

TECHNICAL REGULATIONS FOR COMPETITIONS FIGURE SKATING

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REVISION CONTROL

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1. OBJECTIVE

To establish technical regulations for competitions to be held in Brazilian territory and the basic principles to be observed when classifying and technically evaluating figure skaters on ice in Brazil.

2. SCOPE

The guidelines in these technical regulations apply to all official CBDG or CBDG-sanctioned figure skating competitions to be held in Brazil.

Athletes, coaches, Sports Practice Entities (EPD) and Regional Sports Administration Entities (ERAD) affiliated to the Brazilian Ice Sports Federation (CBDG) must adopt the procedures of these technical regulations for figure skating competitions in Brazil.

The Ice Figure Skating Technical Committee is responsible for approving these technical regulations, and they must be in accordance with the laws in force in Brazil and the statutes and regulations of the Brazilian Olympic Committee and the International Skating Union (ISU).

3. OVERVIEW OF TECHNICAL LEVELS

This technical regulation is subdivided into 17 technical levels, as shown below:

LEVELS OF COMPETITION

- “Pré-iniciante”;
- “Iniciante”;
- “Pré-básico”;
- “Básico”;
- “Juvenil”;
- “Intermediário”.

HIGH PERFORMANCE LEVELS (in line with ISU international regulations)

- “Novice Advanced”;
- “Junior”;
- “Senior”.

ADULT COMPETITION LEVELS

- “Adulto Pré-iniciante” (there is no corresponding ISU category);
- “Adulto Iniciante (there is no corresponding ISU category);
- “Adulto Bronze”;
- “Adulto Prata”;
- “Adulto Ouro”;
- “Adulto Master”.

ARTISTIC LEVELS

- “Artístico Showcase”;
- “Artístico de Competição”.

All athletes of all ages can take part, even if they also participate in the competition categories.

The maximum period per non-ISU level (Pré-iniciante, Iniciante, Pré-básico, Básico, Juvenil e Intermediário) will be 2 years, starting from the 2025 season.

4. MANDATORY ELEMENTS PER TECHNICAL LEVEL:

4.1 LEVELS OF COMPETITION:

4.1.1 “PRÉ-INICIANTE” LEVEL

Duration of the Free Program: Maximum 1:40 min

ELEMENTS:

The elements to make up the program must be chosen, and it is mandatory to perform 7 (seven) of the elements listed below, including a spiral, a pivot and a spin on one foot.

- Spin on one foot (min 3 turns);
- *Bunny Hop*;
- *Lunge*;
- *FORWARD SPIRAL WITH A EDGE (only counts when the free leg is above hip level and the edge must be run clearly and visibly)*;

- Backwards spiral with an edge (counts only when the free leg is above hip level and the edge must be executed clearly and visibly).
- *Mazurka*;
- *Shoot the duck* (only counts when the skating leg is parallel to the ice);
- Squat with both feet on the ice (minimum 90° knees);
- *Ballet Jump*;
- *Half Flip*;
- *Forward Inside Pivot* (minimum 1 turn);
- *Backward Outside Pivot* (minimum 1 turn);
- *Inna-Bauer*;
- *Spread Eagle*.

SEQUENCE OF STEPS

The execution of a Step Sequence is mandatory:

- It is mandatory to include a sequence of forward outside or inside three turns with landing (minimum of three).

Observations for this level:

- At the “Pré-Iniciante” level, all elements, including the step sequence, have a fixed value of 0.5. This can increase or decrease depending on the GOE (Grade of Execution).
- At the “Pré-Iniciante” level, 7 (seven) elements must be performed, to be chosen from those allowed, plus a sequence of steps.
- For “Pré-Iniciante” level:
 - a) No element may be repeated. Any repeated element will be ignored and have no value.
 - b) One turn’s jumps are not allowed.
 - c) Elements from higher levels are not allowed. Crossovers, inside three turns, mohawks, etc., are allowed at this level and are considered transitions and not elements.

Competitors in this category will also be judged by the following components of the program:

- *Skating Skills, Presentation e Composition*.

4.1.2 “INICIANTE” LEVEL

Duration of the free program: Maximum 2:00.

JUMPS:

The execution of 5 jump elements is mandatory:

- Only two jump combinations with only 2 jumps in each.
- Each combination is equivalent to one element.
- Each jump can only be repeated twice: once alone and once in a combo. Jump sequences are allowed (Only one jump sequence is allowed). Two combos or a combo + a sequence are allowed.

Allowed jumps:

- *Euler*;
- $\frac{1}{2}$ *Lutz*;
- *Waltz*;
- *Stag*;
- *Salchow*;
- *Toe Loop*;
- *Split Jump* (Element validated above 90 degrees of opening and with back landing).

SPINS:

It is mandatory to perform 2 UPRIGHT SPIN:

- The two spins must have a minimum of 3 turns. It is not allowed to repeat a spins of the same nomenclature.
- *Upright Spin*: the base leg is at the skater's choice (the back spin can be performed).
- Changing feet is allowed.
- *Upright Spin*: the position of the free leg is the skater's choice.
- *Upright Spin*: The current ISU difficulty levels apply.
- *Layback* (In combo is not allowed).
- *Biellmann Spin* is a difficult upright variation, but it is allowed.

Note: After 8 laps, a difficulty level will be added. Other difficulty levels may be added according to ISU criteria.

CHOREOGRAPHIC SEQUENCE:

The execution of a Choreographic Sequence is mandatory:

- A choreographic sequence with a fixed value.
- It is mandatory to use at least 02 CLEARLY VISIBLE choreographic elements, such as: Spirals, Ina Bauers, Hydroblading etc. These elements must be linked by steps and turns.
- It is mandatory to use body movements from at least 2 of the planes: high, medium and/or low.

Observations for this level:

The elements of the “Pré-Iniciante” level will be considered transitions, WILL NOT BE CONSIDERED ELEMENTS FOR THIS LEVEL, AND THEREFORE WILL NOT BE SCORED AS SUCH.

