

## ANNEX 2: GENERAL REQUIRED ELEMENTS FOR SWISS CHAMPIONSHIPS 2023/2024

In accordance with Special Regulations & Technical Rules, Single & Pair Skating and Ice Dancing 2022 and ISU Communication No. 2562

SHORT PROGRAM WOMEN/GIRLS	SENIORS	JUNIORS	ADVANCED NOVICE U15	JUVENILE U13 / YOUNG NOVICE U12
Applicable rules	ISU Seniors	ISU Juniors	ISU Advanced Novice	ISU Advanced Novice
Program duration	<b>2.40 Min. +/- 10 sec.</b>	<b>2.40 Min. +/- 10 sec.</b>	<b>2.20 Min. +/- 10 sec.</b>	<b>2.20 Min. +/- 10 sec.</b>
a) Jump	Double or triple Axel	Double Axel	Double Axel (Swiss Ice Skating requirement)	Single Axel or double Axel
b) Solo Jump	Triple jump	Double or triple Lutz	Double or triple jump. May not repeat jump in a).	Double or triple jump. May not repeat jump in a).
c) Jump combination	Jump combination consisting of a double jump and a triple jump or two triple jumps. May not repeat jump in a) or b).	Jump combination consisting of two double jumps or one double and one triple jump or two triple jumps. May not repeat jump in a) or b).	One jump combination consisting of two double jumps or one double and one triple jump. May not repeat jump in a) or b).	One jump combination consisting of two double jumps or one double and one triple jump. May not repeat jump in a) or b).
d) Flying Spin	Flying spin (8)	Flying sit spin (8)		
e) Spin in one position	Layback or sideways leaning spin (8) or sit/camel spin without change of foot (8)	Layback or sideways leaning spin (8) or camel spin without change of foot (8)	Layback or sideways leaning spin (6) or camel spin in one basic position with no change of foot (6) and no flying entry.	Layback or sideways leaning spin (6) or camel spin in one basic position with no change of foot (6) and no flying entry.
f) Combination spin	Spin combination with only one change of foot. No flying entry (6/6). Min. 2 revs in position.	Spin combination with only one change of foot. No flying entry (6/6). Min. 2 revs in position.	Spin combination with only one change of foot (5/5). Min. 2 revs in position. Flying entry is allowed.	Spin combination with only one change of foot (5/5). Min. 2 revs in position. Flying entry is allowed.
g) Step sequence	Step sequence fully utilizing the ice surface	Step sequence fully utilizing the ice surface	Step sequence fully utilizing the ice surface	Step sequence fully utilizing the ice surface
Special Regulations			Bonus points: According to ISU Communication No. 2562  Only features up to Level 3 will be counted.	Bonus points: According to ISU Communication No. 2562  Only features up to Level 3 will be counted.
Deductions	According to ISU	According to ISU	According to ISU	According to ISU
Components	<ul style="list-style-type: none"> <li>• Composition</li> <li>• Presentation</li> <li>• Skating Skills</li> </ul>	<ul style="list-style-type: none"> <li>• Composition</li> <li>• Presentation</li> <li>• Skating Skills</li> </ul>	<ul style="list-style-type: none"> <li>• Composition</li> <li>• Presentation</li> <li>• Skating Skills</li> </ul>	<ul style="list-style-type: none"> <li>• Composition</li> <li>• Presentation</li> <li>• Skating Skills</li> </ul>
General component factor	1.33	1.33	1.07	1.07
Factor jumps 2nd half of program. Only the last jumping pass (one) executed in the second half of the SP and the last three jumping passes executed in the second half of the FP count for this factor.	1.1	1.1	1.0	1.0
Trimming in case there are at least 5 judges	Yes	Yes	Yes	Yes
Warm-up time	6 minutes	6 minutes	4 minutes	4 minutes

