

IISF TECHNICAL RULES FOR SEASON 2024-2025

| Category | Age limits | Time limits | Required Elements | Level explanations | Factor for components | Deductions | Bonuses |
|---------------------|-----------------------|----------------------|---|--|---|--|---------|
| Pre-Chicks A | born after 01/07/2018 | 2.00 min +/- 10 sec. | <p>1). Maximum four (4) jump elements. 1 Axel and double jumps are allowed.</p> <p>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.</p> <p>3). Maximum two (2) spins of a different abbreviation (minimum of 4 revolutions each) in basic position only.</p> <p>4). One (1) Choreographic Sequence</p> | In all elements which are subject to level, maximum level is Base. | The factor for the Program Components is 1.30 | <p>a) Interruption For every Interruption of:</p> <ul style="list-style-type: none"> • more than 10 seconds up to 20 seconds: -0.5 • more than 20 seconds up to 30 seconds: -1.0 • more than 30 seconds up to 40 seconds: -1.5 <p>Interruption of the program with allowance of up to three (3) minutes to resume from the point of interruption: -2.5 per program</p> <p>b) Program time violation up to every 5 seconds lacking or in excess -0.5</p> <p>c) Part of the costume/decoration falls on the ice -0.5</p> <p>d) Costume/prop violation -0.5</p> <p>e) Late start -0.5</p> <p>f) Falls*</p> <ul style="list-style-type: none"> • per fall outside elements (one Skater only – Single and Pair Skating) -0.5 • falls in elements will be called by the Technical Panel but with no deduction(s). | |

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|-----------------|-----------------------|----------------------|---|--|---|--|---------|
| Chicks A | born after 01/07/2016 | 2.00 min +/- 10 sec. | <p>1). Maximum four (4) jump elements, one of which must be 1 Axel</p> <p>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.</p> <p>3). 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 and no change of foot. The spin combination with a change of foot must have a minimum of eight (8) revolutions and without a change of foot with a minimum of six (6) revolutions. Flying entry is allowed. If with change of foot, only one level feature per foot will count. The spin in one position without change of foot must have a minimum of six (6) revolutions, must be done in a basic position without any difficult variation positions and will be called maximum level basic. After the required revolutions it is allowed to execute difficult variations, but these will be ignored by the Technical Panel. Flying entry is not allowed.</p> <p>4). One (1) Choreographic Sequence</p> | In all elements which are subject to level, only features up to level 1 will be counted. | The factor for the Program Components is 1.30 | <p>a) Interruption For every Interruption of:</p> <ul style="list-style-type: none"> • more than 10 seconds up to 20 seconds: -0.5 • more than 20 seconds up to 30 seconds: -1.0 • more than 30 seconds up to 40 seconds: -1.5 <p>Interruption of the program with allowance of up to three (3) minutes to resume from the point of interruption: -2.5 per program</p> <p>b) Program time violation up to every 5 seconds lacking or in excess -0.5</p> <p>c) Part of the costume/decoration falls on the ice -0.5</p> <p>d) Costume/prop violation -0.5</p> <p>e) Late start -0.5</p> <p>f) Falls*</p> <ul style="list-style-type: none"> • per fall outside elements (one Skater only – Single and Pair Skating) -0.5 • falls in elements will be called by the Technical Panel but with no deduction(s). | |

| Category | Age limits | Time limits | Required Elements | Level explanations | Factor for components | Deductions | Bonuses |
|---------------|-----------------------|----------------------|---|--|---|--|---------|
| Cubs A | born after 01/07/2014 | 2.30 min +/- 10 sec. | <p>1). Maximum four (4) jump elements, one of which must be 1 Axel</p> <p>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.</p> <p>3). 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 and no change of foot. The spin combination with a change of foot must have a minimum of eight (8) revolutions and without a change of foot with a minimum of six (6) revolutions. Flying entry is allowed. If with change of foot, only one level feature per foot will count. The spin in one position without change of foot must have a minimum of six (6) revolutions, must be done in a basic position without any difficult variation positions and will be called maximum level basic. After the required revolutions it is allowed to execute difficult variations, but these will be ignored by the Technical Panel. Flying entry is not allowed.</p> <p>4). One (1) Choreographic Sequence</p> | In all elements which are subject to level, only features up to level 1 will be counted. | The factor for the Program Components is 1.40 | <p>a) Interruption For every Interruption of:</p> <ul style="list-style-type: none"> • more than 10 seconds up to 20 seconds: -0.5 • more than 20 seconds up to 30 seconds: -1.0 • more than 30 seconds up to 40 seconds: -1.5 <p>Interruption of the program with allowance of up to three (3) minutes to resume from the point of interruption: -2.5 per program</p> <p>b) Program time violation up to every 5 seconds lacking or in excess -0.5</p> <p>c) Part of the costume/decoration falls on the ice -0.5</p> <p>d) Costume/prop violation -0.5</p> <p>e) Late start -0.5</p> <p>f) Falls*</p> <ul style="list-style-type: none"> • per fall outside elements (one Skater only – Single and Pair Skating) -0.5 • falls in elements will be called by the Technical Panel but with no deduction(s). | |

