



Interclub figure skating competition
FRIENDSHIP CUP

May 2nd - May 3rd 2026

TECHNICAL DATA

Event time: May 2nd & 3rd 2026

Competition venue: "Mārupes ledus halle", Kantora iela 128, Mārupe LV-2167

Organizer: Figure Skating club "Daiļslidošanas skola ISPS"

WOMEN and MEN

Short Program: the required elements to be skated are those listed in ISU Technical Rules Single & Pair Skating 2024, Rule 611, paragraphs 1 and 2.

Duration: 2 min., 40 sec. +/- 10 sec.

Free Skating: in accordance with ISU Technical Rules Single & Pair Skating 2024, Rule 612 and the respective ISU Communication. Special attention should be paid to the "well balanced program" and the element value.

Duration: 4 min., +/- 10 sec.

JUNIOR WOMEN and MEN

Short Program: the required elements to be skated are those listed in ISU Technical Rules Single & Pair Skating 2024, Rule 611, paragraphs 1 and 3, for 2024/2025.

Duration: 2 min.40 sec. +/-10 sec.

Free Skating: in accordance with ISU Technical Rules Single & Pair Skating 2024, Rule 612 and the respective ISU Communication. Special attention should be paid to the "well balanced program" and the element value.

Duration: 3 min.30 sec. +/-10 sec.

ADVANCED NOVICE

Girls and Boys

Age and technical requirements are according to the ISU Technical Rules Single and Pair Skating 2024, ISU Communication 2699 and all respective ISU Communications.

Short Program: 2 min 20 sec, +/-10 sec.

Free Skating: 3 min +/-10 sec

INTERMEDIATE NOVICE

Girls and Boys

Age and technical requirements are according to the ISU Technical Rules Single and Pair Skating 2024, ISU Communication 2699 and all respective ISU Communications.

Free Skating only: 3 min, +\ 10 sec

A well balanced Free Skating program must contain:

- a. maximum of **five (5) jump elements** one of which must be an Axel type jump.
- b. up to **two (2) jump combinations** or one (1) jump combination without using an Euler (half-loop) and one (1) jump sequence. Jump combinations and the jump sequence consist of only two (2) jumps. In the jump sequence, the second jump must be an Axel type jump with a direct step from the landing curve of the first jump into the take-off curve of the Axel jump. One full revolution on the ice between the jumps (the free foot can touch the ice without weight transfer) keeps the element in the frame of the definition of a jump sequence. Jumps executed in a jump sequence receive their full value. An Euler (half-loop) when used in a jump combination or sequence between two listed jumps will be called but will not be considered as a listed jump, and will not be counted in the number of the jumps of the concerned combination or sequence. After the execution of the Euler (half-loop) no change of foot is allowed. An Euler (half-loop) can be executed only once in the Free Skating.
- c. no triple or quadruple jumps allowed.
- d. only one single jump and one double jump (including Double Axel) can be repeated once.
- e. maximum of **two (2) different spins**, one of which must be a spin combination and one must be a spin with no change of position. The spin combination with a change of foot must have a minimum of eight (8) revolutions and without a change of foot with a minimum of six (6) revolutions, flying entrance is not allowed. If with a change of foot, only one level feature per foot will count. The spin in one position with a change of foot must have a minimum of eight (8) revolutions or the spin in one position without a change of foot must have a minimum of six (6) revolutions, flying entrance is allowed.
- f. maximum of **one (1) step sequence** fully utilizing the ice surface and including at least one skating movement such as a spiral, spread eagle, Ina Bauer, hydroblading etc. If the skating movement is missing, no Level will be given. At least 2 difficult turns and steps must be executed on clean edges for Level Basic. The Technical Panel will not award Feature 3) Use of body movements for at least 1/3 of the pattern and Feature 4) Two combinations of 3 difficult turns on different feet.

Levels explanations:

For Intermediate Novice Singles, in all elements only features up to Level 2 will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

The following Program Components are judged: Composition, Presentation, and Skating Skills.

