

28.
Hamburger
Michel
2026



Hamburger Schlittschuhclub von 1881 e.V.

Interclub Competition

Hamburger Michel 2026

hosted by Hamburger Schlittschuhclub 1881 e.V.

Location: Eisland Farmsen,

Berner Heerweg 152, 22159 Hamburg, Germany

April 04th 2026

Announcement

I. General Information

Organizer: Hamburger Schlittschuh-Club v.1881 e.V.

Office: Buchholzer Landstraße 53a, 21244 Buchholz

Location: Eisland Farmsen,
Berner Heerweg 152,
22159 Hamburg, Germany

The ice surface is 60 x 30 meters and has protective plastic screens on the sides.

Date: **Saturday, 04.04.2026**

Close of entries: **Friday, 27.02.2025 12:00 h**

IMPORTANT NOTE:

In the event the competition is oversubscribed, the Local Organizing Committee reserves the right to stop accepting further entries even before the closing date for entries:

The close of entries will then be earlier

Entry forms will be accepted on a first come, first served basis.

All information is published on our homepage www.hsc1881.de

Entries: to be sent by Email to michel@hsc1881.de

Declaration: The entries have to be made exclusively by the association or club of the competitor on a form provided for this purpose at our homepage www.hsc1881.de

Entries from individual coaches are not accepted!

Please note that entries are limited due to organizational reasons. Registrations will be accepted in the order of complete registration documents (entry form, PPC and registration fees).

Your registration will be final once we have received your registration fees on our account.

A waiting list will be created in the case of withdrawals or your missing payment.

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. Registration 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.

The entry form is provided on our homepage www.hsc1881.de

Registration fee:

€ 45,00 per competitor in Young Adults / DEU Novice categories and Michel Cups

€ 55,00 per competitor in ISU Adults

If no judge is supplied by the association or LEV of the skater, the registration fee per competitor will be 90,00 EUR / 110,00 EUR.

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

Remittee: Hamburger Schlittschuh-Club v. 1881 e.V.

Banking account: Deutsche Skatbank

IBAN: DE25 8306 5408 0005 3325 59

BIC: GENO DEF1 SLR

Transfer/Usage: Name of Club / Competitors / Quantity

The registration fee will not be refunded in case of withdrawals for any reason.

Payment may be made **by money order, bank transfer or credit card.**

All bank charges or commission fees are to be paid by the participant.

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

General conditions of participation:

The competition „Hamburger Michel 2026“, will be held in accordance with the age classes and division determined in the „Skating-Commission“. If a participant has 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 and other medias. With participation, the athlete or his or her parents expressly agree to this.

Liability: The organizer 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 submitted
- c) the other conditions of the announcement are complied to.

IMPORTANT NOTE for DEU skaters:

DEU skaters must hold a yearly license (“aktive Läuferlizenz”) in order to take part in this competition. Please contact your club or DEU directly at (laeuferlizenz@eislauf-union.de) for more information.

Judging: The competition will be conducted according to the current DKB, ISU provisions (ISU Constitution and General Regulations 2024, ISU Special Regulations and Technical Rules Single and Pair Skating and Ice Dance 2024, 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 submitted to michel@hsc1881.de within one week after close of entries (07.03.2026). You'll find a form on our homepage www.hsc1881.de

Judges and Officials: Registering associations and clubs (LEV and Countries) 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. If the total number of participants per LEV or country exceeds the number of 50, a second judge or technical specialist/controller has to be provided.

Closing date for Judges and Officials: Fr, 27.02.2026

II. Technical conditions

Time schedule: The time schedule is created after all registrations have been received. It will be sent to all clubs by Email and published on the homepage www.hsc1881.de at the same time.

Draw: For organizational reasons the first draw is made by computer. The electronical draw will take place before the respective event. The starting orders will be communicated via our homepage.

Music: All Competitors shall provide competition music of excellent quality on MP3

- a) **We need your music file in .mp3 format.** You are requested to upload your music via our website prior to the competition.
- b) The time window and upload link for uploading your music will be announced via our website.
- c) It is crucial that you label your .mp3 file as advised on the website with your category and name.
- d) Titles like "unknown" or formats other than .mp3 cannot be accepted.
- e) **Please bring along a backup file on USB stick.**
- f) The music covers/discs .mp3 must be technically flawless and labeled with the following information:
 1. Competition category
 2. Name and first name of the participant
 3. Name of the club

Upload Link: https://hsc1881.de/Michel_2026/upload/

Category_Name(firstName)_Club.mp3

Example:

Adult Bronze Damen_Muster_Marie_HSC.mp3

Michel Cup 2015_Muster_Mariechen_HSC.mp3

Accommodation: All participants and officials have to bear their own expenses. They may book accommodation individually: www.hamburg-tourism.de

III. Competition

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

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

Single Skating: Rule 612 Free Skating Singles 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.

