



FEDERACION ECUATORIANA DE PATINAJE

TECHNICAL REGULATIONS 2025-26

BRANCH

FIGURE SKATING



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1. THECNICAL REGULATIONS FOR COMPETITIONS

1.1. GENERAL RULES

1.1.1. All the elements not listed in the official ISU scale of values Will be at the end of this document.

1.1.2. The order of the skated elements is optional.

1.1.3. The full ice Surface shall be used in all levels.

1.1.4. Elements from previous levels may be used.

1.1.5. The elements will be called in the order of execution, the number of elements and the repetitions must not exceed the rules. Until Basic 3 there are no combinations or sequences. If the number of elements exceed the allowed number, these will be called, but don't have any value. (The element will appear in the protocol with an *)

1.1.6. For National Levels the factor will be: Composition 1.50 Presentation 1.50 Skating Skills 1.80.

1.1.7. The definition of all the elements will be according to the ISU Technical Handbook. The definition of the elements of the national levels will be at the end of this document.

1.1.8. If in an event there are only one or two skaters from PRE ADVANCED 1 to SENIOR, the skaters must achieve the minimum score to get the GOLD medal (80%) and SILVER medal (70%). This value will be calculated with the highest technical value at each level. If the score is not achieved the medal awarded will be BRONZE. The table with the scores will be at the end of this document.

1.1.9. In Levels BASIC 1, 2 and 3 there will be a BONUS (0.5 points) if all the elements have different code. This bonus will appear in the protocol as an extra element.

1.1.10. If the mandatory elements are not executed the deduction for "Missing Mandatory Element" (0.5 points) will be applied; however, if the element is at least attempted and has No Value, there will be no deduction.

1.1.11. Is not allowed to execute elements from higher levels. If the Technical Panel identifies an element from a higher level, it will have No Value and will have a deduction for illegal element (0.5 points).

1.1.12. Anything not covered by this regulation will be according to the ISU rules, if any doubts the Referee of the event will decide what is best for the skaters.

1.2. LEVEL: DEBUTANTS

CATEGORY: Tots, Minors, Children

TIME: 1 minute 40 seconds maximum.

WARM UP: 3:00 min

1.2.1. COMPETITION

- At this level, **ONLY THE COMPONENTS WILL BE EVALUATED.**
- Skaters can use elements from Basic 1 or non-listed elements (lower level, ex: march, swizzles) but these elements will not be called, and it can be repeated multiple times.
- Skaters must execute at least 3 attempts of any element from Basic 1 or non-listed elements (lower level, ex: march, swizzles).



- If the skate does not execute at least 3 element **attempts** will receive a deduction of 0.2
- PPC is not required for this level.

1.3. LEVEL: BASIC 1

CATEGORY: Tots, Minors, Children, Pre Teens, Teens, Young Adults, Adults Class I - V

TIME: 1 minute 50 seconds maximum.

WARM UP: 3:00 min

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1.3.1. CURRICULUM

ONLY 5 ELEMENTS FROM THE LIST BELOW

- Snowplow Stop forward*
- Forward Dip (held for a count of 3)
- Forward ½ swizzle pumps on a circle (at least 4)
- Forward Slalom (at least 4)
- 1 Foot glide forward (straight line GOE, held for a count of 3)
- 2 Foot jump (in a place or movement GOE)
- Forward Pivot*

***Mandatory and can be executed ONLY ONCE** (stops may be executed more than once but the panel only considers the first attempt)

1.3.2. COMPETITION

- **MAXIMUM OF 5 ELEMENTS** TO CHOOSE FROM THE LIST.
- **Each direction and/or foot will be counted.**
- **Elements can be executed a maximum of 2 times (except *).**

1.4. LEVEL: BASIC 2

CATEGORY: Tots, Minors, Children, Pre Teens, Teens, Young Adults, Adults Class I - V

TIME: 1 minute 50 seconds maximum.

