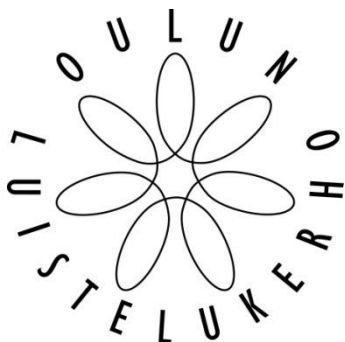




Oulun Luistelukerho ry
Technical requirements
5.8.2019

TECHNICAL DATA, REQUIREMENTS

Rules in following order 1) these requirements; 2) STLL rules changes up to 26.6.2019; 3) STLL rules changes up to 12.9.2018; 4) STLL rules changes 31.7.2017; 5) Finnish STLL rulebook 23; 6) relevant ISU communications

SENIOR A ladies; Short and free skating program

Requirements according to the ISU Rules 611 and communication 2253 and 2254 or later where applicable.

SENIOR A men; Short and free skating program

Requirements according to the ISU Rules 611 and communication 2253 and 2254 or later where applicable.

SENIOR B ladies and men; Short and free skating program; born 30.6.2004 or before

Short program: 2 min 40 sec ± 10 sec

Free skating: 3 min 30 ± 10 sec

Vocal music is allowed.

Deduction for fall -1,0

Short program (7 elements):

- Axel or double axel
- Double or triple jump
- Jump combination, consisting of two double jumps or a double and a triple jump.
 - Solo jumps may not be repeated
- Flying spin, minimum 8 revolutions in the landing position.
 - Landing position must be different than in the spin in point e).
- Ladies: Layback and/or sideways leaning spin or Camel or sit spin
 - minimum 8 revolutions in chosen position
 - change of foot not allowed
 - spinning position different from spin in point d)

Men: Change foot Camel or sit spin with only one change of foot, minimum 6+6 revolutions (=camel-camel or sit-sit spin)

- Spin combination with only one change of foot, minimum 6+6 revolutions.
 - No flying entrance.

- Step sequence fully utilizing the ice surface

Program component factor is 0,8. In the second half of the program, the base value of the last executed jump element will be multiplied by 1,1.

Free skating program (11 elements):

- max 7 jump elements 1 Axel type of jump. max 3 jump combinations or jump sequences
 - max one combination with 3 jumps, others with max 2 jumps
 - All triple and quadruple jumps may be attempted and only 2 jumps with 3 or more revolutions can be repeated either in a jump combination or in a jump sequence. Only one quadruple jump may be repeated in a jump combination or a jump sequence.
 - each single and double jump, incl. 1A and 2A, may be executed no more than twice (jumps do not need to be executed in a jump combination or jump sequence)
- max 3 spins with different abbreviations
 - 1 spin combination with or without change of foot, minimum 10 revolutions.
 - 1 flying spin or spin with flying entrance with minimum 6 revolutions
 - 1 spin with one position and minimum 6 revolutions
- 1 Step sequence fully utilizing the ice surface.

Program component factor is 1,6. In the second half of the program, the base value of three last jump elements will be multiplied by 1,1

JUNIOR A ladies; Short and free skating program; born 1.7.2000 or later

Short program: 2 min 40 sec ± 10 sec

Free skating: 3 min 30 sec ± 10 sec

Vocal music is allowed.

Deduction for fall -1,0 point/fall

Short program (7 elements):

- Double axel
- Double or triple Loop
 - program must contain one triple jump, either as a solo jump or in a combination (failing to have one results in "no value" for point b)
- Jump combination, consisting of two double jumps or a double and a triple jump or two triple jumps.
 - Jump in the combination may not be the same as either of the solo jumps
 - program must contain one triple jump, either as a solo jump or in a combination (failing to have one results in "no value" for point b)
- Flying sit spin, minimum 8 revolutions in the landing position (sit position).
 - execution of a position variation is allowed
 - Flying position need not to be sit position
- Layback and/or sideways leaning spin or camel spin
 - minimum 8 revolutions in chosen position
 - Change of foot not allowed
- Spin combination with only one change of foot, minimum 6+6 revolutions.
- Step sequence fully utilizing the ice surface

