

NATIONAL REGULATIONS
RULEBOOK
Singles – Ice Dance
and
Adults
2023 – 2024



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NATIONAL FIGURE SKATING LEVEL TESTS AND COMPETITIONS REQUIREMENTS

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GENERAL REGULATIONS FOR ALL COMPETITION GROUPS

COACHES:

- Coaching of a skater during his/her program is done exclusively in the designated area (neutral zone) and by authorized persons.
- Coaches need to have a **competition license** after passing the exam organized by the national federation. ([more information will follow shortly](#))
- All coaches must visibly wear their competition license or be able to show it upon simple request to be allowed in the designated area.
- Coaching from outside the designated area, or coaching by a non-authorized person can result in a sanction given by the Disciplinary Committee of the national federation.(see disciplinary regulations)
- During the competition there are no more than two (2) **competition licensed** coaches per participant allowed in the designated area.
- Coaches at Adult competitions and recreative competitions do not need to be licensed.

COMPETITION LEVEL TEST:

- To be able to enter in National or International Interclub **B-competitions** a skater must have obtained a **Competition Level Test**.
- Skaters can only participate in the Competition Level Test if they haven't reached the age of 16 years preceding the Competition Level Test.

FIGURE SKATING LEVEL TESTS / PCS LEVEL TESTS:

- The **Figure Skating Level Tests** are based on **the Technical Element Scores (TES)** which can be obtained in National or International Interclub A- and B Competitions, foreign selected Interclub Competitions and ISU listed Competitions on the condition video replay has been used during judging and the content of the program must be identical as the Belgian rules.
- Bonus points may be included in the Technical Element Scores (TES) in the calculating system on Belgian Competitions and in some foreign selected Interclub Competitions. However, these bonus points are not taken into account and will be deducted from the reached TES to obtain the correct TES for the Figure Skating Level Test.
- The **PCS Level Tests** are based on the **Total Program Component Score of a Free Skating Program** which can be obtained in National or International Interclub A- & B Competitions, foreign selected Interclub Competitions and ISU listed Competitions.
- These PCS Level Tests are based on the Belgian component results in each category.
- Within the TES and PCS-score system it is possible to skip certain Figure Skating Levels.
- The TES- and PCS-score need to be obtained once and can be obtained on different competitions.
- Once the skater obtains a certain level, the skater will keep the obtained level.
- Obtaining a new level cannot be refused.
- The obtaining of new levels will be published in a communication on the website of the National Federation:

www.skatebelgium.be

NATIONAL B-COMPETITIONS:

- a) To be able to participate in National B-competitions, skaters need to:
 - be a member of a Belgian club, regardless of their nationality
 - have obtained a Competition Level Test (category Pre-Miniemen) or a higher Figure Skating Level.
- b) Skaters who are member of a Belgian club and who haven't obtained a Competitions Level Test, but already competed abroad before, have to send the result details from their last competition abroad to the mail address below. The federation will determine in which category the skater can participate.
Please send the detailed result to: skatebelgium-bnt@skynet.be
In case no useable results are available, the skater will need to get an evaluation based on the execution of his/her Free Skating Program.
- c) Skaters will participate in the category according their obtained **Figure Skating Level (TES)**
- d) Skaters who qualify to compete in A-Competitions will compete in (not combined) B-Competitions in a separate competition group then skaters who can only compete in B-Competitions, except if the A- or B competition group consists of less than three (3) competitors.

INTERNATIONAL INTERCLUB B-COMPETITIONS:

- a) All skaters who are member of a Belgian club can participate in International Interclub B-Competitions if they:
 - have the Belgian citizenship or if they have acquired a release or at least started the release procedure (citizenship requirements).
 - have obtained a Competitions Level Test (category Pre-Miniemen) or a higher Figure Skating Level test.
- b) Skaters who don't meet these citizen requirements and who are member of both a Belgian and a foreign club can only be entered in an International Interclub B-Competition by their foreign club.

Remark: paragraphs C-D of the National B-competitions regulations also apply for the International Interclub B-Competitions

General rules for FOREIGN competitors:

- Foreign skaters can participate in International Interclub B-Competitions according their age stated in the announcement of the competition.
- Foreign skaters can only compete in the separate competition group in which A-skaters will participate.

NATIONAL A-COMPETITIONS:

- a) All skaters who are member of a Belgian club can participate in National A-Competitions according **their age, obtained Figure Skating Level and PCS level.**
- b) In order to participate in National A-Competitions skaters must meet the following citizenship requirements:
The skater has the Belgian citizenship or has a release or at least started the release procedure.
- c) Remarks for the categories:

All Basic Novice and Intermediate Novice skaters age wise who have obtained their **Advanced Novice Figure Skating level and minimum an Advanced Novice PCS level** will participate in the Advanced Novice categories.

If they have a Senior Figure Skating level and minimum a Junior PCS level and the age requirement, they can participate in Junior categories.

Once a skater has competed in a category, the skater cannot participate in a lower category in the following Belgian National and International interclub A-Competitions anymore.

For Belgian Championships:

- d) To compete in *all Novice sub-categories, Junior and Senior categories*, Skaters need to have the Belgian citizenship or have obtained an ISU clearance.

For more information, see latest ISU communication n° 2030 – Rule 109

INTERNATIONAL INTERCLUB A-COMPETITIONS:

- Skaters who don't have the Belgian nationality and who are member of both a Belgian and a foreign club can only be entered in an International A-competition by their Belgian club if they have a release or started the release procedure. If not, they need to be entered by their foreign club.

Remark: paragraphs **A, B** and **C** of the National A-Competitions also apply to the International Interclub A-Competitions.

FOREIGN INTERNATIONAL INTERCLUB COMPETITIONS:

- *All skaters who are members of the Belgian Figure Skating Federation have the opportunity to participate in foreign international competitions if they have a Belgian citizenship or if they have a release or at least started the release procedure*
- *There are two different groups:*
 - 1) *Foreign International Interclub competitions for national B qualified skaters*
 - 2) *Foreign international interclub competitions for national A qualified skaters*

BELGIAN NATIONAL TEAM:

- *The Belgian National Team exists of three different group names divided in different levels:*
 - *Team Elite*
 - *Team Development*
 - *Team International*
- To be able **to be part** of the Belgian National Team in singles and Ice Dance, a skater/couple needs to have the Belgian citizenship or an ISU clearance.
See the latest ISU communication: **ISU Communication n° 2030 - Rule 109**
- Skaters of the BNT singles can obtain a Figure Skating Level Test, PCS- level Test on International ISU-listed Competitions, International Interclub competitions linked on an ISU listed competition and ISU-Events.

ADULT COMPETITIONS:

- 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.

- Skaters **cannot** increase their Figure Skating Level nor PCS Level Test in Adult categories.
- The club must enter the competitor.
- It is expected that competitors will enter at a level that is appropriate to their current skating ability.