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|---------------------|--|----------------------|--|--|---|--|---------|
| Basic Novice | Has not reached the age of fourteen (14) for a Skater who has met the following requirements before July 1st preceding the competition | 2.30 min +/- 10 sec. | <p>1). Maximum of five (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 without using an Euler (half loop) 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 into 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 or quadruple jumps are allowed. Only one single jump and one double jump (including Double Axel) can be repeated once.</p> <p>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 and no change of foot. The spin combination with a change of foot must have a minimum of eight (8) revolutions and without a change of foot with a minimum of six (6) revolutions. Flying entry is allowed. If with change of foot, only one level feature per foot will count. The spin in one position without change of foot must have a minimum of six (6) revolutions, must be done in a basic position without any difficult variation positions and will be called maximum level basic. After the required revolutions it is allowed to execute difficult variations, but these will be ignored by the Technical Panel. Flying entry is not allowed.</p> <p>c) There must be a maximum of one (1) step sequence fully utilizing the ice surface and including at least one skating movement such as a spiral, spread eagle, Ina Bauer, hydroblading etc. If the skating movement is missing, no Level will be given. At least 2 difficult turns and steps must be executed on clean edges for Level basic. The Technical Panel will not award Feature 3) Use of body movements for at least 1/3 of the pattern and Feature 4) Two combinations of 3 difficult turns</p> | In all elements which are subject to level, only features up to level 2 will be counted. | The factor for the Program Components is 1.67 | <p>a) Interruption For every Interruption of:</p> <ul style="list-style-type: none"> • more than 10 seconds up to 20 seconds: -0.5 • more than 20 seconds up to 30 seconds: -1.0 • more than 30 seconds up to 40 seconds: -1.5 <p>Interruption of the program with allowance of up to three (3) minutes to resume from the point of interruption: -2.5 per program</p> <p>b) Program time violation up to every 5 seconds lacking or in excess -0.5</p> <p>c) Part of the costume/decoration falls on the ice -0.5</p> <p>d) Costume/prop violation -0.5</p> <p>e) Late start -0.5</p> <p>f) Falls*</p> <ul style="list-style-type: none"> • per fall outside elements (one Skater only – Single and Pair Skating) -0.5 • falls in elements will be called by the Technical Panel but with no deduction(s). | |

| Category | Age limits | Time limits | Required Elements | Level explanations | Factor for components | Deductions | Bonuses |
|----------------------------|---|----------------------|---|--|--|--|---------|
| Intermediate Novice | Has not reached the age of sixteen (16) for a Skater who has met the following requirements before July 1st preceding the competition | 3.00 min +/- 10 sec. | <p>a). Maximum of 5 jump elements one of which must be an Axel type jump.</p> <p>b). There may be up to two (2) jump combinations or one (1) jump combination without using an Euler (half-loop) 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 into the take-off curve of the Axel jump. One full revolution on the ice between the jumps (free 4 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.</p> <p>c). 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 must have a minimum of eight (8) revolutions and without a change of foot with a minimum of six (6) revolutions, flying entrance is not allowed. If with change of foot, only one level feature per foot will count. The spin in one position with a change of foot must have a minimum of eight (8) revolutions or spin in one position without change of foot must have a minimum of six (6) revolutions, flying entrance is allowed.</p> <p>d). There must be a maximum of one (1) step sequence fully utilizing the ice surface and including at least one skating movement such as a spiral, spread eagle, Ina Bauer, hydroblading etc. If the skating movement is missing, no Level will be given. At least 2 difficult turns and steps must be executed on clean edges for Level basic. The Technical Panel will not award Feature 3) Use of body movements for at least 1/3 of the pattern and Feature 4) Two combinations of 3 difficult turns on different feet.</p> | In all elements which are subject to level, only features up to level 2 will be counted. | <p>The factor for Program Components is:</p> <ul style="list-style-type: none"> • for Boys 2.0 • for Girls 1.7 | <p>a) Interruption For every Interruption of:</p> <ul style="list-style-type: none"> • more than 10 seconds up to 20 seconds: -0.5 • more than 20 seconds up to 30 seconds: -1.0 • more than 30 seconds up to 40 seconds: -1.5 <p>Interruption of the program with allowance of up to three (3) minutes to resume from the point of interruption: -2.5 per program</p> <p>b) Program time violation up to every 5 seconds lacking or in excess -0.5</p> <p>c) Part of the costume/decoration falls on the ice -0.5</p> <p>d) Costume/prop violation -0.5</p> <p>e) Late start -0.5</p> <p>f) Falls*</p> <ul style="list-style-type: none"> • per fall outside elements (one Skater only – Single and Pair Skating) -0.5 • falls in elements will be called by the Technical Panel but with no deduction(s). | |

