



Chicks A Girls and Boys (born 2017/2018)

Emilia T?

Free program: max 2:00 minutes (+/- 10sec)

1. maximum of four (4) jump elements:

- one of which must be an Axel-type jump
- maximum of two (2) jump combinations or one (1) jump combination and one (1) jump sequence. Jump combinations and the jump sequence consist of 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.

2. maximum of two (2) spins of a different nature (minimum of four (4) revolutions each). If with a change of foot, only one level feature per foot will count.

3. one (1) step sequence fully utilizing the ice surface and including 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. 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.

Components:

- composition
- presentation
- skating skills

The factor for the Program Components is 1,67.

In all elements, which are subject to Levels, only features up to Level 2 will be counted. All additional features will not count for Level requirements and will be ignored by the Technical Panel. **The choice of music should be appropriate for the skater and his/her age. Costumes must be age-appropriate and suitable for skaters participating in a competitive environment. Attention should also be paid to the amount of cosmetics used by a young athlete.**

Chicks B Girls and Boys (born 2017/2018)

Emilia T?, Hilja, Iiris, Kristina P

Free program: max 2:00 minutes (+/- 10 sec)

1. Maximum four (4) jump elements

- Maximum two (2) jump combinations. Jump combinations may consist of 2 jumps only. Combinations of 3 jumps are not allowed.
 - **A jump sequence is not allowed**
 - **1A and double jumps are not allowed**
2. Maximum two (2) spins of different nature
- one (1) spin in one position without change of foot
 - one (1) spin is optional
3. One (1) Choreographic sequence consisting of at least two different moves.

Components:

- composition
- presentation
- skating skills

The factor for the Program Components is 1,67.

The level of spins and step sequences cannot be higher than level basic. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

A skater's outlook (costume, makeup) and program music selection must be appropriate to the skater's age and competitive environment of the sport.

Chicks C Girls/Boys (2017/2018)

Eevi, Vesta N, Hilja?, Iiris?, Kristina P?

Free Skating only: 2:00 min +/- 10sec

1. maximum four (4) jump elements:
 - Waltz (1Wz) jump is allowed and has BV of 0.2
 - 1A, 1F, 1Lz and double jumps are not allowed.
 - maximum of two (2) jump combinations:
 - a jump combination can consist of only two (2) jumps.
 - a jump sequence is not allowed.
2. maximum of two (2) spins of a different nature (different abbreviation).
3. one (1) Choreographic Sequence consisting of at least two (2) different skating movements.

Components:

- Presentation
- Skating Skills
- The factor for components is 1.5.

A skater's outlook (costume, makeup) and program music selection must be appropriate to the skater's age and competitive environment of the sport.

CUBS B Girls and Boys (born 2015/2016)

Sofia T, Bea, Mia?, Sindi?

Free program: max 2:30 minutes (+/- 10 sec)

1. Maximum four (4) jump elements

- Maximum two (2) jump combinations or (1) one jump combination and (1) one jump sequence. Jump combinations and sequences may consist of 2 jumps only. 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 to the take-off curve of the Axel jump. Jumps executed in a jump sequence will receive their full value.
- **1 Axel and one (1) double jump is allowed, and it may be repeated no more than two (2) times.**
- **2F and 2Lz and triple jumps are not allowed**

2. Maximum two (2) spins of different nature:

- one (1) spin combination with change of foot (minimum eight (8) revolutions in total) or without change of foot (min. six (6) revolutions in total). Flying entry is not allowed;
- one (1) spin in one position and with a change of foot (minimum of eight (8) revolutions in total) or without change of foot (minimum of six (6) revolutions in total). Flying entry is allowed.

3. Max. one (1) sequence of steps that completely covers the rink and includes at least one movement element such as spiral, spread eagle, Ina Bauer, hydroblading, etc. If no movement element, no level is given. There must be at least 2 complex turns and steps performed with clean edges to achieve a base level. The Technical Panel will not evaluate the following elements: Characteristic 3) use of body movements for at least 1/3 of the pattern and Characteristic 4) two a combination of three complex turns on different feet.

Components:

- composition
- presentation
- skating skills

The factor for the Program Components is 1,67.

The level of spins and step sequences cannot be higher than level 1. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

A skater's outlook (costume, makeup) and program music selection must be appropriate to the skater's age and competitive environment of the sport.

CUBS A Girls and Boys (born 2015/2016)

Free Program: 2:30 min ± 10 sec

1. Maximum of four (4) jump elements

- at least one (1) Axel type jump
- There may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence. Jump combinations may consist of only two (2) jumps. A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any

listed jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump. Jumps in a jump sequence receive a full value.

