

112學年度全國花式滑冰錦標賽技術手冊

2023 Chinese Taipei National Figure Skating Championships Technical Handbook

一、 花式滑冰選手組比賽規則：

依據中華民國滑冰協會公佈花式滑冰基本、初階、中階、高階花式之動作內容，參賽選手自選各級動作，先後順序不限，執行其他級別之動作將予以忽略。

1. 基本花式 Freestyle 3

- Backward Outside Pivot 左、右腳後滑外刃蓮蓬
- Upright Spin with Change of foot 換腳直立旋轉(每腳至少三圈)
- Backward Spiral 後滑飛燕
- Salchow Jump 一圈沙克跳躍
- Toe Loop 一圈拖路普跳
- Salchow + Toe Loop Jump Combination 一圈沙克 + 一圈拖路普組合跳
- Dance Step Sequence 指定基本花式舞步(參考中華民國滑冰協會於110年頒布之花式滑冰選手註冊與能力檢定考試辦法)

2. 初階花式 Freestyle 4

- Two Backward Spirals 左右腳兩種後飛燕
- Sit Spin 蹲轉
- Flip Jump 一圈菲利普跳躍
- Loop Jump 一圈路普跳躍
- Flip + Loop Jump Combination 一圈菲利普 + 一圈路普組合跳
- Dance Step Sequence 指定初階花式舞步(參考中華民國滑冰協會於110年頒布之花式滑冰選手註冊與能力檢定考試辦法)

3. 中階花式 Freestyle 5

- Camel Spin 駝轉
- Fast Back Scratch Spin 後向快速直立旋轉(最少9圈)
- Combination Spin with Change of foot 組合旋轉：飛燕-蹲轉-後向直立旋轉
- Lutz Jump 一圈勒茲跳躍
- Axel Jump 一圈半艾克索跳躍
- Axel + Toe Loop Jump Combination 一圈半艾克索 + 一圈拖路普組合跳
- Dance Step Sequence 指定中階花式舞步(參考中華民國滑冰協會於110年頒布之花式滑冰選手註冊與能力檢定考試辦法)

4. 高階花式 Freestyle 6

- Split Jump 半圈分腿跳躍
- Split Falling Leaf Jump 半圈後外分腿跳躍
- Layback spin or Sit spin with change of foot 後仰躬身轉或換足蹲轉
- Spin Combination with Three positions and change of foot 換腳組合旋轉
- Double Salchow Jump / Double Toe Loop Jump 兩圈沙克跳 / 兩圈拖路普跳
- Double Salchow / Double Toe Loop + Single Toe Loop 兩圈沙克 / 兩圈拖路普 + 一圈拖路普組合跳
- Dance Step Sequence 指定高階花式舞步(參考中華民國滑冰協會於110年頒布之花式滑冰選手註冊與能力檢定考試辦法)

二、 ISU公開組比賽規則：

將依據ISU國際滑冰總會(ISU)2023-2024賽季的特別規定之技術規程，通告2558、2562相關公告進行。

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; 兩圈或三圈半艾克索跳；
- 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; 組合跳包含三圈+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，只允許一次換腳；
- f) Spin combination with only one change of foot; 換腳組合旋轉，只允許一次換腳；
- g) Step sequence fully utilizing the ice surface. 覆蓋全場的連接步伐。

The factor for the Program Components is 節目內容分的係數為

Men: Short Program 男子: 短曲: 1.67。

● **Free Skating / 長曲(4'00" ± 10")**

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

在成年男子組中均衡的曲目必須包含：

- 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的跳躍）。
- 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，其中包含一個組合旋轉，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。

The factor for the Program Components is 節目內容分的係數為

Men: Free Skating 男子: 長曲: 3.33。

Senior Women 成年女子組

● **Short Program / 短曲(2'40" ± 10")**

- a) Double or Triple Axel Paulsen; 兩圈或三圈半艾克索跳；
- b) Triple Jump; 一個三圈跳；
- c) Jump combination consisting of a double jump and a triple jump or two triple jumps; 組合跳由三圈+兩圈跳或兩個三圈跳所組成；
- d) Flying Spin; 飛躍式旋轉；
- e) Layback/sideways leaning spin or sit or camel spin without change of foot; 後仰旋轉，側身旋轉或不換腳蹲/駝轉；
- f) Spin Combination with only one change of foot; 換腳組合旋轉，只允許一次換腳；
- g) Step sequence fully utilizing the ice surface. 覆蓋全場的連接步伐
The factor for the Program Components is 節目內容分的係數為
Women: Short Skating 女子: 短曲: 1.33。