Program component factor is 0,8. In the second half of the program, the base value of the last jump element will be multiplied by 1,1

Free skating program (11 elements):

- A maximum of 7 jump elements, 1 must be an Axel type of jump, max 3 jump combinations or jump sequences
 - max one combination with 3 jumps, others with max 2 jumps
 - each double jump, incl. 2A, may be executed max twice
 - all triple or quadruple jumps may be attempted, only 2 different jumps with 3 or 4 revolutions may be repeated. Only one quadruple jump may be repeated in a jump combination or a sequence.

- A maximum of 3 spins with different abbreviations
 - 1 spin combination with or without change of foot, minimum 10 revolutions.
 - 1 flying spin or spin with flying entrance, minimum 6 revolutions
 - 1 spin in one position, minimum 6 revolutions
- max 1 Step sequence fully utilizing the ice surface.

Program component factor is 1,6. In the second half of the program, the base value of three last jump elements will be multiplied by 1,1

JUNIOR A men; Short and free skating program; born 1.7.2000 or later

Short program: 2 min 40 sec ± 10 sec

Free skating: 3 min 30 sec ± 10 sec

Vocal music is allowed.

Deduction for fall -1,0 point/fall

Short program (7 elements):

- Double or triple axel
- Double or triple Loop
- Jump combination, consisting of a double and a triple jump or two triple jumps.
 - Jump in the combination may not be the same as either of the solo jumps
- Flying sit spin, minimum 8 revolutions in the landing position (sit position).
 - execution of a position variation is allowed
 - Flying position need not to be sit position
- Camel spin with only one change of foot, minimum 6+6 revolutions.
- Spin combination with only one change of foot, minimum 6+6 revolutions.
- Step sequence fully utilizing the ice surface

Program component factor is 1,0. In the second half of the program, the base value of the last jump element will be multiplied by 1,1.

Free skating program (11 elements):

- A maximum of 7 jump elements, one must be an Axel type of jump, max 3 jump combinations or jump sequences
 - max one combination with 3 jumps, others with max 2 jumps
 - each double jump, incl. 2A, may be executed max twice
 - all triple or quadruple jumps may be attempted, only 2 different jumps with 3 or 4 revolutions may be repeated. Only one quadruple jump may be repeated in a jump combination or a sequence.
- A maximum of 3 of the following spins
 - 1 spin combination with or without change of foot, minimum 10 revolutions.
 - 1 flying spin or spin with flying entrance, minimum 6 revolutions
 - 1 spin in one position, minimum 6 revolutions
- max 1 Step sequence fully utilizing the ice surface.

Program component factor is 2,0. In the second half of the program, the base value of three last jump elements will be multiplied by 1.1

JUNIOR B ladies, men; Short and free skating program; born 1.7.2000-30.6.2006

Short Program: 2 min 40 sec ± 10 sec

Free Skating: max 3 min 40 sec

ISU evaluation

Vocal music is allowed.

Deduction for fall is -1,0 point/fall

Short program (7 elements):

- Axel or double Axel.
 - Double or triple Loop
 - One jump combination consisting of two double jumps or a double jump and a triple jump or two triple jumps
 - Jump in the combination may not be the same as either of the solo jumps
 - Flying sit spin, minimum 8 revolutions in the landing position (sit position).
 - execution of a position variation is allowed
 - Flying position need not to be sit position
 - Ladies: Layback and/or sideways leaning spin or camel spin
 - minimum 8 revolutions in the chosen position
 - Change of foot not allowed
- Men: Change foot camel spin with only one change of foot, minimum 6+6 revolutions (camel-camel spin)
- Spin combination with only one change of foot, minimum 6 revolutions each foot.
 - Step sequence fully utilizing the skating area

Program component 0,8. In the second half of the program, the base value of the last jump element will be multiplied by 1,1

Free Skating program (11 elements):

