

## ANNEX 2: GENERAL REQUIRED ELEMENTS FOR SWISS CHAMPIONSHIP (SWISS ICE SKATING CATEGORIES) 2020/2021

In accordance with Special Regulations & Technical Rules, Single & Pair Skating and Ice Dancing 2018 and ISU Communications No. 2328 (Bonus rules outlined in ISU Communication No. 2328 do not apply).

| SHORT PROGRAM LADIES/GIRLS  | ELITE  | JUNIOREN / MIXED AGE   | NACHWUCHS / CADETS (U14/U15)  | JUGEND / ESPOIRS (U13) / MINI (U12)   |
|---|--|--|---|---|
| Applicable rules  | ISU Seniors  | ISU Juniors  | ISU Advanced Novice   | ISU Advanced Novice   |
| Program duration  | <b>2.40 Min. +/- 10 sec.</b>   | <b>2.40 Min. +/- 10 sec.</b>   | <b>2.20 Min. +/- 10 sec.</b>  | <b>2.20 Min. +/- 10 sec.</b>  |
| a) Jump   | Double or triple Axel  | Double Axel  | Double Axel (Swiss Ice Skating requirement)   | Single Axel or double Axel  |
| b) Solo Jump  | Triple jump  | Double or triple <b>Lutz</b>   | Double or triple jump. May not repeat jump in a).   | Double or triple jump. May not repeat jump in a).   |
| c) Jump combination   | Jump combination consisting of a double jump and a triple jump or two triple jumps. May not repeat jump in a) or b).   | Jump combination consisting of two double jumps or one double and one triple jump or two triple jumps. May not repeat jump in a) or b).  | One jump combination consisting of two double jumps or one double and one triple jump. May not repeat jump in a) or b).   | One jump combination consisting of two double jumps or one double and one triple jump. May not repeat jump in a) or b).   |
| d) Flying Spin  | Flying spin <b>(8)</b>   | Flying <b>camel</b> spin <b>(8)</b>  |   |   |
| e) Spin in one position   | Layback or sideways leaning spin <b>(8)</b> or sit/camel spin without change of foot <b>(8)</b>  | Layback or sideways leaning spin <b>(8)</b> or <b>sit</b> spin without change of foot <b>(8)</b>   | Layback or sideways leaning spin <b>(6)</b> or spin in one basic position with no change of foot <b>(6)</b>   | Layback or sideways leaning spin <b>(6)</b> or spin in one basic position with no change of foot <b>(6)</b>   |
| f) Combination spin   | Spin combination with only <b>one</b> change of foot. No flying entry <b>(6/6)</b> . Min. 2 revs in position.  | Spin combination with only one change of foot. No flying entry <b>(6/6)</b> . Min. 2 revs in position.   | Spin combination with only one change of foot <b>(5/5)</b> . Min. 2 revs in position. Flying entry is allowed.  | Spin combination with only one change of foot <b>(5/5)</b> . Min. 2 revs in position. Flying entry is allowed.  |
| g) Step sequence  | Step sequence fully utilizing the ice surface  | Step sequence fully utilizing the ice surface  | Step sequence fully utilizing the ice surface   | Step sequence fully utilizing the ice surface   |
| Special Regulations   |  | <ul style="list-style-type: none"> <li>1 bonus point for a 3 Loop, 3 Flip or 3 Lutz; provided no "q", "&lt;", "&lt;&lt;", or "e".</li> <li>1 additional bonus point for a second, though different, triple jump from the following jumps: 3 Loop, 3 Flip or 3 Lutz; provided no "q", "&lt;", "&lt;&lt;", or "e" for a triple/triple combo (any triple jump), provided no "q", "&lt;", "&lt;&lt;", or "e".</li> <li>Maximal 2 bonus points.</li> <li>Jumps can be performed as a solo jump or in jump combination.</li> </ul> | <ul style="list-style-type: none"> <li>1 bonus point for one 2A, provided no "q", "&lt;", "&lt;&lt;", or "e". A second 2A is not subject to the 1-bonus-point rule.</li> <li>1 bonus point for one triple jump, provided no "q", "&lt;", "&lt;&lt;", or "e".</li> <li>1 bonus point for one additional, though different, triple jump, provided no "q", "&lt;", "&lt;&lt;", or "e".</li> <li>Maximal 3 bonus points.</li> <li>Jumps can be performed as a solo jump or in jump combination.</li> <li>Only features up to <b>Level 3</b> will be counted.</li> </ul> | <ul style="list-style-type: none"> <li>1 bonus point for one 2A, provided no "q", "&lt;", "&lt;&lt;", or "e". A second 2A is not subject to the 1-bonus-point rule.</li> <li>1 bonus point for one triple jump, provided no "q", "&lt;", "&lt;&lt;", or "e".</li> <li>1 bonus point for one additional, though different, triple jump, provided no "q", "&lt;", "&lt;&lt;", or "e".</li> <li>Maximal 3 bonus points.</li> <li>Jumps can be performed as a solo jump or in jump combination.</li> <li>Only features up to <b>Level 3</b> will be counted.</li> </ul> |
| Deductions  | According to ISU   | According to ISU   | According to ISU  | According to ISU  |
| Components  | <ul style="list-style-type: none"> <li>Skating Skills</li> <li>Transitions</li> <li>Performance</li> <li>Composition</li> <li>Interpretation of the Music</li> </ul> | <ul style="list-style-type: none"> <li>Skating Skills</li> <li>Transitions</li> <li>Performance</li> <li>Composition</li> <li>Interpretation of the Music</li> </ul>   | <ul style="list-style-type: none"> <li>Skating Skills</li> <li>Transitions</li> <li>Performance</li> <li>Interpretation</li> </ul>  | <ul style="list-style-type: none"> <li>Skating Skills</li> <li>Transitions</li> <li>Performance</li> <li>Interpretation</li> </ul>  |
| General component factor  | 0.8  | 0.8  | 0.8   | 0.8   |
| Factor jumps 2nd half of program. Only the last jumping pass (one) executed in the second half of the SP and the last three jumping passes executed in the second half of the FP count for this factor. | 1.1  | 1.1  | 1.0   | 1.0   |

