2023

TECHNICAL PACKAGE

FIGURE SKATING

Technical Package

2023 Arctic Winter Games

Sport: Figure Skating

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1. Introduction

Technical Packages are critical guiding documents that assist Host Societies as they coordinate all sport competition (including competition formats, rules and procedures) and Mission Teams as they coordinate their teams' participation (including athlete eligibility, categories and team composition). Every Games' Host Society and Participating Unit's Mission Team, Coaches and Managers have an obligation to read and understand every aspect of the Technical Package. Should a need for clarification arise, questions should be directed through the Participating Unit's Chef de Mission for review and response by the Arctic Winter Games International Committee (AWGIC) Technical Director and Technical Coordinator.

2. Rules

This competition will be conducted under the rules of the International Skating Union (ISU) as published on January 1 of the year of the Games, except as modified by the AWGIC. The Host Society must advise Chefs on sanctioning and any related matters that might affect their teams.

3. Sanction

The competition will be conducted under the rules and sanction of ISU as published on January 1 of the year of the Games, unless otherwise approved by the AWGIC. Where possible, the Host Society should explore sanctioning under their jurisdiction's sport governing body (e.g., Skate Canada). Should a competition be granted sanction, the Host Society will communicate said sanction to all Participating Units, including the conditions of the sanction that may or may not differ from the International Federation's (IFs) rules and sanction.

4. Participants

Each Participating Unit may enter a team comprised of a maximum of eight (8) Skaters and two (2) coaches as follows.

All Skaters and Coaches must be members in good standing of their respective Sport Organization.

Athletes

Females born between 2004 and 2012 - 8

Note: Units can register Participants within any of the eligible birth years, at the discretion of their Chef de Mission. Units are not obligated to register Participants within the youngest or oldest age category. Where no minimum age category is listed, Chefs de Mission are responsible for determining an appropriate minimum age for their Unit's Participants, with consideration for Eligibility and Competition structure (as outlined in the Technical Package) and the AWGIC's value of meaningful competition.

Staff

Coaches	-	2
Support Staff	-	0

One coach must be female. If no female coaches are available, a female chaperone must be substituted for one of the coaches. Units must ensure that coaches are screened and trained in accordance with their jurisdiction's coaching standards.

5. Categories

A skater may register and compete in only one (1) Level plus the Team Event. The youngest skater can be 10 years and 2 months old as of the AWG competition, where the oldest skater can be 18 years old and 2 months old as of the AWG competition.

Participating Units may enter a maximum of 3 Skaters in any Level to the team maximum of 8 Skaters.

6. Eligibility

To be eligible to compete in the Arctic Winter Games, an athlete shall:

1. Be a "Developing Athlete"
    1. A Developing Athlete is one who has not represented one's nation in international competition (outside of an Arctic Winter Games) in the sport they are competing in.
        1. An athlete who has competed for one's club in international competition (not representing one's nation) is considered a developing athlete;
        2. An athlete who is a member of one's national team, but has not represented one's nation in international competition is considered a developing athlete.

Each entrant must qualify through the Unit that they represent in accordance with said Unit's specific qualification process.

See Appendix A for additional eligibility requirements.

Test Qualifications

Skaters should meet the following minimum qualifications for each competition Level as of December 15, 2022. Test qualification forms must be completed in accordance with Arctic Winter Games rules.

Level 1 Entrants in this Level have:

- Completed Skate Canada STAR 3 Elements and Program Assessments
- Completed US Figure Skating Pre-Preliminary Free Skate Test
- Completed Russian Junior III Category

Level 2: Entrants in this Level have:

- Completed Skate Canada STAR 5 Elements and Program Assessments
- Completed US Figure Skating Preliminary Free Skate Test
- Completed Russian Junior II Category

Level 3: Entrants in this Level have:

- Completed Skate Canada STAR 5 Elements and Program Assessments
- Complete US Figure Skating Preliminary Free Skate Test
- Completed Russian Junior II Category

Level 4: Entrants in these categories have:

- Completed Skate Canada STAR 5 Elements and Program Assessments
- Completed US Figure Skating Preliminary Free Skate Test
- Completed Russian Junior II Category

7. Competition

Format

The competition shall take place abiding by the ISU's Constitution and General Regulations, as published on January 1 of the year of the Games.

