

**2025 全國花式滑冰菁英錦標賽技術動作規定手冊**  
**2025 Chinese Taipei Figure Skating Elites Cup**  
**Technical Handbook**

一、ISU 公開組比賽規則：

本賽事少年組以下使用 ISU 國際滑冰總會(ISU)2024/25 賽季的之技術動作；青年組及成年組使用 ISU 國際滑冰總會(ISU)2025/26 賽季之技術動作，通告 2623、2624、2656 等相關公告進行。

二、各組別動作規定：

**Senior Man 成年男子組**

• **Short Program 短曲(2'40"±10")**

- a) Double or Triple Axel Paulsen; 兩周或三周半艾克索跳；
- b) Triple or Quad Jump; 一個三周或四周跳；
- 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;  
組合跳包含三周+兩周跳或二個三周跳或四周+三周跳或四周+兩周跳；
- 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擇一，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. 覆蓋全場的連接步法。

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:

在成年男子組中良好均衡的長曲必須包含：

- 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，一個飛躍旋轉和一個單一姿勢旋轉。
- c) Maximum of 1 Step Sequence. 至多一套連接步法。
- d) Maximum of 1 Choreographic sequence. 至多一套編舞步法。

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 Woman 成年女子組

### • Short Program 短曲(2'40"±10")

- a) Double or Triple Axel Paulsen; 兩周或三周半艾克索跳；
- b) Triple Jump; 一個三周跳；
- c) Jump combination consisting of a double jump and a triple jump or two triple jumps; 組合跳由三周+兩周跳或二個三周跳所組成；
- d) Flying Spin; 飛躍式旋轉；
- e) Layback/sideways leaning spin or sit or camel spin without change of foot; 後仰躬身轉，側仰躬身轉或駝轉（不得換腳）；
- 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. 覆蓋全場的連接步法

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:

在成年女子組中良好均衡的長曲必須包含：

- 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，一個飛躍旋轉和一個單一姿勢旋轉。
- c) Maximum of 1 Step Sequence. 至多一套連接步法。
- d) Maximum of 1 Choreographic sequence. 至多一套編舞步法。

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：

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周跳（包括兩周半艾克索跳）都不得超過二次（不論作為單跳或組合跳 / 系列跳中的一部分）。

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. 所有三周和四周跳只有二種允許重複二次。同時，只有一種四周跳可以重複。如果其中有至少一次是在組合跳或系列跳中完成的，則這二個跳躍都將被正常計分。如果二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 Man 青年男子組

### • Short Program 短曲(2'40"±10")

- a) Double or triple Axel Paulsen; 兩周或三周半艾克索跳;
- b) Double or triple **Loop** jump; 一個兩周或三周路普跳;
- c) Jump combination consisting of a double and a triple jump or two triple jumps; 組合跳由三周+兩周跳或二個三周跳所組成;
- d) Flying **sit** spin; 飛躍式蹲轉;
- e) **Camel** spin with only one change of foot; 換腳駝轉;
- 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. 覆蓋全場的連接步法

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:

在青年男子組中良好均衡的長曲必須包含:

- 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; 至多一套編舞步法。

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 Woman 青年女子組

### • Short Program 短曲(2'40"±10")

- a) Double Axel Paulsen; 兩周半艾克索跳;
- b) Double or triple **Loop** jump; 一個兩周或三周路普跳;
- c) Jump combination consisting of two double jumps or one double and one triple jump or two triple jumps; 組合跳由二個兩周跳或三周+兩周跳或二個三周跳所組成;
- d) Flying **Sit** spin; 飛躍式蹲轉;
- e) 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
- 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. 覆蓋全場的連接步法。

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; 至多一套編舞步法。

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：

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周跳（包括兩周半艾克索跳）都不得執行超過二次（不論作為單跳或組合跳/系列跳中的一部分）。

