

General Technical Rules for IISF Competitions in season 2026-2027.

General.

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. In Beginners categories transfer to another age group is not allowed.
3. Transfer from A and B categories to Beginners is not allowed.
4. IISF Seasonal Ranking and Final Qualification Policy
 - 4.1 Seasonal Ranking Calculation

The ranking score determines an athlete's eligibility for the Season Final.

 - Senior, Junior, and Advanced Novice Categories:

The final score is the higher of:

 - The sum of the **three (3) highest scores** from domestic competitions.
 - The sum of the **two (2) highest scores** from domestic competitions **plus the single best score** from a sanctioned international event.
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 - All Other Categories (Intermediate/Basic Novice, Cubs, Chicks, and "B" Subdivisions):

The ranking is based strictly on domestic results. The score is the sum of the three (3) highest scores achieved during the season.
 - **Exclusions:** Results from the National Championship are independent and do not count toward the seasonal ranking.
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 - 4.2 Qualification for the Season Final

The number of athletes invited to the Season Final is determined by their ranking and category type:

 - **Standard Qualification:** By default, the **top three (3) ranked** athletes/pairs in each category qualify for the Final.
 - **Extended Qualification for "A" Categories:** For all non-"B" categories (Advanced, Junior, Senior, etc.), a **fourth (4th) qualification spot** is granted only if **six (6) or more participants** competed in that specific category throughout the season.
 - **"B" Subdivisions:** Admittance is strictly limited to the **top three (3)** ranked athletes.
5. Club Standings are calculated exclusively based on the results of the **Cup of Israel, Final**.
 - 5.1. Point Allocation Tables
 - Senior, Junior, Advanced Novice: 1st: 6 | 2nd: 4 | 3rd: 3 | 4th: 2
 - Intermediate and Basic Novice: 1st: 4 | 2nd: 3 | 3rd: 2 | 4th: 1
 - Cubs, Chicks, Pre-Chicks: 1st: 3 | 2nd: 2 | 3rd: 1.5
 - All "B" Categories: 1st: 2 | 2nd: 1.5 | 3rd: 1
 - 5.2. Rules for Awarding Points

- **The 4th Place Point Rule:** Points for 4th place (in applicable categories) are only awarded if there are **more than six (>6) competitors** actually skating in that category at the Final.
- **Participation Adjustment (Point Shift):**
If a category has very few entries at the Final, the points are shifted to maintain competitive standards:
 - **2 competitors:** 1st place receives 2nd-place points; 2nd place receives 3rd-place points.
 - **1 competitor:** The athlete receives 3rd-place points.
 - **3 or more competitors:** Points are awarded normally according to the tables above, subject to the 4th-place rule.

Technical Requirements.

Technical Requirements for Senior, Junior, Advanced Novice, Intermediate Novice, Basic Novice are available on the links below.

[GUIDELINES FOR NOVICE CATEGORIES REQUIREMENTS 2026-2027](#)

[GUIDELINES FOR SENIOR AND JUNIOR REQUIREMENTS \(starts on page 103\)](#)

1. Deductions for Cubs, Chicks, Pre-Chicks, Novice B, Springs B, Cubs B, Chicks B, Pre-Chicks B categories:

1.1. Interruption For every Interruption of:

1.1.1. • more than 10 seconds up to 20 seconds: -0.5

1.1.2. • more than 20 seconds up to 30 seconds: -1.0

1.1.3. • more than 30 seconds up to 40 seconds: -1.5

1.2. Interruption of the program with allowance of up to three (3) minutes to resume from the point of interruption: -2.5 per program

1.3. Program time violation up to every 5 seconds lacking or in excess -0.5

1.4. Part of the costume/decoration falls on the ice -0.5

1.5. Costume/prop violation -0.5

1.6. Late start -0.5

1.7. Falls*

1.7.1. • per fall outside elements (one Skater only – Single and Pair Skating) -0.5

1.7.2. • 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).

1.8. Illegal elements -2.0 As all the values of the deductions above are not the standard ones provided by Rules 353, paragraph 1.n), the Referee must give specific instructions to the system operator and check the correct input in each instance.