Within the Choreo Sequence, if the two (2) mandatory choreographic elements are performed in different planes (high, medium and low), this will receive a bonus.

4.1.3 “PRÉ-BÁSICO” LEVEL:

Duration of the Free Program: Maximum 2:20.

JUMPS:

The execution of 5 jump elements is mandatory:

- *AXEL IS NOT ALLOWED.*
- Only 2 Combos Allowed, with two jumps in each.
- Each combination is equivalent to one element.
- Each jump can only be repeated twice: once alone and once in a combo. Jump sequences are allowed. Two combos or a combo plus a sequence are allowed.

Jumps allowed:

- *Waltz;*
- *Salchow;*
- *Toe Loop;*
- *Loop;*
- *Flip;*
- *Lutz.*

SPINS:

2 spins are mandatory.

- Spins in one position WITH OR WITHOUT a foot change are allowed.
- Combos are allowed, but WITHOUT EXCHANGING FEET.
- A minimum of 2 laps in each position is required for the combo to be validated.

The two spins must be of different nomenclature (you can't repeat the same spin):

- *Layback and Biellman are allowed at this level.*
- Only one (1) and no more than one (1) can have a fly entry.
- Within a combo the Layback is considered an upright spin.
- Spins, from the same position with a change of foot, must have at least 3 turns on each foot.

CHOREOGRAPHIC SEQUENCE:

The execution of a Choreographic Sequence is mandatory:

- A choreographic sequence with a fixed value. It is mandatory to use at least 2 choreographic elements that are CLEARLY VISIBLE, such as: Spirals, Ina Bauers, Hydroblading etc. These elements must be linked by steps and turns, using high, medium and low body movements.

Observations for this level:

- Elements from previous levels that are not listed will be considered transitions, WILL NOT BE CONSIDERED ELEMENTS FOR THIS LEVEL AND THEREFORE WILL NOT BE SCORED AS SUCH.
- *Half Loop (except when performed between jumps in a combo), Half Flip and Half Lutz, split, stag will be considered transitions, not elements.*

4.1.4 “BÁSICO” LEVEL:

Duration of the Free Program: Maximum 2:40 minutes.

JUMPS:

The execution of 5 jump elements is mandatory:

- ALL SINGLES, WITH A SINGLE AXEL BEING MANDATORY. Failure to perform at least one axel will result in a penalty of 2 (two) points less in total. Waltz Jump is not allowed.
- Only 3 Combos Allowed, one of which can be a three-jump combo. Each combo is equivalent to one element.
- Each jump can only be repeated twice: once alone and once in a combo. Jump sequences are allowed.
- Three combos or two combos plus a sequence are allowed.

Jumps allowed:

- *Salchow;*
- *Toe Loop;*
- *Loop;*
- *Flip;*
- *Lutz;*
- *Axel.*

SPINS:

2 spins are mandatory:

- Spins in one position with or without a change of foot are allowed.
- Combos with or without foot changes are allowed.
- A minimum of 2 laps in each position is required for the combo to be validated.
- The two spins must be of different nomenclature (i.e. they must not repeat the same spin).
- Only one (1) and no more than one (1) can have a fly entry
- Spins from just one position must have a minimum of 6 turns.
- Spins from the same position with a change of foot must have at least 3 turns on each foot.
- *Layback and Biellman are allowed at this level.*

The execution of a Step Sequence is mandatory:

- A sequence of steps where the ISU difficulty levels will be applied.
- The sequence of steps must cover the entire surface of the ice THE LENGTH OF THE RINK, must include turns and steps to both sides (turns and steps), and may include body movements that use movements in the high, medium and low planes.

Observations for this level:

- The elements of the previous levels will be considered transitions, WILL NOT BE CONSIDERED ELEMENTS FOR THIS LEVEL AND THEREFORE WILL NOT BE SCORED AS SUCH.
- *Half Loop (except when performed between jumps in a combo), half Flip and half Lutz, split, stag will be considered transitions, not elements.*

4.1.5 “JUVENIL” LEVEL

Duration of the Free Program: Maximum 2:50 minutes.

JUMPS

The execution of 5 jump elements is mandatory:

- TWO double jumps to choose from: Double Salchow, Double Toe Loop or Double Loop. If, at least, one double jump is not performed, 2.0 (two) points of deduction will be applied in total.
- A Single Axel is mandatory. Failure to perform at least one axel will result in a 2 (two) point penalty. Waltz Jump is not allowed.
- Only 3 Combos allowed, of which one can be a three-jump combo. In the case of 3 combinations, this can be exclusively singles (1+1+1).
- Jump sequences with 2 or 3 jumps are allowed.

- NO COMBO WITH DOUBLE + DOUBLE, regardless of whether it's a combo with 2 or 3 jumps.
- Whether in combos of two or three jumps, two double jumps cannot be done in succession.
- In the three-jump combo, only one double jump can be performed, the others must be simple jumps.
- Each jump can only be repeated twice: once alone and once as a combo.

Jumps allowed:

- 1 *Salchow*;
- 1 *Toe Loop*;
- 1 *Eu* (only scored when used in combinations between two listed jumps);
- 1 *Loop*;
- 1 *Flip*;
- 1 *Lutz*;
- 1 *Axel*;
- 2 *Salchow*;
- 2 *Toe loop*;
- 2 *Loop*.

SPINS:

2 spins are mandatory:

- Combination spins with or without foot changes are allowed.
- A minimum of 2 laps in each position is required for the combo to be validated.
- Only one spin can start with a Fly entry.
- Spins must be of a different abbreviation and may not repeat the same spin. Current ISU difficulty levels will apply.
- *Layback and Biellmann Spin are allowed. According to the ISU rule, the Biellmann spin is only validated if performed after 8 laps of the Layback spin.*
- Spins, from the same position with a change of foot, must have at least 3 turns on each foot.

