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March 5-6, 2020

**Announcement
As at December 10, 2019**

Organized by:
BX Skating Club

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GENERAL INFORMATION:

1. VENUE

Bintaro Jaya Xchange Skating Rink (BX Rink)

*Bintaro Jaya Xchange Mall, Boulevard Bintaro Jaya O-2, Bintaro sector 7, Tangsel 15227
INDONESIA*

2. GENERAL REGULATIONS

FIGURE SKATING REGIONAL COMPETITION 2020 will be conducted in accordance with the:

- o The latest ISU Constitution and General Regulations:
<https://www.isu.org/inside-isu/isu-communications/communications>
- o The latest ISU Special Regulations and Technical Rules for Single & Pairs Skating and Ice Dance;
- o All pertinent ISU Communications (e.g. [2186](#), [2176](#), [2172](#));

3. ELIGIBILITY

- o Skaters seeking to compete in the Championships, other than as a Guest Skater (refer to paragraph 3.1) must be a financial member of FISU.
- o Skaters seeking to compete in the Championships, other than as a Guest Skater (refer to paragraph 3.1) must have passed the required FISU qualifying test for the Championship level competing in prior to the commencement of the Championships
- o Additionally, skaters must meet the eligibility conditions specified in the respective category stated herein.

3.1. DEFINITION OF GUEST SKATERS

- o A Guest Skater is one who **EITHER**
 - a. Is not an Indonesia Citizen**OR**
 - b. Is an Indonesia Permanent Resident who has not obtained an official ISU clearance certificate granting him/her permission to represent Indonesia in international competitions and ISU Championships.
- o A Guest Skater who places in the top position will only be given the appropriate medal but cannot hold the title of Regional Champion nor be awarded the Championship Trophy. The title of Regional Champion is only awarded to an Indonesia Citizen or Indonesia Permanent Resident who has officially obtained an ISU clearance certificate.

3.2. MINIMUM TECHNICAL ELEMENT SCORE

- For Novice, Junior and Senior Category must meet the following minimum Technical Element Score ("TES"), otherwise will be under Open or Basic Category respectively.

		SHORT	FREE
Senior Division	Ladies	11.0	18.2
	Men	12.3	21.9
Junior Division	Ladies	10.8	15.0
	Men	11.2	17.2
Advanced Novice Division	Ladies	7.2	12.5
	Men	8.2	13.0
Intermediate	Ladies	-	8.6
	Men	-	8.6
Basic Novice	Ladies	-	7.1
	Men	-	7.1

- TES can be obtained by submitting Personal Best of one competition in each respective category from Season 2018/2019 or following FISJ qualifying test.

4. TECHNICAL DATA

All events and all official practices will take place at BX rink, and indoor with a surface of 24m x 55m.

5. ENTRIES

Entries must be made on the official entry form and **EMAILED by 15 January 2020**.

Payment of entry fees by cash to BX Skating Academy or via transfer to :

Account Name : **Wiwin Darmawan Salim**
: **0160093358**
Bank : **Bank Central Asia (BCA)**

Skaters must also supply the following documents with their official entry form:

- **For Indonesia Citizen** – A certified true copy of the skater's birth certificate or passport. Skaters whose training location is not Indonesia.
- **For Indonesia Permanent Resident** – A certified true copy of the skater's Indonesia permanent residence permit, passport and certified true copy of an already issued ISU Clearance Certificate, allowing the skater to represent Indonesia internationally.

Entries will not be accepted without full payment, or without the documents mentioned above.

Entry Forms and documents must be submitted to BX Skating Academy or emailed to: wiwin_salim@yahoo.com before January 15,2020

Payments must be received by January 15, 2020:

5.1. ENTRIES FEE

Entry fees provide all competitors with free admission to all events, seminar, one free official ice practice session per event, post competition gathering, and membership (for local skater). No refunds will be provided.

