

GENERAL REQUIRED ELEMENTS FOR THE MIXED AGE CATEGORY 2026/2027

In accordance with Sports Rules Single & Pair Skating and Ice Dance 2026

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 Lutz
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). <u>An Euler (half-loop) cannot be included in the jump combination.</u>
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).
g) Step sequence	Step sequence fully utilizing the ice surface
Deductions	According to ISU
Components	• 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	Max. 6 • 1 Axel-type jump* • 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 triple 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
Spins	• Max. 3 spins, one of which must be a spin combination with or without a change of foot, one a flying spin (no change of foot), 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.
Choreographic Sequences	Max. one choreographic sequence (ChSq) consisting of at least two different skating movements.
Deductions	According to ISU
Components	• 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 Lutz
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). <u>An Euler (half-loop) cannot be included in the jump combination.</u>
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) .
g) Step sequence	Step sequence fully utilizing the ice surface
Deductions	According to ISU
Components	• 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	Max. 6 • 1 Axel-type jump* • 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 triple 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
Spins	• Max. 3 spins, one of which must be a spin combination with or without a change of foot, one a flying spin (no change of foot) 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.
Choreographic Sequences	Max. one choreographic sequence (ChSq) consisting of at least two different skating movements.
Deductions	According to ISU
Components	• 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