The execution of a Step Sequence is mandatory:

- A sequence of steps where the ISU difficulty levels will be applied.
- The sequence of steps must cover the entire ice surface OF THE LENGTH OF THE RINK and must include turns and steps, as well as body movements that use movements in the high, medium and low planes.

Observations for this level:

- The elements of the “Pré-Iniciante” level will be considered transitions or choreography, they WILL NOT BE CONSIDERED ELEMENTS FOR THIS LEVEL AND THEREFORE WILL NOT BE SCORED AS SUCH.
- *Euler (except when performed between jumps of a combo), half Flip and half Lutz, split, Stag will be considered as transitions, not elements.*

4.1.6 “INTERMEDIÁRIO” LEVEL – Short and Long Program

SHORT PROGRAM:

Duration of the Short Program: 2:20 min (+-/10 sec).

JUMPS:

It is mandatory to perform elements of 3 jumps:

- One must be a Single Axel or a Double Axel. A Single Axel is mandatory. Failure to perform at least one axel will result in a 2 (two) point penalty. Waltz Jump is not allowed.
- One must be a double jump OR a triple jump (except Triple Axel). If one of these is NOT performed, you will be penalized 2 (two) points less in total.
- A combination of two double jumps OR a combination of a double jump and a triple jump.
- Each jump can only be performed once, either solo or in combination.

SPINS:

Two spins are mandatory:

- A spin should be Fly Sit or Fly Change Sit, with just one change of foot.
- A Combination, without Fly entry, with only one change of foot. All 3 spins positions are mandatory (upright, sit and Camel) in this combination.
- Spins must be of a different abbreviation and the same spin may not be repeated.
- Current ISU difficulty levels will be applied.
- *Layback and Biellmann Spin are permitted. According to the ISU rule, the Biellmann spin is only validated if performed after 8 laps of the Layback spin.*
- Spins, from the same position with a change of foot, must have at least 3 turns on each foot.

The execution of a Step Sequence is mandatory:

- A sequence of steps where the ISU difficulty levels will be applied.

- The sequence of steps must cover the entire ice surface OF THE LENGTH OF THE RINK and must include turns and steps, as well as body movements that use movements in the high, medium and low planes.

FREE PROGRAM:

Duration of free program: 3:00 min (+- 10 sec).

JUMPS:

The execution of 5 jump elements is mandatory:

- All singles and doubles are allowed;
- An Axel jump is mandatory. If you do NOT perform at least one axel, you will be penalized 2 (two) points less in total. Waltz Jump is not allowed. A maximum of 3 Combos are allowed, with two jumps each. A maximum of 3 (three) combinations of jumps is allowed, of which ONLY 1 (one) sequence of jumps is allowed;
- Combinations of jumps can be 2 + 1; 1 + 2 and/or 2 + 2. COMBOS WITH TWO SINGLE JUMPS ARE NOT ALLOWED. Combinations of 3 jumps are allowed;
- Combinations with 3 jumps must have at least 1 (one) double jump;
- Jumps can only be repeated twice; the second time must be in a combination of jumps.

Jumps allowed:

- 1 e/ou 2 *Salchow*
- 1 e/ou 2 *Toe Loop*
- 1 e/ou 2 *Loop*
- 1 e/ou 2 *Flip*
- 1 e/ou 2 *Lutz*
- 1 *Axel* e ou 2 *Axel*

- Skaters can receive a “BONUS” for performing the Double Axel jump. This BONUS will have a value of 1 (one) point and, in order to earn it, the jump must have its full rotation achieved (i.e. jumps performed as “undergraded (<)”, “downgraded (<<)” or “quarter” (q) will not be awarded). The jump can be performed as a solo jump (alone), or in combination or sequence.

SPINS:

3 spins are mandatory:

- A Combo Spin (combination of spins) with or without a fly, and with or without a change of foot.
 - A 1-position spin with a change of foot without a jump entry (“fly”).
 - A 1-position spin without a change of foot with a “fly” entry.
- Current difficulty levels and ISU rules will apply.

CHOREOGRAPHIC SEQUENCE:

The execution of a Choreographic Sequence is mandatory:

- A choreographic sequence with a fixed value;
- It is mandatory to use at least 2 choreographic elements that are CLEARLY VISIBLE, such as: Spirals, Ina Bauers, Hydroblading etc. These elements must be linked by steps and turns, using high, medium and low body movements.

Observations for this level:

- The elements of the “Pré-Iniciante” level will be considered transitions or choreography, they WILL NOT BE CONSIDERED ELEMENTS FOR THIS LEVEL AND THEREFORE WILL NOT BE SCORED AS SUCH.

4.2 HIGH PERFORMANCE LEVELS

4.2.1 NOVICE ADVANCED LEVEL

SHORT PROGRAM:

Duration of Short Program: 2:20 min (+-10 sec).

JUMPS - 3 MANDATORY ELEMENTS:

- *Axel* or Double *Axel*.
- Double or triple jump. You may NOT repeat the *Axel* jump or the combination jump.
- A combination of jumps consisting of two double jumps (2 + 2) or a double jump and a triple jump (2 + 3; 3 + 2), the jumps making up this combination of jumps may not be the *Axel* or the double solo or triple solo jump performed as a solo jump.

SPINS - 2 ELEMENTS:

- **BOYS:** Sit spin with or without foot change and without fly entry. A minimum of 5 (five) turns on each foot if the spin is performed with a change of foot or a minimum of 6 turns if it is performed without a change of foot.
- **GIRLS:** Layback /Sideways or Sit spin in one position with no foot change and no Fly entry. Minimum of 6 turns.
- **GIRLS AND BOYS:** Spin in combination with only one foot change, with at least 5 (five) rotations on each foot. Fly entry is permitted.

SEQUENCE OF STEPS - 1 ELEMENT:

- A sequence of steps using the entire ice surface. THE LENGTH OF THE RINK.
- All steps, turns and skating movements are allowed.

