

ANNEX A; TECHNICAL DATA, REQUIREMENTS

Rules in following order 1) these requirements; 2) STLL rules changes 15.8.2016; 3) STLL rules changes 13.6.2016; 4) Finnish STLL rulebook 23; 5) relevant ISU communications

SENIOR A men; Short and free skating program

Short program: 2 min 40 sec \pm 10 sec

Free skating: 4 min 30 sec \pm 10 sec

Vocal music is allowed.

Element specifications in accordance with ISU Communications 2000 and 2014 or with any relevant ISU Communications published afterwards.

Deduction for fall: -1.0 for the first and second fall, -2.0 for the third and fourth fall, -3.0 for the fifth and any further falls.

Short program (7 elements):

- a) Double or triple axel
- b) Triple or quadruple jump immediately preceded by connecting steps or other free skating movements
- c) Jump combination, consisting of a double and a triple jump or two triple jumps or quadruple and double jump or quadruple and triple jump.
 - Jump in the combination may not be the same as either of the solo jumps
 - If the jump executed in point b) is a quadruple jump, the quadruple jump in combination must be a different jump
- d) Flying spin, minimum 8 revolutions in the landing position.
 - Landing position must be different than in the spin in point e).
- e) Camel or sit spin with only one change of foot, minimum 6+6 revolutions.
 - Spinning position must be different than in the spin in point d).
- f) Spin combination with only one change of foot, minimum 6+6 revolutions.
- g) Step sequence fully utilizing the ice surface
 - may contain unclassified jumps

Program component factor is 1,0

In the second half of the program, the base value of all jump elements will be multiplied by 1,1

Free skating program (13 elements):

- A maximum of 8 jump elements, one must be an Axel type of jump, max 3 jump combinations or jump sequences
 - max one combination with 3 jumps, others with max 2 jumps
 - each double jump, incl. 2A, may be jumped max twice
 - only 2 different jumps with 3 or 4 revolutions may be repeated
 - no triple or quadruple jumps may be attempted more than twice
- A maximum of 3 of the following spins
 - 1 spin combination with or without change of foot, minimum 10 revolutions.
 - 1 flying spin or spin with flying entrance, minimum 6 revolutions
 - 1 spin in one position, minimum 6 revolutions
- max 1 Step sequence fully utilizing the ice surface.
- Choreographic sequence
 - with predetermined base value (ChSq)

Program component factor is 2,0.

In the second half of the program, the base value of all jump elements will be multiplied by 1,1

SENIOR A ladies; Short and free skating program

Short program: 2 min 40 sec \pm 10 sec

Free skating: 4 min \pm 10 sec

Vocal music is allowed.

Element specifications in accordance with ISU Communications 2000 and 2014 or with any relevant ISU Communications published afterwards.

Deduction for fall: -1.0 for the first and second fall, -2.0 for the third and fourth fall, -3.0 for the fifth and any further falls.

Short program (7 elements):

- a) Double or triple axel
- b) Triple jump immediately preceded by connecting steps or other free skating movements
- c) Jump combination, consisting of two triple jumps or a double and a triple jump.
- d) Flying spin, minimum 8 revolutions in the landing position.
 - Landing position must be different than in the spin in point e).
- e) Layback and/or sideways leaning spin or camel or sit spin
 - minimum 8 revolutions in the chosen position
 - Change of foot not allowed
 - spinning position different from spin in point d).
- f) Spin combination with only one change of foot, minimum 6+6 revolutions.
- 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 (12 elements):

- A maximum of 7 jump elements, 1 must be Axel type of jump, max 3 jump combinations or jump sequences
 - max one sequence with 3 jumps, others with max 2 jumps
 - each double jump, incl. 2A, may be executed max twice
 - only 2 jumps with 3 or more revolutions can be repeated
 - no triple or quadruple jump may be attempted more than twice
- A maximum of 3 spins with different abbreviations
 - 1 spin combination with or without change of foot, minimum 10 revolutions.
 - 1 flying spin or with flying entrance, on one foot and in one position, minimum 6 revolutions
 - 1 spin in one position, minimum 6 revolutions
- 1 Step sequence fully utilizing the ice surface.
- Choreographic sequence
 - with predetermined base value (ChSq)

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

SENIOR B ladies and men; Short and free skating program; born 30.6.2001 or before

Short program: 2 min 40 sec \pm 10 sec

Free skating: max. 3 min 40 sec

Vocal music is allowed.

