

ANNEX A

TECHNICAL DATA, REQUIREMENTS

SENIOR A ladies and men; Short and free skating program

The required elements in accordance with ISU Technical Rules (511 and 512) and the valid ISU Communications.

Vocal music is allowed.

Short Program: max 2.50 min

Free Skating: Ladies: 4 min (+/-10 sec), Men: 4.30 min (+/-10 sec)

SENIOR B ladies and men; Short and free skating program; born 30.6.1999 or before

Short program: max. 2.50 min

Free skating: max. 3.40 min

Vocal music is allowed.

Short program:

- a) Axel or double axel
- b) Double or triple jump immediately preceded by connecting steps or other free skating movements
- c) Jump combination, consisting of two double jumps or a double and a triple jump.
 - Solo jumps may not be repeated
- d) Flying spin, minimum 6 revolutions in the landing position.
 - Landing position has to be different than in the spin in point e).
- e) Ladies: Layback and/or sideways leaning spin, minimum 6 revolutions. Men: Camel or sit spin with only one change of foot, minimum 5+5 revolutions.
- f) Spin combination with only one change of foot, minimum 5+5 revolutions.
 - Not to be started with a jump.
 - The spin must include at least two different basic positions with at least 2 revolutions in each of these positions.
 - Basic positions may take place at any stage of the spin
- g) Step sequence fully utilizing the ice surface, may contain unclassified jumps.

Program component factor is 0.8

In the second half of the program, the base value of all jump elements will be multiplied by 1.1

Free skating program:

- A maximum of 7 jump elements 1 Axel type of jump At least 1 jump combination or jump sequence, max 3 jump combinations or jump sequences
 - max one with 3 jumps, two with max 2 jumps
 - only 2 jumps with 3 or more revolutions can be repeated either in a jump combination or in a jump sequence.
 - if at least one of these jumps is executed in a jump combination or jump sequence , both jump executions are evaluated in a regular way.
 - if both jumps are executed as solo jumps, the second of these solo jumps will receive 70% of its original base value.
 - no single and double jump, incl. 1A and 2A, may be attempted more than twice (jumps do not need to be attempted in a jump combination or jump sequence)

- A maximum of 3 spins with different abbreviations
 - spin combination with or without change of foot, minimum 10 revolutions.
 - The spin must include at least two different basic positions with at least 2 revolutions in each of these positions.
 - Basic positions may take place at any stage of the spin
 - 1 spin on one foot and in one position, may start with a jump, minimum 5 revolutions
 - 1 spin with a different abbreviation than the two above mentioned
- 1 Step sequence fully utilizing the ice surface.

Program component factor is 1.6.

In the second half of the program, the base value of all jump elements will be multiplied by 1.1

JUNIOR A ladies and men; Short and free skating program; born 1.7.1995 or later

The required elements in accordance with ISU Technical Rules (511 and 512) and the valid ISU Communications. Vocal music is allowed.

Short Program: max 2.50 min

Free Skating: Ladies: 3.30 min (+/-10 sec), Men: 4 min (+/-10 sec)

JUNIOR B Ladies, Men; Short and free skating program; born 1.7.1995-30.6.2001

ISU evaluation; Vocal music is allowed.

Short Program: max 2 min 50 sec

Free Skating: max 3 min 40 sec

Short program (7 elements)

- a) Axel or double Axel.
- b) Double or triple jump preceded by connecting steps or other free skating movements.
- c) One jump combination consisting of two double jumps.
 - Solo jumps may not be repeated.
- d) Flying spin, minimum 6 revolutions in the landing position.
 - Landing position has to be different than the landing position in the spin in point e)
- e) Ladies: Layback and/or sideways leaning spin, minimum 6 revolutions in the chosen position.
Men: Camel or sit spin with only one change of foot, minimum 5 + 5 revolutions each leg
- f) Spin combination with only one change of foot, minimum 5+5 revolutions each leg.
 - Spin may not start with a jump.
 - Minimum of 2 different basic positions with 2 revolutions.
 - Basic positions may take place at any stage of the spin.
- g) Step sequence fully utilizing the skating area
 - may contain unclassified jumps.