FREE SKATE:

Duration of Free Program: 3:00 min (+- 10 seg).

JUMPS:

Maximum of 6 jump elements:

- One of which must be an Axel jump.
- There can be up to two (2) combinations or one (1) combination of jumps plus one (1) sequence of jumps.
- One of the combinations or jump sequences can contain three (3) jumps, the other only two (2) jumps.
- A jump sequence consists of two (2) or three (3) jumps with any number of turns, starting with any jump, immediately followed by an Axel jump, starting with a step immediately after the landing turn of the first jump to the take-off turn of the Axel jump.
- A full turn on the ice between jumps (the free foot can touch the ice, but no weight transfer) keeps the element within the definition of a jump sequence.
- Jumps performed in a jump sequence receive their full value.
- Only two (2) triple jumps may be repeated, either in a combination or in a sequence of jumps.
- Quadruple jumps are not allowed.
- Any simple, double (including Double Axel) or triple jump may not be performed more than twice in total.

2 SPINS:

- There must be a maximum of two (2) spins of a different nature (abbreviation).
- One must be a spin combination, with a change of foot, minimum of eight (8) turns. Fly entries are not permitted.

- One must be a spin with a Fly entry (jump) without a change of foot, with a minimum of six (6) turns, a change of foot is allowed, but a change of position is not allowed.

1 SEQUENCE OF STEPS:

- There must be a maximum of one (1) step sequence using the entire ice surface. Back and forth through the entire length of the rink.

4.2.2 JUNIOR AND SENIOR LEVELS

SHORT PROGRAM FOR JUNIOR E SENIOR:

Duration for Short Program: 2:40 (+- 10 seg)

The short program for Single Skating (Junior and Senior) consists of seven (7) mandatory elements. The sequence in which these elements are performed is at the skater's choice.

- The program must be skated in harmony with the music chosen by the competitor. The music is chosen by each competitor, music with vocals is allowed.
- If an unscheduled or additional (executed) element replaces a mandatory (non-executed) element, the respective judgment box for this element will be blocked and the executed element will be considered to be in disagreement with the rules and marked as having no value.
- Unlisted or additional elements, such as jumps, spins, steps or repetitions, even of failed elements, will not be considered and therefore will not block a judgment box for a mandatory element. Please note: this rule only applies if all mandatory program elements are executed.

JUNIOR SHORT PROGRAM:

Duration of the Short Program: 2:40 (+- 10 sec).

It consists of the following mandatory elements:

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Men:

- *Double or triple Axel Paulsen;*
- *Double or triple Flip jump;*
- *Combination of jumps consisting of a double jump and a triple jump (2+3; 3+2) or two triple jumps (3+3);*
- *Flying Camel spin;*
- *Sit spin with only one foot change;*
- *Spin combination with only one foot change;*
- *Sequence of steps that makes full use of the ice surface, back and forth through the entire length of the rink.*

Women:

- *Double Axel Paulsen;*
- *Double or Triple Flip jump;*
- *A combination of jumps consisting of two double jumps (2+2) or one double jump and one triple jump (2+3 or 3+2) or two triple jumps (3+3);*
- *Flying Camel spin;*
- *Layback/sideways Leaning spin or sit spin without foot change;*
- *Spin combination with only one foot change;*
- *Sequence of steps making full use of the ice surface, back and forth through the entire length of the rink.*

SENIOR SHORT PROGRAM:

Duration of the Short Program: 2:40 (+- 10 sec).

It consists of the following mandatory elements:

Men:

- *1 Double or triple Axel Paulsen*
- *1 Triple or quadruple jump (with the exception of Axel);*
- *1 Combination of jumps consisting of a double jump and a triple jump (2+3 or 3+2) or two triple jumps (3+3) or a quadruple jump and a double jump or a triple jump (4+2 or 4+3);*
- *1 Flying Spin.*
- *1 Camel spin or Sit spin with just one change of foot;*
- *1 Spin Combination with only one change of foot;*
- *1 Sequence of steps using the entire ice surface, back and forth through the entire length of the rink.*

Women:

- 1 Double ou triple jump *Axel Paulsen*;
- 1 Triple Jump;
- 1 Jump combination consisting of a double jump and a triple jump (2+3; 3+2) or two triple jumps (3+3);
- 1 *Flying spin*;
- 1 Layback/sideways Leaning spin or Sit or Camel spin without foot change;
- 1 Spin Combination with only one change of foot;
- 1 Sequence of steps making full use of the ice surface, back and forth through the entire length of the rink.

OBSERVATIONS OF THESE LEVELS:

JUMPS:

- For Senior Men any Triple or Quadruple jump is permitted.
- If a quadruple jump is executed in the combination of jumps, a different quadruple jump may be executed as a solo jump.
For Senior and Junior Men/Male and Senior Women/Female, when the Triple Axel Paulsen is executed as a solo jump, it cannot be repeated again as a solo jump or in the combination/sequence of jumps. And if it is performed in a combination of jumps, it cannot be repeated as a solo jump.
- For Senior Women/Female any triple jump is allowed.
- For Junior Women/Female and Junior Men/Male only the mandatory double or triple jump of the season is allowed.

COMBINATION OF JUMPS:

- For Senior Men/Male the jump combination can contain the same double, triple or quadruple jump or a different double, triple or quadruple jump.
- For Senior Men/Male, when a quadruple jump is performed as a solo jump, a different quadruple jump can be included in the jump combination.
- For Senior Women/Female, Junior Women/Female and Junior Men/Male the combination of jumps can consist of the same double or triple jump or a different double or triple jump.
- FOR ALL CATEGORIES: JUMPS INCLUDED IN THE JUMP COMBINATION MUST BE DIFFERENT FROM THE SOLO JUMP.
- If the same jump is performed as a solo jump and as part of a combination jump, the repeated jump will not be counted (if the repetition takes place in the combination jump, only the jump that does not comply with the above rules will not be counted).
- If an extra jump is executed, only the individual jump that does not comply with the rules will be worthless.

