

BEILAGE 1: SCHWEIZERMEISTERSCHAFTEN IM EISKUNSTLAUFEN 2010

Schweizermeisterschaften	ELITE	JUNIOREN / SENIOREN B	NOVICE (U15) Mädch und Knaben	NOVICE (U14) Mädchen	JUGEND Mädchen + Knaben	MINI Mädchen
Ort	Lugano	Lausanne	Basel	Basel	St. Gallen	St. Gallen
Daten	10. - 12. Dezember 2009	8. - 10. Januar 2010	23. / 24. Januar 2010	22. / 23. Januar 2010	4. / 5. Februar 2010	6. / 7. Februar 2010
Teilnahmebedingungen						
Obligatorischer SEV-Kürtest Bestanden bis	Gold	Inter Gold	Silber	Silber	Inter Silber	Inter Silber
Geburtsdatum	1.9.2009					
Achtung: Alterslimiten gemäss ISU Comm. 1397 und Rule 108 für Einzelläufer und besonders für Paare!	Damen, Herren und Paare (Elite) vor 1.7.1995 Paare Junioren: Damen: nach 30.6.1990 Herren: nach 30.6.1988 Paare Novice Mädchen: nach 30.6.1994 Knaben: nach 30.06.1992	Junioren zwischen 1.7.1995 und 30.6.1990 Senioren B vor 1.7.1990	Mädchen Zwischen 1.7.1994 und 30.6.1995 Knaben nach 30.6.1993	Mädchen zwischen 1.7.1995 und 30.6.1999	Mädchen zwischen 1.7.1996 und 30.6.1997 Knaben und Paare nach 30.6.1995	Mädchen nach 30.6.1997
Titelverteidigung	Die Schweizermeister 2009 können ihren Titel verteidigen		Die Schweizermeisterin Novice U14 2009 kann ihren Titel nicht verteidigen		Die Schweizermeisterin Mini 2009 kann ihren Titel nicht verteidigen	
Anmeldungen						
Anmeldefrist	15.09.2009					
Startgebühr	Fr. 300.-- pro Einzelläufer Fr. 350.-- pro Paar	Fr. 250.-- pro Einzelläufer (Jun.) Fr. 350.-- pro Paar (Jun.) Fr. 300.-- pro Einzelläufer (Sen. B)	Fr. 250.-- pro Einzelläufer Fr. 300.-- pro Paar		Fr. 200.-- pro Einzelläufer Fr. 300.-- pro Paar	Fr. 200.-- pro Einzelläufer
Zahlungsfrist	1.11.2009					
Dauer der Programme						
Kurzprogramm	Maximum 2.50 Minuten	Maximum 2.50 Minuten	Maximum 2.30 Minuten	Maximum 2.30 Minuten (nur Knaben und Mädchen, Paare ohne Kurzprogramm)		
Kür	Damen: 4.00 Min. Herren und Paare: 4.30 Min.	Damen: 3.30 Min. Herren und Paare: 4.00 Min.	Mädchen: 3.00 Min. Knaben und Paare: 3.30 Min.			
Components						
	Damen und Paare im Kurzprogramm mit Faktor 0,8 und in der Kür mit Faktor 1,6 (analog ISU) Herren im Kurzprogramm mit Faktor 1,0 und in der Kür mit Faktor 2,0 (analog ISU)				Mädchen: im Kurzprogramm mit Faktor 0,5 und in der Kür mit Faktor 1,0 Knaben im Kurzprogramm mit Faktor 0,7 und in der Kür mit Faktor 1,4	
Programm						
Donnerstag					Kurzprogramm mit allen Mädchen und Knaben	
Freitag	Kurzprogramm mit allen Damen, den Herren und den Paaren (Elite, Junioren und Novice)	Kurzprogramm Senioren B	Kurzprogramm mit allen Mädchen und den Knaben		Kür mit allen Mädchen und Knaben	
Samstag	Kür mit allen Damen, den Herren und den Paaren (Elite, Junioren und Novice)	Kurzprogramm aller Junioren Kür aller Senioren B	Kür mit allen Mädchen und den Knaben	Kurzprogramm mit allen Mädchen		Kurzprogramm mit allen Mädchen
Sonntag		Kür (Beste 30 aus dem Kurzprogramm)		Kür mit allen Mädchen		Kür mit allen Mädchen

