



PORSEROSI
Persatuan Olahraga Sepatu Roda Seluruh Indonesia
Indonesia Skating Council/Komisi Ice Skating Indonesia

Member of the International Skating Union (ISU)
Member of Asian Skating Union (ASU)
Member of Komite Olahraga Nasional Indonesia (KONI)
Member of Komite Olimpiade Indonesia (KOI)

Correspondence Address :

Email : member@indonesiaskatingcouncil.org

Homepage: <http://www.indonesiaskatingcouncil.org>



2016 Indonesia Figure Skating National Championships & Basic Skills Competitions

April 29 & 30, 2016

Announcement

As at March 20, 2016

Organized by:
Indonesia Skating Council / Komisi Ice Skating Indonesia
PB. PORSEROSI

Competition Organizer:
Mrs. Deborah Rosanti



GENERAL INFORMATION:

1. VENUE

Sky Rink (1248 sqm)
Mal Taman Anggrek, Level
3 Jl. Gatot Subroto Kav. 21
Jakarta Barat - 11450
INDONESIA

2. GENERAL REGULATIONS

The Indonesia National Figure Skating Championships 2016 will be conducted in accordance with the

- ISU Constitution and General Regulations 2014;
- ISU Special Regulations and Technical Rules Single and Pair Skating and Ice Dancing 2014;
- All pertinent ISU Communications (e.g. 1944, 1947);
- PORSEKSI Regulations;
- PORSEKSI Policies and Procedures.

3. ELIGIBILITY

- Skaters seeking to compete in the Championships, other than as a Guest skater (refer to paragraph 3.1) must be a financial member of PORSEKSI for a period of three months prior to the commencement of the Championships.
- Skaters seeking to compete in the Championships, other than as a Guest skater (refer to paragraph 3.1) must have passed the required PORSEKSI qualifying test for the Championship level competing in prior to the commencement of the Championships
- Additionally, skaters must meet the eligibility conditions specified in the respective category stated herein.

3.1. DEFINITION OF GUEST SKATERS

- A Guest Skater is one who **EITHER**
 - a. Is not an Indonesia Citizen**OR**
 - b. Is an Indonesia Permanent Resident who has not obtained an official ISU clearance certificate granting him/her permission to represent Indonesia in international competitions and ISU Championships.
- A Guest Skater who places in the top position will only be given the appropriate medal but cannot hold the title of National Champion nor be awarded the Championship Trophy. The title of National Champion is only awarded to a Indonesia Citizen or Indonesia Permanent Resident who has officially obtained an ISU clearance certificate.

3.2. NATIONAL AND DEVELOPMENT SELECTION CRITERIA

1. Skaters seeking admission into the teams must be age appropriate as specified under ISU Rule 108 (Paragraph 2) of the ISU Constitution and General Regulations 2014 and fulfills requirements mandated by ISU Communication 1420.
2. For selection protocol, please refer to PORSEKSI Athletes Selection Policy.

4. TECHNICAL DATA

All events and all official practices will take place at Sky rink, and indoor with a surface of 1248 sqm.



5. ENTRIES

Entries must be made on the official entry form ONLY and **EMAILED by March 18, 2016.**

Payment of entry fees must be made **TRANSFER** directly to :

Account Name : Yovita Bellina Lim / Elisa Kurniati, SH
Account number : 2888828686
Bank : Bank Central Asia (BCA)
Branch : KCP Puri Indah

Skaters must also supply the following documents with their official entry form:

- **For Indonesia Citizen** – A certified true copy of the skater's birth certificate or passport. Skaters whose training location is not Indonesia must also complete PORSEROSI Notice and Declaration Form.
- **For Indonesia Permanent Resident** – A certified true copy of the skater's Indonesia permanent residence permit, passport and certified true copy of an already issued ISU Clearance Certificate, allowing the skater to represent Indonesia internationally. Please refer to PORSEROSI Notice and Declaration Form on the requirements for ISU Clearance Certificate.
- **For Guest Skater** – Entry form must be endorsed by the association of the country of his/her country of citizenship. Guest skaters who are unable to obtain such endorsement because he/she does not belong to any skating association in the country of his/her citizenship must complete the form in PORSEROSI Notice and Declaration Form..