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|------------------------|---|--|---|--|---|--|---|
| Advanced Novice | Has not reached the age of sixteen (16) for a Skater who has met the following requirements before July 1st preceding the competition | SP 2.20 min +/- 10 sec. FS 3.00 +/- 10 sec | <p>Short Program Boys:</p> <p>a). Single Axel Paulsen or double Axel Paulsen</p> <p>b). Double or triple jump, may not repeat jump a)</p> <p>c). One jump combination consisting of two double jumps or one double and one triple jump, the second jump must be double or triple Toe loop (for season 2024/25), both jumps may not repeat jump a) or b)</p> <p>d). Sit spin with change of foot and no flying entrance (minimum of five (5) revolutions on each foot) (for season 2024/25).</p> <p>e). Spin combination with only one change of foot (minimum of five (5) revolutions on each foot), flying entrance not allowed.</p> <p>f). One step sequence fully utilizing the ice surface. For feature 4) Two combinations of 3 difficult turns on different feet: the combinations must include forward outside rocker and backward inside loop (for season 2024/25), they can be in the same combination or one in the first and the other in the second. Only one difficult turn may be repeated once in the two combinations. At least 2 difficult turns and steps must be executed on clean edges for Level basic.</p> <p>Short Program Girls:</p> <p>a). Single Axel Paulsen or double Axel Paulsen</p> <p>b). Double or triple jump, may not repeat jump a)</p> <p>c). One jump combination consisting of two double jumps or one double and one triple jump, the second jump must be double or triple Toe loop (for season 2024/25), both jumps may not repeat jump a) or b)</p> <p>d). Layback/sideways leaning spin or sit spin with no change of foot (minimum six (6) revolutions) and no flying entrance (for season 2024/25).</p> <p>e). Spin combination with only one change of foot (minimum of five (5) revolutions on each foot), flying entrance not allowed.</p> <p>f). One step sequence fully utilizing the ice surface. For feature 4) Two combinations of 3 difficult turns on different feet: the combinations must include forward outside rocker and backward inside loop (for season 2024/25), they can be in the same combination or one in the first and the other in the second. Only one difficult turn may be repeated once in the two combinations. At least 2 difficult turns and steps must be executed on clean edges for Level basic.</p> <p>Boys and Girls A well balanced Free Skating program for Single Skating Boys and Girls must contain:</p> <p>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 without using an Euler (half-loop) 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</p> | In all elements which are subject to level, only features up to level 3 will be counted. | <p>The factors for the Program</p> <p>Components are</p> <p>a) Short Program</p> <ul style="list-style-type: none"> • for Boys 1.20 • for Girls 1.07 <p>b) Free Skating</p> <ul style="list-style-type: none"> • for Boys 2.40 • for Girls 2.13 | <p>a) Interruption For every Interruption of:</p> <ul style="list-style-type: none"> • more than 10 seconds up to 20 seconds: -0.5 • more than 20 seconds up to 30 seconds: -1.0 • more than 30 seconds up to 40 seconds: -1.5 <p>Interruption of the program with allowance of up to three (3) minutes to resume from the point of interruption: -2.5 per program</p> <p>b) Program time violation up to every 5 seconds lacking or in excess -0.5</p> <p>c) Part of the costume/decoration falls on the ice -0.5</p> <p>d) Costume/prop violation -0.5</p> <p>e) Late start -0.5</p> <p>f) Falls*</p> <ul style="list-style-type: none"> • per fall outside elements (one Skater only – Single and Pair Skating) -0.5 • falls in elements will be called by the Technical Panel but with no deduction(s). | <p>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 as well as 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 Panel 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. However, if in a jump combination or sequence there is a fall on a jump other than the bonus-generating jump, the bonus is still 6 received. For example, 3Sb+2T with a fall on the 2T. If an element has attention (!) and quarter (q), it is still valid for bonus points. 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> |