Adult Skating: The International Adult Figure Skating Competitions for the 2025-26 Season will be conducted in accordance with the ISU Constitution and General Regulations, the ISU Special Regulations & Technical Rules Single & Pairs Skating and Ice Dance, the Special Regulations & Technical Rules Synchronized Skating, all pertinent ISU Communications, and this Announcement. If there is a conflict between pertinent ISU Regulations or Communications and provisions set forth in this Announcement, the provisions set forth in this Announcement shall prevail, provided there are no special comments made for Adult Skating Competitions within such ISU Communications. The International Adult Figure Skating Competitions are considered to be "International Masters/Adult Competitions" as per Rule 107(12) of the ISU General Regulations. Participation in this International Adult Figure Skating Competition is open to all skaters who belong to an ISU Member, and qualify with regard to eligibility, according to Rule 102, provided their ages fall within the limits specified in this Announcement and they meet the participation requirements. A competitor must be an individual member of an ISU Member, or a member of a club that is itself a member of an ISU Member. Competitors do not require any clearance certificate or any other permission from their ISU Member for entering the competition. Competitors must enter themselves. A competitor may enter as a member of only one ISU Member. In the case of Pair Skating and Ice Dance, both competitors in a team must enter as members of the same ISU Member. The International Adult Figure Skating Competitions for the 2025-26 Season will include the following categories:

- Women and Men Free Skating
- Girls and Boys Free Skating

Ages:

cutoff date: 01. July 2025

Class	Born after	Born before	Age
Novice U8 (Basic Novice)	01.07.2017	30.06.2018	7
Novice U10 (Intermediate Novice)	01.07.2015	30.06.2016	9
Pre Advanced Novice U12	01.07.2013	30.06.2014	11

The Hamburger Michel 2026 will include the following categories:

Pre Advanced Novice (U12)

Novice U10

Novice U8

Young Adult Stars, Intermediate, Basic

Young Adult Gold

Young Adult Silver

Young Adult Bronze

Michel Cups

ISU Adult Master (Elite), Gold, Silber, Bronze

Remark for categories with 30 or more entries:

If there are categories of more than 30 entries, these categories will be divided into at least two groups based on age by July 1st preceding the competition. Organizing Clubs can divide into smaller groups as well using the same criteria.

Clubs enter their competitors in the categories they need to participate in for the competition and the Hamburger Michel will publish, in time, if categories will be divided into age groups or not. This will be published on the website www.hsc1881.de.

