

# 中華奧會 100 周年紀念暨 2022 全國花式滑冰菁英錦標賽

## 技術手冊

- 一、比賽規則：將依據ISU國際滑冰總會2021年版的特別規定之技術規程，通告2396、2253、2334、2382相關公告進行。
- 二、各組別動作規定：

### Senior Men 成年男子組

- Short Program / 短曲(2'40"±10")
  - a) Double or Triple Axel Paulsen; 兩圈或三圈艾克索跳；
  - b) Triple or Quad Jump; 一個三圈或四圈跳；
  - c) Jump combination consisting of a double jump and a triple jump or two triple jumps or a quadruple jump and a double jump or a triple jump; 組合跳：三圈+兩圈跳或兩個三圈跳或四圈+三圈跳或四圈+兩圈跳；
  - d) Flying Spin; 飛躍式旋轉；
  - e) Camel spin or sit spin with only one change of foot; 換腳駝轉或換腳蹲轉；
  - f) Spin combination with only one change of foot; 組合旋轉，只允許一次換腳；
  - g) Step sequence fully utilizing the ice surface. 覆蓋全場的連接步伐
  
- Free Skating / 長曲(4'00"±10")

A well balanced Free Skating program for Senior Men must contain:

  - a) Maximum of 7 jump elements (one of which must be an Axel type jump). 至多七個跳躍動作 (其中至少有一個艾克索類型跳)
  - b) Maximum of 3 spins, one of which must be a spin combination, one a flying spin or a spin with a flying entrance and one a spin with only one position. 至多三個旋轉：一個組合旋轉，一個飛躍式旋轉和一個單一姿勢旋轉
  - c) Maximum of 1 Step Sequence. 至多一套連接步伐
  - d) Maximum of 1 Choreographic sequence. 至多一套編舞步伐

### Senior Women 成年女子組

- Short Program / 短曲(2'40"±10")
  - a) Double or Triple Axel Paulsen; 兩圈或三圈艾克索跳；
  - b) Triple Jump; 一個三圈跳；
  - c) Jump combination consisting of a double jump and a triple jump or two triple jumps; 組合跳：三圈+兩圈跳或兩個三圈跳；
  - d) Flying Spin; 飛躍式旋轉；

- e) Layback/sideways leaning spin or sit or camel spin without change of foot; 後仰躬身轉 · 側仰躬身轉或蹲轉/駝轉 (不得換腳) ;
- f) Spin Combination with only one change of foot; 組合旋轉 · 只允許一次換腳 ;
- g) Step sequence fully utilizing the ice surface. 覆蓋全場的連接步伐

● Free Skating / 長曲(4'00"±10")

A well balanced Free Skating program for Senior Ladies must contain:

- a) Maximum of 7 jump elements (one of which must be an Axel type jump). 至多七個跳躍動作 (其中至少有一個艾克索類型跳)
- e) Maximum of 3 spins, one of which must be a spin combination, one a flying spin or a spin with a flying entrance and one a spin with only one position. 至多三個旋轉：一個組合旋轉 · 一個飛躍式旋轉和一個單一姿勢旋轉
- a) Maximum of 1 Step Sequence. 至多一套連接步伐
- b) Maximum of 1 Choreographic sequence. 至多一套編舞步伐

Remarks備註：

- a) Any double jump (including double Axel) cannot be included more than twice in total in a Single's Free Program (as a Solo Jump or a part of Combination / Sequence). 在單人長曲中任何兩圈跳躍 (包括兩圈半艾克索跳) 都不得執行超過兩次 (不論作為單跳或組合跳/連接跳中的一部分)。
- b) Of all the triple and quadruple jumps only two (2) can be executed twice. Of the two repetitions only one (1) can a quadruple jump. If at least one of these executions is in a Jump Combination/Sequence, both executions are attributed their full numerical value according to the Scale of Value. If both executions are as solo jumps, the second of these solo jumps will be attributed 70% of its numerical value according to the Scale of Value. 所有三圈和四圈跳躍只有兩種允許重複兩次。同時只能有一種四圈跳可以被重複。如果其中有至少一次是在組合跳或連接跳中完成的，則這兩個跳躍都將被正常評分。如果兩次跳躍都是在單跳中完成的，則第二個完成的單跳將得到其原始基礎分值的70%。