|   |           |           |           |           |
|---|-----------|-----------|-----------|-----------|
| <b>Trimming in case there are at least 5 judges</b> | Yes       | Yes       | Yes       | Yes       |
| <b>Warm-up time</b>                                 | 6 minutes | 6 minutes | 4 minutes | 4 minutes |

| FREE PROGRAM LADIES         | ELITE  | JUNIOREN / MIXED AGE   | NACHWUCHS / CADETS (U14/U15)  | JUGEND / ESPOIRS (U13) / MINI (U12)   |
|-----------------------------|--|--|---|---|
| Applicable rules            | ISU Seniors  | ISU Juniors  | ISU Advanced Novice   | ISU Advanced Novice   |
| Program duration            | 4.00 Min. +/- 10 sec.  | 3.30 Min. +/- 10 sec.  | 3.00 Min. +/- 10 sec.   | 3.00 Min. +/- 10 sec.   |
| <b>Free Skating Program</b> |  |  |   |   |
| <b>Jumps</b>                | <ul style="list-style-type: none"> <li>1 Axel-type jump* <b>Max. 7</b></li> <li>Max 3 combos or sequences</li> <li>Combos limited to 2 jumps, but one 3-jump combo is permitted</li> <li>A jump sequence consists of two (2) 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.</li> <li>Of all triple and quad jumps, only 2 can be executed twice, but must be in a combo or sequence. Of the two repetitions, only one (1) can be a quadruple jump.</li> <li>Max. 2 double Axel as solo jump or in combo/sequence</li> </ul> <p>*means element is required</p> | <ul style="list-style-type: none"> <li>1 Axel-type jump* <b>Max. 7</b></li> <li>Max 3 combos or sequences</li> <li>Combos limited to 2 jumps, but one 3-jump combo is permitted</li> <li>A jump sequence consists of two (2) 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.</li> <li>Of all triple and quad jumps, only 2 can be executed twice, but must be in a combo or sequence. Of the two repetitions, only one (1) can be a quadruple jump.</li> <li>Max. 2 double Axel as solo jump or in combo/sequence</li> </ul> <p>*means element is required</p> | <ul style="list-style-type: none"> <li>1 Axel-type jump* <b>Max. 6</b></li> <li>Max 2 combos or sequences. One jump combination could consist up to three (3) jumps, the other up to two (2) jumps.</li> <li>A jump sequence consists of two (2) 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.</li> </ul> <p>*means element is required</p> | <ul style="list-style-type: none"> <li>1 Axel-type jump* <b>Max. 6</b></li> <li>Max 2 combos or sequences. One jump combination could consist up to three (3) jumps, the other up to two (2) jumps.</li> <li>A jump sequence consists of two (2) 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.</li> </ul> <p>*means element is required</p> |
| <b>Spins</b>                | <ul style="list-style-type: none"> <li>1 flying entry* <b>Max. 3</b></li> <li>1 spin combination, with/without change of foot*</li> <li>1 spin with only 1 position*</li> <li>Min 6 revs, 10 revs for combo, min 2 revs in position</li> <li>All spins may change feet and start with a flying entry</li> <li>Spins must be of a different nature</li> </ul> <p>*means element is required</p>   | <ul style="list-style-type: none"> <li>1 flying entry* <b>Max. 3</b></li> <li>1 spin combination, with/without change of foot*</li> <li>1 spin with only 1 position*</li> <li>Min 6 revs, 10 revs for combo, min 2 revs in position</li> <li>All spins may change feet and start with a flying entry</li> <li>Spins must be of a different nature</li> </ul> <p>*means element is required</p>   | <ul style="list-style-type: none"> <li>Spins must be of a different nature <b>Max. 2</b></li> <li>1 spin combination with change of foot (8 revs.) – no flying entry</li> <li>1 flying spin in one position (6 revs.) or a spin with a flying entry in one position and change of foot (8 revs.)</li> </ul>   | <ul style="list-style-type: none"> <li>Spins must be of a different nature <b>Max. 2</b></li> <li>1 spin combination with change of foot (8 revs.) – no flying entry</li> <li>1 flying spin in one position (6 revs.) or a spin with a flying entry in one position and change of foot (8 revs.)</li> </ul>   |