● **Free Skating / 長曲(4'00" ±10")**

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

在成年女子組中均衡的曲目必須包含：

- 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的跳躍）。
- 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. 至多三個旋轉其中包含一個組合旋轉，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。
The factor for the Program Components is 節目內容分的係數為
Women: Free Skating 女子: 短曲: 2.67。

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（包括兩圈半艾克索跳）都不得超過兩次（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 be 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

和四圈跳只有兩種允許重複兩次。這兩種當中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計分。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; 兩圈或三圈半艾克索跳；
- b) Double or triple **Lutz** jump; 一個兩圈或三圈**盧茲**跳；
- h) Jump combination consisting of a double and a triple jump or two triple jumps; 組合跳由三圈+兩圈跳或兩個三圈跳所組成；
- c) Flying **Sit** spin; 飛躍式**蹲轉**；
- d) **Camel** spin with only one change of foot; 換腳**駝轉**；
- e) Spin combination with only one change of foot; 換腳組合旋轉，只允許一次換腳；
- f) Step sequence fully utilizing the ice surface. 覆蓋全場的連接步伐

The factor for the Program Components is 節目內容分的係數(factor)為

Men: Short Program 男子: 短曲: 1.67。

● Free Skating / 長曲(3'30" ± 10")

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

在青年男子組中均衡的曲目必須包含：

- 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的跳躍）。
- 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，其中包含一個組合旋轉，一個飛躍式旋轉和一個單一姿勢旋轉。
- c) Maximum of 1 Choreographic sequence; 至多一套編舞步伐。
- d) The factor for the Program Components is 節目內容分的係數為

Men: Free Skating: 3.33 男子: 長曲: 3.33。

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 **Lutz** jump; 兩圈或三圈**盧茲**跳；

- i) Jump combination consisting of two double jumps or one double and one triple jump or two triple jumps; 組合跳由三圈+兩圈跳或兩個三圈跳所組成；
 - c) Flying Sit spin; 飛躍式蹲轉；
 - d) Layback, Sideways Leaning Spin or Camel Spin without change of foot; 後仰旋轉、側身旋轉或不換腳的駝轉；
 - e) Spin combination with only one change of foot; 換腳組合旋轉，只允許一次換腳；
 - f) Step sequence fully utilizing the ice surface. 覆蓋全場的連接步伐。
- The factor for the Program Components is 節目內容分的係數為
Women: Short Program 女子: 短曲: 1.33。

● **Free Skating / 長曲(3'30"±10")**

A well balanced Free Skating program for Junior Women must contain:

在青年女子組中均衡曲目目必須包含：

- 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，其中包含一個組合旋轉，一個飛躍式旋轉和一個單一姿勢旋轉。
 - c) Maximum of 1 Choreographic sequence; 至多一套編舞步伐。
- The factor for the Program Components is 節目內容分的係數為
Women: Free Skating 女子: 長曲: 2.67。

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（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.所有三圈和四圈跳只有兩種跳允許重複兩次。這兩種當中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，則這兩個跳都將被正常計分。如果兩次跳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%。

Advanced Novice Boys 少年男子組

● **Short Program / 短曲(2'20" ±10")**

- a) Single Axel Paulsen or double Axel Paulsen; 一圈或兩圈半艾克索跳；
- 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); 組合跳由三圈+兩圈跳或兩個兩圈跳所組成(不能重複a或b)；
- d) Camel spin with or without change of foot and no flying entrance (minimum of five (5) revolutions on each foot if change of foot, minimum of six (6) revolutions without change of foot) (for season 2023/24); 換腳或不換腳的駝轉，且不得使用飛躍式進入（若換腳，每隻腳至少旋轉5圈，若不換腳則至少旋轉6圈）（2023-24賽季規定）。
- e) Spin combination with only one change of foot (minimum of five (5) revolutions on each foot). Flying entry is allowed; 換腳組合旋轉：只允許換腳一次、允許飛躍式進入（每隻腳至少五圈）；
- f) One step sequence with full utilizing the ice surface. 一組充分利用冰面的連接步伐。