Jumps which do not meet the requirements (wrong number of revolutions) will have no value.

Program component 0,8.

Base value for jump elements executed after the first half of the program will be multiplied with 1,1.

Free Skating (11 elements)

- Maximum of 7 jump elements, one must be an Axel type of jump. At least one and max. 3

jump combinations or jump sequences.

- max. one jump combination may consist of 3 jumps. The other combinations may contain max. 2 jumps.
- only 2 jumps with 3 or more revolutions can be repeated either in a jump combination or in a jump sequence.
 - if at least one of these jumps is executed in a jump combination or jump sequence , both jump executions are evaluated in a regular way.
 - if both jumps are executed as solo jumps, the second of these solo jumps will receive 70% of its original base value.
 - no single and double jump, incl. 1A and 2A, may be attempted more than twice (jumps do not need to be attempted in a jump combination or jump sequence)
- Maximum of 3 different spins, all with different abbreviations
 - One spin combination, minimum 10 revolutions, change of foot is not mandatory
 - minimum of 2 different basic positions with 2 revolutions.
 - basic positions may take place at any stage of the spin.
 - One spin in one position and no change of foot, minimum 5 revolutions, may start with a jump.
 - One spin with different abbreviation than the previous two.
- Step sequence fully utilizing the skating area.

Base value for jump elements executed after the first half of the program will be multiplied with 1,1.

Program component 1,6.

NOVICE A Girls, Boys; Short and free skating program; born 1.7.1999 or later

ISU evaluation; Vocal music is allowed.

Short Program: max 2 min 30 sec

Free Skating: 3 min +/- 10 sec (girls), 3 min 30 sec +/- 10 sec (boys)

Short Program: 6 elements

- Axel or double axel
- Double or triple jump preceded by steps or other free skating movements.
- Jump combination, consisting of two double jumps or a double and a triple jump.
 - Solo jumps may not be repeated.
- Girls: Layback and/or sideways leaning spin, minimum 6 revolutions.

Boys: Camel spin or Sit spin with only one change of foot, minimum 6 revolutions, not to be started with a jump

- Combination spin with one change of foot and at least one change of position, minimum 5 revolutions with each foot
- Girls and boys: Step sequence must fully utilize the ice surface.
 - unclassified jumps allowed

In the Short Program the base values for all jump elements started in the second half of the program will be multiplied by factor 1.1

Bonus: Jumps named 2A or triple jump, give the skater a bonus. 2A=+2.0 points, triple jump=+3,0 points. The maximum bonus is +9.0 points counted from the three most valuable bonus jumps
Difficulty level 4 is allowed (spins, step sequence)

The short program component factor is 1.0.

Free Skating: girls 9 elements / boys 10 elements

- Maximum of 6 jump elements (girls) and 7 jump elements (boys) of which one must be an Axel type jump and maximum of 2 jump combinations or jump sequences
 - of which max. 1 jump combination may consist of 3 jumps, the other jump combination may contain max 2 jumps.
 - only 2 jumps with 3 or more revolutions can be repeated either in a jump combination or in a jump sequence.
 - if at least one of these jumps is executed in a jump combination or jump sequence, both jump executions are evaluated in a regular way.
 - if both jumps are executed as solo jumps, the second of these solo jumps will receive 70% of its original base value.
 - no single and double jump, incl. 1A and 2A, may be attempted more than twice (jumps do not need to be attempted in a jump combination or jump sequence)
- Maximum of 2 different spins of which one spin combination, minimum 10 revolutions and the other a flying spin or spin with a flying entrance, minimum 6 revolutions.
 - In the spin combination minimum of 2 different basic positions with 2 revolutions.
 - Basic positions may take place at any stage of the spin.
- Maximum of one step sequence fully utilizing the skating area.

