



Generic Criteria for Singles

For Open Events

These competition criteria are aligned to the BIS National Tests Structure and will be effective from 1st July 2024 and specify the Technical and Program Component requirements for National Opens and Test Passes which can be achieved in BIS permitted events.

Last updated: 14/07/2024

Updated 14/07/2024

Overview

These competition criteria are aligned to the BIS National Tests Structure and will be effective from 1st July 2024 and specify the Technical and Program Component requirements for National Opens and Test Passes which can be achieved in BIS permitted events which meet the requirements.

All changes and clarifications for 2024/2025 are underlined.

The program content complies with ISU program requirements from National Open 4 – 8 although the scores required to pass the National Test are significantly lower than will be required to achieve entry into BIS Qualifiers. These scores will be published within the Generic Criteria document and will be implemented on 1st July 2024. Please check the announcements for BIS events for entry requirements to Qualifiers, BIS Cup etc.

All National Opens will be assessed on the 3 Program Components, Composition, Presentation and Skating Skills. 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 the 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.

The National Test Structure no longer includes Short Program tests. However, Short Programs may be included in National Open Competitions as scores will be required in the future for entry to Championship Qualifiers

Vocal Music is allowed at all levels.

There are no age restrictions for skaters entering BIS Open Competitions although competitions should be split by age where possible as per the criteria below.

These criteria should be read in conjunction with the ISU Special Regulations for Figure Skating 2024 and ISU Communication 2623 and 2624.

Test Scores and Qualifier Scores will be reviewed by the Singles and Pairs TAC throughout the first half of the season and may be amended in the new calendar year if required.

Where Do Skaters Fit In To The New Structure

There are no test equivalencies as the new National 8 test cannot be equated to a current Senior test. However, to ensure skaters compete with the correct program length and criteria, the table below shows where skaters will compete in the new structure.

OLD ELEMENTS AND FREE		CURRENT ELEMENTS AND FREE		NEW TECHNICAL ELEMENTS AND PROGRAM COMPONENTS	
10	10	Senior	Senior	National 8	National 8
9	9	Junior	Junior	National 7	National 7
8	8	Advanced Novice	Advanced Novice	National 6	National 6
6/7	6/7	Intermediate Novice	Intermediate Novice	National 5	National 5
4/5	4/5	Basic Novice	Basic Novice	National 4	National 4
3	3	3	3	National 3	National 3
2	2	2	2	National 2	National 2
1	1	1	1	National 1	National 1

If a skater holds all of a test, e.g. Skills 7 National 7 Technical Elements and Program Components they can compete at either National 7 or move up to National 8 if they have the Skills 8 test to attempt to achieve the higher test pass..

If a skater has one part of a current test e.g. Intermediate Element but not the Free, they need to skate in a competition at National 5 to achieve the necessary part of the National 5 or take the National 5 test in a test session. Alternatively, they can continue to compete at National 4 or 5 if they do not achieve the 2nd part of National 5 test.

Technical Definitions – These must be read in conjunction with the relevant National Competition Requirements

Note 1 – Jump Sequences: National 2 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 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.

Note 2 – Choreographic Sequences

Beginner Open, National Open 1 and National Open 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. 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 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.

Bonus Explanations

Where bonuses are awarded they are not applied to jump elements with the following symbols:

F – Fall

e – Wrong edge on take off for Flip or Lutz

< - Under-rotated jump

<< - Downgraded jump

* - Incorrect or Invalid element

National Opens 1 to 8 – Free Program Requirements

Standard	Minimum Entry Requirements	Split of Competition by age	Program Length	Requirements	Test Scores
Beginner Free Program	<p>Skate UK Gold Star (Figure)</p> <p>A photocopy of the Skate UK passport must be submitted with the application form (unless Skills 1 or equivalent already held)</p>	<p>If there are too many entries, the competition can be split by age at the discretion of the Organisers <u>in conjunction with the Event Referee</u></p>	<p>1 Min 30 Secs (+/- 5 seconds)</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"> • Different single jumps only, excluding Axel • NO combinations or sequences are permitted. <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"> • <u>In the 2 spins only basic positions are permitted with no change of position or change of foot.</u> • <u>There must be a minimum of three (3) revolutions</u> • <u>Spins with the same ISU abbreviation can be repeated.</u> <p>A maximum of 1 Choreographic Sequence fully utilising the ice surface, <u>see definition in Note 2</u></p> <p>Levels explanation: <u>In both spins there should be no variations of position or level features. Any spin with an attempted variation or feature, whether successful or not, will receive an asterisk (*) and no value will be awarded.</u></p>	N/A

