



NATIONAL ADULTS REGULATIONS

Singles

Season 2022-2023

General rules Single Skating:

- A Competitor must be a member of a club which is itself a member of an ISU Member. Competitors do not require any Clearance Certificate or release any other permission from their ISU Member for entering the Competition.
- Skaters must have reached at least the age of **sixteen (16)** by July 1st preceding the competition for **all categories**.
- Coaches can participate in Adults competitions.
- Skaters can compete in Adults competitions without a Competition Level Test.
- Adult skaters who qualify to participate in B-competitions **can** still participate in Adults competitions. However, if there's an Adults competition linked to a B-competition, they **cannot** compete in both the level category and the Adults competition.
- Adult skaters who qualify to participate in A-Competitions **cannot** compete in Adults Competitions.
- Skaters who only compete in Adults competitions keep their Figure Skating Level Test for B-Competition level categories.
- Skaters **cannot** increase their Figure Skating Level nor PCS Level Test in Adult categories.
- The club must enter the competitor.
- All categories of Ladies and Men must be divided into separate groups for the competition but can warm up together.
- For Adult competitions non-licensed coaches (initiators or monitors) are allowed in coaches' areas.
- It is expected that competitors will enter at a level that is appropriate to their current skating ability.
- All Belgian clubs which organize a National Adults competition must put these regulations of the federation KBKF/FRBPA in their announcement for the categories for which they are valid.

The National Adult Figure Skating Single Regulations will include the following disciplines:

- **Adult Bronze Free Skating Ladies and Men**
This is a category for skaters who can execute all single jumps but NO single Axel.
- **Adult Silver Free Skating Ladies and Men**
This is a category for skaters who can execute all single jumps **including** single Axel.
- **Adult Gold Free Skating Ladies and Men**
This is a category for skaters who can execute all single jumps including single Axel and double jumps but NO double Flip, double Lutz and no double Axel.
- **Adult Master Free Skating Ladies and Men**
This is a category for skaters who can execute all single and double jumps including double Axel and triples.

ADULT BRONZE FREE SKATING

Warm-up: 4 minutes for Ladies and Men

The maximum time for Ladies and Men: Maximum 1:40 min +/- 10 sec.

A competitor in the bronze free skating event must perform a well-balanced program that may contain:

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

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

A maximum of two (2) spins of a different abbreviation each of which must be a spin in one position with or without 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), (3+3) for a spin with change of foot.
- A spin that has no basic position with 2 revolutions will receive no level and no value, however a spin with less than 3 revolutions 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 change of foot in any spin must be preceded and followed by a spin position with at least three (3) revolutions.
- Only features up to **level 1** will be counted. Any additional features will not count for level requirements and will be ignored by the Technical Panel.

A maximum of one (1) Choreographic Sequence, covering at least half (1/2) of the ice surface.

- A choreographic sequence consists of any kind of movements like steps, turns, spirals, arabesques, spread eagles, Ina Bauer's, hydro blading, transitional (unlisted) jumps, spinning movements etc.
- The pattern is not restricted.
- A choreographic sequence has a base value and will be evaluated by the judges GOE only.

The 3 Program Components are judged

Component factor for ladies and men: 2.0

FALL: -0.5 Pt

ADULT SILVER FREE SKATING

Warm-up: 4 minutes for Ladies and Men

The maximum time for Ladies and Men: Maximum 2:00 min +/- 10 sec.

A competitor in the silver free skating event must perform a well-balanced program that may contain:

A maximum of five (5) jump elements, consisting of any single jumps (**including the single Axel**).

Double jumps and triple jumps are NOT permitted. There may be up to two (2) jump combinations or One (1) jump combination and one (1) jump sequence in the free program.

- One (1) jump combination may consist of up to three (3) listed jumps. The other jump combination may consist of two (2) jump combination of listed jumps.
- A jump sequence consists of two (2) or three (3) listed jumps, 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 to the take-off curve of the Axel jump.
- Each listed jump may be performed a maximum of two (2) times.
- Please note that the Euler (half-loop) is considered as a listed jump only when used in a combination in between two listed jumps.
- Non-listed jumps may be included in the program as part of the connecting footwork.

A maximum of two (2) spins of a different abbreviation. Flying spins **ARE** permitted.