OBTAINING A HIGHER FIGURE SKATING LEVEL TEST:

- *Skaters who obtain a higher Figure Skating Level test can participate in A-& B-National competitions and National interclub competitions in the same category during the remaining current season.*
- *However, a skater can **apply** to upgrade earlier. In such case the club of the skater must inform by mail the Responsible National Competitions about the respective competition at **least ten (10) days** before the first competition day.*

Please send this mail to:

National Responsible Competitions: ludod@telenet.be
mariabouwens@hotmail.com

CHANGING FROM COMPETITION CATEGORY GROUP:

Changing from B-Competition skater and A-competition skater to Adult skater:

- If an A-competition skater/B-competition skater would like to change to Adult competitions, the club secretary of the club in which the skater is a member needs to inform the National Responsible Competitions, stating he/she will switch to Adult competitions.
- There is no longer an option to return to B-competitions/A-competitions.

COMBINED COMPETITIONS:

- Definition: a combined competition is any competition in which multiple competition types (A, B, Adults) are combined and/or organized on the same or overlapping dates, even if these competitions have separate announcements/names.
- If A-competitions and B-competitions are combined, **Belgian A-qualified skaters** are only allowed to participate in the A-competition.
- If an International Interclub A-competition and a national B-Competition are combined, **foreign skaters** are only allowed to compete in the International Interclub A-competition.
- If an international interclub A-competition and an international interclub B-competition are combined, **foreign skaters** are only allowed to compete in the international interclub A-competition. It is therefore not really possible to combine an international interclub A-competition with an international interclub B-competition.

WARM-UP GROUPS:

- **Pre-Miniemen, Miniemen Girls and Boys** warm-up groups: **up to eight (8)** skaters per warm up group.
- **Singles Girls and Boys for all Novice sub-categories** warm-up groups: **up to eight (8)** skaters per warm-up group.
- **For the categories Pre-Miniemen, Miniemen and all Novice categories'** : *if there are less than three (3) Boys in a category, the Boys will warm up together in the first warm-up group of the Girls. If there are three (3) Boys or more, they will warm up separately preceding the first group of the girls.*
- **Junior and Senior warm-up groups**: up to six (6) skater per warm-up group. Women an men can warm up together.
- **Adult categories**: warm up groups up to **six (6)** skaters per warm up group. All categories of Women and Men Must be divided into separate category groups for the competition but can warm up together

- *An on-ice line up of the skaters in a warm-up group before the actual warming up is not allowed in National and International Interclub A- B-Competitions and Adult Competitions.
Only the Belgian Nationals, Regionals and ISU-listed competitions can have these on-ice line ups.*

CATEGORIES WITH MORE THAN 32 SKATERS, PRE-MINIEMEN AND MINIEMEN CATEGORIES AND ADULT CATEGORIES:

- In all A- and B-competitions, categories of more than **32** entries will be divided into two groups based on age by July 1st preceding the competition. Organizing clubs are allowed to divide into smaller groups using the same criteria, however, groups of **16** skaters or less will not be divided any further.
- In all National B-competitions and international interclub B-competitions, the categories Pre-Miniemen and Miniemen will always be divided in a maximum of two sub-categories according to their age.
These two sub-categories will be divided as followed:

Group U-12: skaters have **not reached** the age of twelve (12) by July 1st preceding the competition.

Group O-12: skaters have reached the age of twelve (12) by July 1st preceding the competition.

- In **Adult competitions**, categories more than **18** entries, organizing clubs may divide in smaller groups according to age groups.
For example:

Young Adults	16 to 26 years
Class I	27 and older

- Clubs will enter their competitors in the categories in which they need to participate.
- The Belgian Federation will publish, in time, if categories are divided into age groups or not. This will be published on the website: www.skatebelgium.be

PRICE AWARDING CEREMONIES:

- National Hymns are **NOT** allowed *on National and International Interclub A- & B-Competitions, except the National and Regional Championships.*

NATIONAL FIGURE SKATING LEVEL TESTS

COMPETITION LEVEL TEST

1) Forward and backward perimeter stroking with forward inside and backward inside edge transitions

Counterclockwise only

Explanation:

- Two (2) to four (4) introductory steps are optional before the pattern starts
- Four (4) alternating crossovers separated by solid forward inside (FI) edge transitions. The end of the pattern consists of two (2) forward crossovers followed by a left forward outside (LFO) open stroke; then a right forward inside (RFI) open Mohawk followed by two (2) backward crossovers separated by stable backward inside (BI) edge transitions. See pattern below.
- All end pattern steps should be performed with an even cadence except the **LFO open stroke**, which **should be held for two counts**. The second side of the pattern resumes with four (4) backward crossovers separated by two-foot transitions, also known as a power push. Skaters should take care to perform the transitions on two (2) solid inside edges. The second end pattern consist of three (3) to five (5) backward crossovers.
- The steps must be skated in general accordance with the diagrams and descriptions.

Test Standards/Expectations:

- All crossovers of same quality.
- Good ice coverage with solid **edge pushing** - Pattern can be performed according the height of the skater!
- Stepping **on axis** to set proper curvature of lobes.
- Extension transition steps must be an inside edge.
- Bilateral ability to push off equal with flexible knees

Common errors:

- Incomplete second stroke during crossovers.
- Forward inside edges lacks extension.
- Use of toe picks.
- Incorrect pattern.

2) Alternating backward crossovers to backward outside edges

Explanation:

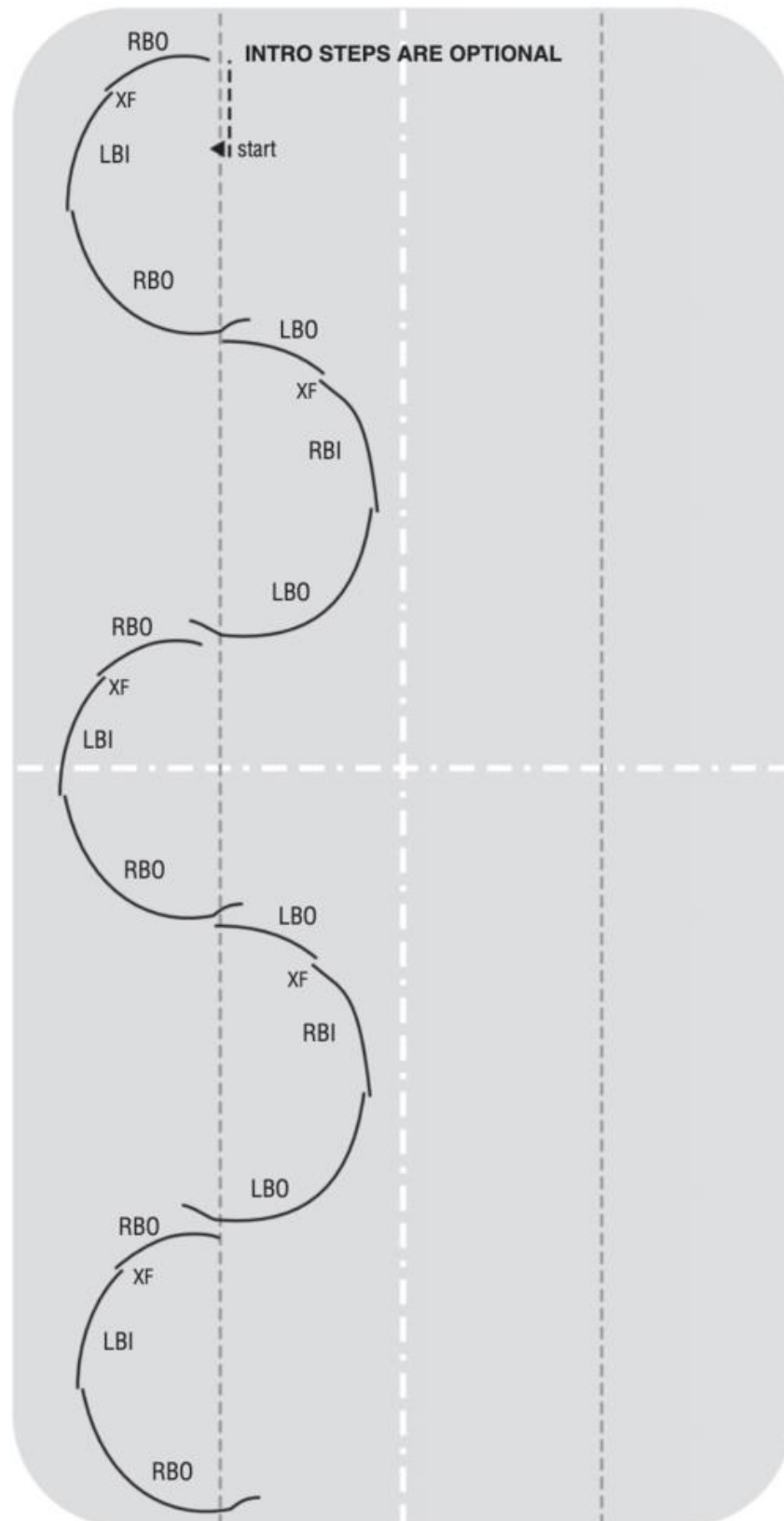
- Two (2) to four (4) introductory steps are optional before the pattern starts
- The skater will perform alternating backward crossovers to backward outside edges in consecutive half circles for one length of the ice.
- Four (4) or five (5) lobes should be skated. Pattern can be performed according the height of the skater.

