

ANNEX 2: GENERAL REQUIRED ELEMENTS FOR SWISS CHAMPIONSHIPS 2026/2027, effective July 1, 2026

In accordance with Sports Rules Single & Pair Skating and Ice Dance 2026 and ISU Communication No. 2770

SHORT PROGRAM WOMEN/GIRLS	SENIORS	JUNIORS	ADVANCED NOVICE U16	JUVENILE U14 / YOUNG NOVICE 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 Lutz	Double or triple jump. May not repeat jump a).	Double or triple jump. May not repeat jump 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). <u>An Euler (half-loop) cannot be included in the jump combination.</u>	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). <u>An Euler (half-loop) cannot be included in the jump combination.</u>	One jump combination consisting of two double jumps or one double and one triple jump. The second jump must be a double or triple Toe Loop (for season 2026/27). Both jumps may not repeat jump a) or b). <u>An Euler jump cannot be included in the Jump combination in the Short Program.</u>	One jump combination consisting of two double jumps or one double and one triple jump. The second jump must be a double or triple Toe Loop (for season 2026/27). Both jumps may not repeat jump a) or b). <u>An Euler jump cannot be included in the Jump combination in the Short Program.</u>
d) Flying Spin	Flying spin (8)	Flying camel 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 sit spin without change of foot (8)	Layback/sideways leaning spin or sit spin with no change of foot (minimum six (6) revolutions) and no flying entrance (for season 2026/27).	Layback/sideways leaning spin or sit spin with no change of foot (minimum six (6) revolutions) and no flying entrance (for season 2026/27).
f) Combination spin	Spin combination with only one change of foot. No flying entry (6/6).	Spin combination with only one change of foot. No flying entry (6/6).	Spin combination with only one change of foot (5/5). Flying entry is <u>not</u> allowed.	Spin combination with only one change of foot (5/5). Flying entry is <u>not</u> allowed.
g) Step sequence	Step sequence fully utilizing the ice surface	Step sequence fully utilizing the ice surface	One step sequence fully utilizing the ice surface. For feature 4) Two combinations of 3 difficult turns on different feet: the combinations must include forward outside counter and backward outside loop (for season 2026/27), they can be in the same combination or one in the first and the other in the second. Only one difficult turn may be repeated once in the two combinations. At least 2 difficult turns and steps must be executed on clean edges for Level basic. The twizzle needs to have at least two (2) revolutions to be counted.	One step sequence fully utilizing the ice surface. For feature 4) Two combinations of 3 difficult turns on different feet: the combinations must include forward outside counter and backward outside loop (for season 2026/27), they can be in the same combination or one in the first and the other in the second. Only one difficult turn may be repeated once in the two combinations. At least 2 difficult turns and steps must be executed on clean edges for Level basic. The twizzle needs to have at least two (2) revolutions to be counted.
Special Regulations			Bonus points: According to ISU Communication No. 2770. Only features up to Level 3 will be counted.	Bonus points: According to ISU Communication No.2770. Only features up to Level 3 will be counted.
Deductions	According to ISU	According to ISU	According to ISU	According to ISU
Components	• Composition • Presentation • Skating Skills	• Composition • Presentation • Skating Skills	• Composition • Presentation • Skating Skills	• Composition • Presentation • Skating Skills
General component factor	1.33	1.33	1.07	1.07
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 SKATING PROGRAM WOMEN/GIRLS	SENIORS	JUNIORS	ADVANCED NOVICE U16	JUVENILE U14 / YOUNG NOVICE 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.
Jumps	1 Axel-type jump* Max. 6 - There may be up to two jump combinations or one jump combination without using an Euler (half-loop) and one jump sequence. One jump combination or one jump sequence may consist of up to three jumps, the other one of up to two jumps. <u>An Euler (half-loop) can only be executed once between two listed jumps, will have no value, and will not be counted in the number of allowed jumps of the concerned jump combination or jump sequence.</u> After the execution of the Euler (half-loop) no change of foot is allowed. - A jump sequence consists of two or three 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. - A jump combination and jump sequence may consist of the same or another single, double, triple or quadruple jump. - Of all triple and quad jumps, only two can be executed twice, but must be in a combo or sequence. Of the two repetitions, only one can be a quadruple jump. - Any double (including double Axel) or tiple jump cannot be executed more than twice (as a solo jump or part of a jump combination/sequence). <u>The same type of jump independent of the number of revolutions can be included not more than three times.</u> *means element is required	1 Axel-type jump* Max. 6 - There may be up to two jump combinations or one jump combination without using an Euler (half-loop) and one jump sequence. One jump combination or one jump sequence may consist of up to three jumps, the other one of up to two jumps. <u>An Euler (half-loop) can only be executed once between two listed jumps, will have no value, and will not be counted in the number of allowed jumps of the concerned jump combination or jump sequence.</u> After the execution of the Euler (half-loop) no change of foot is allowed. - A jump sequence consists of two or three 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. - A jump combination and jump sequence may consist of the same or another single, double, triple or quadruple jump. - Of all triple and quad jumps, only two can be executed twice, but must be in a combo or sequence. Of the two repetitions, only one can be a quadruple jump. - Any double (including double Axel) or tiple jump cannot be executed more than twice (as a solo jump or part of a jump combination/sequence). <u>The same type of jump independent of the number of revolutions can be included not more than three times.</u> *means element is required	1 Axel-type jump* Max. 5 - There may be up to 2 jump combinations or 1 jump combination (without using <u>an Euler (half-loop)</u> and 1 jump sequence. One jump combination or jump sequence can consist of up to 3 jumps, the other up to 2 jumps. - A jump sequence consists of two (2) or three (3) jumps of any number of revolutions, in which the second and/or the third jump is 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. - Any single, double (including double Axel) or tiple jump cannot be executed more than twice in total. - Only two triple jumps can be repeated either in a jump combination or jump sequence. - An Euler (half-loop) when used in a jump combination or sequence between two listed jumps will be called but will not be considered as a listed jump and will not be counted in the number of the jumps of the concerned combination or sequence. After the execution of the Euler (half-loop) no change of foot is allowed. An Euler (half-loop) can be executed only once in the Free Skating <u>The same type of jump independent of the number of revolutions can be included not more than two times.</u> *means element is required	1 Axel-type jump* Max. 5 - There may be up to 2 jump combinations or 1 jump combination (without using <u>an Euler (half-loop)</u> and 1 jump sequence. One jump combination or jump sequence can consist of up to 3 jumps, the other up to 2 jumps. - A jump sequence consists of two (2) or three (3) jumps of any number of revolutions, in which the second and/or the third jump is 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. - Any single, double (including double Axel) or tiple jump cannot be executed more than twice in total. - Only two triple jumps can be repeated either in a jump combination or jump sequence. - An Euler (half-loop) when used in a jump combination or sequence between two listed jumps will be called but will not be considered as a listed jump and will not be counted in the number of the jumps of the concerned combination or sequence. After the execution of the Euler (half-loop) no change of foot is allowed. An Euler (half-loop) can be executed only once in the Free Skating <u>The same type of jump independent of the number of revolutions can be included not more than two times.</u> *means element is required

