

Technische Bestimmungen/ Durchführungsbestimmungen

für Wettbewerbe und Meisterschaften des

Eissport-Verbandes e.V.



Saison 2025 / 2026

Stand 06.08.2025

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1 Veranstaltungsübersicht Oktober bis Dezember 2025

Oktober bis Dezember 2025

			Breitensport/Vereinssport													Leistungssport										Synchron Mixed Age	Hobby Erwachsene			
			Minis	Eisläufer	Freiläufer	Figurenläufer	Kunstläufer	Anwärter	Neulinge	Nachwuchs B	Jugend	Anfänger Eistanz	Young Adult Pre-Bronze	Young Adult Bronze	Young Adult Silber	Young Adult Gold/ Master	Young Adult Stars	Novice U8 und U 110	Pre-Advanced Novice	Advanced Novice	Junioren	Senioren	Basic Novice Dance	Intermediate Novice	Advanced Novice Dance		Junior Dance	Senior Dance	Adult Pre-Bronze	Adult Bronze
Veranstaltung	Datum	Meldeschluss																												
Ruhr Cup 25 NJS	11./12.10.25	12.09.25					x	x	x	x							x	x	x	x	x									
Westfalen Cup 25 NJS	23.-26.10.25	23.09.25			x	x	x	x	x	x	x						x	x	x	x	x	x	x	x	x	x				
NRW-Trophy 25	13.-16.11.25	13.10.25																	x	x	x	x	x	x	x	x				
Nordbergpokal 25 NJS	22.11.25	22.10.25		x	x	x	x	x	x																					
Niederrheinpokal 25 NJS	29./30.11.25	29.10.25	x	x	x	x	x	x	x				x	x			x	x	x	x										
Nikolauspokal 25 NJS	05/06.12.25	05.12.25	x	x	x	x	x	x				x	x	x																

NJS = NJS wird im Breitensport angeboten

OBO = OBO im Breitensport

1 Veranstaltungsübersicht Januar bis April 2026

Januar bis April 2025

Veranstaltung	Datum	Meldeschluss	Breitensport/Vereinssport													Leistungssport										Synchron Mixed Age	Hobby Erwachsene				
			Minis	Eisläufer	Freiläufer	Figurenläufer	Kunstläufer	Anwärter	Neulinge	Nachwuchs B	Jugend	Anfänger Eistanz	Young Adult Pre-Bronze	Young Adult Bronze	Young Adult Silber	Young Adult Gold/ Master	Young Adult Stars	Novice U8 und U 10	Pre-Advanced Novice	Advanced Novice	Junioren	Senioren	Basic Novice Dance	Intermediate Novice	Advanced Novice Dance		Junior Dance	Senior Dance	Adult Pre-Bronze	Adult Bronze	Adult Silber
Waldtstadt Pokal 26 NJS	10./11.01.26	10.12.25			x	x	x	x	x	x			x	x	x	x															
Wiehlpokal 26 NJS	23./25.01.26	01.01.26	x	x	x	x	x	x	x	x			x	x	x	x		x	x	x											
Ina Bauer Pokal 26 NJS	30.01./1.02.26	04.01.26			x	x	x	x	x	x			x	x	x	x		?	?	?											
Offene Landes- meisterschaften 26 NJS	13.-15.02.26	13.01.26						x	x	x	x	x					x	x	x	x	x	x	x	x	x	x	x				
Grafschafter Cup 26 OBO	28.02.2026	28.01.26	x	x									x	x	x	x G															
Young Adult & Adult Cup 26	07/08.03.26	07.02.26											x	x	x	x	x											x	x	x	x
Quirinius Pokal 26 NJS	14.03.2026	25.01.25			x	x	x	x	x																						
Dompokal 26					x	x	x	x	x	x			x	x	x																
Marietta-Marik-Pokal 26 NJS	28./29.03.26	28.02.26	x	x	x	x	x	x	x	x				x	x	x	X M	X ?													

wird im Breitensport angeboten. OBO = OBO im Breitensport. G = Young Adult Gold; M = Young Adult Master

Stand 06.08.2025

NJS = NJS

1.1 Sportity Codes Saison 2025/26

Niederrhein Pokal 2025	nrp2025
Ruhr Cup 2025	ruhrcup2025
Westfalen Cup 2025	wcd2025
NRW Trophy 2025	nrwtrophy2025
Nordberg Pokal 2025	nrbg2025
Nikolaus Pokal 2025	nisoe2025
Waldstadt Pokal 2026	wsp2026
Wiehl Pokal 2026	wiehl2026
Ina-Bauer-Pokal2026	ib2026
Landesmeisterschaften 2026	lmnrw2026
Quirinius-Pokal 2026	qp2026
Dom-Pokal 2026	dom2026
Young Adult & Adult Cup 2026	yaa2026
Marietta-Marik-Pokal 2026	mmp2026

2 Grundsätzliches

2.1 Sportpasspflicht für alle startenden Läufer/innen

Die Deutsche Eislaut Union weist darauf hin, dass für alle startenden Läufer*innen ein gültiger Sportpass vorliegen muss. Grundlage dieser Forderung sind die geltenden Bestimmungen der DKB sowie der Durchführungsbestimmungen der Deutschen Eislaut Union. In Art. 9 der allgemeinen Bestimmungen heißt es:

„Jeder Läufer, der an Klassenlaufen, Wettbewerben oder Meisterschaften teilnimmt, benötigt einen gültigen Sportpass der DEU. Der Sportpass ist der allein verbindliche Nachweis von Vereinszugehörigkeit und Startberechtigung eines Läufers. Er enthält alle erforderlichen persönlichen und sportlichen Daten des Passinhabers.“

Auf der DEU Obleutetagung vom 24.11.2018 wurde zusätzlich eine Läuferlizenz eingeführt unter Art. 9a der allgemeinen Bestimmungen heißt es:

„Jeder Aktive, der am Sportbetrieb der DEU, eines LEV oder Vereins teilnimmt, muss im Besitz einer gültigen Läuferlizenz sein, die jährlich vor der Wettkampfsaison zu erneuern ist und die für jeweils eine Wettkampfsaison gültig ist.“

Eine Läuferlizenz ist gebührenpflichtig zu erwerben. Die jeweils gültige Gebühr wird mit der Preisliste der DEU gem. Art. 8 FGO bekannt gegeben.

Eine Läuferlizenz kann nur erwerben, wer einem Verein angehört und im Besitz einer Startberechtigung gem. Art. 9 ist (Sportpass)(...)“.

Der Eissport-Verband NRW weist darauf hin, dass die Deutsche Eislaut Union durch die Prüfung der Melde- und Ergebnislisten die Einhaltung dieser Regel prüfen wird. Daher werden alle Vereine gebeten, frühzeitig Sportpässe für diejenigen Sportler*innen zu beantragen, für welche diese gültige Regel bisher nicht angewendet wurde.

2.2 Allgemeine Regelungen

Alle Wettbewerbe innerhalb des Eissport-Verbandes NRW werden gemäß der DKB und der DfBestDKBEK, sowie der DfBest_DKB_ET und Dfbest DKB Sys durchgeführt, sofern in den einzelnen Ausschreibungen keine besonderen Bedingungen genannt werden. Darüber hinaus gelten die jeweils aktuellen ISU Special Regulations & Technical Rules Single & Pair Skating und die aktuellen ISU Communications, sowie die ISU Guidelines für Advanced Novice Competitions.

Die Wettbewerbe sind nur für Amateure offen, die einem Verein angehören, der Mitglied in einem Landeseissportverband ist. Darüber hinaus muss der*die Sportler*in die Voraussetzungen für die jeweilige Kategorie erfüllen.

Der jeweilige Veranstalter kann bei zu geringer Meldezahl einzelne Kategorien oder auch den ganzen Wettbewerb streichen.

Bei Wettbewerben unter Beteiligung von auswärtigen Vereinen (Vereine anderer LEV's) berechnet der Veranstalter eine doppelte Meldegebühr, wenn kein*e Preisrichter*in des entsendenden LEV's zum Wettbewerb gemeldet wird. **Ein gemeldeter Offizieller muss in jeder Kategorie einsetzbar sein. Trifft das nicht zu, wird die doppelte Meldegebühr berechnet.**

*Meldelisten, Ergebnisse und ggf. Fotos von Sportler*innen werden im Internet auf der Homepage und auf den Presseseiten des LEV NRW e.V. veröffentlicht. Mit der Anmeldung zum Wettbewerb stimmen die Sportler*innen bzw. deren gesetzliche Vertreter der Veröffentlichung zu.*

2.2.1 Sporttauglichkeitsuntersuchung

Jeder Sportler*innen, die an Wettbewerben teilnehmen möchten, brauchen eine sportmedizinische Untersuchung. Eine jährliche Regeluntersuchung ist für alle Athlet*innen verpflichtend. Die Sportuntersuchung darf nicht vor dem 01.05. der jeweiligen Saison durchgeführt werden.

Die sportmedizinische Untersuchung für Landes- und Bundeskadersportler muss den Vorgaben des Landessportbundes Nordrhein-Westfalen (LSB NRW) entsprechen.

Alle anderen Sportler*innen können die sportmedizinische Untersuchung auch bei niedergelassenen Sportmedizinern, Orthopäden oder Hausärzten/ Kinderärzten durchführen lassen.

- **Jeder Verein muss die Sporttauglichkeit seiner Athleten*innen mit der Meldung bestätigen.**
- **Jeder Athlet*in muss die Sporttauglichkeitsbescheinigung am Wettbewerbstag mit sich führen und auf Verlangen des Veranstalters vorzeigen.**

Eine Übersichtsliste der lizenzierten Untersuchungsstellen und -zentren für Landes- und Bundeskadersportler*innen ist auf der Homepage des Landessportbund Nordrhein-Westfalen zum Download hinterlegt (https://www.lsb.nrw/fileadmin/global/media/Downloadcenter/Spitzensport/Sportmedizin/UEbersicht_lizenzierter_Untersuchungszentren_und_Untersuchungsstellen.pdf).

2.2.2 Meldungen aus anderen Landesverbänden

Jeder auswärtige Landesverband kann max. 5 Teilnehmer pro Kategorie melden und **fünf Ersatzläufer melden. Die Vereine können bei freien Kapazitäten ggfs. Ersatzläufer zum WB zulassen.** Die Meldung hat über den Landesverband zu erfolgen. Mit Meldung müssen folgende Unterlagen vom jeweiligen Landesverband eingereicht werden (Musiken und PPC von Eltern, Trainern oder Vereinen werden nicht akzeptiert):

- Meldeformular mit ID des Sportlers
- Nachweis über die Zahlung der Lizenzgebühren
- PPC (kein Foto)
- Musiken als MP3
- Sporttauglichkeitsbescheinigung

Wird ein Offizieller **entsendet, muss dieser in jeder Kategorie eingesetzt werden können. Ansonsten wird trotzdem die Doppelte Meldegebühr berechnet.**

2.2.3 Wechsel in andere Kategorien während der Saison

- **Verbandskader- und Landeskadersportler*innen müssen** in den Leistungssportkategorien starten!
- Ein Wechsel in eine höhere Kategorie ist innerhalb der Saison möglich.
- Ein Wechsel vom Breitensport zum Leistungssport für Nichtkadersportler*innen ist innerhalb der Saison möglich.
- Ein Wechsel vom Leistungssport zum Breitensport für Nichtkadersportler*innen ist unter Beachtung der max. Kürklasse innerhalb der Saison einmal möglich z.B. von Advanced Novice in Nachwuchs B oder von Jugend in Nachwuchs B, jedoch nicht für Verbandskader- und Landeskadersportler*innen.
- Ein zweiter Wechsel zurück in den Leistungssport ist innerhalb der gleichen Saison dann ausgeschlossen.
- Ein Wechsel zurück in eine niedrigere Kategorie ist grundsätzlich **nicht** möglich.
Ausnahmen: Ein Wechsel von Jugend zu Junioren und zurück ist möglich, da beides Juniorenprogramme sind. Junge Seniorensportler*innen unter 19 Jahren dürfen in der Saison in der Senioren- und Junioren Startklasse starten.
- Sportler*innen die z.B. in der aktuellen Saison in Neulinge starten, dürfen in der Folgenden Saison nicht in einer niedrigeren Startklasse z.B. in Anwärter oder Kunstläufer antreten, auch wenn die abgelegten Kürklassen das erlauben würden. Es zählt die Startklasse.
- Alle Leistungssportler*innen, die die Karriere im Leistungssport beenden, dürfen auch innerhalb der Saison in Young Adult Leistungssportkategorie wechseln. Ein zweiter Wechsel innerhalb

der gleichen Saison wieder zurück in die Junioren oder Senioren Kategorie ist dann ausgeschlossen.

- In den Kategorien Adult Pre-Bronze bis Adult Gold werden die Alterskategorien zusammengefasst, sowie werden Damen und Herren zusammen gewertet.

2.2.4 Einlaufzeiten, Gruppengröße etc.

Breitensport/Vereinssport				
Kategorie	Alter in Jahren	Kürklassen	Einlaufzeit in Minuten	Läufer pro Einlaufgruppe
Minis	Max. 8J	keine	4	15*
Eisläufer	Max. 12J	keine	4	15*
Freiläufer	Max. 13J	keine	4	10*
Figurenläufer	Max. 14J	Max. KK 8	4	10*
Kunstläufer	Max. 14J	Mind. KK 8, max. KK7	4	8*
Anwärter	Max. 15J	Mind. KK 7, max. KK6	5	8*
Neulinge	Max. 16J	Mind. KK 6, max. KK 5	5	8*
Nachwuchs B	Max. 17J	Mind. KK5, max. KK3	5	8*
Jugendklasse	13-18J	Mind. KK3	KP: 6 Kür: 6	6*
Young Adult Stars	17-27J	Mind. KK 4	5	8*
Anfänger Eistanz	Max. 12J	Max. Eistanzbasisklasse	3	5 Paare
Solo Eistanz alle Kategorien	Alter siehe Paare	Siehe Paare	3 / 4	8*
Young Adult Pre-Bronze	13-27J	keine	4	10*
Young Adult Bronze	14-27J	Max. KK 8 oder Kunstläufer	5	10*
Young Adult Silber bis Master	14-27J	Mind. KK8 /Kunstläufer Max. KK7	5	8*
Young Adult Gold	15-27J	Mind. KK7, max. KK6	5	8*
Young Adult Master	15-27J	Mind. KK6, max. KK4	5	8*

Leistungssport				
Kategorie	Alter	Klassenlaufbedingungen	Einlaufzeit in Minuten	Läufer pro Einlaufgruppe
Novice U 8	Max. 7J	Mind. KK 8	4	8
Novice U 10	Max. 9J	Mind. KK 6	5	8
Pre-Advanced Novice (U12)	Max. 11J	Mind. KK 4	5	8
Advanced Novice	Mind. 10, max. 15J	Mind. KK 3	KP: 4 Kür: 5	8
Junioren	13-18J	Mind. KK 2	KP: 6 Kür: 6	6
Seniorenklasse	Mind. 17J	Mind. KK 1	KP: 6 Kür: 6	6
Basic Novice Eistanz	Max. 14J	Mind. Tanzklasse 6	Pft: 3 Kür: 3	6 Paare Pft 5 Paare Kür
Intermediate Novice Eistanz	Max. 16J	Mind. Tanzklasse 5	Pft: 3 Kür: 3	5 Paare
Advanced Novice Eistanz	Mind. 10 Max. 16 w/ 18 m	Mind. Tanzklasse 4	Pft: 3 Kür: 3	5 Paare
Junior	13-20J	Mind. Tanzklasse 3	RD: 5 Kür: 5	5 Paare
Senior Eistanz	Mind. 17J	Tanzklasse 2 im 1. Startjahr Tanzklasse 1 im 2. Startjahr		5 Paare

*In begründeten Ausnahmefällen kann von der max. Einlaufgruppengröße abgewichen werden.

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Übersicht der Kategorien **Deutsche Vereinsmeisterschaften** laut Beschluss des Sportausschusses vom 17.07.2025)

Stichtag: 06.07.2025	Young Adult Stars Damen	Young Adult Stars Herren	Intermediate Stars Mädchen	Intermediate Stars Jungen	Basic Stars	Young Adult Silber	Young Adult Bronze	Show Team
	angelehnt an Intermediate Novice (angelehnt an Intermediate Novice) (angelehnt an Basic) (angelehnt an Novice (ISU Communication 2093 für 2025/2026) mit Anpassungen (mit entsprechender ISU Verifizierung) Anpassungen an die entsprechenden Kategorien erfolgen zu bevorzugen)					angelehnt an ISU Adult Kategorien für 2025/2026 (ohne ISU Verifizierung) Anpassungen an die entsprechenden Kategorien erfolgen zu		4-6 Läufer*innen
Alter	17-27 Jahre		12-17 Jahre		12-17 Jahre	17-27 Jahre	17-27 Jahre	12-27 Jahre
Kategorie	Damen	Herren	Mädchen	Jungen	mixed	mixed	mixed	mixed
Kürklassen- veranschaulichte Dauer der Kür	max. KK4		max. KK4		max. KK5			
3:00 Min. (+/- 10 Sek.)			3:00 Min. (+/- 10 Sek.)		2:30 Min. (+/- 10 Sek.)	2:05 Min. (+/- 10 Sek.)	1:40 Min. (+/- 10 Sek.)	2:30 Min. (+/- 10 Sek.)
5 Minuten			5 Minuten		5 Minuten	5 Minuten	5 Minuten	5 Minuten
Einfachspr.	Max. 8 Läufer*innen		Max. 8 Läufer*innen		Max. 8 Läufer*innen	Max. 8 Läufer*innen	Max. 8 Läufer*innen	Max. 2 Teams
Doppel- Sprünge	5		5		4	4	4	
1A gefordert			1A gefordert		1A erlaubt	1A erlaubt	1A nicht erlaubt	keins Show-Program
alle Einfach- und Doppelsprünge			alle Einfachsprünge und		1B, 1T, 1Lo, 1F, 1Lz, 1A	1B, 1T, 1Lo, 1F, 1Lz erlaubt	1B, 1T, 1Lo, 1F, 1Lz erlaubt	(Show-Checklist muss erkennbar sein)
inkl. 2A) erlaubt			2B, 2T, 2Lo, 2F erlaubt		max. 1 Doppelsprung erlaubt	Orientierung wird ignoriert	Orientierung wird ignoriert	
1 EinfachSpr. darf 2x gezeigt werden			1 EinfachSpr. darf 2x gezeigt werden		1 EinfachSpr. darf 2x gezeigt werden	je ein Einfachsprung darf 2x gezeigt werden	je ein einfacher Sprung darf 2x gezeigt werden	Choreographie muss dem Charakter der Musik entsprechen
1 DoppelSpr. darf 2x gezeigt werden			1 DoppelSpr. darf 2x gezeigt werden		1 DoppelSpr. darf 1x gezeigt werden			
Spung- kombinationen/- sequenzen	max. 2 Kombis oder 1 Kombi & 1 Seq		max. 2 Kombis oder 1 Kombi & 1 Seq		max. 2 Kombis oder 1 Kombi & 1 Seq	max. 2 Kombis oder 1 Kombi & 1 Seq	max. 1 Kombi (aus 2 Sprüngen)	Requisiten sind nicht erlaubt
Freiwillig	2 (unterschiedlich)		2 (unterschiedlich)		2 (unterschiedlich)	2 (unterschiedlich)	2 (unterschiedlich)	Es werden nur die Programm- Komponenten bewertet, ohne Technisches Panel.
CoSp (BU) / CoCoSp (BU)			CoSp (BU) / CoCoSp (BU)		CoSp (BU) / CoCoSp (BU)	xSp (BU) / CoSp (BU) (one Pos.)	xSp (BU) / CoSp (BU) (one Pos.)	Es müssen 3 der folgenden Elemente enthalten sein: 1 Sprung (Einfachsprung oder unrated Jump wie z.B. Waley, Spritzsprung, usw.) 1 Pirouette (mind. 3U) 1 frei wählbares Showelement z.B.: Hebung innerhalb Schulterhöhe, Entanz Chorus Element z.B. Side
max. Level 2			max. Level 2		max. Level 1	max. Level 2	max. Level 1	
(BSP Feature wird nicht berücksichtigt)			(BSP Feature wird nicht berücksichtigt)		(BSP Feature wird nicht berücksichtigt)	(BSP Feature wird nicht berücksichtigt)	(BSP Feature wird nicht berücksichtigt)	
(F)Sp (BU) / (F)CoSp (BU) (one Pos.)			xSp (BU) / CoSp (BU) (one Pos.)		xSp (BU) (one Pos.)	frei wählbar ohne Fußwechsel: 4U	xSp (BU) / CoSp (BU) (one Pos.)	
max. Level 2			max. Level 2		Level 2	=> Features sind nicht erlaubt	max. Level 1	
(bei PW 1 Feature pro Fuß)			(bei PW 1 Feature pro Fuß)		(bei PW 1 Feature pro Fuß)			
Einführung	in 30s in eine Pos. erlaubt		nicht erlaubt		nicht erlaubt	nicht erlaubt	nicht erlaubt	
Chorus- / Sequenz	StSq (max Level 2) (ganze Bahn) inkl. 1 Skating Movement für Level B: 2 saubere <u>schwierige</u> Turns/Steps		StSq (max Level 2) (ganze Bahn) inkl. 1 Skating Movement für Level B: 2 saubere <u>schwierige</u> Turns/Steps		StSq (ganze Bahn) inkl. 2 Skating Movements (wenn Skating Movement nicht -> NV)	ChSq (ganze Bahn)	ChSq (mind. halbe Bahn)	
Abzug Stars			in Element; kein Abzug außerhalb des Elements: 0,5		in Element; kein Abzug außerhalb des Elements: 0,5	ChSq muss klar erkennbar sein mit mind. zwei (2) unterschiedlichen Bewegungen wie z.B. Spirale, ins Bauen, Kontaktschritte, etc.		kein Abzug
Faktor	1,7	2,0	1,7	2,0	1,67	2,0	2,0	1,80

2.2.6 Alter

Die Höchstalter-Einteilung ergibt sich wie folgt:

Stichtag ist der 01.07.2025

Altersklasse	geboren ab/ nach dem	geboren bis einschl.	Alter am 30.06.2025
AK 6 (U 7)	01.07.2018	30.06.2017	6
AK 7 (U 8)	01.07.2017	30.06.2016	7
AK 8 (U 9)	01.07.2016	30.06.2015	8
AK 9 (U 10)	01.07.2015	30.06.2014	9
AK 10	01.07.2014	30.06.2013	10
AK 11	01.07.2013	30.06.2012	11
AK 12	01.07.2012	30.06.2011	12
AK 13	01.07.2011	30.06.2010	13
AK 14	01.07.2010	30.06.2009	14
AK 15	01.07.2009	30.06.2008	15
AK 16	01.07.2008	30.06.2007	16
AK 17	01.07.2007	30.06.2006	17
AK 18	01.07.2006	30.06.2005	18
AK 19	01.07.2005	30.06.2004	19
AK 20	01.07.2004	30.06.2003	20
AK 21	01.07.2003	30.06.2002	21
AK 22	01.07.2002	30.06.2001	22
AK 23	01.07.2001	30.06.2000	23
AK 24	01.07.2000	30.06.1999	24
AK 25	01.07.1999	30.06.1998	25
AK 26	01.07.1998	30.06.1997	26
AK 27	01.07.1997	30.06.1996	27

3 Wettbewerbe für Leistungssport

3.1 Eiskunstlaufen Einzel

Für die Meister-, Junioren- und Nachwuchsklassen gelten die jeweils aktuellen ISU Special Regulations & Technical Rules Single & Pair Skating und die aktuellen ISU Communications, sowie die ISU Guidelines für Advanced Novice Competitions.

Die Startreihenfolge der Kür erfolgt in umgekehrter Reihenfolge des Ergebnisses des Kurzprogrammes.

Darüber hinaus gelten die einschlägigen Regelungen der DKB, DFbest DKB EK, DFbest DKB ET und DFbest DKB SYS

3.1.1 Novice U8

Gemäß der aktuell gültigen ISU **Communication No. 2699** SINGLE & PAIR SKATING. GUIDELINES FOR INTERNATIONAL NOVICE COMPETITIONS 2025/26. für **Basic Novice** und **DFBest DKB EK**: Empfehlung Wettbewerbsbedingungen für offene Wettbewerbe der LEV

U8 Gemäß den jeweils gültigen ISU Guidelines für Basic Novice . mind. KK8	
Alter: Höchstalter 7 Jahre (Stichtag 01.07.2025)	
Dauer der Kür	Einlaufen
2:30 Min. (+/- 10 Sek.)	4 Minuten Max. 8 Läufer*innen

3.1.2 Novice U10

Gemäß der aktuell gültigen ISU **Communication No. 2624** SINGLE & PAIR SKATING. GUIDELINES FOR INTERNATIONAL NOVICE COMPETITIONS 2024/25. für **Intermediate Novice** und **DFBest DKB EK**: Empfehlung Wettbewerbsbedingungen für offene Wettbewerbe der LEV

U 10 Gemäß den jeweils gültigen ISU Guidelines für Intermediate Novice . mind. KK6	
Alter: Höchstalter 9 Jahre (Stichtag 01.07.2025)	
Dauer der Kür	Einlaufen
3:00 Min. (+/- 10 Sek.)	5 Minuten Max. 8 Läufer*innen

3.1.3 Pre Advanced Novice (U12)

Gemäß der aktuell gültigen ISU **Communication No. 2624** SINGLE & PAIR SKATING. GUIDELINES FOR INTERNATIONAL NOVICE COMPETITIONS 2024/25. für **Advanced Novice** und **DFBest DKB EK**: Empfehlung Wettbewerbsbedingungen für offene Wettbewerbe der LEV

Pre-Advanced Novice mind. KK 4	
Alter: höchstens 11 Jahre alt (Stichtag 01.07.2025)	
Dauer der Kür	Einlaufen
3:00 Min. (+/- 10 Sek.)	5 Minuten Max. 8 Läufer*innen

3.1.4 DFBest DKB EK: Empfehlung Wettbewerbsbedingungen für offene Wettbewerbe der LEV

DFBest DKB EK: Empfehlung Wettbewerbsbedingungen für offene Wettbewerbe der LEV



Saison 2025/26 ISU Com 2024	Pre-Advanced Novice U 12	Novice U 10	Novice U 8 mit Anpassung
ISU Verification	siehe ISU Advanced Novice Kür	siehe ISU Intermediate Novice Kür	siehe ISU Basic Novice Kür
Alter / DEU	Ohne Mindestalter (Stichtag 1.7., der dem Wettbewerb vorausgeht, höchstens 11 Jahre)	Ohne Mindestalter (Stichtag 1.7., der dem Wettbewerb vorausgeht, höchstens 9 Jahre)	Ohne Mindestalter (Stichtag 1.7., der dem Wettbewerb vorausgeht, höchstens 7 Jahre)
Kür	ISU Advanced Novice 3:00 min., +/10 sec. inkl. Bonus siehe ISU	ISU Intermediate Novice 3:00 min., +/10 sec.	ISU Basic Novice 2:30 min., +/10 sec.
Sprungelemente	• max. 6 mind. 1 Axeltyp max. zwei (2) Kombis oder eine (1) Kombi und eine (1) Seq, davon eine (1) Kombi/Seq mit drei (3) Sprüngen möglich; nur zwei (2) 3fach Sprünge entweder in Kombi/Seq wiederholen; 1+2+3fach Sprünge max. zwei (2) mal zeigen; ein Sprungtyp unabhängig von Umdrehungszahl max. drei (3) mal zeigen; 4fach Sprünge nicht erlaubt	• max. 5 mind. 1 Axeltyp max. zwei (2) Kombis oder eine (1) Kombi und eine (1) Seq mit zwei (2) Sprüngen möglich; nur ein (1) 1fach und ein (1) 2fach Sprung (inkl. 2A) max. zwei (2) mal zeigen; 3fach Sprünge nicht erlaubt	• max. 5 mind. 1 Axeltyp max. zwei (2) Kombis oder eine (1) Kombi und eine (1) Seq mit zwei (2) Sprüngen möglich; nur ein (1) 1fach und ein (1) 2fach Sprung (inkl. 2A) max. zwei (2) mal zeigen; 3fach Sprünge nicht erlaubt
Pirouetten	• max. 2 Pirouetten max. Level 3 1 CoCoSp (BU) / Einsprung nicht erlaubt 1 FSSp (BU) / FCSSp (BU) (für 2025/26)	• max. 2 Pirouetten max. Level 2 1 CoSp (BU) / CoCoSp (BU) wenn FW, dann pro Fuß 1 Feature; schwere NBP als Feature wird nicht berücksichtigt; Einsprung nicht erlaubt 1 (F)CoSp (BU) / (F)CoSp (BU); Einsprung erlaubt; wenn FW, dann pro Fuß 1 Feature	• max. 2 Pirouetten Einsprung nicht erlaubt 1 CoSp (BU) / CoCoSp (BU) max. Level 2 wenn FW, dann pro Fuß 1 Feature; schwere NBP als Feature wird nicht berücksichtigt 1 xSp (BU) max. Level B mind. BU in Basisposition; Features sind nicht erlaubt; Feature 8 U zählt nicht
Schrittfolge / Choreosequenz	• max. 1 ChSq mit mind. zwei (2) unterschiedlichen Bewegungen wie Spiralen, Ina Bauer, Mond, Hydroblading, Slides, usw. oder unfixed jumps, usw.	• max. 1 StSq max. Level 2 (ganze Bahn) mit mind. einer (1) Bewegung wie Spirale, Ina Bauer, Mond, Slide usw. Wenn diese nicht gezeigt wird, ist no Level (N.V.). Für Level B müssen mind. zwei (2) saubere difficult turns/steps gezeigt werden. Feature Nr. 3) Body moves und 4) „Cluster“ werden nicht gewertet.	• max. 1 StSq max. Level 2 (ganze Bahn) mit mind. einer (1) Bewegung wie Spirale, Ina Bauer, Mond, Slide usw. Wenn diese nicht gezeigt wird, ist no Level (N.V.). Für Level B müssen mind. zwei (2) saubere difficult turns/steps gezeigt werden. Feature Nr. 3) Body moves und 4) „Cluster“ werden nicht gewertet.
Faktor für Komponenten	Siehe ISU Mädchen 2,13 / Jungen 2,40	Siehe ISU Mädchen 1,7 / Jungen 2,0	Siehe ISU Mädchen und Jungen 1,67

• „x“ Platzhalter für eine Basisposition

Gemäß Beschluss des Sportausschusses vom 10.08.2023, Inhalte angepasst gemäß der ISU Com. 2024

Stand 20.05.2025

3.1.5 Advanced Novice

Gemäß der aktuell gültigen ISU **Communication No. 2699** SINGLE & PAIR SKATING. GUIDELINES FOR INTERNATIONAL NOVICE COMPETITIONS 2024/25. für **Advanced Novice**

Advanced Novice mind. KK3		
Alter: mindestens 10 höchstens 15 Jahre alt (Stichtag 01.07.2025)		
Dauer Kurzprogramm	Dauer der Kür	Einlaufen: Max. 8 Läufer*innen pro Einlaufgruppe
2:20 Min. (+/- 10 Sek.)	3:00 Min. (+/- 10 Sek.)	Kurzprogramm: 4 Minuten Kür: 5 Minuten

3.1.7 Junioren

Gemäß der Vorschriften der ISU Special Regulations & Technical Rules Single & Pair Skating und deren aktuellen ISU Communications für die Juniorenklasse

Junioren mind. KK 2 Saison 2025/26		
Alter: mindestens 13 höchstens 18 Jahre alt (Stichtag 01.07.2025)		
Dauer Kurzprogramm	Dauer der Kür	Einlaufen: Max. 6 Läufer*innen pro Einlaufgruppe
2:40 Min. (+/- 10 Sek.)	3:30 Min. (+/- 10 Sek.)	6 Minuten

3.1.8 Senioren

Gemäß der Vorschriften der ISU Special Regulations & Technical Rules Single & Pair Skating und deren aktuellen ISU Communications für die Seniorenklasse

Senioren mind. KK 1 Saison 2025/26		
Alter: mindestens 17 Jahre alt (Stichtag 01.07.2025)		
Dauer Kurzprogramm	Dauer der Kür	Einlaufen: Max. 6 Läufer*innen pro Einlaufgruppe
2:40 Min. (+/- 10 Sek.)	4:00 Min. (+/- 10 Sek.)	6 Minuten

3.2 Eistanz

Grundsätzlich gelten die aktuellen ISU SPECIAL REGULATIONS AND TECHNICAL RULES ICE DANCE, **die aktuellen ISU INTERNATIONAL SOLO ICE DANCE COMPETITION** und die aktuellen ISU Communications.

