

category	time	Element requirements	Judging
Pre Chicks Born after 01/07/2016	2 min+/-10 sec.	<ol style="list-style-type: none"> 1. Maximum four (4) jump elements . Waltz Jump is allowed 2. There may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence. Jump combinations and the jump sequence consist of two (2) jumps. In the jump sequence the second jump must be an Axel type jump with a direct step from the landing curve of the first jump in to the take- off curve of the Axel jump. 3. Maximum two (2) spins of a different nature (minimum of 3 revolutions each) 4. One (1) Choreo Sequence 	Program Components are judged: Composition Presentation Skating Skills In all elements which are subject to level, only features up to level 1 will be counted. No jump with the same name will be repeated more than twice. Time violation -0.25 point deduction for every 5 seconds in excesses. Falls -0.25 point deduction for every fall.

category	time	Element requirements	Judging
Chicks Born after 01/07/2014	2:00 min. +/- 10 sec.	<ol style="list-style-type: none"> 1. Maximum four (4) jump elements 2. There may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence. Jump combinations and the jump sequence consist of two (2) jumps. In the jump sequence the second jump must be an Axel type jump with a direct step from the landing curve of the first jump in to the take- off curve of the Axel jump. 3. Maximum two (2) spins of a different nature (minimum of 3 revolutions each) 4. One (1) choreo sequence 	Program Components are judged: Composition Presentation Skating Skills In all elements which are subject to level, only features up to level 2 will be counted. No jump with the same name will be repeated more than twice including Axel. Time violation -0.5 point deduction for every 5 seconds in excesses. Falls -0.5 point deduction for every fall. If the skater has performed spin with level 2 and GOE from all judges was minimum +2, the skater will be awarded by one (1) extra bonus point

category	time	Element requirements	Judging
Cubs Born after 01/07/2012	2:30 min. +/- 10 sec.	<ol style="list-style-type: none"> 1. Maximum of four (4) jump elements, one of which must be Axel 2. There may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence. Jump combinations and the jump sequence consist of two (2) jumps. In the jump sequence the second jump must be an Axel type jump with a direct step from the landing curve of the first jump in to the take- off curve of the Axel jump. 3. Maximum two (2) spins of a different nature (minimum of 3 revolutions each). 4. One (1) choreo sequence 	Program Components are judged: Composition Presentation Skating Skills In all elements which are subject to level, only features up to level 2 will be counted. No jump with the same name will be repeated more than twice including Axel. Time violation -0.5 point deduction for every 5 seconds in excesses. Falls -0.5 point deduction for every fall. If the skater has performed spin with level 2 and GOE from all judges was minimum +2, the skater will be awarded by one (1) extra bonus point

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<p>Basic Novice has not reached the age of thirteen (13) for a Skater who has met the following requirements before July 1st preceding the competition</p>	<p>2:30 min, +/-10 sec.</p>	<p>A well balanced Free Skating program for Single Skating must contain: a) Maximum of 4 jump elements one of which must be an Axel type jump. There may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence. Jump combinations and the jump sequence consist of two (2) jumps. In the jump sequence the second jump must be an Axel type jump with a direct step from the landing curve of the first jump in to the take- off curve of the Axel jump. 3 One full revolution on the ice between the jumps (free foot can touch the ice, but without weight transfer) keeps the element in the frame of the definition of a jump sequence. Jumps executed in a jump sequence receive their full value. No triple and quadruple jumps are allowed. Only one single jump and one double jump (including Double Axel) can be repeated once. b) There must be a maximum of two (2) spins of a different nature (abbreviation), one of which must be a spin combination and one must be a spin with no change of position. The spin combination with a change of foot and a minimum of eight (8) revolutions or without a change of foot with a minimum of six (6) revolutions. The spin in one position with a change of foot minimum of eight (8) revolutions or spin in one position without change of foot minimum of six (6) revolutions. In both spins flying entries are allowed. c) There must be a maximum of one (1) step sequence fully utilizing the ice surface.</p>	<p>Levels explanations: For Basic Novice Singles, in all elements that are subject to Levels, only features up to Level 2 will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel. The following Program Components are judged: Composition Presentation Skating Skills The factor for the Program Components is 1.67 If the skater has performed spin with level 2 and GOE from all judges was minimum +3, the skater will be awarded by one (1) extra bonus point</p>