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.所有三周和四周跳只有二種跳允許重複二次。這二種當中只能有一種四周跳可以重複。如果其中有至少一次是在組合跳或系列跳中完成的，則這二個跳都將被正常計分。如果二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; 一周或兩周半艾克索跳；
- b) Double or triple jump, may not repeat jump a); 一個兩周或三周跳（不能重複 a)）
- c) One jump combination consisting of two double jumps or one double and one triple jump, the second jump must be double or triple **Toe loop** (for season 2024/25), both jumps may not repeat jump a) or b)  
1 個組合跳躍由 2 個二周跳或 1 個二周和 1 個三周跳組成，**第二跳必須是二周或三周托路普跳(Toe loop) (2024/25 賽季)**，二次跳躍不得重複跳 a)與 b)。
- d) **Sit spin** with change of foot and no flying entrance (minimum of five (5) revolutions on each foot) (for season 2024/25).  
換腳**蹲轉(sit spin)**（每腳至少轉五圈(5)），無飛躍進入(no flying entry)（2024/25 賽季規定）。
- e) Spin combination with only one change of foot (minimum of five (5) revolutions on each foot), flying entrance not allowed.  
組合旋轉(spin combination)只可換腳一次（每腳至少 5 圈）且不允許飛躍進入(flying entrance not allowed)。
- f) One step sequence fully utilizing the ice surface. For feature 4) Two combinations of 3 difficult turns on different feet: the combinations must include forward outside rocker and backward inside loop (for season 2024/25), they can be in the same combination or one in the first and the other in the second. Only one difficult turn may be repeated once in the two combinations. At least 2 difficult turns and steps must be executed on clean edges for Level basic.  
一組充分利用冰面的連接步法(step sequence)。**等級 4)(Feature 4)需不同腳上執行 3 個困難轉體的二種組合：組合必須包括向前外刃內勾(forward outside rocker)和向後內刃套形(backward inside loop) (2024/25 賽季)**，它們可以是相同的組合，或一個在第一組，另一個在第二組第二。二種組合只能重複一次困難的轉體(difficult turn)。對於基礎級(Level basic)，必須以乾淨的刃 執行至少 2 個困難的轉體和步法(at least 2 difficult turns and steps)。

### Remarks 備註：

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。

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良好均衡的長曲必須包含：

- 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，其中至少有一個艾克索跳。至多允許二個組合跳或一個組合跳加一個系列跳。其中一個組合或系列跳能由三個跳躍組成，而另一個則是由二個跳躍組成。系列跳可由二個或三個任意周數的跳躍組成，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）仍然符合系列跳的定義。在系列跳中執行的跳躍會得到其全部分值。只有二種三周可以在組合跳或系列跳中重複。

不允許四周跳。任何種類的一周、兩周（包括兩周半艾克索跳）或三周跳，總計不能完成超過二次。

- b) There must be a maximum of two (2) spins of a different nature (abbreviation). One spin must be a spin combination with a change of foot which must have a minimum of eight (8) revolutions, a flying entrance is not allowed. One spin must be a flying **camel** spin which must have a minimum of six (6) revolutions, a change of foot is allowed but a change of position is not allowed (for season 2024/25). 最多二個(2)不同類型（縮寫(abbreviation)）的旋轉。一個必須是換腳組合旋轉(spin combination with change of foot)，且至少旋轉八圈 (8)，不允許飛躍進入(flying entrance is not allowed)。一個旋轉必須是飛躍**駝**轉(flying **camel** spin)，且至少旋轉六圈(6)，允許換腳但不允許換姿勢（2024/25 賽季規定）。

- c) There must be one Choreographic Sequence consisting of at least two different movements. 必須要有一組包含至少二種動作的編舞步法。

### Advanced Novice Girl 少年女子組

#### • Short Program 短曲(2'20" ±10")

- a) Single Axel Paulsen or double Axel Paulsen; 一周或兩周半艾克索跳；
- b) Double or triple jump, may not repeat jump a); 一個兩周或三周跳（不能重複 a)）；
- c) One jump combination consisting of two double jumps or one double and one triple jump, the second jump must be double or triple **Toe loop** (for season 2024/25), both jumps may not repeat jump a) or b) 1 個組合跳躍由 2 個二周跳或 1 個二周和 1 個三周跳組成，**第二跳必須是二周或三周托路普跳 (Toe loop)（2024/25 賽季）**，二次跳躍不得重複跳 a)與 b)。
- d) Layback/sideways leaning spin or **sit spin** with no change of foot (minimum six (6) revolutions) and no flying entrance (for season 2024/25).

後仰旋轉(layback spin)側身旋轉(sideways)或無換腳蹲轉(sit spin) (至少轉 6 圈)，不得飛躍式進入 (2024/25 賽季規定)；

- e) Spin combination with only one change of foot (minimum of five (5) revolutions on each foot), flying entrance not allowed.

組合旋轉(spin combination)只可換腳一次 (每腳至少 5 圈) 且不允許飛躍進入(flying entrance not allowed)。

- f) One step sequence fully utilizing the ice surface. For feature 4) Two combinations of 3 difficult turns on different feet: the combinations must include forward outside rocker and backward inside loop (for season 2024/25), they can be in the same combination or one in the first and the other in the second. Only one difficult turn may be repeated once in the two combinations. At least 2 difficult turns and steps must be executed on clean edges for Level basic.