WARM UP: 3:00 min

1.4.1. CURRICULUM

ONLY 5 ELEMENTS FROM THE LIST BELOW

- T Stop or Backward Snowplow Stop*
- Backward outside **or** inside edge on a circle (held for a count of 3)
- Backward ½ swizzle pumps on a circle (at least 4)
- 1 Foot glide backward (straight line GOE, held for a count of 3)
- Forward Lunge (held for a count of 3)
- Side toe hop **or** Bunny Hop
- 2 Foot Spin* (3 revolutions GOE)

***Mandatory and can be executed ONLY ONCE** (stops may be executed more than once but the panel only considers the first attempt)



1.4.2. COMPETITION

- **MAXIMUM OF 5 ELEMENTS** TO CHOOSE FROM THE LIST.
- **Each direction and/or foot will be counted.**
- **Elements can be executed a maximum of 2 times (except *).**

1.5. LEVEL: BASIC 3

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CATEGORY: Tots, Minors, Children, Pre Teens, Teens, Young Adults, Adults Class I - V

TIME: 1 minute 50 seconds maximum.

WARM UP: 3:00 min

1.5.1. CURRICULUM

ONLY 6 ELEMENTS FROM THE LIST BELOW

- Hockey Stop **or** T Stop*
- Spiral (Inside or Outside, held for a count of 4)
- Shoot the duck (Sit basic position without variations, held for a count of 4)
- Ballet Jump **or** Mazurka
- Stag
- Waltz jump
- 1 Foot Spin* (3 revolutions GOE)
- ChSt* (with at least 4 different turns or steps and at least 1 body movement)

***Mandatory and can be executed ONLY ONCE** (stops may be executed more than once but the panel only considers the first attempt)

1.5.2. COMPETITION

- **MAXIMUM OF 6 ELEMENTS** TO CHOOSE FROM THE LIST.
- **Each direction and/or foot will be counted.**
- **Elements can be executed a maximum of 2 times (except *).**

1.6. LEVEL: PRE ADVANCED 1

CATEGORY: Tots, Minors, Children, Pre Teens, Teens, Young Adults.

TIME: 2 minutes maximum.

WARM UP: 3:00 min

1.6.1. CURRICULUM

JUMPS

- Waltz Jump
- Single Toeloop
- Single Salchow
- Jump Combo/sequence of two jumps from the list.

SPINS

- Upright Spin (3 revolutions GOE)



- Change Upright Spin (6 revolutions in total GOE)

CHOREOGRAPHIC SEQUENCE

- Choreographic Sequence (ISU Rules, plus at least 1 backward 3 turn and 1 mohawk)

1.6.2.COMPETITION

- Maximum 7 elements to choose from.
 - o Maximum 4 jump elements, only 1Wz, 1T and 1S are allowed, NO multiple rotations jumps are allowed.
 - Maximum of 2 Jump combination or 1 jump combination and 1 jump sequence of two jumps.
 - Jumps may be repeated one as solo jump and a second time in combination or sequence.
 - o Maximum 2 spin elements. Only Upright position is allowed. Levels will apply, the feature of 8 revolutions in USP without difficult variation will be awarded.
 - One must be a solo spin without change of foot. (Upright position – 3 revolutions GOE)
 - Only one Spin may change feet.
 - Flying entry is not allowed.
 - o One Choreographic Sequence (ISU Rules, plus at least 1 backward 3 turn and 1 mohawk)

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1.7. LEVEL: PRE ADVANCED 2

CATEGORY: Tots, Minors, Children, Pre Teens, Teens, Young Adults.

TIME: 2 minutes maximum.

WARM UP: 3:00 min

1.7.1.CURRICULUM

JUMPS

- Single Loop
- Single Flip
- Jump Combo/sequence of two single jumps from the list and Pre Advanced 1.