Element specifications in accordance with ISU Communications 2000 and 2014 or with any relevant ISU Communications published afterwards.

Deduction for fall -1,0

Short program (7 elements):

- 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 must be different than in the spin in point e).
- e) Ladies: Layback and/or sideways leaning spin or Camel or sit spin
 - minimum 6 revolutions in chosen position
 - change of foot not allowed
 - spinning position different from spin in point d)Men: Change foot Camel or sit spin with only one change of foot, minimum 5+5 revolutions (=camel-camel or sit-sit spin)
- f) Spin combination with only one change of foot, minimum 5+5 revolutions.
 - No flying entrance.
- h) 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 (11 elements):

- max 7 jump elements 1 Axel type of jump. max 3 jump combinations or jump sequences
 - max one combination 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.
 - each single and double jump, incl. 1A and 2A, may be executed no more than twice (jumps do not need to be executed in a jump combination or jump sequence)
- max 3 spins with different abbreviations
 - 1 spin combination with or without change of foot, minimum 10 revolutions.
 - 1 spin with or without change of foot in one position
 - may start with a jump
 - minimum 6 revolutions
 - 1 spin with a different abbreviation than the two spins mentioned above
- 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 men; Short and free skating program; born 1.7.1997 or later

Short program: 2 min 40 sec \pm 10 sec

Free skating: 4 min \pm 10 sec

Vocal music is allowed.

Element specifications in accordance with ISU Communications 2000 and 2014 or with any relevant ISU Communications published afterwards.

Deduction for fall -1,0 point/fall

Short program (7 elements):

- a) Double or triple axel
- b) Double or triple Loop immediately preceded by connecting steps or other free skating movements
- c) Jump combination, consisting of a double and a triple jump or two triple.
 - Jump in the combination may not be the same as either of the solo jumps
- d) Flying camel spin, minimum 8 revolutions in the landing position.
 - execution of a position variation is allowed
- e) Sit spin with only one change of foot, minimum 6+6 revolutions.
- f) Spin combination with only one change of foot, minimum 6+6 revolutions.
- g) Step sequence fully utilizing the ice surface
 - may contain unclassified jumps

Program component factor is 1,0

In the second half of the program, the base value of all jump elements will be multiplied by 1,1

Free skating program (12 elements):

- A maximum of 8 jump elements, one must be an Axel type of jump, max 3 jump combinations or jump sequences
 - max one combination with 3 jumps, others with max 2 jumps
 - each double jump, incl. 2A, may be executed max twice
 - only 2 different jumps with 3 or 4 revolutions may be repeated
 - no triple or quadruple jumps may be attempted more than twice
- A maximum of 3 of the following spins
 - 1 spin combination with or without change of foot, minimum 10 revolutions.
 - 1 flying spin or spin with flying entrance, minimum 6 revolutions
 - 1 spin in one position, minimum 6 revolutions
- max 1 Step sequence fully utilizing the ice surface.

Program component factor is 2,0

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

Element specifications in accordance with ISU Communications 2000 and 2014 or with any relevant ISU Communications published afterwards.

JUNIOR A ladies; Short and free skating program; born 1.7.1997 or later

Short program: 2 min 40 sec ± 10 sec

Free skating: 3 min 30 sec ± 10 sec

Vocal music is allowed.

Element specifications in accordance with ISU Communications 2000 and 2014 or with any relevant ISU Communications published afterwards.

