



**INTERNATIONAL
SKATING UNION**

CHANGES 2024-2025

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Communications

- Communication 2623 updated after congress
- Novice Communication 2624 updated after congress
- ISU code of Ethics 2641 - NEW
- Scale of values = Communication 2475 remains
- ISA Communication 161
- Technical Panel Handbook - Drafts



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COMPETITION

Skater Judge n° Mr. / Mrs

Notes/Transitions	Planned/Executed element	GOE	Notes/Transitions
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			

Composition	V poor - Poor 0,25 - 2,75	Weak - Below Average 3 - 4,75	Average - Ab Av 5 - 6,75	Good - V good 7 - 8,75	Excellent - Outstanding 9 - 10	Notes	Mark
Multidimensional movements/Use of space							
Connections between the elements							
Choreography reflecting musical phrase and form							
Pattern / ice coverage							
Unity							
Presentation	V poor - Poor 0,25 - 2,75	Weak - Below Average 3 - 4,75	Average - Ab Av 5 - 6,75	Good - V good 7 - 8,75	Excellent - Outstanding 9 - 10	Notes	Mark
Expressiveness & projection							
Variety and contrast of energy /of movements							
Musical sensitivity and timing							
Oneness and spatial awareness							
Skating skills	V poor - Poor 0,25 - 2,75	Weak - Below Average 3 - 4,75	Average - Ab Av 5 - 6,75	Good - V good 7 - 8,75	Excellent - Outstanding 9 - 10	Notes	Mark
Variety of edges, steps, turns, movements, directions							
Clarity of edges, steps, turns, movements, body control							
Balance and glide							
Flow							
Power of speed							
Unison							
Deductions							
PC restrictions	1 serious error: maximum score 9.50 2 or more serious errors: maximum score 8.75						



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Rubric Style “Thinking” Words for the Program Component Scale

(quality level frequency words)

Red 0.25-2.75	Orange 3.00-3.75	Orange 4.00-4.75	Green 5.00-5.75	Green 6.00-6.75	Gold 7.00-7.75	Gold 8.00-8.75	Diamond/Platinum 9.00-10.00
extremely poor very poor/poor ~~~~~	weak ~~~~~	below average ~~~~~	average ~~~~~	above average ~~~~~	good ~~~~~	very good ~~~~~	excellent outstanding ~~~~~
lacking never not at all rarely not evident struggling	a bit not often hardly barely seldom infrequently less identifiable	simple few only inconsistently merely minimal	partially at times sometimes to some extent satisfactorily acceptable	sufficiently mostly committed mostly confident adequate evidence	frequently committed confident effectively competently considerably	consistently fully committed very confident very evident more sophisticated completely accurately throughout	always; at all times extremely committed extremely confident exceptional very sophisticated superior remarkable immensely



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Falls in elements

- TP will determine if the fall occurred in an element or not
- Judges will see F-sign on the screen beside the element
- If the fall is not in an element, the sign will not show on the screen
- Novice F-sign will show next to element judges reduce according to GOE chart but no deduction will be give by technical panel. Fall still called.
- Reminder for judges: If the fall sign is not in the element, judges must not reduce their GOE because of a fall



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III. Updated Guidelines in establishing GOE for errors in Short Program and Free Skating

Elements with no value are indicated to the Panel of Judges. GOE of such elements does not influence the result.
In case of multiple errors the corresponding reductions are added. However in Pair Skating the reduction applied for a mistake of one partner or the **same** mistake by both partners remains the same.
Errors with a grey background must not have higher than +2 starting GOE.

