

## ANNEX 2: GENERAL REQUIRED ELEMENTS FOR SWISS CHAMPIONSHIPS 2024/2025

In accordance with Special Regulations & Technical Rules, Single & Pair Skating and Ice Dancing 2024 and ISU Communication No. 2624

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	<b>2.40 Min. +/- 10 sec.</b>	<b>2.40 Min. +/- 10 sec.</b>	<b>2.20 Min. +/- 10 sec.</b>	<b>2.20 Min. +/- 10 sec.</b>
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 Flip	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. The second jump must be a double or triple <b>Toe Loop</b> . May not repeat jump in a) or b).	One jump combination consisting of two double jumps or one double and one triple jump. The second jump must be a double or triple <b>Toe Loop</b> . May not repeat jump in a) or b).
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 or sideways leaning spin (6) or sit spin with no change of foot (6) and no flying entry.	Layback or sideways leaning spin (6) or sit spin with no change of foot (6) and no flying entry.
f) Combination spin	Spin combination with only <b>one</b> 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). 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	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 rocker and backward inside loop. They can be in the same combination or one in the first and the other one 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.	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 rocker and backward inside loop. They can be in the same combination or one in the first and the other one 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.
Special Regulations			Bonus points: According to ISU Communication No. 2624.  Only features up to <b>Level 3</b> will be counted.	Bonus points: According to ISU Communication No. 2624.  Only features up to <b>Level 3</b> will be counted.
Deductions	According to ISU	According to ISU	According to ISU	According to ISU
Components	<ul style="list-style-type: none"> <li>• Composition</li> <li>• Presentation</li> <li>• Skating Skills</li> </ul>	<ul style="list-style-type: none"> <li>• Composition</li> <li>• Presentation</li> <li>• Skating Skills</li> </ul>	<ul style="list-style-type: none"> <li>• Composition</li> <li>• Presentation</li> <li>• Skating Skills</li> </ul>	<ul style="list-style-type: none"> <li>• Composition</li> <li>• Presentation</li> <li>• Skating Skills</li> </ul>
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	<ul style="list-style-type: none"> <li>1 Axel-type jump* <b>Max. 7</b></li> <li>Max 3 combinations or sequences</li> <li>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.</li> <li>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.</li> <li>Jump combinations may consist of the same or another single, double, triple or quadruple jump.</li> <li>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.</li> <li>Any double (including double Axel) or tiple jump cannot be executed more than twice in total.</li> </ul> <p>*means element is required</p>	<ul style="list-style-type: none"> <li>1 Axel-type jump* <b>Max. 7</b></li> <li>Max 3 combinations or sequences</li> <li>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.</li> <li>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.</li> <li>Jump combinations may consist of the same or another single, double, triple or quadruple jump.</li> <li>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.</li> <li>Any double (including double Axel) or tiple jump cannot be executed more than twice in total.</li> </ul> <p>*means element is required</p>	<ul style="list-style-type: none"> <li>1 Axel-type jump* <b>Max. 6</b></li> <li>There may be up to 2 jump combinations or 1 jump combination and 1 jump sequence. One jump combination or jump sequence can consist of up to 3 jumps, the other up to 2 jumps.</li> <li>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.</li> <li>Any single, double (including double Axel) or tiple jump cannot be executed more than twice in total.</li> <li>Only two triple jumps can be repeated either in a jump combination or jump sequence.</li> </ul> <p>*means element is required</p>	<ul style="list-style-type: none"> <li>1 Axel-type jump* <b>Max. 6</b></li> <li>There may be up to 2 jump combinations or 1 jump combination and 1 jump sequence. One jump combination or jump sequence can consist of up to 3 jumps, the other up to 2 jumps.</li> <li>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.</li> <li>Any single, double (including double Axel) or tiple jump cannot be executed more than twice in total.</li> <li>Only two triple jumps can be repeated either in a jump combination or jump sequence.</li> </ul> <p>*means element is required</p>
Spins	<ul style="list-style-type: none"> <li>1 flying entry* <b>Max. 3</b></li> <li>1 spin combination, with/without change of foot*</li> <li>1 spin with only 1 position*</li> <li>Min 6 revs, 10 revs for combo, min 2 revs in position</li> <li>All spins may change feet and start with a flying entry</li> <li>Spins must be of a different nature</li> </ul> <p>*means element is required</p>	<ul style="list-style-type: none"> <li>1 flying entry* <b>Max. 3</b></li> <li>1 spin combination, with/without change of foot*</li> <li>1 spin with only 1 position*</li> <li>Min 6 revs, 10 revs for combo, min 2 revs in position</li> <li>All spins may change feet and start with a flying entry</li> <li>Spins must be of a different nature</li> </ul> <p>*means element is required</p>	<ul style="list-style-type: none"> <li>Spins must be of a different nature <b>Max. 2</b></li> <li>1 spin combination with change of foot (8 revs.) – a flying entry is not allowed.</li> <li>1 flying <b>camel</b> spin in one position (6 revs.). A change foot is allowed but a change of position is not allowed.</li> </ul>	<ul style="list-style-type: none"> <li>Spins must be of a different nature <b>Max. 2</b></li> <li>1 spin combination with change of foot (8 revs.) – a flying entry is not allowed.</li> <li>1 flying <b>camel</b> spin in one position (6 revs.). A change foot is allowed but a change of position is not allowed.</li> </ul>

<b>Step and Choreographic Sequences</b>	<ul style="list-style-type: none"> <li>• Max. one step sequence fully utilizing the ice surface</li> <li>• Max. one choreographic sequence (ChSq) consisting of at least two different skating movements.</li> </ul>	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.
<b>Special Regulations</b>			Bonus points: According to ISU Communication No. 2624.  Only features up to <b>Level 3</b> will be counted.	Bonus points: According to ISU Communication No. 2624.  Only features up to <b>Level 3</b> will be counted.
<b>Deductions</b>	According to ISU	According to ISU	According to ISU	According to ISU
<b>Components</b>	<ul style="list-style-type: none"> <li>• Composition</li> <li>• Presentation</li> <li>• Skating Skills</li> </ul>	<ul style="list-style-type: none"> <li>• Composition</li> <li>• Presentation</li> <li>• Skating Skills</li> </ul>	<ul style="list-style-type: none"> <li>• Composition</li> <li>• Presentation</li> <li>• Skating Skills</li> </ul>	<ul style="list-style-type: none"> <li>• Composition</li> <li>• Presentation</li> <li>• Skating Skills</li> </ul>
<b>General component factor</b>	2.67	2.67	2.13	2.13
<b>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.</b>	1.1	1.1	1.0	1.0
<b>Trimming in case there are at least 5 judges</b>	Yes	Yes	Yes	Yes
<b>Warm-up time</b>	6 minutes	6 minutes	5 minutes	5 minutes

### ANNEX 3: GENERAL REQUIRED ELEMENTS FOR SWISS CHAMPIONSHIPS 2024/2025

In accordance with Special Regulations & Technical Rules, Single & Pair Skating and Ice Dancing 2024 and ISU Communication No. 2624

SHORT PROGRAM MEN/BOYS	SENIORS	JUNIORS	ADVANCED NOVICE U16	JUVENILE U14 / YOUNG NOVICE U12
<b>Applicable rules</b>	ISU Seniors	ISU Juniors	ISU Advanced Novice	ISU Advanced Novice
<b>Program duration</b>	<b>2.40 Min. +/- 10 sec.</b>	<b>2.40 Min. +/- 10 sec.</b>	<b>2.20 Min. +/- 10 sec.</b>	<b>2.20 Min. +/- 10 sec.</b>
<b>a) Jump</b>	Double Axel or triple Axel	Double Axel or triple Axel	Double Axel (Swiss Ice Skating requirement)	Single Axel or double Axel
<b>b) Solo Jump</b>	Any triple or quadruple jump	One double or one triple <b>Flip</b>	Double or triple jump. May not repeat jump in a).	Double or triple jump. May not repeat jump in a).
<b>c) Jump combination</b>	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. The second jump must be a double or triple <b>Toe Loop</b> . May not repeat jump in a) or b).	One jump combination consisting of two double jumps or one double and one triple jump. The second jump must be a double or triple <b>Toe Loop</b> . May not repeat jump in a) or b).
<b>d) Flying Spin</b>	Flying spin with landing position different from the spin in one position in e) <b>(8)</b>	Flying <b>camel spin (8)</b>		
<b>e) Spin in one position</b>	Camel or sit spin with only one change of foot <b>(6/6)</b> . Position must be different from the landing position of the flying spin in d).	<b>Sit</b> spin with only one change of foot <b>(6/6)</b>	<b>Sit</b> spin with change of foot and no flying entry (min. of 5 revs on each foot).	<b>Sit</b> spin with change of foot and no flying entry (min. of 5 revs on each foot).
<b>f) Combination spin</b>	Spin combination with only one change of foot. No flying entry <b>(6/6)</b> . Min. 2 revs in position.	Spin combination with only one change of foot. No flying entry <b>(6/6)</b> . Min. 2 revs in position.	Spin combination with only one change of foot <b>(5/5)</b> . Flying entry is <u>not</u> allowed.	Spin combination with only one change of foot <b>(5/5)</b> . Flying entry is <u>not</u> allowed.
<b>g) Step sequence</b>	Step sequence fully utilizing the ice surface	Step sequence fully utilizing the ice surface	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 rocker and backward inside loop. They can be in the same combination or one in the first and the other one 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.	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 rocker and backward inside loop. They can be in the same combination or one in the first and the other one 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.
<b>Special Regulations</b>			Bonus points: According to ISU Communication No. 2624.  Only features up to <b>Level 3</b> will be counted.	Bonus points: According to ISU Communication No. 2624.  Only features up to <b>Level 3</b> will be counted.
<b>Deductions</b>	According to ISU	According to ISU	According to ISU	According to ISU
<b>Components</b>	<ul style="list-style-type: none"> <li>• Composition</li> <li>• Presentation</li> <li>• Skating Skills</li> </ul>	<ul style="list-style-type: none"> <li>• Composition</li> <li>• Presentation</li> <li>• Skating Skills</li> </ul>	<ul style="list-style-type: none"> <li>• Composition</li> <li>• Presentation</li> <li>• Skating Skills</li> </ul>	<ul style="list-style-type: none"> <li>• Composition</li> <li>• Presentation</li> <li>• Skating Skills</li> </ul>
<b>General component factor</b>	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 / 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	<ul style="list-style-type: none"> <li>1 Axel-type jump* <b>Max. 7</b></li> <li>Max 3 combinations or sequences</li> <li>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.</li> <li>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.</li> <li>Jump combinations may consist of the same or another single, double, triple or quadruple jump.</li> <li>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.</li> <li>Any double (including double Axel) or tiple jump cannot be executed more than twice in total.</li> </ul> <p>*means element is required</p>	<ul style="list-style-type: none"> <li>1 Axel-type jump* <b>Max. 7</b></li> <li>Max 3 combinations or sequences</li> <li>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.</li> <li>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.</li> <li>Jump combinations may consist of the same or another single, double, triple or quadruple jump.</li> <li>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.</li> <li>Any double (including double Axel) or tiple jump cannot be executed more than twice in total.</li> </ul> <p>*means element is required</p>	<ul style="list-style-type: none"> <li>1 Axel-type jump* <b>Max. 6</b></li> <li>There may be up to 2 jump combinations or 1 jump combination and 1 jump sequence. One jump combination or jump sequence can consist of up to 3 jumps, the other up to 2 jumps.</li> <li>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.</li> <li>Any single, double (including double Axel) or tiple jump cannot be executed more than twice in total.</li> <li>Only two triple jumps can be repeated either in a jump combination or jump sequence.</li> </ul> <p>*means element is required</p>	<ul style="list-style-type: none"> <li>1 Axel-type jump* <b>Max. 6</b></li> <li>There may be up to 2 jump combinations or 1 jump combination and 1 jump sequence. One jump combination or jump sequence can consist of up to 3 jumps, the other up to 2 jumps.</li> <li>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.</li> <li>Any single, double (including double Axel) or tiple jump cannot be executed more than twice in total.</li> <li>Only two triple jumps can be repeated either in a jump combination or jump sequence.</li> </ul> <p>*means element is required</p>
Spins	<ul style="list-style-type: none"> <li>1 flying entry* <b>Max. 3</b></li> <li>1 spin combination, with/without change of foot*</li> <li>1 spin with only 1 position*</li> <li>Min 6 revs, 10 revs for combo, min 2 revs in position</li> <li>All spins may change feet and start with a flying entry</li> <li>Spins must be of a different nature</li> </ul> <p>*means element is required</p>	<ul style="list-style-type: none"> <li>1 flying entry* <b>Max. 3</b></li> <li>1 spin combination, with/without change of foot*</li> <li>1 spin with only 1 position*</li> <li>Min 6 revs, 10 revs for combo, min 2 revs in position</li> <li>All spins may change feet and start with a flying entry</li> <li>Spins must be of a different nature</li> </ul> <p>*means element is required</p>	<ul style="list-style-type: none"> <li>Spins must be of a different nature <b>Max. 2</b></li> <li>1 spin combination with change of foot (8 revs.) – a flying entry is not allowed.</li> <li>1 flying <b>camel</b> spin in one position (6 revs.). A change foot is allowed but a change of position is not allowed.</li> </ul>	<ul style="list-style-type: none"> <li>Spins must be of a different nature <b>Max. 2</b></li> <li>1 spin combination with change of foot (8 revs.) – a flying entry is not allowed.</li> <li>1 flying <b>camel</b> spin in one position (6 revs.). A change foot is allowed but a change of position is not allowed.</li> </ul>

<b>Step and Choreographic Sequences</b>	<ul style="list-style-type: none"> <li>Max. one step sequence fully utilizing the ice surface</li> <li>Max. one choreographic sequence (ChSq) consisting of at least two different skating movements.</li> </ul>	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.
<b>Special Regulations</b>			Bonus points: According to ISU Communication No. 2624.  Only features up to <b>Level 3</b> will be counted.	Bonus points: According to ISU Communication No. 2624.  Only features up to <b>Level 3</b> will be counted.
<b>Deductions</b>	According to ISU	According to ISU	According to ISU	According to ISU
<b>Components</b>	<ul style="list-style-type: none"> <li>Composition</li> <li>Presentation</li> <li>Skating Skills</li> </ul>	<ul style="list-style-type: none"> <li>Composition</li> <li>Presentation</li> <li>Skating Skills</li> </ul>	<ul style="list-style-type: none"> <li>Composition</li> <li>Presentation</li> <li>Skating Skills</li> </ul>	<ul style="list-style-type: none"> <li>Composition</li> <li>Presentation</li> <li>Skating Skills</li> </ul>
<b>General component factor</b>	3.33	3.33	2.40	2.40
<b>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.</b>	1.1	1.1	1.0	1.0
<b>Trimming in case there are at least 5 judges</b>	Yes	Yes	Yes	Yes
<b>Warm-up time</b>	6 minutes	6 minutes	5 minutes	5 minutes

## ANNEX 4: GENERAL REQUIRED ELEMENTS FOR SWISS CHAMPIONSHIPS 2024/2025

In accordance with Special Regulations & Technical Rules, Single & Pair Skating and Ice Dancing 2024 and ISU Communication No. 2624

