



Generic Criteria 2025/2026

Singles

Clarifications/Definitions

For season 2025/2026 please see ISU Special Regulations for Singles and Pair Skating 2024, ISU Communications 2699, 2701 and 2707 and the ISU Technical Handbook for Singles

Jumps	
Jump Sequences	A jump sequence consists of two or three 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. 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. In National 2 to 5, only 2 jumps are permitted in the jump sequence and, as per the criteria above, the second jump must be an Axel. In all levels from National 2 upwards where jump combinations and jump sequences are allowed only 1 jump sequence is allowed per program Please check the individual requirements for each National event.
Jump Combinations	A jump combination may consist of the same or another single, double, triple or quadruple jump, as allowed in the generic criteria at the relevant standard. In a jump combination the landing foot of a jump is the take-off foot of the next jump. One full revolution on the ice between the jumps (free foot can touch the ice, but no weight transfer) keeps the element in the frame of the definition of a jump combination. An Euler, when used in combinations between two listed jumps, becomes a listed jump (1Eu) with the value indicated in the Scale of Values (ISU Communication 2707). Please check the individual requirements for each National event.

Choreographic Sequences	Beginner, National 1 and National 2: A Choreographic Sequence consists of at least one (1) skating movement like spirals, arabesques, spread eagles, Ina Bauers, hydroblading, etc. Listed elements such as jumps and spins are not allowed within the choreographic sequence. <u>The Choreo Sequence does not have a prescribed pattern but must utilise a minimum of 2/3 of the full ice surface.</u> Any circle in the middle of the ice or a straight line covering only 1/2 the ice will not be considered as covering a minimum of 2/3 of the ice surface. This element has a fixed base value and will be evaluated by the judges in GOE only. The intention should be to match the musical structure, showing speed and flow over the ice without the necessity to attempt difficult steps and turns. This element will be awarded half the scale of value for an ISU Choreographic sequence and marked with an L on the pdf to indicate this. Choreographic Sequences for All Other Levels: A Choreographic Sequence consists of at least two (2) skating movement like spirals, arabesques, spread eagles, Ina Bauers, hydroblading, any jumps with a maximum of two revolutions, spins, etc. Steps and turns may be used to link the two or more different movements together. The Technical Panel identifies the Choreographic Sequence which commences with the first skating movement and is concluded with the preparation to the next element (if the Choreographic Sequence is not the last element of the program).
Step Sequences	A Step Sequence comprises turns and steps and, at some levels, must also include a skating movement and /or specific turns. Simple turns are three turns and simple steps are chasses, mohawks, change of edge, cross rolls. Difficult turns are twizzles, brackets, loops, counters and rockers and difficult steps are choctaws. All step sequences should be executed according to the character of the music. Short stops in accordance with the music are permitted. Step Sequences must fully utilize the ice surface. Turns and steps must be balanced in their distribution throughout the sequence. There are no Step Sequences in Beginner to National 2. National 3: Please see the specific requirements in the criteria. National 4 and above: Please see the specific requirements in the criteria and ISU Communications 2699 and 2701, ISU Special Regulations 2024, and the ISU Technical Panel handbook for requirements.

Spins	National 1 and 2: In the spin combination with no change of foot, if only 2 positions are attempted and one is an upright, a simple variation of the upright position is required to differentiate this from a wind up. The definition of a simple variation is below but must not be a failed attempt at a difficult variation. No difficult variation can be attempted. In the spin combination with a change of foot no enhancement in the upright position is required. Beginner to National 4: The spin in one position without change of foot must meet the minimum number of specified revolutions, must be done in a basic position and will be called maximum level basic. No level features are allowed in this spin. 8 revolutions can be done but will not count as an attempted feature. Flying entry is not allowed. For a spin to count it must have a minimum of 3 continuous revolutions on one foot. For a position to be counted within that spin it must have a minimum of 2 continuous revolutions.
Upright Spin	A basic upright spin position requires the skating leg to be straight or slightly bent. The arm and free leg positions are optional 