Entries will not be accepted without full payment, or without the documents mentioned above. Please do not send cash by mail.

Entry Forms and documents must be EMAILED to: member@indonesiaskatingcouncil.org before March 18, 2016 (entry form can be downloaded at official site of Komisi Ice Skating Indonesia/Indonesia Skating Council <http://indonesiaskatingcouncil.org>)

Payments must be received by March 26, 2016:

5.1. ENTRIES FEE

Entry fees provide all competitors with free admission to all events and one free official ice practice session per event. No refunds will be provided.

SINGLE SKATING

Advance Novice, Junior and Senior Categories

(Ladies and Men) Rp. 2.100.000 / skater

Novice A & Novice B Categories

(Ladies and Men) Rp. 1.900.000 / skater

Starlet, Preliminary and Elementary Categories

(Ladies and Men) Rp. 1.700.000 / skater



5.2. LATE ENTRIES

At the discretion of the PORSEROSI executive committee, entries may be accepted after the closing date upon payment of double the entry fee for the particular event.

6. FINALS SCHEDULE FOR COMPETITION AND OFFICIAL PRACTICE

The final schedule for the competition and official practice sessions will be email to ice rink managers and coaches at **mid of april 2016**. Updates will also be emailed to participants who have furnished an active email address in the entry form.

7. MUSIC & PLANNED PROGRAM CONTENT

All competitors shall furnish competition music of excellent quality on MP3 files.

Competitors must provide a back-up CD or other music player with 3.5mm jack output for each program. MP3 must be submitted one week before competition date to member@indonesiaceskating.org.

All competitors are required to submit a Planned Program Content (PPC) Form with their Entry Form. ISC - PORSEROSI will erase all songs from email and laptop use to play the music after the competition end.

8. DRAWS – ORDER OF SKATING

The date of the draws for the order of skating is on **April 28, 2016 (Thursday)** at Sky rink Function Room, time will be announced with the competition and official practice sessions schedule. For participants who have two programs, the order for *Free Skating* will be the reverse order of the short program results. In case of any ties, will be following ISU rules and award the skater with higher component marks.

9. INSURANCE/LIABILITY

Under no circumstances shall the Indonesia Skating Council / Komisi Ice Skating Indonesia - PB. PORSEROSI and the organizers of this competition, their employees, agents and/or servants be held responsible or liable for any loss, damages or injuries whatsoever or howsoever caused suffered by the skaters or officials.

As a condition of and in consideration of the acceptance of the entries or participation therein, all entrants, their family members and officials shall be deemed to have agreed to assume all risk of injury to their person and property resulting from, caused by or connected with, the conduct and management of the competition, and to waive and release any and all claims, which they may have against the Indonesia Skating Council / Komisi Ice Skating Indonesia - PB. PORSEROSI.

10. CORRESPONDENCE

Please note that all correspondence with regards to the Indonesia Figure Skating National Championships will be by email only. Please ensure that the email address you supply with your registration form is current and active. Please check your email regularly for updates as the Championship approaches.

11. ENQUIRIES

ALL enquiries should be directed to the Indonesia Skating Council / Komisi Ice Skating Indonesia - PB. PORSEROSI Administration Officer by email member@indonesiaskatingcouncil.org. All competitors and coaches should also familiarise themselves with the rules of the International Skating Union. A copy of the ISU rules and the latest communications, may be downloaded from ISU website www.isu.org.



12. RESULT

The ISU judging system will be used for all events.

13. AWARDS

Gold, Silver and Bronze medals will be presented to the champion, second and third placed competitors respectively. A minimum score for Gold Award will be set by the panel of judges on the day of competition.

Guest skaters who place in the top three will be given appropriate medals, in addition to those awarded to the three highest placed Indonesian competitors.

The title of National Champion can only be held by a Indonesia Citizen or a Indonesia permanent resident who has obtained an official clearance certification from his/her country of citizenship.

14. VIDEO RECORDING AND PHOTOGRAPHY

Indonesia Skating Council / Komisi Ice Skating Indonesia - PB.PORSEKSI retains the rights for any photographs and video recording of the Indonesia Figure Skating National Championships.