Bonus: Jumps named 2A or triple jump give the skater a bonus. 2A=+2.0 points, triple jump=+3.0 points. The maximum bonus is +9.0 points counted from the three most valuable bonus jumps

Free program component factor is 2.0.

In the Free Program the base values for all jump elements started in the second half of the program will be multiplied by factor 1.1

NOVICE B Girls, Boys; born 1.7.1999 or later

Free skating program, time 3 min +/- 10 sec (girls), 3 min 30 sec +/- 10 sec (boys)
max girls 10 elements, boys 11 elements; ISU evaluation; Vocal music is allowed.

- Maximum of 6 jump elements (girls) and 7 jump elements (boys), one must be an Axel type jump. At least one jump combination and a maximum of 3 jump combinations or jump sequences.
 - Only one jump combination may contain 3 jumps, other combinations may contain max. 2 jumps.
 - only 2 jumps with 3 or more revolutions can be repeated either in a jump combination or in a jump sequence.
 - if at least one of these jumps is executed in a jump combination or jump sequence, both jump executions are evaluated in a regular way.
 - if both jumps are executed as solo jumps, the second of these solo jumps will receive 70% of its original base value.
 - no single and double jump, incl. 1A and 2A, may be attempted more than twice (jumps do not need to be attempted in a jump combination or jump sequence)
- The program should contain at least 3 different double jumps.
- Maximum of 3 different spins, each with different abbreviations
 - One spin combination minimum 8 revolutions.
 - Change of foot is not mandatory
 - Minimum of 2 different basic positions with 2 revolutions.
 - Basic positions may take place at any stage of the spin.

- One spin in one foot and in one position minimum 5 revolutions. May start with a jump.
- One spin with different abbreviation than the first two mentioned.
 - One foot and one position spin=5 revolutions, spin combination and change of foot spin=8 revolutions.
 - Spin combination minimum 2 different basic positions with 2 revolutions.
 - Basic positions may take place at any stage of the spin.
- Step sequence fully utilizing the skating area.
- Minimum of 2 spirals, both on edge and one has duration of at least 3 sec.
 - Evaluated in transitions (ISU).
 - 0,5 points deduction per missing spiral.
 - If spiral is not attempted or leg does not rise above pelvis or spiral is not on edge or duration is less than 3 sec a 0,5 deduction is made for a faulty spiral

Program component is 1.5.

The base values for all jump elements started in the second half of the program will be multiplied by factor 1.1

SPRINGS A Girls/Boys born 2003 or later

Free skating: 2min 30sec +/-10 sec; ISU evaluation; Vocal music is allowed.

- Max 5 jump elements. One must be an Axel type jump. Maximum of 2 jump combinations or jump sequences
 - 3 different double jumps are required and all may be attempted.
 - 1 combination with 3 jumps, one with max 2 jumps
 - Each double jump may be repeated once but-no single and double jump, incl. 1A and 2A, may be attempted more than twice (jumps do not need to be attempted in a jump combination or jump sequence)
- Maximum of 3 different spins, each with different abbreviations
 - One spin combination with or without change of foot, minimum 8 revolutions.
 - Minimum of 2 different basic positions with 2 revolutions.
 - Basic positions may take place at any stage of the spin.
 - Spin on one foot and in one position, minimum 5 revolutions. May be started with a jump.
 - Spin with a different abbreviation than the two above mentioned.
 - Spin on one foot and in one position 5 revolutions, combination and change foot spin 8 revolutions.
 - At least 2 different basic positions with 2 revolutions in combination spin.
 - Basic positions may take place at any stage of the spin.
- Maximum of 1 step sequence fully utilizing the skating area.
- Minimum of 2 unsupported spirals, both on edge and one must last at least 3 sec.
 - Evaluated in transitions (ISU).
 - 0,5 points deduction per missing spiral.
 - If spiral is not attempted or leg does not rise above pelvis or spiral is not on edge or duration is less than 3 sec a 0,5 deduction is made for a faulty spiral

The program components factor is 1.2 and the deduction for a fall is 0.5

DEBS A, girls and boys; born 1.7.2001 or later

Free skating program, time girls 3.0 min (+/- 10 sec.), time boys 3 min 30 seconds (+/- 10 sec.) Girls max 10 elements, boys max 11 elements; ISU evaluation; Vocal music is allowed.

