

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 "oppviningsklasse" 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 different spins - CoSp/CCoSp (8) - Spin one pos. (5) (change foot optional) ChSq	Max 5 jumps (must incl. Axel) Max 2 different 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	1A or 2A	2A	2A	
	Double jump directly preceded by steps	Double jump directly preceded by steps	Double/ triple jump directly preceded by steps	Double/ triple jump directly preceded by steps	
	Jump combo (2+1, 2+2, 3+1, 3+2)	Jump combo (2+1, 2+2, 3+1, 3+2)	Jump comb (2+2 or 3+2)	Jump comb (2+2 or 3+2)	
	LSp (5)	CCSp/ FCCSp/ CSSp/FCSSp (6)	LSp (6)	CCSp/ CSSp (5+5)	
	CCoSp/FCCoSp (5)	CCoSp/ FCCoSp (5+5)	CCoSp/ FCCoSp (5+5)	CCoSp/ FCCoSp (5+5)	
	StSq	StSq	StSq	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			No value for 1A	No value for 1A	
RULES					
DEDUCTION FALL	0,5 points	0,5 points	0,5 points	0,5 points	
TIME/ MUSIC	Max 2 min 30 sec	Max 2 min 30 sec	Max 2 min 30 sec	Max 2 min 30 sec	
	Instrumental/vocal music	Instrumental/vocal music	Instrumental/vocal music	Instrumental/vocal music	