Deduction for fall -1,0 point/fall

Short program (7 elements):

- a) Double axel
- b) Double or triple jump immediately preceded by connecting steps or other free skating movements
 - program must contain one triple jump, either as a solo jump or in a combination (failing to have one results in "no value" for point b))
- c) Jump combination, consisting of two double jumps or a double and a triple jump.
 - Solo jumps may not be repeated
- d) Flying camel spin, minimum 8 revolutions in the landing position.
- e) Layback and/or sideways leaning spin or sit spin
 - minimum 8 revolutions in chosen position
 - Change of foot not allowed
- f) Spin combination with only one change of foot, minimum 6+6 revolutions.
- 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 (11 elements):

- A maximum of 7 jump elements, 1 must be an Axel type of jump, max 3 jump combinations or jump sequences
 - max one combination with 3 jumps, two with max 2 jumps
 - each double jump, incl. 2A, may be executed max twice
 - only 2 jumps with 3 or more revolutions may be repeated
 - no triple or quadruple jump may be attempted more than twice
- A maximum of 3 spins with different abbreviations
 - 1 spin combination with or without change of foot, minimum 10 revolutions.
 - 1 flying spin or spin with flying entrance, minimum 6 revolutions
 - 1 spin in one position, minimum 6 revolutions
- max 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

Element specifications in accordance with ISU Communications 2000 and 2014 or with any relevant ISU Communications published afterwards.

JUNIOR B Ladies, Men; Short and free skating program; born 1.7.1997-30.6.2003

ISU evaluation; Vocal music is allowed.

Short Program: 2 min 40 sec \pm 10 sec

Free Skating: max 3 min 40 sec

Deduction for fall is -1,0 point/fall

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 must be different than the landing position in the spin in point e)
- e) Ladies: Layback and/or sideways leaning spin or Camel or sit spin
 - minimum 6 revolutions in the chosen position
 - Change of foot not allowed
 - spin position must be different than in point d)Men: Change foot Camel or sit spin with only one change of foot, minimum 5+5 revolutions (=camel-camel or sit-sit spin)
- f) Spin combination with only one change of foot, minimum 5+5 revolutions each foot.
 - Spin may not start with a jump.
- 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 program (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 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.
 - each single and double jump, incl. 1A and 2A, may be executed no more than twice (jumps do not need to be executed 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
 - One spin in one position
 - minimum 6 revolutions
 - change of foot allowed
 - may start with a jump.
 - One spin with different abbreviation than the previous two.
- Step sequence fully utilizing the skating area.

Program component 1,6.

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

NOVICE A, Boys; Short and free skating program; born 1.7.2001 or later

Short Program: 2 min 20 sec ± 10 sec

Free Skating: 3 min 30 sec ± 10 sec

Vocal music is allowed.

Deduction for falling is 0,5 points/fall

Short Program (6 elements):

- 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.
- Camel spin or Sit spin with only one change of foot, minimum 5 revolutions with both feet
 - No flying entrance
- Combination spin with one change of foot and at least one change of position, minimum 5 revolutions with each foot
 - Flying entry allowed
- Step sequence must fully utilize the ice surface.
 - unclassified jumps allowed

The component factor is 0,8.

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: for max two different triple jumps. triple jump=+2.0 points. The maximum bonus is +4.0 points counted from the two triple jumps (3Fe and 3Lze qualify for bonus)

Difficulty level 4 is allowed (spins, step sequence)

Free Skating program (10 elements):

- Maximum of 7 jump elements of which one must be an Axel type jump and maximum of 2 jump combinations or jump sequences
 - 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.
 - each single and double jump, incl. 1A and 2A, may be executed no more than twice (jumps do not need to be executed in a jump combination or jump sequence)
- Maximum of 2 different spins
 - change foot combination spin, minimum 8 revolutions
 - No flying entrance
 - flying spin or spin with a flying entrance with only one position (minimum 6 revolutions/one foot spin and at least 8 spins/changefoot spin).
- Maximum of one step sequence, fully utilizing the skating area.