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|---------------|---|---|--|---|---|------------|---------|
| Junior | Skaters must be not yet 19 years old before the previous 1 July | SP 2.40 +/- 10 sec. FS 3.30 +/- 10 sec | <p>Men</p> <p>a) Double or triple Axel Paulsen; b) Double or triple Flip 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.</p> <p>Women</p> <p>a) Double Axel Paulsen; b) Double or triple Flip jump; 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.</p> <p>A well-balanced Free Skating program for Men must contain:</p> <p>a). Maximum of seven jump elements (one of which must be an Axel type jump); A jump combination and a jump sequence may consist of the same or another single, double, triple or quadruple jump. There may be up to three jump combinations or two jump combinations and one jump sequence in the Free Program. One jump combination or one jump sequence may consist of up to three jumps, the other two up to two jumps each.</p> <p>b). Maximum of three 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; c). Maximum of one choreographic sequence.</p> <p>A well-balanced Free Skating program for Women must contain:</p> <p>a). Maximum of seven jump elements (one of which must be an Axel type jump); A jump combination and a jump sequence may consist of the same or another single, double, triple or quadruple jump. There may be up to three jump combinations or two jump combinations and one jump sequence in the Free Program. One jump combination or one jump sequence may consist of up to three jumps, the other two up to two jumps each.</p> <p>b). Maximum of three 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; c). Maximum of one choreographic sequence.</p> | In all elements which are subject to level, only features up to level 4 will be counted | The factors for the Program Components are a) Short Program • for Men 1.67 • for Women 1.33 b) Free Skating • for Men 3.33 • for Women 2.67 | | |

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|----------|------------|---|---|---|---|------------|---------|
| Senior | | SP 2.40 +/- 10 sec. FS 4.00 +/- 10 sec | <p>Short Program:</p> <p>Men</p> <p>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; 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>Women</p> <p>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:</p> <p>a). maximum of seven jump elements (one of which must be an Axel type jump); A jump combination and a jump sequence may consist of the same or another single, double, triple or quadruple jump. There may be up to three jump combinations or two jump combinations and one jump sequence in the Free Program. One jump combination or one jump sequence may consist of up to three jumps, the other two up to two jumps each. b). maximum of three 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; c). maximum of one step sequence; d). maximum of one choreographic sequence.</p> <p>A well-balanced Free Skating program for Women must contain:</p> <p>a). maximum of seven jump elements (one of which must be an Axel type jump); A jump combination and a jump sequence may consist of the same or another single, double, triple or quadruple jump. There may be up to three jump combinations or two jump combinations and one jump sequence in the Free Program. One jump combination or one jump sequence may consist of up to three jumps, the other two up to two jumps each. b). maximum of three 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; c). maximum of one step sequence; d). maximum of one choreographic sequence.</p> | In all elements which are subject to level, only features up to level 4 will be counted | The factors for the Program Components are a) Short Program • for Men 1.67 • for Women 1.33 b) Free Skating • for Men 3.33 • for Women 2.67 | | |

| Category | Age limits | Time limits | Required Elements | Level explanations | Factor for components | Deductions | Bonuses |
|---------------------|-----------------------|----------------------|--|--|--|---|---------|
| Pre-Chicks B | born after 01/07/2017 | 2.00 min +/- 10 sec. | <p>a). Maximum of four (4) jump elements. 1 Axel and any double jumps are not allowed. Any jump with the same name can't be repeated more than two (2) times in a program.</p> <p>b). There may be up to two (2) jump combinations. Jump combination can contain only two (2) jumps.</p> <p>c). Maximum of two (2) spins of a different abbreviation (minimum of four (4) revolutions).</p> <p>d). Maximum one Choreographic Sequence.</p> | In all elements which are subject to level, maximum level is Base. | The factor for the Program Components is 1.3 | <p>a) Interruption For every Interruption of:</p> <ul style="list-style-type: none"> • more than 10 seconds up to 20 seconds: -0.5 • more than 20 seconds up to 30 seconds: -1.0 • more than 30 seconds up to 40 seconds: -1.5 <p>Interruption of the program with allowance of up to three (3) minutes to resume from the point of interruption: -2.5 per program</p> <p>b) Program time violation up to every 5 seconds lacking or in excess -0.5</p> <p>c) Part of the costume/ decoration falls on the ice -0.5</p> <p>d) Costume/prop violation -0.5</p> <p>e) Late start -0.5</p> <p>f) Falls*</p> <ul style="list-style-type: none"> • per fall outside elements (one Skater only – Single and Pair Skating) -0.5 • falls in elements will be called by the Technical Panel but with no deduction(s). | |

