

Figure skating on ice

TECHNICAL REGULATION FOR COMPETITIONS

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Responsibility: Brazilian Figure Skating Technical Committee

Brazilian Ice Sports Federation

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REVISION CONTROL

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1. **Objective**

Establish technical regulations for competitions to be held in Brazilian territory and the basic principles to be observed for technical classification and technical evaluation of figure skaters on Brazilian ice.

2. **Coverage**

The guidelines in this technical regulation apply to all CBDG officials or CBDG sanctioned figure skating ice skating competitions to be held in Brazil.

Coaches, clubs, associations and federations, registered on the Brazilian Ice Sports Federation (CBDG), must adopt the procedures of this technical regulation for figure skating competitions in Brazil.

The responsibility for the review and adequacy of this technical regulation lies with the Figure Skating Technical Committee, and must be in accordance with the current Laws of Brazil, the statute and regulations of the Brazilian Olympic Committee and the International Skating Union (ISU).

3. **Technical Levels Overview**

This technical regulation is subdivided into 14 technical levels shown below:

RECREATION LEVEL

- Pré-iniciante

COMPETITION LEVELS

- Iniciante
- Pré-básico
- Básico
- Juvenil
- Intermediário

HIGH PERFORMANCE LEVELS - aligned with ISU international regulations

- Novice Advanced
- Junior
- Sênior

ADULT LEVELS OF COMPETITION

- Brasil I (not aligned with ISU technical levels)
- Brasil II (not aligned with ISU technical levels)
- Bronze
- Prata
- Ouro
- Master

ARTISTIC LEVEL

- Brasil Artistic Level: all athletes of all ages can participate, even if they also participate in the competition categories.

4. Required elements by technical level:

4.1 RECREATION LEVEL

4.1.1 PRÉ-INICIANTE

Program duration: 1:40 min (+- 10 sec)

7 ELEMENTS:

The elements to compose the program must be chosen, being mandatory the execution of 7 (seven), among the elements listed below, being mandatory a spiral, a pivot and a one foot spin.

- One foot spin (minimum 3 revs.).
- Bunny Hop.
- Lunge.
- Forward spiral with an edge (counts only when the free leg is above hip level and the edge must be executed 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).
- Ballet Jump.
- Half Flip.
- Forward Inside Pivot (minimum 1 rev.).
- Backward Outside Pivot (minimum 1 rev.).

1 STEP SEQUENCE

- Mandatory to include a sequence of forward outside three turns with landing (minimum of three).
- Use forwards outside and inside edges.

Notes for this level:

- At the PRÉ-INICIANTE level, all elements, including the sequence of steps, 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 (chosen from among the permitted ones, plus a step sequence).
- For the Pré-Iniciante level:
 - a) No element can be repeated. Any repeated elements will be ignored and will have no value.
 - b) One revolution's jumps are not allowed.
 - c) Higher level elements are not allowed. Crossovers, inside three turns, mohawks, etc. are allowed at this level and will be considered as transitions and not elements.

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

- Skating Skills
- Presentation
- Composition

4.2 COMPETITION LEVELS

4.2.1 NÍVEL INICIANTE

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

JUMPS:

5 element jumps are mandatory:

- Only two jump combinations with only 2 jumps each.
- Each combination equals an 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 (Score above 90 degrees of aperture)

SPINS:

- **The execution of 2 UPRIGHT SPIN (one foot spin) is mandatory:**
 - The two spins must have a minimum of 3 turns. You cannot repeat the same position in the spins.
 - Upright Spin: the base leg is freely chosen by the skater (back spin can be performed)
 - Upright Spin: the position of the free leg is chosen by the skater.

- Upright Spin: Current ISU levels of difficulty apply.
- Layback is NOT allowed.
- Biellmann Spin is a difficult variation of upright, but it is allowed.

CHOREOGRAPHIC SEQUENCE:

Mandatory the execution of 1 Choreographic Sequence:

- A choreographic sequence with a fixed value.
- In order to be scored, it must be CLEARLY VISIBLE.
- You can use steps, turns, spiral, Ina Bauers and other skating moves.

Note for this level:

Elements from the Pré-iniciante level will be considered transitions or choreography sequence, THEY WILL NOT BE CONSIDERED ELEMENTS FOR THIS LEVEL AND THEREFORE WILL NOT BE SCORED AS SUCH.

4.2.2 NÍVEL PRÉ-BÁSICO:

Program Duration: 2:10 minutes (+/- 10 sec.)

JUMPS:

5 element jumps are mandatory:

- AXEL JUMP 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.

Saltos permitidos:

- Waltz
- Salchow
- Toe Loop
- Loop
- Flip
- Lutz

SPINS:

The execution of 2 spins is mandatory:

- Spins in one position with or without a change of foot are allowed.
- Combos are allowed, but WITHOUT A CHANGE OF FOOT.
- The two spins must be of a different nature. (cannot repeat the same spin):
 - Layback Spin is NOT allowed at this level.
 - Within a combo the Layback is considered an upright spin, but at this level it is NOT allowed.
 - Biellmann Spin is a difficult variation of upright, but it is allowed.

CHOREOGRAPHIC SEQUENCE:

Mandatory the execution of 1 Choreographic Sequence:

- A choreographic sequence with a fixed value.
- In order to be scored, it must be CLEARLY VISIBLE.
- You can use steps, turns, spiral, Ina Bauers and other skating moves.

