

## GENERAL REQUIRED ELEMENTS FOR THE MIXED AGE CATEGORY 2023/2024

In accordance with Special Regulations & Technical Rules, Single & Pair Skating and Ice Dancing 2022

SHORT PROGRAM WOMEN	MIXED AGE
Applicable rules	ISU Juniors
Program duration	<b>2.40 Min. +/- 10 sec.</b>
a) Jump	Double Axel
b) Solo Jump	Double or triple <b>Lutz</b>
c) Jump combination	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).
d) Flying Spin	Flying <b>sit spin (8)</b>
e) Spin in one position	Layback or sideways leaning spin <b>(8)</b> or <b>camel</b> spin without change of foot <b>(8)</b>
f) Combination spin	Spin combination with only one change of foot. No flying entry <b>(6/6)</b> . Min. 2 revs in position.
g) Step sequence	Step sequence fully utilizing the ice surface
Deductions	According to ISU
Components	<ul style="list-style-type: none"> <li>• Composition</li> <li>• Presentation</li> <li>• Skating Skills</li> </ul>
General component factor	1.33
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
Trimming in case there are at least 5 judges	Yes
Warm-up time	6 minutes

<b>FREE PROGRAM WOMEN</b>	<b>MIXED AGE</b>
<b>Applicable rules</b>	<b>ISU Juniors</b>
<b>Program duration</b>	<b>3.30 Min. +/- 10 sec.</b>
<b>Jumps</b>	<ul style="list-style-type: none"> <li>• 1 Axel-type jump* <span style="float: right;"><b>Max. 7</b></span></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 triple jump cannot be executed more than twice in total.</li> </ul> <p>*means element is required</p>
<b>Spins</b>	<ul style="list-style-type: none"> <li>• 1 flying entry* <span style="float: right;"><b>Max. 3</b></span></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>
<b>Choreographic Sequences</b>	Max. one choreographic sequence (ChSq) consisting of at least two different movements.
<b>Deductions</b>	According to ISU
<b>Components</b>	<ul style="list-style-type: none"> <li>• Composition</li> <li>• Presentation</li> <li>• Skating Skills</li> </ul>
<b>General component factor</b>	2.67
<b>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.</b>	1.1
<b>Trimming in case there are at least 5 judges</b>	Yes
<b>Warm-up time</b>	6 minutes

<b>SHORT PROGRAM MEN</b>	<b>MIXED AGE</b>
<b>Applicable rules</b>	<b>ISU Juniors</b>
<b>Program duration</b>	<b>2.40 Min. +/- 10 sec.</b>
<b>a) Jump</b>	Double Axel or triple Axel
<b>b) Solo Jump</b>	One double or one triple <b>Lutz</b>
<b>c) Jump combination</b>	Jump combination consisting of one double and one triple jump or two triple jumps. May not repeat jump in a) or b).
<b>d) Flying Spin</b>	Flying <b>sit spin (8)</b>
<b>e) Spin in one position</b>	<b>Camel</b> spin with only one change of foot <b>(6/6)</b>
<b>f) Combination spin</b>	Spin combination with only one change of foot. No flying entry <b>(6/6)</b> . Min. 2 revs in position.
<b>g) Step sequence</b>	Step sequence fully utilizing the ice surface
<b>Deductions</b>	According to ISU
<b>Components</b>	<ul style="list-style-type: none"> <li>• Composition</li> <li>• Presentation</li> <li>• Skating Skills</li> </ul>
<b>General component factor</b>	1.67
<b>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.</b>	1.1
<b>Trimming in case there are at least 5 judges</b>	Yes
<b>Warm-up time</b>	6 minutes

FREE SKATING PROGRAM MEN	MIXED AGE
Applicable rules	ISU Juniors
Program duration	3.30 Min. +/- 10 sec.
Jumps	<ul style="list-style-type: none"> <li>• 1 Axel-type jump* <span style="float: right;">Max. 7</span></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 triple jump cannot be executed more than twice in total.</li> </ul> <p>*means element is required</p>
Spins	<ul style="list-style-type: none"> <li>• 1 flying entry* <span style="float: right;">Max. 3</span></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>
Choreographic Sequences	Max. one choreographic sequence (ChSq) consisting of at least two different movements.
Deductions	According to ISU
Components	<ul style="list-style-type: none"> <li>• Composition</li> <li>• Presentation</li> <li>• Skating Skills</li> </ul>
General component factor	3.33
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
Trimming in case there are at least 5 judges	Yes
Warm-up time	6 minutes

Ittigen, May 30, 2023