Die Anmeldungen sind dem Schweizer Eislaufer-Verband, Haus des Sports, Postfach 606, 3000 Bern 22, mittels offizieller Formulare zu senden. Die Tests sind ebenfalls bis zur Anmeldefrist dem Schweizer Eislaufer-Verband zu melden. **Die Startgebühr muss auf das PC-Konto 84-5561-2 des SEV einbezahlt werden (Einzahlungsscheine sind beim Sekretariat SEV erhältlich).**

ANNEXE 1: CHAMPIONNATS SUISSES EN PATINAGE ARTISTIQUE 2010

Championnats Suisses	ELITE	JUNIORS + SENIORS B	NOVICE (U15) Filles et Garç.	NOVICE (U14) Filles	ESPOIRS Filles et Garçons	MINIMES Filles
Lieu	Lucarno	Lausanne	Bâle	Bâle	St. Gallen	St. Gallen
Dates	10 - 12 décembre 2009	8 - 10 janvier 2010	23 / 24 janvier 2010	22 / 23 janvier 2010	4 / 5 février 2010	6 / 7 février 2010
Conditions de participation						
Tests USP obligatoires	Or	Inter Or	Argent	Argent	Inter Argent	Inter Argent
Réussi jusqu'à	1.9.2009					
Date de naissance	Dames, Messieurs et Couples (Elite)					
Attention: Limites d'âge selon Communicatin ISU No. 1397 et règle 108 pour Dames et Messieurs et spécialement pour Couples!	avant 1.7.1995 Couples Juniors Dames: après 30.6.1990 Messieurs: après 30.6.1988 Couples Novice Filles: après 30.6.1994 Garçons: après 30.6.1992	Juniors entre 1.7.1995 et 30.6.1990 Seniors B avant 1.7.1990	Filles entre 1.7.1994 et 30.6.1995 Garçons après 30.6.1993	Filles entre 1.7.1995 et 30.6.1999	Filles entre 1.7.1996 et 30.6.1997 Garçons et Couples après 30.6.1995	Filles après 30.6.1997
Défense du titre	Les Champions Suisses 2009 peuvent défendre leur titre		La Championne Suisse Novice U14 2009 ne peut pas défendre son titre		La Championne Suisse Minimes 2009 ne peut pas défendre son titre	
Inscriptions						
Délai d'inscription	15.09.2009					
Finances d'inscription	Fr. 300.-- par patineur solo Fr. 350.-- par couple	Fr. 250.-- par patineur solo (Jun.) Fr. 350.-- par couple (Jun.) Fr. 300.-- par patineur solo (Sen. B)	Fr. 250.-- par patineur solo Fr. 300.-- par couple		Fr. 200.-- par patineur solo Fr. 300.-- par couple	Fr. 200.-- par patineur solo
Délai du paiement	1.11.2009					
Durée des programmes						
Programme court	Maximum 2.50 minutes	Maximum 2.50 minutes	Maximum 2.30 minutes	Maximum 2.30 minutes (garçons et filles seulement, couples sans programme court)		
Programme libre	Dames: 4.00 minutes Messieurs et couples: 4.30 minutes	Dames: 3.30 minutes Messieurs et couples: 4.00 min.	Filles: 3.00 minutes Garçons et couples: 3.30 minutes			
Components						
	Dames et Couples en programme court avec facteur 0,8 et en libre avec facteur 1,6 (selon ISU) Messieurs en programme court avec facteur 1,0 et en libre avec facteur 2,0 (selon ISU)				Filles en programme court avec facteur 0,5 et en libre avec facteur 1,0 Garçons en programme court avec facteur 0,7 et en libre avec facteur 1,4	
Programme						
Jedi					Programme court avec toutes les filles et les garçons	
Vendredi	Programme court avec toutes les dames, messieurs et couples (Elite, Juniors et Novice)	Programme court Seniors B	Programme court avec toutes les filles et les garçons		Programme libre avec toutes les filles et les garçons	
Samedi	Programme libre avec toutes les dames, les messieurs et les couples (Elite, Juniors et Novice)	Programme court avec tous les Juniors Programme libre avec tous les Seniors B	Programme libre avec toutes les filles et les garçons	Programme court avec toutes les filles		Programme court avec toutes les filles
Dimanche		Programme libre (30 meilleures du programme court)		Programme libre avec toutes les filles		