Standard	Minimum Entry Requirements	Split of Competition by age	Program Length	Requirements	Test Scores
National 1 Free Program	A minimum of Skills1 or equivalent	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	1 Min 30 Secs (+/- 5 seconds)	<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"> • Any single jumps may be executed, excluding Axel • A maximum of 1 jump combination consisting of only 2 single jumps, excluding axel. • No jump may be executed more than twice in total. • <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 and no change of foot.</p> <ul style="list-style-type: none"> • <u>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 an enhancement in the upright to differentiate this from a “wind up”. If no enhancement is performed, the spin will receive an asterisk (*) and will receive no value.</u> • <u>The spin in one position without a change of foot must have a minimum of four (4) 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.</u> <p>A maximum of 1 Choreographic Sequence fully utilising the ice surface, <u>see definition in Note 2</u></p> <p>Levels explanation: <u>In the combination spin only features up to Level 1 will be counted.</u></p>	TES 5.50 PCS 6.25

Standard	Minimum Entry Requirements	Split of Competition by age	Program Length	Requirements	Test Scores
National 2 Free Program	A minimum of Skills 2 or equivalent and National 1 Technical Elements and Program Components	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	2 Minutes (+/- 5 seconds)	<p>Skaters should perform a well-balanced programme with linking steps, consisting of:</p> <ul style="list-style-type: none"> • A maximum of 4 jump elements, consisting of <ul style="list-style-type: none"> • Any Single jumps including Axel 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, see Note 1 • No jump may be executed more than twice in total. <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 and no change of foot.</p> <ul style="list-style-type: none"> • <u>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 an enhancement in the upright to differentiate this from a "wind up". If no enhancement is performed, the spin will receive an asterisk (*) and will receive no value.</u> • <u>The spin in one position without change of foot must have a minimum of four (4) 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.</u> <p>A Maximum of 1 Choreographic Sequence utilizing the full ice surface, <u>see definition in Note 2</u></p> <p>Levels explanation: In the spin combination only features up to Level 2 will be counted.</p> <p><u>Bonus Award: A bonus of 0.5 will be awarded for a Spin Combination with all 3 basic positions correctly executed.</u></p>	TES – 7.00 PCS – 7.50

Standard	Minimum Entry Requirements	Split of Competition by age	Program Length	Requirements	Test Scores
National 3 Free Program	A minimum of Skills 3 or equivalent and National 2 Technical Elements and Program Components	If there are too many entries, the competition can be split by age at the discretion of the Organisers <u>in conjunction with the Event Referee</u>	2 Minutes (+/- 5 seconds)	<p>Skaters should perform a well-balanced programme with linking steps, consisting of:</p> <ul style="list-style-type: none"> A maximum of 4 jump elements, consisting of <ul style="list-style-type: none"> 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, see Note 1. No jump may be executed more than twice in total. <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 and no change of foot.</p> <ul style="list-style-type: none"> <u>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 an enhancement in the upright to differentiate this from a “wind up”. If no enhancement is performed, the spin will receive an asterisk (*) and will receive no value.</u> <u>The spin in one position without change of foot must have a minimum of four (4) 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.</u> <p>A Maximum of 1 Step Sequence utilizing the full ice surface must include:</p> <ul style="list-style-type: none"> <u>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.</u> <u>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.</u> <p>Level Feature Explanation: <u>In the Spin Combination and the Step Sequence a maximum of Level 2 can be awarded</u> <u>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.</u></p> <p>Bonus: A bonus of 0.5 will be awarded for each different double jump called in the Program with no F, <, <<, e or * sign</p>	TES – 8.00 PCS – 8.75

Standard	Minimum Entry Requirements	Split of Competition by age	Program Length	Requirements This must be read in conjunction with ISU Communication 2624	Test Scores
National 4 Free Program	A minimum of Skills 4 or equivalent and National 3 Technical Elements and Program Components	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 <u>14</u> before 1 st July <u>2024</u> and skaters who are <u>14</u> or over on 1 st July 2024 If there are still too many skaters in each section, the age split can be broken down further within each group	Girls and Boys 2 Mins 30 Secs (+/- 10 seconds)	Skaters should perform a well-balanced programme with linking steps consisting of A maximum of 5 jump elements, consisting of <ul style="list-style-type: none"> • 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 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 . <ul style="list-style-type: none"> • <u>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.</u> • <u>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.</u> A Maximum of 1 Step Sequence utilizing the full ice surface must include: <ul style="list-style-type: none"> • <u>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.</u> • <u>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.</u> Level Feature Explanation: <u>In the Spin Combination and the Step Sequence a maximum of Level 2 can be awarded</u> 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.	TES – 10.30 PCS – 10.00