SPINS

- Sit Spin (3 revolutions GOE)
- Upright or Change Upright Spin (6 revolutions in total for CUSp GOE)

CHOREOGRAPHIC SEQUENCE

- o Choreographic Sequence (ISU Rules, plus at least 1 backward 3 turn, 1 mohawk and 1 difficult turn or step)

1.7.2.COMPETITION

- Maximum 7 elements to choose from.
 - o Maximum 4 jump elements, only 1Wz, 1T, 1S, 1Lo and 1F are allowed, NO multiple rotations jumps are allowed.



- Maximum of 2 Jump combination or 1 jump combination and 1 jump sequence of two jumps.
- Jumps may be repeated one as solo jump and a second time in combination or sequence.
- Maximum 2 spin elements. Only Upright and Sit positions are allowed. Levels will apply, the feature of 8 revolutions in USP and SSsp without difficult variation will be awarded.
 - One must be a Sit spin without change of foot. (Sit position– 3 revolutions GOE)
 - One must be an Upright spin, may change feet (Upright position – 3 revolutions each foot GOE)
 - Flying entry is not allowed.
- One Choreographic Sequence (ISU Rules, plus at least 1 backward 3 turn, 1 mohawk and 1 difficult turn or step)

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1.8. LEVEL: PRE ADVANCED 3

CATEGORY: Tots, Minors, Children, Pre Teens, Teens, Young Adults.

TIME: 2 minutes maximum.

WARM UP: 3:00 min

1.8.1.CURRICULUM

JUMPS

- Single Lutz
- Jump combination/sequence of 2 single jumps from any Pre Advanced.
- Jump combination/sequence of 3 single jumps from any Pre Advanced.

SPINS

- Camel Spin (3 revolutions GOE)
- Spin with no change of position and one change of foot (6 revolutions in total GOE)

CHOREOGRAPHIC SEQUENCE

- Choreographic Sequence (ISU Rules, plus at least 1 backward 3 turn, 1 mohawk, and 2 difficult turns or steps)

1.8.2.COMPETITION

- Maximum 8 elements to choose.
 - Maximum 5 jump elements, only 1Wz, 1T, 1S, 1Lo, 1F and 1Lz are allowed, NO multiple rotations jumps are allowed.
 - 1Lz is mandatory as a solo jump.
 - Maximum of 2 Jump combinations or 1 jump combination and 1 jump sequence, from which one may be a 3 jump combo or sequence.
 - Jumps may be repeated one as solo jump and a second time in combination or sequence.
 - Maximum 2 spin elements. All positions are allowed. Levels will apply, the feature of 8 revolutions in USP, SSsp and CSsp without difficult variation will be awarded.
 - One must be a Camel spin without change of foot. (Camel position– 3 revolutions GOE)



- One must be in one position with change of foot (Upright, Sit or Camel position – 3 revolutions in each foot GOE)
- Flying entry is not allowed.
- One Choreographic Sequence (ISU Rules, plus at least 1 backward 3 turn, 1 mohawk and 1 difficult turn or step)

1.9. LEVEL: ADVANCED BASICS LATAM

ADVANCED BASICS – FREE PROGRAM DURATION 2:00 min. MAX

ONLY 8 ELEMENTS

Maximum 5 Jump Elements:

- All Singles are Allowed Except single Axel.
- Only 2 Combos Allowed, from which one may be a three jump combo of single jumps.
- Maximum 2 repetitions of the same jump and must be in a combo.

Maximum 2 Spins:

- One spin **MUST** be a spin in ONE position. No change of foot. (Min 4 revs – GOE)
- One spin **MAY** change positions and may change of foot (Min 8 revs total– GOE)
- Spins must be of a different code.
- Only one of the two spins **MAY** have a flying entry.

One Choreographic Sequence (Fixed Value)

Program Component are multiplied by a factor.

- Composition: 1.80
- Presentation: 1.80
- Skating Skills: 2.20

1.10. LEVEL: PRE PRELIMINARY LATAM

PRE-PRELIMINARY – FREE PROGRAM DURATION 2.00 min. MAX

ONLY 8 ELEMENTS

Maximum 5 Jump Elements:

- All Singles including Axel are Allowed.
- Only 3 Jump Combinations, or 2 jump combinations and 1 jump sequence are Allowed.
- Maximum 2 repetitions of the same jump and must be in a combo or a sequence.
- 1 must be an Axel type jump.
- All single jumps are allowed, no double or triple jumps.

