



Øvelsesutvalg kunstløp, 2015-2016

FREE SKATING	OPPVISNING BOYS and GIRLS (6-11)	CUBS under 12 BOYS & GIRLS (11-12) CUBS over 12 BOYS & GIRLS (12-19)	SPRINGS BOYS and GIRLS (11-19)	BASIC MEN and LADIES (11-28 years)	VETERAN MEN and LADIES (28-79 years)
	The "oppvinningsklasse" has its own judging system and has no requirements and. Though we recommend the coaches to follow the requirements for cubs.	Max 5 jumps Max 2 <u>different</u> spins of free choice - If combo spin (6) - All other spins (4) ChSq	Max 5 jumps (must incl. Axel) Max 2 <u>different</u> spins - CoSp/CCoSp (8) - Spin one pos. (5) (change foot optional) ChSq	Max 5 jumps (must incl. Axel) Max 2 <u>different</u> spins of free choice - If combo spin (10) - All other spins (6) ChSq	Max 5 jumps Max. 2 <u>different</u> spins of free choice - If combo spin (8) - All other spins (5) ChSq
CLARIFICATIONS	---	Max 2 jump combo/seq. A jump combo can contain only two jumps. A jump seq. can contain any number of jumps. All double jumps can only be executed twice. Only two triple or quadruple jumps can be executed twice, the second of the same abbreviation must be in combo/seq. ChSq must be clearly visible and include: 2 turns, 2 steps and 1 spiral (min. 90 degrees) to be called. Quality is evaluated by judges, not technical panel.			
ELEMENTS	---	8	8	8	8
MAX LEVEL	---	2	2	4	4
NORWEGIAN RULES	---	Feature: 8 rot. in basic sit position	Feature: 8 rot. in basic sit position		
DEDUCTION FALL	---	0,5 points	0,5 points	0,5 points	0,5 points
TIME/ MUSIC	Recommendation: Up to 2 min 30 sek.	Max 2 min 30 sec Instrumental music	Max 2 min 30 sec Instrumental music	Max 3 min Instrumental/ vocal music	Max 2 min 30 sec Instrumental/ vocal music

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SHORT PROGRAM	DEBS GIRLS (11-19)	DEBS BOYS (11-19)	NOVICE ADVANCED GIRLS (11-19)	NOVICE ADVANCED BOYS (11-19)
	1A or 2A Double jump directly preceded by steps Jump combo (2+1, 2+2, 3+1, 3+2) LSp (5) CCoSp/FCCoSp (5) StSq	1A or 2A Double jump directly preceded by steps Jump combo (2+1, 2+2, 3+1, 3+2) CCSp/ FCCSp/ CSSp/FCSSp (6) CCoSp/ FCCoSp (5+5) StSq	2A Double/ triple jump directly preceded by steps Jump comb (2+2 or 3+2) LSp (6) CCoSp/ FCCoSp (5+5) StSq	2A Double/ triple jump directly preceded by steps Jump comb (2+2 or 3+2) CCSp/ CSSp (5+5) CCoSp/ FCCoSp (5+5) StSq
CLARIFICATIONS	Combo spin: only one change of foot The solo jump must be of a different type than the jumps executed in the jump combination.			
ELEMENTS	6	6	6	6
MAX LEVEL	3	3	3	3
BONUS	2 points for 2A or triple jump landed on one foot fully rotated or < (One bonus pr. Program) No bonus: fall/step out			
NORWEGIAN RULES			No value for 1A	No value for 1A
DEDUCTION FALL	0,5 points	0,5 points	0,5 points	0,5 points
TIME/ MUSIC	Max 2 min 30 sec Instrumental/vocal music	Max 2 min 30 sec Instrumental/vocal music	Max 2 min 30 sec Instrumental/vocal music	Max 2 min 30 sec Instrumental/vocal music