Bonus: for max one 2A and two different triple jumps. 2A=+1.0 points, triple jump=+2.0 points. The maximum bonus is +4.0 points counted from the one 2A and two triple jumps (3Fe and 3Lze qualify for bonus)

Free program component factor is 1,6.

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 A Girls; Short and free skating program; born 1.7.2001 or later

ISU evaluation; Vocal music is allowed.

Short Program: 2 min 20 sec \pm 10 sec

Free Skating: 3 min \pm 10 sec

Deduction for falling is 0,5 points/fall

Short Program (6 elements):

- 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.
- Layback and/or sideways leaning spin or camel spin or sit spin, minimum 6 revolutions.
 - No flying entrance
- Combination spin with one change of foot and at least one change of position, minimum 5 revolutions with each foot
 - Flying entry allowed
- 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: for max two different triple jumps. triple jump=+2.0 points. The maximum bonus is +4.0 points counted from the two triple jumps (3Fe and 3Lze qualify for bonus)

Difficulty level 4 is allowed (spins, step sequence)

The short program component factor is 0,7.

Free Skating Program (9 elements):

- Maximum of 6 jump elements 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.
 - each single and double jump, incl. 1A and 2A, may be executed no more than twice (jumps do not need to be executed in a jump combination or jump sequence)
- Maximum of 2 different spins
 - change foot spin combination, minimum 8 revolutions
 - No flying entrance
 - flying spin or spin with a flying entrance with only one position
 - minimum 6 revolutions/one foot spin and at least 8 spins/changefoot spin
- Maximum of one step sequence, fully utilizing the skating area.

Bonus: for max one 2A and two different triple jumps. 2A=+1.0 points, triple jump=+2.0 points. The maximum bonus is +4.0 points (3Fe and 3Lze qualify for bonus)

Free program component factor is 1,4.

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 1.7.2001 or later

Free skating program: girls 3 min \pm 10 sec, boys 3 min 30 sec \pm 10 sec

ISU evaluation; Vocal music is allowed.

Deduction for falling is 0,5 points/fall

Free skating program (girls max 9 elements, boys max 10 elements):

- 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 2 jump combinations or jump sequences.
 - Only one jump combination may contain 3 jumps, the other 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.
 - each single and double jump, incl. 1A and 2A, may not be executed more than twice (jumps do not need to be executed in a jump combination or jump sequence)
- Maximum of 2 different spins, each with different abbreviations
 - One spin combination minimum 8 revolutions.
 - No flying entry
 - Change of foot is not mandatory
 - Spin choices are CoSp and CCoSp
 - One position spin
 - One foot spin min 5 revolutions, change of foot spin min 8 revolutions.
 - Flying entrance allowed
 - change of foot allowed
- Step sequence, fully utilizing the skating area.
- Minimum of 2 spirals, both on edge and one has duration of at least 3 sec.
 - These may not be in step sequence
 - 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 1,3.

DEBS A, girls and boys; born 1.7.2003 or later

Free skating program: girls 3.0 min \pm 10 sec, boys 3 min 30 seconds \pm 10 sec

ISU evaluation; Vocal music is allowed.

Deduction for falling is 0,5 points/fall

Free skating program (Girls max 9 elements, boys max 10 elements):

- 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 2 jump combinations or jump sequences.
 - Only one jump combination may contain 3 jumps, the other combination max. 2 jumps.
 - Only 2 jumps with 3 or more revolutions may be repeated either in a jump combination or a jump sequence.
 - each single and double jump, incl. 1A and 2A, may not be executed more than twice (jumps do not need to be executed in a jump combination or jump sequence)
- Maximum of 2 different spins with different abbreviations.
 - One spin combination minimum 8 revolutions
 - No flying entry
 - change of foot not mandatory
 - Spin choices are CoSp and CCoSp
 - Flying spin or spin with flying entrance in one position (camel, sit, upright)
 - minimum 5 revolutions in landing position
 - change of foot allowed
 - change of position not allowed
- Step sequence, fully utilizing the skating area.
- Minimum of 2 spirals, both on edge and one has duration of at least 3 sec.
 - These may not be in the step sequence
 - 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: Max 2 jumps named 2A and max 2 jumped triple jumps, give the skater a bonus. 2A=+1,0 points, triple jump=+2,0 points. The maximum bonus is +4.0 points (3Fe and 3Lze qualify for bonus)

The program component factor is 1,3

SPRINGS A Girls/Boys born 2005 or later

Free skating: 2min 30sec \pm 10 sec

ISU evaluation; Vocal music is allowed.