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 Singles Boys and Girls must contain:

在男生和女生單人組中均衡的曲目必須包含:

- a) Maximum 6 jump elements one of which must be an Axel type jump. There may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence. One jump combination or jump sequence could consist up to three (3) jumps, the other up to two (2) jumps. A jump sequence consists of two (2) jumps of any number of revolutions, in which the second and/or the third jump is an Axel type jump with a direct step from the landing curve of

the first/second jump in to the take-off curve of the Axel jump.

One full revolution on the ice between the jumps (free foot can touch the ice, but without weight transfer keeps the element in the frame of the definition of a jump sequence. Jumps executed in a jump sequence receive their full value.

No quadruple jumps are allowed. Any single, 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一個組合跳加一個連接跳。其中一個組合或連接跳能由三個跳躍組成，而另一個則是由兩個跳躍組成。連接跳可由兩個或三個任意圈數的跳躍組成，第二和/或第三個跳是阿克索類型的跳躍，從第一或第二跳的落冰弧線直接跨到阿克索跳的起跳弧線。執行時，跳與跳之間在冰上轉一圈（自由足可觸冰，但重心未轉移）仍然符合連接跳的定義。在連接跳中執行的跳躍會得到其全部分值。只有兩種三圈可以在組合跳或連接跳中重複。

四圈跳是不被允許的。任何種類的一圈、兩圈(包括兩圈半阿克索跳)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 six (6) revolutions) or a spin in one position with change of foot and a flying entrance (minimum eight (8) revolutions).

至多兩個不同的旋轉：一個必須是換腳組合旋轉(最少八圈)，不允許飛躍式進入。另一個必須是飛躍式旋轉(最少六圈)，可換腳一次但不能換基本姿勢。

- c) There must be one Choreographic Sequence consisting of at least two different movements. 必須要有一組包含至少兩種動作的編舞步伐。

Advanced Novice Girls 少年女子組

● **Short Program / 短曲(2'20" ±10")**

- a) Single Axel Paulsen or double Axel Paulsen; 一圈或兩圈半阿克索跳；
- b) Double or triple jump, may not repeat jump a); 一個兩圈或三圈跳（不能重複a）；
- g) One jump combination consisting of two double jumps or one double and one triple jump, both jumps may not repeat jump a) or b); 組合跳由三圈+兩圈跳或兩個兩圈跳所組成(不能重複a或b)；
- c) Layback/sideways leaning spin or camel spin in one basic position with no change of foot (minimum six (6) revolutions) and no flying entrance (for season 2023/24); 後仰旋轉／側身旋轉或不換腳單一姿勢駝轉（至少轉6圈），不得使用飛躍式進入（2023-24賽季規定）；

- d) Spin combination with only one change of foot (minimum of five (5) revolutions on each foot). Flying entry is allowed. 換腳組合旋轉，只允許換腳一次並允許飛躍式進入（每隻腳至少五圈）；
- e) One step sequence fully utilizing the ice surface. 一組充分利用冰面的連接步伐。

● **Free Skating / 長曲(3'00" ± 10")**

A well balanced Free Skating program for Single Boys and Girls must contain:

在男生和女生單人組中均衡的曲目必須包含:

- a) Maximum 6 jump elements one of which must be an Axel type jump. There may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence. One jump combination or jump sequence can consist of up to three (3) jumps, the other up to two (2) jumps. A jumps sequence consists of two (2) or three (3) jumps of any number of revolutions, in which the second and/or the third jump is an Axel type jump with a direct step from the landing curve of the first/second jump in to the take-off curve of the Axel jump. One full revolution on the ice between the jumps (free foot can touch the ice, but without weight transfer) keeps the element in the frame of the definition of a jump sequence. Jumps executed in a jump sequence receive their full value.