Spins	• Max. 3 spins, one of which must be a spin combination with or without a change of foot, a flying spin (no change of foot/position) and one choreographic spin. • All spins may start with a flying entry • Spins must be of a different nature • Min 6 revolutions, 10 revolutions for combo with change of foot/6 revs without change of foot • A choreographic spin must have a min. of three consecutive revolutions executed on one or two blades, with any basic or non-basic positions allowed. Change of foot is optional and can be done several times during the spin.	• Max. 3 spins, one of which must be a spin combination with or without a change of foot, a flying spin (no change of foot/position), and one choreographic spin. • All spins may start with a flying entry • Spins must be of a different nature • Min 6 revolutions, 10 revolutions for combo with change of foot/6 revs without change of foot • A choreographic spin must have a min. of three consecutive revolutions executed on one or two blades, with any basic or non-basic positions allowed. Change of foot is optional and can be done several times during the spin.	• Spins must be of a different nature Max. 2 • 1 spin combination with change of foot (8 revs.) – a flying entry is not allowed. • 1 spin must be a flying camel spin without change of foot which must have a minimum of six (6) revolutions, (for season 2026/27).	• Spins must be of a different nature Max. 2 • 1 spin combination with change of foot (8 revs.) – a flying entry is not allowed. • 1 spin must be a flying camel spin without change of foot which must have a minimum of six (6) revolutions, (for season 2026/27).
Step and Choreographic Sequences	• Max. one step sequence fully utilizing the ice surface • Max. one choreographic sequence (ChSq) consisting of at least two different skating movements.	Max. one choreographic sequence (ChSq) consisting of at least two different skating movements.	Max. one choreographic sequence (ChSq) consisting of at least two different skating movements.	Max. one choreographic sequence (ChSq) consisting of at least two different skating movements.
Special Regulations			Bonus points: According to ISU Communication No. 2770. New: In the Free Skating skaters can earn bonus points when performing all types of jumps (6 different types of jumps) independent of revolutions based on the well-balanced program requirements. To be eligible for bonus points, all different types of jumps must be valid, e.g. not be identified by the Technical Panel as invalid element (*). The bonus points will be two (2) points. The computer automatically identifies the different abbreviations in the list of elements, and the Technical Panel confirms the bonus with the authorization of elements. Only features up to Level 3 will be counted.	Bonus points: According to ISU Communication No. 2770. New: In the Free Skating skaters can earn bonus points when performing all types of jumps (6 different types of jumps) independent of revolutions based on the well-balanced program requirements. To be eligible for bonus points, all different types of jumps must be valid, e.g. not be identified by the Technical Panel as invalid element (*). The bonus points will be two (2) points. The computer automatically identifies the different abbreviations in the list of elements, and the Technical Panel confirms the bonus with the authorization of elements. Only features up to Level 3 will be counted.
Deductions	According to ISU	According to ISU	According to ISU	According to ISU
Components	• Composition • Presentation • Skating Skills	• Composition • Presentation • Skating Skills	• Composition • Presentation • Skating Skills	• Composition • Presentation • Skating Skills

