### CUBS Girls and Boys, born 2009 and younger (star evaluation)

Free program: max. 2.30 min

- 5 jumps, max 2 jump combinations /sequence
  - Max two double jumps or trying (for example 2 x 2T or 1 x 2S and 1 x 2T)
  - Maximum 1 combination with 3 jumps, the other with 2 jumps.
- 3 spins which should have minimum 4 revolutions.
- 1 step sequence covering at least ½ of the ice.
- 2 unsupported spirals.
  - 0,5 points deduction per missing spiral.

## TAITAJAT/STARLETS, Girls and Boys (star evaluation)

Free program: max. 2.30 min

- Maximum of 5 jump elements. No Axel type jump. No Double or triple jumps.
- Maximum 1 combination with 3 jumps.
- Maximum three spins.
- Step sequence, which must utilize at least ½ the ice surface.
- 2 spirals.
  - 0,5 points deduction per missing spiral.

## TAITAJAT/STARLETS, AXEL, Girls and Boys (star evaluation)

Free program: max 2.30 min

- Maximum of 5 jump elements. Axel or trying. No Double or triple jumps.
- Maximum 1 combination with 3 jumps.
- Maximum three spins.
- Step sequence, which must utilize at least ½ the ice surface.
- 2 spirals.
- 0,5 points deduction per missing spiral.

## SPECIAL OLYMPICS and IMPAIRMENT SKATING

- Level I VI age free groups.
- The Official Special Olympics Sports Rules for Figure Skating-Version of 2018.
- https://media.specialolympics.org/resources/sports-essentials/sport-rules/Sports-Essentials-Figure-Skating-Rules-2018-v2.pdf?\_ga=2.153849592.19455541.1536513833-408848683.1536513833

#### **SPRINGS A Girls and Boys, born 2007 and younger** (ISU evaluation)

Free program: 2.30 min (+/- 10 sec), 8 elements

- Max 5 jump elements. One must be an Axel type jump. Maximum of 2 jump combinations or jump sequences.
  - o 3 different double jumps are required and all may be attempted.
  - o 1 combination with 3 jumps, one with max 2 jumps.
    - Each single or 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.
  - O Spin in one position.
    - Spin on one foot min 5 revolutions, spin with change of foot spin min 8 revolutions.
    - Flying entrance 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 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.

Deduction for falling is 0,5 point/fall

The program components factor is 1,0

## SPRINGS C Girls and Boys, born 2007 and younger (star evaluation)

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

- 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 single or 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, spin with change of foot min 8 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 transitions.
    - 0.5 points deduction per missing spiral.

## **DEBS C Girls, born 1st July 2005 or later (star evaluation)**

Free program: max 3 min 10 s

- Maximum of 6 jump elements, one must be an Axel type jump. Maximum of 2 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 2 different spins, each with different abbreviations.
  - One spin combination min 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.
- 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.
  - 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.

## NOVICE C Girls, born 1st July 2003 or later (star evaluation)

Free program: max 3 min 10 s

- Maximum of 6 jump elements, one must be an Axel type jump. Maximum of 2 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 2 different spins, each with different abbreviations.
  - One spin combination min 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
- 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.
  - 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.

## DEBS A Girls and Boys, born 1st July 2005 or later (ISU evaluation)

Free program: 3.00 min (+/- 10 sec), 9 elements

- Maximum of 6 jump elements. One must be an Axel type jump. Max. 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 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 min 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).
    - Spin with one foot min 5 revolution, with change of foot min 8 revolution.
    - 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 different triple jumps, give the skater a bonus. 2A=+1,0 points,  $2 \times 2A=+2,0$  points, triple jump=+2,0 points, two different triple jumps = 4,0 points. The maximum bonus is +4.0 points (Also 3Fe and 3Lze qualify for bonus).

Deduction for falling is 0,5 points/fall. The program component factor is 1,3.

### NOVICE B Girls and Boys, born 1" July 2003 or later (ISU evaluation)

Free program: 3.00 min (+/- 10 sec), 9 elements

- Maximum of 6 jump elements, one must be an Axel type jump. 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.

Deduction - 0,5 points for each fall.

The Program component factor is 1.3.

### NOVICE A Girls and Boys, born 1<sup>st</sup> July 2003 or later (ISU-evaluation)

Short Program: 2.20 min (+/-10 sec), 6 elements

- Double Axel.
- Double **or** triple jump.
- 1 jump combination (with two double jumps or double jump and triple jump).
  - Solo jumps may not be repeated.
- <u>Girls</u>: Layback spin (sideways and/or backwards) or upright- or camel or sit spin with min. 6 revolutions. You may **not** start the spin with the jump. <u>Boys</u>: A spin (camel, sit, upright) with one position with one change of foot min 5 revolutions on both feet.
  - You may **not** start the spin with the jump.
- 1 Spin combination with only one change of foot and at least one change of position min. 5 revolutions each foot.
  - Spin may start with a jump.
- 1 step sequence, must fully utilize the ice surface.

Bonus: 2A = +1,0 points, 1 triple jump = +2,0 points, 2 different triple jumps = +4,0 points. Max. bonus +4,0 points.

Deduction - 0,5 points for each fall.

The program component factor is 0.7.

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

Free Program: 3.00 min (+/- 10 sec), 9 elements

- Max. 6 jump elements. One must be an Axel type jump.
  - o **Max.** 2 jump combinations or sequences of which one jump combination may contain 3 jumps and 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.
    - Single or double jump, incl. 1A or 2A, may be attempted twice (jumps do not need to be attempted in a jump combinations or jump sequence).
- Max. 2 different spins.
  - o 1 spin combination with a change of foot min. 8 revolutions.
    - May not start with the jump.
  - o 1 Flying spin or spin with a flying entrance in one position.
    - Min. 6 revolutions. Spin with a change of foot min. 8 revolutions.
- 1 step sequence, must fully utilize the ice surface.

Bonus: 2A = +1,0 points, triple jump = +2,0 points. 2 different triple jumps +4,0 points. Max. bonus +4,0 points.

Deduction - 0,5 points for each fall.

The program component factor is 1,4.

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

### JUNIOR B, Ladies and Men, born 1st July 1999 -30th June 2005 (ISU evaluation)

Free program: 3.30 min (+/- 10 sec), 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.
  - One combination may consist of 3 jumps. The other combinations may contain max. 2 jumps.
  - 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).
  - Only 2 jumps with 3 or more revolutions but only 1 jump with 4 revolutions can be repeated either in a jump combination or in a jump sequence.
- Maximum of 3 different spins, all with different abbreviations.
  - One spin combination, minimum 10 revolutions.
    - Change of foot is not mandatory.
  - Flying spin or spin with flying entrance minimum 6 revolutions.
  - One spin in one position, minimum 6 revolutions.
- Step sequence fully utilizing the skating area.

Deduction -1.0 points for each fall.

Program component 1,6.

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

### JUNIOR A, Ladies and Men, born 1st July 1999 or later

Short Program 2 min 40 sec +/- 10 sec

Free Skating 3 min 30 sec +/- 10 sec.

According to the ISU regulations and communications.

Program component factors in all categories according to the rules of Finnish Figure Skating Association.