

## Announcement

### 23rd Hamburger Michel 2017 (Interclub Competition)



#### **I. General information**

- Organizer:** Hamburger Schlittschuh-Club 1881 e.V.  
**Office:** Buchholzer Landstraße 53a, 21244 Buchholz
- Location:** Eissporthalle Eisland Farmsen,  
Berner Heerweg 152, 22159 Hamburg – Farmsen  
Ice rink 30x60 m
- Date:** **08.04. – 09.04.2017**
- Close of entries:** **Friday, 17.03.2017**
- Entries:** to be sent to Email: [info@hsc1881.de](mailto:info@hsc1881.de)
- Declaration:** The entries have to be made exclusively by the association or club of the participant on a form provided for this purpose. Homepage HSC: [www.hsc1881.de](http://www.hsc1881.de)  
Entries from individual coaches are **not** accepted!

The organizer reserves its right to limit the number of participant, if the number of registrations exceeds the capacity. Registrations will be accepted in the order of complete registration documents (entry form, PPC, registration fees).

- Contents of entries:**
1. Name, first name of participant
  2. Date of birth of participant
  3. Sex of participant
  4. Category
  5. Examination of participant
  6. No. of Sports passport (DEU-Pass)
  7. Name of the club/nation
  8. Planned Program Content Sheet

By submitting the entries, the reporting club confirms the participant's amateurship and assures that the conditions of participation are fulfilled.

**Before the start of the competition, the participants have to submit at registration office:**

1. The sports passport with all current entries
2. The sports health certificate, issued after the 30.09.2016 by a doctor.

**Registration fee:** Per participant in Basic Novice A and B, Springs, ISU Adults € **35,00** (double fee € 70,00)  
Per participant in Juniors, Youth Class, Novice and Debs € **40,00** (double fee € 80,00)

**Registration fee has to be paid at the time of registration. Please transfer the money to the following account:**

**Hamburger Schlittschuh-Club e.V.**

**Banking account: Hamburger Sparkasse**

**IBAN: DE80 2005 0550 1280 1028 39**

**BIC: HASPDEHHXXX**

Transfer/Usage: Name of Club / Competitors/Quantity

If the registration fee is paid on the competition day, the registration fee will be increased by € 10,00 per participant!

**Participation in the competition can be excluded if the registration fee is not paid. The registration fee will not be refund.**

**General conditions of participation:**

The competition will be held in accordance with the age classes and division determined in the „Skating-Commission“. If a participant have reached a higher examination, he is allowed to start in the higher class of age.

**The Organizer will publish all competition results as well as photos and videos from the competition on our website. With participation, the athlete or his or her parents expressly agrees to this.**

**Liability:** The organizers of the competition do not accept liability for damage or injury incurred by participants or officials during the event.

**Payment:** The Participants receive no payment.

**Participation authority:**

- a) the competition is open to amateurs, who are member of an association or club
- b) before competition begins the medical attest and the Sports passport (DEU) have to be submit
- c) the other conditions of the announcement are complied.

**Judging:** The competition will be conducted according to the current DKB, ISU provisions (ISU Constitution and General Regulations, ISU Special Regulations and Technical Rules Single and Pair Skating, as well as all relevant ISU Communications) and DEU

information, as long as nothing else is stated in this announcement.

**Awards/Certificates:** The first three places in each category will receive an award.

**Starting permission:** the starting permission can be refused by the organizer, if all conditions and the registration fee are not fulfilled.

**Results:** All results will be calculated according to the ISU Regulations, Rule 353.

**Program Content Sheet:** Each Skater, shall present a Program Content Sheet i.e. an official form indicating the planned elements for each Segment of the competition. They have to be submit to [info@hsc1881.de](mailto:info@hsc1881.de) within one week after close of entries. You'll find a form on our Homepage HSC: [www.hsc1881.de](http://www.hsc1881.de)

**Judges and Officials:** Registering associations and clubs are required to supply a judge or technical specialist/controller with the minimum qualification „national championships“ who is trained in the ISU Judging System. If no judge is supplied, the registration fee will be doubled.