The factor for Program Components is for Boys 2.0, for Girls 1.7.

BASIC NOVICE

Girls and Boys (multiple age groups possible depending on entries)

Technical requirements are according to the ISU Technical Rules Single and Pair Skating 2024, ISU Communication 2699 and all respective ISU Communications.

Free Skating: 2 min 30 sec, +/- 10 sec

For Basic Novice Singles, in all elements only features up to Level 2 will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

The following Program Components are judged: Composition, Presentation, and Skating Skills.

The factor for the Program Components is **1.67**.

A well balanced Free Skating program must contain:

- a) maximum of **five (5) jump elements** one of which must be an Axel type jump.
- b) up to two **(2) jump combinations** or one (1) jump combination without using an Euler (half-loop) and one (1) jump sequence. Jump combinations and the jump sequence consist of only two (2) jumps. In the jump sequence, the second jump must be an Axel type jump with a direct step from the landing curve of the first jump into the take-off curve of the Axel jump. One full revolution on the ice between the jumps (the free foot can touch the ice without weight transfer) keeps the element in the frame of the definition of a jump sequence. Jumps executed in a jump sequence receive their full value. An Euler (half-loop) when used in a jump combination or sequence between two listed jumps will be called but will not be considered as a listed jump, and will not be counted in the number of the jumps of the concerned combination or sequence. After the execution of the Euler (half-loop) no change of foot is allowed. An Euler (half-loop) can be executed only once in the Free Skating.
- c) no triple or quadruple jumps allowed.
- d) only one single jump and one double jump (including Double Axel) can be repeated once.
- e) maximum of **two (2) different spins**, one of which must be a spin combination and one must be a spin with no change of position and no change of foot. The spin combination with a change of foot must have a minimum of eight (8) revolutions and without a change of foot with a minimum of six (6) revolutions, flying entrance is not allowed. If with the change of foot, only one level feature per foot will count. The spin in one position with a change of foot must have a minimum of eight (8) revolutions or spin in one position without a change of foot must have a minimum of six (6) revolutions, flying entry is allowed. If with the change of foot, only one level feature per foot will count. The spin in one position without change of foot must have a minimum of six (6) revolutions, must be done in a basic position without any difficult variation positions and will be called maximum level basic. After the required revolutions it is allowed to execute difficult variations, but these will be ignored by the Technical Panel. Flying entry is not allowed.
- f) maximum of **one (1) step sequence** fully utilizing the ice surface and including at least one skating movement such as a spiral, spread eagle, Ina Bauer, hydroblading etc. If the skating movement is missing, no Level will be given. At least 2 difficult turns and steps must be executed on clean edges for Level Basic. The Technical Panel will not award Feature 3) Use of body movements for at least 1/3 of the pattern and Feature 4) Two combinations of 3 difficult turns on different feet.

In Single Skating Boys and Girls for all Novice sub-categories: Warm-up groups can be maximum up to eight (8) Skaters.

Warm up time:

- Basic Novice Free Skating 4 minutes
- Intermediate Novice Free Skating 5 minutes

There will be no special factor of 1.1 for jump elements performed in the second half of either the Short Program or the Free Skating in all Novice Categories. If an extra jump(s) is executed, only the individual jump(s), which is not according to requirements, will have no value.

- The jumps are considered in the order of execution.
 - Illegal Elements/Movements for Novices: somersault type jumps;
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INTERCLUB CLASS A

PRE-CHICKS A

Girls and Boys (2019 and younger)

Free Skating: only 2 min., +/- 10 sec.

- a) maximum of **four (4) jump elements** (one of which must be an Axel type jump)
 - b) **there may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence.**
Jump combinations and the jump sequence consist of two (2) jumps. In the jump sequence the second jump must be an Axel type jump with a direct step from the landing curve of the first jump into the take-off curve of the Axel jump
 - c) maximum of **two (2) spins** of a different nature (minimum of 4 revolutions each)
 - d) **one (1) Choreographic Sequence** consisting of at least two different skating movements.
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CHICKS A

Girls and Boys (2017/2018)

Free Skating: only 2 min., +/- 10 sec.