Events

a. Short Program
b. Freeskate Program
c. Team Event

The required technical elements for each Level for the Short and Freeskate Programs are provided in the table(s) below and are based on well-balanced program requirements. The team compulsory requirements are listed separately.

The program duration indicates the maximum (MAX) timing. This means that a program duration is up to the maximum time indicated for each Level.

ISU levels of difficulty and scale of values will apply and be linked on the AWGIC website as additional reference materials.

Planned Program Sheets must be submitted in advance of the competition. Sheets will be posted online and must be submitted two weeks in advance of the Games.

Level 1

a. Short Program – Program time: 1:30 (+/- 10 seconds)

- Maximum 6 Elements:
    - 3 Jump Elements
        - Single Axel
        - Solo jump
            - Cannot repeat Axel
        - Jump combination
            - May contain no more than 2 jumps
            - Solo jump and Axel cannot be repeated in the combination
            - Jump sequences not permitted
        - No double or triple jumps are permitted
    - 2 Spin Elements
        - Max Base level
        - Variations not permitted
        - Camel Spin
            - Must have at least 3 revolutions
            - Forward entry only
            - Flying entry not permitted
            - Change of foot not permitted
        - Combination Spin
            - Must include 2 basic positions
            - Forward entry only
            - Flying entry not permitted
            - Optional change of foot
            - Must have at least 5 revolutions (CoSp) or 3/3

(CCoSp).
- Choreographic Sequence
  - Max Base level

b. Free Program – Program time: 2:00 (+/- 10 seconds)

- Maximum 8 Elements
  - 5 Jump Elements
    - Single Axel
    - 4 different jumps
    - Maximum of two jump combinations
      - May contain no more than 2 jumps
      - Jump sequences not permitted
    - No jump may be included more than twice and if a jump is repeated it must be in combination
    - No double or triple jumps are permitted
  - 2 Spin Elements
    - Max Base level
    - Variations not permitted
    - Sit Spin or Camel Spin
      - Must have at least 3 revolutions
      - Forward entry only
      - Flying entry not permitted
      - Change of foot not permitted
    - Combination Spin
      - Must include 2 basic positions
      - Forward entry only
      - Flying entry not permitted
      - Optional change of foot
      - Must have at least 5 revolutions (CoSp) or 3/3 (CCoSp)
  - Choreographic Sequence
    - Max Base level

Level 2

a. Short Program – Program time: 2:00 (+/- 10 seconds)

- Maximum 6 Elements:
  - 3 Jump Elements
    - Single Axel
    - Solo jump
      - Single or double jump
      - Cannot repeat Axel
    - Jump combination with one single and one double jump.

            - The combination may be double-single or single-double.
            - Solo jump and Axel cannot be repeated in the combination
        - 2F, 2Lz, 2A, and triple jumps not permitted
    - 2 Spin Elements
        - Max Base level
        - Variations not permitted
        - Sit Spin or Camel Spin
            - Must have at least 4 revolutions
            - Flying entry not permitted
            - Change of foot not permitted
        - Combination Spin
            - Must have 2 basic positions
            - Must have at least 5 revolutions (CoSp) or 3/3 (CCoSp)
            - Change of foot optional
            - Flying entry not permitted
    - Choreographic Sequence
        - Max Base level

b. <u>Free Program</u> – Program time: 2:30 (+/- 10 seconds)

- Maximum 8 Elements:
    - 5 Jump Elements
        - Single Axel
        - At least two different double jumps. If only one double jump type is included the final jump element will be invalidated, if no double jumps are included the final two jump elements will be invalidated
        - Maximum of two jump combinations
            - May contain no more than two jumps
            - Jump sequences not permitted
        - Jump combinations may have no more than two jumps
        - No jump may be included more than twice and if a jump is repeated it must be in combination or sequence
        - 2F, 2Lz, 2A, and triple jumps not permitted
    - 2 Spin Elements
        - Max Base level
        - Variations not permitted
        - Sit Spin or Camel Spin
            - Must have at least 4 revolutions
            - Flying entry not permitted

            - Change of foot not permitted
        - Combination Spin (optional change of foot)
            - Must have 2 basic positions
            - Must have at least 5 revolutions (CoSp) or 3/3 (CCoSp)
            - Flying entry not permitted
    - Choreographic Sequence
        - Max Base level

