



Appendix 1

Single Skating, Technical requirements

Please Note!

Advanced Novice, Junior A and Senior A categories are evaluated according to the **ISU rules** for season 2017-2018

Check also the related ISU Communications for these categories.

Other categories are evaluated according to the **Finnish rules** by using either ISU evaluation system or the Finnish star evaluation system. No bonus points awarded for double axel or triple jumps.

Categories for Finnish Star Evaluation

Chicks (Tintit) born 2009 and younger (Finnish Star evaluation)

Free program max. 2.00 min:

- Single jumps only
- Max. 2 different spins at least 3 revolutions
- Axel or double jumps are not allowed

Cubs (Minit) born 2008 and younger (Finnish Star evaluation)

Free program max. 2.30 min:

- All single jumps
 - Axel and/or max. 1 double jump or an attempt
 - Axel and 1 type of double jump can be repeated
- 3 different spins (at least 4 revolutions)
- Step sequence covering ½ off the ice rink
- At least 2 unsupported spiral positions
 - Deduction for missing a spiral will be 0,5 point each

Springs B (B-silmut) born 2006 and younger (Finnish Star evaluation)

Free program 2.30 min (+/-10 sec):

- Max. 5 jump elements
 - 1 of the jump elements must be Axel jump
 - At least 1 double jumps (it is allowed to attempt all double jumps)
 - Max. 2 jump combinations or jump sequences of which only 1 jump combination may consist of 3 jumps
 - Single and double jumps can be repeated twice
- Max. 2 different spins
 - Spin combination (8 revolutions) with or without change of foot. There must be at least 2 basic position at min. 2 revolutions in each, flying entry is not allowed
 - Spin in one position with or without change of foot, spin may start with a jump
- 1 step sequence fully utilising the ice surface





- At least 2 unsupported spiral positions. One of them must be held at least 3 sec.
 - The spirals cannot be included within the step sequence
 - Deduction for missing a spiral will be 0,5 point each

Springs C (Aluesilmut) born 2006 and younger (Finnish Star evaluation)

Free program 2.30 min (+/-10 sec):

- Max. 5 jump elements
 - 1 of the jump elements must be Axel jump
 - At least 1 double jumps (it is allowed to attempt all double jumps)
 - Max. 2 jump combinations or jump sequences of which only 1 jump combination may consist of 3 jumps
 - Single and double jumps can be repeated twice
- Max. 2 different spins
 - Spin combination (8 revolutions) with or without change of foot. There must be at least 2 basic position at min. 2 revolutions in each, flying entry is not allowed
 - Spin in one position with or without change of foot, spin may start with a jump
- 1 step sequence fully utilising the ice surface
- At least 2 unsupported spiral positions. One of them must be held at least 3 sec.
 - The spirals cannot be included within the step sequence
 - Deduction for missing a spiral will be 0,5 point each

Debs B (Aluedebytantit) girls/boys, born 2005 or later (Finnish Star evaluation)

Free program: max 3 min 10 sec

- Maximum of 6 jump elements, one which must be Axel type of jump
 - Max 3 jump combinations or jump sequences
 - 1 jump combination with 3 jumps allowed, another combination with max 2 jumps
 - Every single and double jump can only be repeated once
- Maximum of 2 different spins of a different nature
 - 1 combination spin with min 8 revolutions, with or without a change of foot
 - there must be at least two basic positions held for two revolutions
 - flying entrance is not allowed
 - 1 one position spin with or without change of foot, that can be started with a jump, min 5
 - revolutions or 8 revolutions (without and with change of foot)
- 1 Step sequence that fully utilizes the ice
 - Unclassified jumps allowed
 - Minimum of 2 spiral positions, both must be on an edge and the other one must be at least 3
 - seconds
 - Spirals will be evaluated in “steps, spirals and transitions”
 - Deduction 0.5 points per missing spiral (maximum -1.0)





JUNIOR C (Aluejuniorit) girls/boys, born 1998 or later (Finnish Star Evaluation)

Free program: max 3 min 10 sec

- Maximum of 6 jump elements, one which must be Axel type of jump
 - Max 2 jump combinations or jump sequences
 - 1 jump combination with 3 jumps allowed, another combination with max 2 jumps
 - Every single and double jump can only be repeated once
- Maximum of 2 different spins of a different nature
 - 1 combination spin with min 8 revolutions, with or without a change of foot
 - there must be at least two basic positions held for two revolutions
 - flying entrance is not allowed
 - 1 one position spin with or without change of foot, that can be started with a jump, min 5 revolutions or 8 revolutions (without and with change of foot)
- 1 Step sequence that fully utilizes the ice
 - Unclassified jumps allowed
- Minimum of 2 spiral positions, both must be on an edge and the other one must be at least 3 seconds
 - Spirals will be evaluated in “steps, spirals and transitions”
 - Deduction 0.5 points per missing spiral (maximum -1.0)

Categories for ISU evaluation by Finnish rules

Springs A (A-silmut) born 2006 and younger (ISU evaluation according to the Finnish rules of A-silmut, Comm. 2089 or later)

Free program 2.30 min (+/-10 sec):