2. Max. two (2) spins of different nature

- one of which must be a spin combination with change of foot (minimum of eight (8) revolutions in total) or without change of foot (minimum of six (6) revolutions in total). If with change of foot, only one level feature per foot will count. Flying entry is not allowed.
- one a spin in one position with change of foot (minimum of three (8) revolutions in total) or without change of foot (minimum of six (6) revolutions in total). Flying entry is allowed.

3. One (1) Step sequence with full utilization of the ice surface and including 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. 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.

Components that are judged

- Composition
- Presentation
- Skating skills

The factor for the Program Components is 1.67

The level of spins and step sequences cannot be higher than 2. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

The music selection must be suitable for both the skater and his age.

SPRINGS B Girls and Boys (born 2013/2014)

Maria, Kristina M?, Lilli, Vesta R, Olivia, Liisa

Free program: 2:30 minutes, (+/- 10 sec)

1. Maximum four (4) jump elements

- one of which must be Axel type jump
- Maximum two (2) jump combinations or (1) one jump combination and (1) one jump sequence. Jump combinations and sequences may consist of 2 jumps only. 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 to the take-off curve of the Axel jump. Jumps executed in a jump sequence will receive their full value.
- Maximum two (2) double jumps are allowed (2S, 2T, 2Lo)
- **2F, 2Lz and 2A are not allowed**
- **Triple jumps are not allowed**
- **Any single or double jump may be executed only twice (2)**

2. Maximum two (2) spins of different nature:

- one (1) spin combination with a change of foot (minimum of eight (8) revolutions) or without a change of foot (minimum of six (6) revolutions). If with change of foot, only one level feature per foot will count. Flying Entry is allowed.
- 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.

3. One (1) Choreographic sequence consisting of at least two different moves.

Components:

- composition
- presentation
- skating skills

The factor for the Program Components is 1,67.

The level of spins and step sequences cannot be higher than level 1. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

A skater's outlook (costume, makeup) and program music selection must be appropriate to the skater's age and competitive environment of the sport.

BASIC NOVICE (before 1.7. has not reached the age of 14)

Sonya, Olivia, Kristina M

Free program: 2:30 minutes, (+/- 10 sec)

1. Maximum of five (5) jump elements one of which must be an Axel type jump.
 - There may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence.
 - Jump combinations and the jump sequence consist of 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.
 - **No triple and quadruple jumps are allowed.**
 - Only one single jump and one double jump (including Double Axel) can be repeated once.
2. 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.
 - 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.

- 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.
- 3. There must be a maximum of one (1) step sequence fully utilizing the ice surface and including 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. 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.

Components:

- composition
- presentation
- skating skills

The factor for the Program Components is 1,67.

The level of spins and step sequences cannot be higher than level 2. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

A skater's outlook (costume, makeup) and program music selection must be appropriate to the skater's age and competitive environment of the sport.

NOVICE B Girls and Boys (born after 1.7.2009)

Amanda, Aino, Nelli, Jade, Sofia M, Lilo?

- has not reached the age of sixteen (**16**) before July 1 st preceding the event

Free program only: 3:00 minutes (±10 sec.).

1. Maximum 5 jump elements

- One must be Axel type jump
- Maximum two (2) jump combinations or (1) one jump combination and (1) one jump sequence. Jump combinations and sequences may consist of 2 jumps only. 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 to the take-off curve of the Axel jump. Jumps executed in a jump sequence will receive their full value.
- All double jumps are allowed.
- Any jump with the same name cannot be included more than two (2) times in total.
- **2A and triple jumps are not allowed**

2. Maximum two (2) spins of different nature

- one (1) spin combination with a change of foot (minimum of eight (8) revolutions) or without a change of foot (minimum of six (6) revolutions). If with change of foot, only one level feature per foot will count. Flying Entry is allowed.
- 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

3. One (1) Choreographic sequence consisting of at least two different moves.

Components:

- composition
- presentation
- skating skills

The factor for the Program Components is

- For boys 2,40
- For girls 2,13

The level of spins cannot be higher than level 2. Extra features do not increase the level.

A skater's outlook (costume, makeup) and program music selection must be appropriate to the skater's age and competitive environment of the sport.

JUNIOR B Girls and Boys (Age same as Junior A)

Ella, Roosa (jos ei Junior A)

Free Skating only: 3:00 minutes (±10 sec.)