Sit Spins	A basic sit spin requires the upper part of the skating leg to be at least parallel to the ice. The free leg must be in front and the body should be straight or slightly forward. The arm position is the skaters choice and may on top or under the free leg. There must be no pulling of the free leg or pulling the body forward towards the leg. 
Camel Spin	In a basic camel position the free leg must be backwards with the knee of the free leg higher than the hip. The shoulders should be parallel to the ice. The arm position is the skaters choice. 
Variations	Simple Variation: A simple variation of position is a movement of a body part, leg, arm, hand or head, which does not have an effect on the balance of the main body core. A simple variation does not increase the Level. Difficult Variation: A difficult variation is a movement of a body part/leg/arm/hand/head, which requires more physical strength or flexibility and has an effect on the balance of the main body core. Any difficult variation must be held for two (2) revolutions to be counted. Only these variations can increase the Level

Level Features	1) Difficult variations (count as many times as performed with limitations specified in the ISU Technical Panel Handbook) 2) Change of foot executed by jump 3) Jump within a spin without changing feet 4) Difficult change of position on the same foot 5) Difficult entrance 6) Difficult exit 7) Clear change of edge in sit (only from backward inside to forward outside), camel, Layback, Biellmann or difficult variation of an upright position 8) Both directions immediately following each other in sit, camel, Layback or difficult variation of an upright position 9) Clear increase of speed in camel, sit, Layback, Biellmann or difficult variation of an upright position (except in crossfoot spin) 10) At least 8 rev. without changes in position/variation, foot or edge (camel, layback, difficult variation of any basic position or for combinations only non-basic position) 11) Difficult variation of flying entry in flying spins/spins with a flying entrance 12) Difficult blade feature 13) Additional features for the Layback spin: a) One clear change of position backwards-sideways or reverse, at least 2 rev. in each position (counts also if the Layback position is a part of any other spin) b) Biellmann position after Layback spin (SP – after 8 revolutions in layback spin for Junior/Senior and after 6 revolutions for Advanced Novice)
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Beginner	
Entry Requirements	Skate UK Platinum Star (Figure) A photocopy of the Skate UK passport must be submitted with the application form (unless Skills 1 or equivalent already held)
Split of Competition by age	If there are too many entries, the competition can be split by age at the discretion of the Organisers in conjunction with the Event Referee
Program Length	1 Minute 30 Seconds (+/- 5 seconds)
Warm Up Length	2 Minutes 30 Seconds
Requirements	Skaters should perform a well-balanced programme with linking steps, consisting of: A maximum of 3 jump elements including • Different single jumps only, excluding Axel • NO combinations or sequences are permitted. NB - A 3 (waltz) jump is not a listed jump and is not counted as a jump element. A maximum of 2 spins • In the two (2) spins only basic positions are permitted with no change of position or change of foot. • There must be a minimum of three (3) revolutions • Spins with the same ISU abbreviation can be repeated. A maximum of 1 Choreographic Sequence, see definition in clarifications.
Bonus	Not Applicable
Levels explanation	In both spins there cannot be any level features. Any spin with an attempted level feature, whether successful or not, will receive an asterisk (*) and no score will be awarded to the element. To check the list of level features that are not permitted, please refer to Clarifications/Definitions
Test Score	N/A

National 1	
Entry Requirements	A minimum of Skills 1 or equivalent
Split of Competition by age	If there are too many entries, the competition can be split by age at the discretion of the Organisers in conjunction with the Event Referee
Program Length	1 Minute 30 Seconds (+/- 5 seconds)
Warm Up Length	2 Minutes 30 Seconds
Requirements	Skaters should perform a well-balanced programme with linking steps, consisting of: A maximum of 3 jump elements including • <u>Any single jumps may be executed</u> • A maximum of 1 jump combination consisting of only 2 single jumps, excluding axel. • No jump may be executed more than twice in total except the Axel jump which can only be attempted once There must be a maximum of 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 six (6) revolutions and without a change of foot with a minimum of four (4) revolutions. Flying entry is allowed. If only 2 positions are executed and one is an upright, there must be a simple variation in the upright to differentiate this from a “wind up”. If no simple variation is performed, the spin will receive an asterisk (*) and will receive no score. • The spin in one position without change of foot must have a minimum of three (3) revolutions, must be done in a basic position and will be called maximum level basic. No level features are allowed in this spin. 8 revolutions can be done but will not count as an attempted feature. Flying entry is not allowed A maximum of 1 Choreographic Sequence, see definition in clarifications.
Bonus	N/A
Levels explanation	In the combination spin only features up to Level 1 will be counted. For the list of level features, please refer to Clarifications/Definitions
Test Score	TES 5.50 PCS 6.25