FREE PROGRAM WOMEN/GIRLS	SENIORS	JUNIORS	ADVANCED NOVICE U15	JUVENILE U13 / YOUNG NOVICE U12
Applicable rules	ISU Seniors	ISU Juniors	ISU Advanced Novice	ISU Advanced Novice
Program duration	4.00 Min. +/- 10 sec.	3.30 Min. +/- 10 sec.	3.00 Min. +/- 10 sec.	3.00 Min. +/- 10 sec.
<b>Free Skating Program</b>				
<b>Jumps</b>	<ul style="list-style-type: none"> <li>1 Axel-type jump* <b>Max. 7</b></li> <li>Max 3 combinations or sequences</li> <li>There may be up to 3 jump combinations or 2 jump combinations and 1 jump sequence. One jump combination or 1 jump sequence may consist of up to 3 jumps, the other 2 up to 2 jumps each.</li> <li>A jump sequence consists of two (2) or three (3) 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/second jump into the take-off curve of the Axel jump.</li> <li>Jump combinations may consist of the same or another single, double, triple or quadruple jump.</li> <li>Of all triple and quad jumps, only 2 can be executed twice, but must be in a combo or sequence. Of the two repetitions, only one (1) can be a quadruple jump.</li> <li>Any double (including double Axel) or tiple jump cannot be executed more than twice in total.</li> </ul> <p>*means element is required</p>	<ul style="list-style-type: none"> <li>1 Axel-type jump* <b>Max. 7</b></li> <li>Max 3 combinations or sequences</li> <li>There may be up to 3 jump combinations or 2 jump combinations and 1 jump sequence. One jump combination or 1 jump sequence may consist of up to 3 jumps, the other 2 up to 2 jumps each.</li> <li>A jump sequence consists of two (2) or three (3) 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/second jump into the take-off curve of the Axel jump.</li> <li>Jump combinations may consist of the same or another single, double, triple or quadruple jump.</li> <li>Of all triple and quad jumps, only 2 can be executed twice, but must be in a combo or sequence. Of the two repetitions, only one (1) can be a quadruple jump.</li> <li>Any double (including double Axel) or tiple jump cannot be executed more than twice in total.</li> </ul> <p>*means element is required</p>	<ul style="list-style-type: none"> <li>1 Axel-type jump* <b>Max. 6</b></li> <li>There may be up to 2 jump combinations or 1 jump combination and 1 jump sequence. One jump combination or jump sequence can consist of up to 3 jumps, the other up to 2 jumps.</li> <li>A jump sequence consists of two (2) or three (3) 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/second jump into the take-off curve of the Axel jump.</li> <li>Any single, double (including double Axel) or tiple jump cannot be executed more than twice in total.</li> <li>Only two triple jumps can be repeated either in a jump combination or jump sequence.</li> </ul> <p>*means element is required</p>	<ul style="list-style-type: none"> <li>1 Axel-type jump* <b>Max. 6</b></li> <li>There may be up to 2 jump combinations or 1 jump combination and 1 jump sequence. One jump combination or jump sequence can consist of up to 3 jumps, the other up to 2 jumps.</li> <li>A jump sequence consists of two (2) or three (3) 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/second jump into the take-off curve of the Axel jump.</li> <li>Any single, double (including double Axel) or tiple jump cannot be executed more than twice in total.</li> <li>Only two triple jumps can be repeated either in a jump combination or jump sequence.</li> </ul> <p>*means element is required</p>
<b>Spins</b>	<ul style="list-style-type: none"> <li>1 flying entry* <b>Max. 3</b></li> <li>1 spin combination, with/without change of foot*</li> <li>1 spin with only 1 position*</li> <li>Min 6 revs, 10 revs for combo, min 2 revs in position</li> <li>All spins may change feet and start with a flying entry</li> <li>Spins must be of a different nature</li> </ul> <p>*means element is required</p>	<ul style="list-style-type: none"> <li>1 flying entry* <b>Max. 3</b></li> <li>1 spin combination, with/without change of foot*</li> <li>1 spin with only 1 position*</li> <li>Min 6 revs, 10 revs for combo, min 2 revs in position</li> <li>All spins may change feet and start with a flying entry</li> <li>Spins must be of a different nature</li> </ul> <p>*means element is required</p>	<ul style="list-style-type: none"> <li>Spins must be of a different nature <b>Max. 2</b></li> <li>1 spin combination with change of foot (8 revs.) – no flying entry</li> <li>1 flying spin in one position (6 revs.) or a spin with a flying entry in one position and change of foot (8 revs.)</li> </ul>	<ul style="list-style-type: none"> <li>Spins must be of a different nature <b>Max. 2</b></li> <li>1 spin combination with change of foot (8 revs.) – no flying entry</li> <li>1 flying spin in one position (6 revs.) or a spin with a flying entry in one position and change of foot (8 revs.)</li> </ul>