Les inscriptions doivent être adressées à l'Union Suisse de Patinage, Secrétariat, Haus des Sports, Postfach 606, 3000 Bern 22, sur les formulaires ad hoc. Les tests doivent être annoncés jusqu'au délai d'inscription de la compétition concernée à l'Union Suisse de Patinage. **La finance d'inscription est à verser sur le compte de l'USP CCP 84-5561-2 (des bulletins de versement peuvent être obtenus auprès du secrétariat de l'USP).**

BEILAGE 2: TECHNICAL REQUIRED ELEMENTS FOR THE SWISS CHAMPIONSHIPS 2010

(in accordance with Special Regulations & Technical Rules, Single & Pair Skating and Ice Dancing 2008 for "Elite" and "Junior / Senior B" as well as Communication No. 1397 (July 12, 2006) for "Novice and Jugend / Mini". Furthermore, all possible changes from the ISU will be applied in Switzerland, without written notification

LADIES	ELITE	JUNIOR / SENIOR B	NOVICE (U14 + U15)	JUGEND (ESPOIRS) / MINI
SHORT PROGRAM				
a) Single jump	Double Axel	Double Axel	Axel or double Axel	Axel or double Axel
b) Jump with Step sequence	One triple jump immediately preceded by connecting steps and / or other comparable free skating movements	One double or one triple Flip jump immediately preceded by connecting steps and / or other comparable free skating movements	Double or triple jump immediately preceded by connecting steps not repeated in a)	Double or triple jump immediately preceded by connecting steps not repeated in a)
c) Jump combination	One jump combination consisting of a double jump and a triple jump or two triple jumps. The jumps included must be different from the solo jump.	One jump combination consisting of two double jumps or one double and one triple jump or two triple jumps. The jumps included must be different from the solo jump.	One jump combination consisting of two double jumps or one double and one triple jump, both jumps may not be repeated in a) or b)	One jump combination consisting of two double jumps or one double and one triple jump, both jumps may not be repeated in a) or b)
d) Flying Spin	Flying spin (8)	Flying sit spin (8)		
e) Spin in one position	Layback or sideways leaning spin (8)	Layback or sideways leaning spin (8)	Layback or sideways leaning spin (min. 6 revolutions)	Layback or sideways leaning spin (min. 6 revolutions)
f) Combination spin	Combination spin with only one change of foot and at least two changes of position (sit, camel, upright or any variation thereof). Six (6) revolutions on each foot are required.	Combination spin with only one change of foot and at least two changes of position (sit, camel, upright or any variation thereof). Six (6) revolutions on each foot are required.	Combination spin with only one change of foot and at least one change of position (minimum of 5 revolutions on each foot). The minimum number of revolutions required in the position is 2. In case this requirement is not fulfilled, the position is not counted	Combination spin with only one change of foot and at least one change of position (minimum 5 revolutions on each foot). The minimum number of revolutions required in the position is 2. In case this requirement is not fulfilled, the position is not counted
g) Spiral sequence	Spiral sequence. There must be at least three (3) spiral positions with at least one change of foot followed by a spiral position	Spiral sequence. There must be at least three (3) spiral positions with at least one change of foot followed by a spiral position	One spiral sequence consisting of at least 2 spiral positions with at least one change of foot followed by a spiral position. A spiral position in order to be counted must be held for at least 3 seconds	One spiral sequence consisting of at least 2 spiral positions with at least one change of foot followed by a spiral position. A spiral position in order to be counted must be held for at least 3 seconds
h) Step sequence	Step sequence (straight line, circular or serpentine)	Step sequence (straight line, circular or serpentine)	One step sequence with full utilization of the ice surface (straight line, circular or serpentine)	One step sequence with full utilization of the ice surface (straight line, circular or serpentine)
Bonus points / Special Regulations	<ul style="list-style-type: none"> 1 bonus point for one triple (3) (not downgraded) 2 bonus points for one triple-triple combo (3+3 not downgraded) 	<ul style="list-style-type: none"> 1 bonus point for one 2A (not downgraded) 1 bonus point for one triple (3) (not downgraded) 	<ul style="list-style-type: none"> 2 bonus points for one 2A (not downgraded) 2 bonus points for one triple jump (not downgraded) 	<ul style="list-style-type: none"> 2 bonus points for one 2A (not downgraded) 2 bonus points for one triple jump (not downgraded) Fall deduction = 0,5 SpSq to count 50% of its ISU base value