No quadruple jumps are allowed. Any single, double (including Double Axel) or triple jump 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跳。至多允許兩個組合跳或一個組合跳加一個連接跳。其中一個組合或連接跳能由三個跳躍組成，而另一個則是由兩個跳躍組成。連接跳可由兩個或三個任意圈數的跳躍組成，第二和/或第三個跳是艾克索類型的跳躍，從第一或第二跳的落冰弧線直接跨到艾克索跳的起跳弧線。執行時，跳與跳之間在冰上轉一圈（自由足可觸冰，但重心未轉移）仍然符合連接跳的定義。在連接跳中執行的跳躍會得到其全部分值。只有兩種三圈可以在組合跳或連接跳中重複。

四圈跳是不被允許的。任何種類的一圈、兩圈(包括兩圈半艾克索跳)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 six (6) revolutions) or a spin in one position with change of foot and a flying entrance (minimum eight (8) revolutions).

至多兩個不同的旋轉：一個必須是換腳組合旋轉(最少八圈)，不允許飛躍式進入，另一個必須是飛躍式旋轉(最少六圈)，可換腳一次但不能換基本姿勢。

- c) There must be one Choreographic Sequence consisting of at least two different movements.

必須要有一組包含至少兩種動作的編舞步伐。

◆ **Bonus for Advanced Novice Single Skating**

◆ 少年組單人項目的獎勵分

Skaters can earn bonus points for jumps that are achieved in Short Program and/or Free Skating. To be eligible for bonus points, jumps must be fully rotated or landed on the quarter (q) and must be in accordance with the Short Program requirements respectively the well balanced Free Skating program and the repetition rules for jumps. Jumps can be performed as a solo jump, or in jump combination or jump sequence. Jumps that are identified by the Technical Panels as under-rotated (<), downgraded (<<), with wrong edge (e) or have a fall or being identified as invalid element (*) are not eligible to receive bonus points.

選手可以在短曲與長曲中以跳躍獲得獎勵分。要被加分，跳躍必須足圈或為不足1/4圈落冰（標記為q），且必須分別符合短曲與長曲的技術動作規定與跳躍的重複規則。跳躍可執行為單跳、組合跳或連接跳。技術組判定為不足圈、降級、用刃錯誤、跌倒、被判為無效跳躍動作，都無法獲得獎勵分數。

• **Short Program 短曲**

In the Short Program a maximum of two (2) bonus points can be achieved: one (1) bonus point for one (1) Double Axel and one (1) bonus point for one (1) triple jump.

在短曲中，至多可取得兩次的獎勵分數：一次是執行一個兩圈艾克索跳，另一次是執行一個三圈跳。

Free Skating 長曲

In the Free Skating Program, a maximum of three (3) bonus points can be achieved: one (1) bonus point for one (1) Double Axel and one (1) bonus point each for any two (2) different Triple jumps.

在長曲中，至多可取得三次的獎勵分數：一次是執行一個兩圈艾克索跳，另外二次分別執行兩種不同的三圈跳。

In case of jump combinations or jump sequences, all jumps eligible for a bonus point in accordance with the above regulations and limitations can receive bonus points.

在組合跳與連接跳的情況下，所有符合上述規定與限制條件的跳躍都可以得到獎勵分數。

The Technical Panel will decide upon the bonus points and add them respecting the above regulations and limitations to the respective jump element(s). The Technical Controller will advise the Data Operator to add the bonus point at the end of the jump by using the respective

“Bonus” button on the Data Operators screen (i.e. 2Ab, 3Lzqb+3Tb) during the review process.

由技術組決定獎勵分，並根據上述的規定和相對應的跳躍限制條件來加分。在評審過程中，技術控制指示數據操作員在系統的螢幕上，於跳躍名稱後面按下「獎勵」按鈕。

The bonus will be assigned to the first two jumps in Short Program and to the first three jumps in Free Skating that fulfill the requirements in order of their execution.

獎勵分將給予選手符合規定的短曲的前兩跳與長曲的前三跳，依照跳的順序給分。

In accordance with ISU Rule 353 (ISU Judging System - determination and publication of results) paragraph (Basic Principles of Calculation) and respective subparagraph f) the panel's score for each Section/Element is determined by adding the trimmed mean GOE of this Section/Element to its Base Value. The bonus points are added in addition and will determine the panel's score for jump elements where the Technical Panel identifies such bonus points (Base Value + GOE + Bonus Point(s) = Score of Panel).