category	time	Element requirements	Judging
<p>Intermediate Novice has not reached the age of fifteen (15) for a Skater who has met the following requirements before July 1st preceding the competition</p>	<p>3:00 min, +/-10 sec.</p>	<p>A well balanced Free Skating program for Single Skating must contain: a) Maximum of 5 jump elements one of which must be an Axel type jump. There may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence. Jump combinations and the jump sequence consist of only two (2) jumps. In the jump sequence the second jump must be an Axel type jump with a direct step from the landing curve of the first jump in to the take- off curve of the Axel jump. One full revolution on the ice between the jumps (free foot can touch the ice, but without weight transfer) keeps the element in the frame of the definition of a jump sequence. Jumps executed in a jump sequence receive their full value. No triple and quadruple jumps are allowed. Only one single jump and one double jump (including Double Axel) can be repeated once. b) There must be a maximum of two (2) spins of a different nature (abbreviation), one of which must be a spin combination and one must be a spin with no change of position. The spin combination with a change of foot and a minimum of eight (8) revolutions or without a change of foot with a minimum of six (6) revolutions. The spin in one position with a change of foot minimum of eight (8) revolutions or spin in one position without change of foot minimum of six (6) revolutions. In both spins flying entries are allowed. c) There must be a maximum of one (1) step sequence fully utilizing the ice surface.</p>	<p>Levels explanations: For Intermediate Novice Singles, in all elements that are subject to Levels, only features up to Level 2 will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel. 4 The following Program Components are judged: Composition Presentation Skating Skills The factor for Program Components is for Girls 1.7 for Boys 2.0 If the skater has performed spin with level 2 and GOE from all judges was minimum +3, the skater will be awarded by one (1) extra bonus point</p>

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<p>Advanced Novice Has not reached the age of fifteen (15) for a Skater who has met the following requirements before July 1st preceding the competition</p>	<p>Short Program: 2:20 min, +/-10 sec. Free Skating: 3:00 min, +/-10 sec.</p>	<p>Boys The Short Program for Boys' Single Skating shall consist of the following elements: a) Single Axel Paulsen or double Axel Paulsen b) Double or triple jump, may not repeat jump a) c) One jump combination consisting of two double jumps or one double and one triple jump, both jumps may not repeat jump a) or b) d) Sit spin (minimum of five (5) revolutions on each foot) with change of foot and no flying entrance (for season 2022-23). e) Spin combination with only one change of foot (minimum of five (5) revolutions on each foot). Flying entry is allowed. f) One step sequence fully utilizing the ice surface.</p> <p>Girls The Short Program for Girls' Single Skating shall consist of the following elements: a) Single Axel Paulsen or double Axel Paulsen b) Double or triple jump, may not repeat jump a) c) One jump combination consisting of two double jumps or one double and one triple jump, both jumps may not repeat jump a) or b) d) Layback/sideways leaning spin or sit spin in one basic position with no change of foot (minimum six (6) revolutions) and no flying entrance (for season 2022-23). e) Spin combination with only one change of foot (minimum of five (5) revolutions on each foot). Flying entry is allowed. f) One step sequence fully utilizing the ice surface. Jumps not according to Short Program requirements (wrong number of revolutions) will receive no value. If the same jump is executed as a solo jump and as a part of the jump combination, the repeated jump will not be counted (if this repetition is in a jump combination, only the individual jump which is not according to the above requirements will not be counted).</p>	<p>Bonus for Advanced Novice Single Skating Skaters can earn bonus points for jumps that are achieved in Short Program and/or Free Skating. To be eligible for bonus points, jumps must be fully rotated or landed on the quarter (q) and must be in accordance with the Short Program requirements respectively the well balanced Free Skating program and the repetition rules for jumps. Jumps can be performed as a solo jump, or in jump combination or jump sequence. Jumps that are identified by the Technical Panels as under-rotated (<), downgraded (<<), with wrong edge (e) or have a fall or being identified as invalid element (*) are not eligible to receive bonus points. Short Program: In the Short Program a maximum of two (2) bonus points can be achieved: one (1) bonus point for one (1) Double Axel and one (1) bonus point for one (1) triple jump</p>