IV. Categories

Pre Advanced Novice (U12) Girls, Boys The age requirements are in accordance with DfBestDKBEK 17.07.2025: before the July 1st 2025 the skater has not reached the age of twelve (12)	<i>min. KK4</i> For skaters starting for a German club, the Kürklasse 4 is required according to the DfBestDKBEK 17.07.2025. <i>Warm up time:</i> <i>5 minutes</i>	Duration: 3:00 min. +/- 10 sec.	ISU Communication No. 2699 International Novice Competitions 2025/26: Advanced Novice Free Skating only: Special attention should be paid to the contents of a well-balanced program listed in ISU Communication No. 2699, paragraph 2.3. Advanced Novice (including bonus system) and subsequent updates.
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Novice U10 Girls, Boys The age requirements are in accordance with DfBestDKBEK 17.07.2025: before the July 1st 2025 the skater has not reached the age of ten (10)	<i>min. KK6</i> For skaters starting for a German club, the Kürklasse 6 is required according to the DfBestDKBEK 17.07.2025. <i>Warm up time:</i> <i>5 minutes</i>	Duration: 3:00 min. +/- 10 sec.	ISU Communication No. 2699 International Novice Competitions 2025/26: Intermediate Novice Free Skating: Special attention should be paid to the contents of a well-balanced program listed in ISU Communication No. 2699, paragraph 2.2. Intermediate Novice and subsequent updates.
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Novice U8 Girls, Boys The age requirements are in accordance with DfBestDKBEK 17.07.2025: before the July 1st 2025 the skater has not reached the age of eight (8)	<i>min. KK8</i> For skaters starting for a German club, the Kürklasse 8 is required according to the DfBestDKBEK 17.07.2025. <i>Warm up time:</i> <i>4 minutes</i>	Duration: 2:30 min. +/- 10 sec.	ISU Communication No. 2699 International Novice Competitions 2025/26: Basic Novice Free Skating: Special attention should be paid to the contents of a well-balanced program listed in ISU Communication No. 2699, paragraph 2.1. Basic Novice and subsequent updates. In both spins flying entry is not allowed.
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Young Adult Stars Women, Men min. age 17 max 27 born before 30.06.2008 born after 01.07.1998	<i>min. KK4</i> Warm up time: <i>5 minutes</i> Factor: Women: 1,7 Men: 2,0 Spins will only be judged up to max. level 2. All additional features will be ignored by the Technical Panel. Deductions per fall: 0.5 points outside the element In element: no deduction Deduction: Program length per 5 seconds (too short/too long): 0.5 points Program Components: - Composition - Presentation - Skating Skills	Duration: 3:00 min. +/- 10 sec.	max. 5 jump elements - 1 Axel is required - Triple jump is not allowed All single and double jumps (incl. 2 A) are allowed - Of which max. two (2) jump combinations or one (1) jump combination and one (1) jump sequence - One jump combination or one jump sequence can consist two (2) jumps, - 1 (one) single jump and 1 (one) double Jump may be repeated once Spins A maximum of two (2) Spins (different abbreviations) <ul style="list-style-type: none"> - CoSp (6U)/CCoSp (8U) max. Level 2 (NBP feature is not considered) (for FW 1 feature per foot) - (F)xSp (6U)/(F)CxSp (8U) (one Pos.) max. Level 2 (for FW 1 feature per foot) Flying entry: in spin in one Pos. allowed StSq (max Level 2) (whole ice) incl. 1 skating Movement for Level B: two (2) clean difficult turns/ steps xSp: "x" serves as a placeholder for a base position.
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Young Adult Intermediate Girls, Boys	max. KK4	Duration:	max. 4 jump elements
min. age 12 max 17 born before 30.06.2013 born after 01.07.2008	<p>Warm up time: 5 minutes</p> <p>Factor: Girls: 1,7 Boys: 2.0</p> <p>Spins will only be judged up to max. level 2. All additional features will be ignored by the Technical Panel.</p> <p>Deductions per fall: 0.5 points outside the element In element: no deduction</p> <p>Deduction: Program length per 5 seconds (too short/too long): 0.5 points</p> <p>Program Components: - Composition - Presentation - Skating Skills</p>	<p>3:00 min. +/- 10 sec.</p>	<ul style="list-style-type: none"> - 1 Axel is required - Triple jump is not allowed - Of which max. two (2) jump combinations or one (1) jump combination and one (1) jump sequence - One jump combination or one jump sequence can consist two (2) jumps, - all single jumps and 2S, 2T, 2Lo, 2F allowed - 1 single jump may be shown 2x, 1 double jump may be shown 2x <p>Spins</p> <p>A maximum of two (2) Spins (different abbreviations)</p> <ul style="list-style-type: none"> - CoSp (6U)/CCoSp (8U) max. Level 2 (NBP feature is not considered) (for FW 1 feature per foot) - xSp (6U) / CxSp (8U) (one Pos.) max. Level 2 (for FW 1 feature per foot) - Flying Spin are not allowed. <p>StSq (max Level 2) (whole ice) incl. 1 skating Movement</p> <p>for Level B: two (2) clean difficult turns/ steps</p> <p>xSp: "x" serves as a placeholder for a base position.</p>