LADIES	ELITE	JUNIOR / SENIOR B	NOVICE (U14+U15)	JUGEND (ESPOIRS) / MINI
Free Skating Program				
Jumps	Maximum of seven (7) jump elements, one of which must be an Axel type jump and there may be up to three (3) jump combinations or sequences. Only one jump combination can contain three (3) jumps. A jump sequence can contain any number of jumps, but only the two (2) most difficult jumps will be counted. Only two (2) jumps with three (3) revolutions can be repeated either in a jump combination or a jump sequence.	Maximum of seven (7) jump elements, one of which must be an Axel type jump and there may be up to three (3) jump combinations or sequences. Only one jump combination can contain three (3) jumps. A jump sequence can contain any number of jumps, but only the two (2) most difficult jumps will be counted. Only two (2) jumps with three (3) revolutions can be repeated either in a jump combination or a jump sequence.	Maximum of six (6) jump elements, one of which must be an Axel type jump and there may be up to three (3) jump combinations or sequences. Only one jump combination can contain three (3) jumps. A jump sequence can contain any number of jumps, but only the two (2) most difficult jumps will be counted. Only two (2) jumps with two and a half (2 ½) revolutions or three (3) revolutions can be repeated either in a jump combination or a jump sequence.	Maximum of six (6) jump elements, one of which must be an Axel type jump and there may be up to three (3) jump combinations or sequences. Only one jump combination can contain three (3) jumps. A jump sequence can contain any number of jumps, but only the two (2) most difficult jumps will be counted. Only two (2) jumps with two and a half (2 ½) revolutions or three (3) revolutions can be repeated either in a jump combination or a jump sequence.
Spins	There must be a maximum of three (3) spins of different nature, one of which must be a combination spin (minimum of ten (10) revolutions), one a flying spin (6 revolutions) and one a spin with only one position (6 revolutions).	There must be a maximum of three (3) spins of different nature, one of which must be a combination spin (minimum of ten (10) revolutions), one a flying spin (6 revolutions) and one a spin with only one position (6 revolutions).	There must be a maximum of three (3) spins of different nature, one of which must be a combination spin (minimum of ten (10) revolutions) and one a flying spin <u>with no change of position and no change of foot</u> (minimum of <u>six (6)</u> revolutions). In spins the minimum number of revolutions required in a position is two (2). In case this requirement is not fulfilled, the position is not counted. The number of changes of foot in the spin combination is optional.	There must be a maximum of three (3) spins of different nature, one of which must be a combination spin (minimum of ten (10) revolutions) and one a flying spin <u>with no change of position and no change of foot</u> (minimum of <u>six (6)</u> revolutions). In spins the minimum number of revolutions required in a position is two (2). In case this requirement is not fulfilled, the position is not counted. The number of changes of foot in the spin combination is optional.
Spirals and Step Sequences	One step sequence (straight line, circular or serpentine) One spiral sequence	One step sequence (straight line, circular or serpentine)	There must be a maximum of one step or one spiral sequence consisting of at least 2 spiral positions. A spiral position in order to be counted must be held at least 3 seconds. Change of foot is not required	There must be a maximum of one step or one spiral sequence consisting of at least 2 spiral positions. A spiral position in order to be counted must be held at least 3 seconds. Change of foot is not required.
Bonus Points / Special Regulations	<ul style="list-style-type: none"> • 1 bonus point for one triple (3) (not downgraded) • 2 bonus points for one triple-triple combo (3 + 3 not downgraded) 	<ul style="list-style-type: none"> • 1 bonus point for one 2A (not downgraded) • 1 bonus point for one triple (3) (not downgraded) 	<ul style="list-style-type: none"> • 2 bonus points for one 2A (not downgraded) • 2 bonus points for one triple jump (not downgraded) 	<ul style="list-style-type: none"> • 2 bonus points for one 2A (not downgraded) • 2 bonus points for one triple jump (not downgraded) • 2 bonus points for all 5 different double jumps shown in the program (without wrong edge and not downgraded, 2A not included) • Fall deduction = 0,5 • SpSq to count 50 % of its ISU base value