Maximum 2 Spins:

- 1 spin in one position, change of foot or flying entry are allowed. (Min. 5 Revs in each foot – GOE)
- 1 Combination Spin with or without change of foot, flying entry is not allowed. (Min. 5 Revs in each foot – GOE)

One Step Sequence: (Full Ice Surface) ISU levels

Program Component are multiplied by a factor.

- Composition: 1.80
- Presentation: 1.80
- Skating Skills: 2.20



1.11. LEVEL: PRELIMINARY LATAM

PRELIMINARY – FREE PROGRAM DURATION 2:10 max

Maximum 5 Jump Elements:

- All Singles, including single Axel is allowed.
- Only two different double jumps may be attempted (Limited to Double Salchow (2S), Double Toe loop (2T) or Double Loop (2Lo)).
- One Axel Type Must be included.
- An Axel plus up to two different allowable double jumps may be repeated once (but not more) as solo jumps or part of a jump sequence or jump combination.
- Only 2 Jump Combinations, or 1 jump combination and 1 jump sequence are Allowed.

Maximum 2 Spins:

- 1 spin in ONE position, change of foot or Flying entry are allowed (Min 5 revs in each foot – GOE)
- 1 spin combination; with or without change of foot, flying entry is not allowed (Min 8 revs. in total – GOE)

One Step Sequence (Full Ice Surface) ISU levels

Program Component are multiplied by a factor.

- Composition: 1.80
- Presentation: 1.80
- Skating Skills: 2.20

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1.12. LEVEL: PRE JUVENILE LATAM

PRE-JUVENILE – FREE PROGRAM DURATION 2:10 max

Maximum 5 Jump Elements:

- All single and double jumps allowed except for the double Axel.
- No double Axels, triple or quadruple jumps allowed.
- An Axel plus up to three different double jumps may be repeated once (but no more) as solo jumps or part of a jump sequence or jump combination.
- Max 2 jump combinations, or 1 jump combination and 1 jump sequence.
- Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps with a maximum of two double jumps and one single jump.

Maximum 2 Spins:

- 1 spin in ONE position, change of foot or Flying entry are not allowed (Min 6 revs – GOE)
- 1 spin combination; with or without change of foot and Flying entry are allowed (Min 8 revs. in total – GOE)

One Step Sequence (Full Ice Surface) ISU levels

Program Component are multiplied by a factor.

- Composition: 1.80
- Presentation: 1.80
- Skating Skills: 2.20



1.13. LEVEL: JUVENILE LATAM

JUVENILE

SHORT PROGRAM - DURATION 2:10 max

ONLY 6 REQUIRED ELEMENTS

- Single or Double Axel
- Single or Double Jump (May not repeat Axel jump or jumps used in the combination)
- Jump Combination Single/Double or Double/Double (May not repeat Axel jump or solo jump performed)
- Spin in ONE position, No change of foot. Flying entry is allowed. (Min 5 Revs – GOE)
- Spin Combination With only 1 change of foot. Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry is allowed (Min. 5 revs. in each foot – GOE)
- One Step Sequence (Full Ice Surface) ISU levels

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FREE PROGRAM - DURATION 2:40 max

ONLY 8 ELEMENTS

Maximum 5 Jump Elements:

- All single and double jumps, including the double Axel, and one triple jump are allowed.
- No additional triple jumps and no quadruple jumps are allowed.
- No more than three different double jumps may be repeated and, if repeated, at least one attempt must be in a jump combination or a jump sequence. If both executions (of the double) are as solo jumps, the second of these jumps will receive 70% of its original base value (+REP).
- The triple jump can only be included once.
- Max 2 jump combinations, or 1 jump combination and 1 jump sequence.
- Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps with a maximum of two double jumps and one single jump. If double Axel or triple jump is part of three-jump combination/sequence, then two other double jumps may be included.

