

GENERAL REQUIRED ELEMENTS FOR THE MIXED AGE CATEGORY 2024/2025

In accordance with Special Regulations & Technical Rules, Single & Pair Skating and Ice Dancing 2024

SHORT PROGRAM WOMEN	MIXED AGE
Applicable rules	ISU Juniors
Program duration	2.40 Min. +/- 10 sec.
a) Jump	Double Axel
b) Solo Jump	Double or triple Flip
c) Jump combination	Jump combination consisting of two double jumps or one double and one triple jump or two triple jumps. May not repeat jump in a) or b).
d) Flying Spin	Flying camel spin (8)
e) Spin in one position	Layback or sideways leaning spin (8) or sit spin without change of foot (8)
f) Combination spin	Spin combination with only one change of foot. No flying entry (6/6). Min. 2 revs in position.
g) Step sequence	Step sequence fully utilizing the ice surface
Deductions	According to ISU
Components	<ul style="list-style-type: none"> • Composition • Presentation • Skating Skills
General component factor	1.33
Factor jumps 2nd half of program. Only the last jumping pass (one) executed in the second half of the SP and the last three jumping passes executed in the second half of the FP count for this factor.	1.1
Trimming in case there are at least 5 judges	Yes
Warm-up time	6 minutes

FREE PROGRAM WOMEN	MIXED AGE
Applicable rules	ISU Juniors
Program duration	3.30 Min. +/- 10 sec.
Jumps	<ul style="list-style-type: none"> • 1 Axel-type jump* Max. 7 • Max 3 combinations or sequences • There may be up to 3 jump combinations or 2 jump combinations and 1 jump sequence. One jump combination or 1 jump sequence may consist of up to 3 jumps, the other 2 up to 2 jumps each. • A jump sequence consists of two (2) or three (3) jumps of any number of revolutions, beginning with any listed jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first/second jump into the take-off curve of the Axel jump. • Jump combinations may consist of the same or another single, double, triple or quadruple jump. • Of all triple and quad jumps, only 2 can be executed twice, but must be in a combo or sequence. Of the two repetitions, only one (1) can be a quadruple jump. • Any double (including double Axel) or triple jump cannot be executed more than twice in total. <p>*means element is required</p>
Spins	<ul style="list-style-type: none"> • 1 flying entry* Max. 3 • 1 spin combination, with/without change of foot* • 1 spin with only 1 position* • Min 6 revs, 10 revs for combo, min 2 revs in position • All spins may change feet and start with a flying entry • Spins must be of a different nature <p>*means element is required</p>
Choreographic Sequences	Max. one choreographic sequence (ChSq) consisting of at least two different skating movements.
Deductions	According to ISU
Components	<ul style="list-style-type: none"> • Composition • Presentation • Skating Skills
General component factor	2.67
Factor jumps 2nd half of program. Only the last jumping pass (one) executed in the second half of the Short Program, and the last three jumping passes executed in the second half of the Free Skating Program count for this factor.	1.1
Trimming in case there are at least 5 judges	Yes
Warm-up time	6 minutes

SHORT PROGRAM MEN	MIXED AGE
Applicable rules	ISU Juniors
Program duration	2.40 Min. +/- 10 sec.
a) Jump	Double Axel or triple Axel
b) Solo Jump	One double or one triple Flip
c) Jump combination	Jump combination consisting of one double and one triple jump or two triple jumps. May not repeat jump in a) or b).
d) Flying Spin	Flying camel spin (8)
e) Spin in one position	Sit spin with only one change of foot (6/6)
f) Combination spin	Spin combination with only one change of foot. No flying entry (6/6). Min. 2 revs in position.
g) Step sequence	Step sequence fully utilizing the ice surface
Deductions	According to ISU
Components	<ul style="list-style-type: none"> • Composition • Presentation • Skating Skills
General component factor	1.67
Factor jumps 2nd half of program. Only the last jumping pass (one) executed in the second half of the Short Program, and the last three jumping passes executed in the second half of the Free Skating Program count for this factor.	1.1
Trimming in case there are at least 5 judges	Yes
Warm-up time	6 minutes

FREE SKATING PROGRAM MEN	MIXED AGE
Applicable rules	ISU Juniors
Program duration	3.30 Min. +/- 10 sec.
Jumps	<ul style="list-style-type: none"> • 1 Axel-type jump* Max. 7 • Max 3 combinations or sequences • There may be up to 3 jump combinations or 2 jump combinations and 1 jump sequence. One jump combination or 1 jump sequence may consist of up to 3 jumps, the other 2 up to 2 jumps each. • A jump sequence consists of two (2) or three (3) jumps of any number of revolutions, beginning with any listed jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first/second jump into the take-off curve of the Axel jump. • Jump combinations may consist of the same or another single, double, triple or quadruple jump. • Of all triple and quad jumps, only 2 can be executed twice, but must be in a combo or sequence. Of the two repetitions, only one (1) can be a quadruple jump. • Any double (including double Axel) or triple jump cannot be executed more than twice in total. <p>*means element is required</p>
Spins	<ul style="list-style-type: none"> • 1 flying entry* Max. 3 • 1 spin combination, with/without change of foot* • 1 spin with only 1 position* • Min 6 revs, 10 revs for combo, min 2 revs in position • All spins may change feet and start with a flying entry • Spins must be of a different nature <p>*means element is required</p>
Choreographic Sequences	Max. one choreographic sequence (ChSq) consisting of at least two different skating movements.
Deductions	According to ISU
Components	<ul style="list-style-type: none"> • Composition • Presentation • Skating Skills
General component factor	3.33
Factor jumps 2nd half of program. Only the last jumping pass (one) executed in the second half of the Short Program, and the last three jumping passes executed in the second half of the Free Skating Program count for this factor.	1.1
Trimming in case there are at least 5 judges	Yes
Warm-up time	6 minutes