SENIOR B, Women and Men, born 30.6.2008 or earlier (ISU evaluation)

Short program: 2:40 min (± 10 sec)

- a) Single or Double Axel Paulsen
- b) Double or triple jump
- c) Jump combination consisting of two double jumps or one double and one triple jump
 solo jumps may not be repeated
- d) Flying spin, min 8 revolutions in spin position
 - spin position must be different than in point e)
- e) Ladies: Layback / sideways leaning spin or camel spin or sit spin without change of foot, min 8 revolutions
 - spin position must be different than in point d)

Men: Camel/Sit spin with only one change of foot, min 6 revolutions with each foot (=camel spin-camel spin or sit spin-sit spin)

- f) Spin combination with only one change of foot, min 6 revolutions with each foot
 - flying entrance not allowed
- g) Step sequence fully utilizing the ice surface.

Deduction – 1.0 points for every fall.

The Program component factor is 1.33.

The last one jump element executed in the second half counts for the 1.1 factor.

Deduction -2.5 points for Interruption of the program with allowance up to 3 min.

JUNIOR B, Women and Men, born 1.7.2004-30.6.2010 (ISU evaluation)

Short program: 2:40 min (± 10 sec)

- a) Single or Double Axel Paulsen
- b) Double or triple Lutz jump
- c) Jump combination consisting of two double jumps or one double and one triple jump or two triple jumps
 - solo jumps may not repeated in jump combination
- d) Flying sit spin, min 8 revolutions in spin position
- e) Ladies: Layback / sideways leaning spin or camel spin without change of foot, min 8 revolutions Men: Camel spin with only one change of foot, min 6 revolutions with each foot
- f) Spin combination with only one change of foot, min 6 revolutions with each foot
- g) Step sequence fully utilizing the ice surface.

Deduction – 1.0 points for every fall. The Program component factor is 1.33. The last one jump element executed in the second half counts for the 1.1 factor.

Deduction -2.5 points for Interruption of the program with allowance up to 3 min.

ADVANCED NOVICE Girls, born 1.7.2008-30.6.2013 (ISU evaluation)

Short program: 2:20 min (± 10 sec)

- a) Double Axel Paulsen*
- b) Double or triple jump
- c) Jump combination consisting of two double jumps or one double and one triple jump
 - solo jumps may not be repeated
- d) Layback / sideways leaning spin or camel spin without change of foot, min 6 revolutions
 - flying entrance not allowed
- e) Spin combination with only one change of foot and min one change of position, min 5 revolutions with each foot
 - flying entrance allowed
- f) Step sequence fully utilizing the ice surface.
 - may include unclassified jumps

*If double Axel is not attempted or jump is single Axel, it is valuated as zero points (no value). The Program component factor is 1.07.

Deduction – 0.5 points for every fall.

Deduction -2.5 points for Interruption of the program with allowance up to 3 min.

ADVANCED NOVICE Boys, born 1.7.2007-30.6.2013 (ISU evaluation)

Short program: 2:20 min (± 10 sec)

- a) Double Axel Paulsen *
- b) Double or triple jump
- c) Jump combination consisting of two double jumps or one double and one triple jump
 - solo jumps may not be repeated
- d) Camel spin min 6 revolutions without change of foot or camel spin with only one change of foot, min 5 revolutions with each foot
 - flying entrance not allowed
 - spin alternatives CSp and CCSp
- e) Spin combination with only one change of foot and min one change of position, min 5 revolutions with each foot

- flying entrance allowed
- f) Step sequence fully utilizing the ice surface.
 - may include unclassified jumps

*If double Axel is not attempted or jump is single Axel, it is valuated as zero points (no value).

The Program component factor is 1.2.

Deduction - 0,5 points for every fall.

Deduction -2.5 points for Interruption of the program with allowance up to 3 min.

NOVICE B Girls and Boys, born 1.7.2008 or later (ISU evaluation)

Free program: 3:00 min (± 10 sec), maximum 11 elements

- Maximum of 6 jump elements, one must be an Axel type jump. Maximum of 2 jump combinations or one jump combination and one jump sequence.
 - Only one jump combination or jump sequence of 3 jumps and the other may contain max 2 jumps.
 - Only 2 jumps with 3 or more revolutions can be repeated either in a jump combination or in a jump sequence.
 - Each single and double jump, incl. 1A and 2A, may not be executed more than twice (jumps do not have to be executed in a jump combination or jump sequence).
- Maximum of 2 different spins, each with different abbreviations.
 - One spin combination minimum 8 revolutions.
 - No flying entry.
 - Change of foot is not mandatory.
 - Spin choices are CoSp and CCoSp.
 - Spin in one position.
 - One foot spin min 5 revolutions, change of foot spin min 8 revolutions.
 - Flying entrance allowed.
 - Change of foot allowed.
- Step sequence, fully utilizing the ice surface.
- 2 spirals, both on edge and both duration of at least 3 sec.
 - These may not be in step sequence.
 - Evaluated as elements (Pose)
 - Two first spirals are evaluated
 - If spiral is not attempted or leg does not rise above hip level or spiral is not on edge or duration is less than 3 sec, it is valuated as zero points (no value).

Deduction - 0,5 points for every fall.

The Program component factor is 2.13.

Spinning 8 revolutions in sit position in sit spin (SSp) is a spin feature and increases the level. Deduction -2.5 points for Interruption of the program with allowance up to 3 min.

SPRINGS A Girls, born 2012 or later and boys, born 2011 or later (ISU evaluation)

Free program: 2:30 min (± 10 sec)

- Maximum of 5 jump elements. One must be an Axel type jump. Max. 2 jump combinations or 1 jump combination and 1 jump sequences.
 - Only one jump combination or jump sequence and may contain 3 jumps, the other combination/sequence max. 2 jumps.
 - Each single and double jump, incl. 1A and 2A, may not be executed more than twice (jumps do not need to be executed in a jump combination or jump sequence).
- Maximum of 2 different spins
 - One spin combination min 8 revolutions.
 - No flying entry.
 - Change of foot not mandatory.
 - Spin in one position
 - Spin on one foot min 5 revolutions, with change of foot min 8 revolutions.
 - Change of foot allowed.
 - Change of position not allowed.
- Max one Step sequence, fully utilizing the ice surface.
- 2 unassisted spirals, both on edge and both has duration of at least 3 sec.
 - these may not be in the step sequence.
 - Evaluated as elements (Pose)
 - Two first unassisted spirals evaluated
 - If spiral is not attempted or leg does not rise above hip level or spiral is not on edge or duration is less than 3 sec, it is valuated as zero points (no value).

It is recommended to have 3 different double jumps in the program.

Spinning 8 revolutions in sit position in sit spin (SSp) is a spin feature and increases the level.

- Deduction for falling is 0.5 points every fall.
- The program component factor is 1.67.
- Deduction -2.5 points for Interruption of the program with allowance up to 3 min.