National 2	
Entry Requirements	A minimum of Skills 2 or equivalent and National 1 Technical Elements and Program Components
Split of Competition by age	If there are too many entries, the competition can be split by age at the discretion of the Organisers in conjunction with the Event Referee
Program Length	2 Minutes (+/- 5 seconds)
Warm Up Length	3 Minutes
Requirements	Skaters should perform a well-balanced programme with linking steps, consisting of: A maximum of 4 jump elements, consisting of Any single jumps may be executed. • A maximum of 2 jump combinations or 1 jump combination and 1 jump sequence consisting of only 2 jumps may be executed • No jump may be executed more than twice in total There must be a maximum of 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 six (6) revolutions and without a change of foot with a minimum of four (4) revolutions. Flying entry is allowed. If with change of foot, only one level feature per foot will count. If only 2 positions are executed and one is an upright, there must be a simple variation in the upright to differentiate this from a “wind up”. If no simple variation is performed, the spin will receive an asterisk (*) and will receive no score. • The spin in one position without change of foot must have a minimum of four (4) revolutions, must be done in a basic position and will be called maximum level basic. No level features are allowed in this spin. 8 revolutions can be done but will not count as an attempted feature. Flying entry is not allowed. A maximum of 1 Choreographic Sequence, see definition in clarification
Bonus	A bonus of 0.5 will be awarded for a Spin Combination with all 3 basic positions correctly executed and no V signs and no falls.
Levels explanation	In the combination spin only features up to Level 2 will be counted For the list of level features, please refer to Clarifications/Definitions
Test Scores	TES – 7.00 PCS – 7.50

National 3	
Entry Requirements	A minimum of Skills 3 or equivalent and National 2 Technical Elements and Program Components
Split of Competition by age	If there are too many entries, the competition can be split by age at the discretion of the Organisers in conjunction with the Event Referee
Program Length	2 Minutes (+/- 5 seconds)
Warm Up Length	3 Minutes
Requirements	Skaters should perform a well-balanced programme with linking steps, consisting of: A maximum of 4 jump elements, consisting of • 1 single Axel must be executed. • Any Single or Double jumps may be executed. • A maximum of 2 jump combinations or 1 Jump Combination and 1 Jump Sequence consisting of only 2 jumps may be executed • No jump may be executed more than twice in total. There must be a maximum of 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 six (6) revolutions and without a change of foot with a minimum of four (4) revolutions. Flying entry is allowed. If with change of foot, only one level feature per foot will count. If only 2 positions are executed and one is an upright, there must be a simple variation in the upright to differentiate this from a “wind up”. If no simple variation is performed, the spin will receive an asterisk (*) and will receive no score. • The spin in one position without change of foot must have a minimum of four (4) revolutions, must be done in a basic position and will be called maximum level basic. No level features are allowed in this spin. 8 revolutions can be done but will not count as an attempted feature. Flying entry is not allowed. A Maximum of 1 Step Sequence utilizing the full ice surface must include: • 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 attempted for Level basic. Difficult turns are Rocker, Counter, Bracket, Loop and Twizzle and the difficult step is a Choctaw. If these are not attempted no value will be awarded.
Bonus	A bonus of 0.5 will be awarded for the first successful double jump called in the Program with no F, q, <, <<, !, e or * sign
Levels explanation	In the Spin Combination and the Step Sequence a maximum of Level 2 can be awarded. The Technical Panel will not award Feature 3) Use of body movements for at least 1/3 of the pattern and Feature 4) Two combinations of 3 difficult turns on different feet.
Test Scores	TES – 8.00 PCS – 8.75