General component factor	2.67	2.67	2.13	2.13
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 CHAMPIONSHIPS 2026/2027, effective July 1, 2026

In accordance with Sports Rules Single & Pair Skating and Ice Dance 2026 and ISU Communication No. 2770

SHORT PROGRAM MEN/BOYS	SENIORS	JUNIORS	ADVANCED NOVICE U16	JUVENILE 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 Lutz.	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). <u>An Euler (half-loop) cannot be included in the jump combination.</u>	Jump combination consisting of one double and one triple jump or two triple jumps. May not repeat jump in a) or b). <u>An Euler (half-loop) cannot be included in the jump combination.</u>	One jump combination consisting of two double jumps or one double and one triple jump. The second jump must be a double or triple Toe Loop (for season 2026/27). Both jumps may not repeat jump a) or b). <u>An Euler jump cannot be included in the Jump combination in the Short Program.</u>	One jump combination consisting of two double jumps or one double and one triple jump. The second jump must be a double or triple Toe Loop (for season 2026/27). Both jumps may not repeat jump a) or b). <u>An Euler jump cannot be included in the Jump combination in the Short Program.</u>
d) Flying Spin	Flying spin with landing position different from the spin in one position in e) (8)	Flying camel 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).	Sit spin with only one change of foot (6/6)	Sit spin with change of foot and no flying entrance (minimum of five (5) revolutions on each foot) (for season 2026/27).	Sit spin with change of foot and no flying entrance (minimum of five (5) revolutions on each foot) (for season 2026/27).
f) Combination spin	Spin combination with only one change of foot. No flying entry (6/6).	Spin combination with only one change of foot. No flying entry (6/6).	Spin combination with only one change of foot (5/5 revs). Flying entry is <u>not</u> allowed.	Spin combination with only one change of foot (5/5 revs). Flying entry is <u>not</u> allowed.
g) Step sequence	Step sequence fully utilizing the ice surface	Step sequence fully utilizing the ice surface	One step sequence fully utilizing the ice surface. For feature 4) Two combinations of 3 difficult turns on different feet: the combinations must include forward outside counter and backward outside loop (for season 2026/27), they can be in the same combination or one in the first and the other in the second. Only one difficult turn may be repeated once in the two combinations. At least 2 difficult turns and steps must be executed on clean edges for Level basic. The twizzle needs to have at least two (2) revolutions to be counted.	One step sequence fully utilizing the ice surface. For feature 4) Two combinations of 3 difficult turns on different feet: the combinations must include forward outside counter and backward outside loop (for season 2026/27), they can be in the same combination or one in the first and the other in the second. Only one difficult turn may be repeated once in the two combinations. At least 2 difficult turns and steps must be executed on clean edges for Level basic. The twizzle needs to have at least two (2) revolutions to be counted.
Special Regulations			Bonus points: According to ISU Communication No. 2770. Only features up to Level 3 will be counted.	Bonus points: According to ISU Communication No. 2770. Only features up to Level 3 will be counted.
Deductions	According to ISU	According to ISU	According to ISU	According to ISU
Components	• Composition • Presentation • Skating Skills	• Composition • Presentation • Skating Skills	• Composition • Presentation • Skating Skills	• Composition • Presentation • Skating Skills
General component factor	1.67	1.67	1.20	1.20