Test Standards/Expectations:

- Good speed, posture and ice coverage
- Control during sustained extensions

Common errors:

- Good flow and extension
- Unequal lobes
- Poor posture
- Inability to extend equally on both legs



Source: American Moves in the field tests – www.Krigorstudio.com

3) Step sequence – from short barrier to short barrier (straight line)

Explanation:

- The Steps Sequence consists of forward outside, forward inside three turns and Mohawks. Toe-pick steps and backward three turns are optional.
- All turns and steps must be executed on both feet (left and right)

Test Standards/Expectations:

- At least two (2) forward outside three turns, two (2) forward inside three turns and two (2) Mohawks on the left foot and right foot must be clean.
- Good posture and body control.
- Turns and steps must be on clean edges, clean entry and exit. Jumped turns and steps will not take into account.

Common errors:

- Poor posture and body control.
- Unclean turns and steps

4) Choreographic Movements

Explanation:

- Choreographic Movements consists of at least 2 **different** movements like spirals, arabesques, spread eagles, Ina Bauer, shoot the duck transition, transition jumps like split jumps and any variations of a split jump. Steps and turns may be used to link the 2 or more different movements together.
- All different movement must be held for **two counts** in position, except the transition jumps.
- The pattern is free.

Test Standards/Expectations:

- At least two different movements should be demonstrate with extend body lines and body control.

Common errors:

- Only one movement with extend body lines and body control.
- The body movements (two) not holding for two counts.

Remarks:

- All elements need to be performed after each other.
- The skater needs to wait on a signal from the referee to start the next element.
- Only **one** exercise can be repeated if asked by the referee.
- The warm up period is **four (4)** minutes.
- There will be warm-up groups of maximum eight (8) skaters.

FIGURE SKATING LEVEL TESTS

The following minimum Technical Element Scores (TES) for the different levels need to be obtained:

TES Miniemen level – Girls and Boys*	6.00 points
TES Basic Novice level – Girls and Boys	8.50 points
TES Intermediate Novice level – Girls and Boys	12.00 points
TES Advanced Novice level Girls and boys	18.00 points
TES Junior level - Women	24.00 points – without bonus points
TES Junior level - Men	26.00 points – without bonus points
TES Senior level - Women	36.00 points – without bonus points
TES Senior level - Men	40.00 points – without bonus points
TES Master level - Women	42.00 points – without bonus points
TES Master level - Men	50.00 points – without bonus points

*To obtain this level a skater needs to compete first in the category Pre-Miniemen and has obtained at least a Competition Level Test.

PCS LEVEL TESTS

The following minimum PCS for the different levels need to be obtained:

PCS Miniemen level – Girls and Boys	10.00 points
PCS Basic Novice level – Girls and Boys	12.00 points
PCS Intermediate Novice level - Girls	14.00 points
PCS Intermediate Novice level - Boys	15.00 points
PCS Advanced novice level - Girls	17.00 points
PCS Advanced novice level - Boys	20.00 points
PCS Junior level - Women	25.00 points
PCS Junior level - Men	29.00 points
PCS Senior - Women	35.00 points
PCS Senior - Men	39.00 points
PCS Master - Women	45.00 points
PCS Master - Men	52.00 points

NATIONAL B-COMPETITIONS REQUIREMENTS

PRE-MINIEMEN

To compete in this Category, **Competition level** is required.

This category will be divided in two groups for Girls and Boys:

Group U-12: skaters have not reached the age of twelve (12) by July 1st preceding the competition.

Group O-12: skaters have reached the age of twelve (12) by July 1st preceding the competition.

Free Skating Program for Girls & Boys:

Duration: 2:00 min +/- 10sec

Warm-up: 4 minutes

A well-balanced Free Skating Program for Pre-Miniemen singles Girls and Boys must contain:

- a) Maximum of **4 jump elements for Girls and Boys.**
- There may be up to one (1) jump combination.
 - A jump combination can contain only two (2) jumps
 - Only one (1) single jump can be repeated once
 - Jumps with one and a half (1-1/2) revolutions (1A) and double jumps are **NOT** permitted.

- b) There must be a maximum of two (2) different spins of a different nature (abbreviation)
- A one position spin with no change of foot, (minimum four (4) revolutions in total)
Basic position is compulsory



- A combination spin with no change of foot, (minimum six (6) revolutions in total)
Basic positions are compulsory
If the combination spin consists only of **two basic positions**, an upright position in this combination spin must have an enhancement of arms or free leg to make it count. It is not simple the final windup.
In both spins flying entries are NOT permitted.
No difficult variations are allowed in the spins. In case the skater performs a difficult variation, the spin will not counted and ends up in NO VALUE

- c) One Choreographic Sequence fully covering the ice surface.

A Choreographic Sequence consists of at least 2 **different** movements like spirals, arabesques, spread eagles, Ina Bauers, shoot the duck transition, transition jumps like split jumps and any variations of a split jump. Steps and turns may be used to link the two or more different movements together.

All different movement must be held for **two counts** in position, except the transition jumps.

ChSql1= 1.50 Pt base value

Component factor: 1.67

Features: All elements, which are subject to levels, only up to **level BASE** will be counted.