SINGLE SKATING REDUCTIONS FOR ERRORS

Element executed fully or partly when music is not playing -1 to -4			
JUMP ELEMENTS			
SP: Jump element with * or not according to requirements final GOE must be	GOE -5	Poor take-off	-2 to -4
Fall	-5	Euler executed as step over	-1 to -3
Landing on two feet in a jump	-3 to -4	Changes of edge in between jump combo/seq	-1 to -2
Stepping out of landing in a jump	-3 to -4	2 three turns in between (jump combo/seq.)	-2 to -3
Downgraded (sign <<)	-3 to -4	Poor speed, height, distance, or air position	-1 to -3
Under-rotated (sign <)	-2 to -3	Touch down with both hands in a jump	-2 to -3
Landed on the quarter (sign q)	-2	Touch down with one hand or free foot (including in between jumps)	-1 to -2
Multiple "q" signs in jump combo/seq	-3 to -4	Loss of flow/direction/rhythm between jumps (combo/seq.)	-1 to -3
Less than quarter missing (no sign)	-1	Weak landing (bad pos./wrong edge/scratching etc)	-1 to -3
Wrong edge take off F/Lz (sign "e")	-2 to -4	Long preparation	-1 to -3
Unclear edge take off F/Lz (sign "l")	-1 to -2	FS: Jump with no value in combo/seq (not with *)	-3 to -4
Unclear edge take off F/Lz (no sign)	-1		
SPINS			
Fall	-5	Poor/awkward, unaesthetic position(s)	-1 to -3
Missing 1 or 2 revolutions	-1 to -2	Slow or reduction of speed	-1 to -3
Missing 3 or more revolutions	-3 to -4	Touch down with free foot or hand(s)	-1 to -3
Change of foot poorly done (including curve of entry/exit except when changing direction)	-2 to -3	Loss of balance	-1 to -3
Poor fly (flying spin/entry)	-1 to -3	Incorrect take-off or landing in a flying spin	-1 to -2
Poor exit	-1 to -3		
Traveling	-1 to -3	Unbalanced number of revolutions in change foot spin	-1
Does not correspond to the music	-1 to -3		
STEPS			
SP: Listed jumps of more than one revolution	-1	Poor quality of steps and turns	-1 to -3
Fall	-5	Poor quality of body positions	-1 to -3
Does not correspond to the music	-2 to -4	Lack of flow and energy	-1 to -3
Stumble	-1 to -3	Small pattern	-1 to -3
CHOREOGRAPHIC ELEMENTS			
Fall	-5	Stumble	-1 to -3
Does not correspond to the music	-2 to -4	Loss of control/Lack of energy	-1 to -3
Lack of connection between choreographic movements	-2 to -3	Poor quality of movements/positions	-1 to -3
Small pattern	-1 to -3	Lack of creativity	-1 to -3



