ADULT-COMPETITIONS REGULATIONS 2026-2027

General regulations:

Eligibility :

NATIONAL COMPETITIONS :

To be eligible to participate in National Adult-competitions, skaters :

1. need to be a **recreational** member of a Belgian club;
2. have reached at least the age of sixteen (16) by July 1st preceding the competition;
3. **don't** require a Competition Level Test.

BELGIAN INTERNATION INTERCLUB ADULT COMPETITIONS :

To be eligible to participate in Belgian International interclub Adult-competition, **foreign** skaters :

1. need to be a member of a club affiliated which is itself a member of with an ISU member. Competitors do not require a Clearance Certificate or release letter from their ISU Member for entering the interclub competition.
2. have reached at least the age of sixteen (16) by July 1st preceding the competition.

Important remarks :

- Coaches can participate in Adults Competitions.
- Skaters **can not** increase their Figure Skating Level nor PCS Level Test in Adult-competitions.

Categories

For every individual Adult-competition, skaters can choose the category in which they want to compete. However, it is expected that competitors will enter an Adult-competition in the category that is appropriate to their current skating ability.

- **Adult BRONZE** (**ADB**)
  - Free Skating : for skaters who can execute all single jumps but **NO** single Axel.
- **Adult SILVER** (**ADS**)
  - Free Skating : for skaters who can execute all single jumps including single Axel.
- **Adult GOLD** (**ADG**)
  - Free Skating : for skaters who can execute all single jumps including single Axel and double jumps but **NO** double Flip, **NO** double Lutz and **NO** double Axel.
- **Adult MASTER** (**ADM**)
  - Free Skating : for skaters who can execute all single and double jumps including double Axel.
- **Adult MASTER ELITE** (**ADE**)
  - Free Skating : for Master skaters in which triple jumps are permitted.

Categories can be divided in groups/subcategories based on the age on July 1st preceding the competition.

TECHNICAL REGULATIONS ADULT COMPETITIONS

BRONZE Free Skating

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 by the Technical Panel.

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

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

- 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 1 minute and 40 seconds, +/- 10 seconds.
- The warm-up duration is five (5) minutes.
- The points for each Program Component are multiplied by a factor of 2.0.
- Each fall shall receive a deduction of 0.5.

SILVER Free Skating

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 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) 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 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.

- 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 these requirements are not fulfilled, the spin will be marked with a "V" to reduce the base value.
- Only features up to and including Level 2 will be counted. Any additional features will not count for level requirements and will be ignored by the Technical Panel.

c. A maximum of one (1) choreographic sequence, 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.

- The program duration is 2 minutes +/- 10 seconds.
- The warm-up duration is five (5) minutes.
- The points for each Program Component are multiplied by a factor of 2.0.
- Each fall shall receive a deduction of 0.5.
- The special factor of 1.1 for jump elements in the second half, will **NOT** apply

GOLD Free Skating

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 jump combination or jump sequence may have two (2) 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 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 these requirements are not fulfilled, the spin will be marked with a "V" to reduce the base value.

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 warm-up duration is six (6) minutes.
- 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.
- Each fall shall receive a deduction of 1.0.
- The special factor of 1.1 for jump elements in the second half, will **NOT** apply.

MASTERS Free Skating

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 jump combination or jump sequence may have two (2) 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 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: 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.
- 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 these requirements are not fulfilled, the spin will be marked with a "V" to reduce the base value.

c. A maximum of one (1) step sequence, fully utilizing the ice surface.

- The program duration is 3 minutes +/- 10 seconds.
- The warm-up duration is six (6) minutes.
- 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.
- Each fall shall receive a deduction of 1.0.
- The special factor of 1.1 for jump elements in the second half, will **NOT** apply.

MASTERS ELITE Free Skating

The technical requirements for Masters Elite Free Skating 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 primarily for skaters who competed nationally or internationally at the Junior or Senior level. It is also open to other skaters who are currently competing with a double axel and/or triple jumps in the free skating program.