Es werden die gemäß der aktuellen ISU **Communication No. 2716** ICE DANCE Requirements for Technical Rules Season 2025/26 und **Communication No. 2700** ICE DANCE GUIDELINES FOR INTERNATIONAL NOVICE COMPETITIONS 2025/26 vorgeschriebenen Pflichttänze der laufenden Saison gelaufen. Die Auslosung der Gruppe für die Pflichttänze erfolgt vor dem ersten offiziellen Training.

Die Startreihenfolge der Kür erfolgt in umgekehrter Reihenfolge des Ergebnisses der Pflichttänze bzw. des Rhythm Dance.

Übersicht Eistanzklassen im Leistungssport:

- Basic Novice Dance
- Intermediate Novice Dance
- Advanced Novice Dance
- Junior Dance
- Senior Dance

3.2.1 Basic Novice Dance

Gemäß der ISU **Communication No. 2700** ICE DANCE GUIDELINES FOR INTERNATIONAL NOVICE COMPETITIONS 2025/26

Basic Novice Eistanz mind. ETK	
Alter: höchstens 13 Jahre alt (Stichtag 01.07.2024)	
Einlaufen Pflichttanz: Max. Paare pro Einlaufgruppe	Einlaufen Kürtanz: Max. Paare pro Einlaufgruppe
3 Minuten pro Pflichttanz	3 Minuten

3.2.2 Intermediate Novice Dance

Gemäß der ISU **Communication No. 2700** ICE DANCE GUIDELINES FOR INTERNATIONAL NOVICE COMPETITIONS 2025/26

Intermediate Novice Eistanz mind. ETK 5	
Alter: höchstens 15 Jahre alt (Stichtag 01.07.2025)	
Einlaufen Pflichttanz: Max. Paare pro Einlaufgruppe	Einlaufen Kürtanz: Max. Paare pro Einlaufgruppe
3 Minuten pro Pflichttanz	3 Minuten

3.2.3 Advanced Novice Dance

Gemäß der ISU **Communication No. 2700** ICE DANCE GUIDELINES FOR INTERNATIONAL NOVICE COMPETITIONS 2025/26

Advanced Novice Eistanz mind. ETK 4	
Alter: mindestens 10 Jahre. <u>Mädchen:</u> höchstens 15 Jahre und <u>Jungen</u> höchstens 17 Jahre alt (Stichtag 01.07.2025)	
Einlaufen Pflichttanz: Max. Paare pro Einlaufgruppe	Einlaufen Kürtanz: Max. Paare pro Einlaufgruppe
3 Minuten pro Pflichttanz	3 Minuten

3.2.4 Junior Dance

Gemäß der ISU **Communication No. 2716** ICE DANCE Requirements for Technical Rules season 2025/26

Junior Eistanz mind. ETK 4	
Alter: mindestens 13 Jahre. <u>Mädchen:</u> höchstens 18 Jahre und <u>Jungen</u> höchstens 20 Jahre alt (Stichtag 01.07.2023)	
Einlaufen Rhythm Dance: Max. 3 Paare pro Einlaufgruppe	Einlaufen Kürtanz: Max. 3 Paare pro Einlaufgruppe
2:50 +/- 10 sek.	3:30 +/- 10 sek

4 Wettbewerbe für Breitensport / Vereinssport

4.1 ISU Judging System im Breitensport

Die Breitensportwettbewerbe sollen nach Möglichkeit mit dem ISU-Judging-System (NJS) **ohne Video** durchgeführt werden. Das Panel besteht aus:

	Minis/ Eisläufer	Freiläufer/ Young Adult Pre-Bronze	Ab Figurenläufer/ Young Adult Bronze
Panel	3 Preisrichter*innen	3 Preisrichter*innen sowie • 1 Technischer Controler • 1 Data Operator	3 Preisrichter*innen sowie • 1 Technischer Spezialist • 1 Technischer Controler • 1 Data Operator

In der Saison 2025/2026 können die Wettbewerbsveranstalter wählen, ob sie den Wettbewerb nach dem NJS-System oder dem OBO-System ausrichten möchten. Die Arbeitsgemeinschaft neues Wertungssystem im Breitensport empfiehlt aufgrund der besseren Transparenz für die Sportler*innen und Trainer*innen das NJS-System.

Landeskadersportler*innen und Verbandskadersportler*innen dürfen nicht im Breitensport starten.

Zu den Breitensport-/ Vereinssportkategorien gehören:

B-Linie: Breitensport Kadersportler (VK und LK) nicht erlaubt! NJS ohne Video		
Kinder- und Jugend Wettbewerbe	Jugendliche- und Junge Erwachsene WB	Erwachsenen Wettbewerbe ab 26 Jahre
Minis und Eisläufer		
Freiläufer	Young Adult Pre-Bronze	Adult Pre-Bronze
Figurenläufer	Young Adult Bronze	Adult Bronze
Kunstläufer	Young Adult Silber	Adult Silber
Anwärter	Young Adult Gold	Adult Gold
Neulinge		
Nachwuchs B	Young Adult Master Young Adult Stars	Adult Master
Jugendklasse		
Solo Eistanz (Basic Novice, Intermediate Novice, Advanced Novice, Junioren, Senioren)		
Synchron (Basic Novice, Juvenile, Pre-Juvenile, Mixed Aged)		

4.2 Kinder- und Jugendwettbewerbskategorien

Eiskunstlauf

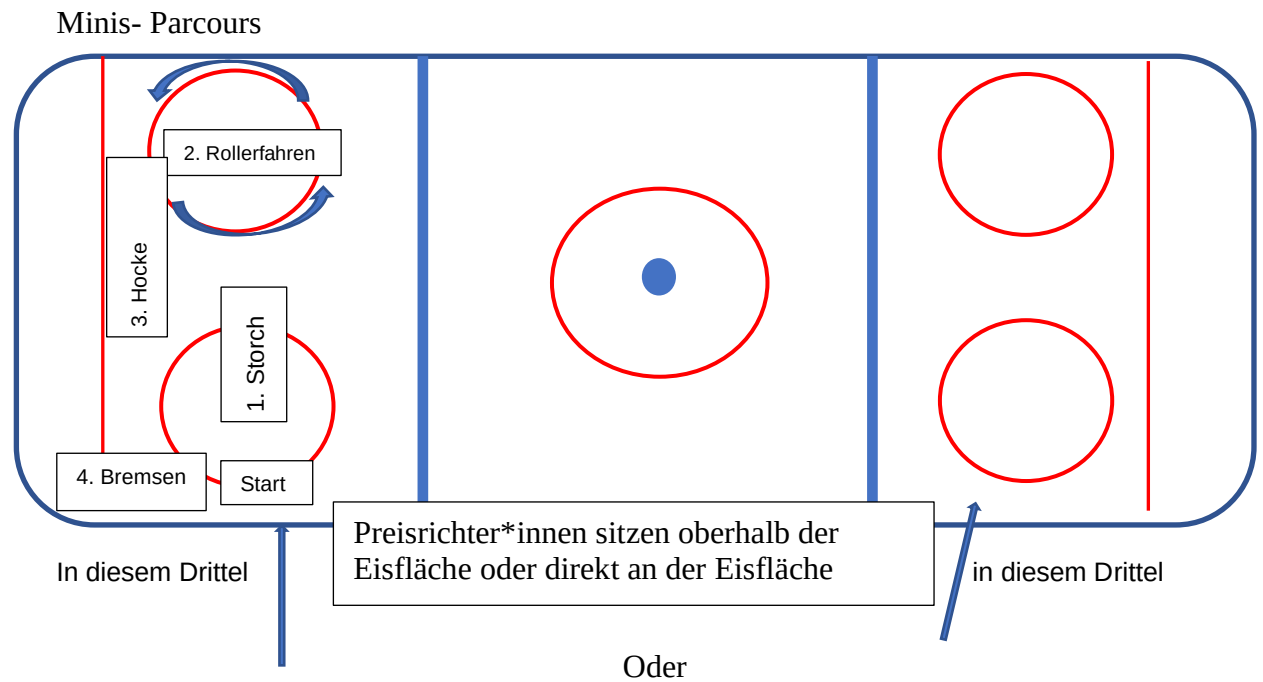
Die Inhalte der Kinder- und Jugendwettbewerbe wurden durch langjährig erfahrene Preisrichter*innen, Technische Spezialisten und Trainer*innen überarbeitet und an das NJS-System angepasst. Die Inhalte gelten für alle NRW-Wettbewerbe. Die Veranstalter werden gebeten, die folgenden Beschreibungen der einzelnen Kategorien in Ihren Ausschreibungen zu übernehmen.

4.2.1 Minis

Minis		Preisgericht
Alter: max. 8 Jahre		3 Preisrichter
Parcour		
Einlaufen	4 Minuten	

Parcoursinhalte		
1. Storch (Sto) Mind. 3 Sekunden mit Fuß am Knie halten		
2. Rollerfahren (Rol) - Geschlossener Kreis - Übersetzen nicht erlaubt		
3. Hocke (Ho) Gesäß mind. auf Kniehöhe		
4. Bremsen (Br) Frei wählbar bis zum Stand		
Sonderbestimmungen		
Loses Aneinanderreihen der Pflichtelemente auf 1/3 der Eisfläche (Eishockeykreise) <u>in angegebener Reihenfolge!</u> Die Bewertung im Protokoll wird die o.g. Reihenfolge haben.		
Programm Components	Skating Skills	Faktor: 2,0
Abzüge	Bei Stürzen wird das Element vom Preisgericht im GOE mit -5 gewertet.	

Parcoursskizze Minis



4.2.2 Eisläufer

Eisläufer		Preisgericht
Alter: max.12 Jahre		3 Preisrichter
Parcour		
Einlaufen	4 Minuten	

Parcoursinhalte		
5. Vorwärts Übersetzen (VwÜ) • Geschlossener Kreis		
6. Vorwärts Flieger (VwFL) • Spielbein fuß mind. auf Hüfthöhe • Mind. 5 Sekunden in Basisposition • Kreisform oder Gerade möglich		
7. Storch-Fechter-Kombination (StoFe) • Ohne Zwischenschritt		
8. Hocke oder Kanone (Ho) • Gesäß mind. auf Kniehöhe (Kniewinkel max. 90°)		
9. Bremsen (Br) • Frei wählbar bis zum Stand		
Sonderbestimmungen		
Loses Aneinanderreihen der Pflichtelemente auf 1/3 der Eisfläche (Eishockeykreise) in angegebener Reihenfolge! Die Bewertung im Protokoll wird die o.g. Reihenfolge haben.		
Programm Components	• Skating Skills	Faktor: 2,0
Abzüge	Bei Stürzen wird das Element vom Preisgericht im GOE mit -5 gewertet.	

4.2.3 Freiläufer

Freiläufer		Preisgericht
Alter: Max. 13 Jahre		1 Technischer Controler 1 Data Operator 3 Preisrichter
Dauer der Kür	Einlaufen	
1 Min. (+/- 5 Sek.)	4 Minuten Max. 10 Läufer*innen	

Kürinhalte		
Sprünge		
Max. 2 unterschiedliche Sprungelemente nach Wahl aus: • Salchow (1S) • Toeloop (1T) • Rittberger (1Lo) Dreiersprung, Sprungwiederholungen und Sprungkombinationen sind <u>nicht</u> erlaubt		
Pirouetten		
Max. 1 Pirouette • Standpirouette re (USp) mind. 3 Umdrehungen		
Schrittfolge (StSq)		
• Bestehend aus 3 Dreierwalzern		
Choreosequenz (ChSq)		
Bestehend aus: • Einem (1) vorwärts oder rückwärts Flieger mind. 5 Sekunden lang Nach mind. 3 Sekunden in der Basisposition, darf eine gehaltene Position eingenommen werden. Spielbeinknie mindestens auf Hüfthöhe. Flieger Wiederholungen sind <u>nicht erlaubt</u> .		
Sonderbestimmungen		
Die Kür wird auf 1/3 der Eisfläche (Eismitte) gelaufen. Eine gehaltene Position nach der Basisposition kann mit einem positiven GOE bewertet werden. In allen Elementen ist maximal Level Base möglich.		
Programm Components	• Presentation • Skating Skills	Faktor: 1,67
Abzüge	Pro Sturz außerhalb eines Elementes: -0,5 Punkte Programmlänge pro 5 Sek. (zu kurz/zu lang): -0,5	

4.2.4 Figurenläufer

Figurenläufer max. KK8		Preisgericht
Alter: Max. 14 Jahre		1 Technischer Spezialist
Dauer der Kür	Einlaufen	1 Technischer Controller
2 Min. (+/- 10 Sek.)	4 Min. Max. 8 Läufer*innen	1 Data Operator
		3 Preisrichter
Kürinhalte		
Sprünge		
Max. 4 Sprungelemente - Davon max. zwei (2) Sprungkombinationen - Sprungkombinationen dürfen nur zwei (2) Sprüngen enthalten - Nur ein (1) Einfachsprung darf einmal wiederholt werden - Dreiersprung ist <u>nicht erlaubt!</u> - Axel <u>nicht erlaubt!</u>		
Pirouetten		
Max. zwei (2) Pirouetten mit unterschiedlichen Abkürzungen Davon muss: Eine (1) Kombinationspirouette mit mind. zwei (2) Basispositionen (CoSpV). Um den vollen Wert zu erhalten, müssen alle drei Basispositionen enthalten sein (CoSp). In jeder Basisposition müssen 2 Umdrehungen gehalten werden. Eine (1) Pirouette in einer Basisposition ohne schwere Position (Feature) und ohne Fußwechsel max. Level Base, Einsprung nicht erlaubt - Fußwechsel und Einsprung in beiden Pirouetten <u>nicht erlaubt</u> Pirouette in der Basisposition hat mind. 4 Umdrehungen		
Schrittfolge (StSqB)		
Max. 1 Eine (1) Schrittfolge , mit voller Ausnutzung der Eisfläche mit mindestens einem (1) Skating movement wie z. B. eine Spirale, ein Spreizadler, Ina-Bauermond, Hydroblading usw. enthält. Wenn das Skating movement fehlt, wird die Schrittfolge nicht gewertet. Mindestens 2 Drehungen und Schritte (Mohawk, Dreier, Doppeldreier) müssen auf sauberen Kanten für Level Base gezeigt werden. Die Schrittfolge (StSq) hat einen festen Basiswert (StSqB) und wird nur im GOE bewertet.		
Sonderbestimmungen		
In allen Elementen wird nur Level Base gewertet.		
Programm Components	- Composition - Presentation - Skating Skills	Faktor: 1,67
Abzüge	Pro Sturz außerhalb eines Elementes: -0,5 Punkte Programmlänge pro 5 Sek. (zu kurz/zu lang): -0,5	

4.2.5 Kunstläufer

Kunstläufer Mind. KK 8 max. KK7		Preisgericht
Alter: Max. 14 Jahre		1 Technischer Spezialist
Dauer der Kür	Einlaufen	1 Technischer Controller
2 Min. (+/- 10 Sek.)	4 Minuten Max. 8 Läufer*innen	1 Data Operator 3 Preisrichter

Kürinhalte		
Sprünge		
Max. 5 Sprungelemente - Davon <u>muss</u> ein (1) Sprung ein Axeltyp sein - Davon max. zwei (2) Sprungkombinationen oder eine (1) Sprungkombination und eine (1) Sprungsequenz - Sprungkombinationen und Sprungsequenz dürfen nur zwei (2) Sprüngen enthalten. In der Sprungsequenz muss der zweite Sprung ein Axel-Sprung sein mit einem direkten Schritt von der Landekurve des ersten Sprunges in die Absprungkurve des Axel-Sprunges. - Doppelsprünge sind <u>nicht erlaubt</u>. - Nur ein Einzelsprung darf einmal wiederholt werden		
Pirouetten		
Max. zwei (2) Pirouetten Eine (1) Pirouette in einer Basisposition ohne schwere Position (Feature) und ohne Fußwechsel max. Level Base, Einsprung nicht erlaubt und Eine (1) Kombinationspirouette mit mind. zwei (2) Basispositionen (CoSpV). Um den vollen Wert zu erhalten, müssen alle drei Basispositionen enthalten sein (CoSp). Fußwechsel erlaubt, Einsprung <u>nicht</u> erlaubt "Difficult variation of a non-basic position is not counted as a feature in this spin, this will be ignored by the Technical Panel" (Eine Schwere Non-Basic Position wird in der Kombipirouette nicht als Feature gewertet und wird vom Technischen Panel ignoriert). Pirouetten ohne Fußwechsel haben mind. 4 Umdrehungen. Pirouetten mit Fußwechsel haben mind. 3 Umdrehungen pro Fuß.		
Schrittfolge (StSq)		
Max. Eine (1) Schrittfolge , mit voller Ausnutzung der Eisfläche mit mindestens einem (1) Skating movement wie z. B. eine Spirale, ein Arabesk, Ina-Bauermond, Hydroblading usw. enthält. Wenn das Skating movement fehlt, wird kein Level für die Schrittfolge vergeben. Mindestens 2 Drehungen und Schritte (Mohawk, Chaktow, Twizzel, Doppeldreier, Gegendreier) müssen auf sauberen Kanten für Level Base gezeigt werden. Folgende Features werden vom Technischen Panel <u>nicht</u> gezählt und <u>erhöhen nicht</u> das Level der Schrittfolge - Rotation - Bodymovements für mind. 1/3 der Schrittfolge - Cluster (3 schwierige Drehungen auf unterschiedlichen Füßen)		
Sonderbestimmungen		
Die Schrittfolge und die Kombinationspirouette werden bis max. Level 1 bewertet. Alle zusätzlichen Features werden vom Technischen Panel ignoriert.		
Programm Components	- Composition - Presentation - Skating Skills	Faktor: 1,67
Abzüge	Pro Sturz außerhalb eines Elementes: -0,5 Punkte Programmlänge pro 5 Sek. (zu kurz/zu lang): -0,5	

4.2.6 Anwarter

Anwärter mind KK 7 max. KK 6		Preisgericht
Alter: Max. 15 Jahre		1 Technischer Spezialist
Dauer der Kür	Einlaufen	1 Technischer Controller
2:30 Min. (+/- 10 Sek.)	5 Minuten Max. 8 Läufer*innen	1 Data Operator 3 Preisrichter

Kürinhalte		
Sprünge		
Max. 5 Sprungelemente - Davon muss ein Element ein (1) Axel sein - Davon max. zwei (2) Sprungkombinationen oder eine (1) Sprungkombination und eine (1) Sprungsequenz - Sprungkombinationen und Sprungsequenz dürfen nur zwei (2) Sprüngen enthalten. In der Sprungsequenz muss der zweite Sprung ein Axel-Sprung sein mit einem direkten Schritt von der Landekurve des ersten Sprunges in die Absprungkurve des Axel-Sprunges. - Max. zwei (2) Doppelsprünge <u>erlaubt</u> Doppel Lutz, Doppel Flip und Doppel Axel sind nicht erlaubt. - Nur ein (1) Einfachsprung und ein (1) Doppelsprung darf einmal wiederholt werden		
Pirouetten		
Max. zwei (2) unterschiedliche Pirouetten (unterschiedliche Abkürzungen) Eine (1) Pirouette in einer Basisposition ohne schwere Position (Feature) und ohne Fußwechsel max. Level Base, Einsprung <u>nicht</u> erlaubt und Eine (1) Kombinationspirouette mit mind. zwei (2) Basispositionen. Um den vollen Wert zu erhalten, müssen alle drei Basispositionen enthalten sein. Fußwechsel erlaubt, Einsprung erlaubt. "Difficult variation of a non-basic position is not counted as a feature in this spin, this will be ignored by the Technical Panel" (Eine Schwere Non-Basic Position wird in der Kombipirouette nicht als Feature gewertet und wird vom Technischen Panel ignoriert). Pirouetten ohne Fußwechsel haben mind. 6 Umdrehungen pro Fuß.. Pirouetten mit Fußwechsel haben mind. 8 Umdrehungen. Pro Fuß wird nur ein Feature gewertet		
Schrittfolge (StSq)		
Max. Eine (1) Schrittfolge , mit voller Ausnutzung der Eisfläche mit mindestens einem (1) Skating movement wie z. B. eine Spirale, ein Spreizadler, Ina-Bauermond, Hydroblading usw. enthält. Wenn das Skating movement fehlt, wird kein Level für die Schrittfolge vergeben. Mindestens 2 schwierige Drehungen und Schritte (Chactows, Wenden, Gegenwenden, Gegendreier, Twizzel, Schlingen) müssen auf sauberen Kanten für Level Base gezeigt werden. Folgende Features werden vom Technischen Panel <u>nicht</u> gezählt und <u>erhöhen nicht</u> das Level der Schrittfolge - Bodymovements für mind. 1/3 der Schrittfolge - Cluster (3 schwierige Drehungen auf unterschiedlichen Füßen)		
Sonderbestimmungen		
Die Schrittfolge und die Kombinationspirouette werden nur bis max. Level 2 bewertet. Alle Zusätzlichen Features werden vom Technischen Panel ignoriert.		
Programm Components	- Composition - Presentation - Skating Skills	Faktor: 1,67
Abzüge	Pro Sturz außerhalb eines Elementes: -0,5 Punkte Programmlänge pro 5 Sek. (zu kurz/zu lang): -0,5	

4.2.7 Neulinge

Neulinge Mind. KK 6 max. KK 5		Preisgericht
Alter: Max. 16 Jahre		1 Technischer Spezialist
Dauer der Kür	Einlaufen	1 Technischer Controller
3:00 Min. (+/- 10 Sek.)	5 Minuten Max. 8 Läufer*innen	1 Data Operator
		3 Preisrichter

Kürinhalte		
Sprünge		
Max. 5 Sprungelemente - Von denen ein Element ein (1) Axel sein muss - Davon max. zwei (2) Sprungkombinationen oder eine (1) Sprungkombination und eine (1) Sprungsequenz - Sprungkombinationen und Sprungsequenz dürfen nur zwei (2) Sprüngen enthalten. In der Sprungsequenz muss der zweite Sprung ein Axel-Sprung sein mit einem direkten Schritt von der Landekurve des ersten Sprunges in die Absprungkurve des Axel-Sprunges. - Doppel Lutz (2Lz), Doppel Axel und Dreifachsprünge sind <u>nicht erlaubt</u> - Nur ein (1) Einfachsprung und ein (1) Doppelsprung dürfen einmal wiederholt werden		
Pirouetten		
Max. zwei (2) Pirouetten Eine (1) Pirouette in einer Position mit mind. 6 Umdrehungen ohne Fußwechsel, mit Fußwechsel mind. 8 Umdrehungen. Einsprung ist erlaubt. „with change of foot, only one level feature per foot will count“ Pro Bein wird nur ein (1) Feature gezählt Eine (1) Kombinationspirouette ohne Fußwechsel mit mind. 6 Umdrehungen sein, oder mit Fußwechsel mit mind. 8 Umdrehungen. Einsprung ist nicht erlaubt. Pro Bein wird nur ein (1) Feature gezählt		
Schrittfolge		
Max. Eine (1) Schrittfolge , mit voller Ausnutzung der Eisfläche mit mindestens einem (1) Skating movement wie z. B. eine Spirale, ein Spreizadler, Ina-Bauermond, Hydroblading usw. enthält. Wenn das Skating movement fehlt, wird kein Level für die Schrittfolge vergeben.		
Mindestens 2 schwierige Drehungen und Schritte (Chactows, Wenden, Gegenwenden, Gegendreier, Twizzel, Schlingen) müssen auf sauberen Kanten für Level Base gezeigt werden.		
Folgende Features werden vom Technischen Panel <u>nicht</u> gezählt und <u>erhöhen nicht</u> das Level der Schrittfolge - Bodymovements für mind. 1/3 der Schrittfolge - Cluster (3 schwierige Drehungen auf unterschiedlichen Füßen)		
Sonderbestimmungen		
Pirouetten und Schrittfolge werden max. bis Level 2 bewertet. Alle zusätzlichen Features werden vom Technischen Panel ignoriert.		
Programm Components	- Composition - Presentation - Skating Skills	Faktor: Mädchen: 1,7 Jungen: 2,0
Abzüge	Pro Sturz außerhalb eines Elementes: -0,5 Punkte Programmlänge pro 5 Sek. (zu kurz/zu lang): -0,5	

4.2.8 Nachwuchs B

Nachwuchs B Mind. KK 5 max. KK 3		Preisgericht
Alter: Mind. 10 Jahre, max. 17 Jahre alt		1 Technischer Spezialist
Dauer der Kür	Einlaufen	1 Technischer Controller
3:00 Min. (+/- 10 Sek.)	5 Minuten Max. 8 Läufer*innen	1 Data Operator 3 Preisrichter

Kürinhalte		
Sprünge		
Max. 6 Sprungelemente		
- Von denen ein Element ein (1) Axel sein muss - Davon max. zwei (2) Sprungkombinationen oder eine (1) Sprungkombination und eine (1) Sprungsequenz - Eine Sprungkombination oder eine Sprungsequenz kann aus bis zu drei (3) Sprüngen bestehen, die andere aus bis zu zwei (2) Sprüngen. Eine Sprungsequenz besteht aus zwei oder drei Sprüngen mit einer beliebigen Anzahl von Umdrehungen, wobei der zweite und/oder der dritte Sprung ein Axel-Sprung mit einem direkten Schritt von der Landekurve des ersten/zweiten Sprungs in die Absprungkurve des Axel-Sprungs ist. - Doppel Axel und Dreifachsprünge sind <u>nicht erlaubt</u> - Jeder Einfach- (einschließlich Einfach Axel) und Doppelsprung darf insgesamt nur zweimal gezeigt werden		
Pirouetten		
Max. zwei (2) Pirouetten		
- Eine (1) Eingesprungene Sitz Pirouette (Flying Sitspin FSSp) mit mind. 6 Umdrehungen. Fußwechsel erlaubt, Positionswechsel nicht erlaubt (Saison 2025/26). - Eine (1) Kombinationspirouette mit Fußwechsel mit mind. 8 Umdrehungen, Einsprung <u>nicht</u> erlaubt		
Choreosequenz		
Bestehend aus:		
- mind. zwei (2) verschiedene skating movements wie: Spiralen (Flieger), Arabesken, Ina Bauers, Monden, Hydroblading, nicht gelisteten Sprüngen (Spreizsprung, Jeté, Walley etc.) - Verbindungsschritte erlaubt		
Die Choreosequenz muss klar erkennbar sein und hat einen festen Basiswert und wird vom Preisgericht im GOE bewertet.		
Sonderbestimmungen		
Pirouetten werden max. bis Level 3 bewertet. Alle zusätzlichen Features werden vom Technischen Panel ignoriert.		
Programm Components	- Composition - Presentation - Skating Skills	Faktor: Mädchen: 2,13 Jungen: 2,40
Abzüge	Pro Sturz außerhalb eines Elementes: -0,5 Punkte Programmlänge pro 5 Sek. (zu kurz/zu lang): -0,5	

4.2.9 Jugend

Für die Jugendklasse im Einzellaufen gelten die gleichen Vorschriften der ISU Special Regulations & Technical Rules Single & Pair Skating und deren aktuellen ISU Communications für die Juniorenklasse, jedoch darf im Kurzprogramm kein Doppelaxel und kein Dreifachsprung gezeigt werden.

