

General Technical Rules for IISF Competitions in season 2025-2026.

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 is 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-st Place	6	4	3	2
2-nd Place	4	3	2	1,5
3-rd Place	3	2	1,5	1
4-th Place (In case of min. 6 athletes in category)	2	1		

5. The rules for ISU Categories are the same as on international competitions.

GUIDELINES FOR NOVICE REQUIREMENTS 2025/26

GUIDELINES FOR SENIOR AND JUNIOR REQUIREMENTS (starts on page 106)

6. Beginner skaters may participate in a category for a maximum of three years. This regulation is effective from the current season. Consequently, any skater who has competed in a category for three seasons is required to transition to a different category.

Category	Age Requirements	Time	Required elements	Level explanations, Components	Deductions (Concerns to all categories except Senior, Junior, Junior B and Adults)
Pre-Chicks A	Born after 01/07/2019	2 min +/- 10 sec.	1. Maximum four (4) jump elements, one of them must 1 Axel. Double jumps are allowed. Waltz Jump is not allowed. 2. There may be up to two (2) jump combinations, consisting of only 2 jumps or one (1) jump combination and one (1) jump sequence. 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 abbreviation (minimum of 4 revolutions each) in basic position only. 4. Maximum one (1) Choreographic Sequence.	1. In all elements which are subject to level, maximum level is Base. 2. Program Components are judged: Composition, Presentation, Skating Skills. 3. The factor for the Program Components is 1.30	1) 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

Category	Age Requirements	Time	Required elements	Level explanations, Components	Deductions (Concerns to all categories except Senior, Junior, Junior B and Adults)
Chicks A	Born after 01/07/2017	2 min +/- 10 sec.	1. Maximum four (4) jump elements, one of which must be 1 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. 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. 4. Maximum one (1) Choreographic Sequence.	1. In all elements which are subject to level, only features up to level 1 will be counted. 2. Program Components are judged: Composition, Presentation, Skating Skills. 3. The factor for the Program Components is 1.30	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 • per fall outside elements (both Skaters – Pair Skating) -1.0 • falls in elements will be called by the Technical Panel but with no deduction(s). * A Fall is defined as loss of control by a Skater with the result that the majority of his/her own body weight is on the ice supported by any other part of the body other than the blades e.g.hand(s), knee(s), buttock(s), or any part of the arm (Rule 503, para 1). g) Illegal elements -2.0

Category	Age Requirements	Time	Required elements	Level explanations, Components	Deductions (Concerns to all categories except Senior, Junior, Junior B and Adults)
Cubs A	Born after 01/07/2015	2:30min +/- 10 sec.	1. Maximum four (4) jump elements, one of which must be 1 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. 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. 4. Maximum one (1) Choreographic Sequence.	1. In all elements which are subject to level, only features up to level 1 will be counted. 2. Program Components are judged: Composition, Presentation, Skating Skills. 3. The factor for the Program Components is 1.40	

Category	Age Requirements	Time	Required elements	Level explanations, Components	Deductions (Concerns to all categories except Senior, Junior, Junior B and Adults)
Pre-Chicks B	Born after 01/07/2018	2 min +/- 10 sec.	1. Maximum of four (4) jump elements. 1 Axel and any double jumps are not allowed. Waltz Jump is not allowed. Any jump with the same name can't be repeated more than two (2) times in a program. 2. There may be up to two (2) jump combinations. Jump combination can contain only two (2) jumps. 3. Maximum of two (2) spins of a different abbreviation (minimum of four (4) revolutions). Only basic positions are allowed. 4. Maximum one (1) Choreographic Sequence.	1. In all elements which are subject to level, maximum level is Base. 2. Program Components are judged: Composition, Presentation, Skating Skills. 3. The factor for the Program Components is 1.20	
Chicks B	Born between 01/07/2016-30/06/2018	2 min +/- 10 sec.	1. 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. Waltz jump is not allowed. 2. There may be up to two (2) jump combinations. Jump combination can contain only two (2) jumps. 3. Maximum of two (2) spins of a different abbreviation (minimum of four (4) revolutions). Only basic positions are allowed. 4. Maximum one (1) Choreographic Sequence.	1. In all elements which are subject to level, only features up to level 1 will be counted. 2. Program Components are judged: Composition, Presentation, Skating Skills. 3. The factor for the Program Components is 1.30	