FREE PROGRAM WOMEN/GIRLS	SENIORS	JUNIORS	ADVANCED NOVICE U15	JUVENILE U13 / YOUNG NOVICE U12
Applicable rules	ISU Seniors	ISU Juniors	ISU Advanced Novice	ISU Advanced Novice
Program duration	4.00 Min. +/- 10 sec.	3.30 Min. +/- 10 sec.	3.00 Min. +/- 10 sec.	3.00 Min. +/- 10 sec.
Free Skating Program				
Step and Choreographic Sequences	<ul style="list-style-type: none"> <li>Max. one step sequence fully utilizing the ice surface</li> <li>Max. one choreographic sequence (ChSq) consisting of at least two different movements.</li> </ul>	Max. one choreographic sequence (ChSq) consisting of at least two different movements.	Max. one choreographic sequence (ChSq) <u>consisting of at least two different movements.</u>	Max. one choreographic sequence (ChSq) <u>consisting of at least two different movements.</u>
Special Regulations			Bonus points: According to ISU Communication No. 2562  Only features up to <b>Level 3</b> will be counted.	Bonus points: According to ISU Communication No. 2562  Only features up to <b>Level 3</b> will be counted.
Deductions	According to ISU	According to ISU	According to ISU	According to ISU
Components	<ul style="list-style-type: none"> <li>Composition</li> <li>Presentation</li> <li>Skating Skills</li> </ul>	<ul style="list-style-type: none"> <li>Composition</li> <li>Presentation</li> <li>Skating Skills</li> </ul>	<ul style="list-style-type: none"> <li>Composition</li> <li>Presentation</li> <li>Skating Skills</li> </ul>	<ul style="list-style-type: none"> <li>Composition</li> <li>Presentation</li> <li>Skating Skills</li> </ul>
General component factor	2.67	2.67	2.13	2.13
Factor jumps 2nd half of program. Only the last jumping pass (one) executed in the second half of the Short Program, and the last three jumping passes executed in the second half of the Free Skating Program count for this factor.	1.1	1.1	1.0	1.0
Trimming in case there are at least 5 judges	Yes	Yes	Yes	Yes
Warm-up time	6 minutes	6 minutes	5 minutes	5 minutes

### ANNEX 3: GENERAL REQUIRED ELEMENTS FOR SWISS CHAMPIONSHIPS 2023/2024

In accordance with Special Regulations & Technical Rules, Single & Pair Skating and Ice Dancing 2022 and ISU Communication No. 2562

SHORT PROGRAM MEN/BOYS	SENIORS	JUNIORS	ADVANCED NOVICE U15	JUVENILE U13 / YOUNG NOVICE U12
Applicable rules	ISU Seniors	ISU Juniors	ISU Advanced Novice	ISU Advanced Novice
Program duration	2.40 Min. +/- 10 sec.	2.40 Min. +/- 10 sec.	2.20 Min. +/- 10 sec.	2.20 Min. +/- 10 sec.
a) Jump	Double Axel or triple Axel	Double Axel or triple Axel	Double Axel (Swiss Ice Skating requirement)	Single Axel or double Axel
b) Solo Jump	Any triple or quadruple jump	One double or one triple <b>Lutz</b>	Double or triple jump. May not repeat jump in a).	Double or triple jump. May not repeat jump in a).
c) Jump combination	Jump combination consisting of a double jump and a triple jump (2+3/3+2) or two triple jumps (3+3) or a quadruple jump and a double or triple jump (4+2 or 4+3). When a quadruple jump is executed in b), a different quadruple jump can be included in the jump combination. May not repeat jump in a) or b).	Jump combination consisting of one double and one triple jump or two triple jumps. May not repeat jump in a) or b).	One jump combination consisting of two double jumps or one double and one triple jump. May not repeat jump in a) or b).	One jump combination consisting of two double jumps or one double and one triple jump. May not repeat jump in a) or b).
d) Flying Spin	Flying spin with landing position different from the spin in one position in e) <b>(8)</b>	Flying <b>sit</b> spin <b>(8)</b>		
e) Spin in one position	Camel or sit spin with only one change of foot <b>(6/6)</b> . Position must be different from the landing position of the flying spin in d).	<b>Camel</b> spin with only one change of foot <b>(6/6)</b>	<u>Camel</u> spin with or without change of foot and no flying entry (min. of 5 revs on each foot if change of foot, min. of 6 revs. without change of foot.	<u>Camel</u> spin with or without change of foot and no flying entry (min. of 5 revs on each foot if change of foot, min. of 6 revs. without change of foot.
f) Combination spin	Spin combination with only one change of foot. No flying entry <b>(6/6)</b> . Min. 2 revs in position.	Spin combination with only one change of foot. No flying entry <b>(6/6)</b> . Min. 2 revs in position.	Spin combination with only one change of foot (5/5). Min. 2 revs in position. Flying entry is allowed.	Spin combination with only one change of foot (5/5). Min. 2 revs in position. Flying entry is allowed.
g) Step sequence	Step sequence fully utilizing the ice surface	Step sequence fully utilizing the ice surface	Step sequence fully utilizing the ice surface	Step sequence fully utilizing the ice surface
Special Regulations			Bonus points: According to ISU Communication No. 2562  Only features up to <b>Level 3</b> will be counted.	Bonus points: According to ISU Communication No. 2562  Only features up to <b>Level 3</b> will be counted.
Deductions	According to ISU	According to ISU	According to ISU	According to ISU
Components	<ul style="list-style-type: none"> <li>• Composition</li> <li>• Presentation</li> <li>• Skating Skills</li> </ul>	<ul style="list-style-type: none"> <li>• Composition</li> <li>• Presentation</li> <li>• Skating Skills</li> </ul>	<ul style="list-style-type: none"> <li>• Composition</li> <li>• Presentation</li> <li>• Skating Skills</li> </ul>	<ul style="list-style-type: none"> <li>• Composition</li> <li>• Presentation</li> <li>• Skating Skills</li> </ul>
General component factor	1.67	1.67	1.20	1.20
Factor jumps 2nd half of program. Only the last jumping pass (one) executed in the second half of the Short Program, and the last three jumping passes executed in the second half of the Free Skating Program count for this factor.	1.1	1.1	1.0	1.0
Trimming in case there are at least 5 judges	Yes	Yes	Yes	Yes
Warm-up time	6 minutes	6 minutes	4 minutes	4 minutes