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PAIR SKATING

REDUCTIONS FOR ERRORS

Element executed fully or partly when music is not playing -1 to -4			
LIFTS			
Fall	-5	Poor speed and/or ice coverage	-1 to -3
Serious problems in the lifting process	-3	Poor turns by man and/or stops in rotation	-1 to -3
Slight problems in the lifting process	-1 to -2	Weak landing	-1 to -3
Serious problems on the descent of the lift	-3 to -4	Too long getting into a basic position or its variation	-1 to -3
Slight problems on the descent of the lift	-1 to -2	Touch down with the free foot	-1
Woman starts or lands on two feet	-2	Long preparation	-1 to -2
Poor positions in the air or on landing	-1 to -3	Poor take-off	-1 to -3
Unaesthetic position(s)	-1 to -3		
TWIST LIFTS			
Fall	-5	Touch down with the free foot	-1
Serious problems on the catch	-3 to -4	Poor height or distance	-1 to -3
Slight problems on the catch	-1 to -2	Poor take-off (poor speed, serious scratching, no toe-pick)	-1 to -3
Woman lands on two feet	-2 to -3	Weak landing (poor speed, bad positions)	-1 to -2
Downgraded (sign <<)	-2 to -4	Long preparation	-1 to -2
JUMP ELEMENTS, THROW JUMPS			
Fall	-5	Poor speed, height, distance, air position	-1 to -3
Landing on two feet	-3 to -4	Big distance between partners- jump elements	-1 to -3
Stepping out of landing in a jump	-3 to -4	Poor take-off	-2 to -4
Downgraded (sign <<)	-3 to -4	Loss of flow/direction/rhythm between jumps (combo/seq.)	-1 to -3
Under-rotated (sign <)	-2 to -3	Man's poor position at take-off – throw jump	-1 to -2
Landed on the quarter (sign q)	-2	Weak landing (bad pos./wrong edge/scratching etc)	-1 to -3
Multiple "q" signs in jump combo/seq	-3 to -4	Long preparation	-1 to -3
Less than quarter missing (no sign)	-1	Euler executed as step over	-1 to -3
Wrong edge take off F/Lz (sign "e")	-2 to -4	Touch down with both hands in a jump	-2 to -3
Unclear edge take off F/Lz (sign "l")	-1 to -2	Touch down with one hand or free foot (including in between jumps)	-1 to -2
Unclear edge take off F/Lz (no sign)	-1	Lack of Unison	-1 to -3
Unequal number of revs by partners in 1 jump	-1 to -2	Changes of edge in between jump combo/seq	-1 to -2
Unequal number of revs by partners in 2 jumps	-3 to -4	2 three turns in between – jump combo/seq.	-2 to -3
SOLO AND PAIR SPINS			
Fall	-5	Poor/awkward, unaesthetic position(s)	-1 to -3
Missing 1 or 2 revolutions	-1 to -2	Traveling	-1 to -3
Missing 3 or more revolutions	-3 to -4	Slow or reduction of speed	-1 to -3
Change of foot poorly done	-2 to -3	Stop or lack of continuous movement during spin (except when changing direction)	-1 to -2
Poor fly (flying spin/entry)	-1 to -3	Big distance between partners	-1 to -3
Incorrect take-off or landing (flying spin/entry)	-1 to -2	Lack of Unison	-1 to -3
Poor exit	-1 to -3	Loss of balance	-1 to -3
Touch down with both hands	-2	Does not correspond to the music	-1 to -3
Touch down with free foot or one hand	-1 to -2		
DEATH SPIRALS			
Fall	-5	Any part of the woman's body (not the hair) touching the ice	-1 to -2
Poor pivot position (losing toe pick etc.)	-2 to -4		
Poor or weak position of the woman (too high/less than 1 rev in low position) or man	-1 to -3	Slow or reduction of speed	-1 to -3
Woman's or man's weak edge quality	-1 to -3	Poor entry or exit	-1 to -3
STEPS			
SP: Listed jumps of more than one revolution	-1	Poor quality of steps and turns	-1 to -3
Fall	-5	Small pattern	-1 to -3
Does not correspond to the music	-2 to -4	Poor quality of body positions	-1 to -3
Stumble	-1 to -3	Lack of flow and energy	-1 to -3
		Lack of Unison and spatial awareness	-1 to -3
CHOREOGRAPHIC ELEMENTS			
Fall	-5	Stumble	-1 to -3
Does not correspond to the music	-2 to -4	Loss of control/Lack of energy	-1 to -3
Lack of connection between choreographic movements	-2 to -3	Poor quality of movements/positions	-1 to -3
		Small pattern	-1 to -3
		Lack of creativity	-1 to -3



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Changes

ISU RULE CHANGES

ISU rule 610 – Somersault type jumps are no longer an illegal movement. Junior and Senior only **still illegal in Novice**.

ISU rule 611 – 2024/25 Men and Women Junior Short Program groups (no change)

ISU rule 620 – 2024/25 Junior Pair & Senior Pair Short Program groups (no change)



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Age Changes ISA will adopt

Basic Novice – Single; Have not reached the age of fourteen (14) by July 1 preceding the event.

Intermediate Novice – Single; Have not reached the age of sixteen (16) before July 1 preceding the event.

Intermediate – Single; Have reached the age of sixteen (16) before July 1 preceding the event.