Notes for this level:

- 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.
- Half Loop or Euler (except when performed between combo jumps), half Flip and half Lutz, split, stag will be considered transitions, not elements.

4.2.3 NÍVEL BÁSICO:

Program Duration: 2:40 minutes (+/- 10 sec)

JUMPS:

5 element jumps are mandatory:

- ALL SINGLES JUMPS, INCLUDING A AXEL JUMP IS REQUIRED.
- Only 2 Combos Allowed, one of which can be a three-jump combo. Cada combinação equivale a um elemento.
- Each jump can only be repeated twice: once alone and once in a combo.

Allowed jumps:

- Salchow
- Toe Loop
- Loop
- Flip
- Lutz
- Axel

SPINS:

The execution of 2 spins is mandatory:

- Spins in one position with or without a change of foot are allowed.
- Combos with or without change of foot are allowed.
- The two spins must be of a different nature. (cannot repeat the same spin):
 - Layback Spin It is NOT allowed at this level.
 - Within a combo the Layback is considered an upright spin, but at this level it is NOT allowed.
 - Biellmann Spin is a difficult variation of upright, but it is allowed.

CHOREOGRAPHIC SEQUENCE:

- A choreographic sequence with a fixed value.
- In order to be scored, it must be CLEARLY VISIBLE.
- You can use steps, turns, spiral, Ina Bauers and other skating moves.

Notes for this level:

- 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.
- Half Loop, half Flip and half Lutz, split, stag will be considered transitions, not elements.

4.2.4 NÍVEL JUVENIL

Program duration: 2:50 minutes (+/- 10 sec)

JUMPS:

5 element jumps are mandatory:

- TWO double jumps to choose from: Salchow, Toe Loop or Loop are allowed.
- A Single Axel jump is required.
- Only 2 Combos Allowed, one of which can be a three-jump combo. Only combos 1 + 1, 1 + 2, 2 + 1, 2 + 1 + 1, 1 + 2 + 1 and 1 + 1 + 2 are allowed.
- COMBO WITH DOUBLE + DOUBLE IS NOT ALLOWED, regardless of whether it is a combo with 2 or 3 jumps.
- Whether in two- or three-jump combos, two double-jumps cannot be performed in a row.
- Each jump can only be repeated twice: once alone and once in a combo.

Allowed jumps:

- 1 Salchow
- 1 Toe Loop
- 1 Euler (1/2 Loop: is 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

2 SPINS:

The execution of 2 spins is mandatory:

- In the Spins the switch of feet and position is allowed (combos with or without switching feet are allowed).
- A spin can start with Fly entry (jumped entry).
- Spins must be of different nature (abbreviation). Cannot repeat the same pirouette. Current ISU difficulty levels will apply.
 - Layback and Biellmann Spin are allowed.

1 CHOREOGRAPHIC SEQUENCE:

Mandatory the execution of 1 Choreographic Sequence:

- A choreographic sequence with a fixed value.

- In order to be scored, it must be CLEARLY VISIBLE.
- You can use steps, turns, spiral, Ina Bauers and other skating moves.

Notes for this level:

- 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.
- Half Loop or Euler (except when performed between combo jumps), half Flip and half Lutz, split, stag will be considered transitions, not elements.

4.2.5 NÍVEL INTERMEDIÁRIO – Short Program and Free Skate

Short Program:

Short Program duration: 2:20 min (+/-10 sec)

JUMPS:

Mandatory execution of elements of 3 jumps:

- One must be a 1 Axel jump (Single Axel jump). DOUBLE AXEL JUMP IS NOT ALLOWED.
- One must be a combination of Double + Single (2+1) jump or Single + Double (1+2) jump.
- A single or double jump. IT IS MANDATORY THAT THIS JUMP IS DIFFERENT FROM THE JUMP PERFORMED IN THE COMBO.

SPINS:

The execution of 02 Spins is mandatory:

- One spin has to be in a SINGLE POSITION WITH A CHANGE OF FOOT.
- One must be a spin (DIFFERENT FROM SPIN IN ONE POSITION WITH FOOT CHANGE) WITH FLY ENTRY WITHOUT FOOT CHANGE.
- COMBINATION SPINS ARE NOT ALLOWED.
- All spin positions are allowed at this level.

STEP SEQUENCE:

Mandatory to perform 1 Sequence of steps:

- A sequence of steps where the ISU difficulty levels will be applied.
- The sequence of steps must cover the entire ice surface TO AND BACK THE LENGTH OF THE ICE and must include turns and steps.

FREE SKATE:

Free Skate duration: 3:00 min (+- 10 sec)

JUMPS:

5 element jumps are mandatory:

- All singles and doubles are allowed, EXCEPT THE DOUBLE AXEL JUMP.
- An Axel jump is mandatory.
- Only 2 Combos are allowed, with two jumps each.
- Jump combinations can be 2 + 1 ; 1 + 2 and/or 2 + 2. COMBO WITH TWO SINGLE JUMPS ARE NOT ALLOWED.
- Jumps can be repeated only twice; once as a solo jump and the second time must be in a combination of jumps.
- Euler performed as a solo jump does not count as an element, only if performed as a connecting element of 2 jumps.

