

ANNEX 2: GENERAL REQUIRED ELEMENTS FOR SWISS CHAMPIONSHIP (SWISS ICE SKATING CATEGORIES) 2020/2021

In accordance with Special Regulations & Technical Rules, Single & Pair Skating and Ice Dancing 2018 and ISU Communications No. 2328 (Bonus rules outlined in ISU Communication No. 2328 do not apply).

SHORT PROGRAM LADIES/GIRLS	ELITE	JUNIOREN / MIXED AGE	NACHWUCHS / CADETS (U14/U15)	JUGEND / ESPOIRS (U13) / MINI (U12)
Applicable rules	ISU Seniors	ISU Juniors	ISU Advanced Novice	ISU Advanced Novice
Program duration	2.40 Min. +/- 10 sec.	2.40 Min. +/- 10 sec.	2.20 Min. +/- 10 sec.	2.20 Min. +/- 10 sec.
a) Jump	Double or triple Axel	Double Axel	Double Axel (Swiss Ice Skating requirement)	Single Axel or double Axel
b) Solo Jump	Triple jump	Double or triple <u>Lutz</u>	Double or triple jump. May not repeat jump in a).	Double or triple jump. May not repeat jump in a).
c) Jump combination	Jump combination consisting of a double jump and a triple jump or two triple jumps. May not repeat jump in a) or b).	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).	One jump combination consisting of two double jumps or one double and one triple jump. May not repeat jump in a) or b).	One jump combination consisting of two double jumps or one double and one triple jump. May not repeat jump in a) or b).
d) Flying Spin	Flying spin (8)	Flying <u>camel</u> spin (8)		
e) Spin in one position	Layback or sideways leaning spin (8) or sit/camel spin without change of foot (8)	Layback or sideways leaning spin (8) or <u>sit</u> spin without change of foot (8)	Layback or sideways leaning spin (6) or spin in one basic position with no change of foot (6)	Layback or sideways leaning spin (6) or spin in one basic position with no change of foot (6)
f) Combination spin	Spin combination with only one change of foot. No flying entry (6/6). Min. 2 revs in position.	Spin combination with only one change of foot. No flying entry (6/6). Min. 2 revs in position.	Spin combination with only one change of foot (5/5). Min. 2 revs in position. Flying entry is allowed.	Spin combination with only one change of foot (5/5). Min. 2 revs in position. Flying entry is allowed.
g) Step sequence	Step sequence fully utilizing the ice surface	Step sequence fully utilizing the ice surface	Step sequence fully utilizing the ice surface	Step sequence fully utilizing the ice surface
Special Regulations		<ul style="list-style-type: none"> 1 bonus point for a 3 Loop, 3 Flip or 3 Lutz; provided no "q", "<", "<<", or "e". 1 additional bonus point for a second, though different, triple jump from the following jumps: 3 Loop, 3 Flip or 3 Lutz; provided no "q", "<", "<<", or "e" for a triple/triple combo (any triple jump), provided no "q", "<", "<<", or "e". Maximal 2 bonus points. Jumps can be performed as a solo jump or in jump combination. 	<ul style="list-style-type: none"> 1 bonus point for one 2A, provided no "q", "<", or "<<". A second 2A is not subject to the 1-bonus-point rule. 1 bonus point for one triple jump, provided no "q", "<", "<<", or "e". 1 bonus point for one additional, though different, triple jump, provided no "q", "<", "<<", or "e". Maximal 3 bonus points. Jumps can be performed as a solo jump or in jump combination. Only features up to Level 3 will be counted. 	<ul style="list-style-type: none"> 1 bonus point for one 2A, provided no "q", "<", or "<<". A second 2A is not subject to the 1-bonus-point rule. 1 bonus point for one triple jump, provided no "q", "<", "<<", or "e". 1 bonus point for one additional, though different, triple jump, provided no "q", "<", "<<", or "e". Maximal 3 bonus points. Jumps can be performed as a solo jump or in jump combination. Only features up to Level 3 will be counted.
Deductions	According to ISU	According to ISU	According to ISU	According to ISU
Components	<ul style="list-style-type: none"> Skating Skills Transitions Performance Composition Interpretation of the Music 	<ul style="list-style-type: none"> Skating Skills Transitions Performance Composition Interpretation of the Music 	<ul style="list-style-type: none"> Skating Skills Transitions Performance Interpretation 	<ul style="list-style-type: none"> Skating Skills Transitions Performance Interpretation
General component factor	0.8	0.8	0.8	0.8
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	1.1	1.0	1.0
Trimming in case there are at least 5 judges	Yes	Yes	Yes	Yes
Warm-up time	6 minutes	6 minutes	4 minutes	4 minutes