SINGLE SKATING

Advance Novice, Junior and Senior

Categories (Ladies and Men) Rp. 1.750.000,-/skater

Basic Novice & Intermediate Novice

Categories (Ladies and Men) Rp. 1.600.000,-/skater

Preliminary, Elementary, and Adult Categories

Categories (Ladies and Men) Rp. 1.350.000,-/skater

Starlet Categories

Categories (Ladies and Men) Rp. 1.200.000,-/skater

5.2. LATE ENTRIES

At the discretion of the Organizing Committee, entries may be accepted after the closing date upon payment of double the entry fee for the particular event. No entries will be accepted after the Skating Order Draw.

6. FINALS SCHEDULE FOR COMPETITION AND OFFICIAL PRACTICE

The final schedule for the competition and official practice sessions will be emailed to coaches as well as posted in the rink and BX website. Updates will also be emailed to coaches

7. MUSIC & PLANNED PROGRAM CONTENT

- All competitors shall furnish competition music of excellent quality on MP3 files.
- All file name's must show:
 - Competitors name
 - Competition category, e.g.: Basic Novice
 - Program Identification e.g.: Short Program or Free Skating
 - Exact running time of the music (not skating time)
- Competitors must provide a back-up files on the phone with 3.5mm jack output for each program. MP3 must be submitted one week before competition bxrinkmusic@gmail.com.
- All competitors are required to submit a Planned Program Content (PPC) Form with their Entry Form.

8. DRAWS – ORDER OF SKATING

The date of the draws for the order of skating is on **February 15,2020** at **BX Rink multifunction room**. Time will be announced with the competition and official practice sessions schedule. For participants who have two programs, the order for *Free Skating* will be the reverse order of the short program results. In case of any ties, will be following ISU rules and award the skater with higher component marks.

9. INSURANCE/LIABILITY

Under no circumstances shall the BX rink and the organizers of this competition, their employees, agents and/or servants be held responsible or liable for any loss, damages or injuries whatsoever or howsoever caused suffered by the skaters or officials.

As a condition of and in consideration of the acceptance of the entries or participation therein, all entrants, their family members and officials shall be deemed to have agreed to assume all risk of injury to their person and property resulting from, caused by or connected with, the conduct and management of the competition, and to waive and release any and all claims, which they may have against the BX Rink.

10. CORRESPONDENCE

Please note that all correspondence with regards to the Figure Skating Regional Competition will be by email only. Please ensure that the email address you supply with your registration form is current and active. Please check your email regularly for updates as the Championship approaches.

11. ENQUIRIES

ALL enquiries should be directed to the Organizing Committee by email wihin_salim@yahoo.com competitors and coaches should also familiarize themselves with the rules of the International Skating Union. A copy of the ISU rules and the latest communications may be downloaded from ISU website www.isu.org.

12. RESULT

The ISU judging system will be used for all events.

13. AWARDS

Gold, Silver and Bronze medals will be presented to the champion, second and third placed competitors respectively.

Guest skaters who place in the top three will be given appropriate medals, in addition to those awarded to the three highest placed Indonesian competitors.

The title of Regional Champion can only be held by an Indonesia Citizen or an Indonesia permanent resident who has obtained an official clearance certification from his/her country of citizenship and compete in non-open or non-basic categories.

Awarding ceremonies for all Open and Basic Categories, will be off the ice on the day of the respective competitions.

14. VIDEO RECORDING AND PHOTOGRAPHY

BX rink retains the rights for any photographs and video recording of the Figure Skating Regional Competition.

The use of FLASH PHOTOGRAPHY or VIDEO LIGHTS is not permitted during warm-ups or events.