- Jumps will be considered in the order in which they are executed.

SPINS:

- Spin in one position and Spin Combination: if there is no position before and/or after the change of foot with at least 3 (three) turns, this spin does not comply with the rules and will have no value.
- With the exception of the Flying Spin, no Spin may begin with a jump.
- *Flying Spin:*
 - Senior: any type of Flying Spin is permitted, as long as the landing position of the skipped entry is different from the position executed in the Spin in a Position.
 - Junior: only the mandatory Spin of the season will be allowed.
 - Senior and Junior: the “step over” will be considered by the judges in the GOE (Grade of Execution). A minimum of 8 (eight) laps in the landing position, which may be different in the flying position. No rotation on the ice before the “take off” is permitted. The 8 (eight) mandatory laps can be performed in any variation of the landing position.
- Spin in one position:
 - Men - Spin with only one change of foot:
 - Senior: the competitor can choose the Camel or Sit Spin position to be performed, but this position must be different from the landing position of the Flying Spin. The Spin must consist of only one change of foot, which can be performed as a step over or with a jump, with at least 6 (six) rotations on each foot.
 - Junior: only the mandatory spin of the season will be allowed. The spin must contain only one change of foot, which can be performed as a step over or with a jump, with a minimum of 6 (six) turns on each foot.
 - Women/Female - Layback or Sideways Leaning Spin without changing feet, any position is allowed, as long as the basic Layback or Sideways Leaning position is held for 8 (eight) laps without rising to the Upright position. After the 8 (eight) laps it is permitted to perform the Biellmann position OR spin in a position without changing feet: any variation of the chosen position can be performed. Minimum of 8 (eight) laps in the position.
 - For Men/Male and Women/Female: if the landing position of the Flying Spin is the same as the spin in a position, the last of the two to be performed will not count, but will occupy a spin box.
- *Spin Combination:*
 - The spin combination must include only one change of foot and cannot have less than 6 (six) turns on each foot. The change of foot can be done

with a step over or a jump. The change of foot and the change of position can be done at the same time or separately.

STEP SEQUENCE:

Step Sequences can contain any unlisted jumps with any number of turns, listed jumps with a maximum of 1 turn; skating moves; steps and turns.

FREE PROGRAM FOR JUNIORS AND SENIORS

In accordance with rule 612 of the ISU Rule Book.

Free Skate consists of a well-balanced program with elements of Free Skating, such as jumps, spins, steps and other binding movements performed with a minimum of skating on two feet, in harmony with the music of the competitor's choice.

WELL BALANCED JUNIOR FREE PROGRAM:

Duration of the Free Program: 3:30 (+- 10 sec).

A well-balanced program for Junior Men should contain:

- A maximum of 7 (seven) jump elements, one of which must be an Axel jump.
- Maximum of 3 (three) spins, being a Spin Combination, a Flying Spin or Spin with Flying Entrance and a Spin from one position.
- Maximum of 1 (one) Choreographic Sequence, CLEARLY VISIBLE.

A well-balanced program for Junior Women should contain:

- A maximum of 7 (seven) jump elements, one of which must be an Axel jump.
- Maximum of 3 (three) spins, being a Spin Combination, a Flying Spin or Spin with Flying Entrance and a Spin from one position.
- Maximum of 1 (one) Choreographic Sequence, CLEARLY VISIBLE.

WELL BALANCED SENIOR FREE PROGRAM:

Duration of the Free Program: 4:00 (+- 10 sec).

A well-balanced program for Senior Men should contain:

- A maximum of 7 (seven) jump elements, one of which must be an Axel jump.

- Maximum of 3 (three) spins, being a Spin Combination, a Flying Spin or Spin with Flying Entrance and a Spin from one position;
- Maximum of 1 (one) Step Sequence, COVERING THE ENTIRE SURFACE OF THE ICE, back and forth through the entire length of the rink.
- Maximum of 1 (one) Choreographic Sequence CLEARLY VISIBLE.

A well-balanced program for Senior Women should contain:

- A maximum of 7 (seven) jump elements, one of which must be an Axel jump;
- Maximum of 3 (three) spins, being a Spin Combination, a Flying Spin or Spin with Flying Entrance and a Spin from one position;
- Maximum of 1 (one) Step Sequence, COVERING THE ENTIRE SURFACE OF THE ICE;
- Back and forth through the entire length of the rink.
- Maximum of 1 (one) Choreographic Sequence CLEARLY VISIBLE.

The Competitor has complete freedom to select the elements of the Free Program, the sum of those elements covering the program.

All elements must be connected by steps of a different nature and by other movements from the Free Program, using the entire ice surface (front and back skating are not considered connecting steps).

Any additional element or elements in excess of the number determined will not be taken into account in the competitor's result.

Only the first attempt (or the number of attempts allowed) will be considered.

REMARKS:

For all Single's Junior and Senior Free Program, the following rules apply:

INDIVIDUAL JUMPS

- Individual jumps can have any number of turns.

JUMP COMBINATIONS E JUMP SEQUENCES

- A jump combination can consist of the same or another single, double, triple or quadruple jump. Up to 3 (three) Jump Combinations or 02 Jump Sequences + 01 Jump Combination or 01 Jump Sequence + 02 Jump Combinations can be performed in the Free Program. One jump combination can have 3 (three) jumps, the other two up to 2 (two) jumps.

REPEATS

- Any double jump (including the Double Axel) may not be included more than twice in a Single's Free Program (as a solo jump or part of a combination/jump sequence);
- Of all the triple and quadruple jumps, only 2 (two) can be performed 2 (two) times. Of the 2 (two) repetitions, only 1 (one) can be a quadruple jump;
- If at least one of these executions is in a combination/jump sequence, the total numerical value will be applied to both executions, according to the ISU Scale of Values (SOV);
- If the two executions are as solo jumps, the second of these solo jumps will be assigned 70% of its numerical value according to the ISU Scale of Values (SOV);
- Triple and quadruple jumps with the same name will be considered as different jumps;
- No triple or quadruple jump may be attempted more than 2 (two) times.