Standard	Minimum Entry Requirements	Split of Competition by age	Program Length	Requirements	Test Scores
National 5 Free Program	A minimum of Skills 5 or equivalent and National 4 Technical Elements and Program Components	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 <u>16</u> before 1 st July <u>2024</u> and skaters who are <u>16</u> or over on 1 st July <u>2024</u> If there are still too many skaters in each section, the age split can be broken down further within each group.	Girls and Boys 3 Minutes (+/- 10 seconds)	<p>This must be read in conjunction with ISU Communication 2624</p> <p>Skaters should perform a well-balanced programme with linking steps consisting of</p> <ul style="list-style-type: none"> A maximum of 5 jump elements for ladies and men, consisting of <ul style="list-style-type: none"> 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. <p>There must be a maximum of two (2) spins of a different nature (abbreviation)</p> <ul style="list-style-type: none"> <u>One must be a spin combination; 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.</u> <u>One must be a spin with no change of position; 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.</u> <p>A Maximum of 1 Step Sequence utilizing the full ice surface must include:</p> <ul style="list-style-type: none"> <u>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.</u> <u>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 and Feature 4) Two combinations of 3 difficult turns on different feet.</u> <p>Level Feature Explanation: <u>In all elements subject to levels only features up to a maximum of Level 2 can be awarded</u> <u>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.</u></p>	<p>Girls:</p> <p>TES – 11.50 PCS – 11.50</p> <p>Boys:</p> <p>TES – 11.50 PCS – 13.50</p>

Standard	Minimum Entry Requirements	Split of Competition by age	Program Length	Requirements This must be read in conjunction with ISU Communication 2624	Test Scores
National 6 Short Program	A minimum of Skills 6 or equivalent and National 5 Technical Elements and Program Components	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 <u>16</u> before 1 st July <u>2024</u> and skaters who are <u>16</u> or over on 1 st July <u>2024</u> If there are still too many skaters in each section, the age split can be broken down further within each group.	Girls & Boys 2 Mins 20 Secs (+/- 10 secs)	<p>Girls</p> <ul style="list-style-type: none"> a) Single Axel Paulsen or double Axel Paulsen 5 b) Double or triple jump, may not repeat jump a) c) <u>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)</u> d) <u>Layback/sideways leaning spin or sit spin with no change of foot (minimum six (6) revolutions) and no flying entrance (for season 2024/25).</u> e) <u>Spin combination with only one change of foot (minimum of five (5) revolutions on each foot), flying entrance not allowed.</u> f) <u>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 outside rocker and backward inside loop (for season 2024/25), 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.</u> <p>Boys</p> <ul style="list-style-type: none"> a) Single Axel Paulsen or double Axel Paulsen b) Double or triple jump, may not repeat jump a) c) <u>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)</u> d) <u>Sit spin with change of foot and no flying entrance (minimum of five (5) revolutions on each foot) (for season 2024/25).</u> e) <u>Spin combination with only one change of foot (minimum of five (5) revolutions on each foot), flying entrance not allowed.</u> f) <u>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 outside rocker and backward inside loop (for season 2024/25), 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.</u> <p>Levels explanation: In all elements subject to levels only features up to level 3 will be counted.</p>	Not Applicable

				Bonus: In the Short Program a maximum of two (2) bonus points can be achieved: one (1) bonus point of 1.0 for one (1) Double Axel and one (1) bonus point of 1.0 for one (1) triple jump with no F, e, < , << or * sign	
--	--	--	--	--	--

Standard	Minimum Entry Requirements	Split of Competition by age	Program Length	Requirements	Test Scores
National 6 Free Program	A minimum of Skills 6 or equivalent and National 5 Technical Elements and Program Components	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 <u>16</u> before 1 st July <u>2024</u> and skaters who are <u>16</u> or over on 1 st July <u>2024</u> If there are still too many skaters in each section, the age split can be broken down further within each group.	Girls & Boys 3 Minutes (+/- 10 secs)	<p>This must be read in conjunction with ISU Communication 2624</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"> • An 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 may be executed. One (1) Jump Combination or one (1) Jump Sequence can have three (3) jumps and the other only two (2) jumps. • No quadruple jumps are allowed. • 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. <u>The same type of jump, independent of revolutions, cannot be included more than 3 times.</u> <p>There must be a maximum of two (2) spins of a different nature (abbreviation)</p> <ul style="list-style-type: none"> • one must be a spin combination with change of foot (minimum eight (8) revolutions), flying entrance is not allowed. • <u>one 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).</u> <p>A Maximum of 1 Choreographic Sequence consisting of at least 2 different movements.</p> <p>Levels explanation: In all elements subject to levels only features up to level 3 will be counted.</p> <p>Bonus: 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, <, << or * sign</p>	<p>Girls:</p> <p>TES – 15.00 PCS – 16.00</p> <p>Boys:</p> <p>TES – 15.00 PCS – 18.00</p>

