

**British Ice Skating**  
**TECHNICAL REQUIREMENTS FOR NATIONAL SINGLES & PAIRS OPEN COMPETITIONS**

**FROM 1<sup>ST</sup> JULY 2021 to 30<sup>th</sup> JUNE 2022**

**(To be read in conjunction with any relevant ISU Communications)**

**The BIS National Test Structure is currently under review and is expected to be introduced during the 2021/22 Season. In the meantime, this Generic Criteria will apply from 1st July 2021 until the introduction of the new National Test Structure.**

These competition program requirements comply with ISU requirements from Basic Novice to Senior with some BIS specific enhancements relating to bonus points for certain jumps in some levels and falls in these jumps. This is to promote rewards for skaters completing more difficult jump elements. The requirements are aligned to the BIS Interim Test Structure. All elements performed are as per ISU current regulations. This allows skaters to perform IJS test and competition elements as per the established criteria (ISU regulations)

These Generic Criteria must be read in conjunction with ISU Special Regulations and Technical Rules 2018, ISU Communications 2253, 2334, 2382 and 2396 and any subsequent ISU communications. Vocal Music is allowed at all levels. ISU Age restrictions do not apply except at Basic and Intermediate Novice.

Ladies and Men may not compete together in the same singles competitions. These singles competitions must be split into separate Ladies and Men's events. This does not apply to any exhibition events where this is at the discretion of the club. Tests passed after the closing date DO NOT allow entry to be transferred to another level.

The Generic Criteria is the same for all Opens, with the following conditions:

- **There are no age restrictions at any level of the Generic Criteria for competitors conforming to the Minimum and Maximum test standard requirements stated for the relevant level except at Basic and Intermediate Novice.**
- All competitions must be judged under IJS, except exhibition events which are at the discretion of the club.
- The Club is free to choose from these criteria which levels they wish to skate at their own event.
- BIS Permitted events will be eligible for test passes as long as they meet minimum Panel requirements and Referee Reports are submitted
- Where Clubs/Rinks choose and are permitted to hold an event using the IJS, the Short Programme and Free Programme **CAN be run as 2 separate events.**
- Skaters are free to enter either or both of the 2 events at any level for which they meet the requirements, time permitting.
- Many skaters will be eligible at more than one level and will choose which event they enter in association with their Coach, based on their personal plans for the season. If entries are submitted for 2 events, skaters must state their preference if clubs can only accommodate skaters in one event due to time restrictions.

**IMPORTANT NOTIFICATION**

- **When a test score is achieved in a competition the test may be applied for;**
- **When the test is applied for, the skater can no longer compete at that level and must move up to the next level.**
- **The test score only remains valid for one month following publication on the BIS website.**
- **Once the test score has been achieved 3 times in competition for test levels 1 – 3, the test must be applied for and the skater move to the higher level**
- **Failure to apply for the test after achieving the score for the third time will exclude the skater from open competitions at that level.**

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Event Number and Competition Name	Event level	Minimum Test Requirement	Maximum Test Requirement	Program Length	Notes
	<b>Beginner</b>	Skate UK Gold Star (Figure) or a minimum of Level 1 Field Moves  A photocopy of the Skate UK passport must be submitted with the application form (unless Level 1 Field Moves already held)	Must not hold any of the following: <ul style="list-style-type: none"> <li>• Level 1 Elements or</li> <li>• Level 1 Free</li> </ul>	1½ Minutes (+/- 5 seconds)	Skaters should perform a well balanced programme with linking steps, consisting of:  A maximum of 3 jump elements including <ul style="list-style-type: none"> <li>• Different single jumps only, excluding axel</li> <li>• NO combinations or sequences are permitted</li> </ul> NB - A 3 (waltz) jump is not a listed jump and is not counted as a jump element. A maximum of 2 spins, <ul style="list-style-type: none"> <li>• 2 Basic position spins (of different ISU abbreviations) only are allowed with no change of foot and no change of position. (Min 3 revs)</li> <li>• <b>Difficult variations are not permitted.</b></li> </ul> A maximum of 1 Choreographic Sequence fully utilising the ice surface. See Note Below.  <b>Levels explanation:</b> In Spins, no features/variations are permitted. Spins that meet the criteria will be given Base value and evaluated in GOE.  <b>Program Components:</b> Skating Skills & Performance only.

CHOREOGRAPHIC SEQUENCE for BEGINNER AND LEVEL 1 ONLY; A Choreographic Sequence consists of any kind of movements like steps, turns, spirals, arabesques, spread eagles, Ina Bauers, hydroblading etc. Listed elements such as jumps and spins are not allowed within the choreographic sequence. The pattern should be straight line, circular or serpentine and it must be clearly visible and utilise the full ice surface. It is not necessary to touch the barrier at each end of the sequence but the sequence should be large enough to cover the full ice. A tiny circle in the middle of the ice or a straight line covering only ½ the ice will not be considered as covering full ice surface. This element has a fixed base value and will be evaluated by the judges in GOE only. Please note the choreographic sequence does not have any compulsory move such as a spiral. The intention should be to match the musical structure, showing speed and flow over the ice without the necessity to attempt difficult steps and turns.

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	<b>Level 1</b>	<p>A minimum of Level 1 Field Moves and either</p> <ul style="list-style-type: none"> <li>▪ Level 1 Elements or</li> <li>▪ Level 1 Free</li> </ul>	<p>Must not hold any of the following:</p> <ul style="list-style-type: none"> <li>▪ Level 2 Elements or</li> <li>▪ Level 2 Free</li> </ul>	<p>1½ Minutes (+/- 5 seconds)</p>	<p>Skaters should perform a well balanced programme with linking steps, consisting of:</p> <p>A maximum of 4 jump elements including</p> <ul style="list-style-type: none"> <li>• Any single jumps may be executed, excluding axel</li> <li>• A maximum of 1 jump combination consisting of only 2 single jumps, excluding axel</li> <li>• No jump may be executed more than twice in total.</li> </ul> <p>A maximum of two (2) spins of a different nature (abbreviation), one of which must be a spin combination and one must be a spin with no change of position.</p> <ul style="list-style-type: none"> <li>• The spin combination can be executed with a change of foot and a minimum of six (6) revolutions or without a change of foot with a minimum of four (4) revolutions.</li> <li>• The spin with no change of position can be executed with a change of foot and a minimum of six (6) revolutions or without a change of foot and a minimum of four (4) revolutions.</li> <li>• In both spins flying entries are allowed.</li> </ul> <p>A maximum of 1 Choreographic Sequence fully utilising the ice surface, See Note Below.</p> <p><b>Levels explanation:</b> In all elements subject to levels only features up to Level 1 will be counted.</p> <p><b>Program Components:</b> Skating Skills &amp; Performance only.</p>
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CHOREOGRAPHIC SEQUENCE for BEGINNER AND LEVEL 1 ONLY; A Choreographic Sequence consists of any kind of movements like steps, turns, spirals, arabesques, spread eagles, Ina Bauers, hydroblading etc. Listed elements such as jumps and spins are not allowed within the choreographic sequence. The pattern should be straight line, circular or serpentine and it must be clearly visible and utilise the full ice surface. It is not necessary to touch the barrier at each end of the sequence but the sequence should be large enough to cover the full ice. A tiny circle in the middle of the ice or a straight line covering only ½ the ice will not be considered as covering full ice surface. This element has a fixed base value and will be evaluated by the judges in GOE only. Please note the choreographic sequence does not have any compulsory move such as a spiral. The intention should be to match the musical structure, showing speed and flow over the ice without the necessity to attempt difficult steps and turns.