FREE PROGRAM LADIES	ELITE	JUNIOREN / MIXED AGE	NACHWUCHS / CADETS (U14/U15)	JUGEND / ESPOIRS (U13) / MINI (U12)
Applicable rules	ISU Seniors	ISU Juniors	ISU Advanced Novice	ISU Advanced Novice
Program duration	4.00 Min. +/- 10 sec.	3.30 Min. +/- 10 sec.	3.00 Min. +/- 10 sec.	3.00 Min. +/- 10 sec.
Free Skating Program				
Jumps	<ul style="list-style-type: none"> 1 Axel-type jump* Max. 7 Max 3 combos or sequences Combos limited to 2 jumps, but one 3-jump combo is permitted A jump sequence consists of two (2) 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 jump to the take-off curve of the Axel 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. Max. 2 double Axel as solo jump or in combo/sequence <p>*means element is required</p>	<ul style="list-style-type: none"> 1 Axel-type jump* Max. 7 Max 3 combos or sequences Combos limited to 2 jumps, but one 3-jump combo is permitted A jump sequence consists of two (2) 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 jump to the take-off curve of the Axel 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. Max. 2 double Axel as solo jump or in combo/sequence <p>*means element is required</p>	<ul style="list-style-type: none"> 1 Axel-type jump* Max. 6 Max 2 combos or sequences. One jump combination could consist up to three (3) jumps, the other up to two (2) jumps. A jump sequence consists of two (2) 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 jump to the take-off curve of the Axel jump. <p>*means element is required</p>	<ul style="list-style-type: none"> 1 Axel-type jump* Max. 6 Max 2 combos or sequences. One jump combination could consist up to three (3) jumps, the other up to two (2) jumps. A jump sequence consists of two (2) 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 jump to the take-off curve of the Axel jump. <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>	<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>	<ul style="list-style-type: none"> Spins must be of a different nature Max. 2 1 spin combination with change of foot (8 revs.) – no flying entry 1 flying spin in one position (6 revs.) or a spin with a flying entry in one position and change of foot (8 revs.) 	<ul style="list-style-type: none"> Spins must be of a different nature Max. 2 1 spin combination with change of foot (8 revs.) – no flying entry 1 flying spin in one position (6 revs.) or a spin with a flying entry in one position and change of foot (8 revs.)

FREE PROGRAM LADIES	ELITE	JUNIOREN / MIXED AGE	NACHWUCHS / CADETS (U14/U15)	JUGEND / ESPOIRS (U13) / MINI (U12)
Applicable rules	ISU Seniors	ISU Juniors	ISU Advanced Novice	ISU Advanced Novice
Program duration	4.00 Min. +/- 10 sec.	3.30 Min. +/- 10 sec.	3.00 Min. +/- 10 sec.	3.00 Min. +/- 10 sec.
Free Skating Program				
Step and Choreographic Sequences	<ul style="list-style-type: none"> Max. one step sequence fully utilizing the ice surface Max. one choreographic sequence (ChSq). The ChSq has a base value and will be evaluated by the judges in GOE only. 	Max. one step sequence fully utilizing the ice surface	Max. one step sequence fully utilizing the ice surface	Max. one step sequence fully utilizing the ice surface
Special Regulations		<ul style="list-style-type: none"> 1 bonus point for a 3 Loop, 3 Flip or 3 Lutz; provided no "q", "<", "<<", or "e". 1 additional bonus point for a second, though different, triple jump from the following jumps: 3 Loop, 3 Flip or 3 Lutz; provided no "q", "<", "<<", or "e" or for a triple/triple combo or triple+1Eu+triple jump (any triple jump), provided no "q", "<", "<<", or "e". Maximal 2 bonus points. Jumps can be performed as a solo jump, in jump combination, or jump sequence 	<ul style="list-style-type: none"> 1 bonus point for one 2A, provided no "q", "<", or "<<". A second 2A is not subject to the 1-bonus-point rule. 1 bonus point for one triple jump, provided no "q", "<", "<<", or "e". 1 bonus point for one additional, though different, triple jump, provided no "q", "<", "<<", or "e". Maximal 3 bonus points. Jumps can be performed as a solo jump, in jump combination, or jump sequence. Only features up to Level 3 will be counted. 	<ul style="list-style-type: none"> 1 bonus point for one 2A, provided no "q", "<", or "<<". A second 2A is not subject to the 1-bonus-point rule. 1 bonus point for one triple jump, provided no "q", "<", "<<", or "e". 1 bonus point for one additional, though different, triple jump, provided no "q", "<", "<<", or "e". Maximal 3 bonus points. Jumps can be performed as a solo jump, in jump combination, or jump sequence. Only features up to Level 3 will be counted.
Deductions	According to ISU	According to ISU	According to ISU	According to ISU
Components	<ul style="list-style-type: none"> Skating Skills Transitions Performance Composition Interpretation of the Music 	<ul style="list-style-type: none"> Skating Skills Transitions Performance Composition Interpretation of the Music 	<ul style="list-style-type: none"> Skating Skills Transitions Performance Interpretation 	<ul style="list-style-type: none"> Skating Skills Transitions Performance Interpretation
General component factor	1.6	1.6	1.6	1.6
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	1.1	1.0	1.0
Trimming in case there are at least 5 judges	Yes	Yes	Yes	Yes
Warm-up time	6 minutes	6 minutes	5 minutes	5 minutes