category	time	Element requirements	Judging
		<p>Boys and Girls A well balanced Free Skating program for Singles Boys and Girls must contain: a) Maximum of 6 jump elements one of which must be an Axel type jump. There may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence. One jump combination or jump sequence can consist of up to three (3) jumps, the other up to two (2) jumps. A jump sequence consists of two or three jumps of any number of revolutions, in which the second and/or the third jump is an Axel type jump with a direct step from the landing curve of the first/second jump in to the take- off curve of the Axel jump. One full revolution on the ice between the jumps (free foot can touch the ice, but without weight transfer) keeps the element in the frame of the definition of a jump sequence. Jumps executed in a jump sequence receive their full value. No quadruple jumps are allowed. Any single, double (including Double Axel) or triple jump cannot be executed more than twice in total. b) There must be a maximum of two (2) spins of a different nature (abbreviation), one of which must be a spin combination with change of foot (minimum eight (8) revolutions), flying entrance is not allowed and one must be a flying spin (minimum six (6) revolutions) or a spin in one position with change of foot and a flying entrance (minimum eight (8) revolutions). c) There must be a maximum of one (1) step sequence fully utilizing the ice surface.</p>	<p>Free Skating: In the Free Skating Program, a maximum of three (3) bonus points can be achieved: one (1) bonus point for one (1) Double Axel and one (1) bonus point each for any two (2) different Triple jumps.</p> <p>Levels explanations: For Advanced Novice Single Skating, in all elements that are subject to Levels, only features up to Level 3 will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel. The following Program Components are judged:</p> <p>Composition Presentation Skating Skills</p> <p>The factor for the Program Components is a) Short Program for girls 1.07 for boys 1.20 b) Free Skating for girls 2.13 for boys 2.40</p> <p>If the skater has performed spin with level 3 and GOE from all judges was minimum +3, the skater will be awarded by one (1) extra bonus point</p>

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<p>Junior skaters must be not yet 19 years old before the previous 1 July</p>	<p>SP 2.40 +/- 10 sec. FS 3.30 +/- 10 sec</p>	<p>SP Men a) Double or triple Axel Paulsen; b) Double or triple Loop jump; c) Jump combination consisting of a double and a triple jump or two triple jumps; d) Flying camel spin; e) Sit spin with only one change of foot; f) Spin combination with only one change of foot; g) Step sequence fully utilizing the ice surface. Ladies a) Double Axel Paulsen; b) Double or triple Lutz jump immediately; c) Jump combination consisting of two double jumps or one double and one triple jump or two triple jumps; d) Flying camel spin; e) Layback / sideways leaning spin or sit spin without change of foot; f) Spin combination with only one change of foot; g) Step sequence fully utilizing the ice surface. A well balanced Free Skating program for Men must contain: maximum of 7 jump elements (one of which must be an Axel type jump); maximum of 3 spins, one of which must be a spin combination, one a flying spin or a spin with a flying entrance and one a spin with only one position; maximum of 1 Choreo sequence. A well balanced Free Skating program for Ladies must contain: maximum of 7 jump elements (one of which must be an Axel type jump); maximum of 3 spins, one of which must be a spin combination, one a flying spin or a spin with a flying entrance and one a spin with only one position; · maximum of 1 Choreo sequence.</p>	<p>If the skater has performed spin with level 4 and GOE from all judges was minimum +4, the skater will be awarded by one (1) extra bonus point</p>

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Senior	SP 2.40 +/- 10 sec. FS 4.00 +/- 10 sec	<p>The Senior Short Program shall consist of the following required elements:</p> <p>Men a) Double or triple Axel Paulsen; b) Triple or quadruple jump; c) Jump combination consisting of a double jump and a triple jump or two triple jumps or a quadruple jump and a double jump or a triple jump; 105 d) Flying spin; e) Camel spin or sit spin with only one change of foot; f) Spin combination with only one change of foot; g) Step sequence fully utilizing the ice surface.</p> <p>Ladies a) Double or triple Axel Paulsen; b) Triple jump; c) Jump combination consisting of a double jump and a triple jump or two triple jumps; d) Flying spin; e) Layback/sideways leaning spin or sit or camel spin without change of foot; f) Spin combination with only one change of foot; g) Step sequence fully utilizing the ice surface.</p> <p>A well balanced Free Skating program for Men must contain: maximum of 7 jump elements (one of which must be an Axel type jump); maximum of 3 spins, one of which must be a spin combination, one a flying spin or a spin with a flying entrance and one a spin with only one position; maximum of 1 step sequence; maximum of 1 choreographic sequence</p> <p>A well balanced Free Skating program for Ladies must contain: maximum of 7 jump elements (one of which must be an Axel type jump); maximum of 3 spins, one of which must be a spin combination, one a flying spin or a spin with a flying entrance and one a spin with only one position; · maximum of 1 step sequence; · maximum of 1 choreographic sequence.</p>	<p>If the skater has performed spin with level 4 and GOE from all judges was minimum +4, the skater will be awarded by one (1) extra bonus point</p>