- a) maximum of **four (4) jump elements** (one of which must be an Axel type jump)
 - b) **there may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence.**
Jump combinations and the jump sequence consist of two (2) jumps. In the jump sequence the second jump must be an Axel type jump with a direct step from the landing curve of the first jump into the take-off curve of the Axel jump
 - c) maximum of **two (2) spins** of a different nature (minimum of 4 revolutions each). In spin with change of foot, only one level feature per foot will count. If two features are done on the first foot, only one feature will be rewarded
 - d) there must be a maximum of one (1) step sequence fully utilizing the ice surface and including at least one skating movement such as a spiral, spread eagle, Ina Bauer, hydroblading etc. If the skating movement is missing, no Level will be given. At least 2 difficult turns and steps must be executed on clean edges for Level basic. The Technical Panel will not award Feature 3) Use of body movements for at least 1/3 of the pattern and Feature 4) Two combinations of 3 difficult turns on different feet.
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CHICKS Axel

Girls and Boys (2017/2018)

Free Skating: only 2 min., +/- 10 sec.

- a) maximum of **four (4) jump elements** (one of which must be an Axel type jump)
- b) **there may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence.**
Jump combinations and the jump sequence consist of two (2) jumps. In the jump sequence the second jump must be an Axel type jump with a direct step from the landing curve of the first jump into the take-off curve of the Axel jump
- c) maximum of **two (2) spins** of a different nature (minimum of 3 revolutions each)
- d) **one (1) Choreographic Sequence** consisting of at least two different skating movements.

Double jumps are NOT allowed!

IMPORTANT!

The following Program Components are judged:

- Composition
- Presentation

- Skating Skills

The factor for the Program Components is 1.67

1. In all elements which are subject to Levels, only features up to **(Pre-Chicks A and Chicks A) Level 2 and (Chicks Axel) Level 1** will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.
2. Evaluation is in accordance with ISU Communication No.2623 (or any update of this Com.)
3. No jump with the same name may be repeated more than twice including Axel type jumps.
4. There shall be no bonus for difficult elements in the second half of the program
5. Program time violation up to every 5 seconds lacking or in excess **-0.5**
6. Part of the costume/decoration falls on the ice **-0.5**
7. Costume/prop violation **-0.5**
8. Late start **-0.5**
9. Falls: **-0,5** per fall outside elements.
Falls in elements will be called by the Technical Panel but with no deduction(s).
10. Interruption
 - a. more than 10 sec. up to 20 sec.: **-0,5**
 - b. more than 20 sec. up to 30 sec.: **-1,0**
 - c. more than 30 sec. up to 40 sec.: **-1,5**
 Interruption of the program with allowance of up to three (3) min. to resume from the point of interruption:
-2,5 per program
11. Warm up group up to 10 skaters
12. Warm up 4 min.

**INTERCLUB CLASS B
PRE-CHICKS B**

Girls and Boys (2019 and younger)

Free Skating: only 2 min., +/- 10 sec.

- a) maximum of **four (4) jump elements**
- b) maximum of **two (2) jump combinations**. Jump combination can contain only two (2) jumps
- c) maximum of **two (2) spins** of a different nature (minimum of three (3) revolution for each)
- d) **All spins must contain only basic positions (upright, sit or camel).**
 - a. Variations-simple, difficult or non-basic (such as sideways sit spin, upright Biellmann, etc.) are not allowed and will be ignored by the technical panel. No value will be awarded for the spin, but it will be considered as attempted and occupy a spin box.
- e) **one (1) Choreographic Sequence** consisting of at least two different skating movements.

Simple (1) Axel and double (2) jumps are not allowed in Pre-Chicks B category.

CHICKS B

Girls and Boys (2017/2018)

Free Skating: only 2 min., +/- 10 sec.