Young Adult Basic Girls, Boys min. age 12 max 17 born before 30.06.2013 born after 01.07.2008	<i>max. KK6</i> Warm up time: <i>5 minutes</i> The Program Components are multiplied by a factor of 1,67 Spins will only be judged up to max. level 1. All additional features will be ignored by the Technical Panel. Deductions per fall: 0.5 points outside the element In element: no deduction Deduction: Program length per 5 seconds (too short/too long): 0.5 points Program Components: - Composition - Presentation - Skating Skills	Duration: 2:30 min. +/- 10 sec.	max. 4 jump elements - Axel allowed - Triple jump is not allowed - Of which max. two (2) jump combinations or one (1) jump combination and one (1) jump sequence - One jump combination or one jump sequence can consist two (2) jumps, - all single jumps and max. 1 double jump allowed - one (1) single jump may be shown 2x, one (1) double jump may be shown once Spins A maximum of two (2) Spins (different abbreviations) - CoSp (6U)/CCoSp (8U) max. Level 1 (NBP feature is not considered) - xSp (6 U) (one Pos.) Level B -> features are not allowed - Flying Spin are not allowed. StSqB (whole ice) incl. 2 skating Movements (if Skating Movement is missing >NV) xSp: "x" serves as a placeholder for a base position.
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Young Adult Gold Women, Men min. age 17 max 27 born before 30.06.2008 born after 01.07.1998	Max. KK6 Warm up time: 6 minutes Each fall shall receive a deduction of 1.0 points The Program Components are multiplied by a factor of 2.67 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.	Duration: 2:50 min +/- 10 sec	<p>a. 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.</p> <p>There may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence in the free program.</p> <ul style="list-style-type: none"> • One (1) jump combination or one (1) jump sequence may consist of up to three (3) listed jumps. The other may have two (2) listed jumps. • A jump sequence consists of two (2) or three (3) listed jumps of any number of revolutions, in which the second and/or the third listed jump is an Axel type jump with a direct step from the landing curve of the first/second jump into the take off curve of the Axel jump. • Each listed jump may be performed a maximum of two (2) times. <p>b. A 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.</p> <ul style="list-style-type: none"> • 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. • Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions in each of these positions anywhere within the spin. To receive full value, a spin combination must include all three (3) basic positions. • All spins with change of foot must have at least 3 revolutions on each foot. If this requirement is not fulfilled, the spin will be marked with a V. <p>c. A maximum of one (1) step sequence, fully utilizing the ice surface.</p>
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Young Adult Silber Women, Men min. age 15 max 27 born before 30.06.2010 born after 01.07.1998	<i>max. KK7</i> Warm up time: <i>5 minutes</i> The Program Components are multiplied by a factor of 2.0 Spins will only be judged up to max. level 2. All additional features will be ignored by the Technical Panel. Deductions per fall: 0.5 points outside the element In element: no deduction Deduction: Program length per 5 seconds (too short/too long): 0.5 points Program Components: - Composition - Presentation - Skating Skills	Duration: 2:00 min. +/- 10 sec.	max. 4 jump elements - Axel allowed - Of which max. two (2) jump combinations or one (1) jump combination and one (1) jump sequence - One jump combination or one jump sequence can consist of up to three (3) jumps, the other of up to two (2) jumps. In the jump sequence, the second jump must be an Axel jump with a direct step from the landing curve of the first jump into the take-off curve of the Axel jump - Double and triple jumps are not permitted - Each single jump may be repeated once Spins A maximum of two (2) Spins (different abbreviations) - One (1) of which must be in a basic position xSp (4U) / CxSp (6U) (one Pos.) max. Level 2 and - One (1) freely selectable - Spins without a change of foot have at least 4 revolutions. - Spins with foot changes have at least 6 revolutions. - Foot changes allowed. - Flying Spin are not allowed. Max. 1 Choreosequence over the full track - consisting of at least two (2) different movements such as: - Spirals, arabesques, Ina Bauers, moons, hydroblading, non-listed jumps (Spread eagles, Jeté, Walley etc.) - Steps and spins can be used to connect the different movements - The Choreosequence must be clearly recognizable Choreosequence has a fixed base value and is only judged in the GOE.
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Young Adult Bronze Women, Men min. age 14 max 27 born before 30.06.2011 born after 01.07.1998	<i>max. KK8</i> Warm up time: 4 minutes The factors for the Program Components is 2.0 In all elements that are subject to Levels, only features up to Level 1 will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.	Duration: 1:40 min. +/- 10 sec.	max. 4 jump elements - only single jumps; no Axel, no double jumps
			- max. 1 jump combination; a jump combination can contain only two (2) jumps. - each jump can be done max. of 2x - There must be a maximum of two (2) spins of a different nature, one spin must be in one position with min. 3 revolutions. Change of Foot is allowed; xSp (3U) / CxSp (6U) (one Pos.) max. Level 1 xSp (3U) / CxSp (6U) (one Pos.) max. Level 1 Flying Spins are not permitted; spins with change of foot have to have 3 revolution each leg - There must be one (1) Choreosequence min. half utilizing the ice surface with at least two different Movements like Spirals, Arabesque, Ina Bauers, Hydroblading, non listed Jumps etc.; Steps and Turns may be used for connecting transitions
	Deductions per fall: 0.5 points outside the element In element: no deduction Deduction: Program length per 5 seconds (too short/too long): 0.5 points Program Components: - Presentation - Skating Skills - Composition		The choreosequence must be clearly recognizable, the choreosequence has a fixed base value and is only evaluated in the GOE.