EXTRA JUMPS AND JUMP ELEMENTS

- If an extra jump is executed, only the individual jump that does not comply with the rules will be considered to have no value;
- The jumps are considered in the order of execution.

SPINS

- All spins must be of a different nature. Any spin with the same nature (abbreviation) as the one performed previously will be disconsidered, but will occupy a spin box;
- The spins have a mandatory minimum number of turns/spins:
 - 6 (six) for the Fly Spin and the One-Position Spin.
 - 10 (ten) for the Spin Combination.
- The absence of the mandatory number of laps will be reflected in the judges' marks (GOE - Grade of Execution);
- The minimum number of turns will start counting from the entry of the spin until its completion (with the exception of the final turns - wind-up in Spins in one position and Flying Spins);
- In the Spin Combination and One-Position Spin, changing feet is optional.

STEP SEQUENCE

- Competitors are free to choose the type of Step Sequence they want to perform;
- Any unlisted jump with any number of turns and listed jumps with up to one turn can be included in the Step Sequence without any penalty. Listed jumps with up to one lap included in the Step Sequence are neither called nor occupy an element box;

- Jumps listed with more than one lap can also be included in the Step Sequence, but they are called out and occupy an element box;
- *Step Sequences must use the entire ice surface*, back and forth through the entire length of the rink.
- *Step Sequences that are too short and not clearly visible cannot be considered to meet the mandatory requirements and will not be considered.*

CHOREOGRAPHIC SEQUENCE

- A Choreographic Sequence consists of at least two different choreographic movements, such as: spirals, arabesques, spread eagles, Ina Bauers, hydroblading, any jump with up to 2 (two) turns, spins, etc. Steps and turns can be used to combine two or more of these movements;
- Listed elements included in a Choreographic Sequence will not be called and will not occupy an element box;
- The format (pattern) is not restricted, but it must be clearly visible;
- The Technical Panel identifies the Choreographic Sequence, which begins with the first skating movement and concludes with the preparation for the next element to be performed (if the Choreographic Sequence is not the last element of the program);
- It can be performed before or after the Step Sequence;
- This element has a fixed base value and is assessed by the Judges only through the Grade of Execution (GOE).

4.3 ADULT COMPETITION LEVELS

4.3.1 “ADULTO PRÉ-INICIANTE” LEVEL

Duration of the Free Program: Maximum 1:40 min.

ELEMENTS:

The elements to make up the program must be chosen, and it is mandatory to perform 7 (seven) of the elements listed below, including a spiral, a pivot and a pirouette on one foot.

- Spin on one foot (min 3 turns);
- *Bunny Hop*;
- *Lunge*;
- *FRONT SPIRAL WITH EDGE (only counts when the free leg is above hip level and the wire must be run clearly and visibly)*;

- *BACK SPIRAL WITH EDGE* (only counts when the free leg is above hip level and the yarn must be run clearly and visibly);
- *Mazurka*;
- Cart on 1 foot/Shoot the duck (only counts when the skating leg is parallel to the ice);
- *Ballet Jump*;
- *Half Flip*;
- *Forward Pivot* (Min 1 turn);
- *Backward Pivot* (Min 1 turn);

SEQUENCE OF STEPS

The execution of a Step Sequence is mandatory:

- It is mandatory to include a sequence of forward outside or inside three turns with landing (minimum of three).

Observations for this level:

- At “Adulto Pré-Iniciante” level, all elements, including the step sequence, have a fixed value of 0.5. This can increase or decrease depending on the GOE (Grade of Execution);
- At “Adulto Pré-Iniciante” level, 7 (seven) elements must be performed, to be chosen from those allowed, plus a sequence of steps;
- For the “Adulto Pré-Iniciante”:
 - No element may be repeated. Any repeated element will be ignored and have no value;
 - One-turn jumps are not allowed;
 - Elements from higher levels are not allowed. Crossovers, inside three turns, mohawks, etc., are allowed at this level and are considered transitions and not elements.

Competitors in this category will also be judged by the following components of the program:

- *Skating Skills, Presentation e Composition.*

4.3.2 “ADULTO INICIANTE” LEVEL

Duration of the free program: Maximum 2:00 min.

JUMPS:

The execution of 5 jump elements is mandatory:

- Only two jump combinations with only 2 jumps in each.

- Each combination equals one element.
- Each jump can only be repeated twice: once alone and once in a combo or sequence.

Allowed jumps:

- *½ Loop (Euler)*
- *½ Lutz*
- *Waltz*
- *Stag*
- *Salchow*
- *Toe Loop*
- *Split Jump* (Scores above 90 degrees of openness)

2 SPINS:

It is mandatory to perform 2 UPRIGHT SPIN:

- The two spins must have a minimum of 3 turns.
- Upright Spin: the base leg is of the skater's choice (the back spin can be performed)
- Upright Spin: the position of the free leg is the skater's choice.
- Upright Spin: Current ISU levels of difficulty apply.
- Layback is NOT permitted.
- Biellmann Spin is a difficult variation of the upright, but is permitted.

CHOREOGRAPHIC SEQUENCE:

The execution of 1 choreographic sequence is mandatory:

- A choreographic sequence with a fixed value.
- To be scored it must be CLEARLY VISIBLE.
- A minimum of two choreographic elements must be used, which can be linked by steps and turns.
- You can use steps, turns, spiral, Ina Bauers and other skating movements.

Note for this level:

The elements of the "Brazil I" level will be considered transitions or choreography, they WILL NOT BE CONSIDERED ELEMENTS FOR THIS LEVEL AND THEREFORE WILL NOT BE SCORED AS SUCH.