National 4	
Entry Requirements	A minimum of Skills 4 or equivalent and National 3 Technical Elements and Program Components
Split of Competition by age	If there are too many entries the competition can be split by age. The age split must be: Skaters who have not reached the age of 14 before 1st July <u>2025</u> and skaters who are 14 or over on 1st July <u>2025</u> If there are still too many skaters in each section, the age split can be broken down further within each group
Program Length	2 Minutes 30 Seconds (+/- 10 Seconds)
Warm Up Length	4 Minutes
Requirements	Skaters should perform a well-balanced programme with linking steps, consisting of: A maximum of 5 jump elements, consisting of • A minimum of 1 axel type jump element (either solo or in combination or sequence) • A maximum of 2 jump combinations or 1 Jump Combination and 1 Jump Sequence consisting of only 2 jumps may be executed. • Only one single jump and one double jump (including Double Axel) can be repeated once. • Triple or quadruple jumps are not permitted. There must be a maximum of 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. Difficult variation of a non-basic position is not counted as a feature in this spin, this will be ignored by the Technical Panel. • The spin in one position without change of foot must have a minimum of six (6) revolutions, must be done in a basic position and will be called maximum level basic. No level features are allowed in this spin. 8 revolutions can be done but will not count as an attempted feature. Flying entry is not allowed. A Maximum of 1 Step Sequence utilizing the full ice surface must include: • 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. Difficult turns are Rocker, Counter, Bracket, Loop and Twizzle and the difficult step is a Choctaw. If these are not attempted no value will be awarded
Bonus	N/A
Levels Explanation	In the Spin Combination and the Step Sequence a maximum of Level 2 can be awarded The Technical Panel will not award Feature 3) Use of body movements for at least 1/3 of the pattern and Feature 4) Two combinations of 3 difficult turns on different feet.
Test Scores	TES – 10.30 PCS – 10.00

National 5	
Entry Requirements	A minimum of Skills 5 or equivalent and National 4 Technical Elements and Program Components
Split of Competition by age	If there are too many entries the competition can be split by age. The age split must be: Skaters who have not reached the age of 16 before 1st July <u>2025</u> and skaters who are 16 or over on 1st July <u>2025</u> If there are still too many skaters in each section, the age split can be broken down further within each group.
Program Length	Girls and Boys 3 Minutes (+/- 10 seconds)
Warm Up Length	5 Minutes
Requirements	Skaters should perform a well-balanced programme with linking steps, consisting of: A maximum of 5 jump elements for Girls and Boys, consisting of • A minimum of one Axel type jump. • A maximum of 2 jump combinations or 1 Jump Combination and 1 Jump Sequence consisting of only 2 jumps may be executed. • Only one single jump and one double jump (including Double Axel) can be repeated once. • No triple and quadruple jumps allowed. There must be a maximum of 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. Difficult variation of a non-basic position is not counted as a feature in this spin, this will be ignored by the Technical Panel. • The spin in one position with a change of foot must have a minimum of eight (8) revolutions or spin in one position without change of foot must have a minimum of six (6) revolutions, flying entrance is allowed. If with change of foot, only one level feature per foot will count. A Maximum of 1 Step Sequence utilizing the full ice surface must include: • 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.
Bonus	N/A
Levels Explanation	In all elements subject to levels only features up to a maximum of Level 2 can be awarded. The Technical Panel will not award Feature 3) Use of body movements for at least 1/3 of the pattern and Feature 4) Two combinations of 3 difficult turns on different feet.
Test Scores	Girls: TES – 11.50 PCS – 11.50 Boys: TES – 11.50 PCS – 13.50

