



TECHNICAL DATA

Interclub Adult Figure Skating Competition
for

Women and Men Free Skating
Women and Men Artistic Free Skating

TALLINN, ESTONIA 2026

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Technical Requirements – Free Skating

Free Skating **Masters Elite**

Skaters entering this category will compete against other Masters Elite Free skaters. The technical requirements are the same as those for the category "Masters Free Skating." with the exception that **triple jumps are permitted**. The Masters Elite category is intended for skaters who competed previously at the junior or senior level in national or international competition but is not mandatory for such skaters. It is also open to skaters who wish to include double axel and/or triple jumps in the free skating program.

Free Skating **Masters**

A competitor in the Masters Free Skating event must perform a well-balanced program that may contain:

- a.
 - A maximum of **five (5) jump elements**, one of which must be an Axel type jump. **Single and double jumps are permitted**. No triple or quadruple jumps are allowed.
 - There may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence in the free program.
 - One (1) jump combination or one (1) jump sequence may consist of up to three (3) listed jumps. The other may have two (2) listed jumps.
 - A jump sequence consists of two (2) or three (3) listed 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.
 - Each listed jump may be performed a maximum of two (2) times.
- b. A maximum of three **(3) spins** of a different abbreviation, one (1) of which must be a spin combination with a change of foot and one (1) of which must be a flying spin or a spin with a flying entrance, and one (1) of which must be a spin with only one (1) position.
 - The spins must have a required minimum number of revolutions: five (5) for any spin with no change of foot, and eight (8) for any spin with a change of foot.
 - A spin that has no basic position with 2 revolutions will receive no value, however a spin with less than three rotations in total is considered as a skating movement and not a spin.
 - Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions in each of these positions anywhere within the spin. To receive full value, a spin combination must include all three (3) basic positions.
 - All spins with change of foot must have at least 3 revolutions on each foot. If this requirement is not fulfilled, the spin will be marked with a V.

c. A maximum of **one (1) step sequence**, fully utilizing the ice surface.

- The program duration is **3 minutes +/- 10 seconds**.
- The points for each Program Component are multiplied by a **factor of 2.67**.
- Features up to and including **Level 4** will be counted for the technical elements.
- The **warm-up** duration is six **(6) minutes**.
- Each **fall** shall receive a deduction of **1.0**.

Free Skating Gold

A competitor in the Gold Free Skating event must perform a well-balanced program that may contain:

a. A maximum of **five (5) jump elements**, consisting of single jumps (including the single Axel) or double jumps. **Double flip, double Lutz, double Axel and triple jumps are not permitted.** There may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence in the free program.

- One (1) jump combination or one (1) jump sequence may consist of up to three (3) listed jumps. The other may have two (2) listed jumps.
- A jump sequence consists of two (2) or three (3) listed jumps of any number of revolutions, in which the second and/or the third listed 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.
- Each listed jump may be performed a maximum of two (2) times.

b. A maximum of three **(3) spins** of a different abbreviation, one (1) of which must be a spin combination with a change of foot and one (1) of which must be a flying spin or a spin with a flying entrance.

- The spins must have a required minimum number of revolutions: four (4) for any spin with no change of foot, and eight (8) for any spin with a change of foot.
- A spin that has no basic position with 2 revolutions will receive no value.
- Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions in each of these positions anywhere within the spin. To receive full value, a spin combination must include all three (3) basic positions.
- All spins with change of foot must have at least 3 revolutions on each foot. If this requirement is not fulfilled, the spin will be marked with a V.

c. A maximum of one **(1) step sequence**, fully utilizing the ice surface.

- The program duration is 2 minutes and 50 seconds +/- 10 seconds.
- The points for each Program Component are multiplied by a factor of 2.67.
- Only features up to and including **Level 3** will be counted for the technical elements. Any additional features will not count for level requirements and will be ignored by the Technical Panel.
- The warm-up duration is six (6) minutes.
- Each fall shall receive a deduction of 1.0.

Free Skating **Silver**

A competitor in the Silver Free Skating event must perform a well-balanced program that may contain:

- a.** A maximum of **four (4) jump elements**, consisting of any single jumps (including the single Axel). **Double jumps and triple jumps are not permitted.**
 - There may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence.
 - One (1) jump combination or one (1) jump sequence may consist of up to three (3) listed jumps. The other may have two (2) listed jumps.
 - A jump sequence consists of two (2) or three(3) 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.
 - Each listed jump may be performed a maximum of two (2) times.
- b.** A maximum of two **(2) spins** of a different abbreviation.
 - The spins must have a required minimum number of revolutions: four (4) for any spin with no change of foot, and six (6) for any spin with a change of foot.
 - A spin that has no basic position with 2 revolutions will receive no value.
 - Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions in each of these positions anywhere within the spin. To receive full value, a spin combination must include all three (3) basic positions.
 - All spins with change of foot must have at least 3 revolutions on each foot. If this requirement is not fulfilled, the spin will be marked with a V.
 - Only features up to and including **Level 2** will be counted. Any additional features will not count for level requirements and will be ignored by the Technical Panel.
- c.** A maximum of one **(1) choreographic sequence**, fully utilizing the ice surface
 - The pattern is not restricted but the sequence must be clearly visible.
 - A choreographic sequence has a base value and will be evaluated by the judges in GOE only.
 - Choreographic sequence consists of at least (2) two different skating movements like spirals, arabesques, spread eagles, Ina Bauers, hydroblading and unlisted jumps.