The use of FLASH PHOTOGRAPHY or VIDEO LIGHTS is not permitted during warm-ups or events.

15. AGE LIMITS

Age Calculation are based on the July 1st, 2015

Senior	Not be younger than 19
*Junior	Not be younger than 13 And have not reached 19
*Advance Novice	Not be younger than 10 And have not reached 15
*Basic Novice B	Not be younger than 13 And have not reached 15
*Basic Novice A	Not be younger than 10 And have not reached 13
Elementary & Preliminary	No Age limitation
*Starlet Category	Have not reached 11

Copy of birth certificate, passport or similar proof of age is acceptable. The organizing Committee reserves the right to require additional documentation.

*: Only Indonesians, who have exceeded the age limit are still permitted to compete in this category. However, should they win, they will not be allowed to hold the Junior or Novice Champion title: or represent

Indonesia at any ISU event on Junior or Novice Skaters

*: Khusus Warga Negara Indonesia, akan diijinkan untuk mengikuti kategori pertandingan manapun walaupun telah melebihi batas umur yang ditentukan, tetapi apabila mereka memenangkan kategori tersebut, mereka tidak akan memegang gelar Juara Nasional ataupun bisa mewakili Indonesia di kejuaraan ISU khususnya level Novice dan Junior.



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NATIONAL BASIC SKILLS COMPETITIONS

SINGLE SKATING



16. SINGLE SKATING – BASIC SKILLS COMPETITIONS (MENS AND LADIES)

REMARKS FOR STARLET EVENTS

- The skating order of the elements is optional;
- There is no restriction on the number of times an element is executed, length of glide or number of revs unless otherwise stated;
- Vocal music **is ALLOWED**;
- The skater must demonstrate the required elements and **may** use, but is **not** required to use any additional elements from lower levels;
- A deduction will be taken for each element performed from a higher level;
- Skaters may choose which Juvenile level they wish to compete in. For future competitions they must not compete in a lower level.

16.1. BASIC STARLET LEVEL 1

Free Skating

Duration : 1 minute +/- 10 seconds

A well balanced program must contain:

- Forward Stroking (min 6 alternating strokes without interruption)
- Backward Crossover/Crosscut (min 5 crossovers in each direction)
- Left T-Stop (3 strokes must precede the T-stop, hold stop min 3 counts)
- Right T-Stop (3 strokes must precede the T-stop, hold stop min 3 counts)
- Lunge or Shoot the duck

Additional elements that may be performed for filling purposes of the program:

- Bunny Hops;
- Side toe to toe jumps or Tap toe jumps;
- Forward spirals;

Eligibility No minimum test requirements

- Must not have passed the Starlet Level 1 or higher test
- Must not have competed in Starlet Level 1 or higher competition
- Depending on the number of entries, this event may be split according to age
- If less than three men's entries are received, the men and ladies event may be combined

16.2. BASIC STARLET LEVEL 2

Free Skating

Duration : 1 minute +/- 10 seconds

A well balanced program must contain:

- Right/Left Forward Inside Open Mohawk (3 strokes must precede the Mohawk movement)
- Right forward and Left Forward Three Turns (on either edge)
- Forward Outside and Inside Edges on Right Foot and Left Foot (4 consecutive edges)
- 2 foot spin (min of 3 revs)
- Hockey Stop or Tango Stop (3 strokes must precede the stop, hold stop min 3 counts)

Additional elements that may be performed for filling purposes of the program:

- Bunny Hops;
- Side toe to toe jumps or Tap toe jumps;
- Forward spirals;

Eligibility No minimum test requirements

- Must not have passed the Starlet Level 1 or higher test
- Must not have competed in Starlet Level 1 or higher competition
- Depending on the number of entries, this event may be split according to age
- If less than three men's entries are received, the men and ladies event may be combined



16.3. STARLET LEVEL 1

Free Skating

Duration : 1 minute and 30 seconds maximum, but may be less

A well balanced program must contain:

- 1 foot spin (min 3 revs);
- Forward inside pivots
- Waltz jump;
- Mazurka jump or Stag Jump
- Waltz 3 turns (right and left feet) min 3 each foot

Additional elements that may be performed for filling purposes of the program:

