



# National Test Structure 2023

Last updated: 03/07/23

The BIS Test Structure will change on 1<sup>st</sup> January 2023 and the following table summarises the technical requirements for each test level.

The new test structure has 8 National tests and will align with the Skills tests.

The Test Structure and Generic Criteria requirements must be read in conjunction with ISU Special Regulations and Technical Rules 2021, ISU Communications 2474, 2475, 2489 and 2494 and any subsequent ISU communications.

Vocal music is permitted at all levels

### **Key Changes**

- There are now 8 National Tests Levels which can be passed either in a test session or in a BIS recognised competition.
- The new tests are for **Technical Elements and Program Components**, which will be achieved in a Free Program, there are no longer separate Elements and Free Tests
- The test scores for the Program Components are different for Boys/Men and Girls/Women from National 5 upwards for tests passed in competition. This to ensure that when the factors in the ISU results system are applied to the judges' base scores, the total score reflects the different factors for Boys/Men and Girls/Women.
- In competition, the test score needs to be achieved at the level in which the skater competes and will not pass a test based on the requirements for the level below, e.g. a Skater with Skills 1 will compete in National Open 1 to gain the score for the Level 1 National Test
- A full test structure manual and generic criteria for National Opens will be available with all details for the running of tests and for the requirements for National Open competitions.

### **Definitions**

To avoid repetition of technical explanations for some elements, the following are generic across the National Tests and Generic Criteria as detailed in this document.

#### **Jump Sequences:**

**National 1 to National 5:** The jump sequence consists of only two (2) jumps. In the jump sequence the second jump must be an Axel type jump with a direct step from the landing curve of the first jump in to 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.

**National 6 to National 8:** 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 in to 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.

#### **Choreographic Sequences for Beginner, National 1 and National 2 Only:**

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. The pattern should be approximately straight line, circular or serpentine and it must be clearly visible and utilise the full ice surface. It is not necessary to touch the barrier at each end of the sequence but the sequence should be large enough to cover the full ice. A tiny circle in the middle of the ice or a straight line covering only ½ the ice will not be considered as covering full 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 a 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.

#### **Program Components**

At all Levels, 3 Program Components will be scored:

Composition  
Presentation  
Skating Skills

	Generic Criteria	National Test Requirements
<p><b>Beginner</b></p> <p><b>Program Length</b> <b>1 min 30 secs</b> <b>(+/- 5 secs)</b></p>	<p>Skaters should perform a well-balanced programme with linking steps, consisting of:</p> <p>A maximum of 3 jump elements including</p> <ul style="list-style-type: none"> <li>• Different single jumps only, excluding axel</li> <li>• NO combinations or sequences are permitted</li> </ul> <p>NB - A 3 (waltz) jump is not a listed jump and is not counted as a jump element.</p> <p>A maximum of 2 spins,</p> <ul style="list-style-type: none"> <li>• 2 Basic position spins only are allowed with no change of foot and no change of position. (Min 3 revs) Spins with the same ISU abbreviation can be repeated.</li> <li>• <b>Difficult variations are not permitted.</b></li> </ul> <p>A maximum of 1 Choreographic Sequence fully utilising the ice surface. See definition on page 1..</p> <p><b>Levels explanation:</b> In Spins, no features/variations are permitted. Spins that meet the criteria will be given Base value and evaluated in GOE. Any spin where features or variations are attempted will be called as a No Value spin</p>	<p><b>No Test for Beginner</b></p>

	Generic Criteria		
	Technical Requirements	Minimum Test Requirements	Test Pass Scores
<p><b>National 1</b></p> <p><b>Program Length</b> 1 min 30 secs (+/- 5 secs)</p>	<p>Skaters should perform a well-balanced programme with linking steps, consisting of:</p> <p>A maximum of 3 jump elements including</p> <ul style="list-style-type: none"> <li>Any single jumps may be executed, excluding axel</li> <li>A maximum of 1 jump combination consisting of only 2 single jumps, excluding axel</li> <li>No jump may be executed more than twice in total.</li> </ul> <p>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.</p> <ul style="list-style-type: none"> <li>The spin combination can be executed with a change of foot and a minimum of six (6) revolutions or without a change of foot with a minimum of four (4) revolutions.</li> <li>The spin with no change of position can be executed with a change of foot and a minimum of six (6) revolutions or without a change of foot and a minimum of four (4) revolutions.</li> <li>In both spins flying entries are allowed.</li> </ul> <p>A maximum of 1 Choreographic Sequence fully utilising the ice surface.</p> <p><b>Levels explanation:</b> In all elements subject to levels only features up to Level 1 will be counted.</p>	<p>Skaters should perform a well -balanced programme with linking steps, consisting of:</p> <p>A maximum of Three (3) jump elements, consisting of</p> <ul style="list-style-type: none"> <li>2 different Solo Jumps excluding Axel</li> <li>A maximum of 1 jump combination consisting of only 2 single jumps, excluding axel</li> <li>No jump may be executed more than twice in total.</li> </ul> <p>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.</p> <ul style="list-style-type: none"> <li>The spin combination can be executed with a change of foot and a minimum of six (6) revolutions or without a change of foot with a minimum of four (4) revolutions.</li> <li>The spin with no change of position can be executed with a change of foot and a minimum of six (6) revolutions or without a change of foot and a minimum of four (4) revolutions</li> </ul> <p>A maximum of 1 Choreographic Sequence fully utilising the ice surface, See Note Below.</p>	<p>TES – Combined GOEs must equal 0 after all elements are completed 1 Element with a -5 or -4 may be re-skated in isolation at the end of the program with no warm-up</p> <p>PCS – Total 3.75</p>