**Closing date for Judges and Officials:** 10.03.2017

## II. Technical conditions

**Time schedule:** The time schedule is created after all registrations have been received. It will be sent to all clubs by e-mail and published on homepage: [www.hsc1881.de](http://www.hsc1881.de) at the same time.

**Draw:** For organizational reasons the first draw is made by computer. Interim draws take place in the foyer about 15 minutes after the end of the partial competition.

**Music:**

1. All Participants shall provide competition music of excellent quality on CD-R (no MP3)
  - a) The music covers/discs must be technically flawless and labeled with the following information:
    1. Name and first name of the participant
    2. Competition category
    3. Name of the club/nation
    4. length of the music (not length of the program),
  - b) Each program (Short Program/Free Skating) must be recorded on one track and on a separate disc;
  - c) Participants must provide a back-up drive for each program.

**If music information is not complete and discs not provided, accreditation will not be given.**

Please turn in your CDs at reception on the day of competition at the latest. You can pick up your CDs there at the end of the competition. Each skater should also have a duplicate CD with

him/her. The organizing committee does not accept liability for either damage or loss of CDs.

**Accommodation:** All participants and officials have to bear their own expenses. They may book accommodation individually: [www.hamburg-tourism.de](http://www.hamburg-tourism.de)

The Hotel „Eggers“ (near the ice rink) can be booked with special conditions under the heading „23rd Hamburger Michel 2017“. [www.eggers.de](http://www.eggers.de)

### III. Competition

**Purpose:** The purpose of the event is the promotion for young and broad athletes in figure skating

**General:** For each categories, binding programs are valid, which must comply with the recent rules of ISU and DEU.

**Single Skating:** Rule 611 Short Program Singles

1. a) The Short Program for Single Skating (Senior and Junior) consists of seven (7) required elements. The sequence of the elements is optional;

b) No extra marks are obtained by extending the program to the maximum time allowed if this is unnecessary. The music is chosen by each Competitor, vocal music with lyrics is permitted;

c) If an unprescribed or additional element (performed) substitutes a required element (not performed), the respective box will be blocked and this performed element will be considered as not according to the requirements (no value).

d) Unlisted or additional elements such as jumps, spins, steps or repetitions, even of failed elements, are not marked and consequently do not block a “box” (spot) of another type of elements

Rule 612 Free Skating Singles

1. Free Skating consists of a well balanced program of Free Skating elements, such as jumps, spins, steps and other linking movements executed with a minimum of two footed skating in harmony with music of the Competitor’s choice, vocal music with lyrics is permitted

Competition	Qualification	Duration	Required Elements
<b>Senior Ladies / Men SP</b>	1 class  Factors: ISU Special Regulations	Men/ Ladies: max. 2:40 min +/- 10 sec.	Short Program shall consist of the following required elements: <b>Men</b> <b>a)</b> Double or triple Axel Paulsen; <b>b)</b> Triple or quadruple jump