- Bunny Hops;
- Side toe to toe jumps or Tap toe jumps;
- Forward spirals;

Eligibility Pass ISC - PORSEKSI Starlet Level 1 test

- Must not have passed the Starlet Level 2 or higher test
- Must not have competed in Starlet Level 2 or higher competition
- Depending on the number of entries, this event may be split according to age
- If less than three men's entries are received, the men and ladies event may be combined

16.4. STARLET LEVEL 2

Free Skating

Duration : 1 minute and 30 seconds maximum, but may be less

A well balanced program must contain:

- Forward cross leg/scratch spin (min 3 revs);
- Toe Loop Jump;
- Salchow jump;
- Forward spiral (right and left feet);
- Back outside pivot and back inside pivot

Eligibility Pass ISC - PORSEKSI Starlet Level 2 test.

- Must not have passed the Preliminary or higher test
- Must not have competed in Preliminary or higher competition
- Depending on the number of entries, this event may be split according to age
- If less than three men's entries are received, the men and ladies event may be combined



REMARKS FOR BASIC ELEMENTARY AND PRELIMINARY

- The skating order of the elements is optional;
- Vocal music **is ALLOWED**;
- There must be **no more than 2** jump combinations or jump sequences
- Spins must be of different nature, minimum of total 4 revs for each spin
- No two foot spins permitted

16.5. PRELIMINARY

Free Skating

Duration : 1 minute and 30 seconds +/- 10 seconds

A well balanced program must contain:

- Maximum of 3 jump elements
 - Only single revolution jumps permitted, no ½ revolution jumps except when executed as part of a jump sequence, e.g.: half loop as a connecting element
 - Axel jump is allowed
 - Only 1 jump combination or sequence. A jump combination can contain only 2 jumps. A jump sequence can contain any number of jumps but only the most difficult jumps will be counted
 - **Any single jump cannot be executed more than twice in total**
- Maximum of 2 spins, each of a different nature
 - One of which must be a spin combination, consisting of max. 2 basic positions, no change of foot, no flying entry and min. of 6 revs in total
 - One spin in one position, no change of foot, no flying entry,, min of 4 revs and wind-up not more than 2 revs
- Maximum of 1 step sequence (Men);
- Maximum of 1 choreographic sequence must include at least 1 spiral (not a kick) of any length (Ladies);

Factors The multiplying factor for the Total Program Components Score is:

- Free Skating 2.0

The only Program Components to be judged are:

- Skating Skills
- Performance / Execution

Where appropriate elements will receive a maximum of Level 1

Eligibility Pass ISC - PORSEKSI Preliminary Test

- Must not have passed the Elementary or higher test
- Must not have competed in Elementary or higher competition
- Depending on the number of entries, this event may be split according to age
- If less than three men's entries are received, the men and ladies event may be combined



16.6. ELEMENTARY

Free Skating

Duration : Maximum 2 minutes +/- 10 seconds

A well balanced program must contain:

- Maximum of 4 jump elements
 - Single & double jumps are permitted (except double axel jump)
 - Max 2 jump combination or sequence. A jump combination can contain only 2 jumps. A jump sequence can contain any number of jumps but only the most difficult jumps will be counted
 - **Any single and double jump cannot be executed more than twice in total**
- Maximum of 2 spins, each of a different nature
 - One of which must be a spin combination, consisting of max. 2 basic positions, no change of foot, no flying entry and min. of 6 revs in total
 - One spin in one position, no change of foot, no flying entry,, min of 4 revs and wind-up not more than 2 revs
- Maximum of 1 step sequence (Men);
- Maximum of 1 choreographic sequence must include at least 1 spiral (not a kick) of any length (Ladies);

Factors The multiplying factor for the Total Program Components Score is:

- Free Skating 2.0

The only Program Components to be judged are:

- Skating Skills
- Performance / Execution

Where appropriate elements will receive a maximum of Level 1

Eligibility Pass ISC - PORSEKSI Elementary Test

- Must not have passed the Novice A or higher test
- Must not have competed in Novice A or higher competition
- Depending on the number of entries, this event may be split according to age
- If less than three men's entries are received, the men and ladies event may be combined



FIGURE SKATING NATIONAL CHAMPIONSHIPS SINGLE SKATING

NOTE:

FOR ALL NOVICES –

Technical requirements (Novice A, Novice B and Advanced Novice) will be in accordance with the ISU Technical Rules Single & Pair Skating 2014 and all current ISU Communications including ISU Communication 1947 Novice Guidelines.