National 6 Short Program	
Entry Requirements	A minimum of Skills 6 or equivalent and National 5 Technical Elements and Program Components
Split of Competition by age	If there are too many entries the competition can be split by age. The age split must be: Skaters who have not reached the age of 16 before 1 st July <u>2025</u> and skaters who are 16 or over on 1 st July <u>2025</u> . If there are still too many skaters in each section, the age split can be broken down further within each group.
Program Length	Girls and Boys 2 Minutes 20 Seconds (+/- 10 seconds)
Warm Up Length	4 Minutes
Requirements	Girls The Short Program for Girls' Single Skating shall consist of the following elements: a) Single Axel or double Axel 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 <u>Loop</u> (for season 2025/26), both jumps may not repeat jump a) or b) d) Layback/sideways leaning spin or camel spin with no change of foot (minimum six (6) revolutions) and no flying entrance (for season 2025/26). 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: the combinations must include forward inside bracket and backward outside counter (for season 2025/26), they can be in the same combination or one in the first and the other in the second. 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 The Short Program for Boys' Single Skating shall consist of the following elements: a) Single Axel or double Axel 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 <u>Loop</u> (for season 2025/26), both jumps may not repeat jump a) or b) d) Camel spin with or without change of foot and no flying entrance (minimum of five (5) revolutions on each foot if change of foot, minimum of six (6) revolutions without change of foot) (for season 2025/26). 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: the combinations must include forward inside bracket and backward outside counter (for season 2025/26), they can be in the same combination or one in the first and the other in the second. 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.
Bonus	In the Short Program, a maximum of two (2) bonus points can be achieved: one (1) bonus point for one (1) Double Axel and one (1) bonus point for one (1) triple jumps
Levels Explanation	In all elements that are subject to Levels, only features up to Level 3 will be counted.
Test Scores	N/A

National 6 Free Program	
Entry Requirements	A minimum of Skills 6 or equivalent and National 5 Technical Elements and Program Components
Split of Competition by age	If there are too many entries the competition can be split by age. The age split must be: Skaters who have not reached the age of 16 before 1st July <u>2025</u> and skaters who are 16 or over on 1st July <u>2025</u> If there are still too many skaters in each section, the age split can be broken down further within each group.
Program Length	Girls and Boys 3 Minutes (+/- 10 seconds)
Warm Up Length	5 Minutes
Requirements	Girls and Boys Skaters should perform a well-balanced programme with linking steps, consisting of: A maximum of 6 jump elements • one of which must be an Axel type jump. • 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. • only two triple jumps can be repeated either in a jump combination or jump sequence. • no quadruple jumps are allowed. • any single, double (including Double Axel) or triple jump cannot be executed more than twice in total. The same type of jump independent of revolutions can be included not more than three times in the Free Skating program. 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 sit 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 2025/26). Minimum of eight (8) revolutions if with change of foot. There must be one Choreographic Sequence consisting of at least two different skating movements.
Bonus	In the Free Skating Program, a maximum of three (3) bonus points can be achieved: one (1) bonus point for one (1) Double Axel and one (1) bonus point each for any two (2) different triple jumps
Levels Explanation	In all elements that are subject to Levels, only features up to Level 3 will be counted.
Test Scores	Girls: TES – 15.00 PCS – 16.00 Boys: TES – 15.00 PCS – 18.00

National 7 – Short Program	
Entry Requirements	A minimum of Skills 7 or equivalent and National 6 Technical Elements and Program Components
Split of Competition by age	If there are too many entries the competition can be split by age. The age split must be: Skaters who have not reached the age of 19 before 1st July <u>2025</u> and skaters who are 19 or over on 1st July <u>2025</u> If there are still too many skaters in each section, the age split can be broken down further within each group.
Program Length	Women and Men 2 Minutes 40 Seconds (+/- 10 seconds)
Warm Up Length	6 Minutes
Requirements	Women a) Double Axel b) One double or triple <u>Loop</u> c) One jump combination consisting of two doubles or a double and a triple jump or two triple jumps (No repeat of a or b) d) Flying <u>Sit</u> spin (min. 8 revolutions in position) e) Layback or sideways leaning spin or <u>Camel</u> spin without change of foot (min. 8 revolutions in position) f) Spin combination with only 1 change of foot (min. 6 revolutions on each foot). g) One Step sequence fully utilizing the ice surface Men a) Double or triple Axel b) One double or triple <u>Loop</u> c) One jump combination consisting of a double and a triple jump or two triple jumps (No repeat of a or b) d) Flying <u>Sit</u> spin (min. 8 revolutions in position) e) <u>Camel</u> spin with only one change of foot (min. 8 revolutions in position) f) Spin combination with only 1 change of foot (min. 6 revolutions on each foot). g) One Step sequence fully utilizing the ice surface
Bonus	N/A
Levels Explanation	In all elements subject to levels, only features up to level 4 will be counted.
Test Scores	N/A