Level 3

a. Short Program – Program time: 2:30 (+/- 10 seconds)

- Maximum 6 Elements:
    - 3 Jump Elements
        - Single Axel
        - Solo jump – double
        - Jump Combination
            - May contain no more than two jumps
            - Must include 2 double jumps
            - Solo jump and Axel may not be repeated in the combination
            - Jump sequences not permitted
        - No 2A or triple jumps are permitted
    - 2 Spin Elements
        - Max level 3
        - Variations permitted
        - Layback/Sideways Leaning or Sit or Camel Spin
            - Must have at least 5 revolutions
            - Flying entry not permitted
            - Change of foot not permitted
        - Combination Spin
            - Must have at least 4 revolutions on each foot
            - Must include all 3 basic positions
            - Must include change of foot
            - Flying entry not permitted
    - Step Sequence
        - Max level 3
        - Must utilize the full ice surface

b. Free Program — Program time: 3:00 (+/- 10 seconds)

- Maximum 10 Elements:
    - 6 Jump Elements
        - Single Axel
        - At least two different double jumps. If only one double jump type is

included the final jump element will be invalidated, if no double jumps are included the final two jump elements will be invalidated
- Maximum of two jump combinations
  - Jump sequences not permitted
  - May contain no more than two jumps
- No jump may be included more than twice and if a jump is repeated it must be in combination
- 2A and triple jumps not permitted

- 3 Spin Elements
  - Max level 3
  - Variations permitted
  - Flying spin
    - Must have only one basic position
    - Must have at least 5 revolutions
    - Change of foot not permitted
  - Combination Spin
    - Must have at least 4 revolutions on each foot
    - Must include all 3 basic positions
    - Must include change of foot
    - Flying entry not permitted
  - Spin of any nature
    - Must have at least 5 revolutions
    - Flying entry optional
    - Change of foot optional
- Step Sequence
  - Max level 3
  - Must utilize the full ice surface

Level 4

a. Short Program – Program time: 2:30 (+/- 10 seconds)

- Maximum 6 Elements:
  - 3 Jump Elements
    - Single or double Axel
    - Solo jump
      - Must be double or triple jump
      - Cannot repeat Axel
    - Jump Combination
      - May contain no more than two jumps
      - Must include 2 double jumps or 1 double and 1 triple jump
      - Jump sequences not permitted

            - Solo jump and Axel may not be repeated in the combination
    - 2 Spin Elements
        - Max level 4
        - Variations permitted
        - Layback/Sideways leaning or Sit or Camel Spin
            - Must have at least 6 revolutions
            - Flying entry not permitted
            - Change of foot not permitted
        - Combination Spin
            - Must include a change of foot
            - Must have at least 5 revolutions on each foot
            - Must include all 3 basic positions
            - Flying entry not permitted
    - Step Sequence
        - Max level 4
        - Must utilize the full ice surface

b. Free Program — Program time: 3:30 (+/- 10 seconds)

- Maximum 11 Elements
    - 7 Jump Elements
        - A single or double Axel
        - At least three different double jumps. If three different double jumps are not attempted the final jump element will be invalidated
        - Maximum of three Jump Combinations or Jump Sequences
            - 1 Jump Combination or Jump Sequence may have 3 jumps
            - Other combinations or sequences may have only 2 jumps
        - No jump may be included more than twice and if a jump is repeated it must be in combination or sequence
        - Triple jumps are permitted
            - A maximum of 2 types of triple jumps may be repeated
    - 3 Spin Elements
        - Max level 4
        - Variations permitted
        - Flying spin
            - Must have only one basic position
            - Must have at least 6 revolutions
            - Change of foot not permitted
        - Combination Spin
            - Must include a change of foot
            - Must have at least 5 revolutions on each foot
            - Must include all 3 basic positions

            - Flying entry not permitted
        - Spin of any nature
            - Must have at least 6 revolutions
            - Flying entry optional
            - Change of foot optional
    - Step Sequence
        - Max level 4
        - Must utilize the full ice surface

Team Event Element

All Teams, including coaches, will be on the ice during the competition.

The Technical Representative (or a designated official) and the Chief Data Specialist will draw for the skating order of the elements and the teams at the pre-competition meeting. This order will be followed for the skating of each element. All teams must execute an element before the competition progresses to the next element.