**Junior Men 青年男子組**

● Short Program / 短曲(2'40"±10")

- a) Double or triple Axel Paulsen; 兩圈或三圈艾克索跳 ;
- b) Double or triple Loop jump; 一個兩圈或三圈路普跳 ;
- c) Jump combination consisting of a double and a triple jump or two triple jumps; 組合跳：三圈跳+兩圈跳或兩個三圈跳 ;
- d) Flying Camel Spin; 飛躍式駝轉 ;

- e) **Sit** spin with only one change of foot; 換腳蹲轉 ;
  - f) Spin combination with only one change of foot; 組合旋轉 · 只允許一次換腳 ;
  - g) Step sequence fully utilizing the ice surface. 覆蓋全場的連接步伐
- Free Skating / 長曲(3'30"±10")
- A well balanced Free Skating program for Junior Men must contain:
- a) Maximum of 7 jump elements (one of which must be an Axel type jump); 至多七個跳躍動作 (其中至少有一個艾克索跳)
  - f) Maximum of 3 spins, one of which must be a spin combination, one a flying spin or a spin with a flying entrance and one a spin with only one position; 至多三個旋轉：一個組合旋轉 · 一個飛躍式旋轉和一個單一姿勢旋轉
  - b) Maximum of 1 step sequence; 至多一套連接步伐

### **Junior Women 青年女子組**

- Short Program / 短曲(2'40"±10")
- a) Double Axel Paulsen; 兩圈半艾克索跳 ;
  - b) Double or triple **Loop** jump; 一個兩圈或三圈路普跳 ;
  - c) Jump combination consisting of two double jumps or one double and one triple jump or two triple jumps; 組合跳：兩個兩圈或三圈+兩圈跳或兩個三圈跳 ;
  - d) Flying **Camel** Spin; 飛躍式駝轉 ;
  - e) Layback, Sideways Leaning Spin or **Sit** Spin without change of foot; 後仰躬身轉、側仰躬身轉或蹲轉(不得換腳) ;
  - f) Spin combination with only one change of foot; 組合旋轉 · 只允許一次換腳 ;
  - g) Step sequence fully utilizing the ice surface. 覆蓋全場的連接步伐
- Free Skating / 長曲(3'30"±10")
- A well balanced Free Skating program for Junior Ladies must contain:
- a) Maximum of 7 jump elements (one of which must be an Axel type jump); 至多七個跳躍動作 (其中至少有一個艾克索跳)
  - b) Maximum of 3 spins, one of which must be a spin combination, one a flying spin or a spin with a flying entrance and one a spin with only one position; 至多三個旋轉：一個組合旋轉 · 一個飛躍式旋轉和一個單一姿勢旋轉
  - c) Maximum of 1 step sequence; 至多一套連接步伐

#### Remarks備註：

- a) Any double jump (including double Axel) cannot be included more than twice in total in a Single's Free Program (as a Solo Jump or a part of Combination / Sequence).在單人長曲中任何兩圈跳躍 (包括兩圈半艾克索跳) 都不得執行超過兩次 (不論作為單跳或組合跳/連接跳中

的一部分)。

- b) Of all the triple and quadruple jumps only two (2) can be executed twice. Of the two repetitions only one (1) can a quadruple jump. If at least one of these executions is in a Jump Combination/Sequence, both executions are attributed their full numerical value according to the Scale of Value. If both executions are as solo jumps, the second of these solo jumps will be attributed 70% of its numerical value according to the Scale of Value. 所有三圈和四圈跳躍只有兩種跳躍允許重複兩次。同時只能有一種四圈跳可以被重複。如果其中有至少一次是在組合跳或連接跳中完成的，則這兩個跳躍都將被正常評分。如果兩次跳躍都是在單跳中完成的，則第二個完成的單跳將得到其原始基礎分值的70%。