Maximum 2 Spins:

- 1 spin in ONE position, no change of foot. (Min 5 revs – GOE)
- 1 spin combination, with or without change of foot. (Min 8 revs – GOE)
- Both spins may start with a flying entry

One Choreographic Sequence (Fixed Value)

Program Component are multiplied by a factor.

SHORT

- Composition: 1.07
- Presentation: 1.07
- Skating Skills: 1.07

FREE

- Composition: 2.13
- Presentation: 2.13
- Skating Skills: 2.13



1.14. LEVEL: INTERMEDIATE LATAM

INTERMEDIATE

SHORT PROGRAM - DURATION 2:10 max

ONLY 6 REQUIRED ELEMENTS

- Single or Double Axel
- Double Jump or Triple Jump (May not repeat Double Axel jump or jumps used in the combination)
- Jump Combination Single/Double, Double/Double, Single/Triple, Double/Triple or Triple/triple (May not repeat Axel jump or solo jump performed)
- Camel Spin with change of foot. Flying entry is not allowed. (Min 4 Revs in each foot – GOE)
- Spin Combination With only 1 change of foot. Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry is allowed (Min. 5 revs. in each foot – GOE)
- One Step Sequence (Full Ice Surface) ISU levels

FREE PROGRAM - DURATION 2:40 max

ONLY 9 ELEMENTS

Maximum 6 Jump Elements:

- All single and double and triple jumps are allowed. No quadruple jumps allowed
- No more than 2 different jumps with 2 ½ or 3 revolutions may be repeated.
- If any double or triple jumps, including double Axel, are repeated, at least one attempt must be part of a jump combination or sequence. If both executions (of the double or triple) are as solo jumps, the second of these jumps will receive 70% of its original base value. (+REP)
- No double or triple jump can be included more than twice.
- Max 3 jump combinations, or 2 jump combinations and 1 jump sequence.
- Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps with a maximum of two double jumps and one single jump.

Maximum 2 Spins:

- 1 spin in ONE position, may change feet. (Min 5 revs – GOE)
- 1 spin combination, with or without change of foot. (Min 8 revs – GOE)
- One spins MUST start with a flying entry

One Choreographic Sequence (Fixed Value)

Program Component are multiplied by a factor.

SHORT	FREE
- Composition: 1.07	- Composition: 2.13
- Presentation: 1.07	- Presentation: 2.13
- Skating Skills: 1.07	- Skating Skills: 2.13

1.15. LEVEL: ISU LEVELS

All the ISU Levels will be according to ISU current regulations including **age**.

1.16. LEVEL: ADULT LEVELS

All the Adult Levels will be according to ISU current regulations including **age**.



ANEXO 1: DEFINITIONS

Forward two-foot swizzles (optional):

Skaters should touch their heels together in a 'V' position and then reverse the position to touch their toes in an upside down 'V' position. Once they are able to move back and forth a few times, the skater should turn their toes outward and bend their knees.

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The skater should then push the feet apart and lean forward slightly to initiate forward movement. Once the push is complete and the legs have straightened, the skater should turn the toes inward to bring the feet together.

However, it is important for the instructor to make sure that the toes do not touch, and to explain to the skater that the end position of the feet should be parallel to each other. This will help the skater glide between swizzles.

The skater should continue to glide while they bend their knees to repeat the sequence.

Dip (forward or backward):

After marching or skating forward and using the two-foot glide technique, the skater should bend the knees for the dip.

The upper body will be held straight with the head held slightly in front of and over knees. The arms should be extended forward and parallel to the ice. The hip must be at least at knee level.

Backward two-foot glide (optional):

The skater should create speed to move backward, holding arms parallel to the ice and slightly forward in a standard skating position. When enough speed is attained, the skater should attempt to glide with the feet parallel such that the feet are under the hips and the balance is over the ball of the foot.