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	<b>Level 2</b>	<p>A minimum of Level 2 Field Moves <b>and</b> either</p> <ul style="list-style-type: none"> <li>▪ Level 2 Elements or</li> <li>▪ Level 2 Free</li> </ul>	<p>Must not hold any of the following</p> <ul style="list-style-type: none"> <li>▪ Level 3 Elements or</li> <li>▪ Level 3 Free</li> </ul>	<p>2 Minutes (+/- 5 seconds)</p>	<p>Skaters should perform a well balanced programme with linking steps, consisting of:</p> <p>A maximum of 4 jump elements, consisting of</p> <ul style="list-style-type: none"> <li>• Any Single jumps including Axel may be executed.</li> <li>• A maximum of 2 jump combinations or sequences consisting of only 2 jumps.</li> <li>• No jump may be executed more than twice in total.</li> </ul> <p>There must be a maximum of two (2) spins of a different nature (abbreviation), one of which must be a spin combination and one must be a spin with no change of position.</p> <ul style="list-style-type: none"> <li>• The spin combination can be executed with a change of foot and a minimum of six (6) revolutions or without a change of foot with a minimum of four (4) revolutions.</li> <li>• The spin with no change of position can be executed with a change of foot and a minimum of six (6) revolutions or without a change of foot and a minimum of four (4) revolutions.</li> <li>• In both spins flying entries are allowed</li> </ul> <p>A Maximum of 1 step sequence utilizing the full ice surface</p> <p><b>Levels explanation:</b> In all elements subject to levels only features up to level 2 will be counted.</p> <p><b>Program Components:</b> Skating Skills &amp; Performance only.</p> <p><b>Bonus:</b> A bonus of 0.5 will be awarded for each Single Axel called in the Program with no &lt; or &lt;&lt; sign</p>
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	<b>Level 3</b>	<p>A minimum of Level 3 Field Moves <b>and</b> either</p> <ul style="list-style-type: none"> <li>▪ Level 3 Elements or</li> <li>▪ Level 3 Free</li> </ul>	<p>Must not hold any of the following</p> <ul style="list-style-type: none"> <li>▪ Level 4 Elements or</li> <li>▪ Level 4 Free</li> </ul>	<p>2 Minutes (+/- 5 seconds)</p>	<p>Skaters should perform a well balanced programme with linking steps consisting of</p> <p>A maximum of 4 jump elements, consisting of</p> <ul style="list-style-type: none"> <li>• Any Single and Double jumps may be executed</li> <li>• 1 Axel jump must be included</li> <li>• A maximum of 2 jump combinations or sequences consisting of only 2 jumps</li> <li>• No single or double jump may be executed more than twice in total.</li> </ul> <p>There must be a maximum of two (2) spins of a different nature (abbreviation), one of which must be a spin combination and one must be a spin with no change of position.</p> <ul style="list-style-type: none"> <li>• The spin combination can be executed with a change of foot and a minimum of six (6) revolutions or without a change of foot with a minimum of four (4) revolutions.</li> <li>• The spin with no change of position can be executed with a change of foot and a minimum of six (6) revolutions or without a change of foot and a minimum of four (4) revolutions.</li> <li>• In both spins flying entries are allowed</li> </ul> <p>There must be 1 step sequence utilizing the full ice surface</p> <p><b>Levels explanation:</b> In all elements subject to levels only features up to level 2 will be counted.</p> <p><b>Program Components:</b> Skating Skills &amp; Performance only.</p> <p><b>Bonus:</b> A bonus of 0.5 will be awarded for each Double jump called in the Program with no e, &lt; or &lt;&lt; sign</p>
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	<p><b>Basic Novice</b></p> <p><b>(Non ISU Age Event)</b></p>	<p>A minimum of Level 4 Field Moves or Basic Novice Field Moves</p> <p><b>and</b> either</p> <ul style="list-style-type: none"> <li>▪ Level 4 Elements or</li> <li>▪ Basic Novice Elements or</li> <li>▪ Level 4 Free</li> <li>▪ Basic Novice Free</li> </ul>	<p>Must not hold any of the following</p> <ul style="list-style-type: none"> <li>▪ Level 6 Elements or</li> <li>▪ Intermediate Novice Elements or</li> <li>▪ Level 6 Free</li> <li>▪ Intermediate Novice Free</li> </ul> <p><b>MUST BE 13 YEARS OF AGE OR OVER BY THE 1<sup>ST</sup> OF JULY 2021</b></p>	<p>2½ Minutes (+/- 10 seconds)</p>	<p>Skaters should perform a well balanced programme with linking steps consisting of</p> <p>A maximum of 4 jump elements, consisting of</p> <ul style="list-style-type: none"> <li>• A minimum of 1 axel type jump element (either solo or in combination or sequence)</li> <li>• A maximum of 2 jump combinations or sequences. A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump.</li> <li>• Only one single jump and one double jump (including Double Axel) can be repeated once.</li> <li>• Triple or quadruple jumps are not permitted</li> </ul> <p>There must be a maximum of two (2) spins of a different nature (abbreviation), one of which must be a spin combination and one must be a spin with no change of position.</p> <ul style="list-style-type: none"> <li>• The spin combination can be executed with a change of foot and a minimum of eight (8) revolutions or without a change of foot with a minimum of six (6) revolutions.</li> <li>• The spin with no change of position can be executed with a change of foot and a minimum of eight (8) revolutions or without a change of foot and a minimum of six (6) revolutions.</li> <li>• In both spins flying entries are allowed</li> </ul> <p>There must be one step sequence fully utilising the ice surface.</p> <p><b>Levels explanation:</b> In all elements subject to levels only features up to level 2 will be counted.</p> <p><b>Program Components:</b> Skating Skills &amp; Performance only.</p>
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	<p style="text-align: center;"><b>Basic Novice</b> <b>(ISU Age Event)</b></p> <p style="text-align: center;">Please see ISU communication 2396</p>	<p>A minimum of Level 4 Field Moves or Basic Novice Field Moves <b>and</b> either</p> <ul style="list-style-type: none"> <li>▪ Level 4 Elements or</li> <li>▪ Basic Novice Elements or</li> <li>▪ Level 4 Free or</li> <li>▪ Basic Novice Free</li> </ul>	<p>Must not hold</p> <ul style="list-style-type: none"> <li>▪ No Maximum Standard</li> </ul> <p><b>MUST NOT HAVE NOT REACHED THE AGE OF 13 BEFORE THE 1<sup>ST</sup> OF JULY 2021.</b></p>	<p>2½ Minutes (+/- 10 seconds)</p>	<p>Skaters should perform a well balanced programme with linking steps consisting of</p> <p>A maximum of 4 jump elements, consisting of</p> <ul style="list-style-type: none"> <li>• A minimum of 1 axel type jump element (either solo or in combination or sequence)</li> <li>• A maximum of 2 jump combinations or sequences. A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump.</li> <li>• Only one single jump and one double jump (including Double Axel) can be repeated once.</li> <li>• Triple or quadruple jumps are not permitted</li> </ul> <p>There must be a maximum of two (2) spins of a different nature (abbreviation), one of which must be a spin combination and one must be a spin with no change of position.</p> <ul style="list-style-type: none"> <li>• The spin combination can be executed with a change of foot and a minimum of eight (8) revolutions or without a change of foot with a minimum of six (6) revolutions.</li> <li>• The spin with no change of position can be executed with a change of foot and a minimum of eight (8) revolutions or without a change of foot and a minimum of six (6) revolutions.</li> <li>• In both spins flying entries are allowed</li> </ul> <p>There must be one step sequence fully utilising the ice surface.</p> <p><b>Levels explanation:</b> In all elements subject to levels only features up to level 2 will be counted.</p> <p><b>Program Components:</b> Skating Skills &amp; Performance only.</p> <p><b>Bonus:</b> A bonus of 0.5 will be awarded for each Double Axel called in the Program with no &lt; or &lt;&lt; sign</p> <p><b>SKATERS ARE ADVISED TO READ CAREFULLY THE ISU SPECIAL REGULATIONS &amp; TECHNICAL RULES FOR SINGLES &amp; PAIRS 2018 AND ALL RELEVANT ISU COMMUNICATIONS INCLUDING 2253, 2334, 2382 and 2396 WHICH GIVE FURTHER DETAILS REGARDING ELEMENTS</b></p>