根據國際滑冰總會第2396號通告修正技術規定

### **Advanced Novice Boys 少年男子組**

#### ● Short Program / 短曲(2'20" ±10")

- a) Single Axel Paulsen or double Axel Paulsen; 一圈或兩圈艾克索跳；
- b) Double or triple jump (may not repeat jump a); 一個兩圈或三圈跳(不能和a重複)
- c) One jump combination consisting of two double jumps or one double and one triple jump, both jumps may not repeat jump a) or b); 組合跳：三圈+兩圈跳或兩個兩圈跳(不能重複a或b)
- d) Camel, sit or upright spin (minimum of five (5) revolutions on each foot) with change of foot and no flying entrance; 換腳駝轉、換腳蹲轉或換腳直立轉(每隻腳至少5圈)，不允許飛躍式進轉
- e) Spin combination with only one change of foot (minimum of five (5) revolutions on each foot). Flying entry is allowed; 組合旋轉：換腳一次並允許飛躍式進轉(每隻腳至少5圈)
- f) One step sequence with full utilization of the ice surface. 一套覆蓋全場的連接步伐

Remarks /備註：

- a) Jumps not according to Short Program requirements (wrong number of revolutions) will receive no value. 選手於短曲所做出之跳躍如不符合規定之圈數者將不予計分。
- b) If the same jump is executed as a solo jump and as a part of the jump combination, the repeated jump will not be counted (if this repetition is in a jump combination, only the individual jump which is not according to the above requirements will not be counted). 如果同一種跳躍同時在單跳及組合跳中執行，則此重複之跳躍將不予以計分。

#### ● Free Skating / 長曲(3'00"±10")

A well balanced Free Skating program for Advanced Novice Boys must contain:

- a) Maximum 6 jump elements one of which must be an Axel type jump. There may be up to two (2) jump combinations or sequences. One jump combination could consist up to three (3) jumps, the other up to two (2) jumps. A jumps sequence consists of two (2) jumps of any number of revolutions, beginning with any 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 type jump. Only two (2) triple jumps can be repeated either in a jump combination or in jump sequence. No quadruple jumps are allowed. Any single and double (including Double Axel) or triple jumps

cannot be executed more than twice in total.至多六個跳躍動作，其中至少有一個阿克索跳。至多允許兩個組合跳或連接跳。其中一個組合跳能由三個跳躍組成，另一個組合跳為兩個。一個連接跳是由任意圈數的兩個跳躍組成，從任意一個跳躍開始，緊跟著第一跳落冰弧線直接進入阿克索類型的跳躍。三圈只有兩種可在組合跳或連接跳中重複執行。四圈跳是不被允許的。任何種類的一圈和兩圈跳躍(包括兩圈半)或三圈跳，總計不能被完成超過兩次。

- b) There must be a maximum of two (2) spins of a different nature (abbreviation), one of which must be a spin combination with change of foot (minimum eight (8) revolutions, flying entrance is not allowed and one must be a flying spin (minimum (6) revolutions) or a spin in one position with change of foot and a flying entrance (minimum (8) revolutions)至多兩個不同的旋轉：一個必須是換腳組合旋轉(最少8圈)，不允許飛躍式進轉。另一個是飛躍式旋轉(最少6圈)，或一個以飛躍式進轉的換腳單一姿勢旋轉(最少8圈)
- c) There must be a maximum of one (1) step sequence fully utilizing the ice surface.一套覆蓋全場的連接步伐

※PCS Factor節目內容分係數：SP短曲：0.9；FS長曲：1.8；Fall Deduction跌倒扣分：0.5

### Advanced Novice Girls 少年女子組

#### ● Short Program / 短曲(2'20" ±10")

- a) Single Axel Paulsen or double Axel Paulsen; 一圈或兩圈阿克索跳；
- b) Double or triple jump, may not repeat jump a); 一個兩圈或三圈跳 (不能重複a)；
- c) One jump combination consisting of two double jumps or one double and one triple jump, both jumps may not repeat jump a) or b); 組合跳：三圈+兩圈跳或兩個兩圈跳 (不能重複 a和b) ;
- d) Layback/sideways leaning spin or spin in one basic position with no change of foot (minimum of 6 revolutions) and no flying entrance; 後仰躬身轉/側仰躬身轉或一種不換腳的單一姿勢旋轉 (至少6圈且不允許飛躍式進轉)
- e) Spin combination with only one change of foot (minimum of 5 revolutions on each foot). Flying entry is allowed. 組合旋轉：換腳一次並允許飛躍式進轉 (每隻腳至少5圈)
- f) One step sequence fully utilizing the ice surface. 一套覆蓋全場的連接步伐

