



AMBER CUP 2025

Interclub Figure Skating Competition for Single Skating
and Elements

November 20-23, 2025

Riga, Latvia

TECHNICAL REQUIREMENTS



Competition organized by the society "Latvijas sinhronas slidosanas attistiba"

1 INTERMEDIATE NOVICE Girls and Boys

Age and technical requirements are according to the ISU Technical Rules Single and Pair Skating 2024, ISU Communication 2699 and all respective ISU Communications.

Free skating only. FS program 3 min, +/- 10 sec.

A well balanced Free Skating program must contain:

- a) maximum of **five (5) jump elements** one of which must be an Axel type jump.
- b) up to **two (2) jump combinations** or one (1) jump combination without using an Euler (half-loop) and one (1) jump sequence. Jump combinations and the jump sequence consist of only 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 (the free foot can touch the ice 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. An Euler (half-loop) when used in a jump combination or sequence between two listed jumps will be called but will not be considered as a listed jump, and will not be counted in the number of the jumps of the concerned combination or sequence. After the execution of the Euler (half-loop) no change of foot is allowed. An Euler (half-loop) can be executed only once in the Free Skating.
- c) no triple or quadruple jumps allowed.
- d) only one single jump and one double jump (including Double Axel) can be repeated once.
- e) maximum of **two (2) different spins**, 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 a 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 the spin in one position without a change of foot must have a minimum of six (6) revolutions, flying entrance is allowed.
- f) 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.

Levels explanations:

For Intermediate Novice Singles, in all elements only features up to Level 2 will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

The following Program Components are judged: Composition, Presentation, and Skating Skills.

The factor for Program Components is for Boys 2.0, for Girls 1.7.

2 BASIC NOVICE 2012-2014, 2015 and Younger Girls and Boys

Technical requirements are according to the ISU Technical Rules Single and Pair Skating 2024, ISU Communication 2699, and all respective ISU Communications.

Free Skating only. FS program 2 min 30 sec, +/- 10 sec.

For Basic Novice Singles, in all elements only features up to Level 2 will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

The following Program Components are judged: Composition, Presentation, and Skating Skills.

The factor for the Program Components is 1.67.

A well balanced Free Skating program must contain:

- a) maximum of **five (5) jump elements** one of which must be an Axel type jump.
- b) up to two **(2) jump combinations** or one (1) jump combination without using an Euler (half-loop) and one (1) jump sequence. Jump combinations and the jump sequence consist of only 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 (the free foot can touch the ice 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. An Euler (half-loop) when used in a jump combination or sequence between two listed jumps will be called but will not be considered as a listed jump, and will not be counted in the number of the jumps of the concerned combination or sequence. After the execution of the Euler (half-loop) no change of foot is allowed. An Euler (half-loop) can be executed only once in the Free Skating.

- c) no triple or quadruple jumps allowed.
- d) only one single jump and one double jump (including Double Axel) can be repeated once.
- e) maximum of **two (2) different spins**, 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 entrance is not allowed. If with the 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 a change of foot must have a minimum of six (6) revolutions, flying entry is allowed. If with the 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.
- f) 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.

In Single Skating Boys and Girls for all Novice sub-categories: Warm-up groups can be maximum up to eight (8) Skaters.

Warm up time:

- Basic Novice Free Skating 4 minutes
- Intermediate Novice Free Skating 5 minutes

There will be no special factor of 1.1 for jump elements performed in the second half of either the Short Program or the Free Skating in all Novice Categories

If an extra jump(s) is executed, only the individual jump(s), which is not according to requirements, will have no value.

- The jumps are considered in the order of execution.
- Illegal Elements/Movements for Novices: somersault type jumps;

INTERCLUB CATEGORIES

1 PRE-CHICKS A

Free Skating only, Girls and Boys (2019 and younger) 2 min., +/- 10 sec.

- a) maximum of **four (4) jump elements** (one of which must be an Axel type jump).
- b) **there may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence.** Jump combination can contain only two (2) jumps. A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any listed 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 jump.
- c) maximum of **two (2) spins** of a different nature (minimum of 4 revolutions each).
- d) **one (1) Choreographic Sequence** consisting of at least two different skating movements.

2 CHICKS A

Free Skating only, Girls and Boys (2017/2018) 2 min., +/- 10 sec.

- a) maximum of **four (4) jump elements** (one of which must be an Axel type jump).
- b) **there may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence.** Jump combination can contain only two (2) jumps. A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any listed 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 jump.
- c) maximum of **two (2) spins** of a different nature (minimum of 4 revolutions each). In spin with change of foot, only one level feature per foot will count. If two features are done on the first foot, only one feature will be awarded.
- d) 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.

3 CHICKS Axel 2017 and 2018

Free Skating only (2017/2018) 2 min., +/- 10 sec.