根據國際滑冰總會規則第三百五十三條（國際裁判系統--比賽成績結果確定與公布）第一項

（計算分數基本原則）與相應第 f)款段落內容，每個組別／技術分數都是按技術動作基本分值經過裁判評判執行動作質量分數加減後得到最後的比賽動作分數。獎勵分數是額外加上，且將會決定技術小組所判定跳躍動作的最終分數（基本分值+GOE+獎勵分數 = 動作最終得分）。

Levels explanations 等級說明

For Advanced Novice Single Skating, in all elements that are subject to Levels, only features up to Level 3 will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

少年組單人滑中，計算級別的動作當中最高計算到三級。任何額外附加條件都會被技術組忽略。

The following Program Components are judged:

節目內容評分項目如下：

- Composition 節目組成
- Presentation 表演表達
- Skating Skills 滑行技巧

The factor for the Program Components is

節目內容分的係數為

Short Program 短曲:

- 女孩Girls 1.07

· 男孩Boys 1.20

Free Skating 長曲:

· 女孩Girls 2.13

· 男孩Boys 2.40

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:

在少年B大齡組中，均衡的曲目必須包含：

- 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 one (1) jump combination and one (1) jump sequence. Jump combinations and the jump sequence consist of two (2) jumps. In the jump sequence, the second jump must be an Axel type jump with a direct step from the landing curve of the first jump in to the take-off curve of the Axel jump. One full revolution on the ice between the jumps (free foot can touch the ice, but without weight transfer) keeps the element in the frame of the definition of a jump sequence.
- Jumps executed in a jump sequence receive their full value.
- 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。最多可以有兩個組合跳或一個組合跳加一個連接跳。組合跳和連接跳由兩個跳所組成。連接跳可由兩個或三個任意圈數的跳躍組成，第二和/或第三個跳是艾克索類型的跳躍，從第一或第二跳的落冰弧線直接跨到艾克索跳的起跳弧線。執行時，跳與跳之間在冰上轉一圈（自由足可觸冰，但重心未轉移）仍然符合連接跳的定義。在連接跳中執行的跳躍會得到其全部分值。不允許三圈和四圈跳。只有一個一圈跳和一個兩圈跳可以重複一次（包括艾克索兩圈跳）。
- 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 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，旋轉圈數最少八圈，如果選擇不換腳則最少六圈。如果單一姿勢旋轉選擇換腳，旋轉圈數最少八圈，如果選擇不換腳最少六圈。兩個旋轉都允許飛躍式進入。

- c) There must be one Choreographic Sequence consisting of at least two different movements.; 必須要有一組包含至少兩種動作的編舞步伐。

Levels Explanations: 等級說明

For Intermediate Novice Singles, in all elements that 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.

對於單人少年大齡組，計算級別的動作當中最高計算到兩級。任何額外附加條件都會被技術組忽略。

The following Program Components are judged:

節目內容評分項目如下：

- **Composition** 節目組成
- **Presentation** 表演表達
- **Skating Skills** 滑行技巧

The factor for the Program Components is

節目內容的係數為

- 女孩 Girls 1.7
- 男孩 Boys 2.0

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 Single Skating must contain:

在單人長曲中，好的節目必須包含:

a) Maximum of **five (5)** jump elements one of which must be an Axel type jump. There may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence. Jump combinations and the jump sequence consist of two (2) jumps. In the jump sequence the second jump must be an Axel type jump with a direct step from the landing curve of the first jump into the take-off curve of the Axel jump.

One full revolution on the ice between the jumps (free foot can touch the ice, but without

weight transfer) keeps the element in the frame of the definition of a jump sequence. Jumps executed in a jump sequence receive their full value.

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。最多可以有兩個組合跳或一個組合跳加一個連接跳。組合跳和連接跳由兩個跳所組成。連接跳可由兩個或三個任意圈數的跳躍組成，第二和/或第三個跳是艾克索類型的跳躍，從第一或第二跳的落冰弧線直接跨到艾克索跳的起跳弧線。執行時，跳與跳之間在冰上轉一圈（自由足可觸冰，但重心未轉移）仍然符合連接跳的定義。在連接跳中執行的跳躍會得到其全部分值。

不允許三圈和四圈跳。

只有一個一圈跳和一個兩圈跳可以重複一次（包括艾克索兩圈跳）。

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 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，旋轉圈數最少八圈，如果選擇不換腳則最少六圈。如果單一姿勢旋轉選擇換腳，旋轉圈數最少八圈，如果選擇不換腳最少六圈。兩個旋轉都允許飛躍式進入。

c) There must be a maximum of one (1) step sequence fully utilizing the ice surface;

必須要有一組充分利用冰面的連接步。

Levels Explanations: 等級說明

For Intermediate Basic Novice Singles, in all elements that 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.