| FREE PROGRAM LADIES  | ELITE  | JUNIOREN / MIXED AGE   | NACHWUCHS / CADETS (U14/U15)  | JUGEND / ESPOIRS (U13) / MINI (U12)   |
|--|--|--|---|---|
| <b>Applicable rules</b>  | ISU Seniors  | ISU Juniors  | ISU Advanced Novice   | ISU Advanced Novice   |
| <b>Program duration</b>  | 4.00 Min. +/- 10 sec.  | 3.30 Min. +/- 10 sec.  | 3.00 Min. +/- 10 sec.   | 3.00 Min. +/- 10 sec.   |
| <b>Free Skating Program</b>  |  |  |   |   |
| <b>Step and Choreographic Sequences</b>  | <ul style="list-style-type: none"> <li>Max. one step sequence fully utilizing the ice surface</li> <li>Max. one choreographic sequence (ChSq). The ChSq has a base value and will be evaluated by the judges in GOE only.</li> </ul> | Max. one step sequence fully utilizing the ice surface   | Max. one step sequence fully utilizing the ice surface  | Max. one step sequence fully utilizing the ice surface  |
| <b>Special Regulations</b>   |  | <ul style="list-style-type: none"> <li>1 bonus point for a 3 Loop, 3 Flip or 3 Lutz; provided no "q", "&lt;", "&lt;&lt;", or "e".</li> <li>1 additional bonus point for a second, though different, triple jump from the following jumps: 3 Loop, 3 Flip or 3 Lutz; provided no "q", "&lt;", "&lt;&lt;", or "e" or for a triple/triple combo or triple+1Eu+triple jump (any triple jump), provided no "q", "&lt;", "&lt;&lt;", or "e".</li> <li>Maximal 2 bonus points.</li> <li>Jumps can be performed as a solo jump, in jump combination, or jump sequence</li> </ul> | <ul style="list-style-type: none"> <li>1 bonus point for one 2A, provided no "q", "&lt;", "&lt;&lt;", or "e". A second 2A is not subject to the 1-bonus-point rule.</li> <li>1 bonus point for one triple jump, provided no "q", "&lt;", "&lt;&lt;", or "e".</li> <li>1 bonus point for one additional, though different, triple jump, provided no "q", "&lt;", "&lt;&lt;", or "e".</li> <li>Maximal 3 bonus points.</li> <li>Jumps can be performed as a solo jump, in jump combination, or jump sequence.</li> <li>Only features up to <b>Level 3</b> will be counted.</li> </ul> | <ul style="list-style-type: none"> <li>1 bonus point for one 2A, provided no "q", "&lt;", "&lt;&lt;", or "e". A second 2A is not subject to the 1-bonus-point rule.</li> <li>1 bonus point for one triple jump, provided no "q", "&lt;", "&lt;&lt;", or "e".</li> <li>1 bonus point for one additional, though different, triple jump, provided no "q", "&lt;", "&lt;&lt;", or "e".</li> <li>Maximal 3 bonus points.</li> <li>Jumps can be performed as a solo jump, in jump combination, or jump sequence.</li> <li>Only features up to <b>Level 3</b> will be counted.</li> </ul> |
| <b>Deductions</b>  | According to ISU   | According to ISU   | According to ISU  | According to ISU  |
| <b>Components</b>  | <ul style="list-style-type: none"> <li>Skating Skills</li> <li>Transitions</li> <li>Performance</li> <li>Composition</li> <li>Interpretation of the Music</li> </ul>   | <ul style="list-style-type: none"> <li>Skating Skills</li> <li>Transitions</li> <li>Performance</li> <li>Composition</li> <li>Interpretation of the Music</li> </ul>   | <ul style="list-style-type: none"> <li>Skating Skills</li> <li>Transitions</li> <li>Performance</li> <li>Interpretation</li> </ul>  | <ul style="list-style-type: none"> <li>Skating Skills</li> <li>Transitions</li> <li>Performance</li> <li>Interpretation</li> </ul>  |
| <b>General component factor</b>  | 1.6  | 1.6  | 1.6   | 1.6   |
| <b>Factor jumps 2nd half of program. Only the last jumping pass (one) executed in the second half of the Short Program, and the last three jumping passes executed in the second half of the Free Skating Program count for this factor.</b> | 1.1  | 1.1  | 1.0   | 1.0   |
| <b>Trimming in case there are at least 5 judges</b>  | Yes  | Yes  | Yes   | Yes   |
| <b>Warm-up time</b>  | 6 minutes  | 6 minutes  | 5 minutes   | 5 minutes   |

### ANNEX 3: GENERAL REQUIRED ELEMENTS FOR SWISS CHAMPIONSHIP (SWISS ICE SKATING CATEGORIES) 2020/2021

In accordance with Special Regulations & Technical Rules, Single & Pair Skating and Ice Dancing 2018 and ISU Communications No. 2328 (Bonus rules outlined in ISU Communication No. 2328 do not apply).

| SHORT PROGRAM MEN/BOYS  | ELITE  | JUNIOREN / MIXED AGE   | NACHWUCHS / CADETS (U16)   | JUGEND / ESPOIRS (U14)  |
|-------------------------|--|--|--|---|
| Applicable rules        | ISU Seniors  | ISU Juniors  | ISU Advanced Novice  | ISU Advanced Novice   |
| Program duration        | 2.40 Min. +/- 10 sec.  | 2.40 Min. +/- 10 sec.  | 2.20 Min. +/- 10 sec.  | 2.20 Min. +/- 10 sec.   |
| a) Jump                 | Double Axel or triple Axel   | Double Axel or triple Axel   | Double Axel (Swiss Ice Skating requirement)  | Single Axel or double Axel  |
| b) Solo Jump            | Any triple or quadruple jump   | One double or one triple <u>Lutz</u>   | Double or triple jump. May not repeat jump in a).  | Double or triple jump. May not repeat jump in a).   |
| c) Jump combination     | Jump combination consisting of a double jump and a triple jump (2+3/3+2) or two triple jumps (3+3) or a quadruple jump and a double or triple jump (4+2 or 4+3). When a quadruple jump is executed in b), a different quadruple jump can be included in the jump combination. May not repeat jump in a) or b). | Jump combination consisting of one double and one triple jump or two triple jumps. May not repeat jump in a) or b).  | One jump combination consisting of two double jumps or one double and one triple jump. May not repeat jump in a) or b).  | One jump combination consisting of two double jumps or one double and one triple jump. May not repeat jump in a) or b).   |
| d) Flying Spin          | Flying spin with landing position different from the spin in one position in e) (8)  | Flying <u>camel</u> spin (8)   |  |   |
| e) Spin in one position | Camel or sit spin with only one change of foot (6/6). Position must be different from the landing position of the flying spin in d).   | <u>Sit</u> spin with only one change of foot (6/6)   | Camel, sit or upright spin with change of foot and no flying entry (5/5)   | Camel, sit or upright spin with change of foot and no flying entry (5/5)  |
| f) Combination spin     | Spin combination with only one change of foot. No flying entry (6/6). Min. 2 revs in position.   | Spin combination with only one change of foot. No flying entry (6/6). Min. 2 revs in position.   | Spin combination with only one change of foot (5/5). Min. 2 revs in position. Flying entry is allowed.   | Spin combination with only one change of foot (5/5). Min. 2 revs in position. Flying entry is allowed.  |
| g) Step sequence        | Step sequence fully utilizing the ice surface  | Step sequence fully utilizing the ice surface  | Step sequence fully utilizing the ice surface  | Step sequence fully utilizing the ice surface   |
| Special Regulations     |  | <ul style="list-style-type: none"> <li>1 bonus point for a 3 Loop, 3 Flip or 3 Lutz; provided no "q", "&lt;", "&lt;&lt;" or "e".</li> <li>1 additional bonus point for a second, though different, triple jump from the following jumps: 3 Loop, 3 Flip or 3 Lutz; provided no "q", "&lt;", "&lt;&lt;" or "e" or for a triple/triple combo (any triple jump), provided no "q", "&lt;", "&lt;&lt;" or "e".</li> <li>Maximal 2 bonus points.</li> <li>Jumps can be performed as a solo jump or in jump combination.</li> </ul> | <ul style="list-style-type: none"> <li>1 bonus point for one 2A, provided no "q", "&lt;", "&lt;&lt;" or "e". A second 2A is not subject to the 1-bonus-point rule.</li> <li>1 bonus point for one triple jump, provided no "q", "&lt;", "&lt;&lt;" or "e".</li> <li>1 bonus point for one additional, though different, triple jump, provided no "q", "&lt;", "&lt;&lt;" or "e".</li> <li>Maximal 3 bonus points.</li> <li>Jumps can be performed as a solo jump, or in jump combination.</li> <li>Only features up to Level 3 will be counted.</li> </ul> | <ul style="list-style-type: none"> <li>1 bonus point for one 2A, provided no "q", "&lt;", "&lt;&lt;" or "e". A second 2A is not subject to the 1-bonus-point rule.</li> <li>1 bonus point for one triple jump, provided no "q", "&lt;", "&lt;&lt;" or "e".</li> <li>1 bonus point for one additional, though different, triple jump, provided no "q", "&lt;", "&lt;&lt;" or "e".</li> <li>Maximal 3 bonus points.</li> <li>Jumps can be performed as a solo jump or in jump combination.</li> <li>Only features up to Level 3 will be counted.</li> </ul> |
| Deductions              | According to ISU   | According to ISU   | According to ISU   | According to ISU  |
| Components              | <ul style="list-style-type: none"> <li>Skating Skills</li> <li>Interpretation of the Music</li> <li>Transitions</li> <li>Performance</li> <li>Composition</li> </ul>   | <ul style="list-style-type: none"> <li>Skating Skills</li> <li>Interpretation of the Music</li> <li>Transitions</li> <li>Performance</li> <li>Composition</li> </ul>   | <ul style="list-style-type: none"> <li>Skating Skills</li> <li>Transitions</li> <li>Performance</li> <li>Interpretation</li> </ul>   | <ul style="list-style-type: none"> <li>Skating Skills</li> <li>Transitions</li> <li>Performance</li> <li>Interpretation</li> </ul>  |

| MEN/BOYS  | ELITE                 | JUNIOREN / MIXED AGE  | NACHWUCHS / CADETS (U16) | JUGEND / ESPOIRS (U14) |
|---|-----------------------|-----------------------|--------------------------|------------------------|
| Applicable rules  | ISU Seniors           | ISU Juniors           | ISU Advanced Novice      | ISU Advanced Novice    |
| Program duration  | 2.40 Min. +/- 10 sec. | 2.40 Min. +/- 10 sec. | 2.20 Min. +/- 10 sec.    | 2.20 Min. +/- 10 sec.  |
| <b>SHORT PROGRAM</b>  |                       |                       |                          |                        |
| General component factor  | 1.0                   | 1.0                   | 0.9                      | 0.9                    |
| Factor jumps 2nd half of program. Only the last jumping pass (one) executed in the second half of the Short Program, and the last three jumping passes executed in the second half of the Free Skating Program count for this factor. | 1.1                   | 1.1                   | 1.0                      | 1.0                    |
| Trimming in case there are at least 5 judges  | Yes                   | Yes                   | Yes                      | Yes                    |
| Warm-up time  | 6 minutes             | 6 minutes             | 4 minutes                | 4 minutes              |

| FREE SKATING PROGRAM<br>MEN/BOYS | ELITE  | JUNIOREN / MIXED AGE   | NACHWUCHS / CADETS (U16)  | JUGEND / ESPOIRS (U14)  |
|----------------------------------|--|--|---|---|
| Applicable rules                 | ISU Seniors  | ISU Juniors  | ISU Advanced Novice   | ISU Advanced Novice   |
| Program duration                 | 4.00 Min. +/- 10 sec.  | 3.30 Min. +/- 10 sec.  | 3.00 Min. +/- 10 sec.   | 3.00 Min. +/- 10 sec.   |
| Jumps                            | <ul style="list-style-type: none"> <li>1 Axel-type jump* <b>Max. 7</b></li> <li>Max 3 combos or sequences</li> <li>Combos limited to 2 jumps, but one 3-jump combo is permitted</li> <li>A jump sequence consists of two (2) 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.</li> <li>Of all triple and quad jumps, only 2 can be executed twice, but must be in a combo or sequence. Of the two repetitions, only one (1) can be a quadruple jump.</li> <li>Max. 2 double Axel as solo jump or in combo/sequence</li> </ul> <p>*means element is required</p> | <ul style="list-style-type: none"> <li>1 Axel-type jump* <b>Max. 7</b></li> <li>Max 3 combos or sequences</li> <li>Combos limited to 2 jumps, but one 3-jump combo is permitted</li> <li>A jump sequence consists of two (2) 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.</li> <li>Of all triple and quad jumps, only 2 can be executed twice, but must be in a combo or sequence. Of the two repetitions, only one (1) can be a quadruple jump.</li> <li>Max. 2 double Axel as solo jump or in combo/sequence</li> </ul> <p>*means element is required</p> | <ul style="list-style-type: none"> <li>1 Axel-type jump* <b>Max. 6</b></li> <li>Max 2 combos or sequences. One jump combination could consist up to three (3) jumps, the other up to two (2) jumps.</li> <li>A jump sequence consists of two (2) 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.</li> </ul> <p>*means element is required</p> | <ul style="list-style-type: none"> <li>1 Axel-type jump* <b>Max. 6</b></li> <li>Max 2 combos or sequences. One jump combination could consist up to three (3) jumps, the other up to two (2) jumps.</li> <li>A jump sequence consists of two (2) 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.</li> </ul> <p>*means element is required</p> |
| Spins                            | <ul style="list-style-type: none"> <li>1 flying entry* <b>Max. 3</b></li> <li>1 spin combination, with/without change of foot*</li> <li>1 spin with only 1 position*</li> <li>Min 6 revs, 10 revs for combo, min 2 revs in position</li> <li>All spins may change feet and start with a flying entry</li> <li>Spins must be of a different nature</li> </ul> <p>*means element is required</p>   | <ul style="list-style-type: none"> <li>1 flying entry* <b>Max. 3</b></li> <li>1 spin combination, with/without change of foot*</li> <li>1 spin with only 1 position*</li> <li>Min 6 revs, 10 revs for combo, min 2 revs in position</li> <li>All spins may change feet and start with a flying entry</li> <li>Spins must be of a different nature</li> </ul> <p>*means element is required</p>   | <ul style="list-style-type: none"> <li>Spins must be of a different nature <b>Max. 2</b></li> <li>1 spin combination with change of foot (8 revs.) – no flying entry</li> <li>1 flying spin in one position (6 revs.) or a spin with a flying entry in one position and change of foot (8 revs.)</li> </ul>   | <ul style="list-style-type: none"> <li>Spins must be of a different nature <b>Max. 2</b></li> <li>1 spin combination with change of foot (8 revs.) – no flying entry</li> <li>1 flying spin in one position (6 revs.) or a spin with a flying entry in one position and change of foot (8 revs.)</li> </ul>   |

| FREE SKATING PROGRAM<br>MEN/BOYS   | ELITE  | JUNIOREN / MIXED AGE   | NACHWUCHS / CADETS (U16)  | JUGEND / ESPOIRS (U14)   |
|--|--|--|---|--|
| <b>Applicable rules</b>  | ISU Seniors  | ISU Juniors  | ISU Advanced Novice   | ISU Advanced Novice  |
| <b>Program duration</b>  | 4.00 Min. +/- 10 sec.  | 3.30 Min. +/- 10 sec.  | 3.00 Min. +/- 10 sec.   | 3.00 Min. +/- 10 sec.  |
| <b>Step and Choreographic Sequences</b>  | <ul style="list-style-type: none"> <li>Max. one step sequence fully utilizing the ice surface</li> <li>Max. one choreographic sequence (ChSq). The ChSq has a base value and will be evaluated by the judges in GOE only.</li> </ul> | <ul style="list-style-type: none"> <li>Max. one step sequence fully utilizing the ice surface</li> </ul>   | <ul style="list-style-type: none"> <li>Max. one step sequence fully utilizing the ice surface</li> </ul>  | <ul style="list-style-type: none"> <li>Max. one step sequence fully utilizing the ice surface</li> </ul>   |
| <b>Special Regulations</b>   |  | <ul style="list-style-type: none"> <li>1 bonus point for a 3 Loop, 3 Flip or 3 Lutz; provided no "q", "&lt;", "&lt;&lt;" or "e".</li> <li>1 additional bonus point for a second, though different, triple jump from the following jumps: 3 Loop, 3 Flip or 3 Lutz; provided no "q", "&lt;", "&lt;&lt;", or "e" or for a triple/triple combo or triple+1Eu+triple jump (any triple jump), provided no "q", "&lt;", "&lt;&lt;", or "e".</li> <li>Maximal 2 bonus points.</li> <li>Jumps can be performed as a solo jump, in jump combination, or jump sequence.</li> </ul> | <ul style="list-style-type: none"> <li>1 bonus point for one 2A, provided no "q", "&lt;", "&lt;&lt;", or "e". A second 2A is not subject to the 1-bonus-point rule.</li> <li>1 bonus point for one triple jump, provided no "q", "&lt;", "&lt;&lt;", or "e".</li> <li>1 bonus point for one additional, though different, triple jump, provided no "q", "&lt;", "&lt;&lt;", or "e".</li> <li>Maximal 3 bonus points.</li> <li>Jumps can be performed as a solo jump, in jump combination, or jump sequence.</li> <li>Only features up to <b>Level 3</b> will be counted.</li> </ul> | <ul style="list-style-type: none"> <li>1 bonus point for one 2A, provided no "q", "&lt;", "&lt;&lt;", or "e". A second 2A is not subject to the 1-bonus-point rule.</li> <li>1 bonus point for one triple jump, provided no "q", "&lt;", "&lt;&lt;" or "e".</li> <li>1 bonus point for one additional, though different, triple jump, provided no "q", "&lt;", "&lt;&lt;", or "e".</li> <li>Maximal 3 bonus points.</li> <li>Jumps can be performed as a solo jump, in jump combination, or jump sequence.</li> <li>Only features up to <b>Level 3</b> will be counted.</li> </ul> |
| <b>Deductions</b>  | According to ISU   | According to ISU   | According to ISU  | According to ISU   |
| <b>Components</b>  | <ul style="list-style-type: none"> <li>Skating Skills</li> <li>Transitions</li> <li>Performance</li> <li>Composition</li> <li>Interpretation of the Music</li> </ul>   | <ul style="list-style-type: none"> <li>Skating Skills</li> <li>Transitions</li> <li>Performance</li> <li>Composition</li> <li>Interpretation of the Music</li> </ul>   | <ul style="list-style-type: none"> <li>Skating Skills</li> <li>Transitions</li> <li>Performance</li> <li>Interpretation</li> </ul>  | <ul style="list-style-type: none"> <li>Skating Skills</li> <li>Transitions</li> <li>Performance</li> <li>Interpretation</li> </ul>   |