Deduction for falling is 0,5 points/fall

Free skating program (max 8 elements):

- 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 2 different spins
 - One spin combination with or without change of foot, minimum 8 revolutions.
 - No flying entry
 - Spin in one position
 - Spin on one foot min 5 revolutions, change foot spin min 8 revolutions.
 - Flying entrance allowed
 - Change foot allowed
- 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.
 - these may not be in the step sequence
 - 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 1,0

CUBS Girls/Boys; born 2007 or later

Free skating: max 2 min 30 sec

Finnish Star evaluation; Vocal music is allowed.

Free skating program

- 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.

CHICKS Girls / Boys; born 2008 or later

Free skating: max 2 min

Finnish star evaluation; Vocal music is allowed

Free skating program

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

SPRINGS B Girls and Boys: born 2005 or later

Free skating: 2 min 30 sec ±10 sec

Finnish Star evaluation; Vocal music is allowed.

Free skating program:

- Max 5 jump elements. One must be an Axel type jump. Maximum of 2 jump combinations or jump sequences
 - max 1 combination with 3 jumps, the other with max 2 jumps
 - Each double jump may be repeated once but-no single and double jump, incl. 1A and 2A, may be executed more than twice (jumps do not need to be executed in a jump combination or jump sequence)
- Maximum of 2 different spins
 - One spin combination (minimum 8 revolutions).
 - change of foot not mandatory
 - No flying entry.
 - Spin in one position
 - Spin on one foot min 5 revolutions, change foot spin 8 min revolutions.
 - Flying entry allowed
 - Change of foot allowed
- 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.
 - These may not be in the step sequence

- Evaluated in steps, spirals and transitions.
- 0,5 points deduction per missing spiral.

DEBS B Girls/Boys (born 2004 or later)

NOVICE C Girls/Boys (born 2002 or later)

JUNIOR C Ladies/Men (born 1997 or later)

Free Skating: max 3 min 10 sec

Finnish Star evaluation; Vocal music is allowed.

Free skating program:

- 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 2005 or later

Free skating: 2 min 30 sec \pm 10 sec

Finnish Star evaluation; Vocal music is allowed.

Free skating program:

- Max 5 jump elements. One must be an Axel type jump. Maximum of 2 jump combinations or jump sequences
 - max 1 combination with 3 jumps, the other with max 2 jumps
 - Each double jump may be repeated once but-no single and double jump, incl. 1A and 2A, may be executed more than twice (jumps do not need to be executed in a jump combination or jump sequence)
- Maximum of 2 different spins
 - One spin combination (minimum 8 revolutions).
 - change of foot not mandatory
 - No flying entry.
 - Spin in one position
 - Spin on one foot min 5 revolutions, change foot spin 8 min revolutions.
 - Flying entry allowed
 - Change of foot allowed
- 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.
 - These may not be in the step sequence
 - Evaluated in steps, spirals and transitions.
 - 0,5 points deduction per missing spiral.

Starlets (Taitajat); Girls/Boys; 2004-2007; 2003 and older

Free Skating: max 2 min 30 sec

Finnish Star evaluation; Vocal music is allowed.

Free skating program:

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

TECHNICAL REQUIREMENTS FOR ADULT CATEGORIES

AGE CATEGORIES

The following age categories apply to all Free Skating events.
All events will be grouped by level. ISU scoring system will be used in all categories.
Based on the number of entries, age classes may be combined.

