



Adult Copper Singles Section

At the 2013 AGM, it was agreed that a new section for Adult Singles would be introduced, called Copper.

Eligibility to skate in Copper

A skater must NOT have passed the ISA Preliminary Test.

Well balanced Free Skating Program – Adult Copper

Duration of Free Skate: Max 1:40 mins, but may be less

- a) A maximum of four (4) jump elements.

Only single and half-revolution jumps are permitted, no Lutz jump, no Axel type jump, no double or triple jumps can be included.

A jump combination may consist of the same or another single jump. There may be up to two (2) jump combinations or jump sequences in the Free Program. One jump combination could consist of up to three (3) listed jumps, the other one (1) up to two (2) listed jumps.

Any solo jump can be repeated only once and this repetition must be done either in a jump combination or in a jump sequence (maximum of 2 of any jump).

- b) A maximum of two (2) spins of a different abbreviation.

Flying spins are not permitted.

The spins performed must have a minimum of 3 revolutions:

- c) Connecting steps throughout the program are required.

Authorised by: Lisa Jelinek, Operational Director Technical Regulations
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