ANNEX 3: GENERAL REQUIRED ELEMENTS FOR SWISS CHAMPIONSHIP (SWISS ICE SKATING CATEGORIES) 2020/2021

In accordance with Special Regulations & Technical Rules, Single & Pair Skating and Ice Dancing 2018 and ISU Communications No. 2328 (Bonus rules outlined in ISU Communication No. 2328 do not apply).

SHORT PROGRAM MEN/BOYS	ELITE	JUNIOREN / MIXED AGE	NACHWUCHS / CADETS (U16)	JUGEND / ESPOIRS (U14)
Applicable rules	ISU Seniors	ISU Juniors	ISU Advanced Novice	ISU Advanced Novice
Program duration	2.40 Min. +/- 10 sec.	2.40 Min. +/- 10 sec.	2.20 Min. +/- 10 sec.	2.20 Min. +/- 10 sec.
a) Jump	Double Axel or triple Axel	Double Axel or triple Axel	Double Axel (Swiss Ice Skating requirement)	Single Axel or double Axel
b) Solo Jump	Any triple or quadruple jump	One double or one triple <u>Lutz</u>	Double or triple jump. May not repeat jump in a).	Double or triple jump. May not repeat jump in a).
c) Jump combination	Jump combination consisting of a double jump and a triple jump (2+3/3+2) or two triple jumps (3+3) or a quadruple jump and a double or triple jump (4+2 or 4+3). When a quadruple jump is executed in b), a different quadruple jump can be included in the jump combination. May not repeat jump in a) or b).	Jump combination consisting of one double and one triple jump or two triple jumps. May not repeat jump in a) or b).	One jump combination consisting of two double jumps or one double and one triple jump. May not repeat jump in a) or b).	One jump combination consisting of two double jumps or one double and one triple jump. May not repeat jump in a) or b).
d) Flying Spin	Flying spin with landing position different from the spin in one position in e) (8)	Flying <u>camel</u> spin (8)		
e) Spin in one position	Camel or sit spin with only one change of foot (6/6). Position must be different from the landing position of the flying spin in d).	<u>Sit</u> spin with only one change of foot (6/6)	Camel, sit or upright spin with change of foot and no flying entry (5/5)	Camel, sit or upright spin with change of foot and no flying entry (5/5)
f) Combination spin	Spin combination with only one change of foot. No flying entry (6/6). Min. 2 revs in position.	Spin combination with only one change of foot. No flying entry (6/6). Min. 2 revs in position.	Spin combination with only one change of foot (5/5). Min. 2 revs in position. Flying entry is allowed.	Spin combination with only one change of foot (5/5). Min. 2 revs in position. Flying entry is allowed.
g) Step sequence	Step sequence fully utilizing the ice surface	Step sequence fully utilizing the ice surface	Step sequence fully utilizing the ice surface	Step sequence fully utilizing the ice surface
Special Regulations		<ul style="list-style-type: none"> 1 bonus point for a 3 Loop, 3 Flip or 3 Lutz; provided no "q", "<", "<<" or "e". 1 additional bonus point for a second, though different, triple jump from the following jumps: 3 Loop, 3 Flip or 3 Lutz; provided no "q", "<", "<<" or "e" or for a triple/triple combo (any triple jump), provided no "q", "<", "<<" or "e". Maximal 2 bonus points. Jumps can be performed as a solo jump or in jump combination. 	<ul style="list-style-type: none"> 1 bonus point for one 2A, provided no "q", "<", or "<<". A second 2A is not subject to the 1-bonus-point rule. 1 bonus point for one triple jump, provided no "q", "<", "<<" or "e". 1 bonus point for one additional, though different, triple jump, provided no "q", "<", "<<", or "e". Maximal 3 bonus points. Jumps can be performed as a solo jump, or in jump combination. Only features up to Level 3 will be counted. 	<ul style="list-style-type: none"> 1 bonus point for one 2A, provided no "q", "<", or "<<". A second 2A is not subject to the 1-bonus-point rule. 1 bonus point for one triple jump, provided no "q", "<", "<<" or "e". 1 bonus point for one additional, though different, triple jump, provided no "q", "<", "<<", or "e". Maximal 3 bonus points. Jumps can be performed as a solo jump or in jump combination. Only features up to Level 3 will be counted.
Deductions	According to ISU	According to ISU	According to ISU	According to ISU
Components	<ul style="list-style-type: none"> Skating Skills Interpretation of the Music Transitions Performance Composition 	<ul style="list-style-type: none"> Skating Skills Interpretation of the Music Transitions Performance Composition 	<ul style="list-style-type: none"> Skating Skills Transitions Performance Interpretation 	<ul style="list-style-type: none"> Skating Skills Transitions Performance Interpretation