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	<p><b>Intermediate Novice</b> (Non ISU Age Event)</p>	<p>A minimum of Level 6 Field Moves or Intermediate Novice Field Moves <b>and</b> either</p> <ul style="list-style-type: none"> <li>• Level 6 Elements or</li> <li>• Intermediate Novice Elements or</li> <li>• Level 6 Free or</li> <li>• Intermediate Novice Free</li> </ul>	<p>Must not hold</p> <ul style="list-style-type: none"> <li>▪ Level 8 Elements or</li> <li>▪ Advanced Novice Elements or</li> <li>▪ Level 8 Free or</li> <li>▪ Advanced Novice Free</li> </ul> <p><b>MUST BE 15 YEARS OF AGE OR OVER BY THE 1<sup>ST</sup> OF JULY 2021</b></p>	<p>3 Minutes (+/- 10 seconds)</p>	<p>Skaters should perform a well balanced programme with linking steps consisting of</p> <p>A maximum of 5 jump elements for ladies and men, consisting of</p> <ul style="list-style-type: none"> <li>• A minimum of one Axel type jump.</li> <li>• Maximum of two (2) jump combinations or sequences. A jump combination can contain only two (2) jumps. A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump.</li> <li>• Only one single jump and one double jump (including Double Axel) can be repeated once.</li> <li>• No triple and quadruple jumps allowed</li> </ul> <p>There must be a maximum of two (2) spins of a different nature (abbreviation), one of which must be a spin combination and one must be a spin with no change of position.</p> <ul style="list-style-type: none"> <li>• The spin combination can be executed with change of foot (minimum eight (8) revolutions), or without a change of foot with a minimum of six (6) revolutions.</li> <li>• The spin with no change of position can be executed with a change of foot and a minimum of eight (8) revolutions or without a change of foot and a minimum of six (6) revolutions.</li> <li>• In both spins flying entries are allowed</li> </ul> <p>There must be 1 step sequence fully utilising the ice surface.</p> <p><b>Levels explanation:</b> In all elements subject to levels only features up to level 2 will be counted.</p> <p><b>Program Components:</b> Skating Skills, Performance and Interpretation only</p>
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	<p style="text-align: center;"><b>Intermediate Novice</b> <b>(ISU Age Event)</b></p> <p style="text-align: center;">Please see ISU communication 2396</p>	<p>A minimum of Level 6 Field Moves or Intermediate Novice Field Moves and either</p> <ul style="list-style-type: none"> <li>▪ Level 6 Elements or</li> <li>▪ Intermediate Novice Elements or</li> <li>▪ Level 6 Free or</li> <li>▪ Intermediate Novice Free</li> </ul>	<p>Must not hold</p> <ul style="list-style-type: none"> <li>▪ No Maximum Standard</li> </ul> <p><b><u>SKATERS MUST NOT HAVE REACHED THE AGE OF 15 BEFORE THE 1<sup>ST</sup> OF JULY 2021.</u></b></p>	<p>3 Minutes (+/- 10 seconds)</p>	<p>Skaters should perform a well balanced programme with linking steps consisting of</p> <p>A maximum of 5 jump elements for ladies and men, consisting of</p> <ul style="list-style-type: none"> <li>• A minimum of one Axel type jump.</li> <li>• Maximum of two (2) jump combinations or sequences. A jump combination can contain only two (2) jumps. A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump.</li> <li>• Only one single jump and one double jump (including Double Axel) can be repeated once.</li> <li>• No triple and quadruple jumps allowed</li> </ul> <p>There must be a maximum of two (2) spins of a different nature (abbreviation), one of which must be a spin combination and one must be a spin with no change of position.</p> <ul style="list-style-type: none"> <li>• The spin combination can be executed with change of foot (minimum eight (8) revolutions), or without a change of foot with a minimum of six (6) revolutions.</li> <li>• The spin with no change of position can be executed with a change of foot and a minimum of eight (8) revolutions or without a change of foot and a minimum of six (6) revolutions.</li> <li>• In both spins flying entries are allowed</li> </ul> <p>There must be 1 step sequence fully utilising the ice surface.</p> <p><b>Levels explanation:</b> In all elements subject to levels only features up to level 2 will be counted.</p> <p><b>Program Components:</b> Skating Skills, Performance and Interpretation only.</p> <p><b>Bonus:</b> A bonus of 0.5 will be awarded to each Double Axel called in the Program with no &lt; or &lt;&lt; sign</p> <p><b>SKATERS ARE ADVISED TO READ CAREFULLY THE ISU SPECIAL REGULATIONS &amp; TECHNICAL RULES FOR SINGLES &amp; PAIRS 2018 AND ALL RELEVANT ISU COMMUNICATIONS INCLUDING 2253, 2334, 2382 and 2396 WHICH GIVE FURTHER DETAILS REGARDING ELEMENTS</b></p>
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	<p style="text-align: center;"><b>Advanced Novice</b></p> <p style="text-align: center;"><b>SHORT PROGRAMME</b></p> <p style="text-align: center;">Please see ISU Communication 2396</p>	<p>A minimum of Level 8 Field Moves or Advanced Novice Field Moves and either</p> <ul style="list-style-type: none"> <li>▪ Level 8 Elements or</li> <li>▪ Advanced Novice Elements or Level 8 Free or</li> <li>▪ Advanced Novice Free</li> </ul>	<p>Must not hold</p> <ul style="list-style-type: none"> <li>▪ Both parts of Level 9 Elements and Free or</li> <li>▪ Both parts of Junior Elements and Free or Level 9 Elements and Junior Free or</li> <li>▪ Level 9 Free and Junior Elements</li> </ul> <p><b><u>THERE IS NO MAXIMUM STANDARD FOR SKATERS WHO HAVE NOT REACHED THE AGE OF 15 BEFORE THE 1<sup>ST</sup> OF JULY 2021</u></b></p>	<p>Ladies and Men 2 Min 20 (+/- 10 seconds)</p>	<p><b><u>SHORT PROGRAMME</u></b></p> <p><b><u>Girls</u></b></p> <ol style="list-style-type: none"> <li>a) Single or double Axel</li> <li>b) Double or triple jump, may not repeat jump in a)</li> <li>c) One jump combination consisting of two double jumps or a double and a triple jump, jumps may not repeat a jump in a) or b) )</li> <li>d) Layback or sideways leaning spin or spin in one basic position with no change of foot. (min. 6 revs in position) and no flying entrance.</li> <li>e) Spin combination with only one change of foot – min. 5 revs on each foot. Flying entry is allowed.</li> <li>f) One step sequence, fully utilising ice surface.</li> </ol> <p><b><u>Boys</u></b></p> <ol style="list-style-type: none"> <li>a) Single or double Axel</li> <li>b) Double or triple jump, may not repeat jump in a)</li> <li>c) One jump combination consisting of two double jumps or a double and a triple jump, jumps may not repeat a jump in a) or b)</li> <li>d) Camel, sit or upright spin (minimum of five (5) revolution on each foot with change of foot and no flying entrance.</li> <li>e) Spin combination with only one change of foot (minimum of five (5) revolutions on each foot). Flying entry is allowed</li> <li>f) One step sequence, fully utilising the ice surface.</li> </ol> <p><b>Levels explanation:</b> In all elements subject to levels only features up to level 3 will be counted.</p> <p><b>Program Components:</b> Skating Skills, Transitions, Performance and Interpretation only.</p> <p><b>Bonus:</b> In the Short Program a maximum of two (2) bonus points can be achieved: one (1) bonus point of 1.0 for one (1) Double Axel and one (1) bonus point of 1.0 for one (1) triple jump with no e, &lt; or &lt;&lt; sign</p> <p><b>SKATERS ARE ADVISED TO READ CAREFULLY THE ISU SPECIAL REGULATIONS &amp; TECHNICAL RULES FOR SINGLES &amp; PAIRS 2018 AND ALL RELEVANT ISU COMMUNICATIONS INCLUDING 2253, 2334, 2382 and 2396 WHICH GIVE FURTHER DETAILS REGARDING ELEMENTS</b></p>
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**FROM 1<sup>ST</sup> JULY 2021 to 30<sup>th</sup> JUNE 2022**