Remarks備註：

- a) Jumps not according to Short Program requirements (wrong number of revolutions) will receive no value.選手於短曲所做出之跳躍如不符合規定之圈數者將不予計分。
- b) If the same jump is executed as a solo jump and as a part of the jump combination, the repeated jump will not be counted (if this repetition is in a jump combination, only the individual jump which is not according to the above requirements will not be counted). 如果同一種跳躍同時在單跳及組合跳中執行，則此重複之跳躍將不予以計分。

#### ● Free Skating / 長曲(3'00"±10")

A well balanced Free Skating program for Advanced Novice Girls must contain:

- a) Maximum 6 jump elements one of which must be an Axel type jump. There may be up to two (2) jump combinations or sequences. One jump combination could consist up to three (3) jumps, the other up to two (2) jumps. A jumps sequence consists of two (2) jumps of any number of revolutions, beginning with any 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 type jump. Only two (2) triple jumps can be repeated either in a jump combination or in jump sequence. No quadruple jumps are allowed. Any single and double (including Double Axel) or triple jumps cannot be executed more than twice in total. 至多六個跳躍動作，其中至少有一個艾克索(Axel)跳。至多允許兩個組合跳或連續跳。其中一個組合跳能由三個跳躍組成，另一個組合跳為兩個。一個連接跳是由任意圈數的兩個跳躍組成，從任意一個跳躍開始，緊跟著第一跳落冰弧線直接進入艾克索類型的跳躍。三圈只有兩種可在組合跳或連接跳中重複執行。四圈跳是不被允許的。任何種類的一圈和兩圈跳躍(包括兩圈半)或三圈跳，總計不能被完成超過兩次。
- b) There must be a maximum of two (2) spins of a different nature (abbreviation), one of which must be a spin combination with change of foot (minimum eight (8) revolutions, flying entrance is not allowed and one must be a flying spin (minimum (6) revolutions) or a spin in one position with change of foot and a flying entrance (minimum (8) revolutions) 至多兩個不同的旋轉：一個必須是換腳組合旋轉(最少8圈)，不允許飛躍式進轉。另一個是飛躍式旋轉(最少6圈)，或者一個以飛躍式進轉的換腳單一姿勢旋轉(最少8圈)
- c) There must be a maximum of one (1) step sequence fully utilizing the ice surface. 一套覆蓋全場的連接步伐

Remarks備註：

**Levels Explanations:** For Advanced Novice Singles, in all elements which are subject to Levels, only features up to Level 3 will be counted. Any additional features will not be counted for Level requirements and will be ignored by the Technical Panel. 少年A組動作級別：三級難度為所有被評級別動作的最高難度。超過三級難度所需的定級條件將被技術組忽略。

Advanced Novice Program Components are only judged in：少年A組節目內容分，裁判只評判

四

項表演分數：

- Skating Skills 滑冰技巧
- Transitions 動作串聯
- Performance 動作表現
- Interpretation 音樂表達

※PCS Factor節目內容分係數：SP短曲：0.8；FS長曲：1.6；Fall Deduction跌倒扣分：0.5

### Intermediate Novice Boys & Girls 少年B大齡男子、女子組

- Free Skating / 長曲(3'00"±10")

A well balanced Free Skating program for Intermediate Novice must contain:

- a) Maximum of 5 jump elements one of which must be an Axel type jump. There may be up to

two (2) jump combinations or sequences. A jump combination can contain only two (2) jumps. A jumps sequence consists of two (2) jumps of any number of revolutions, beginning with any 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 type jump. No triple and quadruple jumps are allowed. Only one single jump and one double jump(including Double Axel) can be repeated once. 至多五個跳躍動作，其中至少有一個艾克索跳。至多允許兩個組合跳或連接跳，組合跳只能由兩個跳躍組成，一個連接跳是由任意圈數的兩個跳躍組成，從任意一個跳躍開始，緊跟著第一跳落冰弧線直接進入艾克索類型的跳躍。三圈跳及四圈跳是不被允許的。只有一個1圈跳和一個2圈跳(包含2圈艾克索跳)可以被重複一次。