Jugend mind. KK 3		
Alter: mindestens 13 höchstens 18 Jahre alt (Stichtag 01.07.2025)		
Dauer Kurzprogramm	Dauer der Kür	Einlaufen: Max. 6 Läufer*innen pro Einlaufgruppe
2:40 Min. (+/- 10 Sek.)	3:30 Min. (+/- 10 Sek.)	6 Minuten

Das Kurz Programm beinhaltet: 2025/26	
Men a) Einfach Axel Paulsen; b) Double Loop jump; (Doppel Rittberger) c) Jump combination consisting of a two double jumps (Sprungkombination aus zwei Doppelsprüngen. Doppel Rittberger <u>darf nicht enthalten sein</u>) d) Flying sit spin; e) Camel spin with only one change of foot; f) Spin combination with only one change of foot; g) Max. Eine (1) Schrittfolge, mit voller Ausnutzung der Eisfläche mit mindestens einem (1) Skating movement wie z. B. eine Spirale, ein Spreizadler, Ina-Bauermond, Hydroblading usw. enthält. Wenn das Skating movement fehlt, wird kein Level für die Schrittfolge vergeben. Mindestens 2 schwierige Drehungen und Schritte (Chactows, Wenden, Gegenwenden, Gegendreier, Twizzel, Schlingen) müssen auf sauberen Kanten für Level Base gezeigt werden.	Women a) Einfach Axel Paulsen; b) Double Loop jump; (Doppel Rittberger) c) Jump combination consisting of two double jumps (Sprungkombination aus zwei Doppelsprüngen. Doppel Rittberger <u>darf nicht enthalten sein</u>) d) Flying sit spin; e) Layback / sideways leaning spin or camel spin without change of foot; f) Spin combination with only one change of foot; g) Max. Eine (1) Schrittfolge, mit voller Ausnutzung der Eisfläche mit mindestens einem (1) Skating movement wie z. B. eine Spirale, ein Spreizadler, Ina-Bauermond, Hydroblading usw. enthält. Wenn das Skating movement fehlt, wird kein Level für die Schrittfolge vergeben. Mindestens 2 schwierige Drehungen und Schritte (Chactows, Wenden, Gegenwenden, Gegendreier, Twizzel, Schlingen) müssen auf sauberen Kanten für Level Base gezeigt werden.

4.3 Kinder- und Jugendwettbewerbskategorien Eistanz

Grundsätzlich gelten die aktuellen **ISU SPECIAL REGULATIONS AND TECHNICAL RULES ICE DANCE**, die aktuellen **ISU INTERNATIONAL SOLO ICE DANCE COMPETITION Guidelines General Rules and Requirements Season 2025/26** und die aktuellen **ISU Communication No. 2700 ICE DANCE GUIDELINES FOR INTERNATIONAL NOVICE COMPETITIONS 2025/26**.

4.3.1 Anfänger Eistanz Paare

Es werden gemäß der aktuellen **ISU Communication No. 2700 ICE DANCE GUIDELINES FOR INTERNATIONAL NOVICE COMPETITIONS 2025/26** Kategorie **Basic Novice** mit folgender Anpassung in den Pflichttänzen für Anfänger Eistanz gewertet:

Anfänger Eistanz Max. 12J, max. Eistansbasisklasse	ISU Communication 2700 angelehnt an Basic Novice Ice Dance mit Anpassung in den Pflichttänzen siehe unten
Alter: höchstens 13 Jahre alt (Stichtag 01.07.2025)	
Einlaufen Pflichttanz: Max. 4 Paare pro Einlaufgruppe	Einlaufen Kürtanz: 2:00 +/- 10 Sekunden Max. 4 Paare pro Einlaufgruppe
3 Minuten pro Pflichttanz	3 Minuten
Sonderbestimmungen:	
Pflichttänze: keine Key Points • Dutch Waltz • Canasta Tango In allen Elementen (Pflichttänze und Kürtanz) wird nur Level Base gewertet.	

4.3.2 Solo Eistanz

Grundsätzlich gelten die aktuellen **ISU INTERNATIONAL SOLO ICE DANCE COMPETITION Guidelines General Rules and Requirements Season 2025/26**

Die Guidelines sind angehängt

- Solo Eistanz Basic Novice
- Solo Eistanz Intermediate Novice
- Solo Eistanz Advanced Novice
- Solo Eistanz Junioren

4.4 Young Adult B Wettbewerbskategorien

Die Inhalte der Jugend- und Adult Wettbewerbe wurden durch langjährig erfahrene Preisrichter*innen, Technische Spezialisten und Trainer*innen überarbeitet und an das NJS-System angepasst. Ab der Adult Bronze Kategorie entsprechen die Inhalte der von der ISU unterstützten Internationalen Eiskunstlaufwettbewerb für Erwachsene. Die Inhalte gelten für alle NRW-Wettbewerbe. NRW hat zu diesen Kategorien die Untergruppen Young Adult Pre-Bronze bis Master eingeführt. Diese entsprechen in etwa den alten Kategorien Freiläufer 3, Figurenläufer 2. Die „alten“ Anwarter- und Neulinge Kategorien finden sich in der Young Adult Gold und Master wieder. In den Adult Bronze bis Master Klassen darf International ab einem Alter von 28 Jahren gestartet werden.

Die Veranstalter werden gebeten, die folgenden Beschreibungen der einzelnen Kategorien für Ihre Ausschreibungen zu übernehmen.

4.4.1 Young Adult Pre-Bronze (ähnlich Freiläufer)

Young Adult Pre-Bronze max. Freiläufer		Preisgericht
Alter: Mind. 13 Jahre Max. 27 Jahre		1 Technischer Controller
Dauer der Kür	Einlaufen	1 Data Operator
1:40 Min. (+/- 10 Sek.)	4 Minuten Max. 8 Läufer*innen	3 Preisrichter

Kürinhalte		
Sprünge		
Max. 3 Sprungelemente: - davon max. eine (1) Sprungkombination bestehend aus zwei (2) Sprüngen - Salchow, Toeloop und Rittberger sind erlaubt Jeder Einzelsprung darf zweimal gezeigt werden Dreiersprung <u>wird ignoriert!</u>		
Pirouetten		
Max. 2 Pirouette in einer Basisposition - Zwei (2) Pirouetten mit gleicher Abkürzung sind erlaubt - Kombinationspirouette ist <u>nicht erlaubt</u> - Einsprung und Fußwechsel sind <u>nicht erlaubt</u>		
1 Choreosequenz über die halbe Bahn		
Bestehend aus: - mind. zwei (2) verschiedene Bewegungen wie: Spiralen (Flieger), Arabesken, Ina Bauers, Monden, Hydroblading, nicht gelisteten Sprüngen (Spreizsprung, Jeté, Walley etc.) - Verbindungsschritte erlaubt Die Choreosequenz muss klar erkennbar sein und hat einen festen Basiswert und wird vom Preisgericht im GOE bewertet.		
Sonderbestimmungen		
Die Kür wird auf der ganzen Eisbahn gelaufen.		
Programm Components	- Presentation - Skating Skills	Faktor: 1,5
Abzüge	Sturz im Element: kein Abzug Sturz ausserhalb des Elements: -0,25 Programmlänge pro 5 Sek. (zu kurz/zu lang): -0,5	

4.4.2 Young Adult Bronze

Young Adult Bronze Max. KK 8 oder Kunstläufer		Preisgericht
Alter: Mind. 14 Jahre Max. 27 Jahre		1 Technischer Spezialist
Dauer der Kür	Einlaufen	1 Technischer Controler
1:40 Min. (+/- 10 Sek.)	5 Minuten Max. 8 Läufer*innen	1 Data Operator 3 Preisrichter

Kürinhalte		
Sprünge		
Max. 4 Sprungelemente		
- Davon max. eine (1) Sprungkombination - Eine Sprungkombination darf max aus zwei (2) Sprünge bestehen - Axel und Doppelsprünge sind <u>nicht erlaubt</u>. - Jeder Einzelsprung darf zweimal gezeigt werden Dreiersprung <u>wird ignoriert!</u>		
Pirouetten		
Max. zwei (2) Pirouetten (unterschiedliche Abkürzungen) in einer Basisposition		
- Fußwechsel erlaubt, Einsprung <u>nicht</u> erlaubt - Pirouetten ohne Fußwechsel müssen mind. 3 Umdrehungen haben - Pirouetten mit Fußwechsel müssen mind. 3 Umdrehungen pro Bein haben. Ist dies nicht erfüllt, bekommt die Pirouette ein V		
Max. 1 Choreosequenz über die halbe Bahn		
Bestehend aus mind. zwei (2) verschiedenen Bewegungen wie:		
- Spiralen (Flieger), Arabesken, Ina Bauers, Monden, Hydroblading, nicht gelisteten Sprüngen (Spreizsprung, Jeté, Walley etc.) - Schritte und Drehungen können zur Verbindung der verschiedenen Bewegungen eingesetzt werden - Die Choreosequenz muss klar erkennbar sein - Die Choreosequenz hat einen festen Basiswert und wird nur im GOE bewertet		
Sonderbestimmungen		
Pirouetten werden nur bis Level 1 bewertet. Alle zusätzlichen Features werden vom Technischen Panel ignoriert.		
Programm Components	- Presentation - Skating Skills - Composition	Faktor: 2,0
Abzüge	Sturz im Element: kein Abzug Sturz ausserhalb des Elements: -0,5 Programmlänge pro 5 Sek. (zu kurz/zu lang): -0,5	

4.4.3 Young Adult Silber

Young Adult Silber Mind. KK 8 max. KK 7		Preisgericht
Alter: Mind. 14 , Max. 27 Jahre		1 Technischer Spezialist
Dauer der Kür	Einlaufen	1 Technischer Controler
2:00 Min. (+/- 10 Sek.)	5 Minuten	1 Data Operator
	Max. 8 Läufer*innen	3 Preisrichter
Kürinhalte		
Sprünge		
Max. 4 Sprungelemente • Axel erlaubt • Dreiersprung ist <u>nicht</u> erlaubt • Davon max. zwei (2) Sprungkombinationen oder eine (1) Sprungkombination und eine (1) Sprungsequenz • Eine Sprungkombination oder eine Sprungsequenz kann aus bis zu drei (3) Sprüngen bestehen, die andere aus bis zu zwei (2) Sprüngen. Eine Sprungsequenz besteht aus zwei oder drei Einzelsprüngen, wobei der zweite und/ oder der dritte Sprung ein Axel-Sprung ist mit einem direkten Schritt von der Landekurve des ersten/zweiten Sprungs in die Absprungkurve des Axel-Sprungs ist. • Doppel- und Dreifachsprünge sind <u>nicht</u> erlaubt • Jeder Einzelsprung darf zweimal gezeigt werden		
Pirouetten		
Max. zwei (2) Pirouetten (unterschiedliche Abkürzungen) • Eine (1) Pirouette in einer Basis-Position, Fußwechsel erlaubt • Eine (1) Pirouette frei wählbar aber unterschiedlich zur ersten Eine (1) Kombinationspirouette muss mind. zwei (2) Basispositionen (CoSpV) enthalten mit mind. 2 Umdrehungen je Basisposition. Um den vollen Wert zu erhalten, müssen alle drei Basispositionen (CoSp) enthalten sein. Eine Pirouette ohne mind. 2 Umdrehungen pro Basisposition bekommt keinen Wert (No Value) Pirouetten ohne Fußwechsel haben mind. 4 Umdrehungen. Pirouetten mit Fußwechsel haben mind. 3 Umdrehungen pro Fuß. Ist dies nicht erfüllt, bekommt die Pirouette ein V Fußwechsel erlaubt. Einsprung <u>nicht</u> erlaubt.		
Max. 1 Choreosequenz über die ganze Bahn		
Bestehend aus mind. zwei (2) verschiedenen Bewegungen wie: • Spiralen (Flieger), Arabesken, Ina Bauers, Monden, Hydroblading, nicht gelisteten Sprüngen (Spreitssprung, Jeté, Walley etc.) • Schritte und Drehungen können zur Verbindung der verschiedenen Bewegungen eingesetzt werden • Die Choreosequenz muss klar erkennbar sein Die Choreosequenz hat einen festen Basiswert und wird nur im GOE bewertet		
Sonderbestimmungen		
Pirouetten werden nur bis max. Level 2 bewertet. Alle Zusätzlichen Features werden vom Technischen Panel ignoriert.		
Programm Components	• Composition • Presentation • Skating Skills	Faktor: 2,0
Abzüge	Sturz im Element: kein Abzug Sturz ausserhalb des Elements: -0,5 Programmlänge pro 5 Sek. (zu kurz/zu lang): -0,5	

4.4.4 Young Adult Gold

Young Adult Gold Mind. KK 7 max. KK 6		Preisgericht
Alter: Mind. 15, Max. 27 Jahre		1 Technischer Spezialist
Dauer der Kür	Einlaufen	1 Technischer Controller
2:50 Min. (+/- 10 Sek.)	6 Minuten Max. 8 Läufer*innen	1 Data Operator 3 Preisrichter

Kürinhalte		
Sprünge		
Max. 5 Sprungelemente • Axel erlaubt • Dreiersprung ist <u>nicht</u> erlaubt • Davon max. zwei (2) Sprungkombinationen oder eine (1) Sprungkombination und eine (1) Sprungsequenz • Eine Sprungkombination oder eine Sprungsequenz kann aus bis zu drei (3) Sprüngen bestehen, die andere aus bis zu zwei (2) Sprüngen. Eine Sprungsequenz besteht aus zwei oder drei Einzelsprüngen, wobei der zweite und/ oder der dritte Sprung ein Axel-Sprung ist mit einem direkten Schritt von der Landekurve des ersten/zweiten Sprungs in die Absprungkurve des Axel-Sprungs ist. • Doppel Flip, Doppel Lutz, Doppel Axel und Dreifachsprünge sind <u>nicht erlaubt</u> • Jeder Sprung darf zweimal gezeigt werden		
Pirouetten		
Max. drei (3) unterschiedliche Pirouetten (unterschiedliche Abkürzungen) davon: • Eine (1) Kombinationspirouette mit Fußwechsel mind. zwei (2) Basispositionen (CCoSpV). Um den vollen Wert zu erhalten, müssen alle drei Basispositionen enthalten sein (CCoSp) • Eine (1) Eingesprungene Pirouette oder eine Pirouette mit eingesprungenen Eingang, Fußwechsel und/oder Positionswechsel erlaubt Pirouetten ohne Fußwechsel haben mind. 4 Umdrehungen. Pirouetten mit Fußwechsel haben mind. 8 Umdrehungen Pirouetten mit Fußwechsel müssen mind. 3 Umdrehungen pro Fuß haben.		
Schrittfolge		
Max. 1 Schrittfolge mit voller Ausnutzung der Eisfläche		
Sonderbestimmungen		
Pirouetten und Schrittfolge werden max. bis Level 3 bewertet. Alle zusätzlichen Features werden vom Technischen Panel ignoriert. Kürzere Kürmusiken erhalten keinen Abzug.		
Programm Components	• Composition • Presentation • Skating Skills	Faktor: 2,67
Abzüge	Pro Sturz: -1,0 Punkte Programmlänge pro 5 Sek. (zu kurz/zu lang): -0,5	

4.4.5 Young Adult Master

Young Adult Master Mind. KK 6 max. KK3		Preisgericht
Alter: Mind. 15 , Max. 27 Jahre		1 Technischer Spezialist
Dauer der Kür	Einlaufen	1 Technischer Controller
3:00 Min. (+/- 10 Sek.)	6 Minuten	1 Data Operator
	Max. 8 Läufer*innen	3 Preisrichter

Kürinhalte		
Sprünge		
Max. 5 Sprungelemente - Davon muss ein Sprung ein Axel sein - Davon max. zwei (2) Sprungkombinationen oder eine (1) Sprungkombination und eine (1) Sprungsequenz - Eine Sprungkombination oder eine Sprungsequenz kann aus bis zu drei (3) Sprüngen bestehen, die andere aus bis zu zwei (2) Sprüngen. Eine Sprungsequenz besteht aus zwei oder drei Einfachsprüngen, wobei der zweite und/ oder der dritte Sprung ein Axel-Sprung ist mit einem direkten Schritt von der Landekurve des ersten/zweiten Sprungs in die Absprungkurve des Axel-Sprungs ist. - Doppel Axel und Dreifachsprünge sind <u>nicht erlaubt</u> - Jeder Sprung darf zweimal gezeigt werden		
Pirouetten		
Max. drei (3) unterschiedliche Pirouetten (unterschiedliche Abkürzungen) davon: Eine (1) Kombinationspirouette mit Fußwechsel mind. zwei (2) Basispositionen (CCoSpV). Um den vollen Wert zu erhalten, müssen alle drei Basispositionen enthalten sein (CCoSp) Eine (1) Eingesprungene Pirouette oder eine Pirouette mit eingesprungenen Eingang mit Fußwechsel und/oder Positionswechsel erlaubt Eine (1) Pirouette in einer Position Fußwechsel erlaubt, <u>Positionswechsel nicht erlaubt</u> Pirouetten ohne Fußwechsel haben mind. 5 Umdrehungen. Pirouetten mit Fußwechsel haben mind. 8 Umdrehungen.		
Schrittfolge		
Max. 1 Schrittfolge mit voller Ausnutzung der Eisfläche		
Sonderbestimmungen		
Pirouetten und Schrittfolge werden max. bis Level 4 bewertet. Alle zusätzlichen Features werden vom Technischen Panel ignoriert. Kürzere Kürmusiken erhalten keinen Abzug.		
Programm Components	- Composition - Presentation - Skating Skills	Faktor: 2,67
Abzüge	Pro Sturz: -1,0 Punkte Programmlänge pro 5 Sek. (zu kurz/zu lang): -0,5	

4.4.6 Young Adult Stars (DEU-Breitensportklasse)

Young Adult Stars Mind. KK 4 angelehnt an Intermediate Novice		Preisgericht
Alter: Mind. 17, Max. 27 Jahre		1 Technischer Spezialist
Dauer der Kür	Einlaufen	1 Technischer Controller
3:00 Min. (+/- 10 Sek.)	5 Minuten Max. 8 Läufer*innen	1 Data Operator
		3 Preisrichter
Kürinhalte		
Sprünge		
Max. 5 Sprungelemente - Von denen ein Element ein (1) Axel sein muss - Davon max. zwei (2) Sprungkombinationen oder eine (1) Sprungkombination und eine (1) Sprungsequenz - Sprungkombinationen und Sprungsequenz dürfen nur zwei (2) Sprüngen enthalten. In der Sprungsequenz muss der zweite Sprung ein Axel-Sprung sein mit einem direkten Schritt von der Landekurve des ersten Sprunges in die Absprungkurve des Axel-Sprunges. - Alle Einfach- und Doppelsprünge inkl. Doppel Axel (2A) sind erlaubt - Dreifachsprünge sind <u>nicht erlaubt</u> - Ein (1) Einfachsprung darf 2x gezeigt werden - Ein (1) Doppelsprung darf 2x gezeigt werden		
Pirouetten		
Max. zwei (2) Pirouetten Eine (1) Pirouette in einer Position mit mind. 6 Umdrehungen ohne Fußwechsel, mit Fußwechsel mind. 8 Umdrehungen. Einsprung ist erlaubt. „with change of foot, only one level feature per foot will count“ Pro Bein wird nur ein (1) Feature gezählt Eine (1) Kombinationspirouette ohne Fußwechsel mit mind. 6 Umdrehungen sein, oder mit Fußwechsel mit mind. 8 Umdrehungen. Einsprung ist nicht erlaubt. Pro Bein wird nur ein (1) Feature gezählt		
Schrittfolge		
Max. Eine (1) Schrittfolge , mit voller Ausnutzung der Eisfläche mit mindestens einem (1) Skating movement wie z. B. eine Spirale, ein Spreizadler, Ina-Bauermond, Hydroblading usw. enthält. Wenn das Skating movement fehlt, wird kein Level für die Schrittfolge vergeben.		
Mindestens 2 schwierige Drehungen und Schritte (Chactows, Wenden, Gegenwenden, Gegendreier, Twizzel, Schlingen) müssen auf sauberen Kanten für Level Base gezeigt werden.		
Folgende Features werden vom Technischen Panel <u>nicht</u> gezählt und <u>erhöhen nicht</u> das Level der Schrittfolge		
- Bodymovements für mind. 1/3 der Schrittfolge - Cluster (3 schwierige Drehungen auf unterschiedlichen Füßen)		
Sonderbestimmungen		
Pirouetten und Schrittfolge werden max. bis Level 2 bewertet. Alle zusätzlichen Features werden vom Technischen Panel ignoriert.		
Programm Components	- Composition - Presentation - Skating Skills	Faktor: Damen: 1,7 Herren: 2,0
Abzüge	Pro Sturz außerhalb eines Elementes: -0,5 Punkte Programmlänge pro 5 Sek. (zu kurz/zu lang): -0,5	

4.5 Hobby Erwachsene

4.5.1 Adult Pre Bronze

Adult Pre-Bronze		Preisgericht
Alter: ab 28 Jahre		1 Technischer Controler
Dauer der Kür	Einlaufen	1 Data Operator
1:40 Min. (+/- 10 Sek.)	4 Minuten Max. 10 Läufer*innen	3 Preisrichter

Kürinhalte		
Sprünge		
Max. 3 Sprungelemente: - davon max. eine (1) Sprungkombination bestehend aus zwei (2) Sprüngen - Salchow, Toeloop und Rittberger sind erlaubt Jeder Einfachsprung darf zweimal gezeigt werden Dreiersprung <u>wird ignoriert!</u>		
Pirouetten		
Max. 2 Pirouette in einer Basisposition - Zwei (2) Pirouetten mit gleicher Abkürzung sind erlaubt - Kombinationspirouette ist <u>nicht erlaubt</u> - Einsprung und Fußwechsel sind <u>nicht erlaubt</u>		
1 Choreosequenz über die halbe Bahn		
Bestehend aus: - mind. zwei (2) verschiedene Bewegungen wie: Spiralen (Flieger), Arabesken, Ina Bauers, Monden, Hydroblading, nicht gelisteten Sprüngen (Spreitssprung, Jeté, Walley etc.) - Verbindungsschritte erlaubt Die Choreosequenz muss klar erkennbar sein und hat einen festen Basiswert und wird vom Preisgericht im GOE bewertet.		
Sonderbestimmungen		
Die Kür wird auf der ganzen Eisbahn gelaufen.		
Programm Components	- Presentation - Skating Skills	Faktor: 1,5
Abzüge	Sturz im Element: kein Abzug Sturz ausserhalb des Elements: -0,25 Programmlänge pro 5 Sek. (zu kurz/zu lang): -0,5	

4.5.2 Adult Bronze

Adult Bronze		Preisgericht
Alter: ab 28 Jahre		1 Technischer Controller
Dauer der Kür	Einlaufen	1 Data Operator
1:40 Min. (+/- 10 Sek.)	5 Minuten Max. 10 Läufer*innen	3 Preisrichter

Kürinhalte		
Sprünge		
Max. 4 Sprungelemente		
- Davon max. eine (1) Sprungkombination - Sprungkombination darf nur zwei (2) Sprünge enthalten - Lutz, Axel und Doppelsprünge sind <u>nicht erlaubt</u>. - Jeder Einzelsprung darf zweimal gezeigt werden		
Dreiersprung <u>wird ignoriert!</u>		
Pirouetten		
Max. zwei (2) Pirouetten (unterschiedliche Abkürzungen) in einer Basisposition		
- Fußwechsel erlaubt, Einsprung <u>nicht</u> erlaubt - Pirouetten ohne Fußwechsel müssen mind. 3 Umdrehungen haben - Pirouetten mit Fußwechsel müssen mind. 3 Umdrehungen pro Bein haben		
Max. 1 Choreosequenz über die halbe Bahn		
Bestehend aus mind. zwei (2) verschiedenen Bewegungen wie:		
- Spiralen (Flieger), Arabesken, Ina Bauers, Monden, Hydroblading, nicht gelisteten Sprüngen (Spreitssprung, Jeté, Walley etc.) - Schritte und Drehungen können zur Verbindung der verschiedenen Bewegungen eingesetzt werden - Die Choreosequenz muss klar erkennbar sein - Die Choreosequenz hat einen festen Basiswert und wird nur im GOE bewertet		
Sonderbestimmungen		
Pirouetten werden nur bis Level 1 bewertet. Alle zusätzlichen Features werden vom Technischen Panel ignoriert.		
Programm Components	- Presentation - Skating Skills - Composition	Faktor: 2,0
Abzüge	Sturz im Element: kein Abzug Sturz ausserhalb des Elements: -0,5 Programmlänge pro 5 Sek. (zu kurz/zu lang): -0,5	

4.5.3 Adult Silber

Adult Silber		Preisgericht
Alter:	ab 28 Jahre	1 Technischer Spezialist
Dauer der Kür	Einlaufen	1 Technischer Controller
2:00 Min. (+/- 10 Sek.)	5 Minuten Max. 8 Läufer*innen	1 Data Operator 3 Preisrichter