一組充分利用冰面的連接步法(step sequence)。等級 4) (feature 4)需不同腳上 3 個困難轉體的二種組合：組合必須包括向前外刃內勾(forward outside rocker)和向後內刃套形(backward inside loop) (2024/25 賽季)，它們可以是相同的組合，或 1 個在第一組，另 1 個在第二組第二。二種組合只能重複一次困難的轉體(difficult turn)。對於基礎級(Level basic)，必須在乾淨的刃執行至少 2 個困難的轉體和步法(at least 2 difficult turns and steps)。

### • 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良好均衡的長曲必須包含：

- 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.

The same type of jump independent of revolutions can be included not more than three times in the Free Skating program.

至多六個跳躍動作，其中至少有一個艾克索跳。至多允許二個組合跳或一個組合跳加一個系列跳。其中一個組合或系列跳能由三個跳躍組成，而另一個則是由二個跳躍組成。系列跳可由二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）仍然符合系列跳的定義。在系列跳中執行的跳躍會得到其全部分值。只有二種三周可以在組合跳或系列跳中重複。

不允許四周跳。任何種類的一周、兩周（包括兩周艾克索跳）或三周跳，總計不能執行超過二

次。

不同周數的相同類型的跳躍在長曲（自由滑(Free Skating)）中最多可以包含三次(not more than three times)。

- b) There must be a maximum of two (2) spins of a different nature (abbreviation). One spin must be a spin combination with a change of foot which must have a minimum of eight (8) revolutions, a flying entrance is not allowed. One spin must be a flying **camel** spin which must have a minimum of six (6) revolutions, a change of foot is allowed but a change of position is not allowed (for season 2024/25). 最多二個(2)不同類型（縮寫(abbreviation)）的旋轉。一個必須是換腳組合旋轉(spin combination with change of foot)，且至少旋轉八圈(8)，不允許飛躍進入(flying entrance is not allowed)。一個旋轉必須是飛躍駝轉(flying **camel** spin)，且至少旋轉六圈(6)，允許換腳但不允許換姿勢（2024/25 賽季規定）。
- c) There must be one Choreographic Sequence consisting of at least two different movements. 必須要有一組包含至少二種動作的編舞步法。

### • 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。要得到加分，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、組合跳或系列跳。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。

### • 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，至多可取得二次的獎勵分數：一次是執行一個兩周艾克索跳，另一次是執行一個三周跳。

### • 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：一次是執行一個兩周艾克索跳，另外二次分別執行二種不同的三周跳。

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.

在組合跳與系列跳的情況下，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二個跳躍與長曲的前三個跳躍，依照跳躍順序給分。

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去，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 演繹
- Skating Skills 滑冰技巧

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

## 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，良好均衡的長曲必須包含：

- 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。最多可以有二個組合跳或一個組合跳加一個系列跳。組合跳和系列跳由二個跳所組成。在系列跳中，第二跳必須是艾克索類型的跳躍，從第一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）仍然符合系列跳的定義。在系列跳中執行的跳躍會得到其全部分值。不允許三周和四周跳。

只有一個一周跳和一個兩周跳可以重複一次（包括艾克索兩周跳）。

- 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 must have a minimum of eight (8) revolutions and without a change of foot with a minimum of six (6) revolutions, flying entrance is not allowed. If with change of foot, only one level feature per foot will count.

The spin in one position with a change of foot must have a minimum of eight (8) revolutions or spin in one position without change of foot must have a minimum of six (6) revolutions, flying entrance is allowed.

最多必須有二個(2)不同性質（縮寫(abbreviation)）的旋轉，其中 1 個必須是組合轉(spin combination)，1 個必須是不改變姿勢的旋轉(a spin with no change of position)。

換腳的組合旋轉必須至少旋轉八圈(8)，不換腳的則必須至少旋轉六圈(6)，不允許飛進(flying entrance is not allowed)。若有換腳，每腳只計算 1 個等級條件。

單一姿勢的換腳旋轉必須至少旋轉八圈(8)，或不換腳的單一姿勢旋轉必須至少旋轉六圈(6)，允許飛躍進入(flying entrance is allowed)。

- c) There must be a maximum of one (1) step sequence fully utilizing the ice surface and including at least one skating movement such as a spiral, spread eagle, Ina Bauer, hydroblading etc. If the skating movement is missing, no Level will be given. At least 2 difficult turns and steps must be executed on clean edges for Level basic. The Technical Panel will not award Feature 3) Use of body movements for at least 1/3 of the pattern and Feature 4) Two combinations of 3 difficult turns on different feet.