<p><b>Free Program</b></p>	<p>&amp; Technical Rules Single &amp; Pair Skating 2016, Rule 353, §1, m) are the factors for the program components</p> <p><b>Men:</b> Short Program 1,0 Free 2,0</p> <p><b>Ladies:</b> Short Program 0,8 Free 1,6</p>	<p>Men: 4:30 min +/- 10 sec. Ladies: 4:00 min +/- 10 sec.</p>	<p>immediately preceded by connecting steps and/or other comparable Free Skating movements;</p> <p><b>c)</b> 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;</p> <p><b>d)</b> Flying spin;</p> <p><b>e)</b> Camel spin or sit spin with only one change of foot;</p> <p><b>f)</b> Spin combination with only one change of foot;</p> <p><b>g)</b> Step sequence fully utilizing the ice surface.</p> <p><b>Ladies</b></p> <p><b>a)</b> Double or triple Axel Paulsen;</p> <p><b>b)</b> Triple jump immediately preceded by connecting steps and/or other comparable Free Skating movements;</p> <p><b>c)</b> Jump combination consisting of a double jump and a triple jump or two triple jumps;</p> <p><b>d)</b> Flying spin;</p> <p><b>e)</b> Layback/sideways leaning spin or sit or camel spin without change of foot;</p> <p><b>f)</b> Spin combination with only one change of foot;</p> <p><b>g)</b> Step sequence fully utilizing the ice surface.</p> <p>Free Skating consists a well balanced program</p> <p><b>Men</b></p> <p>a) maximum of 8 jump elements (one of which must be an Axel type jump);</p> <p>b) maximum of 3 spins, one of which must be a spin combination, one a flying spin or a spin with a flying entrance and one a spin with only one position;</p> <p>c) maximum of 1 step sequence;</p> <p>d) maximum of 1 choreographic sequence.</p> <p><b>Ladies</b></p> <p><b>a)</b> maximum of 7 jump elements (one of which must be an Axel type jump);</p> <p><b>b)</b> maximum of 3 spins, one of which must be a spin combination, one a flying spin or a spin with a flying entrance and one a spin with only one position;</p> <p><b>c)</b> maximum of 1 step sequence;</p> <p><b>d)</b> maximum of 1 choreographic sequence.</p>
<p><b>Junior Ladies / Men SP</b></p>	<p>min. 2 class</p>	<p>Men/ Ladies: max. 2:40 min +/- 10 sec.</p>	<p><b>Men</b></p> <p><b>a)</b> Double or triple Axel Paulsen;</p> <p><b>b)</b> Double or triple Loop jump immediately preceded by connecting steps and/or by other comparable Free Skating movements;</p> <p><b>c)</b> Jump combination consisting of a double and a triple jump or two triple jumps;</p> <p><b>d)</b> Flying camel spin;</p> <p><b>e)</b> Sit spin with only one change of foot;</p>

<p><b>Free Program</b></p>		<p><b>Men:</b>  <b>4:00 min</b>  <b>+/- 10 sec.</b>  <b>Ladies:</b>  <b>3:30 min</b>  <b>+/- 10 sec.</b></p>	<p><b>f)</b> Spin combination with only one change of foot;  <b>g)</b> Step sequence fully utilizing the ice surface.</p> <p><b>Ladies</b>  <b>a)</b> Double Axel Paulsen;  <b>b)</b> Double or triple Loop jump immediately preceded by connecting steps and/or by other comparable Free Skating movements;  <b>c)</b> Jump combination consisting of two double jumps or one double and one triple jump or two triple jumps;  <b>d)</b> Flying camel spin;  <b>e)</b> Layback / sideways leaning spin or sit spin without change of foot;  <b>f)</b> Spin combination with only one change of foot;  <b>g)</b> Step sequence fully utilizing the ice surface</p> <p>A well balanced Free Skating program for <b>Men</b> must contain:  <b>a)</b> maximum of 8 jump elements (one of which must be an Axel type jump);  <b>b)</b> maximum of 3 spins, one of which must be a spin combination, one a flying spin or a spin with a flying entrance and one a spin with only one position;  <b>c)</b> maximum of 1 step sequence.</p> <p>A well balanced Free Skating program for <b>Ladies</b> must contain:  <b>a)</b> maximum of 7 jump elements (one of which must be an Axel type jump);  <b>b)</b> maximum of 3 spins, one of which must be a spin combination, one a flying spin or a spin with a flying entrance and one a spin with only one position;  <b>c)</b> maximum of 1 step sequence.</p>
<p><b>Youth Class under 18</b>   <b>Ladies / Men SP</b></p>	<p>min. 3 class</p>	<p><b>2:40 min</b>  <b>+/- 10 sec.</b></p>	<p>For Ladies and Men  ISU Technical Rules Single &amp; Pair Skating 2016, Rule 611, § 1 and 3 2016/2017, for but with limitations in the points a), b) and c)  <b>a)</b> Axel (Double Axel is not allowed)  <b>b)</b> Double-Loop immediately preceded by connecting steps and/or by other comparable Free Skating movements;  <b>c)</b> Jump combination consisting of two double jumps  <b>d)</b> flying camel spin with (8) revolutions  <b>e) Men:</b> Sit spin with change of foot (with 6/6 revolutions on each foot)  <b>Ladies:</b> Layback / sideways leaning spin (with (8) revolutions) or Sit spin without change of foot  <b>f)</b> Spin combination with only one change of foot; (with 6/6 revolutions on each foot)  <b>g)</b> Step sequence fully utilizing the ice surface</p>