Kürinhalte		
Sprünge		
Max. 4 Sprungelemente • Axel erlaubt • Dreiersprung ist <u>nicht</u> erlaubt • Davon max. zwei (2) Sprungkombinationen oder eine (1) Sprungkombination und eine (1) Sprungsequenz • Eine Sprungkombination oder eine Sprungsequenz kann aus bis zu drei (3) Sprüngen bestehen, die andere aus bis zu zwei (2) Sprüngen. Eine Sprungsequenz besteht aus zwei oder drei Einfachsprüngen, wobei der zweite und/ oder der dritte Sprung ein Axel-Sprung ist mit einem direkten Schritt von der Landekurve des ersten/zweiten Sprungs in die Absprungkurve des Axel-Sprungs ist. • Doppel- und Dreifachsprünge sind <u>nicht</u> erlaubt • Jeder Einfachsprung darf zweimal gezeigt werden		
Pirouetten		
Max. zwei (2) Pirouetten (unterschiedliche Abkürzungen) • Eine (1) Pirouette in einer Basis-Position, Fußwechsel erlaubt • Eine (1) Pirouette frei Wählbar aber unterschiedlich zur ersten Eine (1) Kombinationspirouette muss mind. zwei (2) Basispositionen (CoSpV) enthalten mit mind. 2 Umdrehungen je Basisposition. Um den vollen Wert zu erhalten, müssen alle drei Basispositionen (CoSp) enthalten sein. Eine Pirouette ohne mind. 2 Umdrehungen pro Basisposition bekommt keinen Wert (No Value) Pirouetten ohne Fußwechsel haben mind. 4 Umdrehungen. Pirouetten mit Fußwechsel haben mind. 3 Umdrehungen pro Fuß. Ist dies nicht erfüllt, bekommt die Pirouette ein V Fußwechsel erlaubt. Einsprung <u>nicht</u> erlaubt.		
Max. 1 Choreosequenz über die ganze Bahn		
Bestehend aus mind. zwei (2) verschiedenen Bewegungen wie: • Spiralen (Flieger), Arabesken, Ina Bauers, Monden, Hydroblading, nicht gelisteten Sprüngen (Spreitssprung, Jeté, Walley etc.) • Schritte und Drehungen können zur Verbindung der verschiedenen Bewegungen eingesetzt werden • Die Choreosequenz muss klar erkennbar sein Die Choreosequenz hat einen festen Basiswert und wird nur im GOE bewertet		
Sonderbestimmungen		
Pirouetten werden nur bis max. Level 2 bewertet. Alle Zusätzlichen Features werden vom Technischen Panel ignoriert.		
Programm Components	• Composition • Presentation • Skating Skills	Faktor: Faktor: 2,0
Abzüge	Sturz im Element: kein Abzug Sturz ausserhalb des Elements: -0,5 Programmlänge pro 5 Sek. (zu kurz/zu lang): -0,5	

4.5.4 Adult Gold

Adult Gold		Preisgericht
Alter: ab 28 Jahre		1 Technischer Spezialist
Dauer der Kür	Einlaufen	1 Technischer Controller
2:50 Min. (+/- 10 Sek.)	6 Minuten	1 Data Operator
	Max. 8 Läufer*innen	3 Preisrichter

Kürinhalte		
Sprünge		
Max. 5 Sprungelemente • Axel erlaubt • Dreiersprung ist <u>nicht</u> erlaubt • Davon max. zwei (2) Sprungkombinationen oder eine (1) Sprungkombination und eine (1) Sprungsequenz • Eine Sprungkombination oder eine Sprungsequenz kann aus bis zu drei (3) Sprüngen bestehen, die andere aus bis zu zwei (2) Sprüngen. Eine Sprungsequenz besteht aus zwei oder drei Einfachsprüngen, wobei der zweite und/ oder der dritte Sprung ein Axel-Sprung ist mit einem direkten Schritt von der Landekurve des ersten/zweiten Sprungs in die Absprungkurve des Axel-Sprungs ist. • Doppel Flip, Doppel Lutz, Doppel Axel und Dreifachsprünge sind <u>nicht erlaubt</u> • Jeder Sprung darf zweimal gezeigt werden		
Pirouetten		
Max. drei (3) unterschiedliche Pirouetten (unterschiedliche Abkürzungen) davon: • Eine (1) Kombinationspirouette mit Fußwechsel mind. zwei (2) Basispositionen (CCoSpV). Um den vollen Wert zu erhalten, müssen alle drei Basispositionen enthalten sein (CCoSp) • Eine (1) Eingesprungene Pirouette oder eine Pirouette mit eingesprungenen Eingang, Fußwechsel und/oder Positionswechsel erlaubt Pirouetten ohne Fußwechsel haben mind. 4 Umdrehungen. Pirouetten mit Fußwechsel haben mind. 8 Umdrehungen Pirouetten mit Fußwechsel müssen mind. 3 Umdrehungen pro Fuß haben.		
Schrittfolge		
Max. 1 Schrittfolge mit voller Ausnutzung der Eisfläche		
Sonderbestimmungen		
Pirouetten und Schrittfolge werden max. bis Level 3 bewertet. Alle zusätzlichen Features werden vom Technischen Panel ignoriert.		
Programm Components	• Composition • Presentation • Skating Skills	Faktor: 2,67
Abzüge	Pro Sturz: -1,0 Punkte	

4.5.5 Adult Master

Adult Master		Preisgericht
Alter: ab 28 Jahre		1 Technischer Spezialist
Dauer der Kür	Einlaufen	1 Technischer Controller
3:00 Min. (+/- 10 Sek.)	6 Minuten Max. 8 Läufer*innen	1 Data Operator 3 Preisrichter

Kürinhalte		
Sprünge		
Max. 5 Sprungelemente - Davon muss ein Sprung ein Axel sein - Davon max. zwei (2) Sprungkombinationen oder eine (1) Sprungkombination und eine (1) Sprungsequenz - Eine Sprungkombination oder eine Sprungsequenz kann aus bis zu drei (3) Sprüngen bestehen, die andere aus bis zu zwei (2) Sprüngen. Eine Sprungsequenz besteht aus zwei oder drei Einfachsprüngen, wobei der zweite und/ oder der dritte Sprung ein Axel-Sprung ist mit einem direkten Schritt von der Landekurve des ersten/zweiten Sprungs in die Absprungkurve des Axel-Sprungs ist. - Doppel Axel und Dreifachsprünge sind <u>nicht erlaubt</u> - Jeder Sprung darf zweimal gezeigt werden		
Pirouetten		
Max. drei (3) unterschiedliche Pirouetten (unterschiedliche Abkürzungen) davon: Eine (1) Kombinationspirouette mit Fußwechsel mind. zwei (2) Basispositionen (CCoSpV). Um den vollen Wert zu erhalten, müssen alle drei Basispositionen enthalten sein (CCoSp) Eine (1) Eingesprungene Pirouette oder eine Pirouette mit eingesprungenen Eingang mit Fußwechsel und/oder Positionswechsel erlaubt Eine (1) Pirouette in einer Position Fußwechsel erlaubt, <u>Positionswechsel nicht erlaubt</u> Pirouetten ohne Fußwechsel haben mind. 5 Umdrehungen. Pirouetten mit Fußwechsel haben mind. 8 Umdrehungen.		
Schrittfolge		
Max. 1 Schrittfolge mit voller Ausnutzung der Eisfläche		
Sonderbestimmungen		
Pirouetten und Schrittfolge werden max. bis Level 4 bewertet. Alle zusätzlichen Features werden vom Technischen Panel ignoriert. Kürzere Kürmusiken erhalten keinen Abzug.		
Programm Components	- Composition - Presentation - Skating Skills	Faktor: 2,67
Abzüge	Pro Sturz: -1,0 Punkte	

4.6 Synchron Wettbewerbe

Grundsätzlich gelten die aktuellen "General Regulations und die Special Regulations & Technical Rules for Synchronized Skating" des internationalen Fachverbandes (ISU) und die ISU-Communications, die sich auf Synchroneiskunstlaufen beziehen, sowie die DFBest.DKBSYS.

Die Synchron Wettbewerbe werden in folgende Kategorien eingeteilt:

Leistungssport	Breitensport/Vereinssport
Advanced Novice	Mixed Age
Junior	Masters (Adult Figure Skating)
Senior	Erwachsene (Adult Figure Skating)
(Senior Elite 12)	Pre Juvenile
	Juvenile
	Basic Novice

4.6.1 Mixed Age

Gemäß der Vorschriften der ISU Special Regulations & Technical Rules Single & Pair Skating und deren aktuellen ISU Communications 2692, sowie gelten die einschlägigen Regelungen der DFbest DKB SYS für Mixed Aged

Mixed Aged Saison 2025/26
Alter: keine Altersbeschränkung (Stichtag 01.07.2025)

Kür	Einlaufen
3:00 (+/- 10 Sek.)	10 Minuten

5 Anhang

5.1 Wichtige Communication Saison 2025/26

<https://www.isu.org/isu-communications/?tab=ISU%20Communications>

- **Communication No 2707:** SINGLE & PAIR SKATING Scale of Values valid as of July 1, 2025

<https://isu-d8g8b4b7ece7aphs.a03.azurefd.net/isudamcontainer/CMS/Corporate-Site/Governance/Transparency/ISU-Communications/2707-ISU-SOV-SinglesPairs-2025-26-25-05-01-1747377995-9986.pdf>

- **Communication No. 2699:** SINGLE & PAIR SKATING GUIDELINES FOR INTERNATIONAL NOVICE COMPETITIONS 2025/26

<https://isu-d8g8b4b7ece7aphs.a03.azurefd.net/isudamcontainer/CMS/Corporate-Site/Governance/Transparency/ISU-Communications/2699-SP-Novice-Competitions-2025-2026-1744291808-1629.pdf>

- **Communication No. 2700:** ICE DANCE GUIDELINES FOR INTERNATIONAL NOVICE COMPETITIONS 2025/26

<https://isu-d8g8b4b7ece7aphs.a03.azurefd.net/isudamcontainer/CMS/Corporate-Site/Governance/Transparency/ISU-Communications/2700-ID-Novice-Communication-updated-June2-1748877292-3023.pdf>

- **Communication No. 2716:** ICE DANCE Requirements for Technical Rules with ongoing validity, effective July 1st, 2025

<https://isu-d8g8b4b7ece7aphs.a03.azurefd.net/isudamcontainer/CMS/Corporate-Site/Governance/Transparency/ISU-Communications/2716-ID-Levels---Requirements-for-Technical-Rules-2025-26-1749108875-526.pdf>

- **International Adult Figur Skating Competition:** Technical Requirements for ISU Supported Adult Figure Skating Competitions 2025-2026 Season = Ist angehängt
- **International Solo Ice Dance Competition** Guidelines General Rules and Requirements Season 2025/26 = angehängt
- **Und andere siehe ISU Homepage**

5.2 Base Value Parcours Elemente

Elemente	-5	-4	-3	-2	-1	Base	+1	+2	+3	+4	+5
	50%	40%	30%	20%	10%		10%	20%	30%	40%	50%
Roller fahren	-0,30	-0,24	-0,18	-0,12	-0,06	0,6	0,03	0,06	0,09	0,12	0,15
Übersetzen vw	-0,30	-0,24	-0,18	-0,12	-0,06	0,6	0,04	0,08	0,12	0,16	0,20
Hocke	-0,30	-0,24	-0,18	-0,12	-0,06	0,6	0,02	0,04	0,06	0,08	0,10
Kanone	-0,30	-0,24	-0,18	-0,12	-0,06	0,6	0,04	0,08	0,12	0,16	0,20
Storch	-0,30	-0,24	-0,18	-0,12	-0,06	0,6	0,03	0,06	0,09	0,12	0,15
Fechter	-0,30	-0,24	-0,18	-0,12	-0,06	0,6	0,03	0,06	0,09	0,12	0,15
Storch-Fechter	-0,50	-0,40	-0,30	-0,20	-0,10	1,0	0,10	0,20	0,30	0,40	0,50
Flieger vw	-0,50	-0,40	-0,30	-0,20	-0,10	1,0	0,10	0,20	0,30	0,40	0,50
Flieger rw	-0,50	-0,40	-0,30	-0,20	-0,10	1,0	0,10	0,20	0,30	0,40	0,50
Bremsen	-0,30	-0,24	-0,18	-0,12	-0,06	0,6	0,03	0,06	0,09	0,12	0,15

5.3 GOE Minis und Eisläufer / Abzüge für Fehler

Richtlinien für die Bewertung +GOE in den Kategorien Minis und Eisläufer (Positive Aspekte)

Diese Richtlinien sind Hilfsmittel, die zusammen mit den Minus-GOE-Tabellen verwendet werden. Die endgültige GOE eines ausgeführten Elements basiert auf der Kombination von positiven und negativen Aspekten. Es ist wichtig, dass die endgültige GOE eines Elements sowohl die positiven Aspekte als auch mögliche Abzüge berücksichtigt. Um den Anfangs-GOE festzulegen, müssen die Aufzählungspunkte (bullets) für jedes Element berücksichtigt werden. Allgemeine Empfehlungen sind wie folgt:

Für + 1 : 1 bullet
Für + 4 : 4 bullets

Für + 2 : 2 bullets
Für + 5 : 5 bullets

Für + 3 : 3 bullets

Für + 4 und +5: Die ERSTEN DREI hervorgehobenen Aufzählungspunkte müssen vorhanden sein

Vorwärtsübersetzen/ Rollerfahren	1) durchgehend mühelose, flüssige Durchführung 2) kraftvolles, erkennbares Abstoßen (gleichmäßiger Rhythmus, mit der Kante) 3) durchgängig guter Schwung, Balance und Gleiten 4) aufrechte Körperhaltung 5) klare Spielbeinführung
Hocke/ Kanone	1) durchgängig gute Geschwindigkeit 2) Position: Kanone 3) mühelose Ausführung (kontrollierter Eingang sowie Ausgang) 4) deutliche Positionen (gestrecktes Spielbein Kanone, bei der Hocke Gesäß mind. auf Kniehöhe) 5) ergänzende erkennbare Armbewegungen
Bremsen	1) gute Anlaufgeschwindigkeit/ Schwung 2) deutlich erkennbares, müheloses Bremsen aus vollem Anlauf 3) kompletter Stopp (kein erneutes Stoppen, kein Stolpern) 4) kontrollierte Körperhaltung 5) kraftvolles Bremsen
Storch/Flieger und Storch-Fechter	1) durchgängig gute Geschwindigkeit 2) kontrollierte und deutliche Positionen 3) durchgehend mühelos mit guter Energie (Gleiten, Balance) 4) ausgezeichnete Körperhaltung (gestrecktes Spiel- und Standbein) 5) erkennbare und gut ausgeführte ergänzende Armbewegungen

ABZÜGE FÜR FEHLER			
Sturz	GOE -5	Wenig Geschwindigkeit, Geschwindigkeitsverlust	-1 bis -3
Position zu kurz	-1 bis -4	Lange Vorbereitung, zusätzlicher Abstoß zwischen Storch-Fechter	-1 bis -2
Position schlecht ausgeführt *	-1 bis -4	Stolpern, Verlust des Gleichgewichts	-1 bis -2
Kratzen, Abstoßen über die Zacke	-2 bis -3	Aufsetzen eines Fußes oder einer Hand	-1 bis -2
Spurenbild/Kreis zu kurz	-2 bis -3	Unkontrollierte Körperhaltung	-2 bis -3
Kein kompletter Stopp beim Bremsen	-1 bis -4	Keine Kanten erkennbar	-1 bis -3

* **Flieger:** Knie des Spielbeins nicht mind. auf Hüfthöhe; **Hocke:** Oberschenkel nicht mind. parallel zur Eisfläche; **Storch:** Spielfuß unter dem Knie; **Fechter:** Spielbein nicht gestreckt, Standbein nicht mind. 90° gebeugt

LEV NRW Saison 2023/2024

5.4 Features für Pirouetten - Bilder



International Solo Ice Dance Competition Guidelines

**General Rules and Requirements
Season 2025/26**

version as of:
June 4, 2025

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1 General Competition Requirements

The requirements for International Solo Ice Dance Competitions will follow the requirements announced annually in ISU Communications for International Competitions for ISU disciplines, as per Rule 711. These shall be valid for one season only:

- Pattern Dances for International Competitions (including Key Points and Key Point Features)
- Music requirements for Pattern Dances for International Competitions
- Required Elements for Rhythm Dance
- Required Elements for Free Dance
- Technical requirements for Solo Ice Dance

1.1 Category and Age Requirements for Solo Ice Dance

1.1.1 Category Requirements

In International Solo Ice Dance Competitions male and female skaters compete together in the same category.

1.1.2 Age Requirements

Novice

In International Solo Ice Dance Competitions, a Novice is a Skater who has met the following requirements before July 1 preceding the competition:

- a) Basic Novice - has not reached the age of fourteen
- b) Intermediate Novice - has not reached the age of sixteen
- c) Advanced Novice - has reached the age of ten and has not reached the age eighteen

Junior

In International Solo Ice Dance Competitions, a Junior is a Skater who has met the following requirements before July 1 preceding the competition:

- a) has reached at least the age of thirteen;
- b) has not reached the age of twenty-one.

Senior

In International Solo Ice Dance Competitions Senior only Skaters may compete who have reached at least the age of seventeen before July 1 preceding the competition.

1.2 Segments of International Solo Ice Dance Competitions

International Solo Ice Dance Competitions shall consist of:

Basic Novice	2 Pattern Dances and 1 Free Dance
Intermediate Novice	2 Pattern Dances and 1 Free Dance
Advanced Novice	2 Pattern Dances and 1 Free Dance
Junior	1 Rhythm Dance and 1 Free Dance
Senior	1 Rhythm Dance and 1 Free Dance

The Rhythm Dance or Pattern Dances must be skated before the Free Dance

1.3 Officials

- a) The minimum age for any appointed National Official must be 21 years of age and International Ice Dance judges must meet the minimum age requirement of 24. In each event there must be at least one (1) Judge and one (1) member of the Technical Panel and the Referee with an international qualification in Ice Dance. National officials may be aged from 21 years to 75 years.
- b) For Solo Ice Dance International Competitions, the same ISU Rules regarding judging, refereeing and the work of the Technical Panel apply as in Ice Dance Junior and Senior International Competitions.
- c) Invited officials from other countries may be responsible for their transportation/flights only.

1.4 Deductions

For International Solo Ice Dance Competitions Senior and Junior, the same deductions apply as for International Ice Dance Competitions. For all Novice categories in International Solo Ice Dance Competitions all deductions are half the normal deductions for Junior and Senior.

1.5 Costume Requirements

- Must be modest, dignified, not give the effect of excessive nudity and appropriate for athletic competition – not garish or theatrical in design. Clothing, however, may reflect the character of the chosen music.
- Skaters may wear trousers of any length.
- Accessories and props are not permitted.

1.6 Result Calculation

The official ISU Calculation Software FSM and ISU Scoring Software FSScore is supporting the result calculation for International Solo Ice Dance Competitions and shall be used for the result calculation. The organizing ISU Member of International Solo Ice Dance Competitions however, is responsible for the correct competition relevant settings of the software and competition calculation database to ensure accuracy of the results and shall provide experienced, competent operators who shall be responsible for the entry of data into the computer and the generating of official results. Input errors may be changed prior to the medals ceremony and mathematical errors may be corrected within 24 hours after the awards ceremony.

1.7 Scale of Values and Components Factors

A specific Scale of Values (SOV) for Solo Ice Dance will be published for each season.

Level	Segment	Components	Factor
Solo Ice Dance Basic Novice	Pattern Dances	Timing Presentation Skating Skills	0.70
	Free Dance	Composition Presentation Skating Skills	1.00
Solo Ice Dance Intermediate Novice	Pattern Dances	Timing Presentation Skating Skills	0.70
	Free Dance	Composition Presentation Skating Skills	1.00
Solo Ice Dance Advanced Novice	Pattern Dances	Timing Presentation Skating Skills	0.93
	Free Dance	Composition Presentation Skating Skills	1.33
Solo Ice Dance Junior	Rhythm Dance	Composition Presentation Skating Skills	1.33
	Free Dance	Composition Presentation Skating Skills	2.00
Solo Ice Dance Senior	Rhythm Dance	Composition Presentation Skating Skills	1.33
	Free Dance	Composition Presentation Skating Skills	2.00

Note: For Events with two Pattern Dances the total score for each PD will be multiplied by a factor of 0.5 in Basic Novice, 0.75 in Intermediate Novice and 1.0 in Advanced Novice.

2 Solo Ice Dance Novice

2.1 Pattern Dances

Pattern Dances will be announced annually by the Ice Dance Technical Committee.

2.1.1 Basic Novice

Two (2) Pattern Dances are to be skated from the following:

Season 2025/26

1. Willow Waltz – 2 Sequences (Tune #6 of the European Waltz ISU Music will be used for warm up)
2. Tango Canasta – 2 Sequences (Tune #6 of the Tango ISU Music will be used for warm up)

2.1.2 Intermediate Novice

Two (2) Pattern Dances are to be skated from the following:

Season 2025/26

1. European Waltz – 2 Sequences (Tune #6 of the European Waltz ISU Music will be used for warm up)
2. Tango – 2 Sequences (Tune #6 of the Tango ISU Music will be used for warm up)

2.1.3 Advanced Novice

The following Two (2) Pattern Dances are to be skated:

Season 2025/26

1. Starlight Waltz – 2 Sequences (Tune #6 of the Starlight Waltz ISU Music will be used for warm up)
2. Quickstep – 2 Sequences and one Choreographic Step Sequence as an exit. See Appendix A.
(Tune #6 of the Quickstep ISU Music will be used for warm up)

All Pattern Dances must be performed with the first sequence executed in front of the judges' stand. If not, the Referee will stop the skater and instruct the skater to restart on the correct side without deduction. The first step of the dance must be on beat 1 of a measure.

2.1.4 Music Requirements for Pattern Dances

For season 2025/26, skaters shall provide their own music for all Pattern Dances. The music may be ISU Ice Dance music (tunes 1-5). After the completion of the last step of the Pattern Dance, the skater must reach the final pose within 20 seconds. If this time limit is exceeded, a "Pattern Dances Program time" deduction of 0.5 up to every 5 seconds in excess of permitted time after the last prescribed step in the Pattern Dance to the ending movement/pose shall apply. **The music must be chosen in accordance with the Rhythm of the Pattern Dance and may be vocal.** The Tempo throughout the required Sequences must be constant and in accordance with the required Tempo of the Pattern Dance plus or minus 2 beats per minute (for dances with 4/4 timing) and plus or minus 3 beats per minute for waltz rhythms.

2.1.5 Pattern Dances Diagrams

For Solo Ice Dance Pattern Dance Diagrams, Steps, Key Points and other Pattern Dance requirements, please refer to Appendix A.

2.1.6 Pattern Dance Warm-Up Time

Solo Ice Dance warm-up time for Pattern Dances will be 30 seconds without music and 2 minutes 30 seconds using ISU tune #6 (using Blues for Rhythm Blues and Tango for Tango Fiesta).

2.1.7 Rhythm Dance and Free Dance Warm-Up Time

Solo Ice Dance warm up time for Junior and Senior Rhythm Dance will be 4 minutes. Solo Ice Dance warm up times for Basic Novice and Intermediate Novice will be 3 minutes. Advance Novice Free Dance will all be 4 minutes. Junior and Senior Free Dance will be 5 minutes.

2.1.8 Warm-Up Group Sizes

Solo Ice Dance will have a limit of:

Basic Novice Pattern Dance; 8 skaters per warm up - Free Dance; 8 Skaters per warm up.
Intermediate Novice Pattern Dance; 8 skaters per warm up - Free Dance; 6 Skaters per warm up.
Advance Novice Pattern Dance; 6 skaters per warm up - Free Dance; 6 Skaters per warm up.
Junior and Senior Rhythm and Free Dance – 6 skaters per warm up.

*Note: 1 skater may be added to one group only when there are time constraints with the schedule only at the referee's discretion.

2.1.9 Practice Ice

If official practice is not offered, skaters may practice at any time, except once a segment has started.

2.2 Solo Ice Dance Basic Novice Requirements

2.2.1 Characteristics of Levels for Basic Novice Pattern Dances

2025/26 Season: Willow Waltz and Tango Canasta

All dances are without Key Points and evaluated up to level 1 The Judges evaluate the Pattern Dance with GOE	
Basic Level	Level 1
50% of Pattern Dance is completed.	75% of Pattern Dance is completed.

2.2.2 Free Dance Requirements for Solo Ice Dance Basic Novice

Duration	1:30 +/- 10 seconds
Music	The music must have a rhythmic beat. The music may be without a rhythmic beat for up to 10 seconds at the beginning or end of the program and another 10 seconds during the program. May be vocal and must be suitable for ice dance as a sport discipline.
Edge Element	One (1) Short Edge Element , but no more. The edge element must be held in position for a minimum of three (3) seconds but cannot exceed eight (8) seconds.
Spin	One (1) Dance Spin, but no more. – Specifications for Season 2025/26 Dance Spin – A spin to be performed on the spot on one foot with or without change(s) of foot by the skater. *Flying Spins or Flying Entries are illegal elements.
Choreographic Character Step Sequence	One (1) Choreographic Character Step Sequence performed on the short axis and started with a stop or skidding movement. Not permitted: Touching the ice with any other part of the body than the blades (or one (1) knee), stops, pattern retrogressions, loops. Dance spins will be considered an extra element if the requirements for Basic Level are met. Edge Elements that meet the requirements for a basic level will be called as an extra element.
Sequential Twizzle Series	One (1) Set of Sequential Twizzles. Two twizzles skated one right after the other with up to one step in between twizzles. (Each push, including a scooter push, and/or transfer of weight while on two feet between twizzles is considered as a step)
Maximum Level	Up to Level 1 will be considered for Level.

*See page 20 for list of Choreographic Restrictions

2.3 Solo Ice Dance Intermediate Novice Requirements

2.3.1 Characteristics of Levels for Intermediate Novice Pattern Dances

2025/26 Season: European Waltz and Tango

There will be 1 Key Point described and up to Level 2 will be evaluated.		
Basic Level	Level 1	Level 2
50% of Pattern Dance is completed.	75% of Pattern Dance is completed.	75% of Pattern Dance is completed. 1 Key Point is correctly executed.

2.3.2 Free Dance Requirements for Solo Ice Dance Intermediate Novice

Duration	1:50 +/- 10 seconds
Music	The music must have a rhythmic beat. The music may be without a rhythmic beat for up to 10 seconds at the beginning or end of the program and another 10 seconds during the program. May be vocal and must be suitable for ice dance as a sport discipline.
Edge Element	One (1) Short Edge Element, but no more. The edge element must be held in position for a minimum of three (3) seconds but cannot exceed eight (8) seconds.
Spin	One (1) Dance Spin, but no more. - Specifications for Season 2025/26 Dance Spin - A spin to be performed on the spot on one foot with or without change(s) of foot by the skater. *Flying Spins or Flying Entries are illegal elements.
Choreographic Character Step Sequence	One (1) Choreographic Character Step Sequence performed on the long axis and started with a stop or skidding movement. Not permitted: Touching the ice with any other part of the body than the blades (or one (1) knee), stops, pattern retrogressions, loops. Dance spins will be considered an extra element if the requirements for Basic Level are met. Edge Elements that meet the requirements for a basic level will be called as an extra element.
Sequential Twizzle Series	One (1) Set of Sequential Twizzles. Two twizzles skated one after the other with up to one step in between twizzles. (Each push, including a scooter push, and/or transfer of weight while on two feet between twizzles is considered as a step)
Choreographic Element	One (1) additional chosen from the following • Choreographic Sliding Movement • Choreographic Spinning Movement • Choreographic Twizzling Movement
Maximum Level	Up to Level 2 will be considered for Level.
Additional Information	For Intermediate Novice (FD) if a Choreographic Character Step Sequence is not performed within the first two Choreographic Elements, the second performed Choreographic Element is identified as not according to the well-balanced program requirements receives (*) symbol. The Choreographic Character Step Sequence performed as a subsequent Choreographic Element shall not be identified.

*See page 20 for list of Choreographic Restrictions

2.4 Solo Ice Dance Advanced Novice Requirements

2.4.1 Characteristics of Levels for Advanced Novice Pattern Dances

2025/26 Season: Starlight Waltz and Quickstep + ChSt exit

There will be 2 Key Points described and up to Level 3 will be evaluated			
Basic Level	Level 1	Level 2	Level 3
50% of Pattern Dance is completed.	75% of Pattern Dance is completed.	75% of Pattern Dance is completed. 1 Key Point is correctly executed.	90% of Pattern Dance is completed. 2 Key Points are correctly executed.

2.4.2 Free Dance Requirements for Solo Ice Dance Advanced Novice

Duration	2:20 +/- 10 seconds
Music	The music must have a rhythmic beat. The music may be without a rhythmic beat for up to 10 seconds at the beginning or end of the program and another 10 seconds during the program. May be vocal and must be suitable for ice dance as a sport discipline. Must have at least one obvious change of tempo/rhythm and expression; this change may be gradual or immediate.
Edge Element	One (1) Short Edge Element , but no more. The edge element must be held in position for a minimum of three (3) seconds but cannot exceed eight (8) seconds.
Spin	One (1) Dance Spin, but no more. - Specifications for Season 2025/26 Dance Spin - A spin to be performed on the spot on one foot with or without change(s) of foot by the skater. *Flying Spins or Flying Entries are illegal elements.
Step Sequence	One (1) Style B Midline, Diagonal, Circular Note: The pattern of the Step Sequence (Style B) must maintain the integrity or basic shape of the chosen pattern and must be a different pattern type than the Choreographic Character Step Sequence if chosen. Not permitted: stops, loops, and retrogressions.
Sequential Twizzle Series	One (1) Set of Sequential Twizzles. Two twizzles skated one after the other with up to one step in between twizzles. (Each push, including a scooter push, and/or transfer of weight while on two feet between twizzles is considered as a step)
Choreographic Elements	Two (2) chosen from the following: • Choreographic Character Step Sequence (started with a stop or skidding movement) • Choreographic Sliding Movement • Choreographic Spinning Movement • Choreographic Twizzling Movement
Maximum Level	Up to Level 3 will be considered for Level.

