



## Technical Rules 2023/2024

FS	Cubs K, Cubs M, All K1 Groups	Springs K2, Springs M, Novice K2, Junior K2	Debs K2, Debs M, Novice M, Senior K2, Adults K2, All K3 Groups	Junior M	Senior M
ISU setup	<i>ISU Basic Novice<sup>1</sup></i>	<i>ISU Intermediate Novice<sup>1</sup></i>	<i>ISU Advanced Novice<sup>2</sup></i>	<i>ISU Junior<sup>3</sup></i>	<i>ISU Senior<sup>3</sup></i>
<u>K-group limitations</u> (M groups have no limitations)	<i>Only single jumps for K1. Cubs K has no limitations</i>	<i>Max. two double jumps in Novice K2 and Junior K2. Springs K2 has no limitations</i>			
Elements	<u>Max. 5 jumps</u>	Max. 5 jumps	Max. 6 Jumps	Max. 7 Jumps	Max. 7 Jumps
	One Axel type jump Max. 2 Combo or 1 Combo + 1 Seq (only 2-jump Combo/Seq)	One Axel type jump Max. 2 Combo or 1 Combo + 1 Seq (only 2-jump Combo/Seq)	One Axel type jump Max. 2 Combo or 1 Combo + 1 Seq (Only one 3-jump Combo/Seq)	One Axel type jump Max. 3 Combo or 2 Combo + 1 Seq (Only one 3-jump Combo/Seq)	One Axel type jump Max. 3 Combo or 2 Combo + 1 Seq (Only one 3-jump Combo/Seq)
	(F)(C) CoSp 6/8 rev.	(F)(C) CoSp 6/8 rev.	CCoSp 8 rev.	(F)(C) CoSp 10 rev.	(F)(C) CoSp 10 rev.
	(F)(C) Spin in one position 6/8 rev.	(F)(C) Spin in one position 6/8	(C) Flying Spin in one position 6/8 rev.	(C) Flying entry Spin 6 rev.	(C) Flying entry Spin 6 rev.
				(F)(C) Spin in one position 6 rev.	(F)(C) Spin in one position 6 rev.
	StSq		<u>ChSq</u>	ChSq	StSq
		<u>ChSq</u>	ChSq	ChSq	
No. of elements	7	8	9	11	12
Max. Level	2		3 (4 for Senior K2 and Adults K2)	4	
Bonus			2A=1p, 3-jump=1p, 2 <sup>nd</sup> diff. 3-jump=1p <sup>4</sup>		
Deductions	0,5			1,0	1st and 2nd fall: -1.0 3rd and 4th fall: -2.0 5th fall and above: -3.0
Components (F)	Co, Pr, SS (1.67)	Co, Pr, SS (G/W: 1.7, B/M: 2.0) Springs: Co, Pr, SS (G/B): 1.7)	Co, Pr, SS (G/W: 2.13, B/M: 2.40)	Co, Pr, SS (G/W: 1.7, B/M: 2.0)	Co, Pr, SS (W: 2,67, M: 3,33)
Time	2.30 +/- 10 sec	3.00 +/- 10 sec		3.30 +/- 10 sec	4.00 +/- 10 sec
Warm up	4 min Cubs, Springs, Debs, Novice: Max. 8 skaters Junior, Senior, Adults: Max. 6 skaters	5 min Springs, Debs Novice: Max. 8 skaters Junior, Senior: Max. 6 skaters	5 min Debs Novice: Max. 8 skaters Junior, Senior, Adults: Max. 6 skaters	Max. 6 skaters - 6 min	
<sup>1</sup> Only one 1-Jump & one 2-Jump can be done twice, third is (*). No 3- or 4-Jumps allowed.					
<sup>2</sup> 1-, 2- and 3-Jumps can be done twice, third is (*). Only two 3-Jumps can be done repeated either in a Jump Combo or Sequence, if not = +REP. No 4-Jumps allowed.					
<sup>3</sup> 2-Jumps can be done twice, third is (*) 3- and 4-Jumps can be done twice with one being in Jump Combo or Sequence, if not = +REP.					
<sup>4</sup> Max 3p in total in FS - Jumps identified as <, <<, e, * or have a fall are not eligible for bonus.					



## Technical Rules 2023/2024

SP	Debs M Girls Novice M Girls	Debs M Boys Novice M Boys	Junior M Women	Junior M Men	Senior M Women	Senior M Men
ISU setup	<i>Novice M: ISU Advanced Novice<sup>5</sup></i>		<i>ISU Junior<sup>5</sup></i>		<i>ISU Senior<sup>5</sup></i>	
DK rules	<i>Debs M: Advanced Novice setup, but with 2+1 Jump Combo allowed<sup>6</sup></i>					
Elements	1A or 2A	1A or 2A	2A	2A or 3A	2A or 3A	2A or 3A
	2- or 3-jump	2- or 3-jump	<u>2Lz or 3Lz</u>	<u>2Lz or 3Lz</u>	3- jump	3- or 4-jump
	2+1 <sup>6</sup> , 2+2 or 3+2 Combo-jumps	2+1 <sup>6</sup> , 2+2 or 3+2 Combo-jumps	2+2, 3+2, 3+3 Combo-jumps	3+2, 3+3 Combo-jumps	3+2, 3+3 Combo-jumps	3+2, 3+3, 4+2, 4+3 Combo-jumps
	LSp, <u>CSp</u> 6 rev.	<u>(C)CSp</u> 6 rev (5+5 rev)	<u>FSSp</u> 8 rev.	<u>FSSp</u> 8 rev.	FCSp, FSSp, FUSp, FLSp 8 rev.	FCSp, FSSp, FUSp, FLSp 8 rev.
	(F)CCoSp 5+5 rev.	(F)CCoSp 5+5 rev.	LSp or <u>CSp</u> 8 rev.	<u>CCSp</u> 6+6 rev.	LSp, SSp, CSp 8 rev.	CSSp or CCSp 6+6 rev.
			CCoSp 6+6 rev.	CCoSp 6+6 rev.	CCoSp 6+6 rev.	CCoSp 6+6 rev.
	StSq	StSq	StSq	StSq	StSq	StSq
No of elements	6		7			
Max. Level	3		4			
Bonus	2A=1p, 3-jump=1p <sup>7</sup>					
Deductions	0,5		1,0		1st and 2nd fall: -1.0 3rd and 4th fall: -2.0 5th fall and above: -3.0	
Components (F)	<u>Co, Pr, SS (1,07)</u>	<u>Co, Pr, SS (1,20)</u>	<u>Co, Pr, SS (1,33)</u>	<u>Co, Pr, SS (1,67)</u>	<u>Co, Pr, SS (1,33)</u>	<u>Co, Pr, SS (1,67)</u>
Time	2.20 +/- 10 sec		2.40 +/- 10 sec			
Warm up	Max. 8 skaters - 4 min		Max. 6 skaters - 6 min			
<sup>5</sup> Jumps included in Jump Combo can be the same, but they must be different from Solo Jump						
<sup>6</sup> 1-jump allowed in jump combo for Debs M Girls/Boys only (DK rules)						
<sup>7</sup> Max 2p in total in SP - Jumps identified as <, <<, e, * or have a fall are not eligible for bonus						