	Generic Criteria		
	Technical Requirements	Minimum Test Requirements	Test Pass Scores
<p><b>National 2</b></p> <p><b>Program Length</b></p> <p><b>2 mins (+/- 5 secs)</b></p>	<p>Skaters should perform a well-balanced programme with linking steps, consisting of:</p> <ul style="list-style-type: none"> <li>A maximum of 4 jump elements, consisting of <ul style="list-style-type: none"> <li>Any Single jumps including Axel may be executed.</li> <li>A maximum of 2 jump combinations or 1 Jump Combination and 1 Jump Sequence consisting of only 2 jumps may be executed.</li> <li>No jump may be executed more than twice in total.</li> </ul> </li> </ul> <p>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.</p> <ul style="list-style-type: none"> <li>The spin combination can be executed with a change of foot and a minimum of six (6) revolutions or without a change of foot with a minimum of four (4) revolutions.</li> <li>The spin with no change of position can be executed with a change of foot and a minimum of six (6) revolutions or without a change of foot and a minimum of four (4) revolutions.</li> <li>In both spins flying entries are allowed</li> </ul> <p>A Maximum of 1 Choreographic sequence utilizing the full ice surface</p> <p><b>Levels explanation:</b> In all elements subject to levels only features up to level 2 will be counted.</p> <p><b>Bonus:</b> A bonus of 0.5 will be awarded for each Single Axel called in the Program with no F, &lt; , &lt;&lt; or * sign</p>	<p>Skaters should perform a well-balanced programme with linking steps, consisting of:</p> <ul style="list-style-type: none"> <li>A maximum of 4 jump elements, consisting of <ul style="list-style-type: none"> <li>1 single Flip or Loop must be executed</li> <li>Any other different solo jumps may be executed</li> <li>A maximum of one (1) Jump Combination or Sequence consisting of only 2 jumps may be executed.</li> <li>No jump may be executed more than twice in total.</li> </ul> </li> </ul> <p>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.</p> <ul style="list-style-type: none"> <li>The spin combination can be executed with a change of foot and a minimum of six (6) revolutions or without a change of foot with a minimum of four (4) revolutions.</li> <li>The spin with no change of position can be executed with a change of foot and a minimum of six (6) revolutions or without a change of foot and a minimum of four (4) revolutions.</li> <li>In both spins flying entries are allowed</li> </ul> <p>A Maximum of 1 Choreographic sequence utilizing the full ice surface</p>	<p>TES – Combined GOEs must equal 0 after all elements are completed 1 Element with a -5 or -4 may be re-skated in isolation at the end of the program with no warm-up</p> <p>PCS -4.5</p>