- 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 change of foot.
- A spin that has no basic position with two (2) revolutions will receive no level and no value, however a spin with less than three (3) revolutions is considered as a skating movement and not a spin.
- The change of foot in any spin must be preceded and followed by a spin position with at least three (3) revolutions.
- A spin combination 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.
- Only features up to **level 2** will be counted. Any additional features will not count for level requirements and will be ignored by the Technical Panel.

A maximum of one (1) Choreographic Sequence, covering at least half (1/2) of the ice surface.

- A choreographic sequence consists of any kind of movements like steps, turns, spirals, arabesques, spread eagles, Ina Bauer's, hydro blading, transitional (unlisted) jumps, spinning movements etc.
- The pattern is not restricted.
- A choreographic sequence has a base value and will be evaluated by the judges GOE only.

The 3 Program Components are judged

Component factor for Ladies and Men: 2.0

FALL -0.5 Pt

ADULT GOLD FREE SKATING

Warm-up: 4 minutes for Ladies and Men

The maximum time for Ladies and Men: Maximum 2:40 min +/- 10 sec.

A competitor in the gold free skating event must perform a well-balanced program that may contain:

A maximum of six (6) jump elements, consisting of any single jumps (including the single Axel) or double jumps. **Double Flip, double Lutz, double Axel and triple jumps are NOT permitted.** There may up to three (3) jump combinations or two jump combinations and one jump sequences in the free program.

- One (1) jump combination may consist of up to three (3) listed jumps. Two (2) jump combination may consist of two (2) listed jumps.
- A jump sequence consists of two (2) or three listed single or double jumps, in which the second and/or third jump is an Axel type jump with a direct step from the landing curve of the first/second jump to the take-off curve of the Axel jump.
- Each listed jump may be performed a maximum of two (2) times.
- Please note that the Euler (half-loop) is considered a listed jump only when used in a combination in between two listed jumps.
- Non-listed jumps may be included in the program as part of the connecting footwork.

A maximum of three (3) spins of a different abbreviation one (1) of which must be a spin combination with a change of foot and one (1) of which must be a flying spin or spin with 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 change of foot.
- A spin that has no basic position with two (2) revolutions will receive no level and no value, however a spin with less than three (3) revolutions is considered as a skating movement and not a spin.
- A spin combination 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.
- The change of foot in any spin must be preceded and followed by a spin position with at least three (3) revolutions.
- Only features up to **level 3** will be counted. Any additional features will not count for level requirements and will be ignored by the Technical Panel.

A maximum of one (1) Step Sequence, fully utilizing the ice surface.

- Only the first executed attempt of a step sequence will contribute to the technical score.

The 3 Program Components are judged

Component factor for Ladies and Men: 2.67

FALL -1.0 Pt.

ADULT MASTER FREE SKATING

Warm-up: 4 minutes for Ladies and Men

The maximum time for Ladies and Men: Maximum 3:00 min +/- 10 sec.

A competitor in the master free skating event must perform a well-balanced program that may contain:

A maximum of six (6) jump elements, one of which must be an Axel type jump. **Single, double and triple jumps are permitted.** There may be up to three (3) jump combinations or two jump combinations and one jump sequences in the free program.

- One (1) jump combination may consist of up to three (3) listed jumps. Two (2) jump combination may consist of 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 jump to the take-off curve of the Axel jump.
- Each listed jump may be performed a maximum of two (2) times.
- Please note that the Euler (half-loop) is considered as a listed jump only when used in combination in between two listed jumps.
- Non-listed jumps may be included in the program as part of the connecting footwork.

A maximum of three (3) spins of a different abbreviation, one (1) of which must be a spin combination with a change of foot and one (1) must be a flying spin or a spin with flying entrance.

- The spins must have a required minimum number of revolutions: five (5) for any spin with no change of foot, and eight (8) for any spin with a change of foot.
- A spin that has no basic position with two (2) revolutions will receive no level and no value, however a spin with less than three (3) revolutions is considered as a skating movement and not a spin.
- A spin combination 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.
- The change of foot in any spin must be preceded and followed by a spin position with at least three (3) revolutions.
- Only features up to **level 4** will be counted. Any additional features will not count for level requirements and will be ignored by the Technical Panel.

A maximum of one (1) Step Sequence, fully utilizing the ice surface.

- Only the first executed attempt of a step sequence will contribute to the technical score.

The 3 Program Components are judged

Component factor for Ladies and Men: 2.67

FALL -1.0 Pt

