

TEKNISKA REGLER 2024/2025 - ÖVERSIKT FÖR TEKNISK PANEL

| SP | SENIOR WOMEN ISU SENIOR WOMEN | SENIOR MEN ISU SENIOR MEN |
|--------|----------------------------------|------------------------------|
| a) | 2A or 3A | 2A or 3A |
| b) | 3-jump | 3- or 4-jump |
| c) | 3+2 or 3+3 jumps | 3+2, 3+3, 4+2, 4+3 jumps |
| d) | FCSp, FSSp, FUSp, FLSp | FCSp, FSSp, FUSp, FLSp |
| e) | LSp, SSp, CSp | CSSp or CCSp |
| f) | CCoSp | CCoSp |
| g) | StSq | StSq |
| LEVELS | 4 | 4 |
| TIME | 2 min 40 s +/- 10 s | 2 min 40 s +/- 10 s |

| SP | JUNIOR/SENIOR NATIONELL WOMEN ISU JUNIOR WOMEN | JUNIOR/SENIOR NATIONELL MEN ISU JUNIOR MEN |
|-----------|---|---|
| a) | 2A | 2A or 3A |
| b) | 2F or 3F | 2F or 3F |
| c) | 2+2, 3+2, 3+3 jumps | 3+2 or 3+3 jumps |
| d) | FCSp | FCSp |
| e) | LSp or SSp | CSSp |
| f) | CCoSp | CCoSp |
| g) | StSq | StSq |
| LEVELS | 4 | 4 |
| SWE BONUS | JUN: 3S, 3T, 3Lo, 3F, 3Lz, 3A (2p/j, max 4p) | JUN: 3A (2p/j, max 2p) |
| TIME | 2 min 40 s +/- 10 s | 2 min 40 s +/- 10 s |

| SP | UNGDOM GIRLS ISU ADVANCED NOVICE GIRLS | UNGDOM BOYS ISU ADVANCED NOVICE BOYS |
|-----------|---|---|
| a) | 1A or 2A | 1A or 2A |
| b) | 2- or 3-jump | 2- or 3-jump |
| c) | 2+2, 3+2 jumps, <u>2nd jump 2T or 3T only</u> | 2+2, 3+2 jumps, <u>2nd jump 2T or 3T only</u> |
| d) | LSp or SSp | CSSp |
| e) | CCoSp | CCoSp |
| f) | StSq | StSq |
| LEVELS | 3 | 3 |
| STEPS | At least 2 clean difficult turns for Level Basic. Forward outside rocker and backward inside loop needed for feature 4 | |
| SWE BONUS | U13: 2A, 3S, 3T, 3Lo, 3F, 3Lz (1p/j, max 3p) U16: 3S, 3T, 3Lo, 3F, 3Lz (1p/j, max 3p) | UP: 3S, 3T, 3Lo, 3F, 3Lz, 3A (1p/j, max 3p) |
| FALLS | No deduction for fall in elements, but fall is called, -0,5p for falls outside elements | |
| TIME | 2 min 20 s +/- 10 s | 2 min 20 s +/- 10s |

| FS | SENIOR, SVART ISU SENIOR | JUNIOR, SENIOR NATIONELL, GRÅ ISU JUNIOR | UNGDOM 13/16, RÖD ISU ADVANCED NOVICE |
|--------------|--|--|---|
| | Axel max 7 jumps max 3 jump combo/seq (max 1 three-jump combo/seq) (max 1 jump sequence) Spin combo (F)(C) Flying entry spin (C) Spin one position (F)(C) StSq ChSq | Axel max 7 jumps max 3 jump combo/seq (max 1 three-jump combo/seq) (max 1 jump sequence) Spin combo (F)(C) Flying entry spin (C) Spin one position (F)(C) ChSq | Axel max 6 jumps max 2 jump combo/seq (max 1 three-jump combo/seq) (max 1 jump sequence) CCoSp FCSp or FCCSp ChSq |
| FALLS NOVICE | | | No deduction for fall in elements, but fall is called -0,5p for falls outside elements |
| JUMPS | 2-,3-,4-jumps can be done twice, third is (*) | | 1-,2-,3-jumps can be done twice, third is (*), no 4-jumps allowed. The same type of jump independent of revolutions can only be included three times. |
| ELEMENTS | 12 | 11 | 9 |
| LEVELS | 4 | 4 | 3 |
| TIME | 4 min +/- 10 s | 3 min 30 s +/- 10 s | ISU: 3 min +/- 10 s RÖD: 2 min 20 s - 3 min 10 s |
| | SWE BONUS | JUN LADIES: 3S, 3T, 3Lo, 3F, 3Lz, 3A JUN MEN: 3A, 4-jumps JUN: 2p/jump, max 8p | U13: 2A, 3S, 3T, 3Lo, 3F, 3Lz U16: 3S, 3T, 3Lo, 3F, 3Lz UP: 3S, 3T, 3Lo, 3F, 3Lz, 3A U: 1p/jump, max 6p |

| FS | BLÅ ISU INTERMEDIATE NOVICE | GRÖN = System 1 ISU BASIC NOVICE (Interclub) |
|----------|---|---|
| | Axel max 5 jumps max 2 jump combo/seq (max 1 jump sequence) (only two jumps in combo) Spin combo (C) (C: max 1 lvl/foot) Spin one position (F)(C) StSq | Axel max 5 jumps max 2 jump combo/seq (max 1 jump sequence) (only two jumps in combo) Spin combo (F)(C) (C: max 1 lvl/foot) Spin one position (max lvl B, no DV for 6 revs) StSq |
| JUMPS | Only one 1-jump & one 2-jump can be done twice, additional is (*). No 3-, 4-jumps allowed. | |
| STEPS | Must include at least 1 skating movement, if not = No level At least 2 clean difficult turns for Level Basic. Feature 3 and 4 will not be given | |
| ELEMENTS | 8 | 8 |
| LEVELS | 2 | 2 (Grön = Inga levels) |
| TIME | BLÅ: 2 min 20 s till 3 min 10 s ISU: 3 min +/- 10 s | GRÖN: 2 min 20 s till 3 min 10 s ISU: 2 min 30 s +/- 10 s |
| FALLS | No deduction for fall in elements, but fall is called, -0,5p for falls outside elements | No deduction for fall in elements, but fall is called, -0,5p for falls outside elements GRÖN: No fall deductions |



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ÖVRIGT SP+FS:

• (F) = Hoppingång är tillåten, men inte ett krav. (C) = Fotbyte är tillåtet, men inte ett krav. • Det måste vara olika förkortningar på piruetterna i programmen.

• Bonus svenska tävlingar: Hopp utan e, <, <<, (*). Trippelhopp som andra eller tredje hopp i kombination eller -sekvens ger ytterligare 1 bonuspoäng, om maxgräns ej nåtts. Bonus ges ej för 1+3 eller 1+1+3.

ÖVRIGT

• Bonus ISU-tävl Adv Nov: En 2A=1p, ett 3-hopp=1p, utan <, <<, e, (*), fall. Max 2p

ÖVRIGT FS

• Bonus ISU-tävl Advanced Novice: En 2A=1p, ett 3-hopp=1p, ett annat 3-hopp=1p, utan <, <<, e, (*), fall. Max 3p