	Generic Criteria		
	Technical Requirements	Minimum Test Requirements	Test Pass Scores
<p><b>National 3</b></p> <p><b>Program Length 2 Mins (+/- 5 secs)</b></p>	<p>Skaters should perform a well-balanced programme with linking steps, consisting of:</p> <ul style="list-style-type: none"> <li>A maximum of 4 jump elements, consisting of <ul style="list-style-type: none"> <li>1 single Axel must be executed</li> <li>Any Single or Double jumps may be executed.</li> <li>A maximum of 2 jump combinations or 1 Jump Combination and 1 Jump Sequence consisting of only 2 jumps may be executed.</li> <li>No jump may be executed more than twice in total.</li> </ul> </li> </ul> <p>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.</p> <ul style="list-style-type: none"> <li>The spin combination can be executed with a change of foot and a minimum of six (6) revolutions or without a change of foot with a minimum of four (4) revolutions.</li> <li>The spin with no change of position can be executed with a change of foot and a minimum of six (6) revolutions or without a change of foot and a minimum of four (4) revolutions.</li> <li>In both spins flying entries are allowed</li> </ul> <p>A Maximum of 1 Step Sequence utilizing the full ice surface</p> <p><b>Levels explanation:</b> In all elements subject to levels only features up to level 2 will be counted.</p> <p><b>Bonus:</b> A bonus of 0.5 will be awarded for each different double jump called in the Program with no F, &lt; , &lt;&lt; or * sign</p>	<p>Skaters should perform a well-balanced programme with linking steps, consisting of:</p> <ul style="list-style-type: none"> <li>A maximum of 4 jump elements, consisting of <ul style="list-style-type: none"> <li>1 single Lutz must be executed</li> <li>Any other different solo single jumps may be executed.</li> <li>A maximum of 2 jump combinations or 1 Jump Combination and 1 Jump Sequence consisting of only 2 jumps may be executed.</li> <li>No jump may be executed more than twice in total.</li> </ul> </li> </ul> <p>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.</p> <ul style="list-style-type: none"> <li>The spin combination can be executed with a change of foot and a minimum of six (6) revolutions or without a change of foot with a minimum of four (4) revolutions.</li> <li>The spin with no change of position <b>must</b> be executed with a change of foot and a minimum of six (6) revolutions.</li> <li>In both spins flying entries are allowed</li> </ul> <p>A Maximum of 1 Step Sequence utilizing the full ice surface</p>	<p>TES – Combined GOEs must equal 0 after all elements are completed 1 Element with a -5 or -4 may be re-skated in isolation at the end of the program with no warm-up</p> <p>PCS – 5.25</p>

	Generic Criteria		
	Technical Requirements	Minimum Test Requirements	Test Pass Scores
<p><b>National 4</b></p> <p><b>Program Length</b> <b>2 min 30 secs</b> <b>(+/- 10 secs)</b></p>	<p>Skaters should perform a well-balanced programme with linking steps consisting of</p> <p>A maximum of <b>5 jump elements</b>, consisting of</p> <ul style="list-style-type: none"> <li>• A minimum of 1 axel type jump element (either solo or in combination or sequence)</li> <li>• There may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence.</li> <li>• Only one single jump and one double jump (including Double Axel) can be repeated once.</li> <li>• Triple or quadruple jumps are not permitted</li> </ul> <p>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.</p> <ul style="list-style-type: none"> <li>• The spin combination can be executed with a change of foot and a minimum of eight (8) revolutions or without a change of foot with a minimum of six (6) revolutions.</li> <li>• The spin with no change of position can be executed with a change of foot and a minimum of eight (8) revolutions or without a change of foot and a minimum of six (6) revolutions.</li> <li>• In both spins flying entries are allowed</li> </ul> <p>There must be one step sequence fully utilising the ice surface.</p> <p><b>Levels explanation:</b> In all elements subject to levels only features up to level 2 will be counted</p>	<p>Skaters should perform a well-balanced programme with linking steps consisting of</p> <p>A maximum of <b>5 jump elements</b>, consisting of</p> <ul style="list-style-type: none"> <li>• A minimum of one (1) Single Axel must be executed</li> <li>• Any other single or double jumps may be executed</li> <li>• There <b>must</b> be up to one (1) jump combination of any single or double jumps with the second jump being a single Loop</li> <li>• Only one single jump and one double jump can be repeated once.</li> </ul> <p>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.</p> <ul style="list-style-type: none"> <li>• The spin combination <b>must</b> show all 3 basic positions and can be executed with a change of foot and a minimum of eight (8) revolutions or without a change of foot with a minimum of six (6) revolutions.</li> <li>• The spin with no change of position <b>must</b> be either a Sit or Camel Spin and <b>must</b> be executed with a change of foot and a minimum of eight (8) revolutions.</li> <li>• In both spins flying entries are allowed</li> </ul> <p>There must be one step sequence with a minimum of 5 difficult turns attempted fully utilising the ice surface.</p>	<p>TES – Combined GOEs must equal 0 after all elements are completed 1 Element with a -5 or -4 may be re-skated in isolation at the end of the program with no warm-up</p> <p>PCS – 6.00</p>