*See page 20 for list of Choreographic Restrictions

3 Solo Ice Dance Junior

3.1 Rhythm Dance Requirements

Duration	2:50 +/- 10 seconds
Music Requirements	The theme and music selected for the Rhythm Dances for both Junior and Senior for the season 2025/26 is “The Music, Dance Styles and Feeling of the 1990s”. The Rhythm Dance for the 2025/2026 season takes inspiration from the high energy and entertaining dance styles from this decade. Any music is possible as long as it was released, either originally or as a cover version in the 1990s and fulfills the Rhythm/Theme mentioned above as well as the Required Characteristics mentioned below. Music Examples (but not limited to): Pop/Street Latin, House/Techno, Hip-Hop, Grunge Rock Required characteristics: High energy and crowd pleasing, demonstrating the essence of the 1990s What this season's RD is not: Dance styles including Classical, Contemporary, Traditional Folk and Competition Ballroom. Notes: - Remixed and/or remastered music, including cover versions, is permitted. - Music created via AI in the “Style of 1990’s” is also permitted. - The skater should demonstrate through dance movements the feeling/essence and dance style(s) from this decade. - The Rhythm Dance should NOT be skated in the style of a Free Dance. - To comply with the ethical values of sports, any music chosen for Ice Dance competitions must not include aggressive and/or offending lyrics. Vocal music is permitted, and the music may be without a rhythmic beat for up to 10 seconds at the beginning of the program.
Edge Element	One (1) Short Edge Element , but no more. The edge element must be held in position for a minimum of three (3) seconds but cannot exceed eight (8) seconds.
Step Sequence	One (1) Step Sequence, Style B. • Skated to any dance style of the prescribed decade. • Chosen pattern may ONLY be Midline or Diagonal. • Touching the ice with any part of the body is allowed but not longer than 5 seconds. • Stops – up to one (1) permitted for up to 5 seconds (this will count as one of the permitted stops) Not permitted: • Loop(s) • Retrogression(s) Note: The entry and/or exit edge of a Difficult Turn resulting in a temporary deviation in the direction of travel for the step sequence pattern should not be considered as a retrogression.
Sequential Twizzle Series	One (1) Set of Sequential Twizzles. Two twizzles skated one after the other with up to one (1) step between twizzles. (Each push, including a scooter push, and/or transfer of weight while on two feet between twizzles is considered as a step) May be skated anywhere in the program except in the required step sequence. The “C” feature(s) attempted in the RD cannot be repeated in the FD for Level and will be ignored by the Technical Panel. This applies even if the features were not given credit for level in the RD.

Pattern Dance Element	One (1) Sequence of the Rhumba immediately followed by one (1) Sequence of the Quickstep: skated/performed to any dance music/dance style(s) of the 1990s with the range of tempo: minimum 120 beats per minute, in 2/2, 2/4 or 4/4 time. Duration: Any exact number of musical phrases. The first step of the dance must be skated on beat one of a musical phrase. 1RH (Steps #1-16) and 1QS (Steps #1-18) in accordance with the Solo Dance Steps as described in the Pattern Dance Appendix A. Step #1 of 1RH skated at the Judges left side until Step #16. Immediately followed by Step #1 of the 1QS skated on the Judges right side. • 1RH must be skated in accordance with the beats per steps outlined in Appendix A at the end of this handbook. • 1QS must be skated in accordance with the beats per steps described on the ISU Handbook 2003 Note: If the two Pattern Dance sequences are NOT skated/performed in the required order both the Rhumba sequence and the Quickstep sequence will become elements NOT according to requirements, will receive an asterisk (*) and consequently NO value. *See Pattern Dance Appendix A for Key Points and diagrams.
Additional Information	Pattern: • The pattern must proceed in a generally constant direction and must cross the Long Axis of the ice surface once at each end of the rink within no more than 30 meters of the barrier. • In addition, the skater may also cross the Long Axis at the entry to the Style B Step Sequence and at the entry to the Pattern Dance Element. • Loops in any direction that do not cross the long axis are permitted. Stops: • After the clock starts, the skater must not remain in one place for more than 10 seconds at the beginning and/or end of the program. • During the program (excluding the 10 seconds at the beginning and /or end of the program); 2 full stops of up to 5 seconds or 1 full stop of up to 10 seconds is permitted. • A Dance Spin or Choreographic Spinning Movement that does not travel will be considered as a stop. Touching the ice with hands: • Touching the ice with the hands is not permitted unless otherwise allowed as specified in each season's requirements. The exception this season is in the Style B Step Sequence. This would be considered a Choreographic Violation. Note: Kneeling or sliding on two knees is not allowed and will be considered a fall by the judging panel and technical panel except when allowed in the Style B step sequence.

3.2 Free Dance Requirements

Duration	3:00 +/- 10 seconds
Music	Vocal music is permitted and must have a rhythmic beat. The music may be without a rhythmic beat for up to 10 seconds at the beginning or end of the program and another 10 seconds during the program. Music must have at least one change of tempo/rhythm and expression. These may be gradual or immediate. All music must create an interesting, colorful, entertaining dance program with different dance moods or a building effect.
Edge Elements	Two options: 1) One (1) Combination Edge Element OR 2) Two (2) different Types of Short Edge Elements. (Spiral Type may be repeated once with different positions in each) Combination Edge Elements may not exceed 13 seconds in total. Short Edge Elements may not exceed 8 seconds.
Spin	One (1) Dance Spin but no more. Minimum of three revolutions on one foot, with or without change(s) of foot by the skater. *Flying Spins or Flying Entries are illegal elements.
Step Sequence	One (1) Step Sequence, Style B, from the following list: serpentine, circular, midline or diagonal. The pattern of the Step Sequence (Style B) must maintain the integrity or basic shape of the chosen pattern and must be a different pattern type than the Choreographic Character Step Sequence if chosen as a Choreographic Element. Not permitted: Stop(s), Loop(s) and Retrogression(s). Note: The entry and/or exit edge of a Difficult Turn resulting in a temporary deviation in the direction of travel for the step sequence pattern should not be considered as a retrogression
One Foot Turn Sequence	One (1), One Foot Turn Sequence to be skated anywhere in the program. It must include the following difficult turns: Rocker, Bracket, Counter, Twizzle (Single Twizzle counts for Levels 1 and 2 and Double Twizzle counts for Levels 1 - 4)
Solo Twizzle Series	One (1) Solo Twizzle Series. At least two steps between 1st and 2nd twizzle are required but no more than four steps are permitted. (Each push, including a scooter push, and/or transfer of weight while on two feet between twizzles is considered as a step). The “C” feature(s) attempted in the RD cannot be repeated in the FD for Level and will be ignored by the Technical Panel. This applies even if the features were not given credit for level in the RD.
Choreographic Elements	Two (2) Different Choreographic Elements to be selected from the following: • Choreographic Character Step Sequence (started with a stop or skidding movement) • Choreographic Sliding Movement • Choreographic Spinning Movement • Choreographic Twizzling Movement (can only be performed after required Twizzles)
Note:	*See page 20 for list of Choreographic Restrictions

4 Solo Ice Dance Senior Requirements

4.1 Rhythm Dance Requirements

Duration	2:50 +/- 10 seconds
Music Requirements	The theme and music selected for the Rhythm Dances for both Junior and Senior for the season 2025/26 is “The Music, Dance Styles and Feeling of the 1990s”. The Rhythm Dance for the 2025/2026 season takes inspiration from the high energy and entertaining dance styles from this decade. Any music is possible as long as it was released, either originally or as a cover version in the 1990s and fulfills the Rhythm/Theme mentioned above as well as the Required Characteristics mentioned below. Music Examples (but not limited to): Pop/Street Latin, House/Techno, Hip-Hop, Grunge Rock Required characteristics: High energy and crowd pleasing, demonstrating the essence of the 1990s What this season's RD is not: Dance styles including Classical, Contemporary, Traditional Folk and Competition Ballroom. Notes: - Remixed and/or remastered music, including cover versions, is permitted. - Music created via AI in the “Style of 1990’s” is also permitted. - The skater should demonstrate through dance movements the feeling/essence and dance style(s) from this decade. - The Rhythm Dance should NOT be skated in the style of a Free Dance. - To comply with the ethical values of sports, any music chosen for Ice Dance competitions must not include aggressive and/or offending lyrics. Vocal music is permitted, and the music may be without a rhythmic beat for up to 10 seconds at the beginning of the program.
Edge Element	One (1) Short Edge Element , but no more. The edge element must be held in position for a minimum of three (3) seconds but cannot exceed eight (8) seconds.
Step Sequence	One (1) Step Sequence, Style B. • Skated to any dance style of the prescribed decade. • Chosen pattern may ONLY be Midline or Diagonal. • Touching the ice with any part of the body is allowed but not longer than 5 seconds. • Stops – up to one (1) permitted for up to 5 seconds (this will count as one of the permitted stops) Not permitted: • Loop(s) • Retrogression(s) Note: The entry and/or exit edge of a Difficult Turn resulting in a temporary deviation in the direction of travel for the step sequence pattern should not be considered as a retrogression.
Sequential Twizzle Series	One (1) Set of Sequential Twizzles. Two twizzles skated one after the other with up to one (1) step in between twizzles. (Each push, including a scooter push, and/or transfer of weight while on two feet between twizzles is considered as a step) May be skated anywhere in the program except in the required step sequence or PSt. The “C” feature(s) attempted in the RD cannot be repeated in the FD for Level and will be ignored by the Technical Panel. This applies even if the features were not given credit for level in the RD.

Choreographic Rhythm Sequence (ChRs)	One (1) Choreographic Rhythm Sequence – Skated to any Dance Style from the 1990s. Pattern: The skater performs steps around the short axis and must proceed from barrier to barrier. The requirement for barrier to barrier is fulfilled when the skater is not more than 2 meters from each barrier. <u>If the skater does not use the short axis in any way, for example they do the entire ChRs near the blue line, this element will be ignored.</u> Stops – One (1) at the beginning, <u>during</u> or end of the element for no more than 5 seconds. (This will count as one (1) of the permitted stops) <u>A stop performed at the beginning or end of the ChRS will be considered as part of the element.</u> Performing steps/movements in a small circular pattern during a Stop is not considered as a retrogression. Not Permitted: Loop(s) and Retrogression(s) (Not Permitted items are assessed in Judges GOE)
Pattern Dance Type Step Sequence (PSt)	One (1) Pattern Dance Type Step Sequence – Style D Rhythm: Skated to any dance style chosen from the 90s – minimum of 120 beats per minute in 2/2, 2/4 or 4/4 time. Duration: any exact number of musical phrases Pattern: Circular shape 1. Starting with Choreographic Spin (ChSp) for at least three revolutions on two feet or a combination of two feet and one foot but not one foot alone for three revolutions. This ChSp must be performed on the Judges' side and must cross the short axis during the element. This should travel some but part may be in place and not count as a stop. 2. Continuing the PSt including the four different difficult turns (listed below). 3. Concluding the PSt with the skater closing the circular shape in front of the Referee at the short axis by performing a Helicopter type movement (refer to the definition below). 4. Technical Requirements: Forward Outside Mohawk, Back entry Bracket, Back entry Rocker and Counter. Note for Timing: All performed different difficult turns for level must be performed with no more than two beats for the entry edge and two beats for the exit edge to be considered for level. This would also be an error to consider in the GOE for the judges if not done correctly. Not permitted: Stop(s), Loop(s) and Retrogression(s). Note: The entry and/or exit edge of a Difficult Turn resulting in a temporary deviation in the direction of travel for the step sequence pattern should not be considered as a retrogression. Helicopter type movement: A movement skated in any direction executing double three turns of at least one full revolution with the free leg extended and elevated at 45 degrees or higher to the side, back, in front or any combination.
Additional Information	Pattern: • The pattern must proceed in a generally constant direction and must cross the Long Axis of the ice surface once at each end of the rink within no more than 30 meters of the barrier. • In addition, the skater may also cross the Long Axis at the entry to the Style B Step Sequence and at the entry to the Pattern Dance Element. • Loops in any direction that do not cross the long axis are permitted. Stops: • After the clock starts, the skater must not remain in one place for more than 10 seconds at the beginning and/or end of the program. • During the program (excluding the 10 seconds at the beginning and /or end of the program); 2 full stops of up to 5 seconds or 1 full stop of up to 10 seconds is permitted. • A Dance Spin or Choreographic Spinning Movement that does not travel will be considered as a stop. Touching the ice with hands: • Touching the ice with the hands is not permitted unless otherwise allowed as specified in each season's requirements. The exception this season is in the Style B Step Sequence. This would be considered a Choreographic Violation. Note: Kneeling or sliding on two knees is not allowed and will be considered a fall by the judging panel and technical panel except when allowed in the Style B step sequence.

4.2 Free Dance Requirements

Duration	3:30 +/- 10 seconds
Music	Vocal music is permitted and must have a rhythmic beat. The music may be without a rhythmic beat for up to 10 seconds at the beginning or end of the program and another 10 seconds during the program. Music must have at least one change of tempo/rhythm and expression. These may be gradual or immediate. All music must create an interesting, colorful, entertaining dance program with different dance moods or a building effect.
Edge Elements	Two options: 1) One (1) Combination Edge Element plus one (1) Short Edge Element of a different Type than performed in the combination. Or 2) Three (3) different Types of Short Edge Elements. (Spiral Type maybe be repeated once with different positions in each.) Combination Edge Element may not exceed 13 seconds in total. Short Edge Elements may not exceed 8 seconds.
Spin	One (1) Dance Spin but no more. Minimum of three revolutions on one foot with or without change(s) of foot by the skater. <i>*Flying Spin or Flying Entries are illegal elements.</i>
Step Sequence	One (1) Step Sequence, Style B, from the following list: serpentine, circular, midline or diagonal. The pattern of the Step Sequence (Style B) must maintain the integrity or basic shape of the chosen pattern and must be a different pattern type than the Choreographic Character Step Sequence as a Choreographic Element. Not permitted: Stop(s), Loop(s) and Retrogression(s). Note: The entry and/or exit edge of a Difficult Turn resulting in a temporary deviation in the direction of travel for the step sequence pattern should not be considered as a retrogression.
One Foot Turn Sequence	One (1), One Foot Turn Sequence to be skated anywhere in the program. It must include the following difficult turns: Rocker, Bracket, Counter, Twizzle (Single Twizzle counts for levels 1 and 2 and Double Twizzle counts for levels 1 - 4).
Solo Twizzle Series	One (1) Solo Twizzle Series. At least two steps between 1st and 2nd twizzle are required but no more than four steps between twizzles. (Each push, including a scooter push, and/or transfer of weight while on two feet between twizzles is considered as a step.) The “C” feature(s) attempted in the RD cannot be repeated in the FD for Level and will be ignored by the Technical Panel. This applies even if the features were not given credit for level in the RD.
Choreographic Elements	Three (3) Different Choreographic Elements to be selected from the following: • Choreographic Character Step Sequence (started with a stop or skidding movement) • Choreographic Sliding Movement • Choreographic Spinning Movement • Choreographic Twizzling Movement (can only be performed after required Twizzles) *Note: Choreographic Step must be a different pattern than the Step Sequence or the ChSt will receive an “!” from the Technical Panel.

***See page 20 for list of Choreographic Restrictions**

5 Marking Guide for Grades of Execution of Required Elements Solo Ice Dance

5.1 Grades of Execution of Pattern Dance Elements & Pattern Dances 2024/25 – Solo Ice Dance

	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5
Steps held for the required number or beats	Less than 75% of Steps held for required # of beats Out of Musical Structure					75% or more Steps held for required # of beats	90% or more Steps held for required # of beats			100% of Steps/Edges held for required #of beats	
Falls / Errors / Loss of Control	Two (2) Falls AND/OR many serious errors	One (1) Fall or Serious error		Two (2) Stumbles or Serious errors	Stumble / touchdown or up to 25% element missed	One (1) Touchdown / Loss of Control	Slight Loss of Control/ One (1) Touchdown (no break within the Element)			None	
Features	More negative features/errors than positive features					Basic execution - Generally correct	1 – 2 positive features	3 – 4 positive features	5 – 6 positive features	7 – 8 positive features (no negative features/errors)	More than 8 positive features (no negative features/errors)
	More than 8 negative features	7 – 8 negative features	5 – 6 negative features	3 – 4 negative features	1 – 2 negative features						
NEGATIVE FEATURES						POSITIVE FEATURES					
EXECUTION THROUGHOUT ELEMENT											
1- Poor execution and/or Element labored and/or Loss of Control with or without additional support					1-4	1- Good quality – correctness, cleanness, depth and sureness of Edges/Steps/Turns					2-4
2- Incorrect Steps/Turns (per each)					1	2- Smooth and Effortless					2
3- Poor body lines and carriage					1	3- Glide and flow maintained (movement across the ice)					2
4- Lack of glide and flow (movement across the ice)					1-3	4- Nuances/accents reflect character and style of the chosen rhythm					1-2
5- Does not reflect the character and style of the chosen					1-2	5- Body lines and carriage stylish according to the chosen Rhythm					1
6- Not started on the prescribed beat (for each Section / Sequence)					2	6- Timing accurate 100%					2
7- Pattern incorrect, including crossing the long axis when not permitted					1-2	7- Maximum utilization of the ice surface with the correct Pattern					2

5.2 Grades of Execution Required Elements (incl. Choreographic Elements) 2024/25 – Solo Ice Dance

	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5
Musicality	Out of musical structure/rhythm pattern and/or not reflecting character/style, nuances, theme (including Choreo Elements)					Mostly with musical structure	In musical structure/rhythm pattern and reflecting character				
Falls/ Errors/ Loss of Control	One or more Fall(s) AND many serious errors	One (1) Fall or serious error		Two (2) Stumbles or serious errors	One (1) Stumble/ Touch Downs	One (1) Touch Down/ Loss of Control	Slight Loss of Control/ One (1) Touchdown (no break within the Element)			NONE	
Choreo Elements	Choreo Element receives the “!” symbol – Reduce the GOE by 2 grades (no higher than +3)										
Features	NEGATIVE – More negative features than positive features					Positives = Negatives	POSITIVE – More positive features than negative features			7 – 8 (no negative features)	More than 8 (All features attempted are positive)
	More than 8	7 - 8	5 - 6	3 - 4	1 - 2		1 - 2	3 - 4	5 - 6		
NEGATIVE FEATURES						POSITIVE FEATURES					
EXECUTED THROUGHOUT ELEMENT											
1. Poor execution and/or Element labored and/or Loss of Control with or without additional support					1 - 4	1. Smooth and/or Effortless					2
2. Element does not reflect choreography of the chosen Music/Rhythm/Character/Theme					1 - 3	2. Element enhances the choreography and/or character of the chosen music/rhythm/character/theme. Element reflects the nuances in the music					1 - 3
3. Poor Entry / Poor Exit (per each)					1	3. Entry/Exit is seamless and/or unexpected and/or creative (per each)					1
4. Poses or moves awkward or not aesthetically pleasing					1 - 2	4. Body lines and poses/moves aesthetically pleasing					1 - 2
5. Lacking or reducing speed of rotation and/or speed across the ice					1 - 2	5. Element is innovative and / OR creative					1 - 3
6. Not on spot DSp (during revolutions or when changing feet*)					1 - 2	6. Speed of rotations maintained or accelerated (DSp, STw, Choreo Elements)					1 - 2
7. Pattern/Placement incorrect RD: All elements. FD: Step Seq, ChSt					1	7. Speed across the ice maintained or accelerated during the Element					1 - 2
8. Inclusion of Not Permitted item with element** (Step Seq, PSt, ChRS, ChStm DSp)					2 per each	8. Cleanness and sureness of steps and turns (STw, Step Seq, OFT)					2
9. Stop longer than permitted in Element (Step Seq, PSt, ChRS, ChSt)					2	9. Exit of Twizzles performed with smooth running edge. One Twizzle: 1 Two Twizzles: 2					1 or 2

6 Program Components

6.1 Program Components for Pattern Dances

Timing	Presentation	Skating Skills
The ability of the Skater to skate in time with the music.	Though the involvement of the Skater, the demonstration of the correct rhythm or style as required by the description of the dance or by the specific style of the dance.	The ability of the Skater to precisely execute dance steps and movements in accordance with the description of the dance with power, balance, depth of edges, easy transition from one foot or lobe to the other, glide and flow.
Musical Sensitivity	Expressiveness & projection	Overall skating quality
Skating in time with the music	Spatial awareness	Clarity of edges, steps, turns movements and body control
Skating on the strong beat. Starting 1 st Step on Beat 1.		Balance and glide, flow, power, speed and ice coverage

Serious Error(s) Serious errors are falls and/or mistakes which result in a break in the delivery of the program. This break can be minimal or more pronounced and noticeable. These errors must be reflected in the mark awarded for each program component. The consequence depends on the severity and impact they have on the fluidity and continuity of the program. The following guideline should be used.			
Category	Mark range	Definition	Errors
Platinum	10	Outstanding	No errors
Diamond	9.75	Excellent	No serious errors
	9.00 – 9.50*		Only 1 serious error
Gold	8.00 – 8.75**	Very good	For all Components: *When there is only one error and this error minimally impacts the program, the maximum score of 9.50 is possible as noted above. Note: For the above to apply, the program as a whole is still deemed to be "Excellent". **When there are 2 or more errors and these errors only minimally impact the program, the maximum score of 8.75 is possible.
	7.00 – 7.75	Good	
Green	6.00 – 6.75	Above average	
	5.00 – 5.75	Average	
Orange	4.00 – 4.75	Below Average	
	3.00 – 3.75	Weak	
Red	2.00 – 2.75	Poor	
	1.00 – 1.75	Very poor	
	0.25 – 0.75	Extremely poor	

6.2 Program Components for Rhythm Dance and Free Dance

Composition	Presentation	Skating Skills
The intentional, developed and/or original arrangement of the repertoire of all types of movements into a meaningful whole according to the principles of proportion, unity, space, pattern and musical structure.	The demonstration of engagement, commitment and involvement based on an understanding of the music and composition.	The ability of the Skater to execute the skating repertoire of steps, turns and skating movements with blade and body control.
Multidimensional movements and use of space	Expressiveness & projection	Variety of edges, steps, turns, movements and directions
Connection between and within the elements	Variety and contrast of energy and of movements	Clarity of edges, steps, turns movements and body control
Choreography reflecting musical phrase and form and not similar to a singles free skating program.	Musical sensitivity and timing	Balance and glide
Pattern and ice coverage	Spatial awareness	Flow
Unity		Power and speed

Serious Error(s)			
Serious errors are falls and/or mistakes which result in a break in the delivery of the program. This break can be minimal or more pronounced and noticeable. These errors must be reflected in the mark awarded for each program component. The consequence depends on the severity and impact they have on the fluidity and continuity of the program. The following guideline should be used.			
Category	Mark range	Definition	Errors
Platinum	10	Outstanding	No errors
Diamond	9.75	Excellent	No serious errors
	9.00 – 9.50*		Only 1 serious error
Gold	8.00 – 8.75**	Very good	2 or more serious errors
	7.00 – 7.75	Good	For all Components: *When there is only one error and this error minimally impacts the program, the maximum score of 9.50 is possible as noted above. Note: For the above to apply, the program as a whole is still deemed to be "Excellent". **When there are 2 or more errors and these errors only minimally impact the program, the maximum score of 8.75 is possible. <u>Excessive Crossovers should be penalized in both Composition and Skating Skills.</u>
Green	6.00 – 6.75	Above average	
	5.00 – 5.75	Average	
Orange	4.00 – 4.75	Below Average	
	3.00 – 3.75	Weak	
Red	2.00 – 2.75	Poor	
	1.00 – 1.75	Very poor	
	0.25 – 0.75	Extremely poor	

7 Deduction Chart – Who is Responsible

All deductions for Novice Categories are half the normal deductions for Junior/Senior.

Description	Penalty	Who is responsible
Program time violation	-1.0 for every 5 sec. lacking or in excess	Referee
Tempo specifications – Rhythm Dance Music Time – Novice PD Time limit	-1.0 -0.5	Referee
Interruption in performing the program in excess of 10 seconds - more than 10 sec. and up to 20 sec. - more than 20 sec. and up to 30 sec. - more than 30 sec. and up to 40 sec. An interruption is defined as the time elapsed between the moment a Skater stops performing the program, until the moment he resumes performing the program.	-1.0 -2.0 -3.0	Referee If the adverse condition can be remedied without delay the Competitor does not need to report to the Referee and the music continues to play. If the skater resumes skating within 40 seconds, the Referee will apply a deduction.
Interruption of the program with allowance of up to three (3) minutes to resume from the point of interruption As the values of those deductions are not the standard ones, the Referee must give specific instructions to the system operator and check the correct input in each instance.	-5.0	Referee If the Competitor does not resume skating within forty seconds, the Referee shall instruct the music to be stopped and allow the Competitor 3 additional minutes. If the Competitor resumes skating within this additional period, the Referee shall apply a deduction 5.0. This deduction also covers an interruption of up to 40 seconds immediately preceding the allowance of 3 additional minutes.
Late start – for start between 30 seconds and 1 minute late.	-1.0	Referee
Part of the costume / decoration falls on the ice	-1.0 per program	Referee
Dance Edge Element exceeding permitted duration: - Short Edge Element: 8 sec. - Combination Edge Element: 13 sec.	-1.0	Referee The referee will begin to time when the skater meets the definition of one of the types of Edge Elements until the position no longer meets the definition.
Costume / Prop violations	-1.0 per program	Referee + Judges The deduction is applied according to the opinion of the majority of the Panel which includes all the Judges and Referee. No deduction in case of a 50:50 split vote. The Judges and Referee will press a button on their screen to apply the above-mentioned deductions.
Music Requirements <u>Pattern Dance (Rule 2.1.4)</u> - Rhythm Dance - Free Dance	-2.0 per program	Referee + Judges The deduction is applied according to the opinion of the majority of the Panel which includes all the Judges and Referee. No deduction in case of a 50:50 split vote. The Judges and Referee will press a button on their screen to apply the above-mentioned deductions.

Description	Penalty	Who is responsible
Violation of Choreography restrictions - Pattern Dance: touching the ice with hands at any time. - Rhythm Dance: pattern, stop(s), touching the ice with hand(s). - Free Dance: stop(s) over 5 seconds, touching the ice with hands unless otherwise specified.	-1.0 per program	Referee + Judges The deduction is applied according to the opinion of the majority of the Panel which includes all the Judges and Referee. No deduction in case of a 50:50 split vote. The Judges and Referee will press a button on their screen to apply the above-mentioned deductions.
Fall Kneeling or sliding on two knees or sitting on the ice is not allowed and it will be considered by the Technical Panel as a Fall unless otherwise specified. A Fall is defined as a loss of control by the Skater with the result that the majority of his/her body weight is on the ice supported by any other part of the body other than the blades (hand(s), knee(s), buttock(s), or any part of the arm(s)).	-1.0 per occurrence	Technical Panel Technical Specialist identifies. Technical Controller authorizes or corrects and deducts.
Illegal Elements / Movements / Poses The following movements and/or poses are illegal in Rhythm Dance, Free Dance and in the Pattern Dances including the introductory and concluding steps (unless otherwise stated) a) Jumps of more than half (1/2) revolution (including Back Flips) b) 2 or more consecutive ½ rotation jumps c) Lying or sitting on the ice (except where permitted) d) Toe Assisted Split Jumps or e) Edge Split jumps more than 90 degrees at the thighs f) Flying entries for Dance Spins g) Illusions of more than one rotation	-2.0 per violation	Technical Panel Technical Specialist identifies. Technical Controller authorizes or corrects and deducts. If there is an illegal movement during the execution of any Element; the deduction for an illegal movement will apply and the element the element will receive a Level per the requirements performed or ignored if the minimum requirement for Basic Level is not fulfilled.
Extra Elements (ExEI) If an Extra Element is performed inside any Element in the RD or FD when not permitted, "+ExEI" will be added to the element. The element receives a deduction. For example: If a Spin(s) occurs within a Step Sequence (including ChSt) when not permitted, such Spin(s) will be identified as Extra Element(s) ExEI and receives a deduction: ChSt1+ExEI	1.0 per Element	Technical Panel identified the element in accordance with the calling specifications. Technical Controller advises the Data Operator to add to the respective element "ExEI" and input the respective deduction.
Element not according to program requirements receives (*) symbol. If there is an incorrect element performed as not according to the requirements (E.g., CiSt instead of a required MiSt/DiSt) the element will receive No Value but will not receive a deduction.	Element gets NO value but will NOT receive a deduction	The computer verification identifies elements not according to requirements and applies the asterisk (*). The Technical Controller verifies and authorizes the call.