必須有最多一組(1)充分利用冰面的連接步法(step sequence)，並至少包括一種滑冰動作，例如飛

燕(spiral)、蟹步(spread eagle)、英特鮑爾(Ina Bauer,)、大地飛鷹(hydroblading)等。基礎級(Level basic)必須在乾淨的刀刃上執行至少二個困難的轉體和步法。技術組不會判予等級 3) (Feature 3)。至少 1/3 的圖案中使用身體動作和等級 4)(Feature 4)不同腳上 3 個困難轉體的二種組合。

## 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二級。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 演繹
- Skating Skills 滑冰技巧

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

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，其中至少有一個阿克索跳。最多可以有二個組合跳或一個組合跳加一個系列跳。組合跳和系列跳由二個跳躍所組成。在系列跳中，第二跳必須是阿克索類型的跳躍，從第一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）仍然符合系列跳的定義。在系列跳中執行的跳躍會得到其全部分值。不允許三周和四周跳。

只有一個一周跳和一個兩周跳可以重複一次（包括艾克索兩周跳）。

- 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 and no change of foot.

The spin combination with a change of foot must have a minimum of eight (8) revolutions and without a change of foot with a minimum of six (6) revolutions. Flying entry is allowed. If with change of foot, only one level feature per foot will count.

The spin in one position without change of foot must have a minimum of six (6) revolutions, must be done in a basic position without any difficult variation positions and will be called maximum level basic. After the required revolutions it is allowed to execute difficult variations, but these will be ignored by the Technical Panel. Flying entry is not allowed.

最多必須有二個(2)不同性質（縮寫(abbreviation)）的旋轉，其中 1 個必須是組合轉(spin combination)，1 個必須是不換姿勢的旋轉(a spin with no change of position)不換腳(no change of foot)。

換腳的組合旋轉必須至少旋轉八圈(8)，不換腳的則必須至少旋轉六圈(6)。允許飛躍進入(Flying entry)。若有換腳，每腳只計算 1 個等級條件。

不換腳單一姿勢的旋轉必須至少旋轉六圈(6)，且必須是基本姿勢，不允許任何困難的變化姿勢，這稱為最高等級基本旋轉(maximum level basic)。達到所規定的圈數後，才允許執行困難的變化，但技術小組將忽略這些變化。不允許飛進(Flying entry is not allowed)。

- c) There must be a maximum of one (1) step sequence fully utilizing the ice surface and including at least one skating movement such as a spiral, spread eagle, Ina Bauer, hydroblading etc. If the skating movement is missing, no Level will be given. At least 2 difficult turns and steps must be executed on clean edges for Level basic. The Technical Panel will not award Feature 3) Use of body movements for at least 1/3 of the pattern and Feature 4) Two combinations of 3 difficult turns on different feet.

須有最多一組(1)充分利用冰面的連接步法(step sequence)，並至少包括一種滑冰動作，例如飛燕(spiral)、蟹步(spread eagle)、英特鮑爾(Ina Bauer,)、大地飛鷹(hydroblading)等。基礎級(Level basic)必須在乾淨的刀刃上執行至少二個困難的轉體和步法。技術組不會判予等級 3) (Feature 3) 至少 1/3 的模式中使用身體動作和等級 4)(Feature 4)不同腳上 3 個困難轉體的二種組合。

## 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 演繹
- Skating Skills 滑冰技巧

The factor for the Program Components is 1.67

## **Pre-Novice Boys & Girls 兒童男子、女子組**

### **• Free Skating 長曲(1'50"±10")**

A well balanced Free Skating program must contain:

在長曲中，好的均衡節目必須包含：

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。最多可以有二個組合跳或一個組合跳加一個系列跳。組合跳和系列跳由二個跳所組成。在系列跳中，第二跳必須是艾克索類型的跳躍，從第一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）仍然符合系列跳的定義。在系列跳中執行的跳躍會得到其全部分值。

不允許三周和四周跳。

只有一個一周跳和一個兩周跳可以重複一次（包括艾克索兩周半跳）。

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).

至多二個不同的旋轉，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.

最多一套編舞步法，該編舞步法將不評定級別而直接給予基本分值，裁判給予動作執行分 (GOE)。

### **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二級。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 演繹

- Skating Skills 滑冰技巧

※ 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 幼兒男子、女子組

### Free Skating 長曲(1'15"±10")

Only single jumps are permitted, 只允許一周跳

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

在幼兒男女組中，良好均衡的節目必須包含：

a) 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。最多可以有二個組合跳或一個組合跳加一個系列跳。組合跳和系列跳由二個跳躍所組成。組合跳及系列跳可由二個1周的跳躍組成。在系列跳中，第二跳必須是阿克索類型的跳躍，從第一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）仍然符合系列跳的定義。在系列跳中執行的跳躍會得到其全部分值。

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). 至多二個不同的旋轉，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.

一套編舞步法，該編舞步法將不被評定級別而直接給予基本分值，裁判給予動作執行分(GOE)。

### 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二級。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 演繹
- Skating Skills 滑冰技巧

※ 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