	Generic Criteria		
	Technical Requirements	Minimum Test Requirements	Test Pass Scores
<p><b>National 5</b></p> <p><b>Program Length 3 min (+/- 10 secs)</b></p>	<p>Skaters should perform a well-balanced programme with linking steps consisting of</p> <p>A maximum of 5 jump elements for ladies and men, consisting of</p> <ul style="list-style-type: none"> <li>• A minimum of one Axel type jump.</li> <li>• There may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence.</li> <li>• Only one single jump and one double jump (including Double Axel) can be repeated once.</li> <li>• No triple and quadruple jumps allowed</li> </ul> <p>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.</p> <ul style="list-style-type: none"> <li>• The spin combination can be executed with change of foot (minimum eight (8) revolutions), or without a change of foot with a minimum of six (6) revolutions.</li> <li>• The spin with no change of position can be executed with a change of foot and a minimum of eight (8) revolutions or without a change of foot and a minimum of six (6) revolutions.</li> <li>• In both spins flying entries are allowed</li> </ul> <p>There must be <b>1 Choreographic sequence</b> fully utilising the ice surface.</p> <p><b>Levels explanation:</b> In all elements subject to levels only features up to level 2 will be counted.</p>	<p>Skaters should perform a well-balanced programme with linking steps consisting of</p> <p>A maximum of 5 jump elements consisting of</p> <ul style="list-style-type: none"> <li>• A minimum of one Axel type jump either solo or in combination</li> <li>• A minimum of 1 Double Jump</li> <li>• A maximum of two (2) jump combinations or one (1) jump combination and one (1) jump sequence which must consist of either a single Flip or a single Lutz</li> <li>• The jump sequence must consist of only two (2) jumps. In the jump sequence the second jump must be an Axel type jump with a direct step from the landing curve of the first jump in to the take- off curve of the Axel jump.</li> <li>• Only one single jump and one double jump can be repeated once.</li> </ul> <p>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.</p> <ul style="list-style-type: none"> <li>• The spin combination <b>must</b> be executed with change of foot and show all 3 basic positions with a minimum of eight (8) revolutions.</li> <li>• The spin with no change of position <b>must</b> be a Sit or Camel Spin executed with a change of foot and a minimum of eight (8) revolutions.</li> <li>• In both spins flying entries are allowed</li> </ul> <p>There must <b>be one choreographic sequence</b> fully utilising the ice surface.</p>	<p>TES – Combined GOEs must equal 0 after all elements are completed 1 Element with a -5 or -4 may be re-skated in isolation at the end of the program with no warm-up</p> <p>PCS – 6.75</p>

	Generic Criteria		
	Technical Requirements	Minimum Test Requirements	Test Pass Scores
<p><b>National 6</b></p> <p><b>Program Length 3 min (+/- 10 secs)</b></p>	<p>Skaters should perform a well-balanced programme with linking steps consisting of</p> <p>A maximum of 6 jump elements for ladies and men, consisting of</p> <ul style="list-style-type: none"> <li>• An axel type jump element (either solo or in combination or sequence)</li> <li>• There may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence. One (1) Jump Combination or one (1) Jump Sequence can have three (3) jumps and the other only two (2) jumps</li> <li>• Only two triple jumps can be repeated either in a jump combination or jump sequence</li> <li>• No quadruple jumps are allowed.</li> <li>• No single, double (including Double Axel) or triple jump may be executed more than twice in total. Only two (2) triple jumps can be repeated either in a jump combination or a jump sequence.</li> </ul> <p>There must be a maximum of two (2) spins of a different nature (abbreviation)</p> <ul style="list-style-type: none"> <li>• one must be a spin combination with change of foot (minimum eight (8) revolutions), flying entrance is not allowed</li> <li>• one must be a flying spin (minimum six (6) revolutions) or a spin in one position with change of foot and a flying entrance (minimum eight (8) revolutions).</li> </ul> <p>A Maximum of <b>1 Choreographic sequence</b> fully utilizing the full ice surface.</p> <p><b>Levels explanation:</b> In all elements subject to levels only features up to level 3 will be counted.</p> <p><b>Bonus:</b> In the Free Program a maximum of Three (3) bonus points can be achieved: one (1) bonus point of 1.0 for one (1) Double Axel and two (2) bonus points of 1.0 for two (2) different triple jump with no F, e, &lt;, &lt;&lt; or * sign</p>	<p>Skaters should perform a well-balanced programme with linking steps consisting of</p> <p>A maximum of 6 jump elements for ladies and men, consisting of</p> <ul style="list-style-type: none"> <li>• One (1) Axel jump (Single or Double)</li> <li>• One (1) Double Loop</li> <li>• One (1) Jump Combination of Single Axel with a Single Loop as the second jump (1A+1Lo Combo)</li> <li>• Two (2) other different Double Jumps</li> <li>• No single or double may be executed more than twice in total.</li> </ul> <p>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 flying spin.</p> <ul style="list-style-type: none"> <li>• The spin combination <b>must</b> be executed with a change of foot and show all 3 basic positions with a minimum of eight (8) revolutions.</li> <li>• The flying spin must be in one position with a minimum of six (6) revolutions)</li> </ul> <p>There must be <b>one Choreographic sequence</b> fully utilizing the ice surface.</p>	<p>TES – Combined GOEs must equal 0 after all elements are completed</p> <p>1 Element with a -5 or -4 may be re-skated in isolation at the end of the program with no warm-up</p> <p>PCS – 7.5</p>