- Max. 5 jump elements
 - 1 of the jump elements must be Axel jump
 - At least 3 different double jumps (it is allowed to attempt all double jumps)
 - Max. 2 jump combinations or jump sequences of which only 1 jump combination may consist of 3 jumps
 - Single and double jumps can be repeated twice
- Max. 2 different spins
 - Spin combination (8 revolutions) with or without change of foot. There must be at least 2 basic position at min. 2 revolutions in each, flying entry is not allowed
 - Spin in one position with or without change of foot, spin may start with a jump
- 1 step sequence fully utilising the ice surface
- At least 2 unsupported spiral positions. One of them must be held at least 3 sec.
 - The spirals cannot be included within the step sequence
 - Deduction for missing a spiral will be 0,5 point each
- All program component multiplication factors are 1,0
- Falling deduction: 0.5





Novice B girls/boys, born 1.7.2002 or later

(ISU Evaluation according to the Finnish rules of Noviisit, Comm. 2089 or later)

Duration of program: 3 min +/- 10 sec (girls), 3 min 30 sec +/- 10 sec (boys)

Girls max 9 elements, boys max 10 elements

- Maximum of 6 jump elements (girls) / 7 jump elements (boys), one which must be Axel type of jump
 - Max 2 jump combinations or jump sequences, max one combination of three jumps
 - Every single and double jump, including single and double axel can be repeated only once, but they don't have to be in a combination or sequence
 - Only two jumps with 3 or more revolutions can be repeated in a combination or sequence
 - If it is repeated as a solo jump, the jump will receive 70% of its base value
 - There should be 3 different kinds of double jumps in the program (recommendation)
- Maximum of 2 different spins of a different nature
 - One combination spin with min 8 revolutions, with or without a change of foot
 - there must be at least two basic positions held for two revolutions
 - flying entrance is not allowed
 - 1 one position spin that can be started with a jump, with or without change of foot
 - min 5 / 8 revolutions (with / without change of foot)
- 1 Step sequence that fully utilizes the ice
 - unclassified jumps allowed
- Minimum of two spirals, both must be on an edge and the other one must be at least 3 seconds
 - Spirals will be evaluated in transitions
 - Deduction 0.5 points per missing spiral (maximum -1.0), will be marked as "no/wrong spiral"
 - the spirals cannot be in the step sequence

- Program component factor: 1.3

- Falling deduction: 0.5

Debs A (Debytantit) born 1.7.2004 and younger (ISU evaluation, Communications 2089)

Free program girls 3 min (+/-10 sec), boys 3.30 min (+/-10 sec):

- Max. 6 (girls) and 7 (boys) jump elements
 - 1 of the jump elements must be Axel jump
 - The program should include at least 4 different double jumps
 - Max. 2 jump combinations or jump sequences of which only 1 jump combination may consist of 3 jumps
 - Single and double jumps can be repeated twice. Only 2 triple jumps can be repeated in jump combination or sequence





- Max. 2 different spins
 - Spin combination (8 revolutions) with or without change of foot. There must be at least 2 basic position at min. 2 revolutions in each. Flying entry is not allowed.
 - Flying Spin or spin with flying entry in one position with (8 revolutions) or without change of foot (5 revolutions)
- 1 step sequence fully utilising the ice surface
- At least 2 spiral positions. One of them must be held at least 3 sec.
 - The spirals cannot be included within the step sequence
 - Deduction for missing a spiral will be 0,5 point each
- All program component multiplication factors are 1,3
- Falling deduction: 0.5

Junior B (Juniorit) born 1.7.1998-30.6.2004 (ISU evaluation, Communications 2024 and 2089 or later)

Short program (Girls and Boys) 2.40 min (+/-10 sec):

- Single or double Axel
- One double or triple jump preceded by steps or other free skating movements
- One jump combination consisting of 2 double jumps, a solo jump may not be repeated
- Flying spin without change of foot in position at least 6 revolutions
- **Girls** Layback spin or Camel or Sit spin without change of foot, 6 revolutions. The spin position has to be different from the flying spin mentioned above
- **Boys** CCSp or CSSp, min. 5 revolution each foot
- Spin combination with only one change of foot with at least 5 revolutions each foot. Flying entry is not allowed.
- 1 step sequence fully utilising the ice surface
- All program component multiplication factors are 0,8

Free program (Girls and Boys) max. 3.40 min:

- Max. 7 (Girls and Boys) jump elements
 - 1 of the jump elements must be Axel jump
 - Max. 3 jump combinations or jump sequences of which only 1 jump combination may consist of 3 jumps
 - Single and double jumps can be repeated twice
- Max. 3 different spins
 - Spin combination (10 revolutions) with or without change of foot
 - Spin in one position with or without change of foot, spin may start with a jump (min. 5 revolutions)
 - Spin with different abbreviation than previous, 1 position spin 5 revolutions or combination 8 revolutions
- 1 step sequence fully utilising the ice surface
- All program component multiplication factors are 1,6





Categories for ISU rules

For Advanced Novice, Junior A and Senior A
According to the latest ISU regulations and communications

ADVANCED NOVICE girls/boys, born 1.7.2002 – 31.6.2007
(ISU Evaluation according to ISU rules, see communication no. 2024 and 2089 or later)
Short and Free Skating program

JUNIOR A girls/boys, born 1.7.1998 or later
(ISU Evaluation according to ISU rules, see ISU Communication 2089 or later,
ISU rules 611 and 612 or later)
Short and Free Skating Program

SENIOR A Ladies and men
(ISU Evaluation according to ISU rules, see ISU Communication 2089 or later,
ISU rules 611 and 612 or later)
Short and Free Skating Program