Allowed jumps:

- 1 and/or 2 Salchow
- 1 and/or 2 Toe Loop
- 1 Euler (1/2 Loop: is only scored when used in combinations between two listed jumps)
- 1 and/or 2 loop
- 1 and/or 2 Flip
- 1 and/or 2 Lutz
- 1 Axel

SPINS:

The execution of 02 Spins is mandatory:

- A Spin Combination WITH FOOT CHANGE.
- One Spin In One Position WITH OR WITHOUT FOOT CHANGE.
- Both spins can start with a fly entry.
- Spins have to be of a different nature (abbreviation).Is not allowed to repeat the same spin.
- Current difficulty levels and ISU rules will apply.

CHOREOGRAPHIC SEQUENCE:

Mandatory the execution of 1 Choreographic Sequence:

- A choreographic sequence with a fixed value.
- To be scored it is mandatory to be CLEARLY VISIBLE.
- It is mandatory to use at least 02 CHOREOGRAPHIC ELEMENTS (Listed jumps up to 2 turns, spiral, Ina Bauers, and other allowed skating movements), which can be joined by turns and steps.

Notes for this level:

- 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.
- Half Loop (except when performed between jumps in combo), half Flip and half Lutz, split and stag jump will be considered transitions, not elements.

4.3 HIGH PERFORMANCE LEVELS

4.3.1 NOVICE ADVANCED

AGE: Skaters who have reached the age of 10, but who have not reached the age of 15 by July 1 of the year in which the season begins, can compete at this technical level.

SHORT PROGRAM:

Short program duration: 2:20 min (+/-10 sec)

JUMPS - 3 ELEMENTS:

The execution of 03 jumps is mandatory:

- Axel jump or Double Axel jump.
- Double or triple jump. CANNOT REPEAT THE AXEL JUMP, NEITHER 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 comprising this combination of jumps

cannot be the Axel or the double or triple jump actually performed or to be performed in the Short program as a solo jump.

SPINS - 2 ELEMENTS:

The execution of 02 spins is mandatory:

- - MALE: One Position Spin, with a minimum of 6 turns, NO FOOT CHANGE AND NO FLY ENTRY.
- - FEMALE: Layback /Sideways or One Position Spin with NO FOOT CHANGE AND NO FLY ENTRY.
- - MALE AND FEMALE: Combination of Spins (Combo Spin) WITH ONLY ONE FOOT CHANGE, with at least 6 (six) turns on each foot. Fly entry is allowed.

STEP SEQUENCE - 1 ELEMENT:

A sequence of steps utilizing the entire surface of the ice. RIDE AND RETURN OF THE LENGTH OF THE ICE

- All steps, turns and skating movements are allowed.

FREE SKATE:

Free Skate duration: 3:00 min (+- 10 sec)

JUMPS:

6 element jumps are mandatory:

- One of which should be an Axel-type jump.
- There can be up to two (2) combinations or one (1) jump sequence and one (1) jump combination.
- One of the jump combinations may contain three (3) jumps, the other only two (2) jumps.
- A jump sequence consists of two (2) or three (3) jumps where the second or third jump is an Axel Type jump, starting with a step immediately after the "landing" turn of the first or second jump to the "take off" turn of the Axel jump.
- A full turn on the ice, between jumps (free foot may touch the ice, but NO WEIGHT TRANSFER) keeps the element defined as a sequence of jumps.
- Jumps executed in a sequence of jumps receive their full Scale of Values (SOV) value.
- Only two (2) triple jumps can be repeated, either in a combination or in a sequence of jumps.
- Quadruple jumps are not allowed.

- Any single, double (including Double Axel) or triple jump cannot be performed more than twice in total.

SPINS:

The execution of 02 Spins is mandatory:

- Execution of two (2) spins of different nature (abbreviation).
- One must be a Spin Combination, WITH FOOT CHANGE, minimum eight (8) turns. FLY ENTRY IS NOT ALLOWED.
- One must be either a FLY INPUT, WITHOUT FOOT CHANGE, with a minimum of six (6) turns OR a One Position Spin WITH FOOT CHANGE AND FLY INPUT, with a minimum of eight (8) turns.

STEP SEQUENCE:

Mandatory to execute 1 Step Sequence:

- There must be a maximum of one (1) sequence of steps using the entire ice surface. RIDE AND RETURN OF THE LENGTH OF THE ICE.

4.3.2 NÍVEIS JUNIOR E SENIOR

SHORT PROGRAM FOR JUNIOR AND SENIOR:

In compliance with Rule 61 of the ISU Rulebook and ISU Communication for 2022/23 season.

Short Program duration: 2:40 min (+- 10 sec)

- The Short Program for Single Skating (Junior and Senior) consists of seven (7) mandatory elements. The sequence in which these elements are performed is the skater's free 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 are allowed.
- If an unforeseen or additional (executed) element replaces a mandatory (unexecuted) element, the respective judgment box of this element will be blocked and the executed element will be considered in disagreement with the rules and marked as no value.
- Unlisted or additional elements, such as jumps, spins, steps or repeats, even of failed elements, will not be considered and therefore will not block a judgement box of a required element.

JUNIOR SHORT PROGRAM:

Short Program duration: 2:40 min (+- 10 sec)

It consists of the following mandatory elements:

2023 / 2024 SEASON:

Men:

- Double or Triple Axel Paulsen jump;
- Double or Triple Lutz Jump.
- A Jump Combination consisting of a double and a triple jump (2 + 3 or 3 + 2) or two triple jumps (3 + 3).
- Flying Sit Spin.
- Camel Spin with only one foot change.
- Spin Combination with only one foot change.
- Step Sequence using the entire ice surface, BACK and FORWARD the length of the track.