1. Maximum 5 jump elements,

- one of which must be Axel type jump
- Maximum two (2) jump combinations or (1) one jump combination and (1) one jump sequence. Jump combinations and sequences may consist of 2 jumps only. 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 to the take-off curve of the Axel jump. Jumps executed in a jump sequence will receive their full value.
- **2A and triple jumps are not allowed**
- Any jump with the same name cannot be repeated more than two (2) times in total 2. There must be (3) spins of different nature
- one (1) spin combination (minimum of ten (10) revolutions in total)
- one (1) flying spin (minimum of 6 revolutions)
- one (1) spin is optional (minimum of 6 revolutions)

3. One (1) Choreographic sequence consisting of at least two different moves.

Components

- composition
- presentation
- skating skills

The factor for the Program Components is

- For boys 2,40
- For girls 2,13

The level of spins and step sequences cannot be higher than level 2. Extra features do not increase the level.

Intermediate Novice - Boys and Girls,

Katarina, Helmi

- has not reached the age of sixteen (**16**) before July 1 st preceding the event

Free program only: 3:00 minutes (±10 sec.).

1. Maximum 5 jump elements

- One must be Axel type jump
- Maximum two (2) jump combinations or (1) one jump combination and (1) one jump sequence. Jump combinations and sequences may consist of 2 jumps only. 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 to the take-off curve of the Axel jump. Jumps executed in a jump sequence will receive their full value.
- All double jumps are allowed.
- Only one single jump and one double jump (including Double Axel) can be repeated once.
- **Triple and quadruple jumps are not allowed**

2. Maximum two (2) spins of different nature

- 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.
- 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.

3. There must be a maximum of one (1) step sequence fully utilizing the ice surface and including 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. 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.

Components

- composition
- presentation
- skating skills

The factor for the Program Components is

- For boys 2,00
- For girls 1,70

The level of spins and step sequences cannot be higher than level 2. Extra features do not increase the level. The music selection must be suitable for both the skater and his age.

Senior B Girls/Boys (age same as Senior A)

/sbe

Free Skating only

Duration: 3:30 min ± 10 sec

1. maximum of six (6) jump elements:

- one of which must be an Axel-type jump
- maximum of two (2) jump combinations or one (1) jump combination and one (1) jump sequence. Jump combinations and the jump sequence consist of 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.
- 2A and triple (3x) jumps are not allowed.
- all double (2x) jumps are allowed.

2. maximum of three (3) spins of a different nature:

- one (1) spin combination with a change of foot or without a change of foot (minimum of ten (10) revolutions in total).
- one (1) spin with flying entrance in one position with a change of foot or without a change of foot (minimum of six (6) revolutions).
- one (1) spin is optional (minimum of six (6) revolutions).

3. one (1) Choreographic Sequence consisting of at least two (2) different skating movements.

Components

- composition
- presentation
- skating skills

The factor for the Program Components is

- For boys 2,40
- For girls 2,13

The level of spins and step sequences cannot be higher than level 2. Extra features do not increase the level.

Junior A - ISU:n säännöt (samat kuin Suomessa) *Roosa*

Senior A - ISU:n säännöt (samat kuin Suomessa) *Toivo*

Advanced Novice - Boys and Girls *Lilo?*

Girls SP

- Single Axel Paulsen or double Axel Paulsen
- Double or triple jump, may not repeat jump a)
- One jump combination consisting of two double jumps or one double and one triple jump, the second jump must be double or triple **Loop** (for season 2025/26), both jumps may not repeat jump a) or b)
- Layback/sideways leaning spin or **camel spin** with no change of foot (minimum six (6) revolutions) and no flying entrance (for season 2025/26).
- Spin combination with only one change of foot (minimum of five (5) revolutions on each foot), flying entrance not allowed.
- One step sequence fully utilizing the ice surface. For feature 4) Two combinations of 3 difficult turns on different feet: the combinations must include backward outside counter and forward inside bracket (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.

Jumps not according to Short Program requirements (wrong number of revolutions) will receive no value. If the same jump is executed as a solo jump and as a part of the jump combination, the repeated jump will not be counted (if this repetition is in a jump combination, only the individual jump which is not according to the above requirements will not be counted).

Girls FS

- Maximum of 6 jump elements one of which must be an Axel type jump. There may be 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. 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 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. 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.

- b) There must be 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).
- c) There must be one Choreographic Sequence consisting of at least two different skating movements.

Components

- composition
- presentation
- skating skills

The factor for the Short Program Components is

- For boys 1,20
- For girls 1,07

The factor for the Free Program Components is

- For boys 2,40
- For girls 2,13

The music selection must be suitable for both the skater and his age.