- Maximum of 7 jump elements, one must be an Axel type of jump, max. 3 jump combinations or jump sequences.
 - max one combination may consist of 3 jumps. The other combinations may contain max. 2 jumps.
 - each double jump, incl. 2A, may be executed no more than twice (jumps do not need to be executed in a jump combination or jump sequence)
 - all triple or quadruple jumps may be attempted, only 2 different jumps with 3 or 4 revolutions may be repeated. Only one quadruple jump may be repeated in a jump combination or a sequence.
- Maximum of 3 different spins, all with different abbreviations
 - One spin combination, minimum 10 revolutions, change of foot is not mandatory
 - 1 flying spin or spin with flying entrance, minimum 6 revolutions
 - 1 spin in one position, minimum 6 revolutions
- Step sequence fully utilizing the skating area.

Program component 1,6. In the second half of the program, the base value of three last jump elements will be multiplied by 1,1.

NOVICE A, girls; Short and free skating program; born 1.7.2004 or later

Short Program: 2 min 20 sec ± 10 sec

Free Skating: 3 min ± 10 sec

ISU evaluation

Vocal music is allowed.

Deduction for falling is 0,5 points/fall

Short Program (6 elements):

- Double axel*)
- Double or triple jump
- Jump combination, consisting of two double jumps or a double and a triple jump.
 - Solo jumps may not be repeated.
- Layback and/or sideways leaning spin or camel spin or sit spin or upright spin, minimum 6 revolutions.
 - No flying entrance
- Combination spin with one change of foot and at least one change of position, minimum 5 revolutions with each foot
 - Flying entry allowed
- Step sequence, must fully utilize the ice surface.
 - unclassified jumps allowed

*) if the skater does not attempt 2A or executes a 1A, A-jump is marked as * and the skater gets 0 points (no value)

Bonus: 2A = +1.0 point, triple jump = +2.0 points, 2 different triple jumps = +4.0 points. The maximum bonus is +4.0 points (3Fe and 3Lze qualify for bonus)

The short program component factor is 0,7. In the Short Program the base value for the last jump element started in the second half of the program will be multiplied by factor 1,1

Free Skating Program (9 elements):

- Maximum of 6 jump elements of which one must be an Axel type jump and maximum of 2 jump combinations or jump sequences
 - of which max. 1 jump combination may consist of 3 jumps, the other jump combination may contain max 2 jumps.
 - only 2 jumps with 3 or more revolutions can be repeated either in a jump combination or in a jump sequence.
 - each single and double jump, incl. 1A and 2A, may be executed no more than twice (jumps do not need to be executed in a jump combination or jump sequence)
- Maximum of 2 different spins
 - change foot spin combination, minimum 8 revolutions
 - No flying entrance
 - flying spin or spin with a flying entrance with only one position
 - minimum 6 revolutions/one foot spin and at least 8 revolutions/changefoot spin
- Maximum of one step sequence, fully utilizing the skating area.

Bonus: for max one 2A and two different triple jumps. 2A=+1.0 points, triple jump=+2.0 points, 2 different triple jumps = +4.0 points. The maximum bonus is +4.0 points (3Fe and 3Lze qualify for bonus)

Free program component factor is 1,4. In the Free Program the base values for three last jump elements started in the second half of the program will be multiplied by factor 1,1

NOVICE A, boys; Short and free skating program; born 1.7.2004 or later

Short Program: 2 min 20 sec ± 10 sec

Free Skating: 3 min ± 10 sec

Vocal music is allowed.

Deduction for falling is 0,5 points/fall

Short Program (6 elements):

- Double axel*)
- Double or triple jump
- Jump combination, consisting of two double jumps or a double and a triple jump.
 - Solo jumps may not be repeated.
- Camel spin or Sit spin or Upright spin with only one change of foot, minimum 5 revolutions with both feet
 - No flying entrance
- Combination spin with one change of foot and at least one change of position, minimum 5 revolutions with each foot
 - Flying entry allowed
- Step sequence must fully utilize the ice surface.
 - unclassified jumps allowed

The component factor is 0,8.