SHORT PROGRAM	JUNIOR LADIES (11-19)	JUNIOR MEN (11-19)	SENIOR LADIES (11-19)	SENIOR MEN (11-19)
	2A 2F or 3F directly preceded by steps Jump combo (2+2, 3+2, 3+3) LSp (8) FSSp (8) CCoSp (6+6) StSq	2A or 3A 2F or 3F directly preceded by steps Jump combo (3+2, 3+3) CCSp (6+6) FSSp (8) CCoSp (6 +6) StSq	2A or 3A Triple jump directly preceded by steps Jump combo (3+2 or 3+3) LSp (8) FCSp/ FSSp/ FUSp (8) CCoSp (6 +6) StSq	2A or 3A Triple or quad jump directly preceded by steps Jump combo (3+2, 3+3, 4+2, 4+3) CCSp or CSSp (6+6) FCSp/ FSSp/ FUSp (8) CCoSp (6+6) StSq
CLARIFICATIONS	The solo jump must be of a different type than the jumps executed in the jump combination.			
ELEMENTS	7	7	7	7
MAX LEVEL	4	4	4	4
BONUS	Bonus for jumps after half time.			
DEDUCTION FALL	1 point	1 point	1 point	1 point
TIME/ MUSIC	Max 2 min 50 sec Instrumental/vocal music	Max 2 min 50 sec Instrumental/vocal music	Max 2 min 50 sec Instrumental/vocal music	Max 2 min 50 sec Instrumental/vocal music

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FREE SKATING	DEBS GIRLS (11-19)	DEBS BOYS (11-19)	NOVICE GIRLS (11-19)	NOVICE BOYS (11-19)
	Max 6 jumps (must incl. Axel) Max 2 spins - Flying spin one pos. (5) - CCoSp/ FCCoSp (8) StSq	Max 6 jumps (must incl. Axel) Max 2 spins - Flying spin one pos. (5) - CCoSp/ FCCoSp (8) StSq	Max 6 jumps (must incl. Axel) Max 2 spins - Flying spin or spin with fly. entry (6) - CCoSp (8) StSq	Max 7 jumps (must incl. Axel) Max 2 spins - Flying spin or spin with fly. entry (6) - CCoSp (8) StSq
CLARIFICATIONS	<p>Max 2 jump combo/seq. A jump combo can contain only two jumps. A jump seq. can contain any number of jumps.</p> <p>Any single and double jump (including Double Axel) cannot be executed more than twice in total. Only two triple jumps can be executed twice, the second of the same abbreviation must be in combo/seq.</p> <p>Novice: If spin with flying entrance is selected, the spin must be executed with a change of foot and without a change of position with a minimum of eight (8) revolutions.</p>			
ELEMENTS	9	9	9	10
MAX LEVEL	3	3	3	3
BONUS	2 points for 2A or 3-jump landed on one foot fully rotated or < (One bonus pr. program) No bonus : fall/step out			
DEDUCTION FALL	0,5 points	0,5 points	0,5 points	0,5 points
TIME/ MUSIC	3 min +/- 10 sec Instrumental/vocal music	3 min +/- 10 sec Instrumental/vocal music	3 min +/- 10 sec Instrumental/vocal music	3 min 30 sec +/- 10 sec Instrumental/vocal music
FREE SKATING	JUNIOR LADIES (11-19)	JUNIOR MEN (11-19)	SENIOR LADIES (11-19)	SENIOR MEN (11-19)
	Max 7 jumps (must incl. Axel) Max 3 spins - Flying spin or spin with fly. entry (6) - CoSp/CCoSp (10) - Spin one pos. (6) (change foot optional) StSq	Max 8 jumps (must incl. Axel) Max 3 spins - Flying spin or spin with fly. entry (6) - CoSp/CCoSp (10) - Spin one pos. (6) (change foot optional) StSq	Max 7 jumps (must incl. Axel) Max 3 spins - Flying spin or spin with fly. entry (6) - CoSp/ FCoSp/ CCoSp/ FCCoSp (10) - Spin one pos. (6) (change foot optional) StSq ChSq	Max 8 jumps (must incl. Axel) Max 3 spins - Flying spin or spin with fly. entry (6) - CoSp/ FCoSp/ CCoSp/ FCCoSp (10) - Spin one pos. (6) (change foot optional) StSq ChSq
CLARIFICATIONS	<p>Max 3 jump combo/seq. Only one jump combo/seq. may consist of more than two jumps (when in a seq. only the 2 with highest value are counted). All double jumps can only be executed twice. Only two triple or quadruple jumps can be executed twice, the second of the same abbreviation must be in combo/seq.</p>			
ELEMENTS	11	12	12	13
MAX LEVEL	4	4	4	4
BONUS	Bonus for jumps after half time			
DEDUCTION FALL	1 point	1 point	1 point	1 point
TIME/ MUSIC	3 min 30 sec +/- 10 sec Instrumental/vocal music	4 min +/- 10 sec Instrumental/vocal music	4 min +/- 10 sec Instrumental/vocal music	4 min 30 sec +/- 10 sec Instrumental/vocal music

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