Deduction per fall: -0.5 Pt

MINIEMEN

To compete in this Category, **Miniemen Figure Skating level** is required.

This category will be divided in two groups for Girls and Boys:

Group U-12: skaters have **not reached** the age of twelve (12) by July 1st preceding the competition.

Group O-12: skaters have reached the age of twelve (12) by July 1st preceding the competition.

Free skating program for Girls and Boys

Duration: 2:30 min +/- 10 sec.

Warm-up: 4 minutes

A well-balanced Free Skating program for Miniemen singles Girls and Boys must contain:

a) Maximum of 5 jump elements for Girls and Boys.

- There may be up to two (2) jump combinations **or** one (1) jump sequence and one (1) jump combination.
- Jump combinations can contain only two (2) jumps.
- A jump sequence consists of two (2) jumps, beginning with any listed jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel.
- Only one single jump and one double jump can be repeated once.

b) There must be a maximum of two (2) spins of a different nature (abbreviation)

- One (1) spin combination: a spin combination with a change of foot minimum eight (8) revolutions or without a change of foot minimum six (6) revolutions.

If the combination spin consists only of two basic positions, an upright position in this combination spin must have an enhancement of arms or free leg to make it count. It is not simple the final windup.
- One (1) spin with no change of position: a spin in one position with a change of foot minimum eight (8) revolutions or without a change of foot minimum six (6) revolutions.
- In both spins flying entries **ARE** allowed.

c) There must be one (1) step sequence fully utilizing the ice surface.

Component factor: 1.67

Features: All elements, which are subject to levels, 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.

Deduction per fall: -0.5 Pt

BASIC NOVICE

To compete in this Category, **Basic Novice Figure Skating level** is required.

Free Skating Program for Girls & Boys:

In accordance with ISU communication **2562** Single Basic Novice (or subsequent updates)

INTERMEDIATE NOVICE

To compete in this Category, **Intermediate Novice Figure Skating level** is required.

Free Skating Program for Girls & Boys:

In accordance with ISU communication **2562** Single Intermediate Novice (or subsequent updates)

ADVANCED NOVICE

To compete in this Category, **Advanced Novice Figure Skating level** is required.

Free Skating Program for Girls and Boys:

In accordance with ISU communication **2562** Single Skating Advanced Novice (or subsequent updates)

JUNIOR

To compete in this Category, **Junior Figure Skating level** is required.

Free Skating Program for Women and Men:

The required elements to be skated are those listed in ISU Technical Rules Single & Pair Skating 2022 Rule **612**.

SENIOR

To compete in this category, **Senior Figure Skating level** is required.

Free Skating Program for Women and Men:

The required elements to be skated are those listed in ISU Technical Rules Single & Pair Skating 2022 Rule **612**.

INTERNATIONAL INTERCLUB B-COMPETITIONS REQUIREMENTS

PRE-MINIEMEN

To compete in this Category, **Competition level** is required for a Belgian Skater.

Foreign skaters cannot compete in this category.

This category will be divided in two groups for Girls and Boys:

Group U-12: skaters have **not reached** the age of twelve (12) by July 1st preceding the competition.

Group O-12: skaters have reached the age of twelve (12) by July 1st preceding the competition.

Free Skating Program for Girls & Boys:

Duration: 2:00 min +/- 10sec

Warm-up: 4 minutes

A well-balanced Free Skating Program for Pre-Miniemen singles Girls and Boys must contain:

- a) Maximum of **4 jump elements for Girls and Boys.**
 - There may be up to one (1) jump combination.
 - A jump combination can contain only two (2) jumps
 - Only one (1) single jump can be repeated once
 - Jumps with one and a half (1-1/2) revolutions (1A) and double jumps are **NOT** permitted.
- b) There must be a maximum of two (2) different spins of a different nature (abbreviation)
 - A one position spin with no change of foot, (minimum four (4) revolutions in total)
Basic position is compulsory



- A combination spin with no change of foot, (minimum six (6) revolutions in total)
Basic positions are compulsory
If the combination spin consists only of **two basic positions**, an upright position in this combination spin must have an enhancement of arms or free leg to make it count. It is not simple the final windup.
In both spins flying entries are NOT permitted.
No difficult variations are allowed in the spins. In case the skater performs a difficult variation, the spin will not counted and ends up in NO VALUE
- c) One Choreographic Sequence fully covering the ice surface.
 - A Choreographic Sequence consists of at least 2 **different** movements like spirals, arabesques, spread eagles, Ina Bauers, shoot the duck transition, transition jumps like split jumps and any variations of a split jump. Steps and turns may be used to link the two or more different movements together.
All different movement must be held for **two counts** in position, except the transition jumps.
ChSqL1= 1.50 Pt base value

Component factor: 1.67

Features: All elements, which are subject to levels, only up to **level BASE** will be counted.

Deduction per fall: -0.5 Pt

MINIEMEN

To compete in this Category, **Miniemen Figure Skating level** is required for a Belgian Skater.
Foreign skaters cannot compete in this category.

This category will be divided in two groups for Girls and Boys:

Group U-12: skaters have **not reached** the age of twelve (12) by July 1st preceding the competition.

Group O-12: skaters have reached the age of twelve (12) by July 1st preceding the competition.

Free skating program for Girls and Boys

Duration: 2:30 min +/- 10 sec.

Warm-up: 4 minutes

There will be **no** special factor for jump elements performed in the second half of the Free Program.

A well-balanced Free Skating program for Miniemen singles Girls and Boys must contain:

a) Maximum of 5 jump elements for Girls and Boys.

- There may be up to two (2) jump combinations **or** one (1) jump sequence and one (1) jump combination.
- Jump combinations can contain only two (2) jumps.
- A jump sequence consists of two (2) jumps, beginning with any listed jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel.
- Only one single jump and one double jump can be repeated once.

b) There must be a maximum of two (2) spins of a different nature (abbreviation)

- One (1) spin combination: a spin combination with a change of foot minimum eight (8) revolutions or without a change of foot minimum six (6) revolutions.

If the combination spin consists only of two basic positions, an upright position in this combination spin must have an enhancement of arms or free leg to make it count. It is not simple the final windup.
- One (1) spin with no change of position: a spin in one position with a change of foot minimum eight (8) revolutions or without a change of foot minimum six (6) revolutions.
- In both spins flying entries **ARE** allowed.

c) There must be one (1) step sequence fully utilizing the ice surface.

Component factor: 1.67

Features: All elements, which are subject to levels, 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.

Deduction per fall: -0.5 Pt

BASIC NOVICE

To compete in this Category, **Basic Novice Figure Skating level** is required for a Belgian Skater.

For foreign skaters: Have not reached the age of thirteen (13) by July 1st preceding the competition for Girls and Boys.

Free Skating Program for Girls & Boys:

In accordance with ISU communication **2562** Single Basic Novice (or subsequent updates)

INTERMEDIATE NOVICE

To compete in this Category, **Intermediate Novice level** is required for a Belgian Skater.

For foreign skaters: Have not reached the age of fifteen (15) by July 1st preceding the competition for Girls and Boys.

Free Skating Program for Girls & Boys:

In accordance with ISU communication **2562** Single Skating Intermediate Novice (or subsequent updates).