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|-----------------|-----------------------|----------------------|--|---|--|---|---------|
| Chicks B | born after 01/07/2015 | 2.00 min +/- 10 sec. | <p>a). Maximum of four (4) jump elements. 1 Axel and any double jumps are not allowed. Any jump with the same name can't be repeated more than two (2) times in a program.</p> <p>b). There may be up to two (2) jump combinations. Jump combination can contain only two (2) jumps.</p> <p>c). Maximum of two (2) spins of a different abbreviation (minimum of four (4) revolutions).</p> <p>d). Maximum one Choreographic Sequence.</p> | In all elements which are subject to level, only features up to level 1 will be counted | The factor for the Program Components is 1.3 | <p>a) Interruption For every Interruption of:</p> <ul style="list-style-type: none"> • more than 10 seconds up to 20 seconds: -0.5 • more than 20 seconds up to 30 seconds: -1.0 • more than 30 seconds up to 40 seconds: -1.5 <p>Interruption of the program with allowance of up to three (3) minutes to resume from the point of interruption: -2.5 per program</p> <p>b) Program time violation up to every 5 seconds lacking or in excess -0.5</p> <p>c) Part of the costume/ decoration falls on the ice -0.5</p> <p>d) Costume/prop violation -0.5</p> <p>e) Late start -0.5</p> <p>f) Falls*</p> <ul style="list-style-type: none"> • per fall outside elements (one Skater only – Single and Pair Skating) -0.5 • falls in elements will be called by the Technical Panel but with no deduction(s). | |

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|---------------|-----------------------|----------------------|--|---|--|---|---------|
| Cubs B | born after 01/07/2013 | 2.30 min +/- 10 sec. | <p>a). Maximum of four (4) jump elements. 1 Axel and one (1) double jump are allowed not more than two (2) times. 2Lo, 2F and 2Lz – are not allowed.</p> <p>b). There may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence. Jump combination can contain only two (2) jumps. A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any listed jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump.</p> <p>c). Maximum of two (2) spins of a different abbreviation (minimum of four (4) revolutions).</p> <p>d). Maximum one Choreographic Sequence.</p> | In all elements which are subject to level, only features up to level 1 will be counted | The factor for the Program Components is 1.4 | <p>a) Interruption For every Interruption of: • more than 10 seconds up to 20 seconds: -0.5 • more than 20 seconds up to 30 seconds: -1.0 • more than 30 seconds up to 40 seconds: -1.5 Interruption of the program with allowance of up to three (3) minutes to resume from the point of interruption: -2.5 per program b) Program time violation up to every 5 seconds lacking or in excess -0.5 c) Part of the costume/ decoration falls on the ice -0.5 d) Costume/prop violation -0.5 e) Late start -0.5 f) Falls* • per fall outside elements (one Skater only – Single and Pair Skating) -0.5 • falls in elements will be called by the Technical Panel but with no deduction(s).</p> | |

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|------------------|-----------------------|----------------------|---|---|--|---|---------|
| Springs B | born after 01/07/2011 | 2.30 min +/- 10 sec. | <p>a). Maximum of four (4) jump elements (one of which must be an Axel type jump). Maximum 2 (two) different double jumps are allowed and they cannot be repeated more than twice. 2A, 2F and 2Lz are not allowed. Any jump with the same name may be repeated more than twice.</p> <p>b). There may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence. Jump combination can contain only two (2) jumps. A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any listed jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump.</p> <p>c). maximum of two (2) spins of a different abbreviation (minimum of five (5) revolutions) d). Maximum one Choreographic Sequence.</p> | In all elements which are subject to level, only features up to level 1 will be counted | The factor for the Program Components is 1.5 | <p>a) Interruption For every Interruption of: • more than 10 seconds up to 20 seconds: -0.5 • more than 20 seconds up to 30 seconds: -1.0 • more than 30 seconds up to 40 seconds: -1.5 Interruption of the program with allowance of up to three (3) minutes to resume from the point of interruption: -2.5 per program b) Program time violation up to every 5 seconds lacking or in excess -0.5 c) Part of the costume/ decoration falls on the ice -0.5 d) Costume/prop violation -0.5 e) Late start -0.5 f) Falls* • per fall outside elements (one Skater only – Single and Pair Skating) -0.5 • falls in elements will be called by the Technical Panel but with no deduction(s).</p> | |