BEILAGE 3: TECHNICAL REQUIRED ELEMENTS FOR THE SWISS CHAMPIONSHIPS 2010

(in accordance with Special Regulations & Technical Rules, Single & Pair Skating and Ice Dancing 2008 for "Elite" and "Junior/Senior B" as well as Communication No. 1397 (July 12, 2006) for "Novice" and "Jugend / Mini". Furthermore, all possible changes from the ISU will be applied in Switzerland, without written notification)

MEN	ELITE	JUNIOR / SENIOR B	NOVICE (U14 + U+15)	JUGEND (ESPOIRS) / MINI
SHORT PROGRAM				
a) Single jump	Double Axel or triple Axel	Double Axel or triple Axel	Axel or double Axel	Axel or double Axel
b) Jump with Step sequence	One triple or quadruple jump immediately preceded by connecting steps and / or other comparable free skating movements	One double or one triple Flip jump immediately preceded by connecting steps and / or other comparable free skating movements	Double or triple jump immediately preceded by connecting steps not repeated in a) repeated in a)	Double or triple jump immediately preceded by connecting steps not repeated in a) repeated in a)
c) Jump combination	One jump combination consisting of a double jump and a triple jump (3+2, 2+3) or two triple (3+3) jumps or a quadruple jump and a double or triple jump (4+2 or 4+3). The jumps included must be different from the solo jump.	One jump combination consisting of a double jump and a triple jump or two triple jumps. The jumps included must be different from the solo jump.	One jump combination consisting of two double jumps or one double and one triple jump, both jumps may not be repeated in a) or b).	One jump combination consisting of two double jumps or one double and one triple jump, both jumps may not be repeated in a) or b).
d) Flying Spin	Flying spin (8)	Flying sit spin (8)		
e) Spin in one position	<u>Camel or sit</u> spin with only one change of foot. Six (6) revolutions on each foot are required.	<u>Camel</u> spin with only one change of foot. Six (6) revolutions on each foot are required.	Camel or sit (minimum of six (6) revolutions. <u>Change of foot is optional. No flying entry.</u>	Camel or sit (minimum of six (6) revolutions. <u>Change of foot is optional. No flying entry.</u>
f) Combination spin	Combination spin with only one change of foot and at least two changes of position (sit, camel, upright or any variation thereof). Six (6) revolutions on each foot are required.	Combination spin with only one change of foot and at least two changes of position (sit, camel, upright or any variation thereof). Six (6) revolutions on each foot are required.	Combination spin with only one change of foot and at least one change of position (minimum of 5 revolutions on each foot). The minimum number of revolutions required in the position is 2. In case this requirement is not fulfilled, the position is not counted.	Combination spin with only one change of foot and at least one change of position (minimum of 5 revolutions on each foot). The minimum number of revolutions required in the position is 2. In case this requirement is not fulfilled, the position is not counted.
g) Step sequence	Two step sequences of a different nature (straight line, circular or serpentine)	Two step sequences of a different nature (straight line, circular or serpentine)	Two different step sequences with full utilization of the ice surface (straight line, circular or serpentine)	Two different step sequences with full utilization of the ice surface (straight line, circular or serpentine)
Bonus points / Special Regulations	<ul style="list-style-type: none"> 2 bonus points for one triple-triple combo (3+3) or 3A or quadruple (4) not downgraded) 	<ul style="list-style-type: none"> 1 bonus point for one second different triple jump (3) (must be different from the first one) (not downgraded) 	<ul style="list-style-type: none"> 2 bonus points for one 2A (not downgraded) 2 bonus points for one triple jump (not downgraded) 	<ul style="list-style-type: none"> 2 bonus points for one 2A (not downgraded) 2 bonus points for one triple jump (not downgraded) Fall deduction = 0,5