Junior – Pair Skating; Have not reached the age of twenty-one (21) for Women and the age of twenty-three (23) for Men before July 1 preceding the event. A maximum age gap of seven (7) years is allowed between the two partners.



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Spin changes

SPINS

Difficult blade feature

Using the blade in a way that has a significant impact on the balance, control and execution of the spin. The feature must be executed in camel, sit or Layback position and can be achieved for example by spinning on the heel or toe of the blade. If the skater executes the feature with another feature example difficult change of position or difficult exit only one feature is counted and difficult blade feature is not used.

In any spin only two (2) difficult variations are counted for level features. **Singles only**

Windmill is no longer considered as a difficult entry or exit.

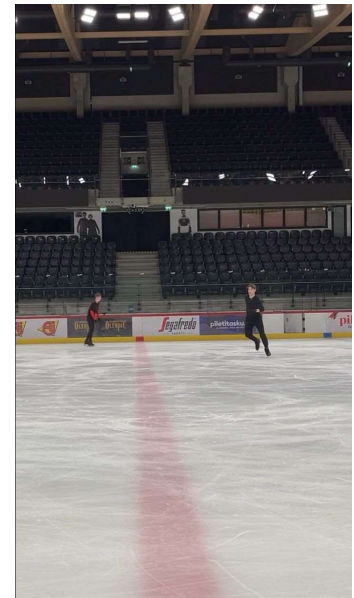
Feature together with a used position;

For a feature to count in any spin, it must not be executed together with a used difficult variation position. For example, a difficult change of position executed by changing the position from sit position to a difficult camel forward position is not counted if a skater has in an earlier spin in the same program difficult camel forward position in a Flying Camel Spin.



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Difficult Blade feature





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Only 2 difficult variations

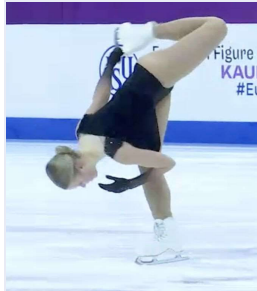
<u>More than 2 difficult variations executed in any spin</u>	<u>In any spin only two difficult variations are counted for level features. If the skater attempts more than two difficult variations, the counted variations do not have to be the first two variations performed in the spin. For example, the skater executes on the first foot difficult entrance into camel position, sit forward difficult variation with a change of edge and on the second foot sit behind difficult variation and upright straight variation. In this case the features counted would be difficult entrance, change of edge, sit behind and upright straight. All the difficult variations attempted will be considered as used for the next spins.</u>
Categories of difficult variations	<p>There are 11 categories of difficult variations:</p> <ul style="list-style-type: none">- CAMEL POSITION there are 3 categories based on direction of the shoulder line:<ul style="list-style-type: none">- (CF) Camel Forward: shoulder line parallel to the ice- (CS) Camel Sideways: shoulder line twisted to a vertical position- (CU) Camel Upward: shoulder line twisted more than to a vertical position- SIT POSITION there are 3 categories based on position of free leg:<ul style="list-style-type: none">- (SF) Sit Forward: free leg forward- (SS) Sit Sideways: free leg sideways- (SB) Sit Behind: free leg behind- UPRIGHT SPIN there are 3 categories based on position of torso:<ul style="list-style-type: none">- (UF) Upright Forward: torso leaning forward- (US) Upright Straight or Sideways: torso straight up or sideways- (UB) Upright Biellmann: in Biellmann position- LAYBACK POSITION there is 1 category<ul style="list-style-type: none">- (UL) Upright Layback- NON-BASIC POSITIONS there is 1 category (NBP)



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Spins

Windmill



Windmill (illusion) is considered as a difficult movement for a feature only if it reaches close to a split position (at least 135 degrees). This movement must show physical strength or flexibility and have an effect on the balance of the main body core. Windmill can be considered as a Level feature for difficult variation of non-basic position (must be done at least 3 times in a row) or difficult change of position only the first time it's attempted. Windmill is no longer considered as a difficult entry or exit except when holding the blade. Touching the ice with hand(s) during windmill movement is not allowed.