ADVANCED NOVICE

To compete in this Category, **Advanced Novice Figure Skating level** is required for a Belgian Skater.

For foreign skaters: Have reached at least the age of nine (9) but not reached the age of fifteen (15) by July 1st preceding the competition for Girls and Boys.

Free Skating Program for Girls and Boys:

In accordance with ISU communication **2562** Single Skating Advanced Novice (or subsequent updates).

JUNIOR

To compete in this category, **Junior Figure Skating level** required for a Belgian Skater.

For foreign skaters: Have reached at least the age of twelve (12) but not reached the age of nineteen (19) by July 1st preceding the competition for Women and Men.

Free Skating Program for Women and Men:

The required elements to be skated are those listed in ISU Technical Rules Single & Pair Skating 2022 Rule 612.

SENIOR

To compete in this category, **Senior or Master Figure Skating level** required for a Belgian Skater.

For foreign skaters: Have reached at least the age of *sixteen (16)* by July 1st preceding the competition for Women and Men.

Free Skating Program for Women and Men:

The Required elements to be skated are those listed in ISU Technical Rules Single & Pair Skating 2022 Rule 612.

NATIONAL A-COMPETITION REQUIREMENTS

BASIC NOVICE

Skaters have not reached the age of **thirteen (13)** by July 1st preceding the competition for Girls and Boys.

Only skaters with the following minimum requirements can participate in this category.

Basic Novice Figure Skating level with a PCS Basic Novice level or a higher level

Free Skating Program for Girls & Boys:

In accordance with ISU communication **2562** Single Skating Basic Novice (or subsequent updates).

INTERMEDIATE NOVICE

Skaters have not reached the age of **fifteen (15)** by July 1st preceding the competition for Girls and Boys.

Only skaters with the following minimum requirements can participate in this category.

Intermediate Novice Figure Skating level with a PCS Intermediate Novice level or a higher level

Free Skating Program for Girls & Boys:

In accordance with ISU communication **2562** Single Skating Intermediate Novice (or subsequent updates).

ADVANCED NOVICE

Has reached at least the age of **nine (9)** but not reached the age of **fifteen (15)** by July 1st preceding the competition for Girls and Boys.

Only skaters with the following minimum requirements can participate in this category.

Advanced Novice Figure Skating with a PCS Advanced Novice level or a higher level

Short Program & Free Skating Program for Girls and Boys:

In accordance with ISU communication **2262** Single Skating Advanced Novice (or subsequent updates).

JUNIOR

Has reached at least the age of **twelve (12)** but not reached the age of **nineteen (19)** by July 1st preceding the competition for Women and Men.

Only skaters with the following minimum requirements can participate in this category.

Junior Figure Skating level with a PCS Junior level or a higher level

Short Program for Women & Men:

The required elements to be skated are those listed in ISU Technical Rules Singles & Pair Skating 2022 Rule 611, paragraphs 1 and 3 for 2023-2024.

Free Skating Program for Women & Men:

The required elements to be skated are those listed in ISU Technical Rules Singles & Pair Skating 2022 Rule 612.

SENIOR

Has reached at least the age of **sixteen (16)** by July 1st preceding the competition for Women and Men.

Only skaters with the following minimum requirements can participate in this category.

Senior Figure Skating level with a PCS Senior level or a higher level

Short Program for Women & Men:

The required elements to be skated are those listed in ISU Technical Rules Single & Pair Skating 2022 Rule 611, paragraphs 1 and 2.

Free Skating Program for Women & Men:

The required elements to be skated are those listed in ISU Technical Rules Single & Pair Skating 2022 Rule 612.

INTERNATIONAL INTERCLUB A-COMPETITION REQUIREMENTS:

BASIC NOVICE

For all competitors: Have not reached the age of thirteen (13) by July 1st preceding the competition for Girls and Boys.

Belgian skaters who have obtained the following minimum requirements can participate in this category.

Basic Novice Figure Skating level with a PCS Basic Novice level or a higher level

Free Skating Program for Girls & Boys:

In accordance with ISU communication **2562** Single Skating Basic Novice (or subsequent updates).

INTERMEDIATE NOVICE

For all competitors: Have not reached the age of fifteen (15) by July 1st preceding the competition for Girls and Boys.

Belgian skaters who have obtained the following minimum requirements can participate in this category.

Intermediate Novice Figure Skating level with a PCS Intermediate Novice level or a higher level

Free Skating Program for Girls & Boys:

In accordance with ISU communication **2562** Single Skating Intermediate Novice (or subsequent updates).

ADVANCED NOVICE

For all competitors: Have reached at least the age of nine (9) by but not reached the age of fifteen (15) by July 1st preceding the competition for Girls and Boys.

Belgian skaters who have obtained the following minimum requirements can participate in this category.

Advanced Novice Figure Skating level with a PCS Advanced Novice level or a higher level

Short Program and Free Skating program for Girls and Boys:

In accordance with ISU communication **2562** Single Skating Advanced Novice (or subsequent updates).

JUNIOR

For all competitors: Have reached at least the age of twelve (12) but not reached the age of nineteen (19) by July 1st preceding the competition for Women and Men.

Belgian skaters who have obtained the following minimum requirements can participate in this category.

Junior Figure Skating level with a PCS Junior level or a higher level

Short Program for Women & Men:

The required elements to be skated are those listed in ISU Technical Rules Single & Pairs Skating 2022

Rule 611, paragraph 1 and 3 for 2023-2024.

Free Skating Program for Women & Men:

The required elements to be skated are those listed in ISU Technical Rules Singles & Pair Skating 2022 Rule 612.

SENIOR

For all competitors: Have reached at least the age of **sixteen (16)** by July 1st preceding the competition for Women and Men.

Belgian skaters who have obtained the following minimum requirements can participate in this category.

Senior Figure Skating level with a PCS senior level or a higher level

Short Program for Women & Men:

The required elements to be skated are those listed in ISU Technical Rules Single & Pair Skating 2022

Rule 611, paragraphs 1 and 2.

Free Skating Program for Women & Men:

The required elements to be skated are those listed in ISU Technical Rules Single & Pair Skating 2022 Rule 612.

FOREIGN INTERNATIONAL INTERCLUB COMPETITIONS REQUIREMENTS

- There are two different groups:
 - 1) Foreign International Interclub competitions for national B qualified skaters
 - 2) Foreign international interclub competitions for national A qualified skaters
- If a club wants to enter a skater for a foreign international interclub competition which isn't listed yet on www.skatebelgium.be, the club secretary sends the announcement to the email addresses below to determine the type of interclub competition.

1) Foreign International Interclub competitions for B qualified skaters:

- Belgian skaters **without** a Competition Level Figure Skating Test or TES and/or PSC level may participate in foreign international interclub competitions according the rules of these competitions.
- Single skaters who can participate in National B-Competitions **cannot** enter in approved foreign Interclub competitions when there is a National or International Interclub B-Competition in the same week as the foreign Interclub Competition.
- Single skaters **cannot** obtain a Figure Skating Level Test (TES), PCS Level Test nor minimum required scores for the Belgian National Team (BNT) in these International Interclub Competitions.