- a) maximum of **four (4) jump elements** (one of which must be an Axel type jump).
- b) there may be **up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence.** Jump combination can contain only two (2) jumps. A jump sequence consists of 2 (two) jumps of (according to the category requirements), beginning with any listed 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 jump.
- c) maximum of **two (2) spins** of a different nature (minimum of 3 revolutions each).
- d) **one (1) Choreographic Sequence** consisting of at least two different skating movements.

Only 1A is allowed in this category and double jumps is not allowed.

IMPORTANT!

The following Program Components are judged: Composition, Presentation, Skating Skills.

The factor for the Program Components is 1.67.

1. In all elements which are subject to Levels, only features up to **Level 2 (Pre-Chicks A and Chicks A), up to Level 1 (Chicks Axel) will be counted.** Any additional features will not count for Level requirements and will be ignored by the Technical Panel.
2. Evaluation is in accordance with ISU Communication No. 2623 (or any update of this Communication).
3. No jump with the same name may be repeated more than twice including Axel type jumps.
4. There shall be no bonus for difficult elements in the second half of the program.
5. Time violation - 0.5 point deduction for every 5 seconds in excess.
6. Falls - 0.5 point deduction for every fall.
7. Part of the costume/decoration falls on the ice - 0.5.
8. Costume/prop violation - 0.5.
9. Late start - 0.5.
10. Interruptions:
 - a. more than 10 sec. up to 20 sec.: -0,5
 - b. more than 20 sec. up to 30 sec.: -1,0
 - c. more than 30 sec. up to 40 sec.: -1,5
 - d. Interruption of the program with an allowance of up to three (3) min. to resume from the point of interruption: -2,5 per program.
11. Warm-up group up to 10 skaters.
12. Warm-up 4 min.

4 PRE-CHICKS B

Free Skating only, Girls and Boys (2019 and younger) 2 min., +/- 10 sec.

- a) maximum of **four (4) jump elements.**

- b) maximum of **two (2) jump combinations**. Jump combination can contain only two (2) jumps.
- c) maximum of **two (2) spins** of a different nature (minimum of 3 revolutions each); **NB!!!** All spins must contain only Base positions. Difficult positions and attempts are not permitted, and spin will have no value.
- d) **one (1) Choreographic Sequence** consisting of at least two different skating movements.
Axel (1A) and double jumps are not allowed in the Pre-Chicks B category!

5 CHICKS B

Free Skating only, Girls and Boys (2017/2018) 2 min., +/- 10 sec.

- a) maximum of **four (4) jump elements**.
- b) maximum of **two (2) jump combinations**. Jump combination can contain only two (2) jumps.
- c) maximum of **two (2) spins** of a different nature (minimum of 3 revolutions each).
- d) **one (1) Choreographic Sequence** consisting of at least two different skating movements.

Axel (1A) and double jumps are not allowed in Chicks B category!

6 CUBS B

Free Skating only, Girls and Boys (2015/2016) 2 min. 30 sec., +/- 10 sec.

- a) maximum of **four (4) jump elements**.
- b) there may be **up to two (2) jump combinations** or one (1) jump combination and one (1) jump sequence. Jump combination can contain only two (2) jumps. A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any listed 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 jump.
- c) maximum **of two (2) spins** of a different nature (minimum of five (5) revolutions).
- d) **one (1) Choreographic Sequence** consisting of at least two different skating movements.

Axel (1A) and one (1) double jump are allowed not more than two (2) times.

2Lo, 2F and 2Lz – are not allowed in this category

7 SPRINGS B

Free Skating only, Girls and Boys (2013/2014) 2 min. 30 sec., +/-10 sec.

- a) maximum of **four (4) jump elements** (one of which must be an Axel type jump).
- b) there may be **up to two (2) jump combinations** or one (1) jump combination and one (1) jump sequence. Jump combination can contain only two (2) jumps. A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any listed 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 jump.
- c) maximum of **two (2) spins** of a different nature; one spin combination with a change of foot must have a minimum of eight (8) revolutions. Flying entry is allowed.
One spin in one position without change of foot must have a minimum of six (6) revolutions. It must be done in a basic position without any difficult variation and will be called 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.
- d) **one (1) Choreographic Sequence** consisting of at least two different skating movements.

Maximum 2 (two) different double jumps are allowed and they cannot be repeated more than twice.

2A, 2F, 2Lz and triple jumps are not allowed in this category

IMPORTANT!