Category	Age Requirements	Time	Required elements	Level explanations, Components	Deductions (Concerns to all categories except Senior, Junior, Junior B and Adults)
Cubs B	Born between 01/07/2014-30/06/2016	2:30 min +/- 10 sec.	1. 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. 2. 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. 3. Maximum of two (2) spins of a different abbreviation (minimum of four (4) revolutions). One spin should be a spin in one position. Only basic position is allowed. 4. Maximum one (1) Choreographic Sequence.	1. In all elements which are subject to level, only features up to level 1 will be counted. 2. Program Components are judged: Composition, Presentation, Skating Skills. 3. The factor for the Program Components is 1.40	

Category	Age Requirements	Time	Required elements	Level explanations, Components	Deductions (Concerns to all categories except Senior, Junior, Junior B and Adults)
Springs B	Born between 01/07/2012-30/06/2014	2:30 min +/- 10 sec.	1. 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. 2. There may be up to two (2) jump combinations or one a spin ne (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. 3. Maximum of two (2) spins of a different abbreviation (minimum of five (5) revolutions). One spin should be a spin in one position. Only basic position is allowed. 4. Maximum one (1) Choreographic Sequence.	1. In all elements which are subject to level, only features up to level 1 will be counted. 2. Program Components are judged: Composition, Presentation, Skating Skills. 3. The factor for the Program Components is 1.50	

Category	Age Requirements	Time	Required elements	Level explanations, Components	Deductions (Concerns to all categories except Senior, Junior, Junior B and Adults)
Junior B	Must not be 19 years old before the previous 1 of July	3:00 min +/- 10 sec.	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. Maximum one (1) step sequence.	1. Program Components are judged: Composition, Presentation Skating Skills 2. All elements which are subject to level, only features up to level two (2) will be counted. 3. No jump with the same name will be repeated more than twice including Axel. 4. Time violation -1.0 point deduction for every 5 seconds in excesses. 5. The factor for the Program Components is 2.0	Deductions are the same as Junior category.

Category	Time	Required elements	Level explanations, Components	Deductions (Concerns to all categories except Senior, Junior, Junior B and Adults)
Beginners 2019 and younger	2:00 min +/- 10 sec.	1. Maximum four (4) Jump elements. Waltz jump is allowed. 1 Flip, 1 Lutz, 1 Axel and Double jumps are not allowed. Any jump can be executed not more than twice in a program. 2. There may be up to two (2) jump combinations, consisting of 2 jumps. 3. 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. Spins are allowed only in basic position. The attempt to fulfil any level feature will cause no value for this element. 4. Maximum one (1) Choreographic Sequence.	1. In all elements which are subject to level, only level Base can be awarded. 2. Program Components are judged: Composition, Presentation, Skating Skills. 3. The factor for the Program Components is 1.20	
Beginners 2017-2018	2:00 min +/- 10 sec.	1. Maximum four (4) Jump elements, Walts Jump, 1 Lutz, 1 Axel and Double jumps are not allowed. Any jump can be executed not more than twice in a program. 2. There may be up to two (2) jump combinations, consisting of 2 jumps. 3. 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. Spins are allowed only in basic position. The attempt to fulfil any level feature will cause no value for this element. 4. Maximum one (1) Choreographic Sequence.	1. In all elements which are subject to level, only level Base can be awarded. 2. Program Components are judged: Composition, Presentation, Skating Skills. 3. The factor for the Program Components is 1.20	
Beginners 2014-2016	2:00 min +/- 10 sec.	1. Maximum four (4) Jump elements, Walts Jump, 1 Axel and Double jumps are not allowed. 2. There may be up to two (2) jump combinations, consisting of 2 jumps. 3. 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. Spins are allowed only in basic position. The attempt to fulfil any level feature will cause no value for this element. 4. Maximum one (1) Choreographic Sequence.	1. In all elements which are subject to level, only level Base can be awarded. 2. Program Components are judged: Composition, Presentation, Skating Skills. 3. The factor for the Program Components is 1.20	