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	SENIORS	JUNIORS	ADVANCED NOVICE U16	JUVENILE 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	• 1 Axel-type jump* Max. 6 • There may be up to two jump combinations or one jump combination without using an Euler (half-loop) and one jump sequence. One jump combination or one jump sequence may consist of up to three jumps, the other one of up to two jumps. <u>An Euler (half-loop) can only be executed once between two listed jumps, will have no value, and will not be counted in the number of allowed jumps of the concerned jump combination or jump sequence.</u> After the execution of the Euler (half-loop) no change of foot is allowed. • A jump sequence consists of two or three 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. • A jump combination and jump sequence may consist of the same or another single, double, triple or quadruple jump. • Of all triple and quad jumps, only two can be executed twice, but must be in a combo or sequence. Of the two repetitions, only one can be a quadruple jump. • Any double (including double Axel) or tiple jump cannot be executed more than twice (as a solo jump or part of a jump combination/sequence). • <u>The same type of jump independent of the number of revolutions can be included not more than three times.</u> *means element is required	• 1 Axel-type jump* Max. 6 • There may be up to two jump combinations or one jump combination without using an Euler (half-loop) and one jump sequence. One jump combination or one jump sequence may consist of up to three jumps, the other one of up to two jumps. <u>An Euler (half-loop) can only be executed once between two listed jumps, will have no value, and will not be counted in the number of allowed jumps of the concerned jump combination or jump sequence.</u> After the execution of the Euler (half-loop) no change of foot is allowed. • A jump sequence consists of two or three 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. • A jump combination and jump sequence may consist of the same or another single, double, triple or quadruple jump. • Of all triple and quad jumps, only two can be executed twice, but must be in a combo or sequence. Of the two repetitions, only one can be a quadruple jump. • Any double (including double Axel) or tiple jump cannot be executed more than twice (as a solo jump or part of a jump combination/sequence). • <u>The same type of jump independent of the number of revolutions can be included not more than three times.</u> *means element is required	• 1 Axel-type jump* Max. 5 • There may be up to 2 jump combinations or 1 jump combination (without using an Euler (half-loop) and 1 jump sequence. One jump combination or jump sequence can consist of up to 3 jumps, the other up to 2 jumps. • A jump sequence consists of two (2) or three (3) jumps of any number of revolutions, in which the second and/or the third jump is 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. • Any single, double (including double Axel) or tiple jump cannot be executed more than twice in total. • Only two triple jumps can be repeated either in a jump combination or jump sequence. • An Euler (half-loop) when used in a jump combination or sequence between two listed jumps will be called but will not be considered as a listed jump and will not be counted in the number of the jumps of the concerned combination or sequence. After the execution of the Euler (half-loop) no change of foot is allowed. An Euler (half-loop) can be executed only once in the Free Skating • <u>The same type of jump independent of the number of revolutions can be included not more than two times.</u> *means element is required	• 1 Axel-type jump* Max. 5 • There may be up to 2 jump combinations or 1 jump combination (without using an Euler (half-loop) and 1 jump sequence. One jump combination or jump sequence can consist of up to 3 jumps, the other up to 2 jumps. • A jump sequence consists of two (2) or three (3) jumps of any number of revolutions, in which the second and/or the third jump is 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. • Any single, double (including double Axel) or tiple jump cannot be executed more than twice in total. • Only two triple jumps can be repeated either in a jump combination or jump sequence. • An Euler (half-loop) when used in a jump combination or sequence between two listed jumps will be called but will not be considered as a listed jump and will not be counted in the number of the jumps of the concerned combination or sequence. After the execution of the Euler (half-loop) no change of foot is allowed. An Euler (half-loop) can be executed only once in the Free Skating • <u>The same type of jump independent of the number of revolutions can be included not more than two times.</u> *means element is required