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	<p style="text-align: center;"><b>Advanced Novice</b></p> <p style="text-align: center;"><b>FREE PROGRAMME</b></p> <p style="text-align: center;">Please see ISU Communication 2396</p>	<p>A minimum of Level 8 Field Moves or Advanced Novice Field Moves <b>and</b> either</p> <ul style="list-style-type: none"> <li>▪ Level 8 Elements or</li> <li>▪ Advanced Novice Elements or Level 8 Free or</li> <li>▪ Advanced Novice Free</li> </ul>	<p>Must not hold</p> <ul style="list-style-type: none"> <li>▪ Both parts of Level 9 Elements and Free or</li> <li>▪ Both Parts of Junior Elements and Free or</li> <li>▪ Level 9 Elements and Junior Free or</li> <li>▪ Level 9 Free and Junior Elements</li> </ul> <p><b><u>THERE IS NO MAXIMUM STANDARD FOR SKATERS WHO HAVE NOT REACHED THE AGE OF 15 BEFORE THE 1<sup>ST</sup> OF JULY 2021.</u></b></p>	<p>Ladies and Men 3 Minutes (+/- 10 seconds)</p>	<p><b><u>FREE PROGRAMME</u></b></p> <p>Skaters should perform a well balanced programme with linking steps consisting of</p> <p>A maximum of 6 jump elements for ladies and men, consisting of</p> <ul style="list-style-type: none"> <li>• An axel type jump element (either solo or in combination or sequence)</li> <li>• A maximum of 2 jump combinations or sequences. One jump combination could consist of up to three (3) jumps, the other up to two (2) jumps. A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump.</li> <li>• No quadruple jumps are allowed.</li> <li>• No single, double (including Double Axel) or triple jump may be executed more than twice in total. Only two (2) triple jumps can be repeated either in a jump combination or a jump sequence.</li> </ul> <p>There must be a maximum of two (2) spins of a different nature (abbreviation)</p> <ul style="list-style-type: none"> <li>• one must be a spin combination with change of foot (minimum eight (8) revolutions), flying entrance is not allowed</li> <li>• one must be a flying spin (minimum six (6) revolutions) or a spin in one position with change of foot and a flying entrance (minimum eight (8) revolutions).</li> </ul> <p>A Maximum of 1 step sequence fully utilizing the full ice surface.</p> <p><b>Levels explanation:</b> In all elements subject to levels only features up to level 3 will be counted.</p> <p><b>Program Components:</b> Skating Skills, Transitions, Performance and Interpretation only.</p> <p><b>Bonus:</b> In the Free Program a maximum of Three (3) bonus points can be achieved: one (1) bonus point of 1.0 for one (1) Double Axel and two (2) bonus points of 1.0 for two (2) different triple jump with no e, &lt; or &lt;&lt; sign</p> <p><b>SKATERS ARE ADVISED TO READ CAREFULLY THE ISU SPECIAL REGULATIONS &amp; TECHNICAL RULES FOR SINGLES &amp; PAIRS 2018 AND ALL RELEVANT ISU COMUNICATIONS INCLUDING 2253, 2334, 2382 and 2396 WHICH GIVE FURTHER DETAILS REGARDING ELEMENTS</b></p>
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**British Ice Skating**  
**TECHNICAL REQUIREMENTS FOR NATIONAL SINGLES & PAIRS OPEN COMPETITIONS**