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Spins



If a skater executes a similar variation in non-basic position and basic position, two level features are counted only if these variations are done on different feet either in the same spin or in different spins during the same program. In case the two variations are too similar, the last one performed will not count.



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Spins

<u>Feature together with a used position</u>	<p><u>For a feature to count in any spin, it must not be executed together with a used difficult variation position.</u></p> <p><u>Examples of feature together with a used difficult variation:</u></p> <p><u>1st spin: FCSp: Difficult fly, camel forward, camel sideways with 8 revolutions (4 accepted features)</u></p> <p><u>2nd spin: CCoSp: Sit forward, difficult change of position into camel forward, change of foot, upright straight, difficult exit (3 accepted features: sit forward, upright straight and difficult exit. Camel forward is used from FCSp and since executed at the same time with difficult change of position, the difficult change of position is not counted.</u></p> <p><u>3rd spin: SSp: Difficult entrance, sit forward with a change of edge, sit sideways and sit behind (3 accepted features: difficult entrance, sit sideways and sit behind. Sit forward is used in CCoSp and since executed at the same time with change of edge, the change of edge does not count).</u></p>
<u>Features considered executed together at the same time</u>	<p><u>The following features cannot be executed at the same time with a used difficult variation:</u></p> <ul style="list-style-type: none"><u>Difficult change of position</u><u>Change of edge</u><u>Both directions</u><u>Increase of speed</u><u>8 revolutions</u><u>Difficult blade feature</u><u>Change of position side to back in Layback/Sideways</u>

PAIR FEATURES

Lifts – Junior: Simple variation of the take-off and difficult landing variety or difficult variation of take-off and simple variation of landing.

Death Spiral – Difficult entry (immediately preceding the death spiral) or exit

Clarification:

Entry, exit: The difficult entry position must be performed while **at least one of the partners is on the entry curve** and the woman and/or the man are moving from a difficult entry position directly and without delay to a Death Spiral position. The feature is awarded only if the low position is reached by both partners within 1 revolution after the man's toe is fixed on the ice. Exit: starts when the man bends his "holding" arm at the elbow; ends: when the woman comes to vertical position. Difficult entry and/or exit is one feature and only one of them will count as a level feature. The exit must have a significant impact on the balance, control and execution of the death spiral.

Pair Spin Combination

Lifting the woman while the man is on 1 foot is a level feature when executed for at least 2 revolutions in a **fixed** position. If the woman is in a difficult position during the lift, it will be counted as a difficult variation.

If executing both lifting of the woman and difficult exit, **the woman must be set down before the difficult exit.**

Twist Lift

The difficult exit may be executed before the landing of the woman or immediately after it. Using small lifts, steps, turns, movement(s) immediately preceding or just after landing with continuous flow.



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BASIC NOVICE SINGLE - BOYS AND GIRLS

Spins – There must be a maximum of two (2) spins of a different nature (abbreviation), one of which must be a spin combination and one must be a spin with no change of position and no change of foot.

The spin combination with a change of foot must have a minimum of eight (8) revolutions and without a change of foot with a minimum of six (6) revolutions. Flying entry is allowed. If with change of foot, only one level feature per foot will count.

The spin in one position without change of foot must have a minimum of six (6) revolutions, must be done in a basic position without any difficult variation positions and will be called maximum level basic. After the required revolutions it is allowed to execute difficult variations, but these will be ignored by the Technical Panel. Flying entry is not allowed.



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BASIC NOVICE SINGLE - BOYS AND GIRLS

Step Sequence – There must be a maximum of one (1) step sequence fully utilizing the ice surface and including at least one skating movement such as a spiral, spread eagle, Ina Bauer, hydroblading etc. If the skating movement is missing, no Level will be given.

At least 2 difficult turns and steps must be executed on clean edges for Level basic.

