

1. Øvelsesutvalg

FREE SKATING	OPPVISNING BOYS & GIRLS (6-11)	CUBS U/12 BOYS & GIRLS (11-12) CUBS O/12 BOYS & GIRLS (12 -19)	SPRINGS BOYS & GIRLS (11-13) SPRINGS BOYS & GIRLS (13-19)								
	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) Minimum one (1) ChSq*	Max 5 jump elements (must include Axel) Max 2 different spins - CoSp (5)/CCoSp (8) - Spin in one pos. (5) (change of foot is optional) StSq								
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. *Please see definition for Choreo Sequence for Cubs in Clarifications.										
ELEMENTS	---	8	8								
MAX LEVEL	---	2	3								
NORWEGIAN RULES	---	Feature: 8 rotations in basic sit position Bonus: 1 point for 3 different double jumps fully rotated and landed on one foot in the same program.	Bonus: 2 points for 2A or triple jump landed on one foot fully rotated or under-rotated. No bonus if fall or step out. Only one bonus pr. program Bonus: 1 point for three different double jumps fully rotated and landed on one foot in the same program.								
DEDUCTION FALL	---	0,5 points	0,5 points								
TIME/ MUSIC	Recommendation: Max. 2 min. 30 sec. Instr./ vocal music	Max. 2 min. 30 sec. 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								
COMPONENTS	---	<table><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><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										
3.0	2.0										
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3.0	2.0										