- Maximum of 6 jump elements (girls), 7 jump elements (boys). One must be an Axel type jump. At least one jump combination and a maximum of 3 jump combinations or jump sequences.
 - Only one jump combination may contain 3 jumps, other combinations max. 2 jumps.
 - Only 2 jumps with 3 or more revolutions may be repeated either in a jump combination or a jump sequence.
 - if at least one of these jumps is executed in a jump combination or jump sequence , both jump executions are evaluated in a regular way.
 - if both jumps are executed as solo jumps, the second of these solo jumps will receive 70% of its original base value.
 - no single and double jump, incl. 1A and 2A, may be attempted more than twice (jumps do not need to be attempted in a jump combination or jump sequence)
 - There should be at least 4 different double jumps in the program.
- Maximum of 3 different spins with different abbreviations.
 - One spin combination minimum 8 revolutions
 - change of foot not mandatory
 - at least 2 different basic positions with at least 2 revolutions each.
 - Basic positions may take place at any stage of the spin.
 - One Camel spin with only one change of foot and minimum 4 revolutions/foot
 - Girls: Layback spin (sideways and/or backwards), minimum 5 revolutions
 - Boys: Flying spin, minimum 5 revolutions in landing position.
- Step sequence fully utilizing the skating area.
- Minimum of 2 spirals, both on edge and one has duration of at least 3 sec.
 - Evaluated in transitions (ISU).
 - 0,5 points deduction per missing spiral.
 - If spiral is not attempted or leg does not rise above pelvis or spiral is not on edge or duration is less than 3 sec a 0,5 deduction is made for a faulty spiral

Bonus: Each jump named 2A or triple jump, gives the skater a bonus. 2A=+2.0 points, triple jump=+3,0 points. The maximum bonus is +9.0 points counted from the three most valuable bonus jumps.

The program component factor is 1,5.

The base values for all jump elements started in the second half of the program will be multiplied by factor 1.1

CHICKS Girls / Boys; born 2006 or later

Free skating: max 2 min, Finnish star evaluation; Vocal music is allowed.

- single jumps
 - axel or double jumps not permitted
- two different spins, at least 3 revolutions

CUBS Girls/Boys; born 2005 or later

Free skating: max 2 min 30 sec, Finnish Star evaluation; Vocal music is allowed.

- All single jumps.
 - Axel jump and one kind of double jump can be repeated.
- 3 spins which should have minimum 4 revolutions.
- 1 step sequence covering at least ½ of the ice.
- 2 unsupported spirals.

SPRINGS B Girls and Boys: born 2003 or later

Free skating: 2 min 30 sec +/- 10 sec, Finnish Star evaluation; Vocal music is allowed.

- Max 5 jump elements. One must be an Axel type jump. Maximum of 2 jump combinations or jump sequences
 - 1 double jump is required and all may be attempted.
 - 1 combination with 3 jumps, one with max 2 jumps
 - Each double jump may be repeated once but-no single and double jump, incl. 1A and 2A, may be attempted more than twice (jumps do not need to be attempted in a jump combination or jump sequence)
- Maximum of 3 different spins, each with different abbreviations
 - One spin combination with or without change of foot (minimum 8 revolutions).
 - Minimum of 2 different basic positions with 2 revolutions.
 - Basic positions may take place at any stage of the spin.
 - Spin on one foot and in one position, minimum 5 revolutions. May be started with a jump.
 - Spin with a different abbreviation than the two above mentioned.
 - Spin on one foot and in one position 5 revolutions, combination and change foot spin 8 revolutions.
 - At least 2 different basic positions with 2 revolutions in combination spin.
 - Basic positions may take place at any stage of the spin.
- Maximum of 1 step sequence fully utilizing the skating area.
- Minimum of 2 unsupported spirals, both on edge and one must last at least 3 sec.
 - Evaluated in steps, spirals and transitions.
 - 0,5 points deduction per missing spiral.