FREE SKATING PROGRAM MEN/BOYS	SENIORS	JUNIORS	ADVANCED NOVICE U15	JUVENILE U13 / YOUNG NOVICE U12
Applicable rules	ISU Seniors	ISU Juniors	ISU Advanced Novice	ISU Advanced Novice
Program duration	4.00 Min. +/- 10 sec.	3.30 Min. +/- 10 sec.	3.00 Min. +/- 10 sec.	3.00 Min. +/- 10 sec.
Jumps	<ul style="list-style-type: none"> <li>1 Axel-type jump* <b>Max. 7</b></li> <li>Max 3 combinations or sequences</li> <li>There may be up to 3 jump combinations or 2 jump combinations and 1 jump sequence. One jump combination or 1 jump sequence may consist of up to 3 jumps, the other 2 up to 2 jumps each.</li> <li>A jump sequence consists of two (2) or three (3) 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/second jump into the take-off curve of the Axel jump.</li> <li>Jump combinations may consist of the same or another single, double, triple or quadruple jump.</li> <li>Of all triple and quad jumps, only 2 can be executed twice, but must be in a combo or sequence. Of the two repetitions, only one (1) can be a quadruple jump.</li> <li>Any double (including double Axel) or tiple jump cannot be executed more than twice in total.</li> </ul> <p>*means element is required</p>	<ul style="list-style-type: none"> <li>1 Axel-type jump* <b>Max. 7</b></li> <li>Max 3 combinations or sequences</li> <li>There may be up to 3 jump combinations or 2 jump combinations and 1 jump sequence. One jump combination or 1 jump sequence may consist of up to 3 jumps, the other 2 up to 2 jumps each.</li> <li>A jump sequence consists of two (2) or three (3) 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/second jump into the take-off curve of the Axel jump.</li> <li>Jump combinations may consist of the same or another single, double, triple or quadruple jump.</li> <li>Of all triple and quad jumps, only 2 can be executed twice, but must be in a combo or sequence. Of the two repetitions, only one (1) can be a quadruple jump.</li> <li>Any double (including double Axel) or tiple jump cannot be executed more than twice in total.</li> </ul> <p>*means element is required</p>	<ul style="list-style-type: none"> <li>1 Axel-type jump* <b>Max. 6</b></li> <li>There may be up to 2 jump combinations or 1 jump combination and 1 jump sequence. One jump combination or jump sequence can consist of up to 3 jumps, the other up to 2 jumps.</li> <li>A jump sequence consists of two (2) or three (3) 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/second jump into the take-off curve of the Axel jump.</li> <li>Any single, double (including double Axel) or tiple jump cannot be executed more than twice in total.</li> <li>Only two triple jumps can be repeated either in a jump combination or jump sequence.</li> </ul> <p>*means element is required</p>	<ul style="list-style-type: none"> <li>1 Axel-type jump* <b>Max. 6</b></li> <li>There may be up to 2 jump combinations or 1 jump combination and 1 jump sequence. One jump combination or jump sequence can consist of up to 3 jumps, the other up to 2 jumps.</li> <li>A jump sequence consists of two (2) or three (3) 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/second jump into the take-off curve of the Axel jump.</li> <li>Any single, double (including double Axel) or tiple jump cannot be executed more than twice in total.</li> <li>Only two triple jumps can be repeated either in a jump combination or jump sequence.</li> </ul> <p>*means element is required</p>
Spins	<ul style="list-style-type: none"> <li>1 flying entry* <b>Max. 3</b></li> <li>1 spin combination, with/without change of foot*</li> <li>1 spin with only 1 position*</li> <li>Min 6 revs, 10 revs for combo, min 2 revs in position</li> <li>All spins may change feet and start with a flying entry</li> <li>Spins must be of a different nature</li> </ul> <p>*means element is required</p>	<ul style="list-style-type: none"> <li>1 flying entry* <b>Max. 3</b></li> <li>1 spin combination, with/without change of foot*</li> <li>1 spin with only 1 position*</li> <li>Min 6 revs, 10 revs for combo, min 2 revs in position</li> <li>All spins may change feet and start with a flying entry</li> <li>Spins must be of a different nature</li> </ul> <p>*means element is required</p>	<ul style="list-style-type: none"> <li>Spins must be of a different nature <b>Max. 2</b></li> <li>1 spin combination with change of foot (8 revs.) – no flying entry</li> <li>1 flying spin in one position (6 revs.) or a spin with a flying entry in one position and change of foot (8 revs.)</li> </ul>	<ul style="list-style-type: none"> <li>Spins must be of a different nature <b>Max. 2</b></li> <li>1 spin combination with change of foot (8 revs.) – no flying entry</li> <li>1 flying spin in one position (6 revs.) or a spin with a flying entry in one position and change of foot (8 revs.)</li> </ul>