Spins	• Max. 3 spins, one of which must be a spin combination with or without a change of foot, a flying spin (no change of foot/position) and one choreographic spin. • All spins may start with a flying entry • Spins must be of a different nature • Min 6 revolutions, 10 revolutions for combo with change of foot/6 revs without change of foot • A choreographic spin must have a min. of three consecutive revolutions executed on one or two blades, with any basic or non-basic positions allowed. Change of foot is optional and can be done several times during the spin.	• Max. 3 spins, one of which must be a spin combination with or without a change of foot, a flying spin (no change of foot/position) and one choreographic spin. • All spins may start with a flying entry • Spins must be of a different nature • Min 6 revolutions, 10 revolutions for combo with change of foot/6 revs without change of foot • A choreographic spin must have a min. of three consecutive revolutions executed on one or two blades, with any basic or non-basic positions allowed. Change of foot is optional and can be done several times during the spin.	• Spins must be of a different nature Max. 2 • 1 spin combination with change of foot (8 revs.) – a flying entry is not allowed. • 1 spin must be a flying camel spin without change of foot which must have a minimum of six (6) revolutions, (for season 2026/27).	• Spins must be of a different nature Max. 2 • 1 spin combination with change of foot (8 revs.) – a flying entry is not allowed. • 1 spin must be a flying camel spin without change of foot which must have a minimum of six (6) revolutions, (for season 2026/27).
Step and Choreographic Sequences	• Max. one step sequence fully utilizing the ice surface • Max. one choreographic sequence (ChSq) consisting of at least two different skating movements.	Max. one choreographic sequence (ChSq) consisting of at least two different skating movements.	Max. one choreographic sequence (ChSq) consisting of at least two different skating movements.	Max. one choreographic sequence (ChSq) consisting of at least two different skating movements.
Special Regulations			Bonus points: According to ISU Communication No. 2770. New: In the Free Skating skaters can earn bonus points when performing all types of jumps (6 different types of jumps) independent of revolutions based on the well-balanced program requirements. To be eligible for bonus points, all different types of jumps must be valid, e.g. not be identified by the Technical Panel as invalid element (*). The bonus points will be two (2) points. The computer automatically identifies the different abbreviations in the list of elements, and the Technical Panel confirms the bonus with the Authorization of elements. Only features up to Level 3 will be counted.	Bonus points: According to ISU Communication No. 2770. New: In the Free Skating skaters can earn bonus points when performing all types of jumps (6 different types of jumps) independent of revolutions based on the well-balanced program requirements. To be eligible for bonus points, all different types of jumps must be valid, e.g. not be identified by the Technical Panel as invalid element (*). The bonus points will be two (2) points. The computer automatically identifies the different abbreviations in the list of elements, and the Technical Panel confirms the bonus with the Authorization of elements. Only features up to Level 3 will be counted.
Deductions	According to ISU	According to ISU	According to ISU	According to ISU
Components	• Composition • Presentation • Skating Skills	• Composition • Presentation • Skating Skills	• Composition • Presentation • Skating Skills	• Composition • Presentation • Skating Skills
General component factor	3.33	3.33	2.40	2.40

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 CHAMPIONSHIPS 2026/2027

In accordance with Sports Rules Single & Pair Skating and Ice Dance 2026 and ISU Communication No. 2770