Standard	Minimum Entry Requirements	Split of Competition by age	Program Length	Requirements	Test Scores
National 7 Short Program	A minimum of Skills 7 or equivalent and National 6 Technical Elements and Program Components	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 1 st July 2024 and skaters who are 19 or over on 1 st July 2024 If there are still too many skaters in each section, the age split can be broken down further within each group.	Women and Men 2 Min 40 Seconds (+/- 10 seconds)	Women a) Double Axel b) One double or triple <u>Flip</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>Camel</u> spin (min. 8 revolutions in position) e) Layback or sideways leaning spin or <u>Sit</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>Flip</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>Camel</u> spin (min. 8 revolutions in position) e) <u>Sit</u> spin with only one change of foot (min. 6 revolutions on each foot) f) Spin combination with only 1 change of foot (min 6 revolutions on each foot) g) One Step sequence fully utilizing the ice surface. Levels explanation: In all elements subject to levels only features up to level 4 will be counted.	Not Applicable

Standard	Minimum Entry Requirements	Split of Competition by age	Program Length	Requirements	Test Scores
National 7 Free Program	A minimum of Skills 7 or equivalent and National 6 Technical Elements and Program Components	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 1 st July <u>2024</u> and skaters who are 19 or over on 1 st July <u>2024</u> If there are still too many skaters in each section, the age split can be broken down further within each group.	Women & Men 3 Mins 30 Secs (+/- 10 secs)	Skaters should perform a well-balanced programme with linking steps consisting of A maximum of 7 jump elements which must contain: - <ul style="list-style-type: none"> • 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, 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) A Maximum of 1 Choreographic Sequence utilizing the full ice surface. N.B. With regard to the repetition of jumps ISU Rule 612 Special Regulations <u>2024</u> applies. Levels explanation: In all elements subject to levels, only features up to level 4 will be counted.	Women: TES – 22.00 PCS – 22.00 Men: TES – 22.00 PCS – 27.50

Standard	Minimum Entry Requirements	Split of Competition by age	Program Length	Requirements	Test Scores
National 8 Short Program	A minimum of Skills 8 or equivalent and National 7 Technical Elements and Program Components	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	Women and Men 2 Min 40 Secs (+/- 10 seconds)	<p>Women</p> <ul style="list-style-type: none"> a) Double or Triple Axel b) One Triple jump c) One Jump combination consisting of a double and a triple jump or two triple jumps (No repeat of a or b) d) Flying spin (free choice – min. 8 revolutions in position) e) Layback or sideways leaning spin (min. 8 revolutions in position) or sit or camel spin without change of foot (minimum 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 <p>Men</p> <ul style="list-style-type: none"> a) Double or Triple Axel b) One Triple or quadruple jump c) One Jump combination consisting of a double and a triple jump, or two triple jumps, or a quadruple jump with a double or a triple (No repeat of a or b) d) Flying spin (free choice – min 8 revolutions in position) e) Sit or camel spin with only one change of foot (min. 6 revolutions on each foot) f) Spin combination with only 1 change of foot (min. 6 revolutions on each foot). g) One Step sequence fully utilizing the ice surface. <p>Note - The landing position of the flying spin (d) must be different to the position selected in the one position spin (e).</p> <p>Levels explanation: In all elements subject to levels only features up to level 4 will be counted.</p>	Not Applicable

Standard	Minimum Entry Requirements	Split of Competition by age	Program Length	Requirements	Test Scores
National 8 Free Program	A minimum of Skills 8 or equivalent and National 7 Technical Elements and Program Components	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	Women & Men 4 Minutes (+/- 10 secs)	<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"> • 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. <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>Levels explanation: In all elements subject to levels, features up to level 4 will be counted.</p> <p>N.B. With regards to the repetition of jumps ISU Rule 612 Special Regulations <u>2024</u> applies.</p>	<p>Women:</p> <p>TES – 26.00 PCS – 24.00</p> <p>Men:</p> <p>TES – 26.00 PCS – 30.00</p>