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Beginners young 2014 and younger	2:00 min. +/- 10 sec.	<ol style="list-style-type: none"> 1. 4 Jump elements. Waltz jump is allowed. 1 Lutz, 1 Flip is not allowed. 2. There may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence. Jump combinations and the jump sequence consist of two (2) jumps. In the jump sequence the second jump must be an Axel type jump with a direct step from the landing curve of the first jump in to the take- off curve of the Axel jump. 3. Max two spins 4. 1 ChSq 	<p>Program Components are judged:</p> <p>Composition Presentation Skating Skills</p> <p>In all elements which are subject to level, only features up to level B will be counted.</p> <p>No jump with the same name will be repeated more than twice.</p> <p>Time violation -0.25 point deduction for every 5 seconds in excesses.</p> <p>Falls -0.25 point deduction for every fall.</p>

category	time	Element requirements	Judging
Beginners 2011-2013	2:00 min. +/- 10 sec.	<ol style="list-style-type: none"> 1. 4 Jump elements, 1 Axel and Double jumps are not allowed. 2. There may be up to two (2) jump combinations 3. Max. 2 spins of different nature 4. 1 ChSq 	<p>Program Components are judged:</p> <p>Composition</p> <p>Presentation</p> <p>Skating Skills</p> <p>In all elements which are subject to level, only features up to level B will be counted.</p> <p>No jump with the same name will be repeated more than twice.</p> <p>Time violation -0.5 point deduction for every 5 seconds in excesses.</p> <p>Falls -0.5 point deduction for every fall.</p>

category	time	Element requirements	Judging
Beginners 2004-2010	2:30 min. +/- 10 sec.	<ol style="list-style-type: none"> 1. 4 Jump elements, 1 Axel and Double jumps are not allowed. 2. There may be up to two (2) jump combinations 3. Max. 2 spins of different nature 4. 1 ChSq 	<p>Program Components are judged:</p> <p>Composition</p> <p>Presentation</p> <p>Skating Skills</p> <p>In all elements which are subject to level, only features up to level B will be counted.</p> <p>No jump with the same name will be repeated more than twice.</p> <p>Time violation -0.5 point deduction for every 5 seconds in excesses.</p> <p>Falls -0.5 point deduction for every fall.</p>

category	time	Element requirements	Judging
Junior B Born after 01/07/2004	3 min. +/- 10 sec.	<ol style="list-style-type: none"> 1. Maximum five (5) jump elements (one of which must be an Axel type jump) 2. There may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence. One jump combination or jump sequence can consist of up to three (3) jumps, the other up to two (2) jumps. A jump sequence consists of two or three jumps of any number of revolutions, in which the second and/or the third jump is an Axel type jump with a direct step from the landing curve of the first/second jump in to the take- off curve of the Axel jump 3. Maximum three (3) spins of a different nature , one of which must be spin combination (minimum of ten (10) revolutions in total) , one a flying spin ore spin with flying entrance (minimum of six (6) revolutions) and one spin is optional (minimum of six (6) revolutions) 4. One (1) step sequence 	Program Components are judged: Composition Presentation Skating Skills All elements which are subject to level, only features up to level three (3) will be counted. No jump with the same name will be repeated more than twice including Axel. Time violation -1.0 point deduction for every 5 seconds in excesses. Falls -1.0 point deduction for every fall. If the skater has performed spin with level 3 and GOE from all judges was minimum +2, the skater will be awarded by one (1) extra bonus point

Adult Free Skating technical requirements.