**FROM 1<sup>ST</sup> JULY 2021 to 30<sup>th</sup> JUNE 2022**

**(To be read in conjunction with any relevant ISU Communications)**

	<p><b>Junior</b></p> <p><b>SHORT PROGRAMME</b></p>	<p>A minimum of Level 9 Field Moves or Junior Field Moves <b>and</b> either:</p> <ul style="list-style-type: none"> <li>▪ Level 9 Elements or</li> <li>▪ Junior Elements or</li> <li>▪ Level 9 Free or</li> <li>▪ Junior Free</li> </ul>	<p>Must not hold</p> <ul style="list-style-type: none"> <li>▪ Both parts of Level 10 Elements and Free or</li> <li>▪ Both parts of the Senior Competitive Test or</li> <li>▪ Both Parts of Senior Elements and Free or</li> <li>▪ Level 10 Elements and Senior Free or</li> <li>▪ Level 10 Free and Senior Elements</li> </ul> <p><b><u>THERE IS NO MAXIMUM STANDARD FOR SKATERS WHO HAVE NOT REACHED THE AGE OF 19 BEFORE THE 1<sup>ST</sup> OF JULY 2021.</u></b></p>	<p>Women and Men 2 min 40 (+/- 10 seconds)</p>	<p><b><u>SHORT PROGRAMME</u></b></p> <p><b><u>Women</u></b></p> <ul style="list-style-type: none"> <li>a) Double Axel</li> <li>b) One double or triple Flip</li> <li>c) One jump combination consisting of two doubles or a double and a triple jump or two triple jumps (No repeat of a or b)</li> <li>d) Flying Sit spin (min. 8 revolutions in position)</li> <li>e) Layback or sideways leaning spin or Camel spin without change of foot (min. 8 revolutions in position)</li> <li>f) Spin combination with only 1 change of foot (min. 6 revolutions on each foot).</li> <li>g) One Step sequence fully utilizing the ice surface</li> </ul> <p><b><u>Men</u></b></p> <ul style="list-style-type: none"> <li>a) Double or Triple Axel</li> <li>b) One double or triple Flip</li> <li>c) One Jump combination consisting of a double and a triple jump or two triple jumps (No repeat of a or b)</li> <li>d) Flying Sit spin (min. 8 revolutions in position)</li> <li>e) Camel spin with only one change of foot (min. 6 revolutions on each foot)</li> <li>f) Spin combination with only 1 change of foot (min. 6 revolutions on each foot).</li> <li>g) One Step sequence fully utilizing the ice surface</li> </ul> <p><b><u>Bonus:</u></b> A bonus of 1.0 will be awarded to each different non-compulsory Triple Jump called in the Program with no e, &lt; or &lt;&lt; sign</p> <p><b><u>SKATERS ARE ADVISED TO READ CAREFULLY THE ISU SPECIAL REGULATIONS &amp; TECHNICAL RULES FOR SINGLES &amp; PAIRS 2018 AND ALL RELEVANT ISU COMUNICATIONS INCLUDING 2253, 2334 &amp; 2382 WHICH GIVE FURTHER DETAILS REGARDING ELEMENTS</u></b></p>
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**(To be read in conjunction with any relevant ISU Communications)**

	<p><b>Junior</b></p> <p><b>FREE PROGRAMME</b></p>	<p>A minimum of Level 9 Field Moves <b>and</b> either:</p> <ul style="list-style-type: none"> <li>▪ Level 9 Elements or</li> <li>▪ Junior Elements or</li> <li>▪ Level 9 Free or</li> <li>▪ Junior Free</li> </ul>	<p>Must not hold</p> <ul style="list-style-type: none"> <li>▪ Both parts of Level 10 Elements and Free or</li> <li>▪ Both parts of the Senior Competitive Test or higher or</li> <li>▪ Both Parts of Senior Elements and Free or</li> <li>▪ Level 10 Elements and Senior Free or</li> <li>▪ Level 10 Free and Senior Elements</li> </ul> <p><b>THERE IS NO MAXIMUM STANDARD FOR SKATERS WHO HAVE NOT REACHED THE AGE OF 19 BEFORE THE 1<sup>ST</sup> OF JULY 2021.</b></p>	<p>Women and Men 3½ Minutes (+/- 10 seconds)</p>	<p><b><u>FREE PROGRAMME</u></b></p> <p>Skaters should perform a well balanced programme with linking steps consisting of</p> <p>A maximum of 7 jump elements which must contain</p> <ul style="list-style-type: none"> <li>• An axel type jump element (either solo or in combination or sequence)</li> <li>• A maximum of 3 jump combinations or sequences. If in combination, 1 may consist of 3 jumps and the others of only 2 jumps.</li> </ul> <p>A maximum of 3 spins with different ISU abbreviations, 1 of which must be a combination spin (min 10 revs), 1 a flying spin or spin with a flying entrance (min 6 revs) and 1 a spin with only 1 basic position (min 6 revs)</p> <p>A Maximum of 1 step sequence utilizing the full ice surface.</p> <p>N.B. With regard to the repetition of jumps ISU Rule 612 Special Regulations 2018 applies.</p> <p><b>Bonus:</b> A bonus of 1.0 will be awarded to each different Triple Jump called in the Program with no e, &lt; or &lt;&lt; sign</p> <p><b>SKATERS ARE ADVISED TO READ CAREFULLY THE ISU SPECIAL REGULATIONS &amp; TECHNICAL RULES FOR SINGLES &amp; PAIRS 2018 AND ALL RELEVANT ISU COMMUNICATIONS INCLUDING 2253, 2334 &amp; 2382 WHICH GIVE FURTHER DETAILS REGARDING ELEMENTS</b></p>
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**FROM 1<sup>ST</sup> JULY 2021 to 30<sup>th</sup> JUNE 2022**