15. AGE ELIGIBILITY

Age calculation is based on the **July 1st, 2020**

Adult	Has reached at least the age of sixteen(16) before 1 July 2020 (by birthday)
Senior	Has reached at least the age of fifteen (15) before 1 July 2020 (by birthday)
Junior	Has reach at least the age of thirteen (13) and has not the age of nineteen (19) before 1 July 2020 (by birthday)
Advance Novice	Has reach at least the age of ten (10) and has not the age of fifteen (15) before 1 July 2020 (by birthday)
Intermediate Novice	Has not reached at least the age of fifteen (15) before 1 July 2020 (by birthday)
Basic Novice	Has not reached at least the age of thirteen (13) before 1 July 2020 (by birthday)
Elementary	Has reach at least the age of eight (8) and has not the age of eleven (11) before 1 July 2020 (by birthday)
Preliminary	Has not reached at least the age of eight (8)) before 1 July 2020 (by birthday)
Starlet Category	Has reached at least the age of ten (10) before 1 July 2020 (by birthday)

Copy of birth certificate, passport or similar proof of age is acceptable. The Organizing Committee reserves the right to require additional documentation.

- *: *For all competitors, who have exceeded the upper or haven't reached the lower age limit are still permitted to compete in the Open Category. However, should they win in the respective category, they will not be allowed to hold the Regional Champion title, or represent BX Rink or Regional on National Championship.*
- *: *Untuk semua kompetitor, akan diijinkan untuk mengikuti pertandingan manapun walaupun telah melebihi batas atas atau belum mencapai batas bawah umur yang ditentukan di kategori "Open". Akan tetapi apabila mereka memenangkan kategori tersebut, mereka tidak akan memegang gelar Juara Regional ataupun bisa mewakili BX rink atau Regional di Kejurnas*

NATIONAL BASIC SKILLS COMPETITION

SINGLE SKATING

16. SINGLE SKATING – BASIC SKILLS COMPETITIONS (BOYS AND GIRLS)

REMARKS FOR STARLET EVENTS

- The skating order of the elements is optional;
- There is no restriction on the number of times an element is executed, length of glide or number of revolutions unless otherwise stated;
- Vocal music **is ALLOWED**;
- The skater must demonstrate the required elements and **may** use, but is **not** required to use any additional elements from lower levels;
- A deduction will be taken for each element performed from a higher level;
- Skaters may choose which Starlet level they wish to compete in. For future competitions they must not compete in a lower level.
- Where appropriate elements will receive a maximum of Level 1.
- Fall deduction 0.2

16.1. BASIC STARLET LEVEL 1

Free Skating

Duration : 1 minute +/- 10 seconds

A well balanced program must contain:

- Forward Stroking (min 6 alternating strokes without interruption);
- Progressive Backward Crossover/Crosscut (min 5 crossovers in each direction);
- Left T-Stop (3 strokes must precede the T-stop, hold stop min 3 counts);
- Right T-Stop (3 strokes must precede the T-stop, hold stop min 3 counts);
- Lunge or Shoot the duck

Additional elements that may be performed for filling purposes of the program:

- Side toe to toe jumps or Tap toe jumps;
- Forward spirals;

Factors

The multiplying factor for the Total Program Components Score is:

- Free Skating 1.0.

The Program Component to be judged is:

- Performance.

Eligibility

- No minimum test requirements;
- Must not have passed the Basic Starlet Level 2 or higher test;
- Must not have competed in Basic Starlet Level 2 or higher competition;
- If the number of entries more than 10, this event may be split according to age.

16.2. BASIC STARLET LEVEL 2

Free Skating

Duration : 1 minute +/- 10 seconds

A well balanced program must contain:

- Bunny Hops
- Right/Left Forward Inside Open Mohawk (3 strokes must precede the Mohawk movement);
- Right forward and Left Forward Three Turns (on either edge);
- Forward Outside and Inside Edges on Right Foot and Left Foot (4 consecutive edges);

- 2 foot spin (min of 3 revs);
- Hockey Stop or Tango Stop (3 strokes must precede the stop, hold stop min 3 counts).

Additional elements that may be performed for filling purposes of the program:

- Side toe to toe jumps or Tap toe jumps;
- Forward spirals;

Factors

The multiplying factor for the Total Program Components Score is:

- Free Skating 1.0.

The Program Component to be judged is:

- Performance.