SHORT PROGRAM	DEBS GIRLS (11-19)	DEBS BOYS (11-19)	NOVICE GIRLS (11-19)	NOVICE BOYS (11-19)																																
CONTENT	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	1A or 2A Double/triple jump directly preceded by steps Jump combination (2+2, 3+2) LSp/CSp/SSp/USp (6) CCoSp/FCCoSp (5+5) StSq	1A or 2A Double/triple jump directly preceded by steps Jump combination (2+2, 3+2) CCSp/CSSp/CUSp (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 abbreviation than the jumps executed in the jump combination.																																			
NO. OF ELEMENTS	6	6	6	6																																
MAX. LEVEL	3	3	3	3																																
NORWEGIAN RULES	2 points for 2A or triple jump landed on one foot fully rotated or under-rotated. No bonus if fall or step out. Only one bonus pr. program.																																			
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																																
WARM-UP	6 minutes, max. 8 skaters	6 minutes, max. 8 skaters	6 minutes, max. 8 skaters	6 minutes, max. 8 skaters																																
COMPONENTS	<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> General Factor 0.8	SS	TR	PE	IN	1.0	1.0	1.0	1.0	<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> General Factor 0.8	SS	TR	PE	IN	1.0	1.0	1.0	1.0	<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> General Factor 0.8	SS	TR	PE	IN	1.0	1.0	1.0	1.0	<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> General Factor 0.9	SS	TR	PE	IN	1.0	1.0	1.0	1.0
SS	TR	PE	IN																																	
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SS	TR	PE	IN																																	
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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-)	SENIOR MEN (11-)																																								
CONTENT	2A 2Lz or 3Lz directly preceded by steps Jump combination (2+2,3+2,3+3) LSp/CSp (8) FSSp (8) CCoSp (6+6) StSq	2A or 3A 2Lz or 3Lz directly preceded by steps Jump combination (2+2, 3+2, 3+3) CCSp (6+6) FSSp (8) CCoSp (6+6) StSq	2A or 3A Triple jump directly preceded by steps Jump combination (2+2, 3+2, 3+3) LSp/SSp/CSp (8) FCSp/FSSp/FUSp (8) CCoSp (6+6) StSq	2A or 3A Triple/quad jump directly preceded by steps Jump combination (2+2,3+2,3+3,4+2,4+3,4+4) CCSp/CSSp (6+6) FCSp/FSSp/FUSp (8) CCoSp (6+6) StSq																																								
CLARIFICATIONS	The solo jump must be of a different abbreviation than the jumps executed in the jump combination.																																											
NO. OF 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: 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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SS	TR	PE	CO	IN																																								
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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 <u>include</u> Axel) Max. 2 spins -Spin in one position (5) (change of foot (8) and flying entry is optional) -CoSp (6)/CCoSp(8) StSq	Max. 6 jump elements (must <u>include</u> Axel) Max. 2 spins -Spin in one position (5) (change of foot (8) and flying entry is optional) - CoSp (6)/CCoSp(8) StSq	Max. 6 jump elements (must <u>include</u> Axel) Max. 2 spins - FCSp/FSSp/FUSp (6) or FCCSp/FCSSp/FCUSp (8) -CCoSp(8) StSq	Max. 7 jump elements (must <u>include</u> Axel) Max. 2 spins - FCSp/FSSp/FUSp (6) or FCCSp/FCSSp/FCUSp (8) -CCoSp(8) 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.																																			
NO. OF ELEMENTS	9	9	9	10																																
MAX. LEVEL	3	3	3	3																																
NORWEGIAN RULES	Bonus: 2 points extra for 2A or 3-jump landed on one foot fully rotated or under rotated. No bonus if fall or step out.Only one bonus pr. program. Bonus for Debs: 1 point bonus for 2Lo, 2F and 2Lz landed on one foot in the same 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 COMPONENTS	6 minutes, max. 8 skaters <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> General Factor 1.6	SS	TR	PE	IN	1.0	1.0	1.0	1.0	6 minutes, max. 8 skaters <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> General Factor 1.6	SS	TR	PE	IN	1.0	1.0	1.0	1.0	6 minutes, max. 8 skaters <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> General Factor 1.6	SS	TR	PE	IN	1.0	1.0	1.0	1.0	6 minutes, max. 8 skaters <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> General Factor 1.8	SS	TR	PE	IN	1.0	1.0	1.0	1.0
SS	TR	PE	IN																																	
1.0	1.0	1.0	1.0																																	
SS	TR	PE	IN																																	
1.0	1.0	1.0	1.0																																	
SS	TR	PE	IN																																	
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 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 in one position (6) (change of foot is 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 combinations/sequences. Only one jump combo/seq. may consist of more than two jumps (when in a sequence 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.																																											
NO. OF ELEMENTS	11	12	12	13																																								
MAX. LEVEL	4	4	4	4																																								
BONUS	10% bonus for jumps 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	4 min. +/- 10 sec. Instrumental/vocal music	4 min. +/- 10 sec. Instrumental/vocal music	4 min. 30 sec. +/- 10 sec. Instrumental/vocal music																																								
WARM-UP COMPONENTS	6 minutes, max. 6 skaters	6 minutes, max. 6 skaters	6 minutes, max. 6 skaters	6 minutes, max. 6 skaters																																								
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SS	TR	PE	CO	IN																																								
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1.0	1.0	1.0	1.0	1.0																																								
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1.0	1.0	1.0	1.0	1.0																																								

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 directly preceded by steps Jump combination (2+2, 3+2) FSSp/FCSp (5) CCoSp/FCCoSp (5+5) StSq	1A or 2A Double jump directly preceded by steps Jump combination (2+2, 3+2) FSSp/FCSp (5) CCoSp/FCCoSp (5+5) StSq	2A Double/triple jump directly preceded by steps Jump combination (2+2, 3+2, 2+3) LSp/CSp/SSp/USp (6) CCoSp/FCCoSp (5+5) StSq	2A Double/triple jump directly preceded by steps Jump combination (2+2, 3+2, 2+3) CCSp/CSSp/CUSp (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 abbreviation than the jumps executed in the jump combination.																																			
NO. OF ELEMENTS	6	6	6	6																																
MAX. LEVEL	4	4	4	4																																
NORWEGIAN RULES	Bonus: 2 points for 2A or triple jump landed on one foot fully rotated or under-rotated. No bonus if fall or step out. Only one bonus pr. program. Bonus for Debs: 1 point bonus for 2Lo, 2F and 2Lz landed on one foot in the same prigram. No bonus if fall or step out.																																			
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																																
WARM-UP	6 minutes, max. 8 skaters	6 minutes, max. 8 skaters	6 minutes, max. 8 skaters	6 minutes, max. 8 skaters																																
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SS	TR	PE	IN																																	
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CONTENT	2A 2Lz or 3Lz directly preceded by steps* Jump combination (3+2,3+3)* LSp/CSp (8) FSSp (8) CCoSp (6+6) StSq	2A or 3A 2Lz or 3Lz directly preceded by steps Jump combination (3+2,2+3,3+3) CCSp (6+6) FSSp (8) CCoSp (6+6) StSq	2A or 3A Triple jump directly preceded by steps Jump combination (3+2,2+3,3+3) LSp/SSp/CSp (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+3,4+4) CCSp/CSSp (6+6) FCSp/FSSp/FUSp (8) CCoSp (6+6) StSq																																								
CLARIFICATIONS	The solo jump must be of a different abbreviation than the jumps executed in the jump combination. *The solo jump or the jump combination must include a triple jump.																																											
NO. OF 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: 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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1.0	1.0	1.0	1.0	1.0																																								