- b) There must be a maximum of two (2) spins of a different nature (abbreviation), one of which must be a spin combination and must be a spin with no change of position.  
The spin combination with a change of foot and a minimum of eight (8) revolutions or without a change of foot with a minimum of six (6) revolutions.  
The spin in one position with a change of foot minimum of eight (8) revolutions or spin in one position without change of foot minimum of six (6) revolutions.  
In both spins flying entries are allowed.  
至多兩個不同種類的旋轉：其中一個是組合旋轉，一個是單一姿勢旋轉。如果組合旋轉選擇換腳，旋轉圈數最少8圈，如果選擇不換腳最少6圈。如果單一姿勢旋轉選擇換腳，旋轉圈數最少8圈，如果選擇不換腳最少6圈。兩個旋轉都允許飛躍式進轉。
- c) There must be one (1) step sequence fully utilizing the ice surface; 一套覆蓋全場的連接步伐

Remarks備註：

**Levels Explanations:** For Intermediate Novice Singles, in all elements which are subject to Levels, only features up to Level 2 will be counted. Any additional features will not be counted for Level requirements and will be ignored by the Technical Panel. 少年B大齡組動作級別：二級難度為所有被評判級別動作的最高難度。超過二級難度所需的定級條件將被技術組忽略。

Intermediate Novice group, The Program Components are only judged in：少年B大齡組節目內容

分，裁判只評判三項表演分數：

- Skating Skills 滑冰技巧
- Performance 動作表現
- Interpretation 音樂表達

※ PCS Factor節目內容分係數：FS長曲：男子2.0 / 女子1.7；Fall Deduction跌倒扣分: 0.5

### **Basic Novice Boys & Girls 少年B低齡男子、女子組**

#### ● Free Skating / 長曲(2'30"±10")

A well balanced Free Skating program for Basic Novice must contain:

- a) Maximum of 4 jump elements one of which must be an Axel type jump. There may be up to two (2) jump combinations or sequences. Jump combinations can contain only two (2) jumps. A jump sequence consists of two (2) jumps of any number of revolutions, beginning with any 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 type jump. No triple and quadruple jumps are allowed. Only one single jump and one double jump(including Double Axel) can be repeated

once.至多四個跳躍動作，其中至少有一個艾克索跳。至多允許兩個組合跳或連接跳，組合跳只能由兩個跳躍組成。一個連接跳是由任意圈數的兩個跳躍組成，從任意一個跳躍開始，緊跟著第一跳落冰弧線直接進入艾克索類型的跳躍。三圈跳及四圈跳是不被允許的。只有一個1圈跳和一個2圈跳(包含2圈艾克索跳)可以被重複一次。

- b) There must be a maximum of two (2) spins of a different nature (abbreviation), one of which must be a spin combination and one must be a spin with no change of position.  
The spin combination with a change of foot and a minimum of eight (8) revolutions or without  
a  
change of foot with a minimum of six (6) revolutions.  
The spin in one position with a change of foot minimum of eight (8) revolutions or a spin in  
one  
position without a change of foot minimum six (6) revolutions.  
In both spins flying entries are allowed.