The Technical Panel will not award

Feature 3) Use of body movements for at least 1/3 of the pattern

Feature 4) Two combinations of 3 difficult turns on different feet.



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INTERMEDIATE NOVICE SINGLE - BOYS AND GIRLS & INTERMEDIATE SINGLE - MEN AND WOMEN

Spins – There must be a maximum of two (2) spins of a different nature (abbreviation), one of which must be a spin combination and one must be a spin with no change of position.

The spin combination with a change of foot must have a minimum of eight (8) revolutions and without a change of foot with a minimum of six (6) revolutions, flying entrance is not allowed. If with change of foot, only one level feature per foot will count.

Step Sequence – There must be a maximum of one (1) step sequence fully utilizing the ice surface and including at least one skating movement such as a spiral, spread eagle, Ina Bauer, hydroblading etc. If the skating movement is missing, no Level will be given. At least 2 difficult turns and steps must be executed on clean edges for Level basic. The Technical Panel will not award Feature 3) Use of body movements and Feature 4) Two combinations of 3 difficult turns on different feet.

Single Skating Advanced Novice

Boys

The **Short Program** for Boys' Single Skating shall consist of the following elements:

- a) Single Axel Paulsen or double Axel Paulsen
- b) Double or triple jump, may not repeat jump a)
- c) One jump combination consisting of two double jumps or one double and one triple jump, the second jump must be double or triple **Toe loop** (for season 2024/25), both jumps may not repeat jump a) or b)
- d) **Sit spin** with change of foot and no flying entrance (minimum of five (5) revolutions on each foot) (for season 2024/25).
- e) Spin combination with only one change of foot (minimum of five (5) revolutions on each foot), flying entrance not allowed.
- f) One step sequence fully utilizing the ice surface. For feature 4) Two combinations of 3 difficult turns on different feet: one or two combinations must include forward outside rocker and backward inside loop (for season 2024/25). Only one difficult turn may be repeated once in the two combinations. At least 2 difficult turns and steps must be executed on clean edges for Level basic.

Girls

The Short Program for Girls' Single Skating shall consist of the following elements:

- a) Single Axel Paulsen or double Axel Paulsen
- b) Double or triple jump, may not repeat jump a)
- c) One jump combination consisting of two double jumps or one double and one triple jump, the second jump must be double or triple **Toe loop** (for season 2024/25), both jumps may not repeat jump a) or b)
- d) Layback/sideways leaning spin or **sit spin** with no change of foot (minimum six (6) revolutions) and no flying entrance (for season 2024/25).
- e) Spin combination with only one change of foot (minimum of five (5) revolutions on each foot), flying entrance not allowed.
- f) One step sequence fully utilizing the ice surface. For feature 4) Two combinations of 3 difficult turns on different feet: one or two combinations must include forward outside rocker and backward inside loop (for season 2024/25). Only one difficult turn may be repeated once in the two combinations. At least 2 difficult turns and steps must be executed on clean edges for Level basic.

Boys and Girls

- A well balanced Free Skating program for Single Skating Boys and Girls must contain:
- Maximum of 6 jump elements one of which must be an Axel type jump. There may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence. One jump combination or jump sequence can consist of up to three (3) jumps, the other up to two (2) jumps. A jump sequence consists of two or three 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.
- One full revolution on the ice between the jumps (free foot can touch the ice, but without weight transfer) keeps the element in the frame of the definition of a jump sequence. Jumps executed in a jump sequence receive their full value. Only two triple jumps can be repeated either in a jump combination or jump sequence.

The same type of jump independent of revolutions can be included not more than three times in the Free Skating program. Example: 1A, 2A, 3A

- There must be a maximum of two (2) spins of a different nature (abbreviation). One spin must be a spin combination with a change of foot which must have a minimum of eight (8) revolutions, a flying entrance is not allowed.
One spin must be a flying **camel** spin which must have a minimum of six (6) revolutions, a change of foot is allowed but a change of position is not allowed (for season 2024/25).
- c) There must be one Choreographic Sequence consisting of at least two different skating movements.