Eligibility

- No minimum test requirements;
- Must not have passed the Starlet Level 1 or higher test;
- Must not have competed in Starlet Level 1 or higher competition;
- If the number of entries more than 10, this event may be split according to age.

16.3. STARLET LEVEL 1

Free Skating

Duration : 1 minute and 30 seconds maximum, but may be less

A well balanced program must contain:

- Waltz jump;
- Salchow Jump;
- Toe Loop Jump;
- Upright spin (min 3 revs);
- Waltz 3 turns (right and left feet) min 3 each foot;
- Maximum of 1 Choreographic Sequence.

Additional elements that may be performed for filling purposes of the program:

- Bunny Hops;
- Side toe to toe jumps or Tap toe jumps;
- Forward spirals.

Factors

The multiplying factor for the Total Program Components Score is:

- Free Skating 1.5.

The Program Component to be judged is:

- Performance.

Eligibility

- Passed FISJ Starlet Level 1 test;
- Must not have passed the Starlet Level 2 or higher test;
- Must not have competed in Starlet Level 2 or higher competition;
- If the number of entries more than 10, this event may be split according to age.

16.4. STARLET LEVEL 2

Free Skating

Duration : 1 minute and 30 seconds maximum, but may be less

A well balanced program must contain:

- Loop Jump;
- Jump Combination of Waltz and Loop Jump
- Jump Combination of Salchow and Toe Loop Jump
- Sit Spin (min 3 revs);
- Spread Eagle or Ina Baeur and hold min. 3 seconds;
- Maximum of 1 Choreographic Sequence.

Factors

The multiplying factor for the Total Program Components Score is:

- Free Skating 1.5.

The Program Components to be judged are:

- Performance.

Eligibility

- Passed FISJ Starlet Level 2 test;
- Must not have passed the Preliminary or higher test;
- Must not have competed in Preliminary or higher competition;
- If the number of entries more than 10, this event may be split according to age.

REMARKS FOR BASIC ELEMENTARY AND PRELIMINARY

- The skating order of the elements is optional;
- Vocal music **is ALLOWED**;
- There must be **no more than 2** jump combinations or jump sequences;
- Spins must be of different natures, minimum of total 4 revs for each spin;
- No two foot spins permitted.
- Where appropriate elements will receive a maximum of Level 2.
- Fall deduction 0.5.

16.5. PRELIMINARY

Free Skating

Duration : 1 minute and 30 seconds +/- 10 seconds

A well balanced program must contain:

- Maximum of 3 jump elements:
 - Only single revolution jumps permitted, no ½ revolution jumps except when executed as part of a jump sequence, e.g.: half loop as a connecting element;
 - Axel jump is allowed;
 - Only 1 jump combination or sequence. A jump combination can contain only 2 jumps. A jump sequence can contain any number of jumps but only the most difficult jumps will be counted;
 - **Any single jump cannot be executed more than once in total.**
- Maximum of 2 spins, each of a different nature:
 - One of which must be a spin combination, consisting of 3 basic positions, no change of foot, no flying entry and min. of 6 revs in total;

- Upright Spin in One Foot, no change of foot, no flying entry, min of 4 revs.
- Maximum of 1 choreographic sequence (Boys & Girls);

Factors The multiplying factor for the Total Program Components Score is:

- Free Skating 2.0.

The Program Components to be judged are:

- Skating Skills;
- Performance.

Eligibility

- Passed FISJ Preliminary Test;
- Must not have passed the Elementary or higher test;
- Must not have competed in Elementary or higher competition;
- If the number of entries more than 10, this event may be split according to age.