8 Explanation of Symbols on the Judges Details per Skater

Symbol	Action	Explanation
<	Reduce by 1 Level: interruption of 1 measure or less in PDE.	If the PDE is interrupted one (1) measure or less (4 or 6 beats based on the PDE), the Key Points are called as identified and the Level will be reduced by 1. It is reported on the Judges Details chart as: "<" to indicate an interruption of one (1) measure or less.
<<	Reduce by 2 Levels: interruption of more than 1 measure in PDE.	If the PDE is interrupted more than one (1) measure or less (4 or 6 beats based on the PDE), the Key Points are called as identified and the Level will be reduced by 2. It is reported on the Judges Details chart as: "<<" to indicate an interruption of more than one (1) measure.
>	-1.0 point deduction for Extended Dance Edge Element	If the duration of the Dance Edge Element is longer than the permitted time, the Referee applies the deduction of 1 point – the duration of the Edge Element is confirmed by the Referee electronically.
ExEI	-1.0 point deduction for "Extra Element"	If an Extra Element is performed in addition to the allowed number of elements from an element group in Rhythm Dance or Free Dance to such element "ExEI" will be added and the element receives a deduction. For example: If a Spin(s) occurs within a Step Sequence (including ChSt) when not permitted, such Spin(s) will be identified as Extra Element(s) ExEI and receive a deduction: ChSt1+ExEI
*	Element gets No Value but will NOT receive a deduction.	Element not according to the well-balanced program requirements (*) If an incorrect element is performed not according to the requirements (e.g., CiSt instead of MiSt/DiSt) or the repetition rule for Dance Edge Elements is violated the element will receive No Value but will not receive a deduction.
F	Fall in Element -1.0 per Fall	If there is a Fall within an Element, this is identified by the Technical Specialist as a "Fall in Element" and the Data Operator pushes the respective button "Fall in Element" and a deduction of -1.0 will apply per each Fall
Fx	Multiple Falls in Element	If there are multiple Falls (Fx) within an Element, this is identified by the Technical Specialist as a Fall in Element and Data Operator pushes the respective button "Fall in Element".
!	Choreo Element is identified and does not fulfill all requirements.	If Choreographic Element is identified and does not fulfill all the requirements, and/or has any errors, it receives the "!" symbol on the judges' screen and the Judges will apply the appropriate GOE per the GOE chart.

9 Appendix A - Pattern Dance Diagrams

Includes Solo Ice Dance Steps, Key Points, Sequence Requirements, and Timing

Solo Ice Dance Pattern Dance Diagrams using Solo Ice Dance Steps

Definitions:

Correct Edge: Correct Edge means that the Edge is clean for the **whole** duration of the Step. In order to be considered correct, the edge must also be held for the correct number of beats as prescribed in the rules for each pattern dance. A change of edge within the last $\frac{1}{2}$ beat of the step is permitted to prepare the push/transition to the next step (unless otherwise prescribed).

Correct Turn: Correct Turn means that the Turn has a correct foot placement, clean edge in and out of the Turn and is not jumped or scraped. For Twizzles, they must have the required number of rotations travelling on one foot and must not be performed as checked Three Turns or Pirouettes. In order to be considered correct, the turn must also be held for the correct number of beats as prescribed in the rules for each pattern dance.

Correct Placement: The foot must be placed on the ice as described in the definition of the turn.

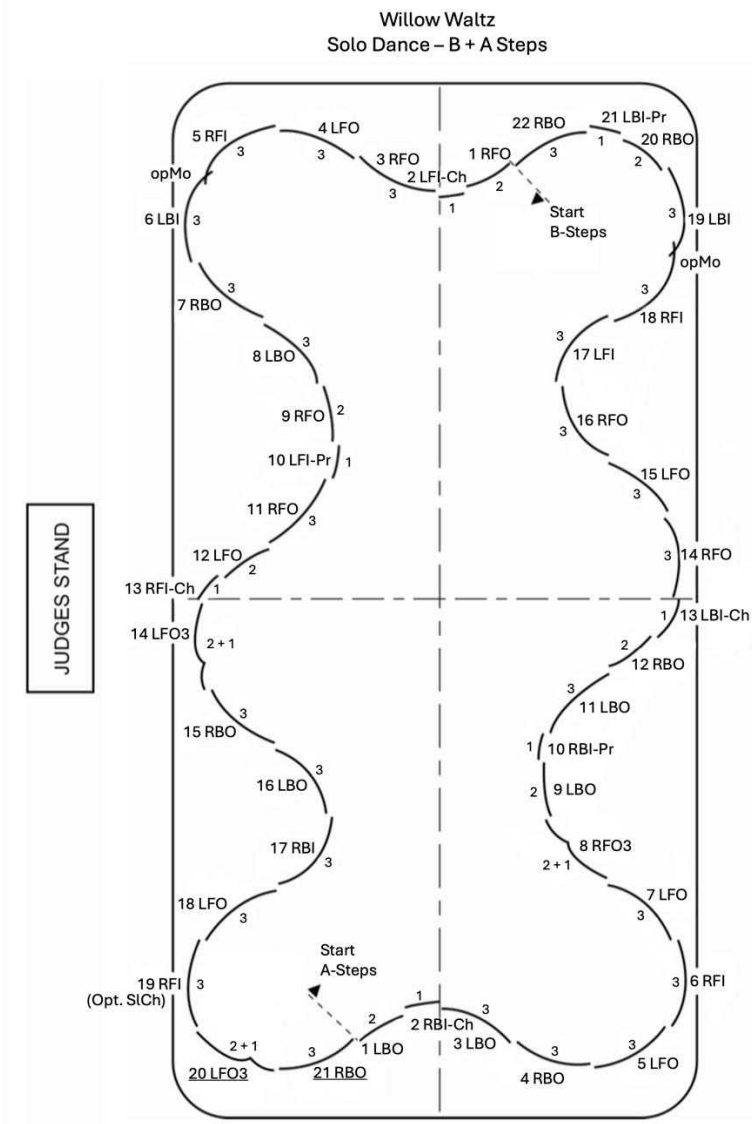
Solo Ice Dance Steps: The required steps for Solo Ice Dance will be the same for all competitors. Depending on the dance, A-Steps (previously the Woman's steps), B-Steps (previously Man's steps) or a combination of both may be used. Refer to the Pattern Dance Diagrams for the Solo Ice Dance Steps to be skated for each dance.

Note: All illegal elements apply to pattern dance introductions and exits.

9.1 Diagrams Solo Ice Dance Basic Novice Pattern Dance

9.1.1 Willow Waltz (Set Pattern Dance)

Solo Ice Dance Steps: Sequence 1, B-Steps and Sequence 2, A-Steps



2 Sequences required for Solo Dance Competitions – Waltz $\frac{3}{4}$

135 beats per minute plus or minus 3 beats per minute

Number of Measures per Pattern: 18 measures of 3 beats

Minimum Pattern Time: 0:23.4 Maximum Pattern Time: 0:24.6

Approximate duration for entire Dance for event planning: 1:20

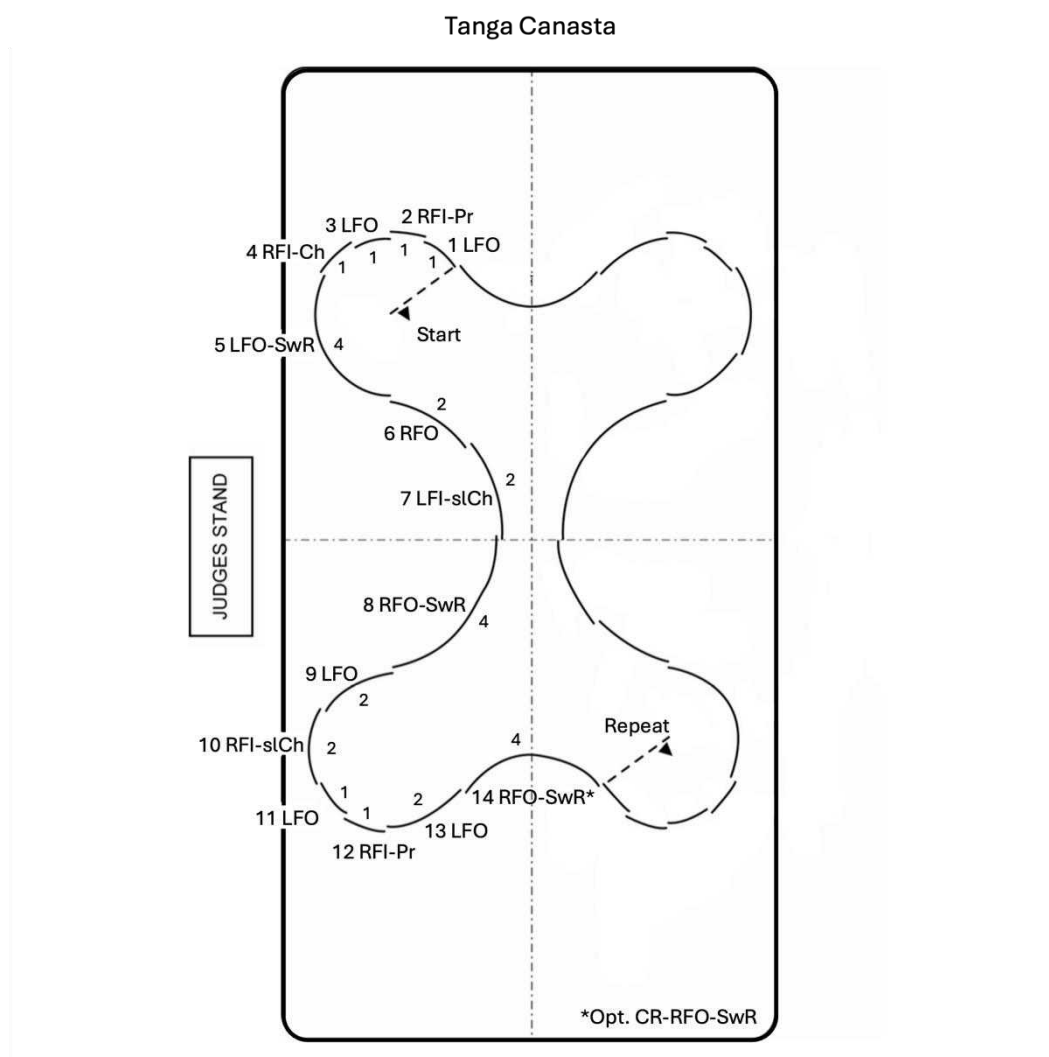
Basic Level: 50% of pattern completed

Level 1: 75% of pattern completed

Sequence #	Steps	# of Steps	10%	25%	50%	75%	90%
Sequence 1	B Steps 1-21	21	2	6	11	16	19
Sequence 2	A Steps 1-22	22	2	6	11	17	20

9.1.2 Tango Canasta (Set Pattern Dance)

Solo Ice Dance Steps – All Competitors Skate Same Steps



2 Sequences required for Solo Dance Competitions – Tango 4/4

Tempo: 102 - 108 beats per minute

Number of Measures per Pattern: 7 measures of 4 beats

Minimum Pattern Time: 0:15.5 Maximum Pattern Time: 0:16.5

Approximate duration for entire Dance for event planning: 1:05

Basic Level: 50% of pattern completed

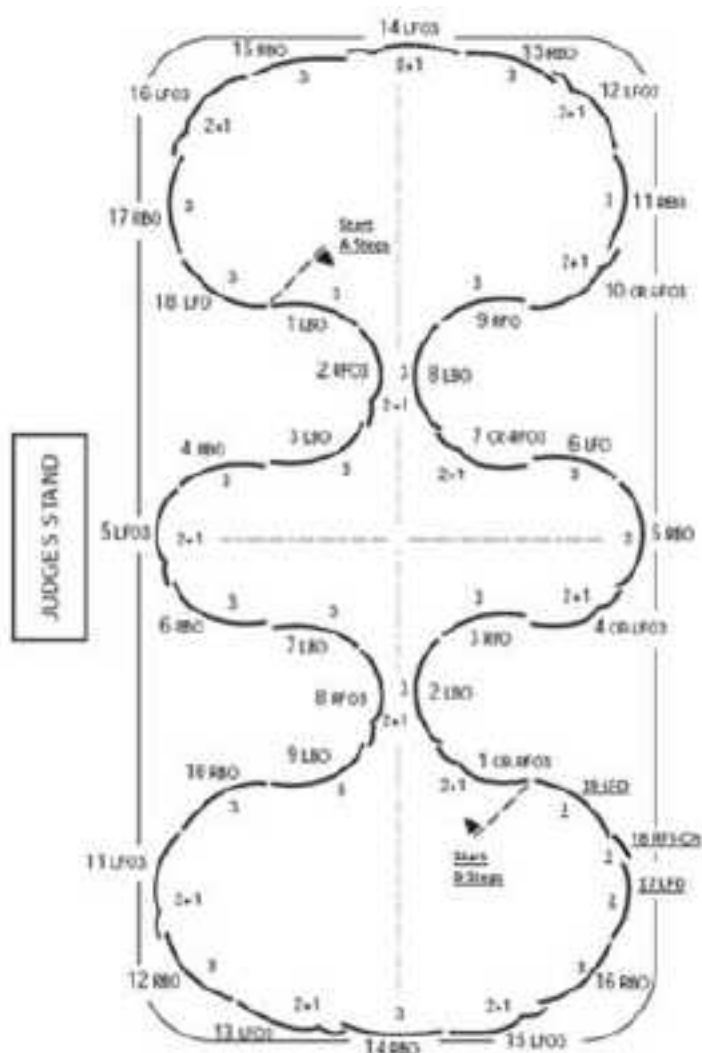
Level 1: 75% of pattern completed

Sequence #	Steps	# of Steps	10%	25%	50%	75%	90%
1 Sequence	1-14	14	1	4	7	11	13

9.2 Diagrams Solo Ice Dance Intermediate Novice Pattern Dance

9.2.1 European Waltz (Set Pattern Dance)

Solo Ice Dance Steps: Sequence 1, A-Steps and Sequence 2, B-Steps



2 Sequences required for Solo Dance Competitions – Waltz $\frac{3}{4}$
 135 beats per minute plus or minus 3 beats per minute
 Number of Measures per Pattern: 18 measures of 3 beats
 Minimum Pattern Time: 0:23.4 Maximum Pattern Time: 0:24.6
 Approximate duration for entire Dance for event planning: 1:20

Sequence 1 – A Steps

Key Point 1: Steps 2&3 (RFO3, LBO) – Features: Correct Turn and Edges

Sequence 2 – B Steps

Key Point 1: Step 4 (CR-LFO3) – Features: Correct Turn & Edges

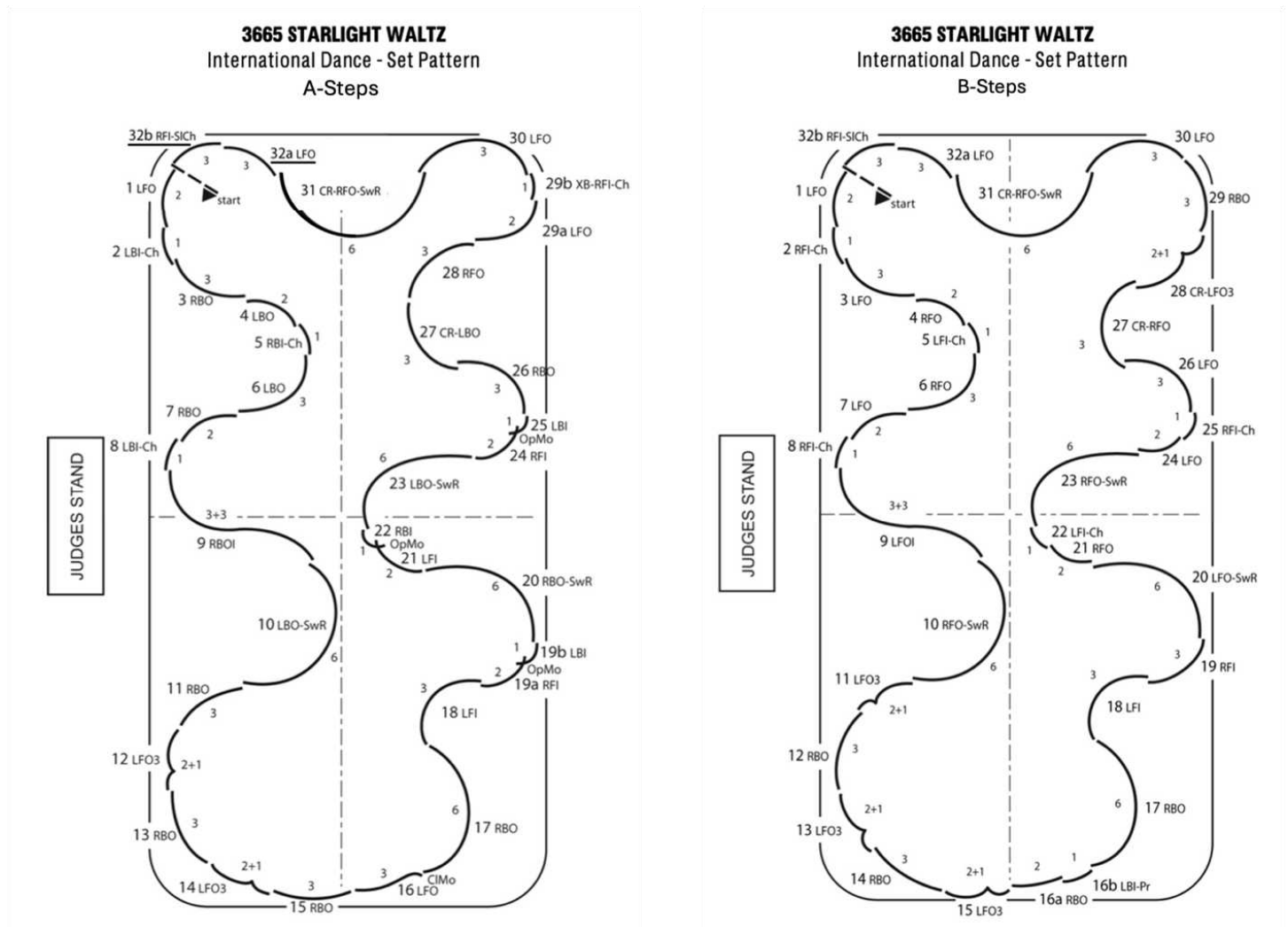
Sequence #	Steps	# of Steps	10%	25%	50%	75%	90%
Sequence 1	1-19	19	2	5	10	15	17
Sequence 2	1-18	18	2	5	9	14	16

Solo Ice Dance Steps: Sequence 1, A-Steps and Sequence 2, B-Steps

9.3 Diagrams Solo Ice Dance Advance Novice Pattern Dance

9.3.1 Starlight Waltz (Set Pattern Dance)

Solo Ice Dance Steps: Sequence 1, A-Steps and Sequence 2, B-Steps



2 Sequences (4 Sections) are required for Solo Dance Competitions – Waltz $\frac{3}{4}$

174 beats per minute plus or minus 3 beats per minute

Number of Measures per Pattern: 17 measures of 6 beats

Minimum Pattern Time: 0:34.8 Maximum Pattern Time: 0:35.6

Approximate duration for entire Dance for event planning: 1:45

Sequence 1, (A-Steps):

Key Point 1: Step 9-10 (RBOI, LBO-SwR) - Features: Correct Edges

Key Point 2: Steps 21-23 (LFI OpMo, RBI, LBO-SwR) - Features: Correct Edges & Turn

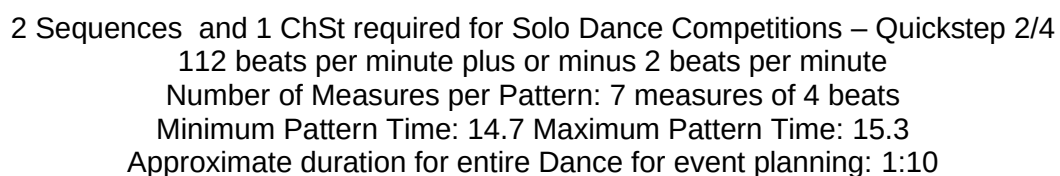
Sequence 2, (B-Steps):

Key Point 1: Step 9-10 (LFOI, RFO-SwR) - Features: Correct Edges

Key Point 2: Step 29-31 (RBO, LFO, CR-RFO-SwR) - Features: Correct Cross Roll & Edges

Sections	Steps	# of Steps	10%	25%	50%	75%	90%
Section 1	1-17	17	2	4	9	13	15
Section 2	18-32	15	2	4	8	11	14

Solo Ice Dance Steps – All Competitors Skate Same Steps



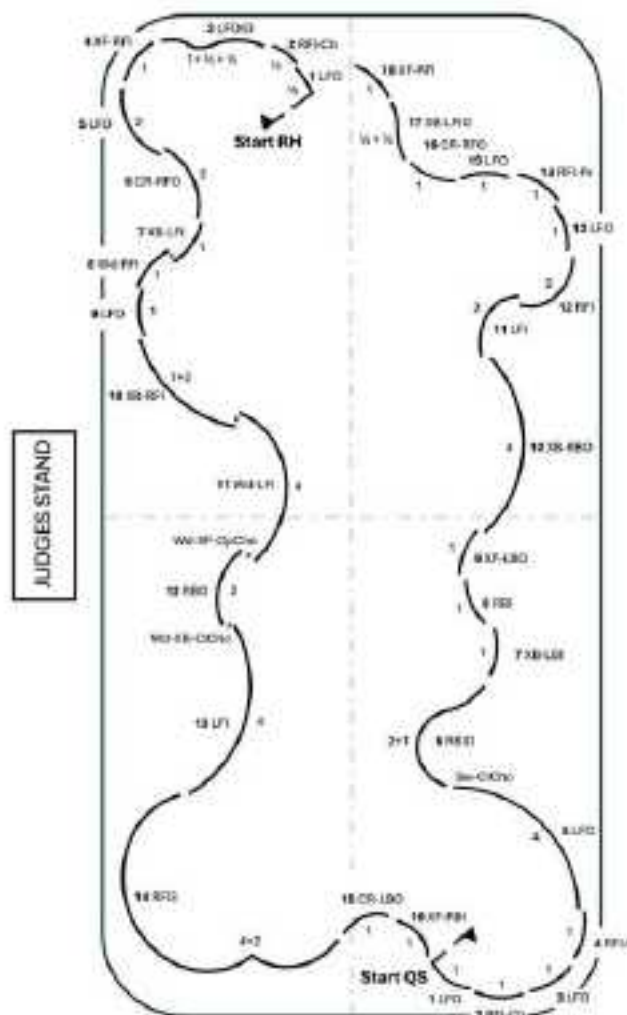
Key Point 2: Steps 11-12 (LFI-RFI) - Features: Correct Edges

*Not Permitted: Retrogressions, Stops, Dance Edge Elements that meet the requirements for a basic level, Dance Spins, and touching the ice with any other part of the body than the knee or blade(s). (If the skater performs any not permitted item, the tech panel will apply the !)

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9.4 Junior Rhythm Dance – Rhumba and Quickstep, (back to back)

Solo Ice Dance Steps – All Competitors Skate Same Steps



2 (1 Rhumba & 1 Quickstep) required for Solo Dance Competitions –
 2/2 or 2/4 time and at least 120 beats per minute - (Minimum of 30 beats in 15 seconds)
Timing for the Rhumba Outlined on following page. No changes to the Quickstep timing.

Sequence 1 (Rhumba) – 1RH

Key Point 1: Steps 11 – 13 (Wd-LFI Wd-XF Op Cho, RBO Wd-XB-CL Cho, LFI)

Key Point 2: Step 14 (RFI3)

Key Point 3: Step 16 (XF-RBI)

Sequence 1 (Quickstep) – 1QS

Key Point 1: Steps 5&6 (LFO Sw-CICho, RBBIO)

Key Point 2: Steps 11 & 12 (LFI, RFI)

Key Point 3: Steps 17 & 18 (XB-LFIO, XF-RFI)

*Features: All Key Points must include Correct Turns, Edges, Foot Placement and Timing.

Sequence #	Steps	# of Steps	10%	25%	50%	75%	90%
Rhumba Sequence (1RH)	1-16	16	2	4	8	12	14
Quickstep Sequence (1QS)	1-18	18	2	5	9	14	16

New Rhumba Timing

Rhumba Steps Juniors 2025-2026

Step no.	Step (same for both)	Number of beats of music
1	LFO	1/2
2	RFI-Ch	1/2
3	LFOIO	1+1/2 + 1/2
4	XF-RFI	1
5	LFO	2
6	CR-RFO	2
7	XB-LFI	1
8	Wd-RFI	1
9	LFO	1
10	XB-RFI	1+2
11	Wd-LFI Wd-XF Op Cho	4
12	RBO Wd-XB-CI Cho	2
13	LFI	4
14	RFI3	4+2
15	CR-LBO	1
16	XF-RBI	1



INTERNATIONAL ADULT FIGURE SKATING COMPETITION

**Technical Requirements for
ISU Supported Adult Figure Skating Competitions**

2025-2026 Season

Updated July 22, 2025

Note: This Announcement is valid for the International Adult Figure Skating Competitions in Alexandria, Virginia, United States October 7th-11th, 2025 and Oberstdorf, Germany May 16th 22nd, 2026.

This Announcement has been revised following the ISU Congress in June 2025.

Please review this Announcement to ensure you have the most current information for your category or categories.

**International Adult Figure Skating Competitions
For
Men, Women, Pairs, Ice Dance and
Synchronized Skating**

**Competitions under the Authorization and Support of the
INTERNATIONAL SKATING UNION**



NOTE:

This Announcement applies to the ISU supported International Adult Figure Skating Competitions:

- Alexandria, Virginia, United States October 7th-11th, 2025, and
- Oberstdorf, Germany May 16th-22nd, 2026.

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Section 1: General

The International Adult Figure Skating Competitions for the 2025-2026 Season will be conducted in accordance with the ISU Constitution and General Regulations, the ISU Special Regulations & Technical Rules Single & Pairs Skating and Ice Dance, the Special Regulations & Technical Rules Synchronized Skating, all pertinent ISU Communications, and this Announcement.

If there is a conflict between pertinent ISU Regulations or Communications and provisions set forth in this Announcement, **the provisions set forth in this Announcement shall prevail, provided there are no special comments made for Adult Skating Competitions within such ISU Communications.**

The International Adult Figure Skating Competitions are considered “International Masters/Adult Competitions” as per Rule 107(12) of the ISU General Regulations. Participation in this International Adult Figure Skating Competition is open to all skaters who belong to an ISU Member, and qualify regarding eligibility, according to Rule 102, provided their ages fall within the limits specified in this Announcement and they meet the participation requirements.

A competitor must be an individual member of an ISU Member, or a member of a club that is itself a member of an ISU Member. Competitors do not require any clearance certificate or any other permission from their ISU Member to enter the competition. Competitors must enter themselves. A competitor may enter as a member of only one ISU Member. In the case of Pair Skating and Ice Dance, both competitors in a team must enter as members of the same ISU Member.

Membership Details: All participants must also submit a copy of their photo ID together with confirmation of their membership of an ISU member federation (or a club which is a member of an ISU member federation). This form will be sent to all registered skaters prior to the competition.

Liability: In accordance with Rule 119, it is the sole obligation of each participant, as defined in Rule 107, to provide medical and accident insurance. Such insurance must ensure full medical assistance and the return of the ill or injured person to their home country by air transport or by other expeditious means.

The Local Organizing Committees will provide medical services for all competitors and officials during practice and competition.

The Local Organizing Committees for each of these competitions reserve the right to cancel on short notice this ISU supported International Adult Figure Skating Competition due to any pandemic situation, the decisions of the national and/or local Health Authorities, and various international travel/quarantine restrictions.