Remarks:

- The list of foreign International Interclub Competitions approved by the National Federation will be published on :

www.skatebelgium.be

2) Foreign International Interclub Competitions for national A qualified skaters:

- **Foreign International Interclub Competitions approved by the National Federation:**
These interclub announcements must comply with the ISU rules for all categories in order to be approved by the National Federation.
- *The list of these foreign NON ISU-listed International Interclub Competitions approved by the National Federation will be published on :*

www.skatebelgium.be

- **Foreign International Interclub Competitions linked to ISU listed competitions:**
These International Interclub announcements must be separate from the ISU listed Competition announcements.

Remarks for A Qualified skaters on International Interclub Competitions :

- *In these Interclub Competitions, skaters can obtain minimum scores for BNT or Level tests.*
- *Skaters are **recommended** to participate in the **same category** in foreign interclub competitions as in Belgium.*
- *In case a skater compete in a different category as in Belgium, scores **cannot** be taken into account for Level tests nor BNT minimum scores.*
- *Skaters can participate in foreign International Interclub Competitions if these Competitions do not coincide with Belgian A-Competitions or International Interclub A-Competitions in Belgium.*
- *Ice dance teams can obtain minimum required scores for the Belgian National Team (BNT) in foreign international interclub competitions.*
- *Ice dance teams can participate in foreign interclub competitions **the whole season**, because there are no national competitions for these disciplines.*

Invitation, approval and entering procedure for all foreign international interclub competitions:

- *All invitations received by the clubs from foreign interclub competitions must first be sent to the national Secretary for approval before entering any skaters.*
- *Entries are made by the club of the skaters for these approved international interclub competitions & international interclub competitions linked to ISU listed competitions.*
- *The club must inform the national secretary which skaters will participate in the foreign interclub by mail to the addresses below and also need to mention the category they will be competing in.*
- *The club of the participating skaters must send the full results (including detailed judges' scores) or the competition result link of their participating skaters at the latest five (5) calendar days after ending the competition.*
- *In case the club doesn't inform the national secretary of their participating skaters, the results won't count towards the scores for the BNT nor for a higher level of TES and PCS level. The entries and results must be sent by mail to the addresses below:*

secretariaat.kbkf@telenet.be
skatebelgium-bnt@skynet.be

BELGIAN NATIONAL TEAM REQUIREMENTS

- The National Belgian Team singles/Ice Dance will consist of three different teams, named:

Team Elite - Team Development – Team International

- These teams are divided into different levels described as follows:

Team Elite:

- **Junior and Senior** skaters/couples according to the ISU age limits need to obtain the required minimum National Total Scores and the required minimum ISU TES Scores in Short Program/Rhythm Dance and Free Skating Program/Free Dance for at least one of the following events: **EC, WC and JWC**.
- Selected skaters of Team Elite can participate in ISU-listed Competitions during the whole season if these Competitions **do not coincide with the Belgian National Championships, except for GP Senior Events**.

Team Development

- **Advanced Novice** skaters/couples need to obtain the required minimum Total Result Score according to the ISU age limits.
- **Junior** skaters/couples according to the ISU age limits; if they are missing one of the minimum ISU TES Scores of Short Program/Rhythm Dance or Free Skating Program/Free Dance for **JWC** but obtained the minimum National Total Result Score for **JWC**. Or they have the minimum ISU TES Scores for **JWC** but missing the minimum National Total Result Score.
Junior skaters/couples can participate in **JGP** events if they obtained the minimum Total Result Score for JGP's.
- **Senior** skaters/couples according to the ISU age limits; if they are missing one of the minimum ISU TES Scores of the Short Program/Rhythm Dance or Free Skating Program/Free Dance for **EC or WC** but obtained the minimum National Total Result Score for **EC or WC**. Or they have the minimum ISU TES Scores but missing the minimum National Total Result Score.
Senior skaters/couples can participate in **Challenger Series** if they obtained the minimum Total Result Score for Challenger Series.
- Selected skaters of Team Development can participate in ISU listed Competitions during the whole season, if these Competitions **do not coincide with the National Championships**.

Team International:

- Skaters can participate in ISU listed Competitions or Foreign International Competitions if these Competitions **do not coincide with National A-, International interclub A-competitions and Belgian National Championship**.

TEAM ELITE REQUIREMENTS

THE REQUIRED SCORE CAN BE OBTAINED AT THE FOLLOWING COMPETITIONS:

- Required minimum **Belgian Total Result Score + Minimum ISU Technical Element Scores** for Junior World Championships (JWC) must be obtained in **Junior ISU-listed Competitions or JGP's**
- Required minimum **Belgian Total Result score + Minimum ISU Technical Scores** for Senior European- and World Championships must be obtained in **Senior ISU-listed competitions or GP's**
- Skaters have to obtain the Total Result score + Minimum ISU Technical Scores in the age category **once** per season.
- To be qualified for in Team Elite the following requirement Scores must be obtained:
- **Minimum required ISU TES points for Championships 2024: (ISU Communication No 2570 or subsequent updates)**

Junior World Championships 2024

Junior Women	25.00 Short Program	40.00 Free Program
Junior Men	25.00 Short Program	44.00 Free Program
Junior Ice Dance	24.00 Rhythm Dance	38.00 Free Dance

European Championships 2024

Senior Women	25.00 Short Program	42.00 Free Program
Senior Men	28.00 Short Program	46.00 Free Program
Senior Ice Dance	30.00 Rhythm Dance	48.00 Free Dance

World championships 2024

Senior Women	32.00 Short Program	53.00 Free Program
Senior Men	34.00 Short Program	64.00 Free Program
Senior Ice Dance	35.00 Rhythm Dance	52.00 Free Dance

National minimum required Total Result Scores season 2023-2024**ISU Junior World Championship 2024:**

Junior Women	136.00 points – Total Score
Junior Men	170.00 points – Total Score
Junior Ice Dance	126.00 points – Total Score

ISU European Championship 2024:

Senior Women	154.00 points – Total Score
Senior Men	191.00 points – Total Score
Senior Ice Dance	132.00 points – Total Score

ISU World Championship 2024:

Senior Women	159.00 points – Total Score
Senior Men	196.00 points – Total Score
Senior Ice Dance	157.00 points – Total Score

Remarks for ISU Junior World Championships and European- and Senior World Championships singles:

- In case Belgium has more than one spots at the indicated Championship, if there are **2** or **more** skaters/couples who have reached the required National minimum Total Score and the minimum Technical Scores for ISU for the indicated Championship, an evaluation will be made by the board of the federation.
- This evaluation will be made taking into account only the participated ISU-listed competitions and JGP's for **Junior World Championship**, likewise in the category Senior for **European- and Senior World Championships** the evaluation will be taken into account only the participated ISU Challenger Series of the season in which the Championships takes place.
- Skaters with the highest average of the Total Segment Score of the **Short Program/Rhythm Dance** will participate on the specific Championship. In case of an equal average, the highest average of the Technical score in Short Program/Free Dance will be decisive.
- The closing date to obtain the Total Segment Scores of the Short Program/Rhythm Dance in ISU-listed competitions that count towards the average is **twenty-eight (28) days** before the first official practice day of the specific Championship.
- The Total Segment Score of the Short Program/Rhythm Dance is used for the evaluation since the Short Program is the qualifying program at Junior World Championship.