2. Deductions for Beginners categories:

2.1. Interruption For every Interruption of:

2.1.1. • more than 10 seconds up to 20 seconds: -0.25

2.1.2. • more than 20 seconds up to 30 seconds: -0.5

2.1.3. • more than 30 seconds up to 40 seconds: -1.0

2.2. Interruption of the program with allowance of up to three (3) minutes to resume from the point of interruption: -1.75 per program

2.3. Program time violation up to every 5 seconds lacking or in excess -0.25

2.4. Part of the costume/decoration falls on the ice -0.25

2.5. Costume/prop violation -0.25

2.6. Late start -0.25

2.7. Falls*

2.7.1. • per fall outside elements (one Skater only – Single and Pair Skating) -0.25

2.7.2. • 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).

2.8. Illegal elements -2.0 As all the values of the deductions above are not the standard ones provided by Rules 353, paragraph 1.n), the Referee must give specific instructions to the system operator and check the correct input in each instance.

2.9. In Junior B Category deductions are the same as in Junior Category.

3. Duration of the Programs:

• Cubs	2:30 min. +/- 10 sec.
• Chicks	2:00 min. +/- 10 sec.
• Pre-chicks	2:00 min. +/- 10 sec.
• Junior B	3:00 min. +/- 10 sec.
• Novice B	3:00 min. +/- 10 sec.
• Springs B	2:30 min. +/- 10 sec.
• Cubs B	2:30 min. +/- 10 sec.
• Chicks B	2:00 min. +/- 10 sec.
• Pre-Chicks B	2:00 min. +/- 10 sec.
• Beginners 2017-2018	2:00 min. +/- 10 sec.
• Beginners 2015-2016	2:00 min. +/- 10 sec.
• Beginners 2013-2014	2:30 min. +/- 10 sec.
• Beginners 2011-2012	2:30 min. +/- 10 sec.
• Beginners 2008-2010	2:30 min. +/- 10 sec.

4. Warm-up Time.

• Cubs	4 min.
• Chicks	4 min.
• Pre-chicks	4 min.
• Junior B	5 min.
• Novice B	4 min.
• Springs B	4 min.
• Cubs B	4 min.
• Chicks B	4 min.
• Pre-Chicks B	4 min.
• Beginners 2017-2018	4 min.
• Beginners 2015-2016	4 min.
• Beginners 2013-2014	4 min.
• Beginners 2011-2012	4 min.
• Beginners 2008-2010	4 min.

5. Age Requirements.

• Cubs	Born after 01/07/2016
• Chicks	Born after 01/07/2018
• Pre-chicks	Born after 01/07/2020
• Junior B	Born between 01/07/2007 and 30/06/2010
• Novice B	Born between 01/07/2010 and 30/06/2013
• Springs B	Born between 01/07/2013 and 30/06/2015
• Cubs B	Born between 01/07/2015 and 30/06/2017
• Chicks B	Born between 01/07/2017 and 30/06/2019
• Pre-Chicks B	Born after 01/07/2019
• Beginners 2017-2018	
• Beginners 2015-2016	
• Beginners 2013-2014	
• Beginners 2011-2012	
• Beginners 2008-2010	
• All Adult categories are divided on the following age groups:	
- 18-20	
- 21-28	
- 29-38	
- 39-48	
- 49-58	
- 59 and older	

6. Levels explanations:

For next categories, in all elements that are subject to Levels, only features up to Level that will be indicated in the list lower will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

• Cubs	1
• Chicks	1
• Pre-chicks	Basic
• Junior B	3
• Novice B	2
• Springs B	1
• Cubs B	1
• Chicks B	1
• Pre-Chicks B	1
• Beginners (all ages)	Basic
• Adult Elite Masters	4
• Adult Masters	4
• Gold	3
• Silver	2
• Bronze	1

7. Components & Factor for Program Components:

The following Program Components are judged:

- Composition
- Presentation
- Skating Skills

The factors for the Program Components are:

• Cubs	1,40
• Chicks	1,30
• Pre-chicks	1,30
• Junior B	2,0
• Novice B	1,60
• Springs B	1,50
• Cubs B	1,40
• Chicks B	1,30
• Pre-Chicks B	1,20
• Beginners (all ages)	1,20
• Adult Elite Masters	1,60
• Adult Masters	1,60
• Gold	1,60
• Silver	1,20
• Bronze	1,20