FREE SKATING PROGRAM MEN/BOYS	SENIORS	JUNIORS	ADVANCED NOVICE U15	JUVENILE U13 / YOUNG NOVICE U12
Applicable rules	ISU Seniors	ISU Juniors	ISU Advanced Novice	ISU Advanced Novice
Program duration	4.00 Min. +/- 10 sec.	3.30 Min. +/- 10 sec.	3.00 Min. +/- 10 sec.	3.00 Min. +/- 10 sec.
Step and Choreographic Sequences	<ul style="list-style-type: none"> <li>Max. one step sequence fully utilizing the ice surface</li> <li>Max. one choreographic sequence (ChSq) consisting of at least two different movements.</li> </ul>	Max. one choreographic sequence (ChSq) consisting of at least two different movements.	Max. one choreographic sequence (ChSq) <u>consisting of at least two different movements.</u>	Max. one choreographic sequence (ChSq) <u>consisting of at least two different movements.</u>
Special Regulations			Bonus points: According to ISU Communication No. 2562  Only features up to <b>Level 3</b> will be counted.	Bonus points: According to ISU Communication No. 2562  Only features up to <b>Level 3</b> will be counted.
Deductions	According to ISU	According to ISU	According to ISU	According to ISU
Components	<ul style="list-style-type: none"> <li>Composition</li> <li>Presentation</li> <li>Skating Skills</li> </ul>	<ul style="list-style-type: none"> <li>Composition</li> <li>Presentation</li> <li>Skating Skills</li> </ul>	<ul style="list-style-type: none"> <li>Composition</li> <li>Presentation</li> <li>Skating Skills</li> </ul>	<ul style="list-style-type: none"> <li>Composition</li> <li>Presentation</li> <li>Skating Skills</li> </ul>
General component factor	3.33	3.33	2.40	2.40
Factor jumps 2nd half of program. Only the last jumping pass (one) executed in the second half of the Short Program, and the last three jumping passes executed in the second half of the Free Skating Program count for this factor.	1.1	1.1	1.0	1.0
Trimming in case there are at least 5 judges	Yes	Yes	Yes	Yes
Warm-up time	6 minutes	6 minutes	5 minutes	5 minutes

## ANNEX 4: GENERAL REQUIRED ELEMENTS FOR SWISS CHAMPIONSHIPS 2023/2024

In accordance with Special Regulations & Technical Rules, Single & Pair Skating and Ice Dancing 2022 and ISU Communication No. 2562