Young Adults 18 yrs - 28 yrs
skaters born between July 1st, 1988 and June 30th, 1998
Class I 28 yrs -38 yrs
skaters born between July 1st, 1978 and June 30th, 1988
Class II 38 yrs -48 yrs
skaters born between July 1st, 1968 and June 30th, 1978
Class III 48 yrs -58 yrs
skaters born between July 1st, 1958 and June 30th, 1968
Annex A -REQUIREMENTS
Class IV skaters 58 yrs – 68 yrs
born between July 1st, 1948 and June 30th, 1958
Class V skaters 68 yrs – 78 yrs
born between July 1st, 1938 and June 30th, 1948
Elite Masters Free Skating

Skaters signing up for this category will compete against other Elite Masters Free Single Skaters.
The technical requirements are the same as those for the category "Masters Free Single Skating".

Masters Free Skating

Masters Free Skating well-balanced program may contain:

- A maximum of seven (7) jump elements, one of which must be an Axel type jump
 - Single, double and triple jumps are permitted
 - There may be up to three (3) jump combinations or jump sequences in the free program.
 - One (1) jump combination may consist of up to three (3) listed jumps. Two (2) jump combinations may consist of two (2) listed jumps
 - A jump combination may consist of the same or another single, double or triple jump.
 - 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. Only the two (2) listed jumps with the highest value will count towards the technical score.
 - Each listed jump may be repeated only once
 - Please note that a half loop in combination or in a sequence with any other listed jump will be called as a listed jump (1 Lo.).
 - Non-listed jumps may be included in the program as part of connecting footwork.
- 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 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.
- A maximum of one (1) step sequence (StSq), fully utilizing the ice surface.
 - Only the first executed attempt of a step sequence will contribute to the technical score

Vocal music may be used

Duration: The maximum time is 3 minutes and 10 seconds, but may be less.

The points for each Program Component are multiplied by a factor of 1.6

Gold Free Skating

Adult Gold Free Skating well-balanced program may contain:

- 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.
 - A jump combination may consist of the same or another single or double jump with the exclusion of the jumps as above.
 - There may be up to three jump combinations or jump sequences in the Free Program.
 - One jump combination could consist of up to three (3) listed jumps, the other two up to two (2) listed jumps.
 - Each listed jump may be repeated only once
 - A jump sequence may consist of any number of single and double jumps, excluding a double Flip, a double Lutz, a double Axel and all triple jumps, that may be linked by nonlisted 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. However, only the two jumps with the highest value will count.
 - Please note that a half-loop in combination or in a sequence with any other listed jump will be called as a listed jump (1 Lo.)
 - Non-listed jumps may be included in the program as part of connecting footwork, preceding single or double jumps.
- 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.
- A maximum of one (1) step sequence (StSq), fully utilizing the ice surface.
 - Only the first executed attempt of a step sequence will contribute to the technical score
 - 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

Duration of the program: maximum 2 minutes 50 seconds, but may be less

Vocal music may be used.

Program component factor: 1.6

Silver Free Skating

Adult Silver Free Skating well-balanced program may contain:

- 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.
 - A jump combination may consist of the same or another single jump.
 - There may be up to three jump combinations or jump sequences in the Free Program.
 - One jump combination may consist of up to three (3) listed jumps, the other two up to two (2) listed jumps.
 - Each listed jump may be repeated only once
 - A jump sequence may consist of any number of single 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. However, only the two jumps with the highest value will count.
 - Please note that a half-loop in combination or in a sequence with any other listed jump will be called as a listed jump (1 Lo.)
 - Non-listed jumps may be included in the program as part of connecting footwork

- 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.
- A maximum of one choreographic step sequence (ChSq), covering at least half of the ice surface.
 - 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 Sequence commences with the first move and is concluded with the last move of the Skater.
 - The pattern is not restricted.
 - A Choreographic Sequence has a base value and will be evaluated by the judges in GOE only.

Duration of program: max 2 min. 10 sec., but may be less.

Vocal music may be used.