The following Program Components are judged: Composition, Presentation, Skating Skills

The factor for the Program Components is 1.50

1. In all elements which are subject to Levels, only features up to **Level Base (Pre-Chicks B, Chicks B, Cubs B), Level 1 (Springs)** will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.
2. Evaluation is in accordance with ISU Communication No. 2623 (or any update of this Communication).
3. No jump with the same name may be repeated more than twice including Axel type jumps.
4. There shall be no bonus for difficult elements in the second half of the program.
5. Time violation - 0.5 point deduction for every 5 seconds lacking or in excess.
6. Falls - 0.5 points (Chicks B, Cubs B, Springs, Pre-Chicks B) deduction for every fall.
7. Part of the costume/decoration falls on the ice - 0.5.
8. Costume/prop violation - 0.5.
9. Late start - 0.5.
10. Interruptions:
 - a. more than 10 sec. up to 20 sec.: -0,5
 - b. more than 20 sec. up to 30 sec.: -1,0
 - c. more than 30 sec. up to 40 sec.: -1,5
 - d. interruption of the program with an allowance of up to three (3) min. to resume from the point of interruption: -2,5 per program.
11. Warm-up group up to 10 skaters.
12. Warm-up Pre-chicks B, Chicks B 3 min. Cubs B, Springs 4 min.

8 NOVICE B

Free Skating only 3 min. +/- 10 sec.

Age limits- has reached at least the age of ten (10) - has not reached the age of fifteen (15) before July 1st preceding the event

- a) Maximum **five (5) jump elements** - at least one (1) Axel type jump
- b) there may be **up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence**. A jump combination can contain only two (2) jumps. A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any listed 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 jump

- c) there must be a maximum of **two (2) spins of a different nature**. -one of which must be a spin combination with a change of foot (minimum of eight (8) revolutions in total) or without change of foot (minimum of six (6) revolutions in total) Flying entry is allowed. -one spin with no change of position with change of foot (minimum of eight (8) revolutions in total) or without change of foot (minimum of six (6) revolutions in total). Flying entry is allowed
- d) **one (1) Choreographic Sequence** consisting of at least two different skating movements.

Double Axel and triple jumps are not allowed.

9 JUNIOR B

Free Skating only 3 min., +/- 10 sec., age the same as Junior A.

- a) maximum of **five (5) jump elements** one of which must be an Axel type jump;
- b) there may be **up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence**. (Only one jump combination may consist of three (3) jumps); A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any listed 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 jump.
- c) **three (3) spins** of a different nature, one of which must be a spin combination (minimum of ten (10) revolutions in total), one a flying spin (minimum of six (6) revolutions) and one spin is optional (minimum of six (6) revolutions).
- d) **one (1) Choreographic Sequence** consisting of at least two different skating movements.

2A and triple jumps are not allowed.

10 SENIOR B

Free Skating only 3.30 min., +/- 10 sec. Age the same as a Senior A.

- a) maximum of **six (6) jump elements** one of which must be an Axel type jump.

- b) maximum of three (3) jump combinations or two (2) jump combinations and one (1) jump sequence. (Only one jump combination may consist of three (3) jumps); A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any listed 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 jump.
- c) **three (3) spins** of a different nature, one of which must be a spin combination (minimum of ten (10) revolutions in total), one a flying spin (minimum of six (6) revolutions) and one spin is optional (minimum of six (6) revolutions).
- d) **one (1) Choreographic Sequence** consisting of at least two different skating movements.

2A and triple jumps are not allowed.

IMPORTANT!

The following Program Components are judged: Composition, Presentation, Skating Skills

The factor for the Program Components is 1.50

1. In all elements which are subject to Levels, only features up to **Level 2 (Novice B, Junior B) and Level 3 (Senior B)** will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.
2. Evaluation is in accordance with ISU Communication No. 2623 (or any update of this Communication).
3. No jump with the same name may be repeated more than twice including Axel type jumps.
4. There shall be no bonus for difficult elements in the second half of the program.
5. Time violation - 0.5 point (**Novice B**) deduction for every 5 seconds lacking or in excess.
6. Falls - 0.5 point (**Novice B**) deduction for every fall.
7. Part of the costume/decoration falls on the ice - 0.5 (**Novice B**).
8. Costume/prop violation - 0.5 (**Novice B**).
9. Late start - 0.5 (**Novice B**).
10. Interruptions:
 - a. more than 10 sec. up to 20 sec.: -0,5
 - b. more than 20 sec. up to 30 sec.: -1,0
 - c. more than 30 sec. up to 40 sec.: -1,5

- d. interruption of the program with an allowance of up to three (3) min. to resume from the point of interruption: -2,5 per program.
11. Warm-up group up to 8 skaters.
 12. Warm-up 5 min.

11 PRE-CHICKS C

Free Skating only Girls and Boys (2019 and younger) 2 min., +/- 10 sec.

- a) maximum of **four (4) jump elements**.
- b) there may be **up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence**. A jump combination and jump sequence can contain only two (2) jumps.
- c) maximum of two (2) spins, each spin in one position (minimum of 3 revolutions each); **NB!!!** All spins must contain only Base positions. Difficult variations spins will be ignored by the technical panel and will have no value.
- d) **one (1) Choreographic Sequence** consisting of at least two different skating movements.