FOR JUNIOR & SENIOR LEVEL EVENTS –

Technical requirements will be in accordance to ISU Technical Rules Single & Pair Skating 2014, Rules 610-612 and all relevant communications.

Please take note that Short Program elements to be skated must be for season 2015-2016.



17. SINGLE SKATING – FIGURE SKATING CHAMPIONSHIPS

GENERAL REQUIREMENTS TO ELEMENTS OF SINGLE SKATING

References-

- ISU Communication No. 1944 for Scales of Values, Levels of Difficulty & GOE Guidelines
- ISU Communication No. 1874 for Changes in Special Regulations & Technical Rules
- ISU Communication No. 1947 on Guidelines for all Novices
- Requirements to Elements of Single Skating under ISU Rule 610
- Remarks in Paragraph 4 under ISU Rule 611 for Short Program
- Remarks in Paragraph 2 under ISU Rule 612 for Free Skating

17.1 BASIC NOVICE A

Free Skating

Duration: Maximum 2 minutes and 30 seconds, +/- 10 seconds

In accordance to ISU Communication 1874, 1944, 1947, a **well-balanced free skating program must contain:**

- Maximum of 4 jump elements
 - One of which must be an Axel type jump
 - Single or double jumps are permitted
 - Triple jumps are not permitted
 - Maximum of 2 jump combinations or sequences
 - Jump combinations can contain only 2 jumps,
 - Jump sequence can contain any number of jumps but only 2 most difficult will be counted.
 - Any single and double jump (including Double Axel) cannot be executed more than twice in total
- Maximum of 2 spins
 - One of which must be a spin combination and one must be a spin with no change of position
 - The spin combination can be executed with a change of foot and a minimum of 8 revolutions or without a change of foot with a minimum of 6 revolutions
 - The spin with no change of position can be executed with a change of foot and a minimum of 8 revolutions or without a change of foot and a minimum of 6 revolutions
 - In both spins flying entries are allowed
- There must be one 1 step sequence fully utilizing the ice surface.

Factors The multiplying factor of the Total Program Components Score is:

- Free Skating 2.5

The Program Components to be judged are:

- Skating Skills
- Performance/Execution

Where appropriate, elements will receive a maximum of Level 2. Step Sequence and Choreographic Sequence will have fixed Base value and evaluated in GOE only.

Eligibility Passed the ISC - PORSEROSI Novice A Test, but not higher

- Not competed in a Novice B or equivalent higher singles competition event.



17.2 BASIC NOVICE B

Free Skating

Duration: 3 minutes +/- 10 seconds

In accordance to ISU Communication 1886 B2.2., a **well-balanced program free skating program must contain:**

- Maximum of 5 jump elements for Ladies and maximum of 6 jump elements for Men
 - one of which must be an Axel type jump
 - single or double jumps are permitted
 - maximum of 2 jump combinations or sequences
 - jump combinations can contain only 2 jumps,
 - jump sequence can contain any number of jumps but only 2 most difficult will be counted
 - only 2 jumps with 2-1/2 or more revs can be repeated either in a jump combination or in a jump sequence
 - Any single and double jump (including Double Axel) cannot be executed more than twice in total
- Maximum of 2 spins
 - one of which must be a spin combination and one must be a spin with no change of position
 - the spin combination can be executed with a change of foot and a minimum of 8 revolutions or without a change of foot with a minimum of 6 revolutions
 - the spin with no change of position can be executed with a change of foot and a minimum of 8 revolutions or without a change of foot and a minimum of 6 revolutions
 - in both spins flying entries are allowed
- There must be 1 step sequence with fully utilizing the ice surface

Factors The multiplying factor of the Total Program Components Score is:

- Free Skating 2.0 for Men
- Free Skating 1.7 for Ladies

The only program Components to be judged are:

- Skating Skills
- Performance/Execution
- Interpretation

Where appropriate elements will receive a maximum of Level 2

Eligibility Passed the ISC - PORSEKSI Novice B Test, but not higher

- Not competed in an Advanced Novice or equivalent higher singles competition event.