Program component factor: 1.6

Bronze Free Skating

Adult Bronze Free Skating a well-balanced program must contain:

- A maximum of four (4) jump elements. Only single jumps are permitted, no Axel type jump, no double or triple jumps can be included.
 - Each listed jump may be repeated only once
 - A jump combination may consist of the same or another single jump.
 - There may be up to two jump combinations or jump sequences in the Free Program. One jump combination could consist of up to three (3) listed jumps, the other two (2) listed jumps.
 - A jump sequence may consist of any number of single 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. However, only the two jumps with the highest value will count.
 - Please note that a half-loop in combination or in a sequence with any other listed jump will be called as a listed jump (1 Lo.)
- A maximum of two (2) spins of a different abbreviation.
 - One of the spins must be a spin in one position with no change of foot
 - 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.
- A maximum of one (1) choreographic step 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
 - 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 Sequence commences with the first move and is concluded with the last move of the Skater.
 - The pattern is not restricted.
 - A Choreographic Sequence has a base value and will be evaluated by the judges in GOE only.

Duration of program: max 1 min. 50 sec., but may be less.

Vocal music may be used.

Program component factor: 1.6

Pre-Bronze Free Skating

Adult Pre Bronze Free Skating well-balanced program:

- A maximum of four (3) jump elements. Half and single jumps are permitted, no Lutz, no Flip and no Axel type jump, no double or triple jumps can be included
 - A jump combination may consist of the same or another single jump. There may only one jump combinations or jump sequences in the Free Program. One jump combination could consist of up to two (2) listed jumps.
 - A jump sequence may consist of any number of single 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. However, only the two jumps with the highest value will count.
 - Please note that a halfloop in combination or in a sequence with any other listed jump will be called as a listed jump (1 Lo.).
 - Any solo jump can be repeated only once and this repetition must be done either in a jump combination or in a jump sequence.
 - Non-listed jumps may be included in the program as part of connecting footwork preceding single jumps.
- A maximum of one (1) spin
 - The spin must have a required minimum number of revolutions: three (3) . Spin combination with change of foot and Flying spins is not permitted.
- A maximum of one choreographic-sequence (ChSq) covering at least half of the ice surface and must include one (1) spiral position
 - 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.
 - A Choreographic sequence for Ladies must include at least one spiral (not a kick) of any length.
 - The Sequence commences with the first move and is concluded with the last move of the skater. A choreographic sequence has a base value.
 - The first visible attempt to execute a choreographic sequence will contribute to the technical score.
 - Additional spiral 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.

Vocal music may be used

Duration The maximum time is 1 min. 50 sec. max.

The panels points for each Program Component are multiplied by a factor of 1.6

Pairs: Adult Free Skating

- Maximum of two (2) different lifts of Group 1 or Group 3 with a minimum of ½ revolution for the man and 1 revolution for the lady
 - Variations of the lady's position, no-handed and one-handed lifts and combination lifts are not permitted
 - Overhead lifts and twist lifts are not permitted
 - A different take-off counts as a different lift
- A maximum of one (1) single throw jump (including the throw axel)
 - Double and triple jumps are not permitted.
- A maximum of one (1) solo single jump (including the single axel)
 - Double and triple jumps are not permitted.

- A maximum of one (1) jump combination with a maximum of three (3) listed jumps or one jump sequence with any number of jumps (only the two jumps with the highest value will count for points).
 - Only single jumps are allowed (including the single axel).
 - Double and triple jumps are not permitted.
- A maximum of one (1) pair spin (pair spin or pair combination spin)
 - The spin must have a required minimum number of revolutions: four (4) revolutions for a pair spin and six (6) for a pair combination spin.
 - There must be a minimum of two (2) revolutions in each position or the position will not be counted.
- A maximum of one (1) death spiral or pivot spiral (position optional)
 - At least $\frac{3}{4}$ revolution in pivot position by the man is required.
- A maximum of one (1) choreographic sequence (ChSq) that fully utilizes the ice surface
 - Only the first executed attempt of a choreographic sequence will contribute to the technical score
 - A choreographic sequence consists of any kind of movements like steps, turns, spirals, arabesques, spread eagles, Ina Bauers, hydroblading, transitional (unlisted) jumps, spinning movements et
 - The choreographic sequence commences with the first move and is concluded with the last move of the skater.
 - The pattern is not restricted.
 - A choreographic sequence has a base value and will be evaluated by the judges in GOE only.