16.6. ELEMENTARY

Free Skating

Duration : Maximum 2 minutes +/- 10 seconds

A well balanced program must contain:

- Maximum of 4 jump elements:
 - Single Axel
 - Single & double jumps are permitted (except double axel jump);
 - Max. 2 jumps combination or sequence. A jump combination can contain only 2 jumps. A jump sequence can contain any number of jumps but only the most difficult jumps will be counted;
 - **Any single and double jump cannot be executed more than twice in total.**
- Maximum of 2 spins, each of a different nature:
 - One of which must be a spin combination, consisting of 3 basic positions (min. 2 revs in each position), with change of foot (min. 3 revs in each foot), and no flying entry;
 - One spin in one position, either no change of foot (min. 5 revs.) or with change of foot (min. 3 revs in each foot), no flying entry.
- Maximum of 1 choreographic sequence (Boys & Girls);

Factors The multiplying factor for the Total Program Components Score is:

- Free Skating 2.0

The Program Components to be judged are:

- Skating Skills;
- Performance;

Eligibility

- Passed FISJ Elementary Test;
- Must not have passed the Basic Novice or equivalent higher test;
- Must not have competed in Novice A or equivalent higher competition;
- If the number of entries more than 10, this event may be split according to age.

FIGURE SKATING REGIONAL CHAMPIONSHIPS

SINGLE SKATING

NOTE:

FOR ALL NOVICES –

Technical requirements (Basic Novice, Intermediate Novice, and Advanced Novice) will be in accordance with the ISU Technical Rules Single & Pair Skating 2018 and all current ISU Communications including ISU Communication 2172 Guidelines For International Novice Competitions.

FOR JUNIOR & SENIOR LEVEL EVENTS –

Technical requirements will be in accordance to ISU Special Regulations & Technical Rules Singles & Pair Skating and Dance 2018, Rules 610-612 and all relevant communications for season 2020 – 2021.

Please take note that Short Program elements to be skated must be for season 2020 – 2021.

17. SINGLE SKATING – FIGURE SKATING CHAMPIONSHIPS

GENERAL REQUIREMENTS TO ELEMENTS OF SINGLE SKATING

References:

- ISU Communication No. 2253 Scale of Values, Level of Difficulty and Guidelines for marking Grade of Execution
- ISU Communication 2176 Some changes in General Regulations, Special Regulations and Technical Rules accepted by the 57th ISU Congress.
- ISU Communication 2242 Guidelines for International Novices Competitions.
- Requirements to Elements of Single Skating under ISU Special Regulations & Technical Rules Singles & Pair Skating and Dance 2018 Rule 610 for Junior or Senior Category. Where appropriate required elements will refer to season 2020/2021.
- Remarks in Paragraph 4 under ISU Special Regulations & Technical Rules Singles & Pair Skating and Dance 2018 Rule 611 for Short Program of Junior or Senior Category.
- Remarks in Paragraph 2 under ISU Special Regulations & Technical Rules Singles & Pair Skating and Dance 2018 Rule 612 for Free Skating of Junior or Senior Category.

17.1. BASIC NOVICE

Refer to ISU Communication 2242 Guidelines for International Novices Competitions.

Eligibility

- Passed FISJ Basic Novice Test, but not higher;
- Must not have competed in Intermediate Novice or equivalent higher singles competition event.
- Must meet the minimum TES in Basic Novice Category (refer to paragraph 3.2) or otherwise will be under Open Category.
- TES can be obtained by submitting Personal Best of one competition in Basic Novice category from Season 2019/2020 or otherwise must follow FISJ qualifying test.

17.2. INTERMEDIATE NOVICE

Refer to ISU Communication 2242 Guidelines for International Novices Competitions.

Eligibility

- Passed FISJ Intermediate Novice Test, but not higher
- Must not have competed in an Advanced Novice or equivalent higher singles competition event.
- Must meet the minimum TES in Intermediate Novice Category (refer to paragraph 3.2) or otherwise will be under Open Category.
- TES can be obtained by submitting Personal Best of one competition in Basic Novice B category from Season 2019/2020 or otherwise must follow FISJ qualifying test.

17.3. ADVANCED NOVICE

Refer to ISU Communication 2242 Guidelines for International Novices Competitions.