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 -Spin in one position (5) (change of foot (8) and flying entry is optional) -CoSp (6)/CCoSp(8) StSq	Max. 6 jump elements (must <u>include</u> Axel) Max. 2 spins -Spin in one position (5) (change of foot (8) and flying entry is optional) - 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. 7 jump elements (must <u>include</u> 2A) Max. 2 spins - FCSp/FSSp/FUSp (6) or FCCSp/FCSSp/FCUSp (8) -CCoSp(8) 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.																																			
NO. OF ELEMENTS	9	9	9	10																																
MAX. LEVEL	4	4	4	4																																
NORWEGIAN RULES	Bonus: 2 points for 2A or 3-jump landed on one foot fully rotated or under rotated. No bonus if fall or step out. Only one bonus pr. program.																																			
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. 8 skaters	6 minutes, max. 8 skaters	6 minutes, max. 8 skaters	6 minutes, max. 8 skaters																																
COMPONENTS	<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> General Factor 1.6	SS	TR	PE	IN	1.0	1.0	1.0	1.0	<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> General Factor 1.6	SS	TR	PE	IN	1.0	1.0	1.0	1.0	<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> General Factor 1.6	SS	TR	PE	IN	1.0	1.0	1.0	1.0	<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> General Factor 1.8	SS	TR	PE	IN	1.0	1.0	1.0	1.0
SS	TR	PE	IN																																	
1.0	1.0	1.0	1.0																																	
SS	TR	PE	IN																																	
1.0	1.0	1.0	1.0																																	
SS	TR	PE	IN																																	
1.0	1.0	1.0	1.0																																	
SS	TR	PE	IN																																	
1.0	1.0	1.0	1.0																																	

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 (must include 2A and one triple jump) 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 2A and one triple jump) 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. 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 combinations/sequences. Only one jump combo/seq. may consist of more than two jumps (when in a sequence 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.																																											
NO. OF ELEMENTS	11	12	12	13																																								
MAX. LEVEL	4	4	4	4																																								
BONUS	10% bonus for jumps 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	4 min. +/- 10 sec. Instrumental/vocal music	4 min. +/- 10 sec. Instrumental/vocal music	4 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																																								
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> General Factor 1.6	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> General Factor 2.0	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> General Factor 1.6	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> General Factor 2.0	SS	TR	PE	CO	IN	1.0	1.0	1.0	1.0	1.0
SS	TR	PE	CO	IN																																								
1.0	1.0	1.0	1.0	1.0																																								
SS	TR	PE	CO	IN																																								
1.0	1.0	1.0	1.0	1.0																																								
SS	TR	PE	CO	IN																																								
1.0	1.0	1.0	1.0	1.0																																								
SS	TR	PE	CO	IN																																								
1.0	1.0	1.0	1.0	1.0																																								