MEN	ELITE	JUNIOR / SENIOR B	NOVICE (U14 + U15)	JUGEND (ESPOIRS) / MINI
Free Skating Program				
Jumps	Maximum of eight (8) jump elements, one of which must be an Axel type jump and there may be up to three (3) jump combinations or sequences. Only one jump combination can contain three (3) jumps. A jump sequence can contain any number of jumps, but only the two (2) most difficult jumps will be counted. Only two (2) jumps with three (3) or four (4) revolutions can be repeated, either in a jump combination or a jump sequence.	Maximum of eight (8) jump elements, one of which must be an Axel type jump and there may be up to three (3) jump combinations or sequences. Only one jump combination can contain three (3) jumps. A jump sequence can contain any number of jumps, but only the two (2) most difficult jumps will be counted. Only two (2) jumps with three (3) or four (4) revolutions can be repeated, either in a jump combination or a jump sequence.	Maximum of seven (7) jump elements, one of which must be an Axel type jump and there may be up to three (3) jump combinations or sequences. Only one jump combination can contain three (3) jumps. A jump sequence can contain any number of jumps, but only the two (2) most difficult jumps will be counted. Only two (2) jumps with two and a half (2 ½) revolutions or three (3) revolutions can be repeated either in a jump combination or a jump sequence.	Maximum of seven (7) jump elements, one of which must be an Axel type jump and there may be up to three (3) jump combinations or sequences. Only one jump combination can contain three (3) jumps. A jump sequence can contain any number of jumps, but only the two (2) most difficult jumps will be counted. Only two (2) jumps with two and a half (2 ½) revolutions or three (3) revolutions can be repeated either in a jump combination or a jump sequence.
Spins	There must be a maximum of three (3) spins of different nature, one of which must be a combination spin (minimum of ten (10) revolutions), one a flying spin (6 revolutions) and one a spin with only one position (6 revolutions).	There must be a maximum of three (3) spins of different nature, one of which must be a combination spin (minimum of ten (10) revolutions), one a flying spin (6 revolutions) and one a spin with only one position (6 revolutions).	There must be a maximum of three (3) spins of different nature, one of which must be a combination spin (minimum of ten (10) revolutions) and one a flying spin <u>with no change of position and no change of foot</u> (minimum of six (6) revolutions). In spins the minimum number of revolutions required in a position is two (2). In case this requirement is not fulfilled, the position is not counted. The number of changes of foot in the spin combination is optional.	There must be a maximum of three (3) spins of different nature, one of which must be a combination spin (minimum of ten (10) revolutions) and one a flying spin <u>with no change of position and no change of foot</u> (minimum of six (6) revolutions). In spins the minimum number of revolutions required in a position is two (2). In case this requirement is not fulfilled, the position is not counted. The number of changes of foot in the spin combination is optional.
Spirals and Step Sequences	Two step sequence (straight line, circular or serpentine)	One step sequence (straight line, circular or serpentine)	There must be a maximum of one step or one spiral sequence consisting of at least 2 spiral positions. A spiral position in order to be counted must be held at least 3 seconds. Change of foot is not required.	There must be a maximum of one step or one spiral sequence consisting of at least 2 spiral positions. A spiral position in order to be counted must be held at least 3 seconds. Change of foot is not required.
Bonus points / Special Regulations	<ul style="list-style-type: none"> • 2 bonus points for one triple-triple combo (3+3) or 3A or quadruple (4) (not downgraded) 	<ul style="list-style-type: none"> • 1 bonus point for one second different triple jump (3) (must be different from the first one) (not downgraded) • 1 bonus point for one third different triple jump (3) (must be different from the first and second ones) (not downgraded) 	<ul style="list-style-type: none"> • 2 bonus points for one 2A (not downgraded) • 2 bonus points for one triple jump (not downgraded) 	<ul style="list-style-type: none"> • 2 bonus points for one 2A (not downgraded) • 2 bonus points for one triple jump (not downgraded) • 2 bonus points for all 5 different double jumps shown in the program (without wrong edge and not downgraded, 2A not included) • Fall deduction = 0,5 • SpSq to count 50 % of its ISU base value

BEILAGE 4: TECHNICAL REQUIRED ELEMENTS FOR THE SWISS CHAMPIONSHIPS 2010

(in accordance with Special Regulations & Technical Rules, Single & Pair Skating and Ice Dancing 2008 for "Elite" and "Junior" as well as Communication No. 1397 (July 12, 2006) for "Novice and Jugend". Furthermore, all possible changes from the ISU will be applied in Switzerland, without written notification)