- a) maximum of **four (4) jump elements**
- b) maximum of **two (2) jump combinations**. Jump combination can contain only two (2) jumps
- c) maximum of **two (2) spins** of a different nature (minimum of free (3) revolution for each)
- d) **one (1) Choreographic Sequence** consisting of at least two different skating movements

Simple (1) Axel and double (2) jumps are not allowed in Chicks B category.

CUBS B

Girls and Boys (2015/2016)

Free Skating: 2 min. 30 sec., +/- 10 sec.

- a) maximum of **four (4) jump elements**
- b) there may be **up to two (2) jump combinations** or one (1) jump combination and one (1) jump sequence. Jump combinations and the jump sequence consist of two (2) jumps. In the jump sequence the second jump must be an Axel type jump with a direct step from the landing curve of the first jump into the take-off curve of the Axel jump
- c) maximum of **two (2) spins** of a different nature (minimum of five (5) revolutions)
- d) **one (1) Choreographic Sequence** consisting of at least two different skating movements

Simple (1) Axel and one (1) double (2) jump (2S or 2T) are allowed max. two (2) times in one program. 2A, 2Lo, 2F, 2Lz and 3 (triple jump) – are not allowed in this category!

SPRINGS B

Girls and Boys (2013/2014)

Free Skating: only, 2 min. 30 sec., +/-10 sec.

- a) maximum of **four (4) jump elements** (one of which must be an Axel type jump)
- b) there may be **up to two (2) jump combinations** or one (1) jump combination and one (1) jump sequence. Jump combinations and the jump sequence consist of two (2) jumps. In the jump sequence the second jump must be an Axel type jump with a direct step from the landing curve of the first jump into the take-off curve of the Axel jump
- c) maximum of **two (2) spins** of a different nature
 - a. one (1) spin combination with a change of foot must have a minimum of eight (8) revolutions and without a change of foot with a minimum of six (6) revolutions. **Flying entry is allowed.**
 - b. and one (1) spin in one position without change of foot must have a minimum of six (6) revolutions, must be done in a basic position without any difficult variation positions and will be called maximum level basic. After the required revolutions it is allowed to execute difficult variations, but these will be ignored by the Technical Panel. **Flying entry is not allowed.**
- d) **one (1) Choreographic Sequence** consisting of at least two different skating movements

Maximum 2 (two) different double jumps (2S, 2T or 2Lo) are allowed and they cannot be repeated more than twice. 2A, 2F, 2Lz and 3x (triple jump) – are not allowed in this category.

IMPORTANT!

The following Program Components are judged:

- Composition
- Presentation
- Skating Skills

The factor for the Program Components is 1.50

1. In all elements which are subject to Levels, only features up to **(Pre-Chicks B, Chicks B and Cubs B) Level Base, (Springs) Level 1** will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel. Evaluation is in accordance with ISU Communication No.2623 (or any update of this Com.)
2. No jump with the same name may be repeated more than twice including Axel type jumps.
3. There shall be no bonus for difficult elements in the second half of the program.
4. Program time violation up to every 5 seconds lacking or in excess **-0.5**
5. Part of the costume/decoration falls on the ice **-0.5**
6. Costume/prop violation **-0.5**
7. Late start **-0.5**
8. Falls deduction for every fall **-0.5**

9. Interruption:
- a. more than 10 sec. up to 20 sec. **-0,5**
 - b. more than 20 sec. up to 30 sec. **-1,0**
 - c. more than 30 sec. up to 40 sec. **-1,5**
 - d. Interruption of the program with allowance of up to three (3) min. to resume from the point of interruption **-2,5 per program**
10. Warm up group up to 10 skaters - Pre-chicks B & Chicks B 3 min. / Cubs B & Springs B 4 min.

NOVICE B

Girls and Boys (age limit)

Participant has reached at least the age of ten (10) and has not reached the age of sixteen (16) before July 1st preceding the event

Free Skating: only 3 min. +/- 10 sec.