**(To be read in conjunction with any relevant ISU Communications)**

	<p><b>Senior</b> <b>SHORT</b> <b>PROGRAMME</b></p>	<p>Level 10 Field Moves <b>and</b> either</p> <ul style="list-style-type: none"> <li>▪ Level 10 Elements or</li> <li>▪ Senior Elements or</li> <li>▪ Level 10 Free or</li> <li>▪ Senior Free</li> </ul>	<p>No maximum test requirement</p>	<p>Women and Men: 2 Min 40 (+/- 10 seconds.)</p>	<p><b><u>SHORT PROGRAMME</u></b></p> <p><b><u>Women</u></b></p> <ul style="list-style-type: none"> <li>a) Double or Triple Axel</li> <li>b) One Triple jump</li> <li>c) One Jump combination consisting of a double and a triple jump or two triple jumps (No repeat of a or b)</li> <li>d) Flying spin (free choice – min. 8 revolutions in position)</li> <li>e) Layback or sideways leaning spin (min. 8 revolutions in position) <b>or</b> sit/camel spin without change of foot (minimum 8 revolutions in position)</li> <li>f) Spin combination with only 1 change of foot (min. 6 revolutions on each foot).</li> <li>g) One Step sequence fully utilizing the ice surface</li> </ul> <p><b><u>Men</u></b></p> <ul style="list-style-type: none"> <li>a) Double or Triple Axel</li> <li>b) One Triple or quadruple jump</li> <li>c) One Jump combination consisting of a double and a triple jump, or two triple jumps, or a quadruple jump with a double or a triple (No repeat of a or b)</li> <li>d) Flying spin (free choice – min 8 revolutions in position)</li> <li>e) Sit or camel spin with only one change of foot (min. 6 revolutions on each foot)</li> <li>f) Spin combination with only 1 change of foot (min. 6 revolutions on each foot).</li> <li>g) One Step sequence fully utilizing the ice surface</li> </ul> <p>Note - The landing position of the flying spin (d) must be different to the position selected in the one position spin (e).</p> <p><b>SKATERS ARE ADVISED TO READ CAREFULLY THE ISU SPECIAL REGULATIONS &amp; TECHNICAL RULES FOR SINGLES &amp; PAIRS 2018 AND ALL RELEVANT ISU COMMUNICATIONS INCLUDING 2253, 2334 &amp; 2382 WHICH GIVE FURTHER DETAILS REGARDING ELEMENTS</b></p>
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**(To be read in conjunction with any relevant ISU Communications)**

	<p><b>Senior</b></p> <p><b>FREE PROGRAMME</b></p>	<p>Level 10 Field Moves <b>and</b> either</p> <ul style="list-style-type: none"> <li>▪ Level 10 Elements or</li> <li>▪ Senior Elements or</li> <li>▪ Level 10 Free or</li> <li>▪ Senior Free</li> </ul>	<p>No maximum test requirement</p>	<p>Women and Men 4 Minutes (+/- 10 seconds)</p>	<p><b>FREE PROGRAMME</b></p> <p>Skaters should perform a well balanced programme with linking steps consisting of:</p> <p>A maximum of 7 jump elements which must consist of</p> <ul style="list-style-type: none"> <li>• An axel type jump element (either solo or in combination or sequence)</li> <li>• A maximum of 3 jump combinations or sequences. If in combination, 1 may consist of 3 jumps and the others of only 2 jumps.</li> </ul> <p>A maximum of 3 spins with different ISU abbreviations, 1 of which must be a combination spin (min 10 revs) 1 a flying spin or spin with flying entry (min 6 revs) and 1 a spin with only 1 basic position (min 6 revs)</p> <p>A Maximum of 1 step sequence and 1 choreographic sequence utilizing the full ice surface, as per ISU Regulations 2016 and any subsequent ISU communications. (see below for definition of choreographic sequence)</p> <p>N.B. With regard to the repetition of jumps ISU Rule 612 Special Regulations 2016 applies. See also ISU Communication</p> <p><b>SKATERS ARE ADVISED TO READ CAREFULLY THE ISU SPECIAL REGULATIONS &amp; TECHNICAL RULES FOR SINGLES &amp; PAIRS 2018 AND ALL RELEVANT ISU COMMUNICATIONS INCLUDING 2253, 2334 &amp; 2382 WHICH GIVE FURTHER DETAILS REGARDING ELEMENTS</b></p>
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- 1) **SPIN WITH NO CHANGE OF POSITION.** A “spin with no change of position”, in which another basic position is executed with more than two (2) revolutions, does not fulfil the requirements of a spin with “no change of position” and will be identified as a “spin combination”. However, the concluding upright position at the end of the spin is not considered to be another position independent of the number of revolutions, as long as the skater is executing only the final wind up without any enhancements. NB. This means in a spin with only one change of position, if the second position is an Upright position it must be obvious, e.g. have an enhancement, to make it clear is not simply the wind up.
  
- 2) **CHOREOGRAPHIC SEQUENCE**  
A Choreographic Sequence consists of any kind of movements like steps, turns, spirals, arabesques, spread eagles, Ina Bauers, hydroblading, any jumps with maximum of 2 revolutions, spins etc. Listed elements included in the Choreographic Sequence will not be called and will not occupy a box. The pattern is not restricted, but the sequence must be clearly visible. It can be performed before or after the Step Sequence. This element has a fixed base value and will be evaluated by the judges in GOE only. As per ISU Special Regulations & Technical Rules, Single & Pair Skating 2018 and any subsequent updates.