Eligibility

- Passed FISJ Advanced Novice Test, but not higher.
- Must not have competed in a Junior or equivalent higher singles competition event.
- Must meet the minimum TES in Advance Novice Category (refer to paragraph 3.2) or otherwise will be under Open Category.
- TES can be obtained by submitting Personal Best of one competition in Advance Novice category from Season 2019/2020 or otherwise must follow FISJ qualifying test.

17.4. ELITE JUNIOR

In accordance to ISU Special Regulations & Technical Rules Single & Pair Skating and Ice Dance 2018, the required Short Program elements to be skated for the **2020/2021**.

Eligibility

- Passed FISJ Junior Test, but not higher;
- Must not have competed in a Senior or equivalent higher singles competition event.
- Must meet the minimum TES in Junior Category (refer to paragraph 3.2) or otherwise will be under Basic Category.
- TES can be obtained by submitting Personal Best of one competition in Junior category from Season 2019/2020 or otherwise must follow FISJ qualifying test.

17.5. BASIC JUNIOR

Short Program – Men & Ladies

Duration: 2 minutes and 20 seconds, +/- 10 seconds

Shall consist of required elements:

- a) Single Axel Paulsen;
- b) Double Loop jump immediately preceded by connecting steps and/or by other comparable Free Skating movements;
- c) Jump combination consisting of a double and a single jump;
- d) Layback / sideways leaning spin (Ladies); or Sit spin with only one change of foot (Men);
- e) Spin combination with only one change of foot (min. 5 revs on each foot);
- f) Step sequence fully utilizing the ice surface.

Free Skating – Men & Ladies

Duration : 3 minutes, +/- 10 seconds

Shall consist of required elements:

- maximum of 5 jump elements (one of which must be an Axel type jump); may be up to 2 jump combinations or sequences. A jump combination can contain only 2 jumps;
- maximum of 3 spins, one of which must be a spin combination;
- maximum of 1 step sequence

Factors

The multiplying factor for the Total Program Components Score is:

Short Program

- For men 1.0
- For ladies 0.8

Free Skating

- For men 2.0
- For ladies 1.6

The Program Components to be judged are:

- Skating Skills
- Transitions
- Performance
- Interpretation

Remarks

- Triple and quadruple jumps are NOT permitted.
- Any double jump (including double Axel) cannot be included more than twice in total in a Single's Free Program (as a Solo Jump or a part of Combination / Sequence).
- In all elements that are subject to Levels, 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

Eligibility

- Passed FISJ Basic Junior Test, but not higher;
- Must not have competed in a Senior or equivalent higher singles competition event.

17.6. ELITE SENIOR

In accordance to ISU Special Regulations & Technical Rules Single & Pair Skating and Ice Dance 2018, the required Short Program elements to be skated for the 2020/2021.

Eligibility

- Passed FISJ Senior Test
- Must meet the minimum TES in Senior Category (refer to paragraph 3.2) or otherwise will be under Basic Category.
- TES can be obtained by submitting Personal Best of one competition in Senior category from Season 2017/2018 or otherwise must follow FISJ qualifying test.

17.7. BASIC SENIOR

Short Program – Men & Ladies

Duration: 2 minutes and 20 seconds, +/- 10 seconds

Shall consist of required elements:

- a) Single Axel Paulsen;
- b) Any Double jump immediately preceded by connecting steps and/or by other comparable Free Skating movements;
- c) Jump combination consisting of a double and a single jump;
- d) Layback / sideways leaning spin (Ladies); or Sit spin with only one change of foot (Men) with min. 6 revs. in total;
- e) Spin combination consist of 3 basic positions (sit, camel, upright or any variation thereof), with only one change of foot (min. 5 revs on each foot);
- f) Step sequence fully utilizing the ice surface.