- a) maximum **five (5) jump elements** - at least one (1) Axel type jump
- b) there may be **up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence.** Jump combinations and the jump sequence consist of two (2) jumps. In the jump sequence the second jump must be an Axel type jump with a direct step from the landing curve of the first jump into the take-off curve of the Axel jump
- c) there must be a maximum of **two (2) spins of a different nature:**
 - a. one of which must be a spin combination with change of foot (minimum of eight (8) revolutions in total) or without change of foot (minimum of six (6) revolutions in total) **Flying entry is allowed.**
 - b. one spin with no change of position with change of foot (minimum of eight (8) revolutions in total) or without change of foot (minimum of six (6) revolutions in total). **Flying entry is allowed.**
- d) **one (1) Choreographic Sequence** consisting of at least two different skating movements.

Double (2) Axel and (3) triple jumps are not allowed.

JUNIOR B

Women and Men (age same as Junior A)

Free Skating: only 3 min., +/- 10 sec.

- a) maximum of **five (5) jump elements** one of which must be an Axel type jump
- b) there may be **up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence.** (Only one jump combination may consist of three (3) jumps); A jump sequence consists of 2 (two) 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 jump to the take-off curve of the Axel jump.
- c) **three (3) spins** of a different nature, one of which must be a spin combination (minimum of ten (10) revolutions in total), one a flying spin (minimum of six (6) revolutions) and one spin is optional (minimum of six (6) revolutions)
- d) **one (1) Choreographic Sequence** consisting of at least two different skating movements (2A).

Double Axel and (3x) triple jumps are not allowed.

SENIOR B

Women and Men (age same as Senior A)

Free Skating: only 3.30 min., +/- 10 sec.

- a) maximum of **six (6) jump elements** one of which must be an Axel type jump
- b) maximum of three (3) jump combinations or two (2) jump combinations and one (1) jump sequence. (Only one jump combination may consist of three (3) jumps); A jump sequence consists of 2 (two) 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 jump to the take-off curve of the Axel jump.
- c) **three (3) spins** of a different nature, one of which must be a spin combination (minimum of ten(10) revolutions in total), one a flying spin (minimum of six (6) revolutions) and one spin is optional (minimum of six (6) revolutions)
- d) **one (1) Choreographic Sequence** consisting of at least two different skating movements.

Double (2) Axel and (3) triple jumps are not allowed.

IMPORTANT!

The following Program Components are judged:

- Composition
- Presentation
- Skating Skills

The factor for the Program Components is 1.50

1. In all elements which are subject to Levels, only features up to **(Novice B, Junior B) Level 2 and (Senior B) Level 3** will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.
2. Evaluation is in accordance with ISU Communication No.2623 (or any update of this Com.)
3. No jump with the same name may be repeated more than twice including Axel type jumps.
4. There shall be no bonus for difficult elements in the second half of the program
5. Program time violation up to every 5 sec. lacking or in excess **(-1,0) -0.5 (only Novice B)**
6. Part of the costume/decoration falls on the ice **(-1,0) -0.5 (only Novice B)**
7. Costume/prop violation **(-1,0) -0.5 (only Novice B)**
8. Late start **(-1,0) -0.5 (only Novice B)**
9. Falls deduction for every fall **(-1,0) -0.5 (only Novice B)**
10. Late start **(-1,0) -0.5 (only Novice B)**
11. Interruption:
 - a. more than 10 sec. up to 20 sec.: **-0,5**
 - b. more than 20 sec. up to 30 sec.: **-1,0**
 - c. more than 30 sec. up to 40 sec.: **-1,5**
 - d. Interruption of the program with allowance of up to three (3) min. to resume from the point of interruption: **-2,5** per program
12. Warm up group up to 8 skaters
13. Warm up 5 min

INTERCLUB CLASS C

PRE-CHICKS C

Girls and Boys (2019 and younger)

Free Skating: only 2 min., +/- 10 sec.