至多兩個不同種類的旋轉：其中一個是組合旋轉，一個是單一姿勢旋轉。如果組合旋轉選擇換腳，旋轉圈數最少 8 圈，如果選擇不換腳最少 6 圈。如果單一姿勢旋轉選擇換腳，旋轉圈數最少8圈，如果選擇不換腳最少6圈。兩個旋轉都允許飛躍式進轉。

- c) There must be one (1) step sequence with fully utilizing the ice surface.一套覆蓋全場的連接  
步伐

Remarks備註：

**Levels Explanations:** For Basic Novice Singles, in all elements which are subject to Levels, only features up to **Level 2** will be counted. Any additional features will not be counted for Level requirements and will be ignored by the Technical Panel.少年B低齡組動作級別：二級難度為所有被評判級別動作的最高難度。超過二級難度所需的定級條件將被技術組忽略。

Basic Novice group, The Program Components are only judged in：少年B低齡組節目內容分，  
裁判只評判兩項表演分數：

- Skating Skills 滑冰技巧
- Performance 動作表現

※ PCS Factor節目內容分係數：FS長曲：2.5 (男女皆同)；Fall Deduction跌倒扣分: 0.5

### Pre-Novice Boys & Girls 兒童男、女子組

#### ● Free Skating / 長曲(1'50"±10")

A well balanced Free Skating program for Advanced Pre-Novice must contain:

- a) Maximum of four (4) jump elements. There may be up to two (2) jump combinations or sequences. A jump combination can contain only two (2) jumps.至多四個跳躍動作。至多允許兩個組合跳或連接跳。組合跳只能由兩個跳躍組成。
- b) Maximum of two (2) spins of a different nature. There may be up to one (1) spin combination (without change of foot: minimum of five (5) revolutions; with change of foot: minimum of three (3) revolutions on each foot).至多兩個不同的旋轉，其中只允許一個組合旋轉(不換腳：至少5圈)



;換腳：每隻腳至少3圈)

- c) There must be a maximum one (1) choreographic sequence for Girls and Boys. The sequence will have a fixed Base value and evaluated in GOE only.一套編舞步伐，該編舞步伐將不被評定級別而直接給予修正過的基本分，裁判將根據動作完成質量進行評分。

Remarks備註：

**Levels Explanations:** For Advanced Pre-Novice: in all elements which are subject to Levels, only features up to **Level 2** will be counted. Any additional features will not counted for Level requirements and will be ignored by the Technical Panel.兒童A組動作級別：二級難度為所有被評判級別動作的最高難度。超過二級難度所需的定級條件將被技術組忽略。

Advanced Pre-Novice Program Components are only judged in：兒童A組節目內容分，裁判只評判三項表演分數：

- Skating Skills 滑冰技巧
- Performance 動作表現
- Interpretation 音樂表達

※ PCS Factor節目內容分係數：FS長曲：2.0 (男女皆同)；Fall Deduction跌倒扣分：0.5

### **Juvenile Boys & Girls 幼兒男、女子組**

- Free Skating / 長曲(1'15"±10") Only single jumps are permitted, 只允許跳一圈跳

A well balanced Free Skating program for Advanced Juvenile must contain:

- a) Maximum of three (3) jump elements. There may be up to two (2) jump combinations or sequences. A jump combination can contain only two (2) single jumps, jump sequences can contain only single jumps.至多三個跳躍動作。至多允許兩個組合跳或連接跳，組合跳只能由兩個一圈跳構成
- b) Maximum of two (2) spins of a different nature, one spin on one foot (without change of foot: minimum of five (5) revolutions; with change of foot: minimum of three (3) revolutions on each foot).至多兩個不同的旋轉，其中一個必須為單腳直立轉(不換腳至少5圈，換足每隻腳至少3圈)
- c) There must be a maximum one (1) choreographic sequence for Girls and Boys. The sequence will have a fixed Base value and evaluated in GOE only.一個編舞步伐，該編舞步伐將不被評定級別而直接給予修正過的基本分，裁判將根據動作完成質量進行評判分。

Remarks備註：

**Levels Explanations:** For Advanced Juvenile: in all elements which are subject to Levels, only features up to Level 2 will be counted. Any additional features will not be counted for Level requirements and will be ignored by the Technical Panel.

幼兒組動作級別：二級難度為所有被評判級別動作的最高難度。超過二級難度所需的定級條件將被技術組忽略。

Advanced Juvenile Program Components are only judged in：幼兒組節目內容分，裁判只評判三項表演分數：

- Skating Skills滑冰技巧
- Performance動作表現

- Interpretation音樂表達

※PCS Factor節目內容分係數：FS長曲：2.5 (男女皆同)；Fall Deduction跌倒扣分：0.5