	Generic Criteria		
	Technical Requirements	Minimum Test Requirements	Test Pass Scores
<b>National 7</b>  <b>Program Length</b> <b>3 min 30 secs</b> <b>(+/- 10 secs)</b>	<p>Skaters should perform a well-balanced programme with linking steps consisting of</p> <p>A maximum of 7 jump elements which must contain</p> <ul style="list-style-type: none"> <li>• An axel type jump element (either solo or in combination or sequence)</li> <li>• A maximum of 3 jump combinations or sequences. If in combination, 1 may consist of 3 jumps and the others of only 2 jumps.</li> </ul> <p>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 basic position (min 6 revs)</p> <p>A Maximum of 1 Choreographic Sequence utilizing the full ice surface.</p> <p>N.B. With regard to the repetition of jumps ISU Rule 612 Special Regulations 2022 applies.</p> <p><b>Levels explanation:</b> In all elements subject to levels only features up to level 4 will be counted.</p>	<p>Skaters should perform a well-balanced programme with linking steps consisting of</p> <p>A maximum of 7 jump elements which must contain</p> <ul style="list-style-type: none"> <li>• One (1) Single or Double Axel</li> <li>• One (1) Double Flip</li> <li>• Two (2) other different Double Jumps</li> <li>• One (1) Jump Sequence consisting of 1 Double Jump followed by a Single Axel</li> <li>• Two (2) other jump elements (Single or Double)</li> <li>• No single or double may be executed more than twice in total.</li> </ul> <p>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 basic position (min 6 revs)</p> <p>A Maximum of 1 Choreographic Sequence utilizing the full ice surface.</p>	<p>TES – Combined GOEs must equal 0 after all elements are completed 1 Element with a -5 or -4 may be re-skated in isolation at the end of the program with no warm-up</p> <p>PCS – 8.25</p>

	Generic Criteria		
	Technical Requirements	Minimum Test Requirements	Test Pass Scores
<p><b>National 8</b></p> <p><b>Program Length</b> <b>4 min</b> <b>(+/- 10 secs)</b></p>	<p>Skaters should perform a well-balanced programme with linking steps consisting of:</p> <p>A maximum of 7 jump elements which must consist of</p> <ul style="list-style-type: none"> <li>• An axel type jump element (either solo or in combination or sequence)</li> <li>• A maximum of 3 jump combinations or sequences. If in combination, 1 may consist of 3 jumps and the others of only 2 jumps.</li> </ul> <p>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 flying entry (min 6 revs) and 1 a spin with only 1 basic position (min 6 revs)</p> <p>A Maximum of 1 step sequence and 1 choreographic sequence utilizing the full ice surface</p> <p>N.B. With regard to the repetition of jumps ISU Rule 612 Special Regulations 2022 applies.</p> <p><b>Levels explanation:</b> In all elements subject to levels only features up to level 4 will be counted.</p>	<p>Skaters should perform a well-balanced programme with linking steps consisting of:</p> <p>A maximum of 7 jump elements which must consist of</p> <ul style="list-style-type: none"> <li>• One (1) Axel (Single or Double)</li> <li>• One (1) Double Lutz</li> <li>• Three (3) different Double Jumps</li> <li>• One (1) jump combination comprising of two (2) double jumps</li> <li>• One (1) free choice jump element</li> <li>• No jump may be executed more than twice in total.</li> </ul> <p>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 flying entry (min 6 revs) and 1 a spin with only 1 basic position (min 6 revs)</p> <p>A Maximum of 1 step sequence and 1 choreographic sequence utilizing the full ice surface.</p> <p>N.B. With regard to the repetition of jumps ISU Rule 612 Special Regulations 2022 applies.</p>	<p>TES – Combined GOEs must equal 0 after all elements are completed 1 Element with a -5 or -4 may be re-skated in isolation at the end of the program with no warm-up</p> <p>PCS – 9.00</p>