MEN/BOYS	ELITE	JUNIOREN / MIXED AGE	NACHWUCHS / CADETS (U16)	JUGEND / ESPOIRS (U14)
Applicable rules	ISU Seniors	ISU Juniors	ISU Advanced Novice	ISU Advanced Novice
Program duration	2.40 Min. +/- 10 sec.	2.40 Min. +/- 10 sec.	2.20 Min. +/- 10 sec.	2.20 Min. +/- 10 sec.
SHORT PROGRAM				
General component factor	1.0	1.0	0.9	0.9
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	1.1	1.0	1.0
Trimming in case there are at least 5 judges	Yes	Yes	Yes	Yes
Warm-up time	6 minutes	6 minutes	4 minutes	4 minutes

FREE SKATING PROGRAM MEN/BOYS	ELITE	JUNIOREN / MIXED AGE	NACHWUCHS / CADETS (U16)	JUGEND / ESPOIRS (U14)
Applicable rules	ISU Seniors	ISU Juniors	ISU Advanced Novice	ISU Advanced Novice
Program duration	4.00 Min. +/- 10 sec.	3.30 Min. +/- 10 sec.	3.00 Min. +/- 10 sec.	3.00 Min. +/- 10 sec.
Jumps	<ul style="list-style-type: none"> 1 Axel-type jump* Max. 7 Max 3 combos or sequences Combos limited to 2 jumps, but one 3-jump combo is permitted A jump sequence consists of two (2) 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 jump to the take-off curve of the Axel 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. Max. 2 double Axel as solo jump or in combo/sequence <p>*means element is required</p>	<ul style="list-style-type: none"> 1 Axel-type jump* Max. 7 Max 3 combos or sequences Combos limited to 2 jumps, but one 3-jump combo is permitted A jump sequence consists of two (2) 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 jump to the take-off curve of the Axel 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. Max. 2 double Axel as solo jump or in combo/sequence <p>*means element is required</p>	<ul style="list-style-type: none"> 1 Axel-type jump* Max. 6 Max 2 combos or sequences. One jump combination could consist up to three (3) jumps, the other up to two (2) jumps. A jump sequence consists of two (2) 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 jump to the take-off curve of the Axel jump. <p>*means element is required</p>	<ul style="list-style-type: none"> 1 Axel-type jump* Max. 6 Max 2 combos or sequences. One jump combination could consist up to three (3) jumps, the other up to two (2) jumps. A jump sequence consists of two (2) 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 jump to the take-off curve of the Axel jump. <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>	<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>	<ul style="list-style-type: none"> Spins must be of a different nature Max. 2 1 spin combination with change of foot (8 revs.) – no flying entry 1 flying spin in one position (6 revs.) or a spin with a flying entry in one position and change of foot (8 revs.) 	<ul style="list-style-type: none"> Spins must be of a different nature Max. 2 1 spin combination with change of foot (8 revs.) – no flying entry 1 flying spin in one position (6 revs.) or a spin with a flying entry in one position and change of foot (8 revs.)