Age categories for Women and Men Free Skating events:

- 18-20 years old
- 21-28 years old
- 39-38 years old
- 39-48 years old
- 49-58 years old
- 59 years old and older.

category	time	Element requirements	Judging
Elite Masters	3 min +/- 10 sec.	<ul style="list-style-type: none"> - Maximum of six (6) jump elements, one of which must be an Axel type jump. Single, double and triple jumps are permitted. There may be up to three (3) jump combinations or jump sequences in the free program. One (1) jump combination may consist of up to three (3) listed jumps. Two (2) jump combinations may consist of two (2) listed jumps. A jump sequence consists of two (2) listed jumps of any number of revolutions, beginning with any jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the takeoff curve of the Axel jump. Each listed jump may be performed a maximum of two (2) times. Please note that the Euler (half-loop) is considered a listed jump only when used in combination in between two other listed jumps. Non-listed jumps may be included in the program as part of connecting footwork. - Maximum of three (3) spins of a different abbreviation, one (1) of which must be a spin combination with a change of foot and one (1) of which must be a flying spin or a spin with a flying entrance. The spins must have a required minimum number of revolutions: five (5) for any spin with no change of foot, and eight (8) for any spin with a change of foot. A spin that has no basic position with 2 revolutions will receive no level and no value, however a spin with less than three rotations in total is considered as a skating movement and not a spin. Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions in each of these positions anywhere within the spin. To receive full value, a spin combination must include all three (3) basic positions. All spins with change of foot must have at least 3 revolutions on each foot. If this requirement is not fulfilled, the spin will be marked with a V. - Maximum of one (1) step sequence, fully utilising the ice surface. 	<p>The points for each Program Component are multiplied by a factor of 1.6.</p> <p>The warm-up duration is six (6) minutes.</p> <p>Each fall shall receive a deduction of 1.0.</p>

category	time	Element requirements	Judging
Masters	3 min +/- 10 sec.	<ul style="list-style-type: none"> - Maximum of six (6) jump elements, one of which must be an Axel type jump. Single, double and triple jumps are permitted. There may be up to three (3) jump combinations or jump sequences in the free program. One (1) jump combination may consist of up to three (3) listed jumps. Two (2) jump combinations may consist of two (2) listed jumps. A jump sequence consists of two (2) listed jumps of any number of revolutions, beginning with any jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the takeoff curve of the Axel jump. Each listed jump may be performed a maximum of two (2) times. Please note that the Euler (half-loop) is considered a listed jump only when used in combination in between two other listed jumps. Non-listed jumps may be included in the program as part of connecting footwork. - Maximum of three (3) spins of a different abbreviation, one (1) of which must be a spin combination with a change of foot and one (1) of which must be a flying spin or a spin with a flying entrance. The spins must have a required minimum number of revolutions: five (5) for any spin with no change of foot, and eight (8) for any spin with a change of foot. A spin that has no basic position with 2 revolutions will receive no level and no value, however a spin with less than three rotations in total is considered as a skating movement and not a spin. Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions in each of these positions anywhere within the spin. To receive full value, a spin combination must include all three (3) basic positions. All spins with change of foot must have at least 3 revolutions on each foot. If this requirement is not fulfilled, the spin will be marked with a V. - Maximum of one (1) step sequence, fully utilising the ice surface. 	<p>The points for each Program Component are multiplied by a factor of 1.6.</p> <p>The warm-up duration is six (6) minutes.</p> <p>Each fall shall receive a deduction of 1.0.</p>