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**Open Competitions for Pairs**

Event Number and Competition Name	Event level	Minimum Test Requirement	Maximum Test Requirement	Program Length	Notes
	<b>Beginner Pairs</b> <b>FREE PROGRAMME</b>	Each partner must have passed a minimum of Level 1 Field Moves	Must not hold any part of Level 4 Singles or Dance National tests (excluding Field Moves)  Must not hold Level 2 or higher National Pair test	Free Program of 2 minutes (+/- 5 seconds)	<p>The programme must contain <b>ONLY</b> the following elements:</p> <ul style="list-style-type: none"> <li>a) Mid-line step sequence utilising the full length of the ice surface.</li> <li>b) Second step sequence (any pattern). This <b>may</b> include spirals</li> <li>c) Pair spin/dance spin in any position and any hold (min. 2 revs). Change of foot or position optional</li> <li>d) Side by side solo spin (min. 3 revs)</li> </ul> <p>Moves demonstrating quality edges, simple turns and footwork should be included.</p> <p>At least 3 different dance/pair holds should be demonstrated throughout the programme.</p> <p>Recognised pair/dance lifts are <b>not</b> allowed. Vocal music is not permitted.</p>

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**(To be read in conjunction with any relevant ISU Communications)**

	<b>Pre-Novice Pairs</b>  <b>FREE PROGRAMME</b>	Each partner must have passed a minimum of Level 2 Field Moves	Must not hold Level 3 or higher National Pair test	Free Program of 2minutes 30 seconds (+/- 10 seconds)	A well balanced programme which should contain <ul style="list-style-type: none"> <li>a) Maximum 1 lift of Group 1, one arm holds not allowed (full extension of the lifting arm of the partner is not required)</li> <li>b) Maximum of 1 solo jump (single or double)</li> <li>c) Maximum 1 Throw Jump (Single or Double)</li> <li>d) Maximum of 1 solo spin in one position or 1 pair spin. The solo spin can be executed with a change of foot and a minimum of eight (8) revolutions in total or without a change of foot and a minimum of five (5) revolutions. The pair spin must be executed with a minimum three (3) revolutions.</li> <li>e) Maximum of 1 step sequence fully utilizing the ice surface</li> </ul>
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	<p style="text-align: center;"><b>Basic Novice Pairs</b></p> <p>Please see ISU Communication 2396</p>	<p>Each partner must hold:</p> <ul style="list-style-type: none"> <li>▪ A minimum of Level 4 Field Moves or</li> <li>▪ Basic Novice Field Moves</li> </ul>	<p>No Maximum Test Requirement</p>	<p>Free Program of 3 minutes (+/- 10 seconds)</p>	<p>A well balanced programme which should contain</p> <ul style="list-style-type: none"> <li>a) Two different lifts of Group 1 to 2, one arm holds not allowed (full extension of the lifting arm of the partner is not required)</li> <li>b) One Twist lift (single)</li> <li>c) One solo jump (single or double)</li> <li>d) One solo spin in one position or one pair spin. The solo spin can be executed with a change of foot and a minimum of eight (8) revolutions in total or without a change of foot and a minimum of five (5) revolutions. The pair spin must be executed with a minimum five (5) revolutions.</li> <li>e) One pivot figure</li> <li>f) One step sequence fully utilizing the ice surface</li> </ul> <p><b>Levels explanation:</b> In all elements subject to levels only features up to level 2 will be counted.</p> <p><b>Program Components:</b> Skating Skills and Performance</p> <p><b>SKATERS ARE ADVISED TO READ CAREFULLY THE ISU SPECIAL REGULATIONS &amp; TECHNICAL RULES FOR SINGLES &amp; PAIRS 2018 AND ALL RELEVANT ISU COMMUNICATIONS INCLUDING 2253, 2334, 2382 and 2396 WHICH GIVE FURTHER DETAILS REGARDING ELEMENTS</b></p>
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	<p style="text-align: center;"><b>Advanced Novice</b></p> <p style="text-align: center;"><b>SHORT PROGRAMME</b></p> <p>Please see ISU Communication 2396</p>	<p>Each partner must hold:</p> <ul style="list-style-type: none"> <li>▪ A minimum of Level 6 Field Moves or</li> <li>▪ Intermediate Novice Field Moves</li> </ul>	<p>No Maximum Test Requirement</p>	<p>Free Program of 2 minutes 20 secs (+/- 10 seconds)</p>	<p>The Short programme must contain only the following elements:</p> <ul style="list-style-type: none"> <li>a) One lift of Groups 1 to 4, one arm holds not allowed</li> <li>b) One Twist lift (single or double)</li> <li>c) One solo jump (double)</li> <li>d) One solo spin combination with no change foot (minimum of six (6) revolutions)</li> <li>e) One death spiral</li> <li>f) One step sequence fully utilizing the ice surface</li> </ul> <p><b>Levels explanation:</b> In all elements subject to levels only features up to level 3 will be counted.</p> <p><b>Program Components:</b> Skating Skills, Transitions, Performance and Interpretation..</p> <p><b>SKATERS ARE ADVISED TO READ CAREFULLY THE ISU SPECIAL REGULATIONS &amp; TECHNICAL RULES FOR SINGLES &amp; PAIRS 2018 AND ALL RELEVANT ISU COMMUNICATIONS INCLUDING 2253, 2334, 2382 and 2396 WHICH GIVE FURTHER DETAILS REGARDING ELEMENTS</b></p>
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	<p style="text-align: center;"><b>Advanced Novice Pairs</b></p> <p style="text-align: center;"><b>FREE PROGRAMME</b></p> <p>Please see ISU Communication 2396</p>	<p>Each partner must hold:</p> <ul style="list-style-type: none"> <li>▪ A minimum of Level 6 Field Moves or</li> <li>▪ Intermediate Novice Field Moves</li> </ul>	<p>No Maximum Test Requirement</p>	<p>Free Program of 3 minutes (+/- 10 seconds)</p>	<p>The well balanced programme should contain only the following elements:</p> <ul style="list-style-type: none"> <li>a) Two different lifts of Groups 1 to 4, one arm holds not allowed, (in group 1 and 2 full extension of the lifting arm of the partner is not required).</li> <li>b) One Twist lift (single or double)</li> <li>c) One Throw jump (double)</li> <li>d) One solo jump (double)</li> <li>e) One pair spin combination (minimum of six (6) revolutions)</li> <li>f) One death spiral</li> </ul> <p><b>Levels explanation:</b> In all elements subject to levels only features up to level 3 will be counted.</p> <p><b>Program Components:</b> Skating Skills, Transitions, Performance and Interpretation.</p> <p><b>SKATERS ARE ADVISED TO READ CAREFULLY THE ISU SPECIAL REGULATIONS &amp; TECHNICAL RULES FOR SINGLES &amp; PAIRS 2018 AND ALL RELEVANT ISU COMMUNICATIONS INCLUDING 2253, 2334, 2382 and 2396 WHICH GIVE FURTHER DETAILS REGARDING ELEMENTS</b></p>
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	<b>Junior Pairs</b>  <b>SHORT PROGRAMME</b>	Each partner must hold: <ul style="list-style-type: none"> <li>▪ A minimum of Level 9 Field Moves or</li> <li>▪ Junior Field Moves</li> </ul>	No Maximum Test Requirement	Short Program of 2 mins 40 secs (+/- 10 seconds.)	The well balanced programme must contain only the following elements: <ul style="list-style-type: none"> <li>a) Any Hand to Hand lift take off (Group Three)</li> <li>b) 1 double or triple twist lift</li> <li>c) Double or Triple Salchow Throw jump</li> <li>d) Double Flip or Double Axel Solo Jump</li> <li>e) Solo Spin combination with only one change of foot</li> <li>f) Death spiral Backward Outside</li> <li>g) 1 step sequence fully utilising the ice surface.</li> </ul> <p><b>SKATERS ARE ADVISED TO READ CAREFULLY THE ISU SPECIAL REGULATIONS &amp; TECHNICAL RULES FOR SINGLES &amp; PAIRS 2018 AND ALL RELEVANT ISU COMMUNICATIONS INCLUDING 2253, 2334 &amp; 2382 WHICH GIVE FURTHER DETAILS REGARDING ELEMENTS</b></p>
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	<b>Junior Pairs</b>  <b>FREE PROGRAMME</b>	Each partner must hold: <ul style="list-style-type: none"> <li>• A minimum of Level 9 Field Moves or</li> <li>• Junior Field Moves</li> </ul>	No Maximum Test Requirement	Free Program of 3 minutes 30 seconds (+/- 10 seconds)	The well balanced programme must contain only the following elements: <ul style="list-style-type: none"> <li>a) maximum of 2 lifts, not all from the same group, with full extension of the lifting arm/s;</li> <li>b) maximum of 1 twist lift;</li> <li>c) maximum of 2 different throw jumps;</li> <li>d) maximum of 1 solo jump;</li> <li>e) maximum of 1 jump combination or sequence;</li> <li>f) maximum of 1 pair spin combination;</li> <li>g) maximum of 1 death spiral;</li> <li>h) maximum of 1 choreographic sequence.</li> </ul> <p><b>SKATERS ARE ADVISED TO READ CAREFULLY THE ISU SPECIAL REGULATIONS &amp; TECHNICAL RULES FOR SINGLES &amp; PAIRS 2018 AND ALL RELEVANT ISU COMMUNICATIONS INCLUDING 2253, 2334 &amp; 2382 WHICH GIVE FURTHER DETAILS REGARDING ELEMENTS</b></p>
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	<b>Senior Pairs</b>  <b>SHORT PROGRAMME</b>	Each partner must hold: <ul style="list-style-type: none"> <li>▪ Level 10 Field Moves or</li> <li>▪ Senior Field Moves</li> </ul>	No Maximum Test Requirement	Short Program of 2 mins 40 secs (+/- 10 seconds.)	The well balanced programme must contain only the following elements: <ul style="list-style-type: none"> <li>a) Any Hand to Hand lift take-off (Group Four)</li> <li>b) 1 Double or Triple Twist lift</li> <li>c) 1 Double or Triple Throw jump</li> <li>d) 1 Double or Triple Solo Jump</li> <li>e) Solo spin combination with only one change of foot</li> <li>f) Death spiral Backward Outside</li> <li>g) 1 step sequence, fully utilizing the ice surface.</li> </ul> <p><b>SKATERS ARE ADVISED TO READ CAREFULLY THE ISU SPECIAL REGULATIONS &amp; TECHNICAL RULES FOR SINGLES &amp; PAIRS 2018 AND ALL RELEVANT ISU COMMUNICATIONS INCLUDING 2253, 2334 &amp; 2382 WHICH GIVE FURTHER DETAILS REGARDING ELEMENTS</b></p>
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**FROM 1<sup>ST</sup> JULY 2021 to 30<sup>th</sup> JUNE 2022**