17.3 ADVANCED NOVICE

Short Program

Duration : 2 minutes and 30 seconds maximum, but may be less

In accordance to ISU Communication 1874, 1886, 1944. **Jumps not according to Short Program requirements (wrong number of revolutions) will received no value.** The Short Program shall consist of the following elements:

- a) Single or Double Axel Paulsen
- b) One double or triple jump immediately preceded by connecting steps, may not repeat the Single or Double Axel Paulsen
- c) One jump combination consisting of two double jumps or one double and one triple jump, both jumps may not repeat a) or b)
- d) Spin combination with only one change of foot, minimum 5 revs on each foot. Flying entry is allowed.
- e) One step sequence fully utilizing the ice surface.
- f) Additional Spin
For Men: Camel or sit spin with change of foot and no flying entrance, min 5 revs on each foot
For Ladies: Layback or sideways leaning spin, minimum 6 revs

Free Skating

Duration : Men : 3 minutes and 30 second, +/- 10 seconds
Ladies : 3 minutes, +/- 10 seconds

In accordance to ISU communication 1874, 1944, 1947. **Any single and double jump (including Double Axel) cannot be executed more than twice in total.** A well balanced Free Skating program must contain:

- a) Maximum of 6 jump elements for Ladies and 7 jump elements for Men
 - o One of which must be an Axel type jump
 - o Maximum 2 jump combinations or sequences
 - o Jump combination can contain only 2 jumps
 - o Jumps sequence can contain any number of jumps but only 2 most difficult jumps will be counted
 - o Only 2 jumps with 2-1/2 revs or more can be repeated in jump combo or jump sequence
- b) Maximum of 2 spins of a different nature
 - o One of which must be a spin combination and one must be a flying spin or a spin with a flying entrance
 - o The spin combination must be executed with a minimum of 8 revolutions. Flying entrance is not allowed
 - o The flying spin must have a minimum of 6 revolutions. If the spin with a flying entrance is selected, the spin must be executed with a change of foot and without a change of position with a minimum of 8 revolutions.
- c) Maximum of 1 step sequence fully utilizing the ice surface

Factors The multiplying factors for the Total Program Components Score are:

• Men	Short Program	0.9
	Free Skating	1.8
• Ladies	Short Program	0.9
	Free Skating	1.8

The Program Components are only judged in

- Skating Skills
- Transitions
- Performance/Execution
- Interpretation



Where appropriate elements will receive a maximum Level 3

Eligibility

Passed the ISC - PORSEROSI Advanced Novice Test, but not higher.

- Not competed in a Junior or equivalent higher singles competition event.



17.4 JUNIOR

Short Program

Duration: 2 minutes and 50 seconds maximum, but may be less

The required Short Program elements to be skated for the 2015/2016 season are listed in ISU Rules No 502, 610 611 (2015-2016) and the respective ISU Communication 1874, 1944 and other relevant ISU communication.

- a) For Ladies : Double Axel
 For Men : Double or Triple Axel
- b) Double or Triple Flip
- c) One jump combination consisting:
 For Ladies : Two double jumps or one double and one triple jump or two triple jumps, may not repeat Double Axel or solo Jump
 For Men : One double and one triple jump or two triple jumps
- d) One Flying Sit Spin. Sit position must be attained in the air. Minimum of 8 revs
- e) For Ladies : Layback, or Sideways Leaning Spin and no flying entrance. Minimum 8 revs
 For Men : Camel Spin with 1 change of foot and no flying entry. Min 6 revs in each foot
- f) Maximum of 1 step sequence fully utilizing the ice surface

Free Skating

Duration : Men : 4 minutes, +/- 10 seconds
 Ladies : 3 minutes and 30 seconds, +/- 10 seconds

The required Free Skating elements to be skated in 2015/2016 season are listed in ISU Rule No. 610, 612 and ISU Communication 1874, 1944 and other relevant ISU Communications.