*) if the skater does not attempt 2A or executes a 1A, A-jump is marked as * and the skater gets 0 points (no value).

Bonus: 2A = +1.0 point, triple jump = +2.0 points, 2 different triple jumps = +4.0 points. The maximum bonus is +4.0 points (3Fe and 3Lze qualify for bonus). In the Short Program the base value for the last jump element in the second half of the program will be multiplied by factor 1.1.

Free Skating program (9 elements):

- Maximum of 6 jump elements of which one must be an Axel type jump and maximum of 2 jump combinations or jump sequences
 - max. 1 jump combination may consist of 3 jumps, the other jump combination may contain max 2 jumps.
 - only 2 jumps with 3 or more revolutions can be repeated either in a jump combination or in a jump sequence.
 - each single and double jump, incl. 1A and 2A, may be executed no more than twice (jumps do not need to be executed in a jump combination or jump sequence)
- Maximum of 2 different spins
 - change foot combination spin, minimum 8 revolutions
 - No flying entrance
 - flying spin or spin with a flying entrance with only one position (minimum 6 revolutions/one foot spin and at least 8 revolutions /change foot spin).
- Maximum of one step sequence, fully utilizing the skating area.

Bonus: for max one 2A and two different triple jumps. 2A=+1.0 points, triple jump=+2.0 points, 2 different triple jumps = +4.0 points. The maximum bonus is +4.0 points (3Fe and 3Lze qualify for bonus)

Free program component factor is 1,6. In the Free Program the base values for the last three jump elements started in the second half of the program will be multiplied by factor 1,1

NOVICE B (girls, boys); born 1.7.2004 or later

Free skating program: 3 min ±10 sec

ISU evaluation

Vocal music is allowed.

Deduction for falling is 0,5 points/fall

Free skating program (9 elements):

- Maximum of 6 jump elements, one must be an Axel type jump. A maximum of 2 jump combinations or jump sequences.
 - Only one jump combination may contain 3 jumps, the other combination may contain max. 2 jumps.
 - only 2 jumps with 3 or more revolutions can be repeated either in a jump combination or in a jump sequence.
 - each single and double jump, incl. 1A and 2A, may not be executed more than twice (jumps do not need to be executed in a jump combination or jump sequence)
- Maximum of 2 different spins, each with different abbreviations
 - One spin combination minimum 8 revolutions.
 - No flying entry
 - Change of foot is not mandatory
 - Spin choices are CoSp and CCoSp
 - One position spin
 - One foot spin min 5 revolutions, change of foot spin min 8 revolutions.
 - Flying entrance allowed
 - change of foot allowed
- Step sequence, fully utilizing the skating area.
- Minimum of 2 spirals, both on edge and one has duration of at least 3 sec.
 - These may not be in step sequence
 - Evaluated in transitions (ISU).
 - 0,5 points deduction per missing spiral.
 - If spiral is not attempted or leg does not rise above pelvis or spiral is not on edge or duration is less than 3 sec a 0,5 deduction is made for a faulty spiral

Program component factor is 1,3.

DEBS A, girls and boys; born 1.7.2006 or later

Free skating program: 3.0 min ±10 sec

ISU evaluation

Vocal music is allowed

Deduction for falling is 0,5 points/fall

Free skating program (9 elements):

- Maximum of 6 jump elements. One must be an Axel type jump. A maximum of 2 jump combinations or jump sequences.
 - Only one jump combination may contain 3 jumps, the other combination max. 2 jumps.
 - Only 2 jumps with 3 or more revolutions may be repeated either in a jump combination or a jump sequence.
 - each single and double jump, incl. 1A and 2A, may not be executed more than twice (jumps do not need to be executed in a jump combination or jump sequence)
- Maximum of 2 different spins with different abbreviations.
 - One spin combination minimum 8 revolutions
 - No flying entry
 - change of foot not mandatory
 - Spin choices are CoSp and CCoSp
 - Flying spin or spin with flying entrance in one position (camel/sit/upright)
 - minimum 5 revolutions in landing position, 8 revolutions in foot change spin