SHORT PROGRAM PAIRS	SENIORS	JUNIORS	ADVANCED NOVICE
Applicable rules	ISU Seniors	ISU Juniors	ISU Advanced Novice
Program duration	2.40 Min. +/- 10 sec.	2.40 Min. +/- 10 sec.	2.20 Min. +/- 10 sec.
a)	Any hip lift take-off (Group <b>Three</b> )	Any hip lift take-off (Group <b>Three</b> )	One lift of Groups 1 to 4, one arm holds not allowed
b)	Twist lift (double or triple)	Twist lift (double) or triple	One twist lift (single or double)
c)	Throw jump (double or triple)	Double or triple <b>loop</b> throw jump	One solo jump (double)
d)	Solo jump (double or triple)	Double <b>Lutz</b> or double Axel solo jump	
e)	Solo spin combination with only one change of foot (8 revs. in total)	Solo spin combination with only one change of foot (8 revs. in total)	One solo spin combo no change foot (minimum of six (6) revolutions)
f)	Death spiral <b>forward</b> inside	Death spiral <b>forward</b> inside	One death spiral
g)	Step sequence fully utilizing the ice surface	Step sequence fully utilizing the ice surface	One step sequence with full utilization of the ice surface
Special Regulations			Bonus points: According to ISU Communication No. 2562 Only features up to <b>Level 3</b> will be counted.
Deductions	According to ISU	According to ISU	According to ISU
Components	<ul style="list-style-type: none"> <li>• Composition</li> <li>• Presentation</li> <li>• Skating Skills</li> </ul>	<ul style="list-style-type: none"> <li>• Composition</li> <li>• Presentation</li> <li>• Skating Skills</li> </ul>	<ul style="list-style-type: none"> <li>• Composition</li> <li>• Presentation</li> <li>• Skating Skills</li> </ul>
General component factor	1.33	1.33	1.07
Trimming in case there are at least 5 judges	Yes	Yes	Yes
Warm-up time	6 minutes	6 minutes	4 minutes

FREE SKATING PROGRAM PAIRS	SENIORS	JUNIORS	ADVANCED NOVICE
Applicable rules	ISU Seniors	ISU Juniors	ISU Advanced Novice
Program duration	4.00 Min. +/- 10 sec.	3.30 Min. +/- 10 sec.	3.00 Min. +/- 10 sec.
a)	Maximum of 3 lifts, <u>not all from the same group</u> with full extension of the lifting arm(s)	Maximum of 2 lifts, <u>not all from the same group</u> with full extension of the lifting arm(s).	Two different lifts of Group 1 to 4, one arm holds are not allowed (in group 1 and 2 full extension of the lifting arm of the partner is not required).
b)	Maximum of 1 twist lift	Maximum of 1 twist lift	One Twist lift (single or double)
c)	Maximum of 2 different throw jumps	Maximum of 2 different throw jumps	One throw jump (double)
d)	Maximum of 1 solo jump	Maximum of 1 solo jump	One solo jump (double)
e)	Maximum of 1 jump combination or sequence. The jump combination may consist of two (2) or three (3) jumps.	Maximum of 1 jump combination or sequence. The jump combination may consist of two (2) or three (3) jumps.	
g)	Maximum of 1 pair spin combination (required revolutions: eight (8))	Maximum of 1 pair spin combination (required revolutions: eight (8))	One pair spin combination (minimum 6 revs.)
h)	Maximum of one death spiral (different from the death spiral of the Short Program)	Maximum of 1 death spiral	One death spiral
i)	Max. one choreographic sequence (ChSq)	Max. one choreographic sequence (ChSq)	Max. one choreographic sequence (ChSq) consisting of at least two different movements by both partners.
Special Regulations			Bonus points: According to ISU Communication No. 2562  Only features up to Level 3 will be counted.
Deductions	According to ISU	According to ISU	According to ISU
Components	<ul style="list-style-type: none"> <li>• Composition</li> <li>• Presentation</li> <li>• Skating Skills</li> </ul>	<ul style="list-style-type: none"> <li>• Composition</li> <li>• Presentation</li> <li>• Skating Skills</li> </ul>	<ul style="list-style-type: none"> <li>• Composition</li> <li>• Presentation</li> <li>• Skating Skills</li> </ul>
General component factor	2.67	2.67	2.13
Trimming in case there are at least 5 judges	Yes	Yes	Yes
War-up time	6 minutes	6 minutes	5 minutes

Ittigen, May 30, 2023 / Adapted on : 17.08.2023