Each Skater will execute one element from the following list. Each element will be executed twice and a mark awarded to the best execution. The technical panel will identify the performed element and the Level of Difficulty (if applicable) and the judges will award a Grade of Execution (GOE). A mean will be calculated for each element and the score for all elements will be summed. The team with the highest score will be awarded first place, the second highest ranked team will be awarded second place and so on.

Team coaches will determine which element each team member will perform. Lists must be submitted to the referee at the pre-competition meeting.

In the event that a team has less than eight (8) Skaters, a member from the same Unit may complete in more than one (1) element to a maximum of four (4) Skaters completing two (2) elements each.

Units, with less than 8 skaters and without skaters competing in every Level, may make request to the Technical Advisor for skaters from other Units to join their team. The number of skaters that may be added to a team will be the number required to make up a full team of 8 skaters. The addition of skaters from other Units should be from the list of skaters who are competing in Levels for which the recipient Unit has no skaters.

All other Units will have the option of sharing Skaters. The referee will randomly draw from the Units who agree to share Skaters, first the name(s) of the Units who will share Skaters and then the name of one Skaters from the chosen Unit(s). The Skaters whose names are

drawn may also compete for their own Unit.

A team must complete all eight elements.

a. Jumps
    i. One of: 1A, 2S, 2T or 2Lo
    ii. Double – Double Jump Combination
    iii. One of: 2F, 2Lz or 2A
    iv. Jump Sequence
        1. 3 jumps
        2. At least one jump must be 1A or higher
        3. Jumps may not be repeated
b. Spins
    i. Sit or Camel Spin
        1. 3 revolutions minimum
        2. Forward entry only
        3. No flying entry
        4. Maximum Base level
    ii. Combination Spin
        1. Minimum of 2 basic positions
        2. Must have at least 6 revolutions
        3. Flying entry optional
        4. No difficult variations
        5. Change of foot optional
        6. Minimum of 5 revolutions for CoSp or 3/3 revolutions for CCoSp
        7. Maximum Base level
    iii. Layback/Sideways Leaning or Change Camel or Change Sit Spin
        1. Variations allowed
        2. Maximum level 4
    iv. Step Sequence
        1. Maximum level 4
        2. Must utilize the full ice surface
        3. Listed jumps may not be included.

<u>Exhibition</u>

A Figure Skating Exhibition will be held on the final day of competition and is open to Arctic Winter Games Figure Skaters. Overall gold medal winners (combined results from the short and long programs) will skate an exhibition at the final ceremonies for Figure Skating.

Skaters shall choose their Short program, Freeskate program or a prepared exhibition program (the exhibition program cannot exceed the Freeskate times for their respective event).

In order to enhance the cultural experience at the games, Skaters in each competitive level will work with their fellow Skaters within their level to develop a group number that will be presented with the exhibition Skaters (gold medal winners) that accompany the final ceremonies for Figure Skating. All Skaters in all levels will participate in a closing “Finale” to close the Figure Skating events at the Arctic Winter Games.

Music will be provided by the host society (for group and finale numbers only) and pairs or teams of coaches will be assigned to assist each group in preparing for the final event. The coaches will be assigned at the opening meeting for figure skating. Coaches and Skaters are expected to work on choreography during the week of the Games.

A schedule of practices (off ice and on ice) will be provided at the opening meeting for figure skating.

The team outfit (ie: jackets, costumes/dresses, team uniform) will be used for the group number unless the Skater has been awarded a gold medal (they would use their competition uniform throughout the exhibition).

No medals are awarded for this exhibition.

Schedule

The Host Society shall distribute a first draft of the Master Sport Schedule - a detailed multi-sport schedule, including: competitions, practices/training, pre-Games Coach/Manager meetings and all technical meetings - to the AWGIC and each Participating Unit’s Chef de Mission for review no later than 1 year (12 months) prior to the commencement of the Games (Opening Ceremony). The Master Sport Schedule becomes “final” three (3) months prior to the commencement of the Games, unless otherwise approved by the AWGIC. A final review and approval of the Master Sport Schedule must be conducted by the AWGIC Technical Director prior to being considered “final”.

The Master Sport Schedule is developed by the Host Society in consultation with the Sport Vice President, Sport Chairs and the AWGIC as required. The sport schedule is developed using the Sport Technical Packages and by reviewing the sport schedules from previous Games.