The glide should be held for at least one time the skater's height (3 seconds). The instructor should review backward wiggles and remind students to push against the ice. Skaters should not push away from the wall to begin backward skating.

Backward wiggles (optional):

The skater should stand with the feet held in a parallel position, hip-width apart. As the hips turn side to side, the arms should move against this hip action to create a backward motion.

The instructor should note that the body weight must move in the direction of travel for the skater to be able to move.

Two-foot turn from forward to backward in place (optional):

The skater should stand with the feet held parallel and relatively close together. The shoulders must wind up against the hips to prepare for the turn action.

The skater should then release the hips allowing the feet to complete a 180 degree turn. Knees should



be soft (bending) and balance is over the middle to front of the blade during the turn.

Same technique should be applied while skating forward on a straight line.

Snowplow stop:

The skater should attempt a stop by turning the heels of the feet slightly out do a two-foot or one-foot stop movement in which both feet (or one foot) create a skidding action (making snow) on the ice, **creating a complete stop. Forward inside pivots (R & L):**

To begin, the skater should place the toe pick of one foot into the ice such that the knee of this leg is bent. Next, the opposite leg pushes or pumps on a forward inside edge around the picking toe for at least one revolution.

To help initiate this action the skater should turn out the pumping foot at a right angle to the skate involving the toe pick. The arms are extended and rotate with the head and shoulders over the bent knee.

It is helpful for beginners to wind up the torso against the direction of the turn first. The torso is held in an upright and balanced position during this action.

Two-foot hop on a spot or movement:

From a standstill position or movement, the skater should begin upright with the arms in front. To prepare for the hop, the skater should bend the knees and move the arms slightly behind the hips, such that they can be brought up to assist with the height of the jump.

The hop is only a small jump in place, landed on two feet (toe pick to on a spot). The skater should maintain balance with arms held out and slightly to the front, parallel to the ice when landing.

Forward 1/2 swizzle pumps on a circle, clockwise and counterclockwise (minimum 4):

The swizzle (pushing) foot will not leave the ice. The skater should keep the body weight over the skating side so the non-swizzle foot will be as close to a forward outside edge as possible.

Arms are held level and parallel to the ice with the arm on the outside of the circle held slightly in front, and the arm on the inside of the circle is slightly behind, (i.e. over the skating print). The skater's head faces in the direction of travel.

Forward one-foot glide, right and left:

After a moving start, the skater should glide on two feet and then raise one foot and balance for a count of three.

The foot should be held next to the skating leg, and the height of the knee can vary, although lifting higher is usually more difficult. Lifting the free leg behind the skating leg can cause beginner skaters to open the free hip too much and lose balance.



Backward swizzles (optional):

Each swizzle begins as the toes of both feet are turned in in a reverse 'V' position. The skater should bend both knees and apply pressure on the inside edges as the feet move backward initiating a glide.

The start is optional with a minimum of 4 to 6 continuous swizzles, demonstrating a backward gliding action.

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Moving forward to backward two-foot turns, clockwise and counterclockwise (optional):

These turns are done while gliding forward on a circle on two feet. The skater should rotate the arms and shoulders in the direction of travel such that they are parallel with the circle.

The turn is created by releasing the hips, allowing the feet to reverse to a backward 2-foot glide. Knees should be kept slightly bent and the balance of the feet is on the forward part of the blade during the turn.

T-stop:

The stopping foot will be held behind perpendicular to the skating foot, such that the instep of free foot is placed to the heel skating foot. Once gliding, the skater should place the free foot on the ice at a slight angle and apply pressure to the outside edge of the blade.

Increased pressure is applied to the ice creating a skid. Stops made by scraping the inner edge of the blade are not permitted. **At the completion of the stop, the skater should remain still and balanced for approximately three seconds.**

Forward/Backward lunge (R and L):

Once gliding with good posture, the skater should bend the skating knee while turning out and extending the free leg (the free foot is held at a right angle to the skating foot). The skating kneed should continue bending until the inside of the free foot boot is on the ice.