FREE SKATING	BASIC MEN and LADIES (11-28)	VETERAN BRONZE MEN and LADIES (28-79)	VETERAN SILVER MEN and LADIES (28-79)	VETERAN GOLD MEN and LADIES (28-79)																								
	Max 4 jump elements (must include Axel) Max 2 different spins of free choice - If combo spin (10) - All other spins (6) ChSq	Max 4. Jump elements Max. 2 spins (no flying spins): - Spin in one position (3) -Optional (5) ChSq	Max. 5 jump elements (must include Axel) Max. 3 spins: - CoSp(4) / CCoSp (6) - Optional spins (5) StSq	Max. 6 jump elements (must include Axel) Max. 3 spins: -CCoSp (4+4) -Flying spin (4) - Optional spin (5) StSq																								
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.	Max. 2 jump combinations/sequences. Only one jump combo/seq. may consist of more than two jumps (when in a sequence only the 2 with highest value are counted). All spins must be of different abbreviations.	Max. 3 jump combinations/sequences. Only one jump combo/seq. may consist of more than two jumps (when in a sequence only the 2 with highest value are counted). All spins must be of different abbreviations.																									
ELEMENTS	7	7	9	10																								
MAX LEVEL	4	1	2	3																								
NORWEGIAN RULES																												
DEDUCTION FALL	0,5 points	1 point	1 point	1 point																								
TIME/ MUSIC	2 min. 50 sec. +/- 10 sec. Instrumental/vocal music	Max. 1 min. 50 sec. Instrumental/vocal music	Max. 2 min. 10 sec. Instrumental/vocal music	Max. 2 min. 50 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																								
COMPONENTS	<table><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	<table><tr><td>SS</td><td>PE</td><td>IN</td></tr><tr><td>2.5</td><td>1.2</td><td>1.2</td></tr></table> General Factor 1.0	SS	PE	IN	2.5	1.2	1.2	<table><tr><td>SS</td><td>PE</td><td>IN</td></tr><tr><td>2.5</td><td>1.2</td><td>1.2</td></tr></table> General Factor 1.0	SS	PE	IN	2.5	1.2	1.2	<table><tr><td>SS</td><td>PE</td><td>IN</td></tr><tr><td>2.5</td><td>1.2</td><td>1.2</td></tr></table> General Factor 1.0	SS	PE	IN	2.5	1.2	1.2
SS	PE	IN																										
2.0	2.0	2.0																										
SS	PE	IN																										
2.5	1.2	1.2																										
SS	PE	IN																										
2.5	1.2	1.2																										
SS	PE	IN																										
2.5	1.2	1.2																										

Vedlegg til øvelsesutvalget

Clarifications

Cubs

ChSq – Choreo Sequence

Consists of any kind of movements like steps, turns, spirals, arabesques, spread eagles, Shoot duck, Ina Bauers, hydroblading. In CUBS the sequence must contain minimum 1 spiral 3 sec. above hip level, and one additional movement for 3 sec. 2 spirals is allowed. Listed elements included in the Choreographic Sequence will not be called and will not occupy a box. The pattern is not restricted, but the sequence must be clearly visible.

The Technical Panel identifies the Choreographic Sequence which commences with the first skating movement and is concluded with the preparation to the next element (if the Choreographic Sequence is not the last element of the program).

This element has a fixed base value and will be evaluated by the judges in GOE only.

Bonus

Cubs & Springs

1 point for 3 different doubles fully rotated landed on one foot. No bonus if fall or step out. Only one bonus pr. program.

Debs

1 point bonus ; 2Lo, 2F and 2Lz landed fully rotated in the same program. No bonus if fall or step out. Only one bonus pr. program.

Cubs, Springs, Debs, Debs A, Novice & Novice A

2 points for 2A or triple jump landed on one foot fully rotated or under-rotated. No bonus if fall or step out. Only one bonus pr. program.

Jumps

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 double jump in the program with original lesser value will not count and receive no value. If this double jump is repeated, the last performed jump will receive no value.

See ISU Communications, ISU Regulation and ISU Technical Handbook for details. As of 18.06.2017, changes may occur according to ISU changes/ or printing error.