| <b>General component factor</b>  | 2.0  | 2.0  | 1.8   | 1.8  |
| <b>Factor jumps 2nd half of program. Only the last jumping pass (one) executed in the second half of the Short Program, and the last three jumping passes executed in the second half of the Free Skating Program count for this factor.</b> | 1.1  | 1.1  | 1.0   | 1.0  |
| <b>Trimming in case there are at least 5 judges</b>  | Yes  | Yes  | Yes   | Yes  |
| <b>Warm-up time</b>  | 6 minutes  | 6 minutes  | 5 minutes   | 5 minutes  |



## ANNEX 4: GENERAL REQUIRED ELEMENTS FOR SWISS CHAMPIONSHIP (SWISS ICE SKATING CATEGORIES) 2020/2021

In accordance with Special Regulations & Technical Rules, Single & Pair Skating and Ice Dancing 2018 and ISU Communications No. 2328

| SHORT PROGRAM PAIRS                          | ELITE  | JUNIOREN   | NACHWUCHS / CADETS   |
|--|--|--|--|
| Applicable rules                             | ISU Seniors  | ISU Juniors  | ISU Advanced Novice  |
| Program duration                             | 2.40 Min. +/- 10 sec.  | 2.40 Min. +/- 10 sec.  | 2.20 Min. +/- 10 sec.  |
| a)   | <u>Any hip lift take-off (Group Three)</u>   | <u>Any hip lift take-off (Group Three)</u>   | One lift of Groups 1 to 4, one arm holds not allowed   |
| b)   | Twist lift (double or triple)  | Twist lift (double) or triple  | One Twist lift (single or double)  |
| c)   | Throw jump (double or triple)  | Double or triple <u>loop</u> throw jump  | One solo jump (double)   |
| d)   | Solo jump (double or triple)   | Double <u>Lutz or double Axel</u> solo jump  |  |
| e)   | Solo spin combination with only one change of foot (8 revs. in total)  | Solo spin combination with only one change of foot (8 revs. in total)  | One solo spin combo no change foot (minimum of six (6) revolutions)  |
| f)   | Death spiral <u>forward inside</u>   | Death spiral <u>forward inside</u>   | One death spiral   |
| g)   | Step sequence fully utilizing the ice surface  | Step sequence fully utilizing the ice surface  | One step sequence with full utilization of the ice surface   |
| Special Regulations                          |  | <ul style="list-style-type: none"> <li>1 bonus point for one 2A by both skaters, provided no "q", "&lt;", "&lt;&lt;", or "e" (both skaters).</li> </ul>              | <ul style="list-style-type: none"> <li>1 bonus point for one 2A by both skaters, provided no "q", "&lt;", "&lt;&lt;", or "e" (both skaters).</li> <li>Only features up to Level 3 will be counted</li> </ul> |
| Deductions                                   | According to ISU   | According to ISU   | According to ISU   |
| Components                                   | <ul style="list-style-type: none"> <li>Skating Skills</li> <li>Transitions</li> <li>Performance</li> <li>Composition</li> <li>Interpretation of the Music</li> </ul> | <ul style="list-style-type: none"> <li>Skating Skills</li> <li>Transitions</li> <li>Performance</li> <li>Composition</li> <li>Interpretation of the Music</li> </ul> | <ul style="list-style-type: none"> <li>Skating Skills</li> <li>Transitions</li> <li>Performance</li> <li>Interpretation</li> </ul>   |
| General component factor                     | 0.8  | 0.8  | 0.8  |
| Trimming in case there are at least 5 judges | Yes  | Yes  | Yes  |
| Warm-up time                                 | 6 minutes  | 6 minutes  | 4 minutes  |