對於單人少年低齡組，計算級別的動作當中最高計算到兩級。任何額外附加條件都會被技術組忽略。

The following Program Components are judged:

節目內容評分項目如下：

- Composition 節目組成
- Presentation 表演表達

· Skating Skills 滑行技巧

The factor for the Program Components is 1.67

節目內容分的係數為1.67

Pre-Novice Boys & Girls 兒童男、女子組

● **Free Skating / 長曲(1'50"±10")**

A well balanced Free Skating program must contain:

在長曲中，好的節目必須包含：

- 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 one (1) jump combination and one (1) jump sequence. Jump combinations and the jump sequence consist of two (2) jumps. In the jump sequence, the second jump must be an Axel type jump with a direct step from the landing curve of the first jump in to the take-off curve of the Axel jump. One full revolution on the ice between the jumps (free foot can touch the ice, but without weight transfer) keeps the element in the frame of the definition of a jump sequence.

Jumps executed in a jump sequence receive their full value.

No triple and quadruple jumps are allowed.

至多四個跳躍動作，**其中至少有一個艾克索跳**。最多可以有兩個組合跳或一個組合跳加一個連接跳。組合跳和連接跳由兩個跳所組成。連接跳可由兩個或三個任意圈數的跳躍組成，第二和/或第三個跳是艾克索類型的跳躍，從第一或第二跳的落冰弧線直接跨到艾克索跳的起跳弧線。執行時，跳與跳之間在冰上轉一圈（自由足可觸冰，但重心未轉移）仍然符合連接跳的定義。在連接跳中執行的跳躍會得到其全部分值。

不允許三圈和四圈跳。

只有一個一圈跳和一個兩圈跳可以重複一次（包括艾克索兩圈半跳）。

- 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：至少五圈；換腳：每隻腳至少三圈)。

- 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.

最多一套編舞步伐，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品質進行評分。

Levels Explanations: 等級說明

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.

對於單人兒童組，計算級別的動作當中最高計算到兩級。任何額外附加條件都會被技術組忽略。

The following Program Components are judged:

節目內容評分項目如下：

- Composition 節目組成
- Presentation 表演表達
- Skating Skills 滑行技巧

※ 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, 只允許一圈跳

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

在幼兒男女組中，好的節目必須包含：

- Maximum of three (3) jump elements. There may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence. Jump combinations and the jump sequence consist of two single jumps. In the jump sequence, the second jump must be an Axel type jump with a direct step from the landing curve of the first jump in to the take-off curve of the Axel jump. One full revolution on the ice between the jumps (free foot can touch the ice, but without weight transfer) keeps the element in the frame of the definition of a jump sequence.

Jumps executed in a jump sequence receive their full value.

至多三個跳躍動作。最多可以有兩個組合跳或一個組合跳加一個連接跳。組合跳和連接跳由兩個跳所組成。連接跳可由兩個或三個任意圈數的跳躍組成，第二和/或第三個跳是艾克索類型的跳躍，從第一或第二跳的落冰弧線直接跨到艾克索跳的起跳弧線。執行時，跳與跳之間在冰上轉一圈（自由足可觸冰，但重心未轉移）仍然符合連接跳的定義。在連接跳中執行的跳躍會得到其全部分值。

- 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(不換腳至少五圈，換足每隻腳至少三圈)。

- 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品質進行評分。

Levels Explanations: 等級說明

For Advanced Juvenile; in all elements that 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.

對於單人幼兒組，計算級別的動作當中最高計算到兩級。任何額外附加條件都會被技術組忽略。

Advanced Juvenile Program Components are judged in:

幼兒組節目內容評分項目如下：

- Composition 節目組成
- Presentation 表演表達
- Skating Skills 滑行技巧

※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