8. Technical Requirements.

Cubs

- a) 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 the 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 takeoff 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. Jump combinations and jump sequence with an Euler (half-loop) when used in a jump combination or sequence between two listed jumps are not allowed. Double Axel, triple or quadruple jumps are not allowed. Only one single jump and one double jump can be repeated once. The same type of jump independent of revolutions can be included not more than two times in the Free Skating program.
- 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 Camel/Layback 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 not allowed. If with change of foot, only one level feature per foot will count. Maximum level on combination spin is One (1). The spin in one position without change of foot must have a minimum of six (6) revolutions, must be done in a basic position and will be called maximum level basic. No level features are allowed in this spin. 8 revolutions can be done but will not count as an attempted feature. Flying entry is not allowed.
- c) There must be one Choreographic Sequence consisting of at least two different skating movements.

Chicks

- a) Maximum of four (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 without using the 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 takeoff 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.

Jump combinations and jump sequence with an Euler (half-loop) when used in a jump combination or sequence between two listed jumps are not allowed. Double Axel, triple or quadruple jumps are not allowed. Only one single jump and one double jump can be repeated once. The same type of jump independent of revolutions can be included not more than two times in the Free Skating program.

- 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 Sit 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 not allowed. If with change of foot, only one level feature per foot will count. Maximum level on combination spin is One (1). The spin in one position without change of foot must have a minimum of six (6) revolutions, must be done in a basic position and will be called maximum level basic. No level features are allowed in this spin. 8 revolutions can be done but will not count as an attempted feature. Flying entry is not allowed.
- c) There must be one Choreographic Sequence consisting of at least two different skating movements.

Pre-Chicks

- a) Maximum of four (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 without using the 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 takeoff 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. Jump combinations and jump sequence with an Euler (half-loop) when used in a jump combination or sequence between two listed jumps are not allowed. Double Axel, triple or quadruple jumps are not allowed. Only one single jump and one double jump can be repeated once. The same type of jump independent of revolutions can be included not more than two times in the Free Skating program.
- b) There must be a maximum of two (2) spins of a different nature (abbreviation), one of which must be a Sit spin and one must be a Camel/Upright spin. In both spins no change of position and no change of foot are allowed. The spins must have a minimum of four (4) revolutions, must be done in a basic position and will be called maximum level basic. No level features are allowed in these spins. 8 revolutions can be done but will not count as an attempted feature. Flying entry is not allowed.

- c) There must be one Choreographic Sequence consisting of at least two different skating movements.

Junior B

- a) Maximum five (5) jump elements (one of which must be an Axel type jump). There may be up to two jump combinations or one jump combination without using an Euler (half-loop) and one jump sequence in the Free Skating. 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. A jump combination and a jump sequence may consist of the same or another single, double, triple or quadruple jump. An Euler can only be executed once, in between two listed jumps, in Free Skating.
- b) Maximum of three spins, one of which must be a spin combination, one a flying spin with no change of foot or position and one choreographic spin;
- c) Maximum one (1) step sequence.

Novice B

- a) Maximum of five (5) jump elements one of which must be an Axel type jump. Maximum 3 (three) different double jumps are allowed and they cannot be repeated more than twice. There may be up to two (2) jump combinations or one (1) jump combination without using the 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 takeoff 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. Jump combinations and jump sequence with an Euler (half-loop) when used in a jump combination or sequence between two listed jumps are not allowed. Double Lutz, Double Axel, triple or quadruple jumps are not allowed. Only one single jump and one double jump can be repeated once. The same type of jump independent of revolutions can be included not more than two times in the Free Skating program.
- 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 Camel/Layback 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 not allowed. If with change of foot, only one level feature per foot will count. Maximum level on combination spin is One (1). The spin in one position without

change of foot must have a minimum of six (6) revolutions, must be done in a basic position and will be called maximum level basic. No level features are allowed in this spin. 8 revolutions can be done but will not count as an attempted feature. Flying entry is not allowed.

- c) Maximum one (1) step sequence. 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, and Feature 5) Body movements included in a combination of 3 difficult turns feature.