| Category | Age limits | Time limits | Required Elements | Level explanations | Factor for components | Deductions | Bonuses |
|-----------------|---|----------------------|---|---|--|---|---------|
| Junior B | Skaters must be not yet 19 years old before the previous 1 July | 3.00 min +/- 10 sec. | <p>a.) Maximum five (5) jump elements (one of which must be an Axel type jump). Any jump can't be repeated more than twice.</p> <p>b). 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</p> <p>c). 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)</p> <p>d). Maximum of one (1) step sequence, fully utilising the ice surface</p> | All elements which are subject to level, only features up to level three (3) will be counted. | The factor for the Program Components is 2.0 | Deductions are the same as Junior category. | |

| Category | Age limits | Time limits | Required Elements | Level explanations | Factor for components | Deductions | Bonuses |
|-----------------------------------|------------|----------------------|---|---|--|---|---------|
| Beginners 2018 and younger | | 2.00 min +/- 10 sec. | <p>a) Maximum four (4) Jump elements. Walz jump is allowed not more than twice. 1 Flip, 1 Lutz, 1 Axel and Double jumps are not allowed.</p> <p>b). There may be up to two (2) jump combinations or jump sequences, consisting of 2 jumps.</p> <p>c). Maximum two (2) spins with different abbreviation. Minimum five (5) revolutions for any spin with no change of foot and eight (8) for a spin with a change of foot</p> <p>c). Maximum one Choreographic Sequence.</p> | In all elements which are subject to level, maximum level is Base | The factor for the Program Components is 1.2 | <p>a) Interruption For every Interruption of:</p> <ul style="list-style-type: none"> • more than 10 seconds up to 20 seconds: -0.5 • more than 20 seconds up to 30 seconds: -1.0 • more than 30 seconds up to 40 seconds: -1.5 <p>Interruption of the program with allowance of up to three (3) minutes to resume from the point of interruption: -2.5 per program</p> <p>b) Program time violation up to every 5 seconds lacking or in excess -0.5</p> <p>c) Part of the costume/ decoration falls on the ice -0.5</p> <p>d) Costume/prop violation -0.5</p> <p>e) Late start -0.5</p> <p>f) Falls*</p> <ul style="list-style-type: none"> • per fall outside elements (one Skater only – Single and Pair Skating) -0.5 • falls in elements will be called by the Technical Panel but with no deduction(s). | |

| Category | Age limits | Time limits | Required Elements | Level explanations | Factor for components | Deductions | Bonuses |
|--------------------------------|------------|-------------------------|---|---|--|---|---------|
| Beginners 2016-2017 | | 2.00 min +/- 10 sec. | <p>a) Maximum four (4) Jump elements, 1 Axel and Double jumps are not allowed.</p> <p>b). There may be up to two (2) jump combinations or jump sequences, consisting of 2 jumps.</p> <p>c). Maximum two (2) spins with different abbreviation. Minimum five (5) revolutions for any spin with no change of foot and eight (8) for a spin with a change of foot</p> <p>c). Maximum one Choreographic Sequence.</p> | In all elements which are subject to level, maximum level is Base | The factor for the Program Components is 1.2 | <p>a) Interruption For every Interruption of:</p> <ul style="list-style-type: none"> • more than 10 seconds up to 20 seconds: -0.5 • more than 20 seconds up to 30 seconds: -1.0 • more than 30 seconds up to 40 seconds: -1.5 <p>Interruption of the program with allowance of up to three (3) minutes to resume from the point of interruption: -2.5 per program</p> <p>b) Program time violation up to every 5 seconds lacking or in excess -0.5</p> <p>c) Part of the costume/ decoration falls on the ice -0.5</p> <p>d) Costume/prop violation -0.5</p> <p>e) Late start -0.5</p> <p>f) Falls*</p> <ul style="list-style-type: none"> • per fall outside elements (one Skater only – Single and Pair Skating) -0.5 • falls in elements will be called by the Technical Panel but with no deduction(s). | |