The Host Society shall:

- Create a process for stakeholders to provide input and request changes to the schedule;
- Revise and update the Master Sport Schedule, redistributing updated versions as required on an ongoing basis between 12 months pre-Games and the end of the Games.

The Host Society, to the best of their ability shall:

- Refrain from scheduling any competition or practice/training within three (3) hours of the beginning of the Opening Ceremony;
- Respect the timing required for participant feeding, transportation and marshaling for opening and closing ceremonies;
- Ensure that practice/training during the first day of the Games reflects the travel realities of Participating Units (e.g., Units with the least amount of travel should be scheduled to practice/train and/or compete first upon arrival in the Host jurisdiction, where Units with the most travel should practice/train and/or compete last).

8. Music

All music used must be in the public domain or covered by the performing rights societies. Skaters who have music composed specifically for their programs either wholly or in part, are responsible for obtaining a written release from the composer for the use of such music on radio and/or television or appropriate clearance from the performing rights societies.

Each Skater will load an mp3 of both their short program music and free program music to the web site by January 4, 2023.

On site, each Skater will provide 1 CD stick as backup of their music. Copies must be turned in at registration prior to their first team practice.

The following requirements for CD's must be met:

- Only one program shall be recorded on each CD
- The start of the music shall be recorded on the CD with less than two (2) seconds of lead in Skater's name followed by Level, program type - short or free - and music time (not skating time) shall be clearly printed on one side of the CD
- Each CD shall be enclosed in its plastic container, also marked with the Skater's name, AWG contingent, Level, program type – short or free - and total music time

Skaters are responsible for the recovery of their own music at the completion of the event. The Arctic Winter Games will accept no responsibility against damage but will take every precaution to safeguard each USB/CD.

9. Scoring

All events will be judged under the ISU International Judging System (IJS).

10. Medals

Medals shall be awarded individually by event, as follows:
- Gold - 20
- Silver - 20
- Bronze - 20

Separate medals will be awarded for the free skate, short program, combined and team compulsory competitions. In the event that only a single Skater is registered in a competition category, that Skater will be eligible for medals provided they complete the required skating programs.

If a Skater is unable to compete in an event due to medical reasons, they are eligible to compete in a subsequent event for which they are registered should the Host Society medical staff indicate - in writing to the Technical Representative - their approval for the Skater to do so. Skaters must compete in both the Short and Freeskate programs to be eligible for a combined medal.

All teams, regardless of composition, will be eligible for a medal.

Level 1 – 4 Events	Number of Gold Medals Awarded	Number of Silver Medals Awarded	Number of Bronze Medals Awarded
Short Program	4	4	4
Freeskate Program	4	4	4
Combined (Short and Freeskate)	4	4	4
Team	8	8	8
TOTAL MEDAL COUNT	20	20	20

11. Equipment

A Skater's equipment consists of skates/boots and blade guards. Skates are considered as consisting of 6 pieces, namely 2 boots and 2 blades and 2 constructions for connecting the blades to the boots. All equipment must abide by the ISU Constitution and General Regulation.

12. Competition Uniform

All competition uniforms (e.g., costumes/dresses) must abide by the ISU Constitution and General Regulation.

13. Registration

All Participants (athletes, coaches, managers and support staff) must be registered in the Arctic Winter Games electronic registration system (GEMS.pro) no later than 14 days prior to the Opening Ceremony.

14. Protests & Appeals

Field of Play disputes should be managed in accordance with the AWGIC Field of Play conduct Policy and Protest Procedure and each International Federation's (IFs) rules.

15. Additional Information

Additional document/resource links will be updated when new releases are provided. Additionally, any updates prior to the start of the Games will be published via a clarifying bulletin distributed to all Participating Units.

Scale of Values

Skate Canada Singles Scale of Values (SOV)

USA Figure Skating Scale of Values (SOV)

Skate Canada STARSkate Well Balanced Program

16. Appendix A

AWGP1 ATHLETE AND CULTURAL PERFORMER ELIGIBILITY POLICY

Preamble:
The Arctic Winter Games combine athletic competition, cultural exchange and social interaction among northern contingents. Arctic Winter Games athletic competitions feature sports that enjoy worldwide popularity and sports unique to the north. The AWG Cultural Program offers opportunities for northern artists to perform on a larger stage to diverse audiences. The Arctic Winter Games International Committee is responsible for providing direction and guidance to contingents to ensure meaningful competition and a diverse cultural program in the Arctic Winter Games Program.