2024-25 **Junior Men Short Program**

- 1) 2A/3A
- 2) 2F/3F
- 3) Jump Combination Triple+Double, Triple+Triple
- 4) FCSp, 8 revolutions in position
- 5) CSSp, 6+6 revolutions in the chosen basic position on each foot
- 6) CCoSp, 6+6 revolutions
- 7) Step Sequence



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2024-25 Junior Women Short Program

- 1) 2A
- 2) 2F/3F
- 3) Jump Combination Double+Double,
Triple+Double, Triple+Triple
- 4) FCSp, 8 revolutions in position
- 5) LSp or SSp, 8 revolutions in position
- 6) CCoSp, 6+6 revolutions
- 7) Step Sequence



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2024-25 **Junior Free Skating**

- Max 7 jump elements
- 3 Spins: 1 spin combination (10 revs), 1 flying spin or a spin with a flying entrance (6 revs), 1 spin in one position (6 revs)
- Max 1 Choreographic sequence



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2024-25 **Senior Men Short Program**

- 1) 2A/3A
- 2) Triple or Quad jump
- 3) Jump Combination: Triple+Double, Triple+Triple, Quad+Triple, Quad+Double
- 4) Flying spin, 8 revolutions
- 5) CCSp or CSSp, 6+6 revolutions in the chosen basic position on each foot
- 6) CCoSp, 6+6 revolutions
- 7) Step Sequence



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2024-25 **Senior Women Short Program**

- 1) 2A/3A
- 2) Triple Jump
- 3) Jump Combination: Triple+Double, Triple+Triple
- 4) Flying spin, 8 revolutions
- 5) LSp/SSp/CSp, 8 revolutions
- 6) CCoSp, 6+6 revolutions
- 7) Step Sequence



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2024-25 **Senior Free Skating**

- Max 7 jump elements
- 3 Spins: 1 spin combination (10 revs), 1 flying spin or a spin with a flying entrance (6 revs), 1 spin in one position (6 revs)
- Max 1 Step Sequence
- Max 1 Choreographic Sequence



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2024-25 **Senior Pairs Short**

- 1) Any hand to hand lift take-off (Group 4)
- 2) Twist Lift, double or triple
- 3) Throw Jump, double or triple
- 4) Solo jump, double or triple
- 5) CCoSp, 5+5 revs
- 6) Death spiral, backward outside
- 7) Step Sequence



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2024-25 **Junior Pairs Short**

- 1) Any hand to hand lift take-off (Group 4)
- 2) Twist Lift, double or triple
- 3) Double or Triple salchow throw Jump
- 4) Double Flip or Double Axel Solo jump
- 5) CCoSp, 5+5 revs
- 6) Death spiral, backward outside
- 7) Step Sequence



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2024-25 **Senior Free Skating**

- Max. 3 lifts, not all from the same group
- Max. 1 Twist Lift
- Max. 2 different Throw Jumps
- Max. 1 Solo Jump
- Max. 1 Jump combination or sequence
- Max. 1 Pair Spin Combination (min 8 revs)
- Max. 1 Death Spiral, different from Short Program
- Max. 1 Choreographic Sequence



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2024-25 **Junior Free Skating**

- Max. 2 lifts, not all from the same group
- Max. 1 Twist Lift
- Max. 2 different Throw Jumps
- Max. 1 Solo Jump
- Max. 1 Jump combination or sequence
- Max. 1 Pair Spin Combination (min 8 revs)
- Max. 1 Death Spiral
- Max. 1 Choreographic Sequence

Remember

- Evaluate the program, not the skater/couple
- Reward the technical part in GOE and not in the PC
- Judge only what you see and not what you expect to see
- Remember you don't have to like it to reward it
- Be brave!
- Enjoy the competition!