| Category | Age limits | Time limits | Required Elements | Level explanations | Factor for components | Deductions | Bonuses |
|--------------------------------|------------|-------------------------|---|---|--|---|---------|
| Beginners 2013-2015 | | 2.00 min +/- 10 sec. | <p>a) Maximum four (4) Jump elements, 1 Axel and Double jumps are not allowed.</p> <p>b). There may be up to two (2) jump combinations or jump sequences, consisting of 2 jumps.</p> <p>c). Maximum two (2) spins with different abbreviation. Minimum five (5) revolutions for any spin with no change of foot and eight (8) for a spin with a change of foot</p> <p>c). Maximum one Choreographic Sequence.</p> | In all elements which are subject to level, maximum level is Base | The factor for the Program Components is 1.2 | <p>a) Interruption For every Interruption of:</p> <ul style="list-style-type: none"> • more than 10 seconds up to 20 seconds: -0.5 • more than 20 seconds up to 30 seconds: -1.0 • more than 30 seconds up to 40 seconds: -1.5 <p>Interruption of the program with allowance of up to three (3) minutes to resume from the point of interruption: -2.5 per program</p> <p>b) Program time violation up to every 5 seconds lacking or in excess -0.5</p> <p>c) Part of the costume/ decoration falls on the ice -0.5</p> <p>d) Costume/prop violation -0.5</p> <p>e) Late start -0.5</p> <p>f) Falls*</p> <ul style="list-style-type: none"> • per fall outside elements (one Skater only – Single and Pair Skating) -0.5 • falls in elements will be called by the Technical Panel but with no deduction(s). | |

| Category | Age limits | Time limits | Required Elements | Level explanations | Factor for components | Deductions | Bonuses |
|--------------------------------|------------|-------------------------|---|---|--|---|---------|
| Beginners 2011-2012 | | 2.30 min +/- 10 sec. | <p>a) Maximum four (4) Jump elements, 1 Axel is allowed once in a program. Double jumps are not allowed.</p> <p>b). There may be up to two (2) jump combinations or jump sequences, consisting of 2 jumps.</p> <p>c). Maximum two (2) spins with different abbreviation. Minimum five (5) revolutions for any spin with no change of foot and eight (8) for a spin with a change of foot</p> <p>c). Maximum one Choreographic Sequence.</p> | In all elements which are subject to level, maximum level is Base | The factor for the Program Components is 1.2 | <p>a) Interruption For every Interruption of:</p> <ul style="list-style-type: none"> • more than 10 seconds up to 20 seconds: -0.5 • more than 20 seconds up to 30 seconds: -1.0 • more than 30 seconds up to 40 seconds: -1.5 <p>Interruption of the program with allowance of up to three (3) minutes to resume from the point of interruption: -2.5 per program</p> <p>b) Program time violation up to every 5 seconds lacking or in excess -0.5</p> <p>c) Part of the costume/ decoration falls on the ice -0.5</p> <p>d) Costume/prop violation -0.5</p> <p>e) Late start -0.5</p> <p>f) Falls*</p> <ul style="list-style-type: none"> • per fall outside elements (one Skater only – Single and Pair Skating) -0.5 • falls in elements will be called by the Technical Panel but with no deduction(s). | |

| Category | Age limits | Time limits | Required Elements | Level explanations | Factor for components | Deductions | Bonuses |
|--------------------------------|------------|-------------------------|---|---|--|---|---------|
| Beginners 2009-2010 | | 2.30 min +/- 10 sec. | <p>a) Maximum four (4) Jump elements, 1 Axel is allowed not more than twice. Double jumps are not allowed.</p> <p>b). There may be up to two (2) jump combinations or jump sequences, consisting of 2 jumps.</p> <p>c). Maximum two (2) spins with different abbreviation. Minimum five (5) revolutions for any spin with no change of foot and eight (8) for a spin with a change of foot</p> <p>c). Maximum one Choreographic Sequence.</p> | In all elements which are subject to level, maximum level is Base | The factor for the Program Components is 1.2 | <p>a) Interruption For every Interruption of:</p> <ul style="list-style-type: none"> • more than 10 seconds up to 20 seconds: -0.5 • more than 20 seconds up to 30 seconds: -1.0 • more than 30 seconds up to 40 seconds: -1.5 <p>Interruption of the program with allowance of up to three (3) minutes to resume from the point of interruption: -2.5 per program</p> <p>b) Program time violation up to every 5 seconds lacking or in excess -0.5</p> <p>c) Part of the costume/ decoration falls on the ice -0.5</p> <p>d) Costume/prop violation -0.5</p> <p>e) Late start -0.5</p> <p>f) Falls*</p> <ul style="list-style-type: none"> • per fall outside elements (one Skater only – Single and Pair Skating) -0.5 • falls in elements will be called by the Technical Panel but with no deduction(s). | |