Springs B

- a) Maximum of four (4) jump elements one of which must be an Axel type jump. Double Axel, Double Flip, Double Lutz, triple or quadruple jumps are not allowed. There may be up to two (2) jump combinations or one (1) jump combination without using the 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 takeoff 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. Jump combinations and jump sequence with an Euler (half-loop) when used in a jump combination or sequence between two listed jumps are not allowed. Only one single jump and one double jump can be repeated once. The same type of jump independent of revolutions can be included not more than two times in the Free Skating program.
- 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 Sit 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 not allowed. If with change of foot, only one level feature per foot will count. Maximum level on combination spin is One (1). The spin in one position without change of foot must have a minimum of six (6) revolutions, must be done in a basic position and will be called maximum level basic. No level features are allowed in this spin. 8 revolutions can be done but will not count as an attempted feature. Flying entry is not allowed.
- c) There must be one Choreographic Sequence consisting of at least two different skating movements.

Cubs B

- a) Maximum of four (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 without using the 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 takeoff 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. Jump combinations and jump sequence with an Euler (half-loop) when used in a jump combination or sequence between two listed jumps are not allowed. Double Loop, Double Flip, Double Lutz, Double Axel, triple or quadruple jumps are not allowed. Only one single jump and one double jump can be repeated once. The same type of jump independent of revolutions can be included not more than two times in the Free Skating program.

- 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 Sit 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 not allowed. If with change of foot, only one level feature per foot will count. Maximum level on combination spin is One (1). The spin in one position without change of foot must have a minimum of six (6) revolutions, must be done in a basic position and will be called maximum level basic. No level features are allowed in this spin. 8 revolutions can be done but will not count as an attempted feature. Flying entry is not allowed.
- c) There must be one Choreographic Sequence consisting of at least two different skating movements.

Chicks B

- a) Maximum of four (4) jump elements. There may be up to two (2) jump combinations. Jump combinations consist of two (2) jumps. Single Axel, double, triple or quadruple jumps are not allowed. Any jump can't be repeated more than two (2) times in a program.
- b) There must be a maximum of two (2) spins of a different nature (abbreviation), one of which must be a Sit spin and one must be a Camel spin. In both spins no change of position and no change of foot are allowed. The spins must have a minimum of four (4) revolutions, must be done in a basic position and will be called maximum level basic. No level features are allowed in these spins. 8 revolutions can be done but will not count as an attempted feature. Flying entry is not allowed.
- c) There must be one Choreographic Sequence consisting of at least two different skating movements.

Pre-Chicks B

- a) Maximum of four (4) jump elements. There may be up to two (2) jump combinations. Jump combinations consist of two (2) jumps. Waltz Jump is allowed. Single Axel, double, triple or quadruple jumps are not allowed. Any jump can't be repeated more than two (2) times in a program.
- b) There must be a maximum of two (2) spins of a different nature (abbreviation), one of which must be a Sit spin and one must be a Upright spin. In both spins no change of position and no change of foot are allowed. The spins must have a minimum of four (4) revolutions, must be done in a basic position and will be called maximum level basic. No level features are allowed in these spins. 8 revolutions can be done but will not count as an attempted feature. Flying entry is not allowed.
- c) There must be one Choreographic Sequence consisting of at least two different skating movements.

Beginners (All ages)

- a) Maximum of four (4) jump elements. There may be up to two (2) jump combinations. Jump combinations consist of two (2) jumps. Waltz Jump is allowed. Single Axel, double, triple or quadruple jumps are not allowed. Any jump can't be repeated more than two (2) times in a program.
- b) Maximum two (2) spins with different abbreviation. Minimum four (4) revolutions for any spin with no change of foot and six (6) 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.
- c) There must be one Choreographic Sequence consisting of at least two different skating movements.

Adults

Elite Masters

- 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. Each listed jump may be performed a maximum of two (2) times.
- 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.

- c) Maximum of one (1) step sequence, fully utilising the ice surface.

Masters

- 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. Each listed jump may be performed a maximum of two (2) times.
- b) 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.
- c) Maximum of one (1) step sequence, fully utilising the ice surface.

Gold

- a) 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.
- 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.
- c) Maximum of one (1) step sequence, fully utilising the ice surface.

Silver

- 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. Jump combination and jump sequence 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.
- 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.
- c) There must be one Choreographic Sequence consisting of at least two different skating movements.

Bronze

- 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 Skating. Each jump combination may consist of two (2) listed jumps. Each listed jump may be performed a maximum of two (2) times.
- 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.
- c) There must be one Choreographic Sequence consisting of at least two different skating movements.