4.3.3 “ADULTO BRONZE” LEVEL

Duration of program: 1:40 (+/- 10 seg)

JUMPS:

The execution of 4 jumping elements is mandatory:

- All simple jumps (EXCLUDING AXEL)
- Only 2 combos allowed.
- A combo can be three jumps.
- Each jump can only be repeated twice

SPINS:

2 spins are mandatory:

- One spin must be without changing feet.
- The second spin is at the skater's choice as long as it is different from the first.
- Fly Spins and Combos are not allowed.

CHOREOGRAPHIC SEQUENCE

The execution of 1 choreographic sequence is mandatory:

- A choreographic sequence with a fixed value.
- To be scored it must be CLEARLY VISIBLE.
- A minimum of two choreographic elements must be used, which can be linked by steps and turns.
- Steps, turns, spirals, Ina Bauers and other skating movements can be used.

4.3.4 “ADULTO PRATA” LEVEL

Program duration: 2:00 (+/- 10 sec).

JUMPS:

The execution of 5 jump elements is mandatory:

- All single jumps (INCLUDING AXEL MANDATORY)
- Double jumps are not allowed.
- Only 2 combos allowed.
- A combo can be three jumps.

- Each jump can only be repeated twice.

SPINS

2 spins are mandatory:

- One spin must be a combination (Spin Combination) with or without a change of foot.
- The second spin is at the skater's choice as long as it is a different abbreviation from the first.
- Fly Spins and Combos are permitted.

SEQUENCE

The execution of 1 sequence of steps is mandatory:

- A sequence of steps, covering the entire surface of the ice, back and forth through the entire length of the rink.

4.3.5 “ADULTO OURO” LEVEL

Program duration: 2:40 (+/- 10 sec).

JUMPS

The execution of 6 jump elements is mandatory:

- All single jumps including AXEL are allowed
- A single Axel is mandatory
- 2 Salchow, 2 Toeloop and 2 Loop are allowed (2 Flip, 2 Lutz and 2 Axel are not allowed).
- It is mandatory to perform 2 double jumps to choose from among those allowed.
- Only 3 combos allowed.
- A combo can be three jumps.
- Each jump may only be repeated twice.

SPINS:

Obrigatória a execução de 3 piruetas:

- A spin must be a combination with a change of foot.

- A spin must have a Fly entry
- The third spin is at the skater's choice as long as it is different from the previous two.

SEQUENCE

The execution of 1 sequence of steps is mandatory:

- A sequence of steps, covering the entire surface of the ice, back and forth through the entire length of the rink.

4.3.6 “ADULTO MASTER” LEVEL

Program duration: 3:00 (+/- 10 sec).

JUMPS:

The execution of 7 jump elements is mandatory:

- All double and triple jumps are permitted.
- The Double Axel is mandatory.
- 3 double and/or triple jumps mandatory
- Only 3 combos allowed.
- A combo can be three jumps.
- Each jump may only be repeated twice.

SPINS:

3 spins are mandatory:

- A spin must be a combination with a change of foot.
- A spin must have a Fly entry
- The third spin is at the skater's choice as long as it is different from the previous two.

SEQUENCE OF STEPS

A sequence of steps is mandatory

- A sequence of steps, covering the entire surface of the ice, back and forth through the entire length of the rink.

CHOREOGRAPHIC SEQUENCE

The execution of 1 choreographic sequence is mandatory:

- A choreographic sequence with a fixed value.
- To be scored it must be CLEARLY VISIBLE.
- A minimum of two choreographic elements must be used, which can be linked by steps and turns.
- You can use steps, turns, spiral, Ina Bauers and other skating movements.

4.4 ARTISTIC LEVEL

4.4.1 “ARTÍSTICO SHOWCASE” LEVEL

Program duration: Maximum 2:30 min.

Divided into:

- Individual: must follow the Artistic Level age category detailed below.
- Duo (two people): no age category.
- Group (3 to 6 skaters): no age category.

SPECIFICATIONS FOR THE “ARTISTICO SHOWCASE” LEVEL:

Artistic events consist of free skate programs, judged solely on the basis of the components of the program, but the “Artistic Free Skate” is a competitive program that must focus on Performance.

Clothing, theatrical make-up and the use of PROPS will be allowed.

- At least one prop must be used. PROPS MUST BE SEPARATE FROM THE COSTUME (CHARACTERIZATION) AND MUST NOT BE PART OF THE SCENERY, OR THE SCENERY ITSELF. PROPs must be part of the integration of the choreography, and must be used in such a way as to form part of the movements. Failure to use a PROP will result in a penalty of -5 points.
- It is compulsory to use the PROP. for at least 30 consecutive seconds during the execution of the choreography. Failure to use it during this time will result in a penalty of -2.0 points.
- Prohibited for use as PROPS:

Trampolines or any instrument that allows assistance during jumps;

weapons (real or not) and equipment that produces weapon sounds;

use of cigarettes, dry ice, liquids, animals, soap bubble machines, or substances that could contaminate the ice;

mirrors or glass and/or sharp objects that could break and affect the integrity of the ice;

- Music with or without vocals is allowed.

Note for this level:

THE SHOWCASE LEVEL IS NOT PART OF THE ISU ADULT LEVEL. It is a completely separate level, with its own rules and different age categories.

Each fall will deduct 1 point.

ON THE SHOWCASE LEVEL only the following program components will be judged:

- *Skating Skills;*
- *Performance;*
- *Composition.*

4.4.2 “ARTÍSTICO DE COMPETIÇÃO” LEVEL

Program duration: Maximum 2:30 min

Divided into:

- Individual: must follow the Artistic Level age category detailed below;
- Duo (two people): no age category;
- Group (2 to 6 skaters): no age category.

SPECIFICATIONS FOR THE ARTISTIC LEVEL OF COMPETITION:

Artistic events consist of free skate programs, judged solely on the basis of the components of the program, but the “Artistic Free Skate” is a competitive program that must focus on Performance.

Clothing, theatrical make-up and the use of PROPS will be allowed.