<p><b>Free Program</b></p>		<p><b>Men:</b>  <b>4:00 min</b>  <b>+/- 10 sec.</b></p> <p><b>Ladies:</b>  <b>3:30 min</b>  <b>+/- 10 sec.</b></p>	<p>In accordance with ISU Technical Rules Single &amp; Pair Skating 2016, Rule 612, <u>Junior</u> and the respective ISU Communications. Special attention should be paid to the „well balanced program“ and the element value.  Attention: Double jumps, including the double Axel, may be shown at most twice in each program. Triple or quadruple jumps are only allowed to repeat in a combination or sequence.</p>
<p><b>Advanced Novice</b>  <b>Boys</b>  <b>SP</b></p> <p><b>Girls</b>  <b>SP</b></p> <p><b>Free Program</b>  <b>Boys</b></p> <p><b>Girls</b></p>	<p>min. 4 class</p>	<p><b>2:20 min,</b>  <b>+/- 10 sec.</b></p> <p><b>2:20 min,</b>  <b>+/- 10 sec.</b></p> <p><b>3:30 min,</b>  <b>+/- 10 sec.</b></p> <p><b>3:00 min,</b>  <b>+/- 10 sec.</b></p>	<p><b>Boys:</b> The Short Program for Boys' Singles shall consist of the following elements:  <b>a)</b> Axel Paulsen or double Axel Paulsen  <b>b)</b> Double or triple jump immediately preceded by connecting steps, may not repeat jump a)  <b>c)</b> One jump combination consisting of two double jumps or one double and one triple jump, both jumps may not repeat jump a) or b)  <b>d)</b> Camel, sit or upright spin (minimum of five (5) revolutions on each foot) with change of foot and no flying entrance.  <b>e)</b> Spin combination with only one change of foot (minimum of five (5) revolutions on each foot). Flying entry is allowed.  <b>f)</b> One step sequence fully utilizing the ice surface.</p> <p><b>Girls</b>  The Short Program for Girls' Singles shall consist of the following elements:  <b>a)</b> Axel Paulsen or double Axel Paulsen  <b>b)</b> Double or triple jump immediately preceded by connecting steps, may not repeat jump a)  <b>c)</b> One jump combination consisting of two double jumps or one double and one triple jump, both jumps may not repeat jump a) or b)  <b>d)</b> Layback/sideways leaning spin or spin in one basic position with no change of foot (minimum six (6) revolutions).  <b>e)</b> Spin combination with only one change of foot (minimum of five (5) revolutions on each foot). Flying entry is allowed.  <b>f)</b> One step sequence fully utilizing the ice surface.</p> <p>Jumps not according to Short Program requirements (wrong number of revolutions) will receive no value.</p> <p><b>Boys and Girls</b>  A well balanced Free Skating program for Singles must contain:  <b>a)</b> Maximum 6 jump elements for Girls and 7 jump elements for Boys one of which must be an Axel type jump. There may be up to two (2) jump combinations or sequences.</p>