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Gold	2:50 min +/- 10 sec.	<p>-Maximum of five (5) jump elements, consisting of single jumps (including the single Axel) or double jumps. Double flip, double Lutz, double Axel and triple jumps are not permitted. There may be up to three (3) jump combinations or jump sequences in the free program. One (1) jump combination may consist of up to three (3) listed jumps. Two (2) jump combinations may consist of two (2) listed jumps. A jump sequence consists of two (2) listed single or double jumps, beginning with any jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the takeoff curve of the Axel jump. The jumps in bold above are not permitted. Each listed jump may be performed a maximum of two (2) times. Please note that the Euler (half-loop) is considered a listed jump only when used in combination in between two other listed jumps. Non-listed jumps may be included in the program as part of connecting footwork.</p> <p>- Maximum of three (3) spins of a different abbreviation, one (1) of which must be a spin combination with a change of foot and one (1) of which must be a flying spin or a spin with a flying entrance. The spins must have a required minimum number of revolutions: four (4) for any spin with no change of foot, and eight (8) for any spin with a change of foot. A spin that has no basic position with 2 revolutions will receive no value, however a spin with less than three rotations in total is considered as a skating movement and not a spin. Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions in each of these positions anywhere within the spin. To receive full value, a spin combination must include all three (3) basic positions. All spins with change of foot must have at least 3 revolutions on each foot. If this requirement is not fulfilled, the spin will be marked with a V.</p> <p>- Maximum of one (1) step sequence, fully utilising the ice surface.</p>	<p>The points for each Program Component are multiplied by a factor of 1.6.</p> <p>Only features up to and including Level 3 will be counted for the technical elements. Any additional features will not count for level requirements and will be ignored by the Technical Panel.</p> <p>The warm-up duration is six (6) minutes.</p> <p>Each fall shall receive a deduction of 1.0.</p>

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Silver	2:00 min +/- 10 sec.	<ul style="list-style-type: none"> - Maximum of five (5) jump elements, consisting of any single jumps (including the single Axel). Double jumps and triple jumps are not permitted. There may be up to two (2) jump combinations or jump sequences in the free program. One (1) jump combination may consist of up to three (3) listed jumps. The other jump combination may consist of two (2) listed jumps. A jump sequence consists of two (2) single listed jumps, beginning with any listed jump, immediately followed by an Axel type jump with direct step from the landing curve of the first jump to the takeoff curve of the Axel jump. Each listed jump may be performed a maximum of two (2) times. Please note that the Euler (half-loop) is considered a listed jump only when used in combination in between two other listed jumps. Non-listed jumps may be included in the program as part of connecting footwork. - Maximum of two (2) spins of a different abbreviation, one (1) of which must be a spin combination. The spins must have a required minimum number of revolutions: four (4) for any spin with no change of foot, and six (6) for any spin with a change of foot. A spin that has no basic position with 2 revolutions will receive no value, however a spin with less than three rotations in total is considered as a skating movement and not a spin. Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions in each of these positions anywhere within the spin. To receive full value, a spin combination must include all three (3) basic positions. All spins with change of foot must have at least 3 revolutions on each foot. If this requirement is not fulfilled, the spin will be marked with a V. - Maximum of one (1) choreographic sequence, utilizing at least half (1/2) of the ice surface. 	<p>The points for each Program Component are multiplied by a factor of 1.2.</p> <p>Only features up to and including Level 2 will be counted for the technical elements. Any additional features will not count for level requirements and will be ignored by the Technical Panel.</p> <p>The warm-up duration is six (6) minutes.</p> <p>Each fall shall receive a deduction of 0.5.</p>

category	time	Element requirements	Judging
Bronze	1:40 min +/- 10 sec.	<ul style="list-style-type: none"> - Maximum of four (4) jump elements, consisting only of single jumps. Axel type jumps, double jumps and triple jumps are not permitted. There may be up to two (2) jump combinations in the free program. Each jump combination may consist of two (2) listed jumps. Each listed jump may be performed a maximum of two (2) times. - maximum of two (2) spins of a different abbreviation one of which must be a spin in one position with no change of foot. Flying spins are not permitted. The spins must have a required minimum number of revolutions: three (3) for any spin with no change of foot, and six (6) with a change of foot. A spin that has no basic position with 2 revolutions will receive no value, however a spin with less than three rotations in total is considered as a skating movement and not a spin. Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions in each of these positions anywhere within the spin. To receive full value, a spin combination must include all three (3) basic positions. All spins with change of foot must have at least 3 revolutions on each foot. If this requirement is not fulfilled, the spin will be marked with a V. Only features up to and including Level 1 will be counted. Any additional features will not count for level requirements and will be ignored by the Technical Panel. - Maximum of one (1) choreographic sequence utilizing at least half (1/2) of the ice surface. 	<p>The points for each Program Component are multiplied by a factor of 1.2.</p> <p>The warm-up duration is six (6) minutes.</p> <p>Each fall shall receive a deduction of 0.5.</p>