Purpose: This policy provides direction and guidance to the participating contingents when selecting athletes and cultural participants for their teams.

1. To be eligible to compete in the Arctic Winter Games, an athlete shall:
    a. be a "Developing Athlete" as described in the Glossary of Terms and not have been a member of a national team in the sport in which they are competing, nor competed in, nor have been selected for an international competition as a representative of their country in the sport within one (1) year of the opening date of the Games (sports without national sport governing bodies are exempt from this rule)
    b. compete in one sport only c) meet individual sport requirements as per the current technical package.

2. To be eligible to participate in the Arctic Winter Games, a Contingent Cultural performer shall comply with the eligibility requirements included in the current Cultural Technical Package.

3. To be eligible to participate in the Arctic Winter Games, all Contingent Athletes and Cultural performers shall:
    a. be a resident of Yukon, Northwest Territories, Alberta North (north of 55 degrees), Greenland, Alaska, Nunavut or any other participating Contingent/Guest Contingent approved by the Arctic Winter Games International Committee (AWGIC). Current approved Guest Contingents are Nunavik (Quebec, Canada), Yamal-Nenets (Russia)*, Sapmi (Finland/Norway/Sweden);
    b. have been a continuous resident of the participating Contingent for six (6) months prior to the opening day of the Games;

c. comply with all other Arctic Winter Games rules and regulations as outlined in the Arctic Winter Games Staging Manual, Arctic Winter Games Technical Packages or other publications issued by the Arctic Winter Games International Committee;
d. comply with all rules and regulations of their Contingent.

NOTE #1.1: 'Resident' means a person who makes their permanent home in a jurisdiction and includes someone who may be temporarily absent from the jurisdiction but who maintains a close connection with the jurisdiction and has the intention of returning to the jurisdiction after a temporary absence. An individual leaving a jurisdiction with no intention of returning continues to be considered a resident of that jurisdiction up to 90 days after leaving and may participate if the first day of the Games falls within that 90-day period.

NOTE #1.2: A resident of a participating Contingent who is attending school outside the Contingent is deemed to be a continuous resident of their Contingent and is eligible to compete for their residence Contingent or the Contingent in which they are attending school (if a participating Contingent) but not both.

NOTE #1.3: An individual who is a resident of a jurisdiction not eligible to compete at the Games; but who lives in a participating jurisdiction as a student, or who is there on a temporary work visa, or who is otherwise temporarily living in a participating jurisdiction; is not considered a resident of the participating jurisdiction and is therefore ineligible to compete in the Arctic Winter Games.

NOTE #1.4: Individual Contingents may impose additional requirements for eligibility for their team provided they do not contravene the intent of the AWG International Committee policies.

* The Arctic Winter Games International Committee has suspended Yamal, Russia, with immediate effect, following the attacks unfolding in Ukraine in a March 1, 2022 decision.

2023 Arctic Winter Games Quick Reference— FIGURE SKATING SHORT PROGRAM

LEVEL / TIME	JUMPS	SPINS		STEPS
LEVEL 1 6 Elements 1:30 minutes (+/- 10 seconds)	3 Jump Elements No Double or Triple Jumps	2 Spin Elements Max Base level No variations		Max Base Level
	Single Axel Solo jump Jump Combination - 2 jumps Solo jump and Axel cannot be repeated in the combination No jump sequences	Camel Spin 3 revs, minimum Forward entry only No flying entry No change foot	Combination Spin 2 basic positions Forward entry only No flying entry Change of foot optional 5 revs (CoSp) or 3/3 (CCoSp)	Choreographic Sequence
LEVEL 2 6 Elements 2:00 minutes (+/- 10 seconds)	3 Jump Elements No 2F/2Lz/2A or triple jumps	2 Spin Elements Max Base level No variations		Max Base level
	Single Azel Solo Jump - single or double Jump Combination - 2 jumps, single/double or double/single Solo jump and Axel cannot be repeated in the combination No jump sequences	Sit or Camel Spin 4 revs, minimum No flying entry No change of foot	Combination Spin 2 basic positions No flying entry Change of foot optional 5 revs (CoSp) or 3/3 (CCoSp)	Choreographic Sequence
LEVEL 3 6 Elements 2:30 minutes (+/- 10 seconds)	3 Jump Elements No 2A or triple jumps	2 Spin Elements Max Level 3 No variations		Max level 3