- change of foot allowed
 - change of position not allowed
- Step sequence, fully utilizing the skating area.
- Minimum of 2 spirals, both on edge and one has duration of at least 3 sec.
 - These may not be in the step sequence
 - Evaluated in transitions (ISU).
 - 0,5 points deduction per missing spiral.
 - If spiral is not attempted or leg does not rise above pelvis or spiral is not on edge or duration is less than 3 sec a 0,5 deduction is made for a faulty spiral

Bonus: for max one 2A and two different triple jumps. 2A=+1.0 points, 2x2A = +2.0 points, triple jump=+2.0 points, 2 different triple jumps = +4.0 points. The maximum bonus is +4.0 points (3Fe and 3Lze qualify for bonus)

The program component factor is 1,3

SPRINGS A girls/boys born 2008 or later

Free skating: 2min 30sec ±10 sec

ISU evaluation

Vocal music is allowed.

Deduction for falling is 0,5 points/fall

Free skating program (max 8 elements):

- Max 5 jump elements. One must be an Axel type jump. Maximum of 2 jump combinations or jump sequences
 - maximum 1 combination with 3 jumps, other with max 2 jumps
 - Each double jump may be repeated once but-no single and double jump, incl. 1A and 2A, may be attempted more than twice (jumps do not need to be attempted in a jump combination or jump sequence)
- Maximum of 2 different spins
 - One spin combination with or without change of foot, minimum 8 revolutions.
 - No flying entry
 - Spin in one position
 - Spin on one foot min 5 revolutions, change foot spin min 8 revolutions.
 - Flying entrance allowed
 - Change of foot allowed
- Maximum of 1 step sequence, fully utilizing the skating area.
- Minimum of 2 unsupported spirals, both on edge and one must last at least 3 sec.
 - these may not be in the step sequence
 - Evaluated in transitions (ISU).
 - 0,5 points deduction per missing spiral.
 - If spiral is not attempted or leg does not rise above pelvis or spiral is not on edge or duration is less than 3 sec a 0,5 deduction is made for a faulty spiral

The program should contain 3 different double jumps and all may be attempted.

The program components factor is 1,0

SPRINGS B and C girls and boys: born 2008 or later**Free skating: 2 min 30 sec ±10 sec**

Finnish Star evaluation

Vocal music is allowed

Free skating program:

- Max 5 jump elements. One must be an Axel type jump. Maximum of 2 jump combinations or jump sequences
 - max 1 combination with 3 jumps, the other with max 2 jumps
 - Each double jump may be repeated once but-no single and double jump, incl. 1A and 2A, may be executed more than twice (jumps do not need to be executed in a jump combination or jump sequence)
- Maximum of 2 different spins
 - One spin combination (minimum 8 revolutions).
 - change of foot not mandatory
 - No flying entry
 - Spin in one position
 - Spin on one foot min 5 revolutions, change foot spin 8 min revolutions.
 - Flying entry allowed
 - Change of foot allowed
- Maximum of 1 step sequence, fully utilizing the skating area.
- Minimum of 2 unsupported spirals, both on edge and one must last at least 3 sec.
 - These may not be in the step sequence
 - Evaluated in transitions.
 - 0,5 points deduction per missing spiral

Skaters entered for Springs B category should attempt at least one double jump. All double jumps may be attempted.

CUBS Girls/Boys; born 2010 or later**Free skating: max 2 min 30 sec**

Finnish Star evaluation

Vocal music is allowed

Free skating program

- 5 jump elements, max 2 jump combinations or sequences.
 - one jump combination may consist of 3 jumps, the other max 2 jumps
 - Maximum two double jumps: For example 2 x 2T or 1 x 2S and 1 x 2T
- 3 spins
- 1 step sequence covering at least ½ of the ice.
- 2 unsupported spirals.
 - 0,5 points deduction per missing spiral, max -1.0 points.