			<p>A jump combination can contain only two (2) jumps. A jump sequence can contain any number of jumps, but only two most difficult jumps will be counted.</p> <p>Any single and double jump (including Double Axel) cannot be executed more than twice in total.</p> <p><b>b)</b> There must be a maximum of two (2) spins of a different nature, one of which must be a spin combination (minimum eight (8) revolutions) and one must be a flying spin (minimum six (6) revolutions) or a spin with a flying entrance (minimum eight (8) revolutions).</p> <p><b>c)</b> There must be a maximum of one (1) step sequence fully utilizing the ice surface.</p> <p>Levels explanations: For Advanced Novice Singles, in all elements that are subject to Levels, only features up to Level 3 will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel. The Program Components are only judged in</p> <ul style="list-style-type: none"> <li>• Skating Skills</li> <li>• Transitions</li> <li>• Performance</li> <li>• Interpretation</li> </ul> <p>The factors for the Program Components is</p> <p>a) Short Program</p> <ul style="list-style-type: none"> <li>- for boys 0.9</li> <li>- for girls 0.8</li> </ul> <p>b) Free Skating</p> <ul style="list-style-type: none"> <li>- for boys 1.8</li> <li>- for girls 1.6</li> </ul>
<p><b>Basic Novice A Girls / Boys</b></p>	<p>a) has reached at least the age of ten (10) b) has not reached the age of thirteen (13) for Girls and Boys in singles competitions</p>	<p><b>2:30 min, +/- 10 sec.</b></p>	<p>A well balanced Free Skating program for Singles A boys and girls must contain:</p> <p><b>a)</b> Maximum of 4 jump elements for Girls and Boys one of which must be an Axel type jump. There may be up to two (2) jump combinations or sequences. Jump combinations can contain only two (2) jumps. A jump sequence can contain any number of jumps, but only two most difficult jumps will be counted. Triple jumps are not permitted. Any single and double jump (including Double Axel) cannot be executed more than twice in total.</p> <p><b>b)</b> There must be a maximum of two (2) spins of a different nature (abbreviation), one of which must be a spin combination and one must be a spin with no change of position. The spin combination with a change of foot and a minimum of eight (8) revolutions or without a change of foot with a minimum of six (6) revolutions.</p>



			<p>The spin in one position with a change of foot minimum of eight (8) revolutions or spin in one position without change of foot minimum of six (6) revolutions. In both spins flying entries are allowed. <b>c)</b> There must be one (1) step sequence fully utilizing the ice surface.</p> <p>The Program Components are only judged in</p> <ul style="list-style-type: none"> <li>• Skating Skills</li> <li>• Performance</li> </ul> <p>The Factor of the Program Components is 2.5. Levels explanations: For Basic Novice A Singles, in all elements that are subject to Levels, only features up to Level 2 will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.</p>
<b>Basic Novice B Girls / Boys</b>	<p>a) has reached at least the age of thirteen (13) b) has not reached the age of fifteen (15) for Girls and Boys</p>	<b>3:00 min, +/- 10 sec.</b>	<p>A well balanced Free Skating program for Singles B boys and girls must contain:</p> <p><b>a)</b> Maximum of 5 jump elements for Girls and 6 jump elements for Boys one of which must be an Axel type jump. There may be up to two (2) jump combinations or sequences. A jump combination can contain only two (2) jumps. A jump sequence can contain any number of jumps, but only two most difficult jumps will be counted. Only two (2) jumps with two and a half (2 1/2) or more revolutions can be repeated either in a jump combination or in a jump sequence. Any single and double jump (including Double Axel) cannot be executed more than twice in total.</p> <p><b>b)</b> There must be a maximum of two (2) spins of a different nature (abbreviation), one of which must be a spin combination and one must be a spin with no change of position. The spin combination with a change of foot and a minimum of eight (8) revolutions or without a change of foot with a minimum of six (6) revolutions. The spin in one position with a change of foot minimum of eight (8) revolutions or spin in one position without change of foot minimum of six (6) revolutions. In both spins flying entries are allowed. <b>c)</b> There must be one (1) step sequence fully utilizing the ice surface.</p> <p>The Program Components are only judged in</p> <ul style="list-style-type: none"> <li>• Skating Skills</li> <li>• Performance</li> <li>• Interpretation</li> </ul> <p>The Factor of the Program Components is</p> <ul style="list-style-type: none"> <li>- for boys 2.0</li> <li>- for girls 1.7</li> </ul>