<table>
<tr><td></td><td>Single Axel
Solo Jump - double
Jump Combination - 2 jumps, double/double
Solo jump and Axel cannot be repeated in the combination
No jump sequences</td><td>Layback/Sideways Leaning or Sit or Camel Spin
5 revs, minimum
No flying entry
No change of foot</td><td>Combination Spin
3 basic positions
Change of foot
4 revs each foot, minimum
No flying entry</td><td>Step Sequence
Must utilize
full ice surface</td></tr>
<tr><td rowspan="2">LEVEL 4
6 Elements
2:30 minutes
(+/- 10 seconds)</td><td>3 Jump Elements</td><td colspan="2">2 Spin Elements
Max level 4
No variations</td><td>Max level 4</td></tr>
<tr><td>Single or Double Axel
Solo Jump - double or triple
Jump Combination - 2 jumps, double/double, double/triple or triple/double
Solo jump and Axel cannot be repeated in the combination
No jump sequences</td><td>Layback/Sideways Leaning or Sit or Camel Spin
6 revs, minimum
No flying entry
No change of foot</td><td>Combination Spin
3 basic positions
Change of foot
5 revs each foot, minimum
No flying entry</td><td>Step Sequence
Must utilize the full ice surface</td></tr>
</table>

2023 Arctic Winter Games Quick Reference—FIGURE SKATING FREE PROGRAM

LEVEL / TIME	JUMPS	SPINS		STEPS
LEVEL 1 8 Elements 2:00 minutes (+/- 10 seconds)	5 Jump Elements No Double or Triple Jumps	2 Spin Elements Max Base level No variations		Max Base Level
	Single Axel 4 different jump Maximum two Jump Combination - 2 jumps / combination No jump may be included more than twice and if a jump is repeated it must be in combination No jump sequences	Sit or Camel Spin 3 revs, minimum Forward entry only No flying entry No change foot	Combination Spin 2 basic positions Forward entry only No flying entry Change of foot optional 5 revs (CoSp) or 3/3 (CCoSp)	Choreographic Sequence
LEVEL 2 8 Elements 2:30 minutes (+/- 10 seconds)	5 Jump Elements No 2F/2Lz/2A or triple jumps	2 Spin Elements Max Base level No variations		Max Base level
	Single Azel 4 different jumps - 2 double jumps minimum Maximum two Jump Combination - 2 jumps/combination No jump may be included more than twice and if a jump is repeated it must be in combination No jump sequences	Sit or Camel Spin 4 revs, minimum No flying entry No change of foot	Combination Spin 2 basic positions No flying entry Change of foot optional 5 revs (CoSp) or 3/3 (CCoSp)	Choreographic Sequence
LEVEL 3 10 Elements 3:00 minutes (+/- 10 seconds)	6 Jump Elements No 2A or triple jumps	3 Spin Elements Max Level 3 No variations		Max level 3

	Single Axel 2 double jumps minimum Maximum two Jump Combinations - 2 jump/combination No jump may be included more than twice and if a jump is repeated t must be in combination No jump sequences	Flying Spin One basic position 5 revs, minimum No change of foot	Combination Spin 3 basic positions Change of foot 4 revs/foot, minimum No flying entry	Spin of any nature 5 revs, minimum Flying entry optional Change of foot optional	Step Sequence Must utilize full ice surface
LEVEL 4 11 Elements 3:30 minutes (+/- 10 seconds)	7 Jump Elements	2 Spin Elements Max level 4 No variations			Max level 4
	Single or Double Axel 3 different double jumps minimum Maximum three Jump Combination or Jump Sequences- 2 jumps/combination or sequence One Jump Combination or Jump Sequence may contain 3 jumps No jump may be included more than twice and if a jump is repeated it must be in combination 2 types of triple jumps maximum	Flying Spin One basic position 6 revs, minimum No change of foot	Combination Spin 3 basic positions Change of foot 5 revs/foot, minimum No flying entry	Spin of any nature 6 revs, minimum Flying entry optional Change of foot optional	Step Sequence Must utilize the full ice surface