| FREE SKATING PROGRAM PAIRS                   | ELITE  | JUNIOREN   | NACHWUCHS / CADETS   |
|--|--|--|--|
| Applicable rules                             | ISU Seniors  | ISU Juniors  | ISU Advanced Novice  |
| Program duration                             | 4.00 Min. +/- 10 sec.  | 3.30 Min. +/- 10 sec.  | 3.00 Min. +/- 10 sec.  |
| a)   | Maximum of 3 lifts, not all from the same group with full extension of the lifting arm(s)  | Maximum of 2 lifts, not all from the same group with full extension of the lifting arm(s).   | Two different lifts of Group 1 to 4, one arm holds are not allowed (in group 1 and 2 full extension of the lifting arm of the partner is not required).  |
| b)   | Maximum of 1 twist lift  | Maximum of 1 twist lift  | One Twist lift (single or double)  |
| c)   | Maximum of 2 different throw jumps   | Maximum of 2 different throw jumps   | One throw jump (double)  |
| d)   | Maximum of 1 solo jump   | Maximum of 1 solo jump   | One solo jump (double)   |
| e)   | Maximum of 1 jump combination or sequence. The jump combination may consist of two (2) or three (3) jumps.   | Maximum of 1 jump combination or sequence. The jump combination may consist of two (2) or three (3) jumps.   |  |
| g)   | Maximum of 1 pair spin combination (required revolutions: eight (8))   | Maximum of 1 pair spin combination (required revolutions: eight (8))   | One pair spin combination (minimum 6 revs.)  |
| h)   | Maximum of one death spiral (different from the death spiral of the Short Program)   | Maximum of 1 death spiral  | One death spiral   |
| i)   | Max. one choreographic sequence (ChSq). The ChSq has a base value and will be evaluated by the judges in GOE only.   | Max. one choreographic sequence. The choreographic sequence has a base value and will be evaluated by the judges in GOE only.  |  |
| Special Regulations                          |  | <ul style="list-style-type: none"> <li>1 bonus point for one 2A by both skaters, provided no "q", "&lt;", "&lt;&lt;", or "e" (both skaters).</li> <li>1 bonus point for one triple jump by both skaters, provided no "q", "&lt;", "&lt;&lt;", or "e".</li> <li>Jumps can be performed as a solo jump, in jump combination or jump sequence.</li> </ul> | <ul style="list-style-type: none"> <li>1 bonus point for one 2A by both skaters, provided no "q", "&lt;", "&lt;&lt;", or "e" (both skaters).</li> <li>Only features up to Level 3 will be counted</li> </ul> |
| Deductions                                   | According to ISU   | According to ISU   | According to ISU   |
| Components                                   | <ul style="list-style-type: none"> <li>Skating Skills</li> <li>Transitions</li> <li>Performance</li> <li>Composition</li> <li>Interpretation of the Music</li> </ul> | <ul style="list-style-type: none"> <li>Skating Skills</li> <li>Transitions</li> <li>Performance</li> <li>Composition</li> <li>Interpretation of the Music</li> </ul>   | <ul style="list-style-type: none"> <li>Skating Skills</li> <li>Transitions</li> <li>Performance</li> <li>Interpretation</li> </ul>   |
| General component factor                     | 1.6  | 1.6  | 1.6  |
| Trimming in case there are at least 5 judges | Yes  | Yes  | Yes  |
| War-up time                                  | 6 minutes  | 6 minutes  | 5 minutes  |