP	5 minutes, max. 8 skaters	5 minutes, max. 8 skaters	5 minutes, max. 8 skaters	6 minutes, max. 6 skaters	6 minutes, max. 6 skaters																								
COMPONENTS	---	<table><tr><td>SS</td><td>TR</td><td>PE</td></tr><tr><td>2.5</td><td>1.20</td><td>1.20</td></tr></table> General Factor 1.0	SS	TR	PE	2.5	1.20	1.20	<table><tr><td>SS</td><td>TR</td><td>PE</td></tr><tr><td>2.5</td><td>1.20</td><td>1.20</td></tr></table> General Factor 1.0	SS	TR	PE	2.5	1.20	1.20	<table><tr><td>SS</td><td>TR</td><td>PE</td></tr><tr><td>2.0</td><td>2.0</td><td>2.0</td></tr></table> General Factor 1.0	SS	TR	PE	2.0	2.0	2.0	<table><tr><td>SS</td><td>TR</td><td>PE</td></tr><tr><td>2.5</td><td>1.2</td><td>1.2</td></tr></table> General Factor 1.0	SS	TR	PE	2.5	1.2	1.2
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For details: see ISU Communications, ISU Regulation and ISU Technical Handbook
pr. 20.04.2016, changes may occur, according to ISU changes.

SHORT PROGRAM	DEBS GIRLS (11-19)	DEBS BOYS (11-19)	NOVICE ADVANCED GIRLS (11-19)	NOVICE ADVANCED BOYS (11-19)																																
	1A or 2A Double jump directly preceded by steps Jump combination (2+1, 2+2, 3+1, 3+2) FSSp/FCSp (5) CCoSp/FCCoSp (5+5) StSq	1A or 2A Double jump directly preceded by steps Jump combination (2+1, 2+2, 3+1, 3+2) FSSp/FCSp (5) CCoSp/ FCCoSp (5+5) StSq	2A Double/triple jump directly preceded by steps Jump combination (2+2 or 3+2) LSp (6) CCoSp/ FCCoSp (5+5) StSq	2A Double/ triple jump directly preceded by steps Jump combination (2+2 or 3+2) CCSp/ CSSp (5+5) CCoSp/ FCCoSp (5+5) StSq																																
CLARIFICATIONS	Combination spin: only one change of foot is allowed. The solo jump must be of a different type than the jumps executed in the jump combination.																																			
ELEMENTS	6	6	6	6																																
MAX LEVEL	3	3	3	3																																
BONUS	2 points for 2A or triple jump landed on one foot fully rotated or under-rotated (Only one bonus pr. program) No bonus if fall or step out.																																			
NORWEGIAN RULES			No value for 1A	No value for 1A																																
DEDUCTION FALL	0,5 points	0,5 points	0,5 points	0,5 points																																
TIME/ MUSIC	Max 2 min 30 sec Instrumental/vocal music	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	6 minutes, max. 6 skaters	6 minutes, max. 6 skaters	6 minutes, max. 6 skaters	6 minutes, max. 6 skaters																																
COMPONENTS	<table><tr><td>SS</td><td>TR</td><td>PE</td><td>IN</td></tr><tr><td>0.8</td><td>0.8</td><td>0.8</td><td>0.8</td></tr></table>	SS	TR	PE	IN	0.8	0.8	0.8	0.8	<table><tr><td>SS</td><td>TR</td><td>PE</td><td>IN</td></tr><tr><td>0.8</td><td>0.8</td><td>0.8</td><td>0.8</td></tr></table>	SS	TR	PE	IN	0.8	0.8	0.8	0.8	<table><tr><td>SS</td><td>TR</td><td>PE</td><td>IN</td></tr><tr><td>0.8</td><td>0.8</td><td>0.8</td><td>0.8</td></tr></table>	SS	TR	PE	IN	0.8	0.8	0.8	0.8	<table><tr><td>SS</td><td>TR</td><td>PE</td><td>IN</td></tr><tr><td>1.0</td><td>1.0</td><td>1.0</td><td>1.0</td></tr></table>	SS	TR	PE	IN	1.0	1.0	1.0	1.0
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SHORT PROGRAM	JUNIOR LADIES (11-19)	JUNIOR MEN (11-19)	SENIOR LADIES (11-19)	SENIOR MEN (11-19)																																								
	2A 2Lo or 3Lo directly preceded by steps Jump combination (2+2, 3+2, 3+3) LSp (8) FCSp (8) CCoSp (6+6) StSq	2A or 3A 2Lo or 3Lo directly preceded by steps Jump combination (3+2, 3+3) CSSp (6+6) FCSp (8) CCoSp (6+6) StSq	2A or 3A Triple jump directly preceded by steps Jump combination (3+2 or 3+3) LSp (8) FCSp/ FSSp/ FUSp (8) CCoSp (6+6) StSq	2A or 3A Triple or quad jump directly preceded by steps Jump combination (3+2, 3+3, 4+2, 4+3) CCSp or CSSp (6+6) FCSp/ FSSp/ FUSp (8) CCoSp (6+6) StSq																																								