			Levels explanations: For Basic Novice B Singles, in all elements that are subject to Levels, only features up to Level 2 will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.
<b>Debs Girls / Boys SP</b>	min. 5 class - max. 4 class	<b>2:20 min, +/- 10 sec.</b>	<b>same content as Advanced Novice except: no double Axel and no triple jump</b> One jump combination consisting of two double jumps or one double and one single jump
<b>Free Program</b>		<b>3:00 min, +/- 10 sec.</b>	<b>same content as Advanced Novice</b>
<b>Springs Girls / Boys</b>	min. 8 class - max. 5 class  <b>AK U7</b> born between 01.7.2009 and 30.6.2010 <b>AK U8</b> born between 01.7.2008 and 30.6.2009 <b>AK U9</b> born between 01.7.2007 and 30.6.2008 <b>AK U10</b> born between 01.7.2006 and 30.6.2007 <b>AK O10</b> born before 01.7.2006 to max. Age group 30.6.2001  All age categories could be folded up or separated depending on the number of entries.	<b>max. 3:10 min</b>  shorter programs will not be punished by deduction	Max of 6 jump elements: with minimum one type of Axel (a waltz jump fulfil the requirements but has no value.)  <b>a)</b> There may be up to two (2) jump combinations or sequences. A jump combination can contain only two (2) jumps. A jump sequence can contain any number of jumps, but only two most difficult jumps will be counted. <b>b)</b> There must be a maximum of two (2) spins of a different nature, one must be a spin in one position <b>c)</b> There must be one (1) step sequence fully utilizing the ice surface.  Levels explanations: For Springs, in all elements that are subject to Levels, only features up to Level 3 will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel. The Program Components are only judged in • Skating Skills • Transitions • Performance • Interpretation The factors for the Program Components is 1,5 A fall has the deduction of 0,5 points. In the age category "Under 7" a fall in a jump with 1 ½ rotations or more with full rotation (no < or << sign) will not be punished with the deduction of 0,5 points. In the age category "Under 8" a fall in a jump with 2 rotations or more with full rotation (no < or << sign) will not be punished with the deduction of 0,5 points.
<b>ISU Adult Master Free</b>	<b>AK O</b> Age 16-28 (1.7.1988- 30.6.2000) <b>AK I</b> Age 28-37	<b>max. 3:10 min</b>  shorter programs will not be	A competitor in the Masters Free Skating event must perform a well-balanced program that may contain: <b>a)</b> A maximum of seven (7) jump elements, one of which must be an Axel type jump. Single, double and triple jumps are permitted.

	<p>(1.7.1978-30.6.1988)  <b>AK II</b>  Age 37-47  (1.7.1968-30.6.1978)  <b>AK III</b>  Age 47-57  (1.7.1958-30.6.1968)  <b>AK IV</b>  Age over 57</p>	<p>punished by deduction</p> <p>Vocal music is permitted</p>	<p>There may be up to three (3) jump combinations or jump sequences in the program.</p> <p>One (1) jump combination may consist of up to three (3) listed jumps. Two (2) jump combinations may consist of two (2) listed jumps.</p> <p>A jump combination may consist of the same or another single, double or triple jump.</p> <p>A jump sequence may consist of any number of jumps of any number of revolutions that may be linked by non-listed jumps like mazurkas, etc. and/or hops immediately following each other while maintaining the jump rhythm (knee); there can be no steps/turns, crossovers or stroking during the sequence.</p> <p>Only the two jumps with the highest value will contribute to the technical score. Please note that a half-loop in combination or in a sequence with any other listed jump will be called as a listed jump (1Lo). Non-listed jumps may be included in the program as part of connecting footwork.</p> <p><b>b)</b> A maximum of three (3) spins of a different abbreviation, one of which must be a spin combination with a change of foot and one must be a flying spin. The spins must have a required minimum number of revolutions: five (5) for the flying spin with no change of foot after landing, five (5) for the spin with only one position and no change of foot and five (5) for the spin combination with no change of foot and eight (4 + 4) for the spin combination with change of foot or spin in one position with a change of foot. There must be a minimum of two (2) revolutions in each position or the position will not be counted.</p> <p>Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions in each of these positions anywhere within the spin. To receive full value, a spin combination must include all three (3) basic positions.</p> <p><b>c)</b> A maximum of one Step Sequence (StSq) fully utilizing the ice surface.</p> <p>Only the first executed attempt of a step sequence will contribute to the technical score.</p> <p><b>The Program Components are multiplied by a factor of 1.6.</b></p>
<p><b>ISU Adult Single Gold</b></p>		<p><b>max. 2:50 min</b></p>	<p>A competitor in the Adult Gold Free Skating event must perform a well-balanced program that may contain:</p> <p><b>a)</b> A maximum of six (6) jump elements, consisting of any single or double jumps (including a single Axel) except double Flip, double Lutz and double Axel. No triple jumps are permitted.</p>