The move ends after balancing in this position and then rising up on the skating leg to a balanced extended free skating position, leaving the free leg in an extended and turned-out position behind the body.

Side toe hop, both directions:

The skater should stand with the feet shoulder width apart and arms extended to the sides. The toe pick of the free foot should be placed into the ice such that the skater can push off and bring the feet together in midair. If is performed while skating the direction of start must be backward.

The skater should land on the opposite toe from which they took off. The skater should then step immediately into a glide on the opposite foot holding for two times the skater's height.

Forward crossovers (C & CC):

While skating forward on a circle counterclockwise, the skater should stroke onto a left forward outside edge, then cross the right foot over the skating foot to wind up gliding onto a right forward



inside edge.

As the foot is crossing over, the inside foot begins pushes to a full extension under the body. Once the skater's leg is fully extended, the free leg should be drawn back to the skating foot in order to return to the starting position.

The right arm will be held in front of the body over the circle and the left arm is held slightly behind. Arms to be held parallel to the ice. A minimum of five consecutive crossovers are required.

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The element should then be performed in the clockwise direction, with all positions reversed from counterclockwise.

Backward 1/2 swizzle pumps on a circle (C & CC) (minimum 4):

The swizzle (pushing) foot will not leave the ice. The skater should keep the body weight over the skating side so the non-swizzle foot will be on as close to a backward outside edge as possible.

Arms are held level and parallel to the ice with the arm on the outside of the circle held slightly in front of the body, and the arm on the inside of the circle is slightly behind the body, (i.e. over the skating print). The skater's head faces into the circle and in the direction of travel.

Gliding backward on one foot (R & L):

With an optional start, the skater should create speed to move backward. After achieving a two-foot glide position, the skater should pick up one foot, holding the free foot firmly next to the skating leg for a count of three.

This will help the skater go straight. The balance of the body is over the skating side, skate on the middle front of the blade, and the arms should be held slightly in front of the body and parallel to the ice.

Forward outside three-turn (R & L):

To begin, the skater should stand still with the feet in a T-position (it can be done on movement). The arm position is optional, as it is possible to begin with the skating arm in front and rotate into turning position (method 1), or begin with the free arm in front and already be in position to turn (method 2).

The skater should begin the three-turn by stepping onto a forward outside edge with the free foot held perpendicular to the skating heel, balancing over the skating side. If using method 1, the arms and shoulders should rotate into the circle after balance has been achieved.

The hips reverse creating the turn, and the exit glides on a backward inside edge. During and after the turn, balance is on the middle front of the blade. The edges into and out of the three-turn must each be held for a distance equal to the skater's height. Repeat on the opposite foot.

Forward inside three-turns from a stand still position (R & L):

The skater should stand with the feet in a T-position with the future skating side arm in front (it can be done on movement). Next the skater should step onto a forward inside edge, in the one-foot glide



position.

The arms and shoulders should rotate into the circle and then the hips are reversed to create the turn. The skater's balance will be on the middle-front part of the blade for the turn.

The exit of the turn glides backward onto the outside edge in the one-foot glide position. The edges into and out of the three-turn must each be held for a distance equal to the skater's height. Repeat on the opposite foot.

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Hockey Stop:

The skater should begin with a forward two-foot glide, with feet held 4-6 inches apart, knees bent, shoulders in line with hips and arms held out and slightly in front of body. Without moving shoulders and arms, the skater should turn the hips and feet to the side.

The feet will be on an angle to the ice as the edges of the blade create a skid. **At the completion of the stop, the skater should remain still and balanced for approximately three seconds.**

Two-foot spin, three revolutions:

Entry is optional. Once the momentum for rotation is created, the skater should spin on two feet such that the leading foot (which is leading the path around the circle) is on a slight backward inside edge, and the trailing foot (which is following the leading foot around the circle) is on a slight forward inside edge.

Shoulders and body are held in an upright and balanced position.

Mazurka:

A simple half turn jump beginning from a back outside edge with the body facing outside the circle. The skