



Adults Free Competition 27th June 2024

Class 1: Pre Bronze. The program duration is 1 minute and 30 seconds, +/- 5 seconds.

A competitor in the Pre-Bronze Free Skating event must perform a well-balanced program that may contain:

a. A maximum of three (3) jump elements, consisting only of different single jumps only excluding axel

- No combinations or sequences are permitted.

b. A maximum of two (2) spins

- 2 basic position spins only are allowed with no change of foot and no change of position (minimum 3 revs). Spins with the same ISU abbreviation can be repeated.

- Difficult variations and features are not permitted.

c. A maximum of one (1) choreographic sequence at least half (1/2) of the ice surface.

- A choreographic sequence consists of at least two different movements like spirals, arabesques, spread eagles, Ina Bauers, hydroblading, transitional (unlisted) jumps. Steps and turns may be used to link the two or more different movements together.

Class 2: Bronze. The program duration is 1 minute and 40 seconds, +/- 10 seconds.

A competitor in the Bronze Free Skating event must perform a well-balanced program that may contain:

a. A maximum of four (4) jump elements, consisting only of single jumps. Axel type jumps, double jumps and triple jumps are not permitted. There may be up to two (2) jump combinations in the free program.

- Each jump combination may consist of two (2) listed jumps.

- Each listed jump may be performed a maximum of two (2) times.

b. A maximum of two (2) spins of a different abbreviation, which must be a spin in one position with or without a change of foot. Flying spins are not permitted.

The spins must have a required minimum number of revolutions: three (3) for any spin with no change of foot, and six (6) with a change of foot.

- A spin that has no basic position with 2 revolutions will receive no value, however a spin with less than three rotations in total is considered as a skating movement and not a spin.

- All spins with change of foot must have at least 3 revolutions on each foot. If this requirement is not fulfilled, the spin will be marked with a V.

- Only features up to and including Level 1 will be counted. Any additional features will not count for level requirements and will be ignored by the Technical Panel.

c. A maximum of one (1) choreographic sequence utilizing at least half (1/2) of the ice surface.

A choreographic sequence consists of at least two different movements like spirals, arabesques, spread eagles, Ina Bauers, hydroblading, transitional (unlisted) jumps. Steps and turns may be used to link the two or more different movements together.

Class 3: Silver. The program duration is 2 minutes +/- 10 seconds

A competitor in the Silver Free Skating event must perform a well-balanced program that may contain:

a. A maximum of five (5) jump elements, consisting of any single jumps (including the single Axel). Double jumps and triple jumps are not permitted. There may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence in the free program.

- One (1) jump combination or one (1) jump sequence may consist of up to three (3) jumps. The other may have two (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.

- Each listed jump may be performed a maximum of two (2) times.

- Please note that the Euler (half-loop) is considered a listed jump only when used in combination in between two other listed jumps.

- Non-listed jumps may be included in the program as part of connecting footwork.

A maximum of two (2) spins of a different abbreviation.

- The spins must have a required minimum number of revolutions: four (4) for any spin with no change of foot, and six (6) for any spin with a change of foot. • A spin that has no basic position with 2 revolutions will receive no value, however a spin with less than three rotations in total is considered as a skating movement and not a spin.
- Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions in each of these positions anywhere within the spin. To receive full value, a spin combination must include all three (3) basic positions. All spins with change of foot must have at least 3 revolutions on each foot. If this requirement is not fulfilled, the spin will be marked with a V.
- Only features up to and including Level 2 will be counted. Any additional features will not count for level requirements and will be ignored by the Technical Panel.
- c. A maximum of one (1) choreographic sequence, utilizing at least half (1/2) of the ice surface.
 - A choreographic sequence consists of at least two different movements like spirals, arabesques, spread eagles, Ina Bauers, hydroblading, transitional (unlisted) jumps. Steps and turns may be used to link the two or more different movements together.
 - The pattern is not restricted but the sequence must be clearly visible.

Class 4: Gold. The program duration is 2 minutes and 50 seconds +/- 10 seconds.

A competitor in the Gold Free Skating event must perform a well-balanced program that may contain:

- a. A maximum of five (5) jump elements, consisting of single jumps (including the single Axel) or double jumps. Double flip, double Lutz, double Axel and triple jumps are not permitted. There may be up to three (3) jump combinations or two jump combinations and one (1) jump sequence in the free program.
- One (1) jump combination or one (1) jump sequence may consist of up to three (3) jumps. The others may have two (2) jumps each.
 - 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.
 - Each listed jump may be performed a maximum of two (2) times.
 - Please note that the Euler (half-loop) is considered a listed jump only when used in combination in between two other listed jumps.
 - Non-listed jumps may be included in the program as part of connecting footwork.
- A maximum of three (3) spins of a different abbreviation, one (1) of which must be a spin combination with a change of foot and one (1) of which must be a flying spin or a spin with a flying entrance.

- The spins must have a required minimum number of revolutions: four (4) for any spin with no change of foot, and eight (8) for any spin with a change of foot.

A spin that has no basic position with 2 revolutions will receive no value, however a spin with less than three rotations in total is considered as a skating movement and not a spin.

- Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions in each of these positions anywhere within the spin. To receive full value, a spin combination must include all three (3) basic positions.
- All spins with change of foot must have at least 3 revolutions on each foot. If this requirement is not fulfilled, the spin will be marked with a V.
- c. A maximum of one (1) step sequence, fully utilizing the ice surface.

Class 5: Masters. The program duration is 3 minutes +/- 10 seconds.

A competitor in the Masters Free Skating event must perform a well-balanced program that may contain:

- a. A maximum of six (6) jump elements, one of which must be an Axel type jump. Single and double jumps are permitted. There may be up to three (3) jump combinations or two jump combinations and one (1) jump sequence in the free program.
- One (1) jump combination or one (1) jump sequence may consist of up to three (3) jumps. The others may have two (2) jumps each.
 - 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.
 - Each listed jump may be performed a maximum of two (2) times.
 - Please note that the Euler (half-loop) is considered a listed jump only when used in combination in between two other listed jumps.
 - Non-listed jumps may be included in the program as part of connecting footwork.
- A maximum of three (3) spins of a different abbreviation, one (1) of which must be a spin combination with a change of foot and one (1) of which must be a flying spin or a spin with a flying entrance.
- The spins must have a required minimum number of revolutions: five (5) for any spin with no change of foot, and eight (8) for any spin with a change of foot.
 - A spin that has no basic position with 2 revolutions will receive no level and no value, however a spin with less than three rotations in total is considered as a skating movement and not a spin.
 - Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions in each of these positions anywhere within the spin. To receive full value, a spin combination must include all three (3) basic positions.
 - All spins with change of foot must have at least 3 revolutions on each foot. If this requirement is not fulfilled, the spin will be marked with a V.
 - c. A maximum of one (1) step sequence, fully utilizing the ice surface.

Class 6: Pairs Free skating. The program duration is 2 minutes and 20 seconds +/- 10 seconds.

Pairs must perform a well-balanced program that may contain:

a. A maximum of one (1) lift of Group 1 or Group 2 with a minimum 1/2 revolution for the man.

- The man's lifting hand(s) should be above his shoulder line.
- Variations of the Woman's position, no-handed and one-handed lifts, and combination lifts are not permitted.
- Lifts of Groups 3-4-5 are not permitted,
- Twist lifts are not permitted.

b. A maximum of one (1) single throw jump.

- Throw double and triple jumps are not permitted.
- Throw single Axel is not permitted.

c. A maximum of one (1) solo single jump.

Double and triple jumps are not permitted. Axel type jumps are not permitted.

d. A maximum of one (1) jump combination with a maximum of two (2) listed jumps. Only single jumps are allowed.

Double and triple jumps are not permitted. Axel type jumps are not permitted.

e. A maximum of one (1) pair spin.

• A pair spin is any spin with no change of foot and does not require a change of position by one or both partners. Change of positions may be used for a level feature.

• There must be a minimum of two (2) revolutions in each position or the position will not be counted.

f. A maximum of one (1) pivot figure (position of the woman optional).

• At least one (1) revolution in pivot position by the man is required.

g. A maximum of one (1) choreographic sequence that fully utilizes the ice surface.

• A choreographic sequence consists of at least two different movements like spirals, arabesques, spread eagles, Ina Bauers, hydroblading, transitional (unlisted) jumps. Steps and turns may be used to link the two or more different movements together.

All classes are as per BIS technical requirements for BIS National Open Competitions from 1st July 2023.

This competition is open to full members and holiday members. The closing date for the competition will be 20th June 2024.