Free Skating – Men & Ladies

Duration : 3 minutes and 30 seconds, +/- 10 seconds

Shall consist of required elements:

- maximum of 6 jump elements (one of which must be an Axel type jump); may be up to 3 jump combinations or sequences. A jump combination can contain only 2 jumps;
- maximum of 3 spins, one of which must be a spin combination;
- maximum of 1 step sequence

Factors

The multiplying factor for the Total Program Components Score is:

Short Program

- For men 1.0
- For ladies 0.8

Free Skating

- For men 2.0
- For ladies 1.6

The Program Components to be judged are:

- Skating Skills
- Transitions
- Performance
- Interpretation

Remarks

- Triple and quadruple jumps are NOT permitted.
- Any double jump (including double Axel) cannot be included more than twice in total in a Single's Free Program (as a Solo Jump or a part of Combination / Sequence).
- Levels explanations: In all elements which are subject to Levels, 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

Eligibility

- Passed FISJ Basic Senior Test.

ADULT FIGURE SKATING COMPETITIONS

SINGLE SKATING

Eligibility

Men and women will compete separately. The competition director reserves the right to combine events should there be fewer than two entries in any event.

Eligible skaters are those skaters who are aged sixteen (16) years or older before July 1st preceding the event but have not reached the age of seventy-nine (79) before July 1st preceding the competition.

18. SINGLE SKATING – ADULT SKATING COMPETITIONS (MEN AND LADIES)

GENERAL REQUIREMENTS TO ADULT SKATING

- The skating order of the elements is optional;
- Vocal music **is ALLOWED**;
- Fall deduction 1,0

18.1. ADULT MASTER

Free Skating

Duration : Maximum 3 minutes and 10 seconds, but may be less.

A well balanced program must contain:

- Maximum of 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 performed a maximum of two (2) times
 - 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
- Maximum of 3 spins, each of a different nature, 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; five (5) for the spin combination with no change of foot; and six (3 + 3) for the spin combination with change of foot or spin in one position with a change of foot;
 - One of which must be a spin combination, consisting of 2 basic positions (min. 2 revs in each position), with change of foot (min. 3 revs in each foot), and no flying entry. To receive full value, a spin combination must include three (3) basic positions;
 - There must be a minimum of two (2) revolutions in each position or the position will not be counted.
- Maximum of 1 step sequence fully utilising the ice surface;

Remarks:

Only features up to **Level 4** will be counted. Any additional features will not count for level requirements and will be ignored by the Technical Panel.

Factors

The multiplying factor for the Total Program Components Score is:

- Free Skating 1.6

The Program Components to be judged are:

- Skating Skills
- Performance
- Interpretation

18.2. ADULT GOLD

Free Skating

Duration : 2 minutes and 50 seconds, but may be less.

A well balanced program must contain:

- Maximum of 6 jump elements, consisting of any single jumps (including the single Axel) or double jumps, **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 Skating program.
 - One jump combination could consist of up to three (3) listed jumps, the other two up to two (2) listed jumps.
 - A jump sequence may consist of any number of single and double jumps, excluding jumps in **bold** above, 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 (1Lo).**
 - A jump combination may consist of the same or another single, double or triple jump;
 - Each listed jump may be performed a maximum of two (2) times
 - Non-listed jumps may be included in the program as part of connecting footwork
- Maximum of three (3) spins, each of a different nature, 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: 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 six (3 + 3) for the spin combination with change of foot or spin in one position with a change of foot;
 - One of which must be a spin combination, consisting of 2 basic positions (min. 2 revs in each position), with change of foot (min. 3 revs in each foot), and no flying entry. To receive full value, a spin combination must include all three (3) basic positions.;
 - There must be a minimum of two (2) revolutions in each position or the position will not be counted.
- Maximum of 1 step sequence fully utilising the ice surface;

Remarks:

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.

Factors

The multiplying factor for the Total Program Components Score is:

- Free Skating 1.6

The Program Components to be judged are:

- Skating Skills
- Performance
- Interpretation

18.3. ADULT SILVER

Free Skating

Duration : 2 minutes and 10 seconds, but may be less.