- At least one prop must be used. PROPS MUST BE SEPARATE FROM THE COSTUME (CHARACTERIZATION) AND MUST NOT BE PART OF THE SCENERY, OR

THE SCENERY ITSELF. PROPs Must be part of the integration of the choreography, and must be used in such a way as to form part of the movements.

- Failure to use the PROP will result in a penalty of -5 points;
- It is mandatory to use the PROP. for at least 30 consecutive seconds during the execution of the choreography. Failure to use it during this time will result in a penalty of -2.0 points.
- Forbidden to be used as PROPS:

Trampolines or any instrument that allows assistance during jumps;
weapons (real or not) and equipment that produces weapon sounds;
use of cigarettes, dry ice, liquids, animals, soap bubble machines, or substances that could contaminate the ice;

mirrors or glass and/or sharp objects that could break and hit the integrity of the ice;

- Music with or without vocals is allowed.

Mandatory elements:

- Mandatory execution of 2 to 5 jump elements. All singles + Waltz jump are permitted,
- 2 to 3 spin elements must be performed, executed with 1 or 2 feet and containing at least 3 complete turns;
- Failure to perform the minimum number of compulsory elements will result in a deduction of -3.0 points.

Note for this level:

THE BRASIL ARTISTIC LEVEL IS NOT PART OF THE ISU ADULT LEVEL. It is a completely separate level, with its own rules and different age categories.

Each fall will deduct 1 point.

In the Artistic Level, only the following components of the program will be judged:

- *Skating Skills;*
- *Performance;*
- *Composition.*

5. AGE CATEGORIES BY TECHNICAL LEVEL

5.1 “PRÉ-INICIANTE” LEVEL

- C = 7 years or less
- B = 8 - 12 years
- A = 13 - 19 years

Age completed by July 1st of the year of the competition.

5.2 “INICIANTE” TO “INTERMEDIÁRIO” LEVELS

- C = 7 years or less
- B = 8 - 12 years
- A = 13 - 19 years

Age completed by July 1st of the year of the competition.

5.3 NOVICE ADVANCED, JUNIOR AND SENIOR LEVELS

ISU rule: birthday must be before July 1, 2025.

- Advanced Novice: has reached the age of 10 and has not reached the age of 15. Birthday must be before July 1st of the competition year.
- Junior: has reached the age of 13 and has not reached the age of 19. Birthday must be before July 1st of the competition year.
- Senior: aged 17 and over, as long as their birthday is before the first of July in the year of the competition.

5.4 “ADULTO – PRÉ-INICIANTE, INICIANTE, BRONZE, PRATA, OURO” AND “MASTER” LEVELS

- Brasil: 20 - 28 years
- Class I: 29 - 38 years (in line with ISU international regulations)
- Class II: 39 - 49 years (in line with ISU international regulations)
- Class III: 50 - 60 years (in line with ISU international regulations)
- Class IV: 61 - 71 years (in line with ISU international regulations)

- Class V: 72 - 79 years (in line with ISU international regulations)

Age completed by July 1st of the year of the competition.

5.5 ARTISTIC LEVEL

- E = 8 years or less
- D = 9 - 12 years
- C = 13 - 19 years
- B = 20 - 29 years
- A = 30 years or older

Age completed by July 1st of the competition year.

6. JUDGMENT SYSTEM

Technical levels and elements will be judged according to the new ISU judging system - IJS (International Judging System).

SOLE PARAGRAPH: THE ARTISTIC SHOWCASE LEVEL WILL BE JUDGED ON COMPONENTS ONLY (Skating Skills, Performance and Composition).

All values can be found in the ISU SOV table - WITH THE EXCEPTION OF THE PRE-INITIANT LEVEL, WHOSE ELEMENTS DO NOT EXIST IN THE ISU SOV TABLE.

FOR THESE ELEMENTS, A NATIONAL SCALE OF VALUES IS USED, WHICH ESTABLISHES THE BASE VALUE FOR EACH ELEMENT.

The judging panel must contain at least three judges, a technical expert (preferably two), a referee (who can also be a judge) and a date operator, all registered with the CBDG or the ISU.

The components and deductions will be judged as follows:

COMPONENTS:

“PRÉ-INICIANTE” TO “ADVANCED NOVICE”:

- *Skating Skills;*

- *Performance;*
- *Composition.*

JUNIOR AND SENIOR:

Regras ISU:

- *Skating Skills;*
- *Performance;*
- *Composition.*

ADULTO PRÉ-INICIANTE, INICIANTE, BRONZE, PRATA, OURO AND MASTER

- *Skating Skills;*
- *Performance;*
- *Composition.*

ARTÍSTICO:

- *Skating Skills;*
- *Performance;*
- *Composition.*

DEDUCTIONS FOR FALLS:

- Deductions for falls from “Pré-iniciante” to “Advanced Novice”: - 1.0 per fall;
- Deductions for Falls for “Junior”: -1.0 per fall;
- “Senior” Fall Deductions: ISU Rule;
- One to two falls: - 1.0 per fall;
- In the third and fourth fall: - 2.0 per fall;
- From the fifth fall onwards: - 3.0 per fall.
- Deductions per fall Artistic Showcase and Competition Level: -1.0 per fall

7. JUDGING THE ARTISTIC LEVEL

- Artistic events consist of free skating programs, judged on the basis of the program components:
 - *Skating Skills;*
 - *Performance;*
 - *Composition.*
- The points for each component are multiplied by a factor of 2.5;

- The artistic program consists of a variety of skating moves selected for their value in demonstrating skating skill;
- Skaters will be judged on their ability to interpret the music and develop a theme through their skating;
- The program must be developed with skating skill and quality.
- At both Artistic Levels (Showcase and Competition), there will be no technical score. However, at Competition level, compulsory technical elements are listed.

8. LEVELING TESTS AND TECHNICAL CLASSIFICATION OF ATHLETES

The leveling tests and technical classification of athletes will be established in a specific document for each season, published on the CBDG website.