



Technical Rules 2022/2023

FS	Cubs K, Cubs M, Adults K1	Springs K1+2, Springs M	Debs K1, Novice K1, Junior K1, Senior K1, Adults K2	Debs K2, Novice K2, Junior K2	Debs M, Novice K3, Novice M, Junior K3, Senior K2	Junior M	Senior M
ISU setup	ISU Basic Novice ¹	ISU Intermediate Novice ¹	ISU Intermediate Novice ¹	ISU Intermediate Novice ¹	ISU Advanced Novice ²	ISU Junior ³	ISU Senior ³
DK rules	Cubs K+K1 groups: min. requirement 1Lz (not A-type jump), K1 groups: only 1-Jumps allowed Novice K2 and Junior K2: max. two 2-jumps allowed, remaining groups: no limitations			DK No. of Jumps			
Elements	Max. 4 jumps	Max. 5 jumps	<u>Max. 5 jumps</u>	Max 6 Jumps	Max. 6 Jumps	Max. 7 Jumps	Max. 7 Jumps
	One Axel type jump (see DK rules) Max. 2 Combo or <u>1 Combo + 1 Seq</u> (only 2-jump Combo/Seq)	One Axel type jump (see DK rules) Max. 2 Combo or <u>1 Combo + 1 Seq</u> (only 2-jump Combo/Seq)	One Axel type jump (see DK rules) Max. 2 Combo or <u>1 Combo + 1 Seq</u> (only 2-jump Combo/Seq)	One Axel type jump Max. 2 Combo or <u>1 Combo + 1 Seq</u> (only 2-jump Combo/Seq)	One Axel type jump Max. 2 Combo or <u>1 Combo + 1 Seq</u> (Only one 3-jump Combo/Seq)	One Axel type jump Max. 3 Combo or <u>2 Combo + 1 Seq</u> (Only one 3-jump Combo/Seq)	One Axel type jump Max. 3 Combo or <u>2 Combo + 1 Seq</u> (Only one 3-jump Combo/Seq)
	(F)(C) CoSp 6/8 rev.	(F)(C) CoSp 6/8 rev.	(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	(F)(C) Spin in one position 6/8	(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	StSq	StSq	StSq	StSq		StSq
						ChSq	ChSq
No. of elements	7	8		9		11	12
Max. Level	2	2 (4 for Adults K2)		2	3 (4 for Senior K2)	4	
Bonus					2A=1p, 3-jump=1p, 2 nd diff. 3-jump=1p ⁴		
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 (1,67)</u>		<u>Co, Pr, SS (G/W: 1,7, B/M: 2,0)</u>		<u>Co, Pr, SS (G/W:2,13, B/M:2,40)</u>	<u>Co, Pr, SS (W: 2,67, M: 3,33)</u>	
Time	2.30 +/- 10 sec		3.00 +/- 10 sec			3.30 +/- 10 sec	4.00 +/- 10 sec
Warm up	Max. 8 skaters - 4 min	Springs K1+2+M, Debs K1+3+M, Novice K1+2+3+M: Max. 8 skaters - 5 min Junior K1+2+3, Senior K1+2, Adults K2: Max. 6 skaters – 5 min				Max. 6 skaters - 6 min	

¹ Only one 1-Jump & one 2-Jump can be done twice, third is (*). No 3- or 4-Jumps allowed.

² 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.

³ 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.

⁴ Max 3p in total in FS - Jumps identified as <, <<, e, * or have a fall are not eligible for bonus.



Technical Rules 2022/2023

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 Novice⁵</i>		<i>ISU Junior⁵</i>		<i>ISU Senior⁵</i>	
DK rules	<i>Debs M: Advanced Novice setup, but with 2+1 Jump Combo allowed⁶</i>					
Elements	1A or 2A	1A or 2A	2A	2A	2A or 3A	2A or 3A
	2- or 3-jump	2- or 3-jump	<u>2Lo or 3Lo</u>	<u>2Lo or 3Lo</u>	3- jump	3- or 4-jump
	2+1 ⁶ , 2+2 or 3+2 Combo-jumps	2+1 ⁶ , 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>SSp</u> 6 rev.	<u>CSSp</u> 5+5 rev.	<u>FCSp</u> 8 rev.	<u>FCSp</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.	<u>LSp or SSp</u> 8 rev.	<u>CSSp</u> 6+6 rev.	LSp, SSp, CSp 8 rev.	CSSp or CCSp 6+6 rev.
	StSq	StSq	CCoSp 6+6 rev. StSq	CCoSp 6+6 rev. StSq	CCoSp 6+6 rev. StSq	CCoSp 6+6 rev. StSq
No of elements	6		7			
Max. Level	3		4			
Bonus	2A=1p, 3-jump=1p ⁷					
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			

⁵Jumps included in Jump Combo can be the same, but they must be different from Solo Jump

⁶ 1-jump allowed in jump combo for Debs M Girls/Boys only (DK rules)

⁷ Max 2p in total in SP - Jumps identified as <, <<, e, * or have a fall are not eligible for bonus