- a) maximum of three **(3) jump elements**

- b) there may be **up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence.** Jump combinations and the jump sequence consist of two (2) jumps.
- c) maximum of two (2) spins, each spin in one position (minimum of 3 revolutions each).
- d) All spins must contain only basic positions (upright, sit or camel). Variations-simple, difficult or non-basic (such as sideways sit spin, upright Biellmann, etc.) are not allowed and will be ignored by the technical panel. No value will be awarded for the spin, but it will be considered as attempted and occupy a spin box.
- e) **one (1) Choreographic Sequence** consisting of at least two different skating movements.

Waltz jump is allowed in Pre-Chicks C category and has a value 0.20.

1Axel, 1Lutz, 1Flip, 1Loop and double jumps are not allowed in pre-chicks C category!

CHICKS C

Girls and Boys (2017/2018)

Free Skating: 2 min., +/- 10 sec.

- a) maximum of **four (4) jump elements**
- b) There may be **up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence.** Jump combinations and the jump sequence consist of two (2) jumps. In the jump sequence the second jump must be an Axel type jump with a direct step from the landing curve of the first jump into the take-off curve of the Axel jump
- c) maximum of **two (2) spins**, each spin in one position (minimum of 3 revolutions each)
- d) All spins must contain only basic positions (upright, sit or camel). Variations-simple, difficult or non-basic (such as sideways sit spin, upright Biellmann, etc.) are not allowed and will be ignored by the technical panel. No value will be awarded for the spin, but it will be considered as attempted and occupy a spin box.
- e) **one (1) Choreographic Sequence** consisting of at least two different skating movements.

Waltz jump is allowed in Chicks C category and has a value 0.20.

1Axel, 1Lutz, 1Flip, 1Loop and double jumps are not allowed!

IMPORTANT!

The following Program Components are judged:

- Composition
- Presentation
- Skating Skills

The factor for the Program Components is 1.40

1. Skaters who did participate in group A, B or C are not allowed to change category for lowest during season (only with some exceptions consulting with referee and OC).
 2. In all elements which are subject to Levels, only features up to Level Base will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.
 3. Evaluation is in accordance with ISU Communication No.2623 (or any update of this Com.)
 4. No jump with the same name may be repeated more than twice including Axel type jumps.
 5. There shall be no bonus for difficult elements in the second half of the program
 6. Program time violation up to every 5 seconds lacking or in excess **-0.25**
 7. Falls deduction for every fall **-0.25**
 8. Part of the costume/decoration falls on the ice **-0.25**
 9. Costume/prop violation **-0.25**
 10. Late start **-0.25**
 11. Interruption
 - a. more than 10 sec. up to 20 sec.: **-0,5**
 - b. more than 20 sec. up to 30 sec.: **-1,0**
 - c. more than 30 sec. up to 40 sec.: **-1,5**
 - d. Interruption of the program with allowance of up to three (3) min. to resume from the point of interruption: **-2,5 per program**
 12. Warm up group up to 10 skaters
 13. Warm up Pre-chicks C, Chicks C 3 min.
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INTERCLUB BEGINNERS and HOBBY CLASS BEGINNERS 2015 Younger and 2013/2014

Girls, Boys

Free Program: max. 2:00 min ±10 sec.

- Maximum four (4) **jump elements**
- at least one (1) and no more than two (2) are jump combinations. Jump combination can contain only two (2) jumps
- maximum of **two (2) spins**, each spin in one position (minimum of 3 revolutions each)
- All spins must contain only basic positions (upright, sit or camel). Variations-simple, difficult or non-basic (such as sideways sit spin, upright Biellmann. etc.) are not allowed and will be ignored by the technical panel. No value will be awarded for the spin, but it will be considered as attempted and occupy a spin box.
- one (1) Choreographic Sequence** consisting of at least two different skating movements.

Single Axel and double jumps are not allowed!

Beginners 2010-2012, 2007-2009

Girls and Boys

Free Program: max. 2:30 min ± 10 sec.

- maximum **four (4) jump elements** - at least two (2) of them are solo jumps
- there may be **up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence.** Jump combination can contain only two (2) jumps. A jump sequence consists of 2 (two) 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 jump to the take-off curve of the Axel jump.
- at least **one (1) but not more than two (2) spins** of a different nature min. four (4) revolutions
- one (1) Choreographic Sequence** consisting of at least two different skating movements.