Women:

- Double Axel Paulsen;
- Double or Triple Lutz Jump.
- A Jump Combination containing: two double jumps (2 + 2) or a double and a triple jump (2 + 3 or 3 + 2) or two triple jumps (3 + 3).
- Flying Sit Spin.
- Layback / Sideways Leaning Spin or Camel Spin without foot change.
- Spin Combination with only one foot change.
- Step Sequence using the entire ice surface, BACK and FORWARD the length of the track.

2024 / 2025 SEASON:

Men:

- - Double or Triple Axel Paulsen.
- - Double or Triple Flip Jump.
- - A Jump Combination consisting of a double and a triple jump (2 + 3 or 3 + 2) or two triple jumps (3 + 3).
- - Flying Camel Spin.
- - Sit Spin with only one foot change.
- - Spin Combination (combination of spins) with only one foot change.
- - Step Sequence using the entire ice surface, lengthwise to and from the rink.

Women:

- - Double Axel Paulsen.
- - Double or Triple Flip Jump.
- - A combination of jumps (Jump Combination) containing: two double jumps (2 + 2) or a double and a 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 (combination of spins) with only one foot change.
- - Step Sequence utilizing the entire ice surface, IN and OUT of the length of the runway.

SENIOR SHORT PROGRAM:

Short Program Duration: 2:40 min (+- 10 sec)

It consists of the following mandatory elements:

Men/Male:

- Double or Triple Axel Paulsen.
- Any Triple or Quadruple jump (with the exception of Axel).
- A Jump Combination containing: a double and a triple jump (2 + 3 or 3 + 2) or two triple jumps (3 + 3) or a quadruple jump and a double or triple jump (4 + 2 or 4 + 3).
- Flying Spin.
- Camel Spin or Sit Spin with only one foot change.
- Spin Combination with only one foot change.
- Step Sequence utilizing the entire ice surface, IN and OUT of the length of the runway.

Women/Female:

- Double or Triple Axel Paulsen.
- Any Triple Jump.
- A Jump Combination containing: a double and a triple jump (2 + 3 or 3 + 2) or two triple jumps (3 + 3).
- Flying Spin.
- Layback / Sideways Leaning Spin or Sit or Camel Spin without foot change.
- Spin Combination with only one foot change.

- Step Sequence utilizing the entire ice surface, IN and OUT of the length of the runway.

Notes for this level:

JUMPS:

- For Senior Men any Triple or Quad jump is allowed.
- If a quad jump is performed in the jump combination, a different quad jump can be performed as a solo jump.
- For Senior and Junior Men and Senior Ladies, when the Triple Axel Paulsen is performed as a solo jump, it cannot be repeated again as a solo jump or in the combination of jumps. And, if it is performed in the jump combination, it cannot be repeated as a solo jump.
- For Senior Women any triple jump is allowed.
- For Junior Women and Junior Men only the mandatory double or triple jump of the season is allowed.

JUMP COMBINATION:

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

SPINS:

- Spin in one position and Spin Combination: if there is no position before and/or after the foot change with at least 3 (three) revolutions, this spin is not in accordance with the rules and will have no value.
- With the exception of Flying Spin, no Spin can start with a jump.

- Flying Spin:
 - Senior: Any type of Flying Spin is allowed, as long as the landing position is different from the position executed in the Spin in one position.
 - Junior: only the mandatory 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 eight (8) revolutions in the landing position, which may be different from the flying position. No ice rotation before take off is allowed. The 8 (eight) mandatory revolutions can be performed in any variation of the landing position.
- Spin in one position:
 - Male/Men – Spin with only one foot change:
 - Senior: The competitor can choose the Camel or Sit position to be executed, but this position must be different from the Flying Spin landing position. The Spin must consist of only one foot change, which can be performed in the form of a step over or with a jump, having at least 6 (six) rotations in each foot.
 - Junior: only mandatory season spin will be allowed. The spin must contain only one foot change, which can be performed in the form of a step over or with a jump, having at least 6 (six) revolutions in each foot.
 - Women's/Ladies - 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 eight (8) revolutions without lifting to the Upright position. After the 8 (eight) revolutions it is allowed to execute the Biellmann position OR spin in a position without a change of foot: any variation of the chosen position can be executed. Minimum of 8 (eight) revolutions in the position.
 - For Male/Men and Female/Ladies: if the Flying Spin landing position is the same as the one-position spin, the last to be executed between the two will not count, but will occupy a spin box.
- Spin Combination:
 - The spin combination must include only one change of foot and must not have less than six (6) revolutions in each foot. The change of foot can be done with a step over or a jump. Changing feet and changing positions 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.

Jumps listed with up to 1 turn, included in the step sequence, will not be called and will not occupy an element box.

FREE SKATING FOR JUNIOR AND SENIOR

Conforms to Rule 612 of the ISU Rulebook.

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

WELL BALANCED JUNIOR FREE SKATE:

Free Skate duration: 3:30 min (+- 10 sec)

A well-balanced program for Junior Men should contain:

- Maximum of 7 (seven) jump elements, where one of them must be an Axel type jump.
- Maximum of 3 (three) spins: a Combination Spub, a Flying Spin or Spin with Flying Entrance and a Spin in one position.
- - Maximum of one (1) Choreo Sequence, CLEARLY VISIBLE.

