

Technical Data

The competition consists of technical short program and free skating program.

Category Novices – Ladies and Men

1991 and younger (calendar year)*

1. Short program: max. 2.30 minutes
Required elements:
No element may be repeated
additional elements are not allowed
 - a) Axel-Poulsen or Double Axel
 - b) Double or triple jump immediately preceded by connecting steps
 - c) One jump combination consisting of two double jumps or one double and one triple jump, both jumps may not repeat jump in a) and b)
 - d) **Ladies:** Layback or sideways leaning spin (min. of 6 revolutions)
Men: Camel or sit spin (min. of 6 revolutions)
 - e) Spin combination with only one change of foot and at least one change of position (min. of 5 revolutions on each foot). The minimum number of revolutions required in a position is two (2). In case this requirement is not fulfilled, the position is not counted.
 - f) **Ladies:** One spiral sequence consisting at least 2 spiral positions. A spiral position in order to be counted must be held for at least 3 sec.
Men: Two step sequences of a different nature with full utilization of the ice surface (straight line, serpentine or circular)
 - g) **Ladies:** One step sequence with full utilization of the ice surface (straight line, circular or serpentine)

2. Free program: **Ladies:** 3.00 min. +/- 10 sec.
Men: 3.30 min. +/- 10 sec.

Category Juveniles - Ladies and Men

*1990 and younger (calendar year)**

1. Short program: 2.50 min. maximal
Required elements:
No element may be repeated
additional elements are not allowed
- a) Double Axel-Poulsen
 - b) Double jump of choice (not a) or c) which must be immediately preceded by connecting steps and/or other comparable skating movements.
 - c) Jump combination consisting of two double jumps (same or different kind) or one double and one triple jump (no fixed order). The double axel and jump in b) may not be repeated in this jump combination
 - d) Flying spin (minimum 6 revolutions)
 - e) Change camel spin, at least 5 revolutions on each foot
 - f) Spin combination with one change of foot and at least one change of position (minimum 5 revolutions on each foot)
 - g) Two step sequences of a different nature with full utilization of the ice surface (straight line, serpentine or circular)
2. Free program: **Ladies** 3.00 minutes +/- 10 sec.
Men 3.30 minutes +/- 10 sec.

Category Juniors – Ladies and Men

*1988 and younger (calendar year)**

Junior Ladies

Short program: max. 2.50 min.

Required elements according to ISU regulation 510

Free program: 3.30 min +/- 10 sec

according to ISU regulation 520

Junior Men

Short program: max. 2.50 min.

Required elements according to ISU regulation 510

Free program: 4.00 min +/- 10 sec

according to ISU regulation 520

Category Seniors – Ladies and Men

1993 and older (calendar year)

Senior Ladies

Short program: max. 2.50 min.

Required elements according to ISU regulation 510

Free program: 4.00 min +/- 10 sec.

according to ISU regulation 520.

Senior Men

Short program: max. 2.50 min.

Required elements according to ISU regulation 510

Free program: 4.30 min +/- 10 sec.
according to ISU regulation 520.

*** Skaters may participate in higher but not in lower categories**