DEBS B Girls/Boys (born 2003 or later), NOVICE C Girls/Boys (born 2000 or later), and JUNIOR C Ladies/Men (born 1995 or later)

Free Skating: max 3 min 10 sec, Finnish Star evaluation; Vocal music is allowed.

- Maximum of 6 jump elements, one must be an Axel type jump. Maximum of 3 jump combinations or jump sequences
 - one combination with 3 jumps, others with max 2 jumps
 - No single and double jump, incl. 1A and 2A, may be attempted more than twice (jumps do not need to be in a jump combination or jump sequence).
- Maximum of 3 different spins, each with different abbreviations
 - One spin combination, minimum 8 revolutions, change of foot is not mandatory
 - Minimum of 2 different basic positions with 2 revolutions.
 - Basic positions may take place at any stage of the spin.
 - Spin on one foot and in one position, minimum 5 revolutions. May start with a jump.
- One spin with different abbreviation than the first two mentioned.

- One foot and one position spin=5 revolutions, spin combination and change of foot spin=8 revolutions.
 - Spin combination minimum 2 different basic positions with 2 revolutions.
 - Basic positions may take place at any stage of the spin.
- Maximum of 1 step sequence fully utilizing the skating area.
- Minimum of 2 spirals, both on edge and one has duration of at least 3 sec.
 - Evaluated in transitions (ISU).
 - 0,5 points deduction per missing spiral.
 - If spiral is not attempted or leg does not rise above pelvis or spiral is not on edge or duration is less than 3 sec a 0,5 deduction is made for a faulty spiral

SPRINGS C Girls and Boys; born 2003 or later

Free skating: 2 min 30 sec +/- 10 sec, Finnish Star evaluation; Vocal music is allowed.

- Max 5 jump elements. One Axel type jump must be attempted. Maximum of 2 jump combinations or jump sequences
 - All double jumps may be attempted.
 - 1 combination with 3 jumps, one with max 2 jumps
 - Each double jump may be repeated once but-no single and double jump, incl. 1A and 2A, may be attempted more than twice (jumps do not need to be attempted in a jump combination or jump sequence)
- Maximum of 3 different spins, each with different abbreviations
 - One spin combination with or without change of foot (minimum 8 revolutions).
 - Minimum of 2 different basic positions with 2 revolutions.
 - Basic positions may take place at any stage of the spin.
 - Spin on one foot and in one position, minimum 5 revolutions. May be started with a jump.
 - Spin with a different abbreviation than the two above mentioned.
 - Spin on one foot and in one position 5 revolutions, combination and change foot spin 8 revolutions.
 - At least 2 different basic positions with 2 revolutions in combination spin.
 - Basic positions may take place at any stage of the spin.
- Maximum of 1 step sequence fully utilizing the skating area.
- Minimum of 2 unsupported spirals, both on edge and one must last at least 3 sec.
 - Evaluated in steps, spirals and transitions.
 - 0,5 points deduction per missing spiral.

Starlets (Taitajat); Girls/Boys; born 2004-2006; born 2000-2003; born 1999 or before

Free Skating: max 2 min 30 sec; Finnish Star evaluation; Vocal music is allowed.

- Maximum of 5 jump elements. No Axel type jump. No Double or triple jumps.
- Maximum three spins.
- Step sequence, which must utilize at least ½ the ice surface.
- 2 spirals