- The program duration is 2 minutes +/- 10 seconds.
- The points for each Program Component are multiplied by a factor of 2.0.
- The warm-up duration is five (5) minutes.
- Each fall outside elements shall receive a deduction of 0.5. Falls in elements will be called by the Technical Panel but with no deduction(s)

Free Skating **Bronze**

A competitor in the Bronze Free Skating event must perform a well-balanced program that may contain:

a. A maximum of **four (4) jump elements**, consisting only of single jumps. **Axel type jumps, double jumps and triple jumps are not permitted.** There may be one (1) jump combination in the free program.

- The jump combination may consist of two (2) listed jumps.
- Each listed jump may be performed a maximum of two (2) times.
- **Waltz jumps will be ignored.**

b. A maximum of two (2) spins of a different abbreviation, both of which must be a spin in one position with or without a change of foot. **Flying spins are not permitted.**

- The spins must have a required minimum number of revolutions: three (3) for any spin with no change of foot, and six (6) with a change of foot.
- A spin that has no basic position with 2 revolutions will receive no value.
- All spins with change of foot must have at least 3 revolutions on each foot. If this requirement is not fulfilled, the spin will be marked with a V.
- Only features up to and including **Level 1** will be counted. Any additional features will not count for level requirements and will be ignored by the Technical Panel.

c. A maximum of **one (1) choreographic sequence** utilizing at least half (1/2) of the ice surface.

- The pattern is not restricted but the sequence must be clearly visible.
- A choreographic sequence has a base value and will be evaluated by the judges in GOE only.
- Choreographic sequence consists of at least (2) two different skating movements like spirals, arabesques, spread eagles, Ina Bauers, hydroblading and unlisted jumps.

- The program duration is 1 minute and 40 seconds, +/- 10 seconds.
- The points for each Program Component are multiplied by a factor of 2.0.
- The warm-up duration is five (5) minutes.
- Each fall outside elements shall receive a deduction of 0.5.
- Falls in elements will be called by the Technical Panel but with no deduction(s)

Technical Requirements – Artistic Free Skating

The Artistic Free Skate (Masters Elite, Masters, Gold, Silver, Bronze)

is a competitive program that must include elements of the sport of figure skating.

At least one (1) and a maximum of two (2) single jumps MUST be included. A Waltz jump is not considered a listed single jump.

At least one (1) and a maximum of two (2) spins MUST be included. For Bronze, Silver and Gold level, no Axel type jumps are allowed, for Masters and Elite levels Axels are permitted.

For all levels no double or triple jumps are allowed. No combination jumps are allowed.

The program duration for Masters Elite and Masters Artistic Free Skating is 2 minutes +/- 10 seconds. The program duration for Gold, Silver and Bronze Artistic Free Skating is 1 minute and 30 seconds, +/- 10 seconds.

General Requirements for Artistic Free Skating The artistic events consist of Free Skating programs judged only on the basis of the Program Components:

- Composition - 1.0
- Presentation - **1.2**
- Skating skills - 1.0

See ISU Communication 2494 III General Technical Rules in Single & Pair Skating for a detailed description of Program Components. There will be no technical panel and no technical mark given.

Falls are not subject to a deduction but may have a negative impact on the Program Components.

The Artistic Free Skating competition is an athletic competition that is intended to allow skaters to demonstrate their skating ability as defined by the three program components of the ISU judging system. Credit for the required technical elements is based solely on the ability of such movements to enhance the component score. Credit will not be given for their technical difficulty.

The program must be developed through skating skill and quality rather than through non-skating actions such as sliding on one knee or excessive use of toe steps. The skater/pair must not remain in one place for more than five (5) seconds.

The Program and time clock will start with the first movement by the skater/pair.

Any technical element exceeding the maximum number as set forth below, will be judged as an **illegal element (1.0 deduction)**.

If the minimum required technical elements are not included, a deduction for a **“missing element” of 1.0** will be made. The Referee is responsible for such deductions.

Clothing and make-up must be modest, dignified and appropriate for athletic competition – not garish or theatrical in design. Clothing may, however, reflect the character of the music chosen.

Clothing must not give the effect of excessive nudity. (ISU Rule 501)

This is NOT a theatre-on-ice, showcase or spotlight event.

Theatrical costumes and make-up will be penalized by a deduction: -1.0 per program.

Props and accessories may NOT be used in any part of the artistic programs. Use of props will be penalized by a deduction: -1.0 per program. Any item that is held in the hand or removed during the performance is considered a prop. Thus, for example, a hat worn throughout the program is not considered to be a prop, but if it is intentionally removed during the performance it is considered a prop.

Objects on the ice, thrown in the audience, placed on the boards or on the judges table are not permitted. Costumes that contain particles that may mar or leave anything on the ice surface (feathers, boas, excessive beading) are considered unsafe and are not permitted.

The decorations on costumes must be non-detachable. Part of the costume or decoration falling on the ice will be penalized by a deduction: -1.0 per program.

The deduction for inappropriate clothing or make-up props and accessories (1.0) will be determined by a majority of the judges and the referee.

Illegal elements:

- Somersault type jumps
- Laying on the ice and prolonged and/or stationary kneeling on both knees on the ice.

The warm-up duration is (4) four minutes for all Artistic Free Skating events.