- a) Maximum of 7 jump elements for Ladies and 8 jump elements for Men :
 - One of which must be an Axel type jump
 - Maximum 3 jump combinations or sequences.
 - One jump combination could consist of up to 3 jumps, the other two up to 2 jumps
 - Number of jumps in jump sequence is not limited.
 - 2 triplets or quads may be repeated and if repeated at least one attempt must be part of a jump combination or sequence
 - Max 2 double axes as solo jump or in combinations
- b) Maximum of 3 spins of a different nature,
 - one of which must be a spin combination w/without change of foot, minimum 10 revs
 - one a flying spin or a spin with flying entrance, minimum 6 revs
 - one spin with only one position
 - All spins may change feet and start with a fly
- c) Maximum of 1 step sequence fully utilizing the ice surface

Factors The multiplying factors for the Total Program Components Score are:

• Men	Short Program	1.0
	Free Skating	2.0
• Ladies	Short Program	0.8
	Free Skating	1.6

Eligibility Passed the ISC - PORSEKSI Junior Test
 In accordance with ISU Rule 108; paragraph 3. b) i) and ii); (Not exceeded the ISU Junior age of 19 for Ladies and Men by July 1st 2015)



17.5 SENIOR

Short Program

Duration: 2 minutes and 50 seconds maximum, but may be less

The required Short Program elements to be skated in the current season are listed in ISU Rule No. 502, 602, 611, ISU Communications 1874, 1944 and the relevant ISU Communications.

- a) Double or Triple Axel
- b) Ladies : Any Triple Jump
Men : Any Triple or Quadruple Jump
- c) Ladies : One Flying Spin, landing position different than Layback/sideways leaning spin (min 8 revs)
Men : One Flying Spin, landing position different than spin in one position
- d) Ladies : Layback or Sideways leaning spin (no flying entry)
Men : Camel or sit spin, with only 1 change of foot. No flying entry (min 6 revs of each foot)
- e) Spin Combination, with only 1 change of foot, no flying entry, min 6 revs of each foot and min 2 revs in each position
- f) Step Sequence fully utilizing the ice surface

Free Skating

Duration : Men : 4 minutes and 30 seconds +/- 10 seconds
Ladies : 4 minutes, +/- 10 seconds

The required Free Skating elements to be skated in the current season are listed in Rule No. 502, 610, 611, ISU Communications 1874, 1944 and other relevant ISU Communications

- a) Maximum of 7 jump elements for Ladies and 8 jump elements for Men :
 - One of which must be an Axel type jump
 - Maximum 3 jump combinations or sequences
 - Number of jumps in jump sequence is not limited.
 - 2 triplets or quads may be repeated and if repeated at least one attempt must be part of a jump combination or sequence
 - Max 2 double axels as solo jump or in combinations
- b) Maximum of 3 spins of a different nature,
 - one of which must be a spin combination w/without change of foot, minimum 10 revs
 - one a flying spin or a spin with flying entrance, minimum 6 revs
 - one spin with only one position
 - All spins may change feet and start with a fly
- c) Maximum of 1 step sequence
- d) Maximum of 1 choreographic sequence

Factors The multiplying factors for the Total Program Components Score are:

• Men	Short Program	1.0
	Free Skating	2.0
• Ladies	Short Program	0.8
	Free Skating	1.6

Eligibility Passed the ISC - PORSEROSI Senior Test
In accordance with ISU Rule 108; paragraph 3. a)



18. REFERENCE MATERIALS ASSOCIATED TO TECHNICAL REQUIREMENTS:

- [ISU Special Regulations & Technical Rules Singles & Pair Skating and Dance 2014;](#)
[Rule 610 – Requirements to Elements of Single and Pair Skating and illegal Elements/Movements;](#)
[Rule 611 – Short Program Singles;](#)
[Rule 612 – Free Skating Singles;](#)
- [Rule 108 – Age Limits](#)
- [ISU Communication 1874 – Various changes in the General Regulations, Special Regulations and Technical Rules accepted by the 55th ISU Congress](#)
- [ISU Communication 1944 – Scale of Values, Level of Difficulty & Guidelines for marking GOE](#)
- [ISU Communication 1947 – Guidelines for International Novices Competitions;](#)
- [Other Relevant ISU Communications](#)