Waltz jump is allowed in the Pre-Chicks C category and has a value 0.20.

1 Axel, 1Lutz, 1Flip, 1Loop, and double jumps are not allowed in the Pre-Chicks C category!

12 CHICKS C

Free Skating only Girls and Boys (2017/2018) 2 min., +/- 10 sec.

- a) maximum of **four (4) jump elements**.
- b) there may be **up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence**. A jump combination and jump sequence can contain only two (2) jumps.
- c) maximum of **two (2) spins**, each spin in one position (minimum of 3 revolutions each); **NB!!!** All spins must contain only Base positions. Difficult positions and attempts are not permitted, and spin will have no value.

- d) **one (1) Choreographic Sequence** consisting of at least two different skating movements.

Waltz jump is allowed in Chicks C category and has a value 0.20.

1Axel, 1Lutz, 1Flip, 1Loop and double jumps are not allowed.

IMPORTANT!

The following Program Components are judged: Composition, Presentation, Skating Skills.

The factor for the Program Components is 1.40.

1. In all elements which are subject to Levels, only features up to Level Base will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.
2. Evaluation is in accordance with ISU Communication No. 2623 (or any update of this Communication).
3. No jump with the same name may be repeated more than twice including Axel type jumps.
4. There shall be no bonus for difficult elements in the second half of the program.
5. Time violation - 0.25 point deduction for every 5 seconds lacking or in excess.
6. Falls - 0.25 point deduction for every fall.
7. Interruption - 0,5.
8. Part of the costume/decoration falls on the ice - 0.25.
9. Costume/prop violation - 0.25.
10. Late start - 0.25.
11. Warm-up group up to 10 skaters.
12. Warm-up Pre-chicks C, Chicks C 3 min.

13 BEGINNERS 2013-2014, BEGINNERS 2015 AND YOUNGER

Free Program: max. 2:00 min (± 10 sec).

- a) Maximum **four (4) jump elements**.

- b) at least one (1) and no more than two (2) are jump combinations. Jump combination can contain only two (2) jumps.
- c) maximum of **two (2) spins**, each spin in one position (minimum of 3 revolutions each) **NEW !! NB!!! All spins must contain only BASE POSITIONS.** Difficult positions and attempts are not permitted, and spin will have no value.
- d) **one (1) Choreographic Sequence** consisting of at least two different skating movements.
- e) Single Axel and double jumps are not allowed!

14 BEGINNERS 2010-2012 AND 2007-2009

Free Program: max. 2:30 min (± 10 sec)

- a) Maximum **four (4) jump elements**, at least two (2) of them are solo jumps
- b) there may be **up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence.** Jump combination can contain only two (2) jumps. A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any listed 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 jump.
- c) at least one (1) but not more than **two (2) spins** of a different nature min. four (4) revolutions.
- d) **one (1) Choreographic Sequence** consisting of at least two different skating movements.

Maximum two (2) single (1) Axel and maximum one (1) double jump two (2) times are allowed

2A , 2Lo, 2F and 2Lz – are not allowed in this category.

15 HOBBY CLASS 2008-2011

Free Skating only, 2 min., +/- 10 sec.

For the very beginning skaters.

- a) maximum of **three (3) jump** elements.

- b) maximum of **one (1) jump combination**. Jump combination can contain only two (2) jumps.
- c) maximum of **one (1) spin**, only upright position (minimum of 3 revolutions). Spin must contain only basic position
- d) **one (1) Choreographic Sequence** consisting of at least two different skating movements.
- e) **Waltz jump is allowed, value 0,2.**
- f) **1 Lutz, 1 Axel and double (2) jumps are not allowed.**

IMPORTANT!

The following Program Components are judged: Composition, Presentation, Skating Skills.

The factor for the Program Components is 1.40 / **(HOBBY CLASS 1.20)**.

1. In all elements which are subject to Levels, only features up to **Level Base** will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.
2. Evaluation is in accordance with ISU Communication No.2623 (or any update of this Communication).
3. No jump with the same name may be repeated more than twice including Axel type jumps.
4. There shall be no bonus for difficult elements in the second half of the program.
5. Time violation - 0.5 point deduction for every 5 seconds lacking or in excess.
6. Falls - 0.5 point deduction for every fall.
7. Interruption - 0,5.
8. Part of the costume/decoration falls on the ice - 0.5.
9. Costume/prop violation - 0.5.
10. Late start - 0.5.
11. Warm-up group up to 10 skaters.
12. Warm-up 3 min.

16 ADULT RULES

According to <https://isu-d8g8b4b7ece7aphs.a03.azurefd.net/isudamcontainer/CMS/Fansite/Figure-Skating/2025-2026/Events/Adult-Skating/Documents/IAFSC-Technical-Announcement-2025-26-1753454582-2156.pdf>