**(To be read in conjunction with any relevant ISU Communications)**

	<b>Senior Pairs</b>  <b>FREE PROGRAMME</b>	Each partner must hold: <ul style="list-style-type: none"> <li>▪ Level 10 Field Moves or</li> <li>▪ Senior Field Moves</li> </ul>	No Maximum Test Requirement	Free Program of 4 minutes (+/- 10 seconds.)	The well balanced programme should contain only the following elements: <ul style="list-style-type: none"> <li>a) maximum of 3 lifts, not all from the same group, with full extension of the lifting arm/s;</li> <li>b) maximum of 1 twist lift;</li> <li>c) maximum of 2 different throw jumps;</li> <li>d) maximum of 1 solo jump;</li> <li>e) maximum of 1 jump combination or sequence;</li> <li>f) maximum of 1 pair spin combination;</li> <li>g) maximum of 1 death spiral different from the death spiral of the Short Program;</li> <li>h) of the Short Program;</li> <li>i) maximum of 1 choreographic sequence.</li> </ul> <p><b>SKATERS ARE ADVISED TO READ CAREFULLY THE ISU SPECIAL REGULATIONS &amp; TECHNICAL RULES FOR SINGLES &amp; PAIRS 2018 AND ALL RELEVANT ISU COMMUNICATIONS INCLUDING 2253, 2334 &amp; 2382 WHICH GIVE FURTHER DETAILS REGARDING ELEMENTS</b></p>
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**PAIRS CHOREOGRAPHIC SEQUENCE** A Choreographic Sequence consists of any kind of movements like steps, turns (except twizzles), spirals, arabesques, spread eagles, Ina Bauers, hydroblading, any jumps with maximum of 2 revolutions, spins, small lifts etc. Listed elements included in the Choreographic Sequence will not be called and will not occupy a box. The pattern is not restricted, but the sequence must be clearly visible. This element has a fixed base value and will be evaluated by the judges in GOE only. As per ISU special regulations & technical rules, rule 621.