| Category | Age limits | Time limits | Required Elements | Level explanations | Factor for components | Deductions | Bonuses |
|--------------------------------|------------|-------------------------|---|---|--|--|---------|
| Beginners 2006-2008 | | 2.30 min +/- 10 sec. | <p>a) Maximum four (4) Jump elements, 1 Axel is allowed not more than twice. Double jumps are not allowed.</p> <p>b). There may be up to two (2) jump combinations or jump sequences, consisting of 2 jumps.</p> <p>c). Maximum two (2) spins with different abbreviation. Minimum five (5) revolutions for any spin with no change of foot and eight (8) for a spin with a change of foot</p> <p>c). Maximum one Choreographic Sequence.</p> | In all elements which are subject to level, maximum level is Base | The factor for the Program Components is 1.2 | <p>a) Interruption For every Interruption of:</p> <ul style="list-style-type: none"> • more than 10 seconds up to 20 seconds: -0.5 • more than 20 seconds up to 30 seconds: -1.0 • more than 30 seconds up to 40 seconds: -1.5 <p>Interruption of the program with allowance of up to three (3) minutes to resume from the point of interruption: -2.5 per program</p> <p>b) Program time violation up to every 5 seconds lacking or in excess -0.5</p> <p>c) Part of the costume/decoration falls on the ice -0.5</p> <p>d) Costume/prop violation -0.5</p> <p>e) Late start -0.5</p> <p>f) Falls*</p> <ul style="list-style-type: none"> • per fall outside elements (one Skater only – Single and Pair Skating) -0.5 • falls in elements will be called by the Technical Panel but with no deduction(s). | |

| Category | Age limits | Time limits | Required Elements | Level explanations | Factor for components | Deductions | Bonuses |
|----------------------|--|-------------------------|---|--|--|---|---------|
| Elite Masters | 18-20 21-28 29-38 49-58 59 and older | 3.00 min +/- 10 sec. | <p>a). 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.</p> <p>b). 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.</p> <p>c). Maximum of one (1) step sequence, fully utilising the ice surface.</p> | Maximum level for a element with level is 4. | The points for each Program Component are multiplied by a factor of 1.6. | Each fall shall receive a deduction of 1.0. | |

| Category | Age limits | Time limits | Required Elements | Level explanations | Factor for components | Deductions | Bonuses |
|----------------|--|-------------------------|--|---|---|---|---------|
| Masters | 18-20 21-28 29-38 49-58 59 and older | 3.00 min +/- 10 sec. | <p>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.</p> <p>b). 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.</p> <p>c). Maximum of one (1) step sequence, fully utilising the ice surface</p> | Maximum level for an element with level is 4. | The points for each Program Component are multiplied by a factor of 1.6 | Each fall shall receive a deduction of 1.0. | |

| Category | Age limits | Time limits | Required Elements | Level explanations | Factor for components | Deductions | Bonuses |
|-------------|--|-------------------------|---|---|---|---|---------|
| Gold | 18-20 21-28 29-38 49-58 59 and older | 2.50 min +/- 10 sec. | <p>a). 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>b). 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.</p> <p>c). Maximum of one (1) step sequence, fully utilising the ice surface.</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. | The points for each Program Component are multiplied by a factor of 1.6 | Each fall shall receive a deduction of 1.0. | |

| Category | Age limits | Time limits | Required Elements | Level explanations | Factor for components | Deductions | Bonuses |
|---------------|--|-------------------------|--|---|--|---|---------|
| Silver | 18-20 21-28 29-38 49-58 59 and older | 2.00 min +/- 10 sec. | <p>a). 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.</p> <p>b). 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</p> <p>c). Maximum of one (1) choreographic sequence</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. | The points for each Program Component are multiplied by a factor of 1.2. | Each fall shall receive a deduction of 0.5. | |
| Bronze | 18-20 21-28 29-38 49-58 59 and older | 1.40 min +/- 10 sec. | <p>a). 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.</p> <p>b). 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.</p> <p>c). Maximum one (1) Choreographic Sequence.</p> | 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. | The factor for the Program Components is 1.2 | Each fall shall receive a deduction of 0.5. | |

1. Skaters, competing in A categories (and only in A categories), are allowed to participate in category higher than category according their age (including further seasons)
2. Transfer from A category to B category is allowed only in case of increasing age category
3. Transfer from A and B categories to Beginners are not allowed.
4. Points awarded at Cup of Israel according to the category

| | Senior, Junior, Advanced Novice | Intermediate Novice, Basic Novice | Cubs A, Chicks A, Pre-Chicks A | B categories |
|--|--|--|---|--------------|
| 1 Place | 6 | 4 | 3 | 2 |
| 2 Place | 4 | 3 | 2 | 1,5 |
| 3 Place | 3 | 2 | 1,5 | 1 |
| 4 Place (In case of min. 6 athletes in category) | 1,5 | 1 | | |