A well-balanced program for Junior Ladies should contain:

- Maximum of 7 (seven) jump elements, where one of them must be an Axel type jump.
- Maximum of 3 (three) spins, being a Spin Combination, a Flying Spin or Spin with Flying Entrance and a Spin in one position.
- - Maximum of one (1) Choreo Sequence, CLEARLY VISIBLE.

WELL BALANCED SENIOR FREE SKATE:

Free Skae Duration: 4:00 min (+- 10 sec)

A well-balanced program for Senior Men should contain:

- Maximum of 7 (seven) jump elements, where one of them must be an Axel type jump.
- Maximum of 3 (three) spins, being a Spin Combination, a Flying Spin or Spin with Flying Entrance and a Spin in one position.
- Maximum of 1 (one) Step Sequence, COVERING THE ENTIRE ICE SURFACE UP AND BACK THE LENGTH OF THE ICE.
- Maximum of 1 (one) Choreographic Sequence CLEARLY VISIBLE.

A well-balanced program for Senior Ladies should contain:

- Maximum of 7 (seven) jump elements, where one of them must be an Axel type jump.
- Maximum of 3 (three) spins, being a Spin Combination, a Flying Spin or Spin with Flying Entrance and a Spin in one position.
- Maximum of 1 (one) Step Sequence, COVERING THE ENTIRE ICE SURFACE UP AND BACK THE LENGTH OF THE ICE.
- Maximum of one (1) CLEARLY VISIBLE Choreographic Sequence

The Competitor is free to select the Free Skate elements, the sum of which forms the program.

All elements must be connected by steps of different nature and by other Figure Skating movements, using the entire surface of the ice (skating forwards and backwards are not considered connection steps).

Any additional elements or elements that exceed the determined number will not be considered in the competitor's result.

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

COMMENTS:

For all Singles Free Skate Program (Junior and Senior), the following rules apply:

INDIVIDUAL JUMPS

- Individual jumps can have any number of revolutions.

JUMP COMBINATIONS E JUMP SEQUENCES

- A Jump Combination or Sequence of jumps may 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 may be performed in the Free Skate / Free Program. One Jump Combination or one Jump Sequence can have three (3) jumps, the other two up to two (2) jumps.

REPETITIONS

- Any double jump (including the Double Axel) cannot be included more than twice in a Single's Free Program (1 time a solo jump and another time as part of a combination / jump sequence).
- Of all the triple and quad jumps, only two can be performed twice. Of the two repetitions, only one can be a quadruple jump.

- If at least one of these executions is in a jump combination/sequence, the total numerical value according to the ISU Value Scales (SOV) will be applied to both executions.
- 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 quad jumps with the same name will be considered as different jumps.
- No triple or quad jump can be attempted more than twice.

EXTRA JUMPS AND JUMP ELEMENTS

- If an extra jump is performed, only the individual jump that does not comply with the rules will be considered no value.
- Jumps are considered in the order of execution.

SPINS

- All spins must be of different abbreviation. Any spin with the same character (abbreviation) as the one previously performed will be disregarded, but will occupy a spin box.
- Spins have a minimum number of revolutions required:
 - 6 (six) for the Flying Spin and for the One Position Spin.
 - 10 (ten) for the Spin Combination.
- The absence of the mandatory number of revolutions will be reflected in the judges' scores.
- The minimum number of revolutions will start counting from the entry of the spin until its completion (with the exception of the final revolutions - wind-up on Spins in one position and Flying Spins).
- In Spin Combination and One Position Spin, change of foot is optional.

STEPS

- The competitor is free to choose the type of Step Sequence he/she wants to perform.
- Any unlisted jump with any number of turns and listed jumps with up to 1 turn may be included in the Step Sequence without any penalty. Listed jumps with up to 1 turn included in the Step Sequence will not be called and will not occupy an element box.
- Listed jumps with more than 1 turn may also be included in the Step Sequence, but will be called and occupy an element box.
- Step Sequences must use the entire ice surface, round trip of the length of the track.
- Step Sequences that are too short and not clearly visible cannot be considered to meet the mandatory requirements and will not be considered.

CHOREOGRAPHIC SEQUENCES

- A Choreographic Sequence consists of at least 2 different 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 join 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 must be clearly visible.
- The Technical Panel identifies the Choreographic Sequence, which starts with the first skating movement and concludes with the preparation for the next element to be executed (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 evaluated by the Judges only through the Grade of Execution – GOE.

4.4 ADULT LEVELS OF COMPETITION

4.4.1. BRASIL I LEVEL

Program duration: 1:40 min (+- 10 sec)

7 ELEMENTS:

The elements to compose the program must be chosen, and the execution of seven (7) of the elements listed below is mandatory, with one spiral, one pivot, and the spin on one foot.

- Spin on one foot (min 3 revolutions).
- Bunny Hop.
- Lunge.
- FRONT EDGE Spiral (only counts when the free leg is above hip level and the edge must be executed clearly and visibly).
- EDGE BACK Spiral (only counts when 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).

- Ballet Jump.
- Half Flip.
- Forward Inside Pivot (Minimum of 1 revolution).
- Backward Outside Pivot (minimum of 1 revolution).

1 SEQUENCE OF STEPS

- Mandatory to include a sequence of forward outside three turns with landing (minimum of three).
- Use forwards outside and inside edges.

General notes for this level:

- At the BRASIL I 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 Brasil I level, 7 (seven) elements must be performed to choose from among the allowed ones, and a step sequence.
- For Brasil I level:
 - a) No element can be repeated. Any repeated element will be ignored and will have no value.
 - b) Single jumps are not allowed.
 - c) Higher level elements are not allowed. Crossovers, inside three turns, mohawks, etc. are allowed at this level and will be considered transitions and not elements.

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

- Skating Skills
- Presentation
- Composition

4.4.2. BRASIL II LEVEL

Program Duration: 1:40 min (+ /- 10 sec)

5 JUMPS:

- 5 element jumps are mandatory.
- Just two jump combinations with only 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 or sequence.

Allowed Jumps:

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

2 SPINS:

- The execution of 2 UPRIGHT SPIN is mandatory.
 - The two spins must have a minimum of 3 revolutions.
 - Upright Spin: the base leg is chosen by the skater (back spin can be performed)
 - Upright Spin: the free leg position is chosen by the skater.
 - Upright Spin: Current ISU levels of difficulty apply.
 - Layback is not allowed.
 - Biellmann Spin is a difficult variation of upright, but it is allowed.

1 CHOREOGRAPHIC SEQUENCE

- A choreographic sequence with a fixed value.
- In order to be scored, it must be CLEARLY VISIBLE.
- You can use Spread Eagle, Hydrobrading, Spirals, Ina Bauers and other skating moves.

Include at least 2 skating moves that can be joined by Steps and Turns.

Note for this level:

The elements of Brasil II level will be considered transitions or choreography, THEY WILL NOT BE CONSIDERED ELEMENTS FOR THIS LEVEL AND, THEREFORE, WILL NOT BE SCORED AS SUCH.

4.4.3. BRONZE LEVEL

Program Duration: 1:40 (+/- 10 sec)

4 JUMPS

Mandatory execution of 4 elements of jumping:

- All single jumps (EXCLUDING AXEL)
- Only 2 Jump Combos Allowed.
- A combo can be of three jumps.
- Each jump can only be repeated twice

2 SPINS

Mandatory execution of 2 spins:

- A spin must be without changing feet.
- The second spins is at the skater's discretion as long as it is of a different abbreviation than the first. This pirouette can be with or without changing feet.
- Fly Spins and Combos are not allowed.

1 SEQUENCE

Mandatory execution of 1 Choreographic Sequence

- A choreographic sequence.

4.4.4. PRATA LEVEL

Program Duration: 2:00 (+/- 10 sec)

JUMPS

Mandatory execution of 5 jumping elements:

- All single jumps (INCLUDING AXEL)
- Double jumps are not allowed.
- Only 2 Combos Allowed.
- A combo can be of three jumps.
- Each jump can only be repeated twice

SPINS

Mandatory execution of 2 spins:

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

SEQUENCE

Mandatory execution of 1 Step Sequence:

- A sequence of steps, covering the entire surface of the ice, BACK AND FORWARD THE length of the track.

4.4.5. OURO LEVEL

Program Duration: 2:40 (+/- 10 sec)

JUMPS

Mandatory execution of 6 elements of jumping:

- All single jumps including the AXEL jump are allowed
- 2 Salchow, 2 Toeloop and 2 Loop are allowed (2 Flip, 2 Lutz and 2 Axel are not allowed).
- Only 3 combos allowed.
- One combo can be of three jumps.

- Each jump can only be repeated twice.

SPINS

Mandatory execution of 3 spins:

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

SEQUENCE

Mandatory execution of 1 Step Sequence:

- A sequence of steps, covering the entire surface of the ice, BACK AND FORWARD THE length of the track.

4.4.6. NÍVEL MASTER

Program Duration: 3:00 (+/- 10 sec)

JUMPS

Mandatory execution of 7 jumping elements:

- All double and triple jumps are allowed.
- Only 3 combos are allowed.
- A combo can be of three jumps.
- Each jump can only be repeated twice.

SPINS

Mandatory execution of 3 spins:

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

SEQUENCE

Mandatory execution of 1 Step Sequence:

- A sequence of steps, covering the entire surface of the ice, BACK AND FORWARD THE length of the track.

4.5 ARTISTIC LEVEL

4.5.1 NÍVEL ARTÍSTICO BRASIL

- - Program Duration: Minimum of 2 minutes and maximum of 3 minutes, BOTH FOR INDIVIDUALS AND FOR TWINS AND/OR GROUPS.
- Divided into
 - Individual: must follow the Brazil Artistic Level age category detailed below.
 - Doubles: 2 people - will not have an age category.
 - Group: 3 to 6 skaters - there will be no age category.
 - Both the DUAL and the GROUP may be formed independently of gender.

SPECIFICATIONS FOR ARTÍSTICO LEVEL:

Artistic events consist of free skating programs judged on program components only, but the “Artistic Free Skate” is a competitive program that must include at least the following elements:

- At least one (1) and a maximum of two (2) single jumps (of 1 lap) must be included.
- At least one (1) and a maximum of two (2) spins must be included.
- Double or triple jumps are not allowed.
- No jumping combinations are allowed.
- Clothing, theatrical makeup and the use of PROPS will be permitted.
- Mandatory use of at least one PROP.
- Mandatory use of music with vocals.

Note for this level:

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

5 AGE CATEGORIES BY TECHNICAL LEVEL

5.1 NÍVEL PRÉ-INICIANTE:

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

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

5.2 NÍVEIS INICIANTE AO INTERMEDIÁRIO

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

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

5.3 NÍVEIS NOVICE ADVANCED, JUNIOR E SENIOR

ISU rule: The athlete's birthday must be before the 1st of July of the competition year.

- ***Advanced Novice:*** Reached the age of 10 years and did not reach the age of 15 years. The athlete's birthday must be before the 1st of July of the competition year.
- ***Junior:*** Reached the age of 13 years and did not reach the age of 19 years. The athlete's birthday must be before the 1st of July of the competition year.
- ***Senior:*** from 16 years old, as long as the birthday is before July 1st of the year of the competition.

5.4 ADULT LEVELS – BRASIL I, BRASIL II, BRONZE, PRATA, OURO AND MASTER

- Brazil: 20 - 28 years old
- Class I: 29 - 38 years old (aligned to ISU international regulations)
- Class II: 39 - 49 years (aligned to ISU international regulations)
- Class III: 50 - 60 years (aligned to ISU international rules)
- Class IV: 61 - 71 years (in line with ISU international regulations)
- Class V: 71 - 79 years (in line with ISU international regulations)

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

5.5 NÍVEL ARTÍSTICO BRASIL

- - E = 7 years or less
- - D = 8 - 12 years
- - C = 13 - 18 years
- - B = 19 - 28 years old
- - A = 29 years or older

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

6. Judgment System

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

- **SOLE PARAGRAPH:** The BRAZIL ARTISTIC LEVEL WILL BE JUDGED ONLY BY 3 COMPONENTS (Skating Skills, Composition and Presentation).

All values can be found in the ISU SOV table, WITH THE EXCEPTION OF THE PRÉ-INICIANTE LEVEL, WHOSE ELEMENTS DO NOT EXIST IN THE ISU SOV TABLE. A NATIONAL SCALE OF VALUES WILL BE USED TO ESTABLISH THE BASE VALUE PER ELEMENT.

The judging panel must contain at least three judges, a technical specialist (who may also be a Judge), a referee (who may also be a Judge), and a data operator (there may be two), all registered with the CBDG or ISU.

Components and deductions will be judged as follows:

COMPONENTS:

PRÉ-INICIANTE TO INICIANTE:

- Skating Skills.
- Composition.
- Presentation.

PRÉ-BÁSICO TO INTERMEDIÁRIO:

- Skating Skills.
- Composition.
- Presentation.

ADVANCED NOVICE:

- Skating Skills.
- Composition.
- Presentation.

JUNIOR AND SENIOR:

- Skating Skills.
- Composition.
- Presentation.

ADULTO BRASIL I, BRASIL II

- Skating Skills.
- Composition.
- Presentation.

ADULTO BRONZE, PRATA, OURO AND MASTER

- Skating Skills.
- Composition.
- Presentation.

ARTÍSTICO:

- Skating Skills.
- Composition.
- Presentation.

DEDUCTIONS PER FALL

- Fall Deductions for Pre-Novice to Advanced Novice: - 1.0 per fall.
- Falls Deductions for Junior: -1.0 per fall.
- Fall Deductions for Senior: ISU Rule
 - One to two falls: - 1.0 per fall.
 - Third and fourth fall: - 2.0 per fall.
 - From the fifth fall onward: - 3.0 per fall.

7. Judgment of the Artística Brasil Category.

- Artistic events consist of free skating programs, judged on the basis of program components only:
 - Skating Skills.
 - Composition.
 - Presentation.
- The points for each component are multiplied by a factor of 1.0.
- 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 music and develop a theme through their skating.
- The program must be developed with skating skill and quality.
- There will be no technical note.
- Credit for technical elements is based solely on the ability of such moves to enhance the theme and support the music and not for their technical difficulty.
- Any element that exceeds the established maximum number will be judged as an illegal element and a 1.0 deduction will be made.
- If there is no jump or no spin element included or only one jump and no spin or vice versa, a deduction for a "missing element" of 1.0 will be taken.

8. Leveling Tests and Technical Classification of Athletes

For the year 2023, from the PRE-INICIANTE to the PRE-BÁSICO levels, there will be no tests.

The leveling of the athletes must be decided by each coach responsible for registering the athlete in the competition, as long as the coach is registered with the CBDG.

Only BÁSICO, JUVENIL, INTERMEDIÁRIO, NOVICE ADVANCED, JUNIOR E SENIOR levels will be tested.

All athletes will be tested through videos sent to the CBDG.

All athletes who train in Brazil must take the test to determine their technical level of competition.

The skater must send the video or media containing ALL THE REQUIRED SHORT PROGRAM ELEMENTS of the technical level they wish to compete in.

Tests conducted in other countries, even if they are members of the ISU, will not be accepted.

Athletes who train outside of Brazil must send the video or media for testing at the level: Básico, Juvenil e Intermediário.

At the Novice Advanced, Junior and Senior levels, they can choose between sending the video or media with the execution of all the mandatory elements of the season for the Short Program or prove their technical capacity through the result in sanctioned or official ISU competitions.

Scores in championships other than those mentioned will not be accepted.

Specification of the video to be sent:

- The video camera must be positioned fixedly on the side of the ice rink, exactly in the middle of the length of the rink.
- As it is impossible to determine a distance for the athlete to perform the elements of the levels that require testing, we ask that they do so as close as possible to the video camera.

These videos should be sent to teste.patinacao@cbdg.org.br by May 10, 2023. No videos will be accepted after this date.

The only exception to the rule for accepting tests in another ISU member country is for athletes who have passed all the tests in this country by the respective Federation or Confederation and can prove participation in ISU sanctioned or official international competitions, representing Brazil in the category in which they intend to compete in the last two seasons (2020/2021 and 2021/2022).

The test will consist of:

• **BÁSICO:**

- o Single Axel.
- o Spin in combo with foot switch.

• **JUVENIL:**

- o Single Axel
- o 2 double jumps, being able to choose between: 2 Toe Loop, 2 Salchow or 2 Loop.

- **INTERMEDIÁRIO: Submit the video performing the season's mandatory elements for the Short Program.**
- **NOVICE ADVANCED: Submit the video with the performance of the season's mandatory elements for the Short Program.**
- **JUNIOR AND SENIOR: Submit the video with the performance of the season's mandatory elements for the Short Program.**

The execution of the elements can be filmed separately, we only ask that the camera position be the same for all of them.

- The choice of the fixed point of the camera is free, but it must clearly show the execution of the element.
- The tests will be judged by a panel of 3 judges or officials registered with the CBDG or ISU.
- The result of the tests will be informed, only to the skater or his guardian, through the same e-mail in which the test was sent, until May 20, 2023.
- In cases where the responsible judges conclude that the test does not meet these requirements, the test must be redone and resubmitted, within 3 days of the communication e-mail from the CBDG.

Remarks:

- Tested athletes will have their tests approved only if they execute the mandatory elements of the short program correctly. ATTEMPTS TO EXECUTE THE ELEMENT WILL NOT BE ACCEPTED.
- Double, triple or quadruple jumps missing up to ¼ lap for the required number of laps will be accepted.
- Spins must meet the minimum number of turns and correct positions for the technical level you wish to pass.
- Step Sequences or Choreography must meet the requirements listed in these rules for the technical level you wish to compete at.
- TESTS, WHERE IT IS NECESSARY TO SEND THE MANDATORY ELEMENTS OF THE SEASON FOR THE SHORT PROGRAM, IF THESE ELEMENTS ARE MISSING, THE TEST WILL BE CANCELLED AND THE ATHLETE WILL NOT BE ABLE TO COMPETE.

9. Attachments

9.1 Attachment 1: Important notes for the levels PRÉ-INICIANTE to SENIOR

- SKATERS ABOVE 20 YEARS OLD MUST COMPETE IN THE ADULT LEVEL.
- COACHES REGISTERED AT BISF OR ATHLETES AFFILIATED TO BISF THAT, DEMONSTRABLY, GIVE REGULAR CLASSES, MAY ONLY COMPETE IN THE ADULT LEVEL.
- IF A SKATER IS AFFILIATED AS AN ATHLETE, AND IT IS PROVEN THAT HE HAS STUDENTS, GIVES LESSONS AND/OR IS PAID FOR SUCH PRACTICE, HE MUST BE REGISTERED AS A COACH WITH BISF. IN THE ABSENCE OF THIS REGISTRATION, THE ATHLETE MAY BE DISQUALIFIED FROM THE COMPETITION, FOR NOT MEETING THE REQUIREMENTS OF THE LEVELS LISTED IN THIS REGULATION.
 - ISU difficulty levels will apply across all technical levels and age categories.
- Spins must have at least 3 revolutions in total, with 2 revolutions having to be in a basic position to be scored.
- In Spin Combination, at least two basic positions with at least 2 revolutions in each position to be scored.
- Spins from a position with foot change must have at least 3 revolutions on each foot and minimum 2 revolutions in a basic position on each foot to be scored.
- Within a combo the Layback is considered an upright spin, but is only allowed from the JUVENIL level on.
- Biellmann is a difficult variation of Upright Spin, but is only allowed from the INICIANTE level on.

Note 1: Every athlete, to have their registration validated in an official CBDG championship, must be affiliated to the CBDG, be up to date with their obligations with the CBDG and inform the name of their coach, who must also be registered with the CBDG and be up to date with their registration, and preferably be certified as a Level 1 Coach through the ISU Project held in 2019.

Note 2:

The athletes affiliated to the CBDG, who train outside of Brazil, may choose among the options below to compete accompanied by a coach:

The athlete's own coach, provided that he/she is registered/affiliated with the National Federation of the country in question and that this country is a member of the ISU; or

Coach who is registered with the CBDG and has been certified as passing Level 1 at the 2019 ISU/CBDG Seminar. The list of certified coaches can be purchased from the CBDG.

9.2 Annex 2: Adjustments and proposals for changes to the Technical Regulation

Only Clubs, Associations, Federations, Affiliated Athletes and Registered Coaches can propose adjustments to these regulations by sending an e-mail to comite.tecnico.patinacao@cbdg.org.br containing:

Name of the affiliated/registered member;

- Regulation item to be evaluated;
- The proposed adjustment/amendment (including the text of the proposal);
- The justification for the change.

The proposal will be taken to a meeting of the Figure Skating Technical Committee for discussion and voting, with an exclusive agenda for the verification of the Regulations.

The Committee will meet once a year in an ordinary way to verify the Technical Regulations of Competition, always in January.