CLARIFICATIONS	The solo jump must be of a different type than the jumps executed in the jump combination.																																											
ELEMENTS	7	7	7	7																																								
MAX LEVEL	4	4	4	4																																								
BONUS	10% bonus for jumps after half time.																																											
DEDUCTION FALL	1 point	1 point	1 point	1 point																																								
TIME/ MUSIC	Max 2 min 50 sec Instrumental/vocal music	Max 2 min 50 sec Instrumental/vocal music	Max 2 min 50 sec Instrumental/vocal music	Max 2 min 50 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	DEBS GIRLS (11-19)	DEBS BOYS (11-19)	NOVICE GIRLS (11-19)	NOVICE BOYS (11-19)																																								
	Max 6 jump elements (must include Axel) Max 2 spins - Spin in one position (5) (change of foot optional (8)) - CoSp (6)/CCoSp (8) StSq	Max 6 jump elements (must include Axel) Max 2 spins - Spin in one position (5) (change of foot optional (8)) - CoSp (6)/CCoSp (8) StSq	Max 6 jump elements (must include Axel) Max 2 spins, - Flying spin in one position (6) (change of foot optional (8)) - CoSp (6)/CCoSp (8) (flying not allowed) StSq	Max 7 jump elements (must include Axel) Max 2 spins - Flying spin in one position (6) (change of foot optional (8)) - CoSp (6)/CCoSp (8) (flying not allowed) StSq																																								
CLARIFICATIONS	Max 2 jump comb/seq. A jump combo can contain only two jumps. A jump seq. can contain any number of jumps. Any single and double jump (including Double Axel) cannot be executed more than twice in total. Only two triple jumps can be executed twice, the second of the same abbreviation must be in combo/seq.																																											
ELEMENTS	9	9	9	10																																								
MAX LEVEL	3	3	3	3																																								
BONUS	2 points extra for 2A or 3-jump landed on one foot fully rotated or under rotated (Only one bonus pr. program) No bonus if fall or step out.																																											
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 30 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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	Max 7 jump elements (must include 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 8 jump elements (must include 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 include Axel) Max 3 spins - Flying spin or spin with flying entry (6) - CoSp/ FCoSp/ CCoSp/ FCCoSp (10) - Spin one position (6) (change of foot optional) StSq ChSq	Max 8 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 combo/seq. Only one jump combo/seq. may consist of more than two jumps (when in a seq. only the 2 with highest value are counted). 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 combination or sequence.																																											
ELEMENTS	11	12	12	13																																								
MAX LEVEL	4	4	4	4																																								
BONUS	10% bonus for jumps after half time.																																											
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TIME/ MUSIC	3 min 30 sec +/- 10 sec Instrumental/vocal music	4 min +/- 10 sec Instrumental/vocal music	4 min +/- 10 sec Instrumental/vocal music	4 min 30 sec +/- 10 sec Instrumental/vocal music																																								
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