The International Adult Figure Skating Competitions for the 2025-2026 Season will include the following categories:

- Women and Men Free Skating
- Women and Men Artistic Free Skating
- Pair Free Skating
- Pair Artistic Free Skating
- Ice Dance – Pattern Dance
- Ice Dance – Rhythm Dance
- Ice Dance – Free Dance
- Synchronized Skating

The North American competition will also include:

- Solo Ice Dance – Pattern Dance
- Solo Ice Dance – Rhythm Dance
- Solo Ice Dance – Free Dance

Section 2. Entries

Participation in the Free Skating, Pair Free Skating, Artistic Free Skating, Pair Artistic Free Skating and Ice Dance disciplines at the International Adult Figure Skating Competitions is open only to competitors who have reached at least the age of twenty-eight (28) before 1st July 2025.

Age categories for Women and Men Free Skating events:

Class I	participants born between	1 st July 1987 and 30 th June 1997
Class II	participants born between	1 st July 1977 and 30 th June 1987
Class III	participants born between	1 st July 1967 and 30 th June 1977
Class IV	participants born between	1 st July 1957 and 30 th June 1967
Class V	participants born on or before	30 th June 1957

For Synchronized Skating, at least three quarters (75%) of team members (not including alternates/reserves) must have reached at least the age of twenty-eight (28) before 1st July 2025. The remaining members of a team must have reached at least the age of twenty-five (25) before 1st July 2025.

A Synchronized Skating team must be entered by a team representative and may include up to one-quarter (25%) team members who are citizens of the country of another ISU Member, on the condition that permission is obtained from the ISU Member of the country of which the team member is a citizen. Such team members may compete under only one ISU Member in the same year.

A skater competing after 1st July 2025 in an ISU Championship, International Competition or National Championship of a Member Federation (other than an Adult International Competition or Adult National Championships) or a competition from which a competitor qualifies for the National Championship of a Member Federation (other than an Adult National Championship) MAY NOT participate in this competition.

A skater competing prior to 1st July 2025 in an ISU Championship or National Championship of a Member Federation or a competition from which a competitor qualifies for the National Championship of a Member Federation MAY participate in this competition.

A skater meeting the age requirements of this competition, who competes in adult-only events (Single Free Skating, Pairs Free Skating, Ice Dance or Synchronized Skating) at a National Championships or competition from which a competitor qualifies for the National Championships of a Member Federation MAY compete in this competition.

All other members of an ISU Member [Federation](#) who meet the age requirements may participate.

****A competitor who participates in an ISU international adult figure skating competition shall no longer be eligible to participate in an ISU sanctioned senior international competition, as specified in ISU Rule 107, except with the express authorization of the ISU council.**

Section 3. **IMPORTANT NOTES:**

In the event the competition is oversubscribed, the Local Organizing Committee reserves the right to stop accepting further entries even before the entry closing date. Entry will be on a first come, first served basis.

GENERAL INFORMATION FOR ALL COMPETITORS

- It is recommended that you go to the ISU website site and review the technical handbooks re: regulations on free skating, pair skating and ice dance. [ISU Technical Singles/Pairs Handbooks](#), [ISU Ice Dance Handbooks](#), and [ISU Synchronized Skating Handbooks](#).
- It is recommended that competitors will enter at a level appropriate to their current skating ability.
- The LOC may decide that competitors will be limited to a maximum number of different events, if registration for the competition is reaching capacity.
- Entries may be reviewed prior to announcement of the schedule to ensure the integrity of the competition.
- Competitors are not obliged to enter the same level as in previous years.
- The Masters Elite category is intended for those skaters who competed previously at the junior or senior level in national or international competition but is not mandatory for such skaters.
- The LOC will decide how to conduct the medal ceremonies at the end of each day's competition. E.g. only the top 3 competitors or if all competitors will be invited onto the ice for the victory ceremony.

Competition Day:

- Always arrive ahead of your scheduled competition event – it is recommended that you are at the rink an hour early and are prepared to go on the ice as the schedule may change.
- Check in with the ice monitor/rink captain to see if the competition is running on time. This is also a good time to double check where you skate within the warm-up group.
- Skaters "call to the ice" does not have to follow the start order.
- Skaters have 30 seconds from the time their name is called to take their starting position.
- When the music starts and you believe it is not your music or the correct version of your music, do not start your program. Go to the referee immediately and follow his/her instructions. **Do not leave the ice unless instructed to do so.**
- The Program and time clock will start with the first movement by the skater/pair or 5 seconds after the start of their music.

Music:

- Details on Music submission will be provided by the Local Organizing Committee for each event. However, please ensure that the filename includes the surname of the skater and the event and the exact running time (not skating time). All skaters are required to bring a back-up copy of their music and have it at the boards.
- A Music Form must be submitted by all participants except in the case where ISU music will be used for pattern dance. This form will be sent to all registered skaters prior to the competition.
- Any program violating the time limit set out in this Announcement will receive a deduction of 1.0 for every 5 seconds or part thereof lacking or more than the permitted time.
- Always have back up music ready at the side of the ice so it is immediately accessible.
- Competitors will be required to submit a Planned Program Content Form for men and women free skating, pair free skating, rhythm dance, free dance, and synchronized skating. This form will be available to all registered skaters prior to the competition.

Costumes:

- Based on ISU Rule 501(1), competitors should note the following regarding appropriate clothing. Clothing and any make-up of the competitors must be modest, dignified, and appropriate for athletic competition – not garish or theatrical in design. Clothing may, however, reflect the character of the music chosen. The clothing must not give the effect of excessive nudity inappropriate for the discipline. Men must wear full-length trousers. Accessories and props are not permitted. Clothing that does not adhere to these guidelines will be penalized by a deduction. The deduction for inappropriate clothing, make-up, props, and accessories (1.0) will be determined by a majority of the judges and the referee.

ADDITIONAL INFORMATION FOR SINGLE SKATERS

- Competitions in Free Skating and Artistic Free Skating will be held at Bronze, Silver, Gold, Masters and Masters Elite levels.
- An entry in an artistic category may be at the same level or one level higher (**not lower**) than the entry in an event of any other category. For example, a skater may enter the Silver Free Skating event and then the Gold Artistic Free Skating event.
- Ice dancers or pair skaters who want to enter the artistic free skating category should enter at a level appropriate to their skating skills. For example, those competing at the Silver Pattern Dance level could enter the Silver or the Gold Artistic Free Skating event.
- Each category will be capped at a maximum of 32 skaters.
- When fewer than 3 skaters register for a singles Free Skating or Artistic Free Skating segment, age categories may be combined wherever possible to ensure competition.

ADDITIONAL INFORMATION FOR PAIR SKATERS

- Competitions in Pair Free Skating and Pair Artistic Free Skating will be held at Adult, Intermediate, Masters and Masters Elite levels.
- Each pair team must consist of one man and one woman.
- Each skater may compete with only one and the same partner in the Pair Skating competitions.
- An entry in Pair Artistic Free Skating may be at one level higher (**not lower**) than an entry in Pair Free Skating.
- Coaches and their students are welcome to compete in all events, however, this competition does not have a PRO-AM category.
- If a pair team is formed of skaters having different skill levels, it is expected that they will enter at the level of the more skilled skater. Further guidance in this respect can be obtained by contacting the ISU Adult Figure Skating Group (contact information at end of document).

ADDITIONAL INFORMATION FOR ICE DANCERS

- Competitions in Solo and Couples Pattern Dance and Free Dance may be offered at Bronze, Silver, Gold, Masters and Masters Elite levels.
- Competitions in Solo Rhythm Dance may be offered at Masters and Masters Elite levels, while the Couples Rhythm Dance may be offered at Silver, Gold, Masters, and Masters Elite levels.
- An entry in Pattern Dance may be at one level higher (**not lower**) than an entry in the other Dance events. Rhythm Dance and Free Dance entries must be at the same level.
- In Couples Dance each dance team must consist of one man and one woman. The man must skate the man's steps and the woman must skate the woman's steps (unless otherwise indicated – as per the season's Rhythm Dance).
- Each skater may compete with only one and the same partner in the Couples Dance competitions.
- Coaches and their students are welcome to compete in all events. However, this competition does not have a PRO-AM category.
- If a Couples Dance team is formed of skaters having different skill levels, it is expected that they will enter at the level of the more skilled skater. Further guidance in this respect can be obtained by contacting the ISU Adult Figure Skating Group (contact information at end of document).

ADDITIONAL INFORMATION FOR SYNCHRONIZED SKATERS

- Competitions in Synchronized Skating will be held at the **Adult and Masters Levels**.
- The **Adult category** is for teams whose programs are intended to meet a more basic level of skating and for skaters who have mainly started skating as adults.
- The **Masters category** is for teams formed of former higher level/competitive skaters in any discipline, and for higher-level national test skaters.
- Further guidance in this respect can be obtained by contacting the ISU Adult Figure Skating Group (contact information at end of document).

Section 4: Technical Requirements – Free Skating

Free Skating Masters Elite

Skaters entering this category will compete against other Masters Elite Free skaters. The technical requirements are the same as those for the category "Masters Free Skating." with the exception that triple jumps are permitted. The Masters Elite category is intended for skaters who competed previously at the junior or senior level in national or international competition but is not mandatory for such skaters. It is also open to skaters who wish to include double axel and/or triple jumps in the free skating program.

Free Skating Masters

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

- a. A maximum of five (5) jump elements, one of which must be an Axel type jump. **Single and double jumps are permitted.** No triple or quadruple jumps are allowed.
 - 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) listed jumps. The other may have two (2) listed jumps.
 - A jump sequence consists of two (2) or three (3) listed 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.
- b. 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, and one (1) of which must be a spin with only one (1) position
 - 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 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.
 - The program duration is 3 minutes +/- 10 seconds.
 - The points for each Program Component are multiplied by a factor of 2.67.
 - Features up to and including Level 4 will be counted for the technical elements.
 - The warm-up duration is six (6) minutes.
 - Each fall shall receive a deduction of 1.0.

Free Skating Gold

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 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) listed jumps. The other may have two (2) listed jumps.
 - A jump sequence consists of two (2) or three (3) listed jumps of any number of revolutions, in which the second and/or the third listed 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.
- b. 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.
 - 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.
 - The program duration is 2 minutes and 50 seconds +/- 10 seconds.
 - The points for each Program Component are multiplied by a factor of 2.67.
 - Only features up to and including Level 3 will be counted for the technical elements. Any additional features will not count for level requirements and will be ignored by the Technical Panel.
 - The warm-up duration is six (6) minutes.
 - Each fall shall receive a deduction of 1.0.

Free Skating Silver

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

- a. A maximum of four (4) 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.
 - One (1) jump combination or one (1) jump sequence may consist of up to three (3) listed jumps. The other may have two (2) listed 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.
 - b. A maximum of two (2) spins of a different abbreviation, one of which must be a spin in one position with or without a change of foot.
 - 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.
 - 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) choreographic sequence, fully utilizing the ice surface
 - The pattern is not restricted but the sequence must be clearly visible.
 - A choreographic sequence has a base value and will be evaluated by the judges in GOE only.
 - A Choreographic Sequence consists of at least two (2) different skating movements like spirals, arabesques, spread eagles, Ina Bauers, hydroblading and unlisted jumps.
-
- The program duration is 2 minutes +/- 10 seconds.
 - The points for each Program Component are multiplied by a factor of 2.0.
 - 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.
 - The warm-up duration is five (5) minutes.
 - Each fall outside elements shall receive a deduction of 0.5. Falls in elements will be called by the Technical Panel but with no deduction(s).

Free Skating Bronze

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 one (1) jump combination in the free program.
 - The jump combination may consist of two (2) listed jumps.
 - Each listed jump may be performed a maximum of two (2) times.
 - Waltz jumps will be ignored.
 - b. A maximum of two (2) spins of a different abbreviation, both of 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.
 - 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) choreographic sequence utilizing at least half (1/2) of the ice surface.
 - The pattern is not restricted but the sequence must be clearly visible.
 - A choreographic sequence has a base value and will be evaluated by the judges in GOE only.
 - A Choreographic Sequence consists of at least two (2) different skating movements like spirals, arabesques, spread eagles, Ina Bauers, hydroblading and unlisted jumps.
- The program duration is 1 minute and 40 seconds, +/- 10 seconds.
 - The points for each Program Component are multiplied by a factor of 2.0.
 - 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.
 - The warm-up duration is five (5) minutes.
 - Each fall outside elements shall receive a deduction of 0.5. Falls in elements will be called by the Technical Panel but with no deduction(s).

Section 5: Technical Requirements – Pair Free Skating

Pair Free Skating Masters Elite

Pairs entering this category will compete against other Elite Masters Pair skaters. The technical requirements are the same as those for the category “Masters Pair Skating” with the exception that triple jumps are allowed.

Pair Free Skating Masters

- a) A maximum of three (3) different lifts, one of which may be a twist lift.
 - In lifts of Group 1 and Group 2, the man's lifting hand(s) should be above his shoulder line.
 - In lifts of Groups 3–4-5, full extension of the lifting arm(s) is mandatory.
 - Two or more lifts may be from the same group if the takeoff and/or the hold is different each time.
- b) A maximum of two (2) throw jumps (single or double).
- c) A maximum of one (1) solo jump. Single and double jumps are permitted.
- d) A maximum of one (1) jump combination with a maximum of three (3) listed jumps or one (1) jump sequence.
A jump sequence consists of two (2) jumps of any number of revolutions, in which the second jump is an Axel type jump with a direct step from the landing curve of the first jump into the take-off curve of the Axel jump.
- e) A maximum of one (1) pair spin (pair spin or pair spin combination).
 - A pair spin is any spin with no change of foot and does not require a change of position by one or both partners.
 - The pair spin combination must consist of at least one (1) change of foot and one (1) change of position (sit, camel, upright or any variation thereof) of both partners.
 - The spin must have a required minimum number of revolutions: four (4) revolutions for a pair spin and six (6) for a pair spin combination.
 - A pair spin combination must have a change of foot by both partners with at least three (3) revolutions on each foot **and** at least one (1) change of position by both partners. A Pair Combination Spin can be started with a jump. Any flying entry can be considered as a feature by either partner. If there are not 3 revolutions before or after the change of foot executed by both partners, the Pair Spin Combination will be marked with a “V”. If there are less than 3 revolutions on both feet by either partner, the spin will have no value. 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) solo spin.
 - The solo spin must have a required minimum number of revolutions: five (5) for the flying spin with no change of foot after landing, five (5) for the spin with only one position and no change of foot and five (5) for the spin combination with no change of foot and eight (4 + 4) for the spin combination with change of foot or spin in one position with a change of foot.
 - There must be a minimum of two (2) revolutions in each position or the position will not be counted.
 - 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.
- g) A maximum of one (1) death spiral or pivot figure (position of the woman optional).
 - At least $\frac{3}{4}$ revolution in pivot position by the man is required for the death spiral.
 - At least one revolution in pivot position by the man is required for pivot figure.
- h) A maximum of one (1) step sequence, fully utilizing the ice surface.
 - The program duration is 3 minutes and 30 seconds +/- 10 seconds.
 - The points for each Program Component are multiplied by a factor of 2.67.
 - Features up to and including Level 4 will be counted for the technical elements.
 - The warm-up duration is six (6) minutes.
 - Each fall by either skater shall receive a deduction of 1.0.

Pair Free Skating Intermediate

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

- a. A maximum of two (2) different lifts of Group 1 or Group 2 with a minimum $\frac{1}{2}$ revolution for the man and 1 revolution for the woman.
 - 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.
 - Both lifts may be from the same group if the takeoff and/or the hold is different.
- b. A maximum of one (1) single throw jump (including the throw single Axel).
 - Double and triple jumps are **not** permitted.
- c. A maximum of one (1) solo single jump (including the single Axel).
 - Double and triple jumps are **not** permitted.
- d. A maximum of one (1) jump combination with a maximum of three (3) listed jumps or one (1) jump sequence.
 - A jump sequence consists of two (2) listed single jumps, beginning with any jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the takeoff curve of the Axel jump.
 - Only single jumps are allowed (including the single Axel).
 - Double and triple jumps are **not** permitted.
- e. A maximum of one (1) pair spin (pair spin or pair combination 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.
 - The spin must have a required minimum number of revolutions: four (4) revolutions for a pair spin and six (6) for a pair spin combination. A pair spin combination must have a change of foot by both partners with at least three (3) revolutions on each foot **and** at least one (1) change of position by both partners. A Pair Combination Spin can be started with a jump. Any flying entry can be considered as a feature by either partner. If there are not 3 revolutions before or after the change of foot executed by both partners, the Pair Spin Combination will be marked with a "V". If there are less than 3 revolutions on both feet by either partner, the spin will have no value.
 - 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) death spiral or pivot figure (position of the woman optional).
 - At least $\frac{3}{4}$ revolution in pivot position by the man is required for the death spiral.
 - At least one (1) revolution in pivot position by the man is required for the pivot figure.
- g. A maximum of one (1) step sequence, fully utilizing the ice surface.
 - The program duration is 2 minutes and 40 seconds +/- 10 seconds.
 - The points for each Program Component are multiplied by a factor of 2.67.
 - Only features up to and including Level 2 will be counted for the technical elements. Any additional features will not count for level requirements and will be ignored by the Technical Panel.
 - The warm-up duration is six (6) minutes.
 - Each fall by either partner shall receive a deduction of 1.0.

Pair Free Skating Adult

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 $\frac{1}{2}$ 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.
 - 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.
 - The pattern is not restricted but the sequence must be clearly visible.
 - A choreographic sequence has a base value and will be evaluated by the judges in GOE only.
- The program duration is 2 minutes and 20 seconds +/- 10 seconds.
 - The points for each Program Component are multiplied by a factor of 2.0.
 - Only features up to and including Level 1 will be counted for the technical elements. Any additional features will not count for level requirements and will be ignored by the Technical Panel.
 - The warm-up duration is five (5) minutes.
 - Each fall by either partner outside elements shall receive a deduction of 0.5. Falls in elements will be called by the Technical Panel but with no deduction(s).

Section 6. Technical Requirements – Couples Ice Dance

Pattern Dance

Couples shall provide their own music for all pattern dances. There will be no music for pattern dances provided by the Local Organizing Committee. The music must be chosen in accordance with the Rhythm of the Pattern Dance and may be vocal. The Tempo throughout the required sequences must be constant and in accordance with the required Tempo of the Pattern Dance (see ISU Handbook Ice Dance 2003) plus or minus 2 beats per minute for dances with 4/4 timing and plus or minus 3 beats per minute for waltz rhythms.

See [communication 2716](#)

Notes:

The chosen music may be a tune selected from the ISU Ice Dance music. In this case, **only tunes 1 to 5 can be chosen** and the couple shall provide competition music in accordance with Rule 343, paragraph 1.

- Violation of the above music requirements or tempo specifications shall be penalized as per Rule 353, paragraph 1.n).
- All music chosen by the couple must be in accordance with the style/character of the Pattern Dance.
- The first step of the dance must be on beat 1 of a measure, unless otherwise specified in the description of the dance (See Rule 708, paragraph 1.d))
- All Pattern Dances shall be started so that the steps of the first side of the pattern are skated in front of the Judges unless otherwise directed by the Ice Dance Technical Committee in an ISU Communication. (See Rule 707, paragraph 4)
- The Pattern Dances will be judged **without** Key Points.
- After the completion of the last step of the Pattern Dance, the couple must reach their final pose within 20 seconds (See Rule 707, paragraph 6). If this time limit is exceeded, a program time deduction according to Rule 353, paragraph 1.n shall apply.

Masters Elite Couples entering this category will compete against other Masters Elite Ice Dance Couples. The technical requirements are the same as those for the category "Masters Pattern Dance".

Masters #15: Ravensburger Waltz (2 sequences)
#26: Cha Cha Congelado (2 sequences)

Gold #11: Westminster Waltz (2 sequences)
#27: Silver Samba (2 sequences)

Silver #10: American Waltz (2 sequences)
#30: Tango (2 sequences)

Bronze #8: Willow Waltz (2 sequences)
#28: Tango Fiesta (3 sequences)

- The points for each Program Component are multiplied by a factor of 1.17 (Rule 353, paragraph 1.m).
- In Ice Dance, for events with two (2) Pattern Dances, the Total Score for each dance will be multiplied by a factor of 0.5. (Rule 353, paragraph 2.b).
- The warm-up duration is three (3) minutes – the first 30 seconds without music followed by 2 minutes and 30 seconds of the 6th (last tune) of the ISU Ice Dance music.
- Each fall by either partner shall receive a deduction of 0.5 points for Bronze, Silver and Gold, 1.0 point for Masters and Masters Elite.

Rhythm Dance Season 2025-2026

(Reference & more detailed information: ISU [Communication No. 2704](#))

Masters Elite	Couples entering this category will compete against other Masters Elite Ice Dancers. The technical requirements are the same as for the category "Rhythm Dance" see descriptions below. Program duration 2 minutes and 50 seconds, +/- 10 seconds. The pattern dance will be judged with key points. Refer to ISU Communication 2704, section 1.3 for description of key points.
Masters	Couples entering this category will compete against other Masters Ice Dancers. The technical requirements are the same as for the category "Rhythm Dance" see descriptions below. Program duration 2 minutes and 50 seconds, +/- 10 seconds. The pattern dance will be judged with key points. Refer to ISU Communication 2704, section 1.3 for description of key points.
Gold	Couples entering this category will compete against others at the Gold Rhythm Dance level. The technical requirements are the same as for the category "Rhythm Dance" apart from the Pattern Dance Element and including a choreo sequence instead of a step sequence. See descriptions below. Program duration 2 minutes and 20 seconds, +/- 10 seconds. The pattern dance will be judged without key points.
Silver	Couples entering this category will compete against others at the Silver Rhythm Dance level. The technical requirements are the same as for the category "Rhythm Dance" apart from the Pattern Dance Element and including a choreo sequence instead of a step sequence. See descriptions below. Program duration 2 minutes and 20 seconds, +/- 10 seconds. The pattern dance will be judged without key points.
Pattern Dance Element: (Masters & Masters Elite)	One (1) Sequence of the Rhumba immediately followed by one (1) Sequence of the Quickstep: skated/performed to any dance music/dance style(s) of the 1990s with the range of tempo: minimum 120 beats per minute, in 2/2, 2/4 or 4/4 time Duration: any exact number of musical phrases The first step of the dance must be skated on beat one of a musical phrase. 1RH (Steps #1 – 16) and 1QS (Steps #1 – 18) Step #1 of 1RH skated at the Judges left side until Step #16. Immediately followed by Step #1 of the 1QS skated on the Judges right side. Variation of Holds throughout, except Hand in Hand, are permitted. Tracking between partners is optional except during Key Points 1) 1RH must be skated in accordance with the beats per steps outlined in section 1.3 of ISU Communication No. 2704. 2) 1QS must be skated in accordance with the beats per steps described on the ISU Handbook 2003 Note: If the two Pattern Dance sequences are NOT skated/performed in the required order both the Rhumba sequence and the Quickstep sequence will become elements NOT according to requirements, will receive an asterisk (*) and consequently NO value.

Pattern Dance Type Step Sequence: (Gold) **For the Gold level, one (1) sequences of the Quickstep:** skated/performed to any dance music/dance style(s) of the 1990s with the range of tempo: **minimum 110 beats per minute, in 2/2, 2/4 or 4/4 time**
Duration: any exact number of musical phrases
The first step of the dance must be skated on beat one of a musical phrase.

Step #1 of the sequence of the Quickstep skated at the Judges left side until Step #18. Variation of Holds throughout, except Hand in Hand, are permitted. Tracking between partners is optional

The sequence of the Quickstep must be skated in accordance with the beats per steps described on the ISU Handbook 2003

Note: If the two Pattern Dance sequences are NOT skated/performed in the required order the Quickstep sequences will become elements NOT according to requirements, will receive an asterisk (*) and consequently NO value.

Pattern Dance Type Step Sequence: (Silver) **For the Silver level, one (1) sequence of the Foxtrot:** skated/performed to any dance music/dance style(s) of the 1990s with the range of tempo: **minimum 100 beats per minute, in 2/2, 2/4 or 4/4 time**
Duration: any exact number of musical phrases
The first step of the dance must be skated on beat one of a musical phrase.

Step #1 of sequence of the Foxtrot skated at the Judges left side until Step #14. Variation of Holds throughout, except Hand in Hand, are permitted. Tracking between partners is optional

The sequence of the Foxtrot must be skated in accordance with the beats per steps described on the ISU Handbook 2003

Note: If the two Pattern Dance sequences are NOT skated/performed in the required order the Foxtrot sequences will become elements NOT according to requirements, will receive an asterisk (*) and consequently NO value.

Dance Lift: Maximum One (1) Short Lift, up to 8 seconds

Sequential Twizzles **One (1) Set of Sequential Twizzles**

- At least two Twizzles for each partner and must NOT be in contact between Twizzles
- Up to 1 step between Twizzles (Each push, including scooter push, and/or transfer of weight while on two feet between Twizzles is considered as a step).

**Step
Sequence**
(Masters &
Masters Elite)

1 Step Sequence Not Touching (Style B) Specifications to Style B, Rhythm Dance:
skated to any dance style of the prescribed decades

- Chosen pattern may ONLY be Midline or Diagonal
- Skated no more than 2 arm lengths apart
- Touching the ice with any part of the body is allowed for no more than 5 secs
- Stops – up to one (1) permitted for no more than 5 seconds (this will count as one of the permitted stops, must be performed Not Touching).

Not permitted:

- Loop(s)
- Retrogression(s)

Note: The entry and/or exit edge of a Difficult Turn resulting in a temporary deviation in the direction of travel for the step sequence pattern should not be considered as a retrogression.

**Choreo
Rhythm
Sequence**
(Gold)

For the Gold level the choreo sequence will be confirmed when the minimum requirements are met, and is evaluated in GOE only. It can be any step sequence covering $\frac{3}{4}$ of the ice and including two (2) freeskating movements such as spirals, Ina Bauers, and spreadeagles permitted among the turns and steps. It can be a combination of in hold or out of hold with no more than two (2) arm lengths between partners. No features will be counted.

**Choreo
Rhythm
Sequence**
(Silver)

For the Silver level the choreo sequence will be confirmed when the minimum requirements are met, and is evaluated in GOE only. It can be any step sequence covering $\frac{1}{2}$ of the ice and including two (2) freeskating movements such as spirals, Ina Bauers, and spreadeagles permitted among the turns and steps. It can be a combination of in hold or out of hold with no more than two (2) arm lengths between partners. No features will be counted.

Music

The theme and music selected for the Rhythm Dances for the season 2025/26 is **“The Music, Dance Styles and Feeling of the 1990s”**. The Rhythm Dance for the 2025/2026 season takes inspiration from the high energy and entertaining dance styles from this decade. Any music is possible as long as it was released, either originally or as a cover version in the 1990s and fulfills the Rhythm/Theme mentioned above as well as the Required Characteristics mentioned below.

Music examples (but not limited to): Pop/Street Latin, House/Techno, Hip-Hop, Grunge Rock

Required characteristics: High energy and crowd pleasing, demonstrating the essence of the 1990s

What this season's RD is not: Dance styles including Classical, Contemporary, Traditional Folk and Competition Ballroom.

Note: - Remixed and/or remastered music, including cover versions, is permitted. Music created via AI in the “Style of 1990's” is also permitted.

- The couple should demonstrate through dance movements/dance holds the feeling/essence and dance style(s) from this decade.

- **The Rhythm Dance should NOT be skated in the style of a Free Dance.**

- To comply with the ethical values of sports, any music chosen for Ice Dance competitions must not include aggressive and/or offending lyrics.

- The points for each Program Component are multiplied by a factor of 1.33 (Rule 353, paragraph 1.m)
- The warm-up duration for the Rhythm Dance is five (5) minutes.
- Each fall by either partner shall receive a deduction of 0.5 point for Silver and Gold, 1.0 point Masters and Master Elite.

Free Dance – General Requirements for Free Dance

Note: Free Dance requirements for Adult competition season 2025/26 has some variations from ISU [Communication No. 2704](#) for Junior Free Dance)

The following are the Requirements for Music for Free Dance (Rule 710, paragraph 1c). The music for Free Dance may be vocal and must be suitable for Ice Dance as a sport discipline and must have the following characteristics:

- i) The music must have an audible rhythmic beat and melody, or audible rhythmic beat alone, but not melody alone, and may be vocal. The music may be without an audible rhythmic beat for up to ten (10) seconds at the beginning or end of the program and up to ten (10) seconds during the program.
- ii) The music must have at least one change of tempo and expression. These changes may be gradual or immediate, but in either case they must be obvious.
- iii) All music, including classical music, must be cut/edited, orchestrated or arranged in a way that it creates an interesting, colourful, entertaining dance program with different dance moods or a building effect. Free Dance music that does not adhere to these requirements will be penalized by a deduction (See Rule 353, paragraph 1n).