Category	Time	Required elements	Level explanations, Components	Deductions (Concerns to all categories except Senior, Junior, Junior B and Adults)
Beginners 2012-2013	2:30 min +/- 10 sec.	1. Maximum four (4) Jump elements. 1 Axel is allowed one time in a program. Double jumps are not allowed. Any single jump can be executed not more than twice in a program. 2. There may be up to two (2) jump combinations, consisting of 2 jumps. 3. 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. Spins are allowed only in basic position. The attempt to fulfil any level feature will cause no value for this element. 4. Maximum one (1) Choreographic Sequence.	1. In all elements which are subject to level, only level Base can be awarded. 2. Program Components are judged: Composition, Presentation, Skating Skills. 3. The factor for the Program Components is 1.20	
Beginners 2010-2011	2:30 min +/- 10 sec.	1. Maximum four (4) Jump elements. 1 Axel is allowed. Double jumps are not allowed. Any jump can be executed not more than twice in a program. 2. There may be up to two (2) jump combinations, consisting of 2 jumps. 3. 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. Spins are allowed only in basic position. The attempt to fulfil any level feature will cause no value for this element. 4. Maximum one (1) Choreographic Sequence.	1. In all elements which are subject to level, only level Base can be awarded. 2. Program Components are judged: Composition, Presentation, Skating Skills. 3. The factor for the Program Components is 1.20	

Category	Time	Required elements	Level explanations, Components	Deductions (Concerns to all categories except Senior, Junior, Junior B and Adults)
Beginners 2007-2009	2:30 min +/- 10 sec.	1. Maximum four (4) Jump elements. 1 Axel is allowed one time in a program. Double jumps are not allowed. Any jump can be executed not more than twice in a program. 2. There may be up to two (2) jump combinations, consisting of 2 jumps. 3. 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. Spins are allowed only in basic position. The attempt to fulfil any level feature will cause no value for this element. 4. Maximum one (1) Choreographic Sequence.	1. In all elements which are subject to level, only level Base can be awarded. 2. Program Components are judged: Composition, Presentation, Skating Skills. 3. The factor for the Program Components is 1.20	

Category	Age Requirements	Time	Required elements	Level explanations, Components	Deductions
Elite Masters	18-20 21-28 29-38 39-48 49-58 59 and older	3:00 min +/- 10 sec.	1. Maximum of six (6) jump elements, one of which must be an Axel type jump. Single, double and triple jumps are permitted. 2. 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. 3. 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. 4. Maximum of one (1) step sequence, fully utilising the ice surface.	1. Maximum level for a element with level is 4. 2. Program Components are judged: Composition, Presentation, Skating Skills. 3. The factor for the Program Components is 1.60	Each fall shall receive a deduction of 1.0.

Category	Age Requirements	Time	Required elements	Level explanations, Components	Deductions
Masters	18-20 21-28 29-38 39-48 49-58 59 and older	3:00 min +/- 10 sec.	1. 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. 2. Maximum of three (3) spins of a different abbreviation, one (1) of 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. 3. Maximum of one (1) step sequence.	1. Maximum level for a element with level is 4. 2. Program Components are judged: Composition, Presentation, Skating Skills. 3. The factor for the Program Components is 1.60	Each fall shall receive a deduction of 1.0.

Category	Age Requirements	Time	Required elements	Level explanations, Components	Deductions
Gold	18-20 21-28 29-38 39-48 49-58 59 and older	2:50 min +/- 10 sec.	1. Maximum of five (5) jump elements, consisting of single jumps 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 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. 2. 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. 3. Maximum of one (1) step sequence	1. Maximum level for a element with level is 3. 2. Program Components are judged: Composition, Presentation, Skating Skills. 3. The factor for the Program Components is 1.60	Each fall shall receive a deduction of 1.0.

Category	Age Requirements	Time	Required elements	Level explanations, Components	Deductions
Silver	18-20 21-28 29-38 39-48 49-58 59 and older	2:00 min +/- 10 sec.	1. Maximum of five (5) jump elements, consisting of any single jumps (including the single Axel). Double jumps and triple jumps are not permitted. 2. 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. 3. 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 4. Maximum of one (1) choreographic sequence	1. Maximum level for a element with level is 2. 2. Program Components are judged: Composition, Presentation, Skating Skills. 3. The factor for the Program Components is 1.20	Each fall shall receive a deduction of 1.0.

Category	Age Requirements	Time	Required elements	Level explanations, Components	Deductions
Bronze	18-20 21-28 29-38 39-48 49-58 59 and older	1:40 min +/- 10 sec.	1. Maximum of four (4) jump elements, consisting only of single jumps. Axel type jumps, double jumps and triple jumps are not permitted. 2. 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. 3. 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. 4. Maximum one (1) Choreographic Sequence.	1. Maximum level for a element with level is 1. 2. Program Components are judged: Composition, Presentation, Skating Skills. 3. The factor for the Program Components is 1.20	Each fall shall receive a deduction of 1.0.