FREE SKATING PROGRAM MEN/BOYS	ELITE	JUNIOREN / MIXED AGE	NACHWUCHS / CADETS (U16)	JUGEND / ESPOIRS (U14)
Applicable rules	ISU Seniors	ISU Juniors	ISU Advanced Novice	ISU Advanced Novice
Program duration	4.00 Min. +/- 10 sec.	3.30 Min. +/- 10 sec.	3.00 Min. +/- 10 sec.	3.00 Min. +/- 10 sec.
Step and Choreographic Sequences	<ul style="list-style-type: none"> Max. one step sequence fully utilizing the ice surface Max. one choreographic sequence (ChSq). The ChSq has a base value and will be evaluated by the judges in GOE only. 	<ul style="list-style-type: none"> Max. one step sequence fully utilizing the ice surface 	<ul style="list-style-type: none"> Max. one step sequence fully utilizing the ice surface 	<ul style="list-style-type: none"> Max. one step sequence fully utilizing the ice surface
Special Regulations		<ul style="list-style-type: none"> 1 bonus point for a 3 Loop, 3 Flip or 3 Lutz; provided no "q", "<", "<<" or "e". 1 additional bonus point for a second, though different, triple jump from the following jumps: 3 Loop, 3 Flip or 3 Lutz; provided no "q", "<", "<<" or "e" or for a triple/triple combo or triple+1Eu+triple jump (any triple jump), provided no "q", "<", "<<" or "e". Maximal 2 bonus points. Jumps can be performed as a solo jump, in jump combination, or jump sequence. 	<ul style="list-style-type: none"> 1 bonus point for one 2A, provided no "q", "<", or "<<". A second 2A is not subject to the 1-bonus-point rule. 1 bonus point for one triple jump, provided no "q", "<", "<<" or "e". 1 bonus point for one additional, though different, triple jump, provided no "q", "<", "<<" or "e". Maximal 3 bonus points. Jumps can be performed as a solo jump, in jump combination, or jump sequence. Only features up to Level 3 will be counted. 	<ul style="list-style-type: none"> 1 bonus point for one 2A, provided no "q", "<", or "<<". A second 2A is not subject to the 1-bonus-point rule. 1 bonus point for one triple jump, provided no "q", "<", "<<" or "e". 1 bonus point for one additional, though different, triple jump, provided no "q", "<", "<<" or "e". Maximal 3 bonus points. Jumps can be performed as a solo jump, in jump combination, or jump sequence. Only features up to Level 3 will be counted.
Deductions	According to ISU	According to ISU	According to ISU	According to ISU
Components	<ul style="list-style-type: none"> Skating Skills Transitions Performance Composition Interpretation of the Music 	<ul style="list-style-type: none"> Skating Skills Transitions Performance Composition Interpretation of the Music 	<ul style="list-style-type: none"> Skating Skills Transitions Performance Interpretation 	<ul style="list-style-type: none"> Skating Skills Transitions Performance Interpretation
General component factor	2.0	2.0	1.8	1.8
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	1.1	1.0	1.0
Trimming in case there are at least 5 judges	Yes	Yes	Yes	Yes
Warm-up time	6 minutes	6 minutes	5 minutes	5 minutes

ANNEX 4: GENERAL REQUIRED ELEMENTS FOR SWISS CHAMPIONSHIP (SWISS ICE SKATING CATEGORIES) 2020/2021

In accordance with Special Regulations & Technical Rules, Single & Pair Skating and Ice Dancing 2018 and ISU Communications No. 2328