Masters Elite Couples entering this category will compete against other Elite Masters Ice Dancers. The technical requirements are the same as those for the category "Gold Free Dance".

Masters Couples entering this category will compete against other Masters Ice Dancers. The technical requirements are the same as those for the category "Gold Free Dance".

Gold Duration of music: 3 minutes, +/- 10 seconds.
Couples must perform a well-balanced program that may contain:

- a. Two (2) Different Type Short Lifts up to 8 seconds or One (1) Combination Lift up to 13 seconds.
- b. One (1) Dance Spin
Dance Spin (DSp) - A spin skated by the Couple together in any hold. To be performed on the spot around a common axis on one foot with or without change(s) of foot by one or both partners
- c. Step Sequence: A maximum of One (1) Straight Line or One (1) Curve Step Sequence in Hold (Style B)
Not permitted:
 - Stops
 - Loops
 - Retrogression
 - Hand in hand hold with fully extended arms cannot be established
 - Separations of more than two arm lengths and/or exceeding 5 seconds**The pattern of the Step Sequence (Style B) must maintain the integrity or basic shape of the chosen pattern.**

(Note: The entry and/or exit edge of a Difficult Turn resulting in a temporary deviation in the direction of travel for the step sequence pattern should not be considered as a retrogression.)
- d. One (1) Set of Synchronized Twizzles
At least 2 Twizzles for each partner, with a minimum of 2 steps and up to 4 steps between 1st and 2nd Twizzles. Each push, including scooter push, and/or transfer of weight while on two feet between Twizzles is considered as a step.
Partners may be in contact between the 1st and 2nd Twizzles.

Silver

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

- a. A maximum of one (1) Short Lift, with a maximum duration of 8 sec.
And only a maximum Level 2 lift will be counted
- b. One (1) Dance Spin
Dance Spin (DSp) - A spin skated by the Couple together in any hold. To be performed on the spot around a common axis on one foot with or without change(s) of foot by one or both partners
- c. Step Sequence: A maximum of One (1) Straight Line or One (1) Curve Step Sequence in Hold (Style B)
Not permitted:
 - Stops
 - Loops
 - Retrogressions
 - Hand in hand hold with fully extended arms cannot be established
 - Separations of more than two arm lengths and/or exceeding 5 seconds**The pattern of the Step Sequence (Style B) must maintain the integrity or basic shape of the chosen pattern.**
(Note: The entry and/or exit edge of a Difficult Turn resulting in a temporary deviation in the direction of travel for the step sequence pattern should not be considered as a retrogression.)
- d. One (1) Set of Synchronized Twizzles
At least 2 Twizzles for each partner, with a minimum of 2 steps and up to 4 steps between 1st and 2nd Twizzles. Each push, including scooter push, and/or transfer of weight while on two feet between Twizzles is considered as a step.
Partners may be in contact between the 1st and 2nd Twizzles.

The duration is 2 minutes and 30 seconds, +/- 10 seconds.

Bronze

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

- a. A maximum of one (1) Short Lift, with a maximum duration of 8 sec.
Note that only a maximum Level 1 lift will be counted
- b. A maximum of one (1) Dance Spin (No combination).
- A spin skated by the Couple together in any hold. To be performed on the spot around a common axis on one foot without change(s) of foot by either partner
- c. One (1) choreo sequence which can be any step sequence utilizing at least half (1/2) the ice.
No features will be counted.

The duration is 1 minute and 50 seconds +/- 10 seconds.

- The points for each Program Component for all free dance categories are multiplied by a factor of 2.0 (Rule 353, paragraph 1.m).
- The warm-up duration for all free dance categories is five (5) minutes.
- Each fall by either partner shall receive a deduction of 0.5 point for Bronze, Silver, and Gold 1.0 point for Masters and Master Elite.

Section 7. Technical Requirements – Solo Ice Dance

Note: Solo Ice Dance requirements for Adult competition season 2025-56 have some variations from the ISU International Solo Ice Dance Competition Guidelines General Rules and Requirements for the 3 Novice and the Junior levels from season 2025-26.

The Solo Ice Dance Pattern Dance, Rhythm Dance and Free Dance will be separate events at the ISU International Adult Figure Skating Competitions.

[Communication 2700](#): Guidelines for International Novice Competitions 2025/26

Solo Ice Dance – General Requirements for Pattern Dance

Gold, Masters and Masters Elite

2025/26 Season: Starlight Waltz (2 sequences) and Quickstep/ChSt (2 sequences) both as per Advanced Novice in communication [2700](#). Dance patterns available in the [International Solo Ice Dance Competition Guidelines](#).

There will be 2 key points and up to Level 3 will be evaluated. Key point features for Starlight: Correct Edges, Correct Edges and Turns, Correct Cross Roll and Edges. Key point features for Quickstep/ChSt: Correct Turns and Edges, Correct Edges.			
Basic Level	Level 1	Level 2	Level 3
50% of Pattern Dance is completed.	75% of Pattern Dance is completed.	75% of Pattern Dance is completed. 1 Key Point is correctly executed.	90% of Pattern Dance is completed. 2 Key Points are correctly executed.

Silver

2025/26 Season: European Waltz (2 sequences) and Tango (2 sequences) both as per Intermediate Novice in communication [2700](#). Dance patterns available in the [International Solo Ice Dance Competition Guidelines](#).

There will be 1 key point described and up to Level 2 will be evaluated. Key point features: Correct Turns and Correct Edges.		
Basic Level	Level 1	Level 2
50% of Pattern Dance is completed.	75% of Pattern Dance is completed.	75% of Pattern Dance is completed. 1 Key Point is correctly executed.

Bronze

2025/26 Season: Willow Waltz (2 sequences) and Tango Canasta (2 sequences) as per Basic Novice communication [2700](#). Dance patterns available in the [International Solo Ice Dance Competition Guidelines](#).

All dances without Key Points and up to Level 1 will be evaluated. Judges evaluate the Pattern Dance with GOE	
Basic Level	Level 1
50% of Pattern Dance is completed.	75% of Pattern Dance is completed.

- The factors for each Program Component are as follows: Bronze = Basic Novice; Silver = Intermediate Novice; Gold, Masters and Masters Elite = Advanced Novice. See communication [2700](#) and [2704](#) as well as the [International Solo Ice Dance Competition Guidelines](#).

- In Solo Dance events with two (2) Pattern Dances, the Total Score for each dance will be factored as follows: Bronze = Basic Novice; Silver = Intermediate Novice; Gold, Masters and Masters Elite = Advanced Novice.
- The warm-up duration for the Pattern Dances is three (3) minutes – the first 30 seconds without music followed by 2 minutes and 30 seconds of the 6th (last tune) of the ISU Ice Dance music.
- Each fall shall receive a deduction of 0.5 point, as per the [International Solo Ice Dance Competition Guidelines](#). General Rules and Requirements for the Novice levels.

Solo Ice Dance – Requirements for Rhythm Dance

Masters & Masters Elite Rhythm Dance Requirements

2025/26 Season: Rhythm Dance Rhumba/Quickstep (as per Junior communication [2704](#))

Requirements	Duration 2:50 +/- 10 seconds
Music Requirements	The theme and music selected for the Rhythm Dances for both Masters and Masters Elite for the season 2025/26 is “The Music, Dance Styles and Feeling of the 1990s”. The Rhythm Dance for the 2025/2026 season takes inspiration from the high energy and entertaining dance styles from this decade. Any music is possible as long as it was released, either originally or as a cover version in the 1990s and fulfills the Rhythm/Theme mentioned above as well as the Required Characteristics mentioned below. Music Examples (but not limited to): Pop/Street Latin, House/Techno, Hip-Hop, Grunge Rock Required characteristics: High energy and crowd pleasing, demonstrating the essence of the 1990s What this season's RD is not: Dance styles including Classical, Contemporary, Traditional Folk and Competition Ballroom. Notes: • Remixed and/or remastered music, including cover versions, is permitted. • Music created via AI in the “Style of 1990’s” is also permitted. • The skater should demonstrate through dance movements the feeling/essence and dance style(s) from this decade. • The Rhythm Dance should NOT be skated in the style of a Free Dance. • To comply with the ethical values of sports, any music chosen for Ice Dance competitions must not include aggressive and/or offending lyrics. • Vocal music is permitted, and the music may be without a rhythmic beat for up to 10 seconds at the beginning of the program.
Pattern Dance Element	One (1) Sequence of the Rhumba immediately followed by one (1) Sequence of the Quickstep: skated/performed to any dance music/dance style(s) of the 1990s with the range of tempo: minimum 120 beats per minute, in 2/2, 2/4 or 4/4 time. Duration: Any exact number of musical phrases. The first step of the dance must be skated on beat one of a musical phrase. 1RH (Steps #1-16) and 1QS (Steps #1-18) in accordance with the Solo Dance Steps as described in the Pattern Dance Appendix A. Step #1 of 1RH skated at the Judges left side until Step #16. Immediately followed by Step #1 of the 1QS skated on the Judges right side. • 1RH must be skated in accordance with the beats per steps outlined in Appendix A at the end of this handbook. • 1QS must be skated in accordance with the beats per steps described on the ISU Handbook 2003 Note: If the two Pattern Dance sequences are NOT skated/performed in the required order both the Rhumba sequence and the Quickstep sequence will become elements NOT according to requirements, will receive an asterisk (*) and consequently NO value. *See Pattern Dance Appendix A for Key Points and diagrams.
Edge Element	One (1) Short Edge Element , but no more. The edge element must be held in position for a minimum of three (3) seconds but cannot exceed eight (8) seconds.

Step Sequence**One (1) Step Sequence, Style B.**

- Skated to any dance style of the prescribed decade.
- Chosen pattern may ONLY be Midline or Diagonal.
- Touching the ice with any part of the body is allowed but not longer than 5 seconds.
- Stops – up to one (1) permitted for up to 5 seconds (this will count as one of the permitted stops)

Not permitted:

- Loop(s)
- Retrogression(s)

Note: The entry and/or exit edge of a Difficult Turn resulting in a temporary deviation in the direction of travel for the step sequence pattern should not be considered as a retrogression.

Sequential Twizzle Series

One (1) Set of Sequential Twizzles. Two twizzles skated one after the other with up to one (1) step between twizzles. (Each push, including a scooter push, and/or transfer of weight while on two feet between twizzles is considered as a step)
May be skated anywhere in the program except in the required step sequence.

Additional Information

Pattern:

- The pattern must proceed in a generally constant direction and must cross the Long Axis of the ice surface once at each end of the rink within no more than 30 meters of the barrier.
- In addition, the skater may also cross the Long Axis at the entry to the Style B Step Sequence and at the entry to the Pattern Dance Element.
- Loops in any direction that do not cross the long axis are permitted.

Stops:

- After the clock starts, the skater must not remain in one place for more than 10 seconds at the beginning and/or end of the program.
- During the program (excluding the 10 seconds at the beginning and /or end of the program); 2 full stops of up to 5 seconds or 1 full stop of up to 10 seconds is permitted.

Touching the ice with hands:

- Touching the ice with the hands is not permitted unless otherwise allowed as specified in each season's requirements. The exception this season is in the Style B Step Sequence. This would be considered a Choreographic Violation.

Note: Kneeling or sliding on two knees is not allowed and will be considered a fall by the judging panel and technical panel except when allowed in the Style B step sequence.

Key Points and Key Points Features for Pattern Dance Elements Rhumba and Quickstep:

Pattern Dance Element (1RH) Steps # 1-16	Key Point 1 (Woman) Woman Steps 11,12,13 (Wd-LFI Wd-XF Op Cho, RBO Wd-XB-CI Cho, LFI)	Key Point 2 (Man) Man Steps 11, 12, 13 (Wd-LFI Wd-XF Op Cho, RBO Wd-XB-CI Cho, LFI)	Key Point 3 (Woman) Woman Step 14 (RFI3)	Key Point 4 (Man) Man Step 14 (RFI3)
Pattern Dance Element (1QS) Steps # 1-18	Key Point 1 (Woman) Woman Steps 5 & 6 (LFO Sw-CICho, RBIO)	Key Point 2 (Man) Man Steps 5 & 6 (LFO Sw-CICho, RBIO)	Key Point 3 (Woman) Woman Steps 11 & 12 (LFI,RFI)	Key Point 4 (Man) Man Steps 17 & 18 (XB-LFIO, XF-RFI)

- The warm-up for the Masters and Masters Elite Rhythm Dance is four (4) minutes.
- See communication [2700](#) and [2704](#) linked above as well as the [International Solo Ice Dance Competition Guidelines](#).
- Each fall shall receive a deduction of 1.0 point, as per the [International Solo Ice Dance Competition Guidelines](#) General Rules and Requirements for the Junior level.

Solo Ice Dance – General Requirements for Free Dance

Solo Free Dance Masters & Masters Elite

Duration 3:00 +/- 10 seconds

Music Vocal music is permitted and must have a rhythmic beat. The music may be without a rhythmic beat for up to 10 seconds at the beginning or end of the program and another 10 seconds during the program.
Music must have at least one change of tempo/rhythm and expression. These may be gradual or immediate. All music must create an interesting, colorful, entertaining dance program with different dance moods or a building effect.

Edge Elements **Two options:**
1) One (1) Combination Edge Element
OR
2) Two (2) different Types of Short Edge Elements. (Spiral Type may be repeated once with different positions in each)
Combination Edge Elements may not exceed 13 seconds in total.
Short Edge Elements may not exceed 8 seconds.

Spin **One (1) Dance Spin but no more.**
Minimum of three revolutions on one foot, with or without change(s) of foot by the skater.
*Flying Spins or Flying Entries are illegal elements.

Step Sequence **One (1) Step Sequence, Style B**, from the following list: serpentine, circular, midline or diagonal.
One Foot Turn Sequence The pattern of the Step Sequence (Style B) must maintain the integrity or basic shape of the chosen pattern and must be a different pattern type than the Choreographic Character Step Sequence if chosen as a Choreographic Element.
Not permitted: Stop(s), Loop(s) and Retrogression(s).
Note: The entry and/or exit edge of a Difficult Turn resulting in a temporary deviation in the direction of travel for the step sequence pattern should not be considered as a retrogression
One (1), One Foot Turn Sequence to be skated anywhere in the program. It must include the following difficult turns: Rocker, Bracket, Counter, Twizzle (Single Twizzle counts for Levels 1 and 2 and Double Twizzle counts for Levels 1 - 4)

Solo Twizzle Series **One (1) Solo Twizzle Series.** At least two steps between 1st and 2nd twizzle are required but no more than four steps are permitted. (Each push, including a scooter push, and/or transfer of weight while on two feet between twizzles is considered as a step).

Choreographic Elements **Two (2) Different Choreographic Elements to be selected from the following:**

- Choreographic Character Step Sequence (started with a stop or skidding movement)
- Choreographic Sliding Movement
- Choreographic Spinning Movement
- Choreographic Twizzling Movement (can only be performed after required Twizzles)

Note: Free Dance: stop(s) over 5 seconds or touching the ice with hands unless otherwise specified are considered violations of Choreography restrictions.

Solo Free Dance Gold

Duration	2:20 +/- 10 seconds
Music	Same as Masters / Masters Elite
Edge Element	One (1) Short Edge Element, but no more. The edge element must be held in position for a minimum of three (3) seconds but cannot exceed eight (8) seconds.
Spin	One (1) Dance Spin, but no more. - Specifications for Season 2025/26 Dance Spin - A spin to be performed on the spot on one foot with or without change(s) of foot by the skater. *Flying Spins or Flying Entries are illegal elements.
Step Sequence	One (1) Style B Midline, Diagonal, Circular Note: The pattern of the Step Sequence (Style B) must maintain the integrity or basic shape of the chosen pattern and must be a different pattern type than the Choreographic Character Step Sequence if chosen. Not permitted: stops, loops, and retrogressions.
Sequential Twizzle Series	One (1) Set of Sequential Twizzles. Two twizzles skated one after the other with up to one step in between twizzles. (Each push, including a scooter push, and/or transfer of weight while on two feet between twizzles is considered as a step)
Choreographic Elements	Same as Masters / Masters Elite
Maximum Level	Up to Level 3 will be considered for Level.

Solo Free Dance Silver

Duration	1:50 +/- 10 seconds
Music	The music must have a rhythmic beat. The music may be without a rhythmic beat for up to 10 seconds at the beginning or end of the program and another 10 seconds during the program. May be vocal and must be suitable for ice dance as a sport discipline.
Edge Element	Same as Gold
Spin	Same as Gold
Choreographic Character Step Sequence	One (1) Choreographic Character Step Sequence performed on the long axis and started with a stop or skidding movement. Not permitted: Touching the ice with any other part of the body than the blades (or one (1) knee), stops, pattern retrogressions, loops. Dance spins will be considered an extra element if the requirements for Basic Level are met. Edge Elements that meet the requirements for a basic level will be called as an extra element.
Sequential Twizzle Series	Same as Gold

Choreographic Element	One (1) additional chosen from the following • Choreographic Sliding Movement • Choreographic Spinning Movement • Choreographic Twizzling Movement (can only be performed after required Twizzles)
Maximum Level Additional Information	Up to Level 2 will be considered for Level. For Silver (FD) if a Choreographic Character Step Sequence is not performed within the first two Choreographic Elements, the second performed Choreographic Element is identified as not according to the well-balanced program requirements receives (*) symbol. The Choreographic Character Step Sequence performed as a subsequent Choreographic Element shall not be identified

Solo Free Dance Bronze

Duration 1:30 +/- 10 seconds

Music Same as Silver

Edge Element Same as Gold

Spin Same as Gold

Choreographic Character Step Sequence **One (1) Choreographic Character Step Sequence** performed on the **short** axis and started with a stop or skidding movement.
Not permitted: Touching the ice with any other part of the body than the blades (or one (1) knee), stops, pattern retrogressions, loops. Dance spins will be considered an extra element if the requirements for Basic Level are met.
Edge Elements that meet the requirements for a basic level will be called as an extra element.

Sequential Twizzle Series Same as Gold

Maximum Level Up to Level 1 will be considered for Level.

- The factors for each Program Component are as follows: Bronze = Basic Novice; Silver = Intermediate Novice; Gold = Advanced Novice; Masters and Masters Elite = Junior. See communication [2700](#) and [2704](#) linked above as well as the [International Solo Ice Dance Competition Guidelines](#).
- The warm-up duration for all free dance categories is five (5) minutes.
- Each fall shall receive a deduction of 0.5 point for Bronze, Silver, and Gold; 1.0 point for Masters and Master Elite.

Section 8. Technical Requirements – Synchronized Skating

A team shall consist of 12-16 skaters and may include both Women and men. Each Team may have up to a maximum of four (4) alternates listed as such on the Team roster.

Skaters must meet the age requirements as stated in this announcement. Adult and Masters competitions will consist of a Free Skating program only.

The Free Program must be skated according to ISU rules 2025 (Special Regulations & Technical Rules Synchronized Skating 2025).

Difficulty Groups of Elements and Additional Features and the description of their requirements are in accordance with the valid (corresponding) ISU Communication.

Deductions for Interruption(s) in performing the program for ADULT category:

For every Interruption of:

- more than 10 seconds up to 20 seconds: **-0.5**
- more than 20 seconds up to 30 seconds: **-1.0**
- more than 30 seconds up to 40 seconds: **-1.5**
- more than 40 seconds by one or several skaters: **-2.0**
- if second interruption more than 40 seconds or program not completed, the Team is withdrawn
- Interruption of the program with three minutes, Rule 965 **-2.5**
- Adverse condition prior to the program with three minutes, Rule 965 **-2.5**

Deductions for Falls* for ADULT category:

*A Fall is defined as loss of control by a Skater with the result that the majority of his/her own body weight is on the ice supported by any other part of the body other than the blades, e.g., hand(s), knee(s), buttock(s), or any part of the arm (Rule 953, paragraph 1).

Fall Rule 953, paragraph 1: -0.5 for every Fall of one (1) skater

As the values of those deductions are not the standard ones provided by Rule 953, paragraph 1. and Rule 843, paragraph 1.m), the Referee must give specific instructions to the system operator and check the correct input in each instance.

Deductions for Interruptions in performing the program and for Falls* for MASTERS category: the standard deductions according to rule 953, paragraph 1 and Rule 843, paragraph 1.n) will apply.

Duration of Program (Rule 952, paragraph 2)

Adult and Masters: Three (3'00) minutes +/- 10 seconds. The Team is allowed to finish the Free Skating within ten (10) seconds plus or minus the required time. The timing must be reckoned from the moment that a Skater begins to move (arms, head, etc.) or to skate until arriving at a complete stop at the end of the program.

ADULT FREE SKATING

The **ADULT** teams **MUST** skate a well-balanced Free Skating Program of **Five (5) required elements**:

1. **Intersection** Element
 - Additional Feature -Point of Intersection (pi) is optional and will be called if included
2. **Pivoting** Element – **Block**
3. **Traveling** Element
4. **Rotating** Element

PLUS the 5TH ELEMENT, a CHOICE of one (1) Element from below:

Mixed Element	Or
Artistic Element – Block	Or
Artistic Element – Circle	Or
Artistic Element – Line	Or
Artistic Element – Wheel	

Not permitted – Vaults, lifts and Un-sustained lifts

The points for each Program Component are multiplied by a factor of 1.67.

MASTERS FREE SKATING

The **MASTERS** teams **MUST** skate a well-balanced Free Skating Program of the following **Six (6) required elements**:

Must include the following five (5) Required Elements:

1. **Intersection** Element
 - Additional Feature -Point of Intersection (pi) is optional and will be called if included
2. **Pivoting** Element - **Block**
3. **Traveling** Element
4. **Move** Element
5. **No Hold** Element
 - Must be one closed block
 - Features and Additional Feature (Step Sequence) -will be called if included

PLUS the 6th ELEMENT, a CHOICE of one (1) Element from below:

Mixed Element	Or
Artistic Element – Block	Or
Artistic Element – Circle	Or
Artistic Element – Line	Or
Artistic Element – Wheel	

Permitted – Vaults and Un-sustained lifts

The points for each Program Component are multiplied by a factor of 2.0.

NOTES:

Maximum Element levels can be skated, and the level will be called as executed.

Maximum levels of Additional Features can be skated and will be rewarded according to the execution of the team.

- Definition/criteria of recommended Elements and Additional Features are in accordance with Rule 990, paragraphs 3 and 4.
- Difficulty Groups of Elements and Additional Features and the description of their requirements are in accordance with the valid (corresponding) ISU Communication.

Official competition practice ice will be offered on the day of the SYS competition.

Extra Practice time will be available and can be booked through the competition organizing committee. Extra practice cannot be booked for the day of the competition.

Section 9. Technical Requirements – Artistic Free Skating

General Requirements for Artistic Free Skating

The artistic events consist of Free Skating and Pair Free Skating programs judged only on the basis of the Program Components.

See ISU General Technical Rules in Single & Pair Skating and Ice Dance (Rule 504 para 3a) for a detailed description of Program Components.

There will be no technical panel and no technical mark given.

The points for each Program Component are multiplied by the following factors:

- Composition – 1.0
- Presentation – 1.2
- Skating skills – 1.0

Falls are not subject to a deduction but may have a negative impact on the Program Components.

The Artistic Free Skating competition is an athletic competition that is intended to allow skaters to demonstrate their skating ability as defined by the three program components of the ISU judging system. Credit for the required technical elements is based solely on the ability of such movements to enhance the component score. Credit will not be given for their technical difficulty.

The program must be developed through skating skill and quality rather than through non-skating actions such as sliding on one knee or excessive use of toe steps. The skater/pair must not remain in one place for more than five (5) seconds. The program and time clock will start with the first movement by the skater/pair.

Any technical element exceeding the maximum number as set forth below, will be judged as an illegal element (1.0 deduction). If the minimum required technical elements are not included, a deduction for a “missing element” of 1.0 will be made and will be listed as an illegal element on the protocol. The Referee is responsible for such deductions.

Clothing and make-up must be modest, dignified, and appropriate for athletic competition – not garish or theatrical in design. Clothing may, however, reflect the character of the music chosen. Clothing must not give the effect of excessive nudity. (ISU Rule 501)

This is NOT a theatre-on-ice, showcase or spotlight event. Theatrical costumes and make-up will be penalized by a deduction: -1.0 per program. Props and accessories may NOT be used in any part of the artistic programs. Use of props will be penalized by a deduction: -1.0 per program.

Any item that is held in the hand or removed during the performance is considered a prop. Thus, for example, a hat worn throughout the program is not considered to be a prop, but if it is intentionally removed during the performance, it is considered a prop. Objects on the ice, thrown in the audience, placed on the boards or on the judges table are not permitted. Costumes that contain particles that may mar or leave anything on the ice surface (feathers, boas, excessive beading) are considered unsafe and are not permitted.

The decorations on costumes must be non-detachable. Part of the costume or decoration falling on the ice will be penalized by a deduction: -1.0 per program. The deduction for inappropriate clothing or make-up props and accessories (1.0) will be determined by a majority of the judges and the referee.

Illegal elements:

- Somersault type jumps
- Laying on the ice and prolonged and/or stationary kneeling on both knees on the ice.

The warm-up duration is four (4) minutes for all Artistic Free Skating and Pair Artistic Free Skating events.

Singles Artistic Free Skating

Competitions will be held at the Masters Elite, Masters, Gold, Silver and Bronze levels.

The Artistic Free Skate is a competitive program that must include elements of the sport of figure skating. At least one (1) and a maximum of two (2) single jumps MUST be included. A Waltz jump is not considered a listed single jump. At least one (1) and a maximum of two (2) spins MUST be included. For Bronze, Silver and Gold level, no Axel type jumps are allowed, for Masters and Elite levels Axels are permitted. For all levels no double or triple jumps are allowed. No combination jumps are allowed.

The program duration for Masters Elite and Masters Artistic Free Skating is 2 minutes +/- 10 seconds.

The program duration for Gold, Silver and Bronze Artistic Free Skating is 1 minute and 30 seconds, +/- 10 seconds.

General Requirements for Pair Artistic Free Skating

- Each pair artistic team must consist of one man and one woman.
- It is expected that pair couples will enter at the skill level of the more skilled skater.

Pair Artistic Free Skating Masters Elite

Pairs entering this category will compete against other Elite Masters Pair skaters. The technical requirements are the same as those for the category "Masters Pair Artistic Free Skating."

Pair Artistic Free Skating Masters

The Masters Pair Artistic Free Skate is a competitive program that must include elements of the sport of pair figure skating. Each pair program must include at least two (2) and no more than four (4) elements selected from:

- a. A maximum of one (1) throw jump. Double and triple jumps are not permitted. A Waltz jump is not considered a listed single jump.
- b. A maximum of one (1) pair spin (or pair combination spin).
- c. A maximum of one (1) death spiral or pivot figure (position of the woman optional).
- d. A maximum of one (1) lift of Group 1 or Group 2.
 - Variations of the woman's position, no handed and one-handed lifts and combination lifts are not permitted.
 - Twist lifts are not permitted.
 - Lifts of Groups 3-4-5 are **not** permitted.

The program duration is 2 minutes and 10 seconds, +/- 10 seconds.

Pair Artistic Free Skating Intermediate

The program must include at least two (2) and no more than four (4) elements selected from:

- a. A maximum of one (1) throw jump. Axel type jumps, double and triple jumps are not permitted.
- b. A maximum of one (1) pair spin (pair spin or pair spin combination).
- c. A maximum of one (1) death spiral or pivot figure (position of the Woman optional).

- d. A maximum of one (1) lift of Group 1 or Group 2.
 - Variations of the woman's position, no-handed and one-handed lifts, and combination lifts are not permitted.
 - Twist lifts are not permitted.
 - Lifts of Groups 3-4-5 are **not** permitted.
- The duration is 1 minute and 40 seconds, +/- 10 seconds.

Pair Artistic Free Skating Adult

The program must include at least two (2) and no more than four (4) elements selected from:

- a. A maximum of one (1) throw jump. Axel type jumps, double and triple jumps are not permitted.
- b. A maximum of one (1) pair spin. Pair spin combinations are not permitted.
- c. A maximum of one (1) pivot figure (position of the Woman optional).
- d. A maximum of one (1) lift of Group 1 or Group 2.
 - Variations of the woman's position, no-handed and one-handed lifts, and combination lifts are not permitted.
 - Twist lifts are not permitted.
 - Lifts of Groups 3-4-5 are **not** permitted.
- The duration is 1 minute and 40 seconds, +/- 10 seconds.

Section 10. ISU Contact Information

Please address all enquiries relating to the competition rules and program content to the ISU Adult Figure Skating Group Members:

GENERAL ENQUIRIES AND FREE SKATE, PAIRS FREE SKATE AND ARTISTIC FREE SKATE

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