Michel Cups Girls, Boys max. age 14 2017 and younger born after 1.7.2016 and open for all participants who have not reached the age of eight 2016 born 1.7.2015 - 30.06.2016 2015 born 1.7.2014 – 30.6.2015 2014 born 1.7.2013 - 30.6.2014 2013 born 1.7.2012 - 30.6.2013 2012 born 1.7.2011 - 30.6.2012	<i>no qualifications</i> <i>max. KK8</i> <i>Warm up time:</i> <i>4 minutes</i> The factors for the Program Components is 2.0 In all elements that are subject to Levels, only features up to Level 1 will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel. A fall has the deduction of 0.5 points Program Components: - Presentation - Skating Skills - Composition	Duration: 2:00 min. +/- 10 sec. <u><i>no deduction for shorter programs</i></u>	max. 4 jump elements - only single jumps; no Axel, no double jumps - max. 2 jump combinations; a jump combination can contain only two (2) jumps. - each jump can be done max. of 2x - There must be a maximum of two (2) spins of a different nature, one spin must be in one position with min. 3 revolutions. - There must be one (1) Choreosequence min. half utilizing the ice surface.
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ISU Adult Competitions:

Age categories for Ladies and Men Free Skating events:

Class I	participants born between 1 st July 1987 and 30 th June 1997
Class II	participants born between 1 st July 1977 and 30 th June 1987
Class III	participants born between 1 st July 1967 and 30 th June 1977
Class IV	participants born between 1 st July 1957 and 30 th June 1967
Class V	participants born on or before 30 th June 1957

When fewer than 3 skaters register for a singles free skating event, age categories will be combined wherever possible to ensure competition.

All age groups can be further divided or put together, depending on the number of registrations. Proof of age must be presented for all competitions. This can be a copy of a birth certificate, passport or identity card.

No qualification needed.