Vocal music may be used

Duration of the program: maximum 2 minutes and 50 seconds, but may be less

The points for each Program Component are multiplied by a factor of 1.6

Artistic Free Skating

Competition will be held at the Elite Masters, Masters, Gold, Silver, Bronze and Pre-Bronze level for Men and Ladies and for Adult Pairs.

Duration of program:

Gold, Silver, Bronze: max 1 min. 40 sec., but may be less.

Elite Masters, Masters: max 2 min. 10 sec., but may be less.

The Elite Masters category is intended for those skaters who competed previously at the junior or senior level in national or international competition, but is not mandatory for such skaters.

Vocal music is permitted.

The artistic event will be judged only on the basis of Presentation Components (program components):

- Skating skills
- Transitions
- Performance/Execution
- Choreography/Composition
- Interpretation/Timing

There will be no technical panel and no technical mark given.

The artistic program consists of a variety of skating moves selected for their value in enhancing the skater's interpretation of the music rather than for their technical difficulty. Skaters will be judged on their ability to interpret the music and develop a theme by using their skating skills.

The artistic free skate is a competitive program which must include elements of the sport of figure skating:

- At least one (1) but a maximum of two (2) single jumps
- At least one (1) but a maximum of two (2) spins MUST be included.
- No axel jump or double jumps are allowed.
- No combination jumps are allowed.

- Credit for jumps and spins is based solely on the ability of such movements to enhance the chosen theme and support the music.
 - Credit will not be given for their technical difficulty.
- The program must be developed through skating skill and quality rather than through non-skating actions such as sliding on one knee or excessive use of toe steps which should be used only to reflect the character of the program and to underline the rhythm and nuances of the chosen music. The skater must not remain in one place for more than five (5) seconds.
 - Any element exceeding the maximum number as set forth above will be judged as an illegal element (1.0 deduction); if there is no jump or no spin element included or only a jump and no spin or vice versa a deduction for a “missing element” of 1.0 will be made. The Referee is responsible for such deductions.
 - Costumes should be simple, tasteful and selected to enhance the performance by appropriately reflecting the character of the music and theme.
 - Props may not be used in any part of the artistic programs. Any item that is held in the hand or removed during the performance is considered a prop. Thus, for example, a hat worn throughout the program is not considered to be a prop, but if it is intentionally removed during the performance it is considered a prop. Objects on the ice, thrown in the audience, placed on the boards or on the judges table are not permitted. Costumes that contain particles that may mar or leave anything on the ice surface (feathers, boas, excessive beading) are considered unsafe and are not permitted. The Referee is responsible for prop deductions.
 - Illegal elements:
 - Somersault type jumps
 - Lying on the ice and prolonged and/or stationary kneeling on both knees on the ice

Program component factor: 1.0

Pairs: Adults Artistic Free Skating

The Pair Artistic Free Skate is a competitive program that must include elements of the sport of pair figure skating.

Each pair must include at least three (3) and no more than four (4) elements selected from:

- A maximum of one (1) solo jump OR one (1) throw jump
 - Axel and double jumps are not permitted. Combination jumps are not permitted.
- A maximum of one (1) pair spin (pair spin or pair combination spin) OR one (1) solo spin
- A maximum of one (1) death spiral or pivot spiral (position optional)
- A maximum of one (1) lift of Group 1 or Group 2
 - Variations of the lady’s position, no-handed and one-handed lifts, and combination lifts are not permitted.
 - Overhead lifts and twist lifts are not permitted.

Vocal music may be used

Duration of the program: maximum 1 minute and 50 seconds, but may be less.

The points for each Program Component are multiplied by a factor of 1.0.