A well balanced program must contain:

- Maximum of 5 jump elements, consisting of any single jumps (including the single Axel). **No double or triple jumps are permitted:**
 - 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 jump.
 - 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 (1Lo).**
 - Each listed jump may be performed a maximum of two (2) times
 - Non-listed jumps may be included in the program as part of connecting footwork
- Maximum of three (3) spins, each of a different nature, 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: 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 six (3 + 3) for the spin combination with change of foot or spin in one position with a change of foot;
 - One of which must be a spin combination, consisting of 2 basic positions (min. 2 revs in each position), with change of foot (min. 3 revs in each foot), and no flying entry. To receive full value, a spin combination must include all three (3) basic positions.;
 - There must be a minimum of two (2) revolutions in each position or the position will not be counted.
- Maximum of 1 step sequence fully utilising the ice surface;

Remarks:

Only features up to **Level 2** will be counted. Any additional features will not count for level requirements and will be ignored by the Technical Panel.

Factors

The multiplying factor for the Total Program Components Score is:

- Free Skating 1.6

The Program Components to be judged are:

- Skating Skills
- Performance
- Interpretation

18.4. ADULT BRONZE

Free Skating

Duration : 1 minute and 50 seconds, but may be less.

A well balanced program must contain:

- Maximum of 4 jump elements, consisting of any single jumps. **No Axel, double or triple jumps are permitted.** There may be up to two (2) jump combinations or jump sequences in the free program.:
 - One (1) jump combination may consist of up to three (3) listed jumps. The other jump combinations may consist of two (2) listed jumps.
 - A jump combination may consist of the same or another single jump.
 - 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 (1Lo).**
 - Each listed jump may be performed a maximum of two (2) times
- Maximum of two (2) spins, each of a different nature, one (1) of which must be a spin combination with a change of foot. **Flying spins are not permitted.:**
 - 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 three (3) for the spin combination with no change of foot and six (3 + 3) for the spin combination with change of foot or spin in one position with a change of foot;
 - One of which must be a spin combination, consisting of 2 basic positions (min. 2 revs in each position), with change of foot (min. 3 revs in each foot), and no flying entry. To receive full value, a spin combination must include all three (3) basic positions.;
 - There must be a minimum of two (2) revolutions in each position or the position will not be counted.
- Maximum of 1 choreographic sequence covering at least half of the ice surface:
 - A choreographic sequence consists of any kind of movement like steps, turns, spirals, arabesques, spread eagles, in a bauer, hydroblading, transitional (unlisted) jumps, spinning movements, etc.
 - 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 judges in GOE only.

Remarks:

Only features up to **Level 1** will be counted. Any additional features will not count for level requirements and will be ignored by the Technical Panel.

Factors

The multiplying factor for the Total Program Components Score is:

- Free Skating 1.6

The Program Components to be judged are:

- Skating Skills
- Performance
- Interpretation

19. REFERENCE MATERIALS ASSOCIATED TO TECHNICAL REQUIREMENTS:

- ISU Special Regulations & Technical Rules Singles & Pair Skating and Dance 2018;
 - Rule 610 – Requirements to Elements of Single and Pair Skating and illegal Elements/Movements;
 - Rule 611 – Short Program Single (Senior and Junior);
 - Rule 612 – Free Skating Singles (Senior and Junior);
- ISU Constitution and General Regulations 2018 as accepted by 57th Ordinary Congress June 2018:
 - Rule 102 – Eligibility Status;
 - Rule 108 – Age Limits;
- ISU Communication 2215 – ISU Code of Ethics;
- ISU Communication 2253 – Scale of Values, Level of Difficulty and Guidelines for marking Grade of Execution, season 2018/19, July 30, 2018;
- ISU Communication 2176 - Some changes in General Regulations, Special Regulations and Technical Rules accepted by the 57th ISU Congress;
- ISU Communication 2175 – Decisions of the ISU Council Seville 2018;
- ISU Communication 2242 – Guidelines for International Novices Competitions;
- ISU Judging System Technical Panel Handbook Single Skating 2018/2019 Version as of 19.07.2018;
- ISU Communication 2034 – Figure Skating Music Rules 343 and 823;
- Other Relevant ISU Communications.