SHORT PROGRAM PAIRS	ELITE	JUNIOREN	NACHWUCHS / CADETS
Applicable rules	ISU Seniors	ISU Juniors	ISU Advanced Novice
Program duration	2.40 Min. +/- 10 sec.	2.40 Min. +/- 10 sec.	2.20 Min. +/- 10 sec.
a)	<u>Any hip lift take-off (Group Three)</u>	<u>Any hip lift take-off (Group Three)</u>	One lift of Groups 1 to 4, one arm holds not allowed
b)	Twist lift (double or triple)	Twist lift (double) or triple	One Twist lift (single or double)
c)	Throw jump (double or triple)	Double or triple loop throw jump	One solo jump (double)
d)	Solo jump (double or triple)	Double Lutz or double Axel solo jump	
e)	Solo spin combination with only one change of foot (8 revs. in total)	Solo spin combination with only one change of foot (8 revs. in total)	One solo spin combo no change foot (minimum of six (6) revolutions)
f)	Death spiral forward inside	Death spiral forward inside	One death spiral
g)	Step sequence fully utilizing the ice surface	Step sequence fully utilizing the ice surface	One step sequence with full utilization of the ice surface
Special Regulations		<ul style="list-style-type: none"> 1 bonus point for one 2A by both skaters, provided no "q", "<", "<<", or "e" (both skaters). 	<ul style="list-style-type: none"> 1 bonus point for one 2A by both skaters, provided no "q", "<", or "<<" (both skaters). Only features up to Level 3 will be counted
Deductions	According to ISU	According to ISU	According to ISU
Components	<ul style="list-style-type: none"> Skating Skills Transitions Performance Composition Interpretation of the Music 	<ul style="list-style-type: none"> Skating Skills Transitions Performance Composition Interpretation of the Music 	<ul style="list-style-type: none"> Skating Skills Transitions Performance Interpretation
General component factor	0.8	0.8	0.8
Trimming in case there are at least 5 judges	Yes	Yes	Yes
Warm-up time	6 minutes	6 minutes	4 minutes

FREE SKATING PROGRAM PAIRS	ELITE	JUNIOREN	NACHWUCHS / CADETS
Applicable rules	ISU Seniors	ISU Juniors	ISU Advanced Novice
Program duration	4.00 Min. +/- 10 sec.	3.30 Min. +/- 10 sec.	3.00 Min. +/- 10 sec.
a)	Maximum of 3 lifts, <u>not all from the same group</u> with full extension of the lifting arm(s)	Maximum of 2 lifts, <u>not all from the same group</u> with full extension of the lifting arm(s).	Two different lifts of Group 1 to 4, one arm holds are not allowed (in group 1 and 2 full extension of the lifting arm of the partner is not required).
b)	Maximum of 1 twist lift	Maximum of 1 twist lift	One Twist lift (single or double)
c)	Maximum of 2 different throw jumps	Maximum of 2 different throw jumps	One throw jump (double)
d)	Maximum of 1 solo jump	Maximum of 1 solo jump	One solo jump (double)
e)	Maximum of 1 jump combination or sequence. The jump combination may consist of two (2) or three (3) jumps.	Maximum of 1 jump combination or sequence. The jump combination may consist of two (2) or three (3) jumps.	
g)	Maximum of 1 pair spin combination (required revolutions: eight (8))	Maximum of 1 pair spin combination (required revolutions: eight (8))	One pair spin combination (minimum 6 revs.)
h)	Maximum of one death spiral (different from the death spiral of the Short Program)	Maximum of 1 death spiral	One death spiral
i)	Max. one choreographic sequence (ChSq). The ChSq has a base value and will be evaluated by the judges in GOE only.	Max. one choreographic sequence. The choreographic sequence has a base value and will be evaluated by the judges in GOE only.	
Special Regulations		<ul style="list-style-type: none"> 1 bonus point for one 2A by both skaters, provided no "q", "<", "<<", or "e" (both skaters). 1 bonus point for one triple jump by both skaters, provided no "q", "<", "<<", or "e". Jumps can be performed as a solo jump, in jump combination or jump sequence. 	<ul style="list-style-type: none"> 1 bonus point for one 2A by both skaters, provided no "q", "<", or "<<" (both skaters). Only features up to Level 3 will be counted
Deductions	According to ISU	According to ISU	According to ISU
Components	<ul style="list-style-type: none"> Skating Skills Transitions Performance Composition Interpretation of the Music 	<ul style="list-style-type: none"> Skating Skills Transitions Performance Composition Interpretation of the Music 	<ul style="list-style-type: none"> Skating Skills Transitions Performance Interpretation
General component factor	1.6	1.6	1.6
Trimming in case there are at least 5 judges	Yes	Yes	Yes
War-up time	6 minutes	6 minutes	5 minutes