



Elementary Singles Competition Elements

At the 2013 ISA AGM, the following changes (underlined below) were passed for the Elementary Singles Competition Requirements, effective 1st June 2013.

Duration of Free Skate: 2:00 mins +/- 10 secs.

Free Skate

A well balanced Free Skate program must contain:

- a) Maximum of 4 jump elements.
Any jump can be repeated only once and this repetition must be done either in a jump combination or jump sequence.
There may be up to two (2) jump combinations or sequences. Jump combinations can contain only two (2) jumps. A jump sequence can contain any number of jumps, but only two most difficult jumps will be counted.
- b) There must be a maximum of two (2) spins of a different nature (abbreviation)
 - One of which must be a spin combination with or without change of foot (min 4 revs in total), NO Flying Entry.
 - One spin with no change of position and with or without change of foot (min 4 revs in total), May commence with a Fly.
- c) There must be a maximum:
 - (i) Ladies – one (1) choreographic sequence which includes at least one (1) spiral position at least (3) seconds long. The sequence will have a fixed Base value and evaluated in GOE only.
 - (ii) Men – maximum of one (1) choreographic sequence without Level value. The sequence will have a fixed Base value and evaluated in GOE only

Levels explanations

For Elementary Singles, in all elements which are subject to Levels, only features up to **Level 1** will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

The **Program Components** are only judged in:

Skating Skills
Performance / Execution

The factor of the Program Components is 2.5.

Fall Deduction 0.50.

Authorised by: Lisa Jelinek, Operational Director Technical Regulations
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