			<p>There may be up to three (3) jump combinations or jump sequences in the program.</p> <p>One (1) jump combination may consist of up to three (3) listed jumps. Two (2) jump combinations may consist of two (2) listed jumps.</p> <p>A jump combination may consist of the same or another jump.</p> <p>A jump sequence may consist of any number of jumps that may be linked by non-listed jumps like mazurkas, etc. and/or hops immediately following each other while maintaining the jump rhythm (knee); there can be no steps/ turns, crossovers or stroking during the sequence.</p> <p>Only the two jumps with the highest value will contribute to the technical score.</p> <p>Please note that a half-loop in combination or in a sequence with any other listed jump will be called as a listed jump (1Lo). Non-listed jumps may be included in the program as part of connecting footwork.</p> <p><b>b)</b> A maximum of three (3) spins of a different abbreviation, one of which must be a spin combination with a change of foot and one must be a flying spin. The spins must have a required minimum number of revolutions: four (4) for the flying spin with no change of foot after landing, four (4) for the spin with only one position and no change of foot and four (4) for the spin combination with no change of foot and eight (4 + 4) for the spin combination with change of foot or spin in one position with a change of foot. There must be a minimum of two (2) revolutions in each position or the position will not be counted.</p> <p>Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions in each of these positions anywhere within the spin. To receive full value, a spin combination must include all three (3) basic positions.</p> <p><b>c)</b> A maximum of one Step Sequence (StSq), fully utilizing the ice surface.</p> <p>Only the first executed attempt of a step sequence will contribute to the technical score. Only features up to and including Level 3 will be counted for the spins and step sequence. Any additional features will not count for level requirements and will be ignored by the Technical Panel.</p> <p><b>The Program Components are multiplied by a factor of 1.6.</b></p>
<p><b>ISU Adult Single Silver</b></p>		<p><b>max. 2:10 min</b></p>	<p>A competitor in the Adult Silver Free Skating event must perform a well-balanced program that may contain:</p>