TEAM DEVELOPMENT REQUIREMENTS:

- **For Advanced Novice skaters/couples:** The minimum required points can be obtained at ISU listed Competitions and the **Belgian National Championships** during ongoing season 2023-2024 or the previous season 2022-2023
- **For Junior skaters/couples:** The required minimum National Total Result Scores for JGP's can be obtained at ISU-listed Competitions and the **Belgian National Championships** in the Junior category during the ongoing season 2023-2024 or the previous season 2022-2023.
- **For Senior singles/couples:** The required minimum National Total Result Scores for Challenger Series can be obtained at ISU listed Competitions and the **Belgian National Championships** in the Senior category during the ongoing season 2023-2024 or the previous season 2022-2023.
- Skaters have to obtain the minimum National Total Result score in the age category once per season.

To be qualify for Team Future the following requirement Scores must be obtained:

Advanced Novice:

Advanced Novice Girls	85.00 points – Total Score (including bonus points)
Advanced Novice Men	98.00 points – Total Score (including bonus points)
Advanced Novice Ice Dance	82.00 points – Total Score

Junior:**ISU Junior Grand Prix series 2023-2024:**

Junior Women	123.00 points – Total Score
Junior Men	159.00 points – Total Score
Junior Ice Dance	124.00 points – Total Score

Remarks for JGP singles:

- If there are one or more skaters/couples who still have the age requirement to compete in a Junior Grand Prix and who have obtained the required minimum National Total Scores, a selection will be made by the board of the Federation.
- This selection will be made based on ISU-listed Competitions and the Belgian National Championships in **Junior category** of the previous season 2022/2023 in which the skaters participated.
- Depending on how many JGP's Belgium gets assigned from the ISU, each of the skaters/couples will get one JGP if possible.
- If Belgium gets assigned for **two JGP's** and there are more than two skaters/couples, the two skaters/couples with the highest averages of the Total Result Scores will get one JGP. However, if one of the skater/couple has the possibility to reach a spot in **the Grand Prix finals**, this skater/couple will get both JGP's.
- If Belgium gets assigned **three JGP's** and there are only two skaters/couples who has the requirements, each skater/couple will become one JGP and the third JGP will be assigned to the skater/couple with the best result in the first JGP.

Youth Olympic Games 2024:

In order to be proposed as a candidate by the Federation towards the BOIC for possible YOG participation, the skater needs to meet the following requirements:

- To be eligible for the YOG, skaters/couples must be born between 01/01/2006 and 31/12/2009
- Skaters/couples must have the Belgian Nationality (no ISU clearance)
- The required Minimum Total Result Scores can only be obtained in JGP's
- If a Belgian athlete qualified for the YOG, this athlete will be presented as possible candidate to the BOIC.
- For more information: ISU communication 2546.

Minimum Total Scores to be obtained in JGP's:

Women	167.00 points Total Score
Men	185.00 points Total Score
Ice Dance	145.00 points Total Score

Senior:**ISU Challenger series (Senior) 2023-2024:**

Senior Women	148.00 points – Total Score
Senior Men	190.00 points – Total Score
Senior Ice Dance	138.00 points – Total Score

TEAM INTERNATIONAL

To qualify for Team International, skaters/couples must have obtained the **Minimum Belgian Total Result Scores**.

For categories Advanced Novice, Junior and Senior: both segment scores must be obtained during one competition.

These required scores can be obtained in National & International Interclub A-Competitions, Foreign International Interclub Competitions and ISU-listed competitions.

The required scores can be obtained during the ongoing season 2023-2024 or the previous season 2022-2023

Explanation about the category classification for Team International:

- **National Basic Novice skaters age wise** who reach the required points for Basic Novice will be selected for Basic Novice international
- **National Intermediate Novice skaters younger than 13 years** who reach the required points for Intermediate Novice will be selected for Intermediate Novice international.
- **National Advanced Novice skaters younger than 13 years:**
 - o Skaters who reach the required points for Advanced Novice will be selected in Team International as Advanced Novice International and will participate in Advanced Novice category.
 - o Skaters who reach the required points for Intermediate Novice will be selected in Team International as Intermediate Novice International and will participate in Intermediate Novice. These selected Intermediate Novice skaters **cannot** compete in **Basic Novice international** on ISU-listed Competitions, even if there is no Intermediate category.
- **National Advanced Novice Skaters older than 12 years:**
 - o Skaters who reach the required points for Advanced Novice will be selected in Team International as Advanced Novice International.
 - o If they haven't reached the required points for Team International in Advanced Novice, these skaters **cannot** compete anymore in **Intermediate Novice international** in ISU-listed Competitions.
- **National Junior skaters age wise** who reach the required points for Junior will be selected in Team International as Junior International.
- **National Senior skaters age wise** who reach the required points for Senior will be selected in Team International as Senior International.
- Once a skater is selected for a certain category in Team International, the skater can no longer compete in a lower category of the Team, except Junior skaters age wise who also obtained the Senior required points. These Junior skaters can compete in both Junior and Senior categories.

The Scores to obtain for International ISU-listed competitions are as follows:

Basic Novice Girls	31.00 points Total Result Score
Basic Novice Boys	30.00 points Total Result Score
Basic Novice Ice Dance	36.00 points Total Result Score

Intermediate Novice Girls	34.00 points Total Result Score
Intermediate Novice Boys	36.00 points Total Result Score
Intermediate Novice Ice Dance	52.00 points Total Result Score

Advanced Novice Girls	79.00 points Total Result Score (including bonus points)
Advanced Novice Boys	93.00 points Total Result Score (including bonus points)
Advanced Novice Ice Dance	77.00 points Total Result Score

Junior Women	107.00 points Total Result Score
Junior Men	134.00 points Total Result Score
Junior Ice Dance	112.00 points Total Result Score

Senior Women	136.00 points Total Result Score
Senior Men	173.00 points Total Result Score
Senior Ice Dance	133.00 points Total Result Score

Skaters participating in higher categories at National- and International Interclub A-competitions need to obtain the following required scores for international ISU-listed competitions:

Advanced Novice -> Intermediate Novice Girls	48.00 points Total Result Score Free Program (incl. Bonus points)
Advanced Novice -> Intermediate Novice Boys	51.00 points Total Result Score Free Program (incl. bonus points)

Junior -> Advanced Novice Women	94.00 points Total Result Score
Junior -> Advanced Novice Men	99.00 points Total Result Score

Competition planning of the entire season:

- Coaches are obliged to send the competition planning for each selected team skater for the entire season by **30/07/2023**.
- If the requested information is sent after the deadline or not sent at all, the skater will not be able to participate in ISU listed competitions during the whole season. Skaters/couples who are admitted during the ongoing season have to send in the competitions planning of rest of the season the latest 10 days after obtaining the required scores.
- If there are changes during the season in the competition planning of a skater/couple, coaches need to be report these changes immediately to Skate Belgium by mail : skatebelgium-bnt@skynet.be

Entering ISU Events and International ISU-listed Competitions:

- Only the National Secretary can enter skaters into International ISU-listed Competitions, ISU Challenger Series, GP, European Championships and Senior World Championships, JGP, Junior World Championships.
- International Interclub Competitions, in the categories Basic Novice, Intermediate Novice and Advanced Novice which are mentioned in the ISU-listed Competition announcements.
- The head-coach must fill in all official documents which are published on www.skatebelgium.be
- **All** completed official documents must be **sent by mail the latest 8 days before the official deadline mentioned in the Announcements** to the email addresses below. **Late entries won't be accepted** by the federation and the skater will **not participate** in the respective Event or Competition.

secretariaat.kbvf@telenet.be

skatebelgium-bnt@skynet.be

- If the number of entries for a category exceeds the maximum number of entries allowed, the federation will selected the skaters based on the ranking of the skaters and their entries in previous ISU-listed competitions.