Simple (1) Axel and maximum one (1) double jump (2S or 2T) are allowed max. two (2) times.

2A, 2Lo, 2F and 2Lz – are not allowed in this category

HOBBY CLASS (For the skating beginners!!!)

Girls and Boys (2007-2012 – multiple groups possible depending on entries)

Free Skating: only, 2 min., +/- 10 sec.

- maximum of **three (3) jump elements**
- maximum of **one (1) jump combination.** Jump combination can contain only two (2) jumps
- maximum of one (1) spin. Only USP (upright position - minimum of 3 revolutions)
- Spins must contain only basic positions (upright). Variations-simple, (such as upright Biellmann, etc.) are not allowed and will be ignored by the technical panel. No value will be awarded for the spin, but it will be considered as attempted and occupy a spin box.
- one (1) Choreographic Sequence** consisting of at least two different skating movements.

Waltz jump is allowed and has a value of 0.20

Singel (1) Lutz, Simple (1) Axel and double (2) jumps are not allowed!

IMPORTANT!

The following Program Components are judged:

- Composition
- Presentation
- Skating Skills

The factor for the Program Components is **1.40 / (HOBY CLASS 1.20)**

- a) In all elements which are subject to Levels, only features up to **Level Base** will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.
 - b) Evaluation is in accordance with ISU Communication No.2623 (or any update of this Com.)
 - c) No jump with the same name may be repeated more than twice including Axel type jumps.
 - d) There shall be no bonus for difficult elements in the second half of the program
 - e) Program time violation up to every 5 seconds lacking or in excess **-0.50**
 - f) Falls deduction for every fall **-0.50**
 - g) Part of the costume/decoration falls on the ice **-0.50**
 - h) Costume/prop violation **-0.50**
 - i) Late start **-0.50**
 - j) Interruption:
 - a. more than 10 sec. up to 20 sec.: **-0,5**
 - b. more than 20 sec. up to 30 sec.: **-1,0**
 - c. more than 30 sec. up to 40 sec.: **-1,5**

Interruption of the program with allowance of up to three (3) min. to resume from the point of interruption: **-2,5 per program**
 - k) Warm up group up to 10 skaters
 - l) Warm up 3 min.
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ADULTS GOLD

Free Skating: 2 min. 50 sec., +/- 10 sec.

A competitor in the Gold Free Skating event must perform a well-balanced program that may contain:

- a) A maximum of five (5) jump elements, consisting of single jumps (including the single Axel) or double jumps. **Double flip, double Lutz, double Axel and triple jumps are not permitted.** There may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence in the free program.
 - a. One (1) jump combination or one (1) jump sequence may consist of up to three (3) listed jumps. The other may have two (2) listed jumps.
 - b. A jump sequence consists of two (2) or three (3) listed jumps of any number of revolutions, in which the second and/or the third listed jump is 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.
 - c. Each listed jump may be performed a maximum of two (2) times.
- b) A maximum of three (3) spins of a different abbreviation, one (1) of which must be a spin combination with a change of foot and one (1) of which must be a flying spin or a spin with a flying entrance.
 - a. The spins must have a required minimum number of revolutions: four (4) for any spin with no change of foot, and eight (8) for any spin with a change of foot.
 - b. A spin that has no basic position with 2 revolutions will receive no value.
 - c. Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions in each of these positions anywhere within the spin. To receive full value, a spin combination must include all three (3) basic positions.
 - d. All spins with change of foot must have at least 3 revolutions on each foot. If this requirement is not fulfilled, the spin will be marked with a V.
- c) A maximum of one (1) step sequence, fully utilizing the ice surface.

The points for each Program Component are multiplied by a factor of 2.67.

- a) Only features up to and including Level 3 will be counted for the technical elements. Any additional features will not count for level requirements and will be ignored by the Technical Panel.
- b) The warm-up duration is six (6) minutes. Each fall shall receive a deduction of 1.0.