SHORT PROGRAM PAIRS	SENIORS	JUNIORS	ADVANCED NOVICE
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)	Any hip lift take-off (Group Three)	Any hip lift take-off (Group Three)	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)	Pair spin combination (8 revs. in total)	Pair spin combination (8 revs. in total)	One solo spin combination with or without change of foot (min. of 5+5 revolutions if with change of foot, or 6 revolutions without change of foot)
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 fully utilizing the ice surface. <u>At least 2 difficult turns and steps must be executed on clean edges for Level basic. The twizzle needs to have at least two (2) revolutions to be counted.</u>
Special Regulations			Bonus points: According to ISU Communication No. 2770 Pairs can earn maximum one (1) bonus point for a Death Spiral that is achieved in Short Program and in the Free Skating program. To be eligible for a bonus point, the Death Spiral must be level 2 or higher. A Death Spiral that is identified by the Technical Panel with a fall or being identified as invalid element (*) is not eligible to receive a bonus point. Only features up to Level 3 will be counted.
Deductions	According to ISU	According to ISU	According to ISU
Components	• Composition • Presentation • Skating Skills	• Composition • Presentation • Skating Skills	• Composition • Presentation • Skating Skills
General component factor	1.33	1.33	1.07
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	SENIORS	JUNIORS	ADVANCED NOVICE
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 2 lifts, not both from the same group with full extension of the lifting arm(s) - Maximum of 1 choreographic pair lift A Choreographic Pair Lift is a lift which enhances the choreography of the program and matches the music. A Choreographic Pair Lift must be ascending and descending whilst moving across the ice surface. It must have a minimum of 1 rotation. The lifting partner must have straight or almost straight arm(s) above the head at some point during the lift.	Maximum of 2 lifts, not both from the same group with full extension of the lifting arm(s).	Two lifts both from Group 1 or from Group 2, or two different lifts from Groups 1 to 4, one arm holds not allowed, (in Group 1 and 2 full extension of the lifting arm of the partner is not required) If from the same group, the take-off needs to be different.
b)	Maximum of 1 twist lift	Maximum of 1 twist lift	
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/sequence consists of two jumps.	Maximum of 1 jump combination or sequence. The jump combination/sequence consists of two jumps.	
g)	Maximum of 1 Choreographic Pair Spin: A Choreographic Pair Spin is a spin which enhances the choreography of the program and matches the music. A Choreographic Pair Spin must have a minimum of 3 consecutive revolutions executed on one or two blades at least by one partner, with any basic or non-basic positions allowed. Change of foot is optional and can be done several times during the spin. Lifting of partners is optional but should not consist of any lifting movement with full extension of the arm(s) if the lifted position is higher than a shoulder level.	Maximum of 1 Choreographic Pair Spin: A Choreographic Pair Spin is a spin which enhances the choreography of the program and matches the music. A Choreographic Pair Spin must have a minimum of 3 consecutive revolutions executed on one or two blades at least by one partner, with any basic or non-basic positions allowed. Change of foot is optional and can be done several times during the spin. Lifting of partners is optional but should not consist of any lifting movement with full extension of the arm(s) if the lifted position is higher than a shoulder level.	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			One choreographic sequence (ChSq) consisting of at least two different skating movements by both partners.
Special Regulations			Bonus points: According to ISU Communication No. 2770 Pairs can earn maximum one (1) bonus point for a Death Spiral that is achieved in Short Program and in the Free Skating program. To be eligible for a bonus point, the Death Spiral must be level 2 or higher. A Death Spiral that is identified by the Technical Panel with a fall or being identified as invalid element (*) is not eligible to receive a bonus point. Only features up to Level 3 will be counted.
Deductions	According to ISU	According to ISU	According to ISU
Components	- Composition - Presentation - Skating Skills	- Composition - Presentation - Skating Skills	- Composition - Presentation - Skating Skills
General component factor	2.67	2.67	2.13

Trimming in case there are at least 5 judges	Yes	Yes	Yes
Warm-up time	6 minutes	6 minutes	5 minutes

Ittigen, May 2026