Pairs	ELITE	JUNIOR	NOVICE
SHORT PROGRAM			
a)	Any hand to hand lift take-off (group 4)	Any hand to hand lift take-off (group 4)	One lift from any group. Minimum one revolution by the man
b)	One twist lift (double or triple)	One twist lift (double)	One twist lift (single or double)
c)	One throw jump (double or triple)	Double or triple <u>Salchow</u> throw jump	One solo jump (single or double)
d)	One solo jump (double or triple)	Double <u>Flip</u> or double <u>Axel</u> solo jump	One solo spin, no change of foot, change of position optional, minimum five (5) revolutions
e)	Solo spin with only one change of foot and at least one change of position (minimum of five (5) revolutions on each foot).	Solo spin with only one change of foot and at least one change of position (minimum of five (5) revolutions on each foot).	One pair spin, no change of foot, change of position optional, minimum five (5) revolutions
f)	Pair spin with only one change of foot and at least one change of position. At least eight (8) revolutions in total	Pair spin with only one change of foot and at least one change of position. At least eight (8) revolutions in total	One pivot figure (pivot position by man required). Minimum one revolution by man
g)	Death spiral <u>backward outside</u>	Death spiral <u>backward outside</u>	One spiral sequence with <u>at least two spiral positions</u> . Spiral sequence has to be according to the ISU Technical Rules Single and Pairs 2008. A spiral position in order to be counted must be held at least 3 seconds.
h)	Step sequence (serpentine, circular or straight line)	Step sequence (serpentine, circular or straight line)	One step sequence: serpentine, circular or straight line with full utilization of the ice surface

Pairs	ELITE	JUNIOR	NOVICE	JUGEND (ESPOIRS)
Free Skating Program				
a)	Maximum of 3 lifts, one of which must be from group 3 or 4, with full extension of the lifting arm(s)	Maximum of 2 lifts, one of which must be from group 3 or 4, with full extension of the lifting arm(s)	Two different lifts (one of the lifts must be from group 3 or 4)	Two different lifts (one of the lifts must be from group 3 or 4)
b)	Maximum of 2 twist lifts, one of which must be from group 3 or 4 (there can not be more than 4 lifts and twist lifts in total, and if there are 2 twist lifts, this must be with different take-offs)	Maximum of 1 twist lift	One twist lift	One twist lift
c)	Maximum of two different throw jumps	Maximum of two different throw jumps	One throw jump	One throw jump
d)	Maximum of one jump combination or sequence	Maximum of one solo jump	One solo jump	One solo jump
e)	Maximum of one solo spin combination (required revolutions: ten (10))	Maximum of one jump combination or sequence	One jump combination or sequence. The jump combination may consist of only two (2) jumps. The sequence may consist of any number of jumps, but only two most difficult jumps will be counted.	One jump combination or sequence. The jump combination may consist of only two (2) jumps. The sequence may consist of any number of jumps, but only two most difficult jumps will be counted.
f)	Maximum of one pair spin combination (required revolutions: eight (8))	Maximum of one solo spin or solo spin combination (required revolutions: ten (10))	One solo spin or solo spin combination (min. of five (5) revolutions). The number of revolutions required in a position is two (2). In case this requirement is not fulfilled, the position is not counted.	One solo spin or solo spin combination (min. of five (5) revolutions). The number of revolutions required in a position is two (2). In case this requirement is not fulfilled, the position is not counted.
g)	Maximum of one death spiral	Maximum of one pair spin or pair spin combination (required revolutions: eight (8))	One pair spin or pair spin combination (min. of five (5) revolutions). The number of revolutions required in a position is two (2). In case this requirement is not fulfilled, the position is not counted.	One pair spin or pair spin combination (min. of five (5) rev. The number of revolutions required in a position is two (2). In case this requirement is not fulfilled, the position is not counted.
h)	Maximum of one step sequence (season 2010 / 2011)	Maximum of one death spiral	One pivot figure without restrictions	One pivot figure without restrictions
i)	Max. of one spiral sequence (<u>season 2009 / 2010</u>)	Maximum of one step sequence (season 2010 / 2011)	One spiral sequence. A spiral position in order to be counted must be held at least 3 seconds	One spiral sequence. A spiral position in order to be counted must be held at least 3 seconds
j)		Maximum of one spiral sequence (<u>season 2009 / 2010</u>)	One step sequence with full utilization of the ice surface	One step sequence with full utilization of the ice surface