SHORT PROGRAM	JUNIOR LADIES (11-19)	JUNIOR MEN (11-19)	SENIOR LADIES (11-19)	SENIOR MEN (11-19)	
	2A	2A or 3A	2A or 3A	2A or 3A	
	2F or 3F directly preceded by steps	2F or 3F directly preceded by steps	Triple jump directly preceded by steps	Triple or quad jump directly preceded by steps	
	Jump combo (2+2, 3+2, 3+3)	Jump combo (3+2, 3+3)	Jump combo (3+2 or 3+3)	Jump combo (3+2, 3+3, 4+2, 4+3)	
	LSp (8)	CCSp (6+6)	LSp (8)	CCSp or CSSp (6+6)	
	FSSp (8)	FSSp (8)	FCSp/ FSSp/ FUSp (8)	FCSp/ FSSp/ FUSp (8)	
	CCoSp (6+6)	CCoSp (6 +6)	CCoSp (6 +6)	CCoSp (6+6)	
	StSq	StSq	StSq	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	Max 2 min 50 sec	Max 2 min 50 sec	Max 2 min 50 sec	
	Instrumental/vocal music	Instrumental/vocal music	Instrumental/vocal music	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 6 jumps (must incl. Axel)	Max 6 jumps (must incl. Axel)	Max 7 jumps (must incl. Axel)		
	Max 2 spins	Max 2 spins	Max 2 spins	Max 2 spins		
	- Flying spin one pos. (5)	- Flying spin one pos. (5)	- Flying spin or spin with fly. entry (6)	- Flying spin or spin with fly. entry (6)		
	- CCoSp/ FCCoSp (8)	- CCoSp/ FCCoSp (8)	- CCoSp (8)	- CCoSp (8)		
	StSq	StSq	StSq	StSq		
CLARIFICATIONS	Max 2 jump combo/seq.					
	A jump combo can contain only two jumps. A jump seq. can contain any number of jumps.					
	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.					
	Novice: If spin with flying entrance	is selected, the spin must be executed with a ch	nange of foot and without a change of position w	ith a minimum of eight (8) revolutions.		
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ELEMENTS	9	9	9	10		
MAX LEVEL	3	3	3	3		
BONUS	2 poir	nts for 2A or 3-jump landed on one foot fully rot	ated or < (One bonus pr. program) No bonus : fal	l/step out		
DEDUCTION FALL	0,5 points	0,5 points	0,5 points	0,5 points		
TIME/ MUSIC	3 min +/- 10 sec	3 min +/- 10 sec	3 min +/- 10 sec	3 min 30 sec +/- 10 sec		
1	Instrumental/vocal music	Instrumental/vocal music	Instrumental/vocal music	Instrumental/vocal music		
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FREE SKATING	JUNIOR LADIES (11-19)	JUNIOR MEN (11-19)	SENIOR LADIES (11-19)	SENIOR MEN (11-19)		
FREE SKATING	·					
FREE SKATING	JUNIOR LADIES (11-19)	JUNIOR MEN (11-19)	SENIOR LADIES (11-19)	SENIOR MEN (11-19)		
FREE SKATING	JUNIOR LADIES (11-19) Max 7 jumps (must incl. Axel)	JUNIOR MEN (11-19) Max 8 jumps (must incl. Axel)	SENIOR LADIES (11-19) Max 7 jumps (must incl. Axel)	SENIOR MEN (11-19) Max 8 jumps (must incl. Axel)		
FREE SKATING	JUNIOR LADIES (11-19) Max 7 jumps (must incl. Axel) Max 3 spins	JUNIOR MEN (11-19) Max 8 jumps (must incl. Axel) Max 3 spins	SENIOR LADIES (11-19) Max 7 jumps (must incl. Axel) Max 3 spins	SENIOR MEN (11-19) Max 8 jumps (must incl. Axel) Max 3 spins		
FREE SKATING	JUNIOR LADIES (11-19) Max 7 jumps (must incl. Axel) Max 3 spins - Flying spin or spin with fly. entry (6)	JUNIOR MEN (11-19) Max 8 jumps (must incl. Axel) Max 3 spins - Flying spin or spin with fly. entry (6)	SENIOR LADIES (11-19) Max 7 jumps (must incl. Axel) Max 3 spins - Flying spin or spin with fly. entry (6)	SENIOR MEN (11-19) Max 8 jumps (must incl. Axel) Max 3 spins - Flying spin or spin with fly. entry (6)		
FREE SKATING	JUNIOR LADIES (11-19) Max 7 jumps (must incl. Axel) Max 3 spins - Flying spin or spin with fly. entry (6) - CoSp/CCoSp (10)	JUNIOR MEN (11-19) Max 8 jumps (must incl. Axel) Max 3 spins - Flying spin or spin with fly. entry (6) - CoSp/CCoSp (10)	SENIOR LADIES (11-19) Max 7 jumps (must incl. Axel) Max 3 spins - Flying spin or spin with fly. entry (6) - CoSp/ FCoSp/ CCoSp/ FCCoSp (10)	SENIOR MEN (11-19) Max 8 jumps (must incl. Axel) Max 3 spins - Flying spin or spin with fly. entry (6) - CoSp/ FCoSp/ CCoSp/ FCCoSp (10)		
FREE SKATING	JUNIOR LADIES (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)	JUNIOR MEN (11-19) 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)	SENIOR LADIES (11-19) 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)	SENIOR MEN (11-19) 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)		
FREE SKATING CLARIFICATIONS	JUNIOR LADIES (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)	JUNIOR MEN (11-19) 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	SENIOR LADIES (11-19) 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	SENIOR MEN (11-19) 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		
	JUNIOR LADIES (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	JUNIOR MEN (11-19) 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 3 jun mp combo/seq. may consist of more than two ju	SENIOR LADIES (11-19) 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 pp combo/seq. pumps (when in a seq. only the 2 with highest value)	SENIOR MEN (11-19) 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		
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CLARIFICATIONS	JUNIOR LADIES (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 Only one ju Only two	JUNIOR MEN (11-19) 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 3 jum mp combo/seq. may consist of more than two jumps can triple or quadruple jumps can be executed twice	SENIOR LADIES (11-19) 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 ChSq pp combo/seq. umps (when in a seq. only the 2 with highest value) only be executed twice. se, the second of the same abbreviation must be in	SENIOR MEN (11-19) 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 e are counted).		
CLARIFICATIONS ELEMENTS MAX LEVEL	JUNIOR LADIES (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 Only one ju	JUNIOR MEN (11-19) 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 3 jum mp combo/seq. may consist of more than two jumps can triple or quadruple jumps can be executed twice 12 4	SENIOR LADIES (11-19) 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 ChSq pp combo/seq. umps (when in a seq. only the 2 with highest value) only be executed twice. by the second of the same abbreviation must be in	SENIOR MEN (11-19) 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 e are counted).		
CLARIFICATIONS ELEMENTS MAX LEVEL BONUS	JUNIOR LADIES (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 Only one ju Only two	JUNIOR MEN (11-19) 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 3 jum mp combo/seq. may consist of more than two jumps can triple or quadruple jumps can be executed twice 12 4	SENIOR LADIES (11-19) 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 ChSq pp combo/seq. umps (when in a seq. only the 2 with highest value) only be executed twice. se, the second of the same abbreviation must be in	SENIOR MEN (11-19) 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 e are counted).		
CLARIFICATIONS ELEMENTS MAX LEVEL BONUS DEDUCTION FALL	JUNIOR LADIES (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 Only one ju Only two 11 4	JUNIOR MEN (11-19) 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 3 jun mp combo/seq. may consist of more than two june for jumps can be executed twice the following spin for june for j	SENIOR LADIES (11-19) 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 np combo/seq. umps (when in a seq. only the 2 with highest value only be executed twice. e, the second of the same abbreviation must be in 12 4 nps after half time 1 point	SENIOR MEN (11-19) 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 e are counted). n combo/seq. 13 4		
CLARIFICATIONS ELEMENTS MAX LEVEL BONUS	JUNIOR LADIES (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 Only one ju Only two 11 4	JUNIOR MEN (11-19) 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 3 jun mp combo/seq. may consist of more than two june All double jumps can triple or quadruple jumps can be executed twice 12 4 Bonus for june	SENIOR LADIES (11-19) 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 chSq mps (when in a seq. only the 2 with highest value) nonly be executed twice. the second of the same abbreviation must be in 12 4 mps after half time	SENIOR MEN (11-19) 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 e are counted). n combo/seq. 13		
CLARIFICATIONS ELEMENTS MAX LEVEL BONUS DEDUCTION FALL	JUNIOR LADIES (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 Only one ju Only two 11 4	JUNIOR MEN (11-19) 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 3 jun mp combo/seq. may consist of more than two june for jumps can be executed twice the following spin for june for j	SENIOR LADIES (11-19) 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 np combo/seq. umps (when in a seq. only the 2 with highest value only be executed twice. e, the second of the same abbreviation must be in 12 4 nps after half time 1 point	SENIOR MEN (11-19) 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 e are counted). n combo/seq. 13 4		

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