National 7 Free Program	
Entry Requirements	A minimum of Skills 7 or equivalent and National 6 Technical Elements and Program Components
Split of Competition by age	If there are too many entries the competition can be split by age. The age split must be: Skaters who have not reached the age of 19 before 1st July <u>2025</u> and skaters who are 19 or over on 1st July <u>2025</u> If there are still too many skaters in each section, the age split can be broken down further within each group.
Program Length	Women and Men 3 Minutes 30 Seconds (+/- 10 seconds)
Warm Up Length	6 Minutes
Requirements	Skaters should perform a well-balanced programme with linking steps consisting of A maximum of 7 jump elements which must contain: - • An axel type jump element (either solo or in combination or sequence) • A maximum of three (3) jump combinations or two (2) jump combinations and one (1) jump sequence. One (1) jump combination or one (1) jump sequence may consist of up to three jumps, the other two up to two jumps each. There must be a maximum of 3 spins with different ISU abbreviations, • 1 of which must be a combination spin (min 10 revs), • 1 a flying spin or spin with a flying entrance (min 6 revs) and • 1 a spin with only 1 position (min 6 revs) A Maximum of 1 Choreographic Sequence utilizing the full ice surface
Bonus	N/A
Levels Explanation	In all elements subject to levels, only features up to level 4 will be counted.
Test Scores	Women: TES – 22.00 PCS – 22.00 Men: TES – 22.00 PCS – 27.50

National 8 – Short Program	
Entry Requirements	A minimum of Skills 8 or equivalent and National 7 Technical Elements and Program Components
Split of Competition by age	N/A.
Program Length	Women and Men 2 Minutes 40 Seconds (+/- 10 seconds)
Warm Up Length	6 Minutes
Requirements	Women a) Double or triple Axel b) One triple jump c) One jump combination consisting a double and a triple jump or two triple jumps (No repeat of a or b) d) Flying spin (min. 8 revolutions in position) e) Layback or sideways leaning spin or sit or camel spin without change of foot (min. 8 revolutions in position) f) Spin combination with only 1 change of foot (min. 6 revolutions on each foot). g) One Step sequence fully utilizing the ice surface Men a) Double or triple Axel b) One triple or quadruple jump c) One jump combination consisting a double and a triple jump or two triple jumps (No repeat of a or b) or a quadruple jump and a double jump or a triple jump d) Flying spin (min. 8 revolutions in position) e) Camel or a sit spin with only change of foot (min. 8 revolutions in position) f) Spin combination with only 1 change of foot (min. 6 revolutions on each foot). g) One Step sequence fully utilizing the ice surface
Bonus	N/A
Levels Explanation	In all elements subject to levels, only features up to level 4 will be counted.
Test Scores	N/A

National 8 Free Program	
Entry Requirements	A minimum of Skills 8 or equivalent and National 7 Technical Elements and Program Components
Split of Competition by age	N/A.
Program Length	Women and Men 4 Minutes (+/- 10 seconds)
Warm Up Length	6 Minutes
Requirements	Skaters should perform a well-balanced programme with linking steps consisting of A maximum of 7 jump elements which must contain: - • An axel type jump element (either solo or in combination or sequence) • A maximum of 3 jump combinations or 2 jump combinations and 1 jump sequence. One jump combination or one jump sequence may consist of up to three jumps, the other two up to two jumps each. There must be a maximum of 3 spins with different ISU abbreviations, one (1) of which must be a spin combination, one (1) a flying spin or a spin with a flying entrance and one (1) a spin with only 1 position • Flying spins and spins in one position must have a minimum of 6 revolutions • Combinations spins must have a minimum of 10 revolutions A maximum of 1 Step Sequence A Maximum of 1 Choreographic Sequence utilizing the full ice surface
Bonus	N/A
Levels Explanation	In all elements subject to levels, only features up to level 4 will be counted.
Test Scores	Women: TES – 26.00 PCS – 24.00 Men: TES – 26.00 PCS – 30.00