



ANNEX 1

Single Skating, Technical requirements

Rules are applied in the following order 1) these requirements; 2) STLL rules changes updated 12.9.2018; 3) STLL rules changes 31.7.2017; 4) Finnish STLL rulebook 23; 5) relevant ISU communications

Chicks (Tintit) born 2011 or later (Finnish extended star evaluation), to be judged by the Finnish rules:

Free program max. 2.00 min:

- Should include some single jumps
- Should include 2 spins at least 3 revolutions
- Axel or double jumps are not allowed

Cubs (Minit) born 2010 or later (Finnish extended Star evaluation), to be judged by the Finnish rules:

Free program max. 2.30 min must include the following elements:

- 5 jump elements
 - Max. 2 jump combinations or jump sequences of which only 1 jump combination may consist of 3 jumps
 - Max. 2 double jumps or an attempts are allowed
- 3 different spins
- Step sequence covering $\frac{1}{2}$ 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 2008 or later (Finnish extended Star evaluation), to be judged by the Finnish rules:

Free program 2.30 min (+/-10 sec) must include the following elements:

- Max. 5 jump elements
 - 1 of the jump elements must be an Axel type of jump
 - Double jumps may be attempted
 - 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
 - Combination spin (8 revolutions) with or without change of foot, no flying entrance is allowed.
 - Spin in one position of at least 5 revolutions on one foot, with a change of foot at least 8 revolutions, flying entrance is allowed.
- 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
 - Evaluated under the transitions section
 - Deduction for missing a spiral will be 0.5 point each



Springs A (A-silmut) born 2008 or later (ISU evaluation, ISU Communication 2253 and 2254 or later where applicable), to be judged by the Finnish rules:

Free program 2.30 min (+/-10 sec) must include the following elements:

- Max. 5 jump elements
 - 1 of the jump elements must be an Axel-type of 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 may be repeated twice (jumps do not need to be executed in a jump combination or jump sequence)
- Max. 2 different spins
 - Spin combination (8 revolutions) with or without change of foot, flying entrance is not allowed.
 - Spin in one position of at least 5 revolutions on one foot, with a change of foot at least 8 revolutions, flying entrance is allowed.
- Max. 1 step sequence fully utilising the ice surface
- At least 2 unsupported spiral positions both on the edge. One of them must be held at least 3 sec.
 - The spirals cannot be included within the step sequence
 - Evaluated under the transitions section
 - Deduction will be 0.5 point in case of
 - No spiral is attempted (0.5 points for each missing spiral)
 - Spiral is not on the edge
 - Free leg remains below the hip level
 - The duration of spiral is less than 3 seconds
- All program component multiplication factors are 1.0, for each fall 0.5 points will be deducted

Novice B (Noviisit) born 1.7.2004 or later (ISU evaluation, ISU Communication 2242, 2253 and 2254 or later where applicable), to be judged by the Finnish rules:

Free program 3.00 min (+/-10 sec) must include in maximum the following 9 elements:

- Max. 6 jump elements
 - 1 of the jump elements must be an Axel -type jump
 - Max. 2 jump combinations or jump sequences of which only 1 jump combination may consist of 3 jumps, the other combinations may contain max. 2 jumps
 - Single and double jumps may not be repeated more than twice (jumps do not need to be executed in a jump combination or jump sequence)
 - only 2 jumps with 3 or more revolutions can be repeated either in a jump combination or in a jump sequence
- Max. 2 different spins, each with different abbreviations
 - Spin combination (CoSP or CCoSp) with 8 revolutions with or without change of foot, flying entrance is not allowed
 - Spin in one position of at least 5 revolutions on one foot, with a change of foot at least 8 revolutions, flying entrance is allowed.
- 1 step sequence fully utilising the ice surface
- At least 2 spiral positions both on the edge. One of them must be held at least 3 sec.
 - The spirals cannot be included within the step sequence
 - Evaluated under the transitions section
 - Deduction will be 0,5 point in case of



- No spiral is attempted (0.5 points for each missing spiral)
- Spiral is not on the edge
- Free leg remains below the hip level
- The duration of spiral is less than 3 seconds
- All program component multiplication factors are 1.3, for each fall 0.5 points will be deducted

Debs (Debytantit) born 1.7.2006 or later (ISU evaluation, ISU Communication 2253 and 2254 or later where applicable), to be judged by the Finnish rules:

Free program 3 min (+/-10 sec) must include in maximum the following 9 elements:

- Max. 6 jump elements
 - 1 of the jump elements must be an Axel type of jump
 - Max. 2 jump combinations or jump sequences of which only 1 jump combination may consist of 3 jumps
 - Each single and double jump may be repeated twice (jumps do not need to be executed in a jump combination or jump sequence)
 - only 2 jumps with 3 or more revolutions can be repeated either in a jump combination or in a jump sequence
- Max. 2 different spins
 - Spin combination (CoSP or CCoSp with 8 revolutions) with or without change of foot, flying entrance is not allowed
 - Flying spin in one position of at least 5 revolutions on one foot, with a change of foot at least 8 revolutions
- 1 step sequence fully utilising the ice surface
- At least 2 spiral positions both on the edge. One of them must be held at least 3 sec
 - The spirals cannot be included within the step sequence
 - Evaluated under the transitions section
 - Deduction will be 0.5 point in case of
 - No spiral is attempted (0.5 point for each missing spiral)
 - Spiral is not on the edge
 - Free leg remains below the hip level
 - The duration of spiral is less than 3 seconds
- All program component multiplication factors are 1.3, for each fall 0.5 points will be deducted

For **Advanced Novice** (ISU evaluation) categories technical requirements are according to ISU Communication 2242, 2253 and 2254 or later where applicable.

For **Junior** (SM-Juniorit) and **Senior** (SM-Seniorit) (ISU evaluation) categories technical requirements are according to ISU Rules 611 Communication 2253 and 2254 or later where applicable.