Pre-Young Girls and Boys (born 2015 and younger)

Bea?, Sindi, Mia?, Odessa

Free program 2:00 min ± 10 sec

1. Maximum four (4) jump elements

- Min two (2) solo jumps
- Maximum two (2) jump combinations. Jump combinations may consist of 2 jumps only. Combinations of 3 jumps are not allowed. Jump sequences are not allowed. Axel and double jumps are not allowed! Any jump with the same name may be executed only twice

2. At least one (1) and maximum two (2) spins of different nature.

- one (1) spin combination with change of foot (minimum of eight (3) revolutions on each foot) or without (minimum of eight (6) revolutions in total).
- one (1) spin in one position with change of foot (minimum of eight (3) revolutions on each foot) or without (minimum of eight (6) revolutions in total).

3. One (1) Choreographic sequence consisting of at least two different moves.

Pre-Young Girls and Boys (born 2013/2014)

Hilda, Vesta R

Free program 2:00 min± 10 sec

1. Maximum four (4) jump elements

- Maximum two (2) jump combinations. Jump combinations may consist of 2 jumps only. Combinations of 3 jumps are not allowed. Jump sequences are not allowed. Axel and double jumps are not allowed! Any jump with the same name may be executed only twice.

2. At least one (1) and maximum two (2) spins of different nature.

- one (1) spin combination with change of foot (minimum of 3 revolutions on each foot) or without (minimum of 6 revolutions in total).
- one (1) spin in one position with change of foot (minimum of 3 revolutions on each foot) or without (minimum of 6 revolutions in total).

3. One (1) Choreographic sequence consisting of at least two different moves.

Young Girls and Boys (born 2011/2012)

Nicolas, Siru

Free program 2:30 min ± 10 sec

1. Maximum five (5) jump elements

- maximum two (2) jump combinations or one jump combination and one jump sequence. Combinations and sequences may consist of only two (2) jumps. In a jump sequence, the second jump must be an Axel-type jump.
- 1A (single Axel) and one (1) double (2X) jump are allowed
- No jump with the same name can be executed more than twice including Axel type jumps.

2. Min one (1) and maximum two (2) spins of different nature:

- one (1) spin combination with change of foot (minimum of 3 revolutions on each foot) or without (minimum of 6 revolutions in total).
- one (1) spin in one position with change of foot (minimum of 3 revolutions on each foot) or without (minimum of 6 revolutions in total).

3. One (1) Choreographic sequence consisting of at least two different moves.

Young Girls and Boys (2005 - 2010)

Ella?, Sofia M

Free program 2:30 min \pm 10 sec

1. Maximum five (5) jump elements

- maximum two (2) jump combinations or one jump combination and one jump sequence. Combinations and sequences may consist of only two (2) jumps. In a jump sequence, the second jump must be an Axel type jump.
- 1A (single Axel) and one (1) double (2X) jump are allowed
- No jump with the same name can be executed more than twice including Axel type jumps.

2. Maximum of two (2) spins of a different nature. Spins with change of foot must have a minimum of three (3) revolutions on each foot. Spins without change of foot must have at least four (4) revolutions.

3. One (1) Choreographic sequence consisting of at least two different moves.

Artistic Girls/ Boys/ Adults/ ice dance kaikki halukkaat (tähdet, aikuiset, harrastajat)

Free program 1:30 min \pm 10 sec

A well-balanced Free Skating program may contain: any number of elements

1. any steps and figure skating movements.
2. any jump elements.
3. any spins

Additional Information:

- The Program will not be judged. All the skaters will receive the 1st place.

Additional information

1. In all beginners' categories listed above, the following components are judged in the Program Components' mark:

- composition
- presentation
- skating skills

The factor for the Program Components is

- for boys 2.0
- for girls 1.7

The level of spins and step sequences cannot be higher than **Level Base**. Any additional features will not count for Level features and will be ignored by the Technical Panel.

3. Any jump with the same name may be repeated only twice including Axel-type jumps.

4. Time violation: -0.5 point deduction for every 5 seconds in excess.

5. Falls: -0.5 point deduction for every fall.

6. Interruption:

10-20 sec:

-0,5 point deductions 20-30 sec:

-1,0 point deductions 30-40 sec:

-1,5 point deductions Interruption of the program with an allowance of up to three (3) minutes to resume from the point of interruption

- 2.5 point deduction

7. Part of the costume/decoration falls on the ice: -0,5
8. Costume/prop violation: -0,5
9. Late start: -0,5
10. No bonus shall be applied for jumps in the second half of the program.
11. Warm-up time is 4 minutes and there can be up to 10 skaters in a warm-up group.