			<p><b>a)</b> A maximum of five (5) jump elements. The single Axel and all other single jumps are permitted. No double jumps or triple jumps are permitted.</p> <p>There may be up to two (2) jump combinations or jump sequences in the program.</p> <p>One (1) jump combination may consist of up to three (3) listed jumps.</p> <p>The other jump combination may consist of two (2) listed jumps.</p> <p>A jump combination may consist of the same or another jump.</p> <p>A jump sequence may consist of any number of jumps that may be linked by non-listed jumps like mazurkas, etc. and/or hops immediately following each other while maintaining the jump rhythm (knee); there can be no steps/ turns, crossovers or stroking during the sequence.</p> <p>Only the two jumps with the highest value will contribute to the technical score.</p> <p>Please note that a half-loop in combination or in a sequence with any other listed jump will be called as a listed jump (1Lo).</p> <p>Non-listed jumps may be included in the program as part of connecting footwork.</p> <p><b>b)</b> A maximum of three (3) spins of different abbreviations, one of which must be a spin combination. The spins must have a required minimum number of revolutions: three (3) for the flying spin with no change of foot after landing, three (3) for the spin with only one position and no change of foot and four (4) for the spin combination with no change of foot and eight (4 + 4) for the spin combination with change of foot or spin in one position with a change of foot. There must be a minimum of two (2) revolutions in each position or the position will not be counted.</p> <p>Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions in each of these positions anywhere within the spin.</p> <p>To receive full value, a spin combination must include all three (3) basic positions.</p> <p><b>c)</b> A maximum of one Step Sequence (StSq), covering at least half of the ice surface.</p> <p>Only the first executed attempt of a Step Sequence will contribute to the technical score.</p> <p>Only features up to and including Level 2 will be counted for the spins and step sequence. Any additional features will not count for level requirements and will be ignored by the Technical Panel.</p> <p><b>The Program Components are multiplied by a factor of 1.6.</b></p>
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<p><b>ISU Adult Single Bronze</b></p>		<p><b>max. 1:50 min</b></p>	<p>A competitor in the Adult Bronze Free Skating event must perform a well-balanced program that may contain:</p> <p><b>a)</b> A maximum of four (4) jump elements. Only single jumps are permitted, no Axel type jump, no double or triple jumps can be included. There may be up to two (2) jump combinations or jump sequences in the 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.</p> <p>A jump combination may consist of the same or another jump.</p> <p>A jump sequence may consist of any number of jumps that may be linked by non-listed jumps like mazurkas, etc. and/or hops immediately following each other while maintaining the jump rhythm (knee); there can be no steps/ turns, crossovers or stroking during the sequence.</p> <p>Only the two jumps with the highest value will contribute to the technical score. Please note that a half-loop in combination or in a sequence with any other listed jump will be called as a listed jump (1Lo).</p> <p>Non-listed jumps may be included in the program as part of connecting footwork. Is a jump repeated without combination or sequence the repetition rule will apply, i.e. only 70% of the base value of the jump element will be counted.</p> <p><b>b)</b> A 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 the spin with only one position and no change of foot and four (4) for the spin combination with no change of foot and six (3 + 3) for the spin combination with change of foot. Flying spins are not permitted. There must be a minimum of two (2) revolutions in each position or the position will not be counted.</p> <p>Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions in each of these positions anywhere within the spin. To receive full value, a spin combination must include all three (3) basic positions.</p> <p>Only features up to and including Level 1 will be counted for the spins. Any additional features will not count for level requirements and will be ignored by the Technical Panel.</p> <p><b>c)</b> A maximum of one Choreographic Sequence (ChSq), covering at least half of the ice surface. Only the first executed attempt of a Choreographic Sequence will contribute to the technical score.</p>
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			<p>A Choreographic Sequence consists of any kind of movements like steps, turns, spirals, arabesques, spread eagles, Ina Bauers, hydroblading, transitional (unlisted) jumps, spinning movements etc. The pattern is not restricted. A Choreographic Step Sequence has a base value and will be evaluated by the judges in GOE only.</p> <p><b>The Program Components are multiplied by a factor of 1.6</b></p>
<b>ISU Adult Single Pre Bronze</b>		<b>max. 1:50 min</b>	<p>A competitor in the Adult Pre Bronze Free Skating event must perform a well-balanced program that may contain:</p> <p><b>a)</b> A maximum of three (3) jump elements. Only Salchow and Toeloop are permitted. Any jump can be repeated only once. There may be one jump combination or jump sequence in the Free Program. A jump combination may consist of the same or another single jump. A jump sequence may consist of any number of jumps that may be linked by non-listed jumps like mazurkas, etc. and/or hops immediately following each other while maintaining the jump rhythm (knee); there can be no turns/steps, crossovers or stroking during the sequence. Only the two jumps with the highest value will count.</p> <p><b>b)</b> A maximum of two (2) spins; the spins must have a required minimum number of revolutions: two (2) for the spin with only one position and no change of foot and four (2 + 2) for the spin with change of foot. There must be a minimum of two (2) revolutions in each position or the position will not be counted. Combination and Flying spins are not permitted. It is allowed to show two same spins, for example two (2) Uprightspins. Features/levels will be ignored by the Technical Panel. Choreographic Sequences and Step Sequences will not be counted in the technical score but will be counted as moves-in-the-field (transitions) and marked as such.</p> <p><b>The Program Components are multiplied by a factor of 1.6</b></p>