SHORT PROGRAM PAIRS	SENIORS	JUNIORS	ADVANCED NOVICE
<b>Applicable rules</b>	<b>ISU Seniors</b>	<b>ISU Juniors</b>	<b>ISU Advanced Novice</b>
<b>Program duration</b>	<b>2.40 Min. +/- 10 sec.</b>	<b>2.40 Min. +/- 10 sec.</b>	<b>2.20 Min. +/- 10 sec.</b>
<b>a)</b>	Any hand to hand lift take-off (Group <b>Four</b> )	Any hand to hand lift take-off (Group <b>Four</b> )	One lift of Groups 1 to 4, one arm holds not allowed
<b>b)</b>	Twist lift (double or triple)	Twist lift (double or triple)	One twist lift (single or double)
<b>c)</b>	Throw jump (double or triple)	Double or triple <b>Salchow</b> throw jump	One solo jump (double)
<b>d)</b>	Solo jump (double or triple)	Double Flip or double Axel solo jump	
<b>e)</b>	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)
<b>f)</b>	Death spiral backwards outside	Death spiral backwards outside	One death spiral
<b>g)</b>	Step sequence fully utilizing the ice surface	Step sequence fully utilizing the ice surface	One step sequence with full utilization of the ice surface
<b>Special Regulations</b>			Bonus points: According to ISU Communication No. 2562 Only features up to <b>Level 3</b> will be counted.
<b>Deductions</b>	According to ISU	According to ISU	According to ISU
<b>Components</b>	<ul style="list-style-type: none"> <li>• Composition</li> <li>• Presentation</li> <li>• Skating Skills</li> </ul>	<ul style="list-style-type: none"> <li>• Composition</li> <li>• Presentation</li> <li>• Skating Skills</li> </ul>	<ul style="list-style-type: none"> <li>• Composition</li> <li>• Presentation</li> <li>• Skating Skills</li> </ul>
<b>General component factor</b>	1.33	1.33	1.07
<b>Trimming in case there are at least 5 judges</b>	Yes	Yes	Yes
<b>Warm-up time</b>	6 minutes	6 minutes	4 minutes



FREE SKATING PROGRAM PAIRS	SENIORS	JUNIORS	ADVANCED NOVICE
<b>Applicable rules</b>	<b>ISU Seniors</b>	<b>ISU Juniors</b>	<b>ISU Advanced Novice</b>
<b>Program duration</b>	<b>4.00 Min. +/- 10 sec.</b>	<b>3.30 Min. +/- 10 sec.</b>	<b>3.00 Min. +/- 10 sec.</b>
a)	• Maximum of 3 lifts, not all from the same group with full extension of the lifting arm(s)	Maximum of 2 lifts, not all from the same group with full extension of the lifting arm(s).	Two lifts from Group 1 or from Group 2, or two different lifts from Groups 1 to 4, one arm hold 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	
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)	Max. one choreographic sequence (ChSq)	Max. one choreographic sequence (ChSq) consisting of at least two different skating movements by both partners.
<b>Special Regulations</b>			Bonus points: According to ISU Communication No. 2624.  Only features up to Level 3 will be counted.
<b>Deductions</b>	According to ISU	According to ISU	According to ISU
<b>Components</b>	<ul style="list-style-type: none"> <li>• Composition</li> <li>• Presentation</li> <li>• Skating Skills</li> </ul>	<ul style="list-style-type: none"> <li>• Composition</li> <li>• Presentation</li> <li>• Skating Skills</li> </ul>	<ul style="list-style-type: none"> <li>• Composition</li> <li>• Presentation</li> <li>• Skating Skills</li> </ul>
<b>General component factor</b>	2.67	2.67	2.13
<b>Trimming in case there are at least 5 judges</b>	Yes	Yes	Yes
<b>War-up time</b>	6 minutes	6 minutes	5 minutes

Ittigen, June 29, 2024