SILVER

Free Skating: 2 min. 10 sec., +/- 10 sec.

A competitor in the Silver Free Skating event must perform a well-balanced program that may contain:

- a) A maximum of four (4) jump elements, consisting only of single jumps (**including the single Axel**). **Double jumps and triple jumps are not permitted**
 - a. There may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence
 - b. One (1) jump combination or one (1) jump sequence may consist of up to three (3) listed jumps. The other may have two (2) listed jumps.
 - c. A jump sequence consists of two (2) or three (3) jumps of any number of revolutions, in which the second and/or the third jump is 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.
 - d. Each listed jump may be performed a maximum of two (2) times.
- b) A maximum of two (2) spins of a different abbreviation, one of which must be a spin in one position with or without a change of foot

- a. The spins must have a required minimum number of revolutions: four (4) for any spin with no change of foot, and six (6) for any spin with a change of foot.
 - b. A spin that has no basic position with 2 revolutions will receive no value.
 - c. Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions in each of these positions anywhere within the spin. To receive full value, a spin combination must include all three (3) basic positions.
 - d. All spins with change of foot must have at least 3 revolutions on each foot. If this requirement is not fulfilled, the spin will be marked with a V.
- c) A maximum of one (1) choreographic sequence, fully utilizing the ice surface
- a. The pattern is not restricted but the sequence must be clearly visible.
 - b. A choreographic sequence has a base value and will be evaluated by the judges in GOE only.
 - c. A Choreographic Sequence consists of at least two (2) different skating movements like spirals, arabesques, spread eagles, Ina Bauers, hydroblading and unlisted jumps.

The points for each Program Component are multiplied by a factor of 2.0.

- d) Only features up to and including Level 2 will be counted. Any additional features will not count for level requirements and will be ignored by the Technical Panel.
- e) The warm-up duration is five (5) minutes.
- f) Each fall outside elements shall receive a deduction of 0.5.
- g) Falls in elements will be called by the Technical Panel but with no deduction(s).

BRONZE

Free Skating: 1 min. 40 sec., +/- 10 sec.

A competitor in the Bronze Free Skating event must perform a well-balanced program that may contain:

- h) A maximum of four (4) jump elements, consisting only of single jumps. **Axel type jumps, double jumps and triple jumps are not permitted.** There may be one (1) jump combination in the free program.
 - a. The jump combination may consist of two (2) listed jumps.
 - b. Each listed jump may be performed a maximum of two (2) times.
 - c. Waltz jumps will be ignored.
- i) A maximum of two (2) spins of a different abbreviation, both of which must be a spin in one position with or without a change of foot. **Flying spins are not permitted.**
 - a. The spins must have a required minimum number of revolutions: three (3) for any spin with no change of foot, and six (6) with a change of foot.
 - b. A spin that has no basic position with 2 revolutions will receive no value.
 - c. All spins with change of foot must have at least 3 revolutions on each foot. If this requirement is not fulfilled, the spin will be marked with a V.
- j) A maximum of one (1) choreographic sequence utilizing at least half (1/2) of the ice surface.
 - a. The pattern is not restricted but the sequence must be clearly visible.
 - b. A choreographic sequence has a base value and will be evaluated by the judges in GOE only.
 - c. A Choreographic Sequence consists of at least two (2) different skating movements like spirals, arabesques, spread eagles, Ina Bauers, hydroblading and unlisted jumps.

The points for each Program Component are multiplied by a factor of 2.0.

- k) Only features up to and including Level 1 will be counted. Any additional features will not count for level requirements and will be ignored by the Technical Panel.
- l) The warm-up duration is five (5) minutes.
- m) Each fall outside elements shall receive a deduction of 0.5.
- n) Falls in elements will be called by the Technical Panel but with no deduction(s).

Please, make sure that in all categories the choice of music fits the skater skills as well as their age
(Com.2624/2699)

All the information & updates will be available on:

- Website: <https://www.isps.lv/friendship-cup-2026>
- Sportity: FRIEND