Withdrawal due to injury and/or illness

- If a skater who is entered for an ISU-Event or ISU listed competition becomes ill or injured and needs to withdraw, the coach must immediately inform National Secretary.
This must be done by mail and needs the attachment of a statement signed by a doctor WRITTEN IN THE ENGLISH LANGUAGE. Otherwise the Federation won't accept the statement and will not send it to the O.C. of the Event.
This mail must be sent to the following mail addresses:

secretariaat.kbkf@telenet.be
skatebelgium-bnt@skynet.be

Travel and accommodation

- The Federation is not responsible for flights and hotel accommodation, the parents of the skater (or the skater) are responsible for the booking of their own travel arrangements as prescribed in the announcement.

Team leaders' conditions for ISU Events

- The team leader is appointed by the Federation.
- The indicated team leader **must attempted** the full team leaders meeting and if possible also the medical meeting.
- Members of the team must inform the team leader in advance of the practices in which they will skate, which bus they will take to the ice rink and where they will warm up. The team leader is responsible for all forms in case anything occurs.
- The federation has to give to the team leader all necessary information and documents **one week** before departure of the team.
- The Team leader has to write a report for the federation after the event by mail.

Mail to: secretariaat.kbkf@telenet.be
skatebelgium-bnt@skynet.be

Questions and information

- All questions about ISU-Events and ISU listed competitions should be sent to:
secretariaat.kbkf@telenet.be

BE-GOLD:

- Skaters applying for a BE-Gold status-status, which can only be granted by the ABCD commission (= a joint commission BOIC/COIB, Sport Vlaanderen, Adeps and DG), need to send in their application by means of their regional program director to the National secretary. The national Federation will decide upon the validity of this candidature based on the results obtained in ISU-listed competitions during the previous and current season, in view of the criteria set by the ABCD commission (i.c. Olympic Winter Games top 8).

NATIONAL ADULT COMPETITIONS REQUIREMENTS:

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

- **Adult Bronze Free Skating Women and Men**
This is a category for skaters who can execute all single jumps but **NO** single Axel.
- **Adult Silver Free Skating Women and Men**
This is a category for skaters who can execute all single jumps **including** single Axel.
- **Adult Gold Free Skating Women 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 Women and Men**
This is a category for skaters who can execute all single and double jumps including double Axel.
- **Adult Master Elite Free Skating Women and Men**
This is a category for skaters who can execute all single and double jumps including double Axel.

Adult Bronze Free skating

Warm-up: 5 minutes for Women and Men

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

A well-balanced program that may contain:

- **A maximum of four (4) Jump Elements**
 - o All jumps must be single jumps
 - o Axel type jumps, double jumps and triple jumps are **NOT** permitted.
 - o Maximum of two jump combinations (maximum of two listed jumps in a combination)
 - o No listed jump may be included more than twice
- **A maximum of two (2) Spins of a different abbreviation :**
 - o One must be a Spin In One Position with or without change of foot
 - o Flying spins are **NOT** permitted.
- **A maximum of one (1) Choreographic Sequence**
 - o A choreographic sequence consists of at least two different movements like spirals, arabesques, spread eagles, Ina Bauer's, hydro blading, transitional (unlisted) jumps, spinning movements etc. Steps and turns may be used to link the two or more different movements together
 - o The pattern is not restricted but the sequence must be clear visible.

Component factor: 2.0

Features: 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.

Deduction per fall: -0.5 Points

Adult Silver Free skating

Warm-up: 5 minutes for Women and Men

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

A well-balanced program that may contain:

- **A maximum of five (5) Jump Elements**
 - o Any singles (including the single Axel)
 - o Double jumps and triple jumps are **NOT** permitted.
 - o Maximum of two jump combinations or one jump combinations and one jump sequence
 - o One jump combination or one jump sequence may consist of up to three jump. The other may have two jumps
 - o No listed jump may be included more than twice
- **A maximum of two (2) Spins of a different abbreviation**
- **A maximum of one (1) Choreographic Sequence**
 - o A choreographic sequence consists of at least two different movements like spirals, arabesques, spread eagles, Ina Bauer's, hydro blading, transitional (unlisted) jumps, spinning movements etc. Steps and turns may be used to link the two or more different movements
 - o The pattern is not restricted but the sequence must be clear visible.

Component factor: 2.0

Features: 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.

Deduction per fall: -0.5 Points

Adult Gold Free Skating

Warm-up: 6 minutes for Women and Men

The maximum time for Women and Men: Maximum **2:50** min +/- 10 sec.

A well-balanced program that may contain:

- **Maximum of five (5) Jump Elements**
 - o May include all single jumps and double jumps (including the single Axel)
 - o Double flip, double Lutz double Axel and triple jumps are **NOT** permitted
 - o Maximum of three jump combinations or two jump combination and one sequence
 - o One jump combination or one jump sequence may consist of up to three jumps. The others have two listed jumps each.
 - o No listed jump may be included more than twice
- **Maximum of three (3) Spins of a different abbreviation**
 - o One must be a Combination Spin with at least one change of foot
 - o One must be a flying Spin or a spin with flying entrance
- **Maximum one (1) Step Sequence**, fully utilizing the ice surface

Component factor: 2.67

Features: only features up to and including **Level 3** will be counted for technical elements. Any additional features will not count for level requirements and will be ignored by the Technical Panel.

Deduction per fall: -1.00 points

Adult Masters Free Skating

Warm-up: 6 minutes for Women and Men

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

A well-balanced program that may contain:

- **Maximum of six (6) Jump Elements**
 - o All single, double jumps are triple jumps are permitted
 - o One must be an Axel-type Jump
 - o Maximum of three jump combinations or two jump combinations and one jump sequence; one jump sequence may consist of up to three jumps. The others may have two listed jumps each.
 - o No listed jump maybe included more than twice
 - o A repeated jump must be executed as part of a jump combination or jump sequence

- **Maximum of three (3) spins of a different abbreviation**
 - o One must be a combination spin with at least one change of foot and three basic positions
 - o One must be a flying spin or a spin with a flying entrance

- **Maximum of one (1) Step Sequence**, fully utilizing the ice surface

Component factor: 2.67

Features: up to and including Level 4 will be counted for the technical elements

Deduction per fall: -1.00 points

Adult Master Elite Free Skating

The technical requirements are the same as those for the category "Masters Free Skating"