ISU Adult Masters Elite Women, Men Single Free Skating	Warm up time: 6 minutes Each fall shall receive a deduction of 1.0 points The points for each Program Component are multiplied by a factor of 2.67	Duration: 3:00 min +/- 10 sec	Skaters entering this category will compete against other Masters Elite Free skaters. The technical requirements are the same as those for the category "Masters Free Skating." with the exception that triple jumps are permitted. The Masters Elite category is intended for skaters who competed previously at the junior or senior level in national or international competition but is not mandatory for such skaters. It is also open to skaters who wish to include double axel and/or triple jumps in the free skating program.
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<p>ISU Adult Master</p> <p>Women, Men</p> <p>Single Free Skating</p>	<p>Warm up time: 6 minutes</p> <p>Each fall shall receive a deduction of 1.0 points</p> <p>The points for each Program Component are multiplied by a factor of 2.67</p> <p>Features up to and including Level 4 will be counted for the technical elements.</p>	<p>Duration:</p> <p>3:00 min +/- 10 sec</p>	<p>A competitor in the Masters Free Skating event must perform a well-balanced program that may contain:</p> <p>a. A maximum of five (5) jump elements, one of which must be an Axel type jump. Single and double jumps are permitted. No triple or quadruple jumps are allowed.</p> <ul style="list-style-type: none"> • There may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence in the free program. • One (1) jump combination or one (1) jump sequence may consist of up to three (3) listed jumps. The other may have two (2) listed jumps. • A jump sequence consists of two (2) or three (3) listed 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 into the take off curve of the Axel jump. • Each listed jump may be performed a maximum of two (2) times. <p>b. A 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.</p> <ul style="list-style-type: none"> • 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 value, however a spin with less than three rotations in total is considered as a skating movement and not a spin. • Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions in each of these positions anywhere within the spin. To receive full value, a spin combination must include all three (3) basic positions. • All spins with change of foot must have at least 3 revolutions on each foot. If this requirement is not fulfilled, the spin will be marked with a V. <p>c. A maximum of one (1) step sequence, fully utilizing the ice surface.</p>
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<p>ISU Adult Gold</p> <p>Women, Men</p> <p>Single Free Skating</p>	<p>Warm up time: 6 minutes</p> <p>Each fall shall receive a deduction of 1.0 points</p> <p>The Program Components are multiplied by a factor of 2.67</p> <p>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>Duration:</p> <p>2:50 min</p> <p>+/- 10 sec</p>	<p>A competitor in the Gold Free Skating event must perform a well-balanced program that may contain:</p> <p>a. 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.</p> <p>There may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence in the free program.</p> <ul style="list-style-type: none"> • One (1) jump combination or one (1) jump sequence may consist of up to three (3) listed jumps. The other may have two (2) listed jumps. • A jump sequence consists of two (2) or three (3) listed jumps of any number of revolutions, in which the second and/or the third listed jump is an Axel type jump with a direct step from the landing curve of the first/second jump into the take off curve of the Axel jump. • Each listed jump may be performed a maximum of two (2) times. <p>b. A 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.</p> <ul style="list-style-type: none"> • 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. • Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions in each of these positions anywhere within the spin. To receive full value, a spin combination must include all three (3) basic positions. • All spins with change of foot must have at least 3 revolutions on each foot. If this requirement is not fulfilled, the spin will be marked with a V. <p>c. A maximum of one (1) step sequence, fully utilizing the ice surface.</p>
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<p>ISU Adult Silver</p> <p>Women, Men</p> <p>Single Free Skating</p>	<p>Warm up time: 5 minutes</p> <p>Each fall shall receive a deduction of 0.5 points</p> <p>The points for each Program Component are multiplied by a factor of 2.0</p>	<p>Duration:</p> <p>2:00 min</p> <p>+/- 10 sec</p>	<p>A competitor in the Silver Free Skating event must perform a well-balanced program that may contain:</p> <p>a. A maximum of four (4) jump elements, consisting of any single jumps (including the single Axel). Double jumps and triple jumps are not permitted.</p> <ul style="list-style-type: none"> • There may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence. • One (1) jump combination or one (1) jump sequence may consist of up to three (3) listed jumps. The other may have two (2) listed jumps. • A jump sequence consists of two (2) or three(3) 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 into the take off curve of the Axel jump. • Each listed jump may be performed a maximum of two (2) times. <p>b. A maximum of two (2) spins of a different abbreviation.</p> <ul style="list-style-type: none"> • 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. • Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions in each of these positions anywhere within the spin. To receive full value, a spin combination must include all three (3) basic positions. • All spins with change of foot must have at least 3 revolutions on each foot. If this requirement is not fulfilled, the spin will be marked with a V. • Only features up to and including Level 2 will be counted. Any additional features will not count for level requirements and will be ignored by the Technical Panel. <p>c. A maximum of one (1) choreographic sequence, fully utilizing the ice surface</p> <ul style="list-style-type: none"> • The pattern is not restricted but the sequence must be clearly visible. • A choreographic sequence has a base value and will be evaluated by the judges in GOE only.
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<p>ISU Adult Bronze</p> <p>Women, Men</p> <p>Single Free Skating</p>	<p>Warm up time: 5 minutes</p> <p>Each fall shall receive a deduction of 0.5 points</p> <p>The points for each Program Component are multiplied by a factor of 2.0</p>	<p>Duration:</p> <p>1:40 min +/- 10 sec</p>	<p>A competitor in the Bronze Free Skating event must perform a well-balanced program that may contain:</p> <p>a. 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 one (1) jump combination in the free program.</p> <ul style="list-style-type: none"> • The jump combination may consist of two (2) listed jumps. • Each listed jump may be performed a maximum of two (2) times. • Waltz jumps will be ignored. <p>b. A maximum of two (2) spins of a different abbreviation, both of which must be a spin in one position with or without a change of foot. Flying spins are not permitted.</p> <ul style="list-style-type: none"> • The spins must have a required minimum number of revolutions: three (3) for any spin with no change of foot, and six (6) with a change of foot. • A spin that has no basic position with 2 revolutions will receive no value. • All spins with change of foot must have at least 3 revolutions on each foot. If this requirement is not fulfilled, the spin will be marked with a V. • Only features up to and including Level 1 will be counted. Any additional features will not count for level requirements and will be ignored by the Technical Panel. <p>c. A maximum of one (1) choreographic sequence utilizing at least half (1/2) of the ice surface.</p> <ul style="list-style-type: none"> • The pattern is not restricted but the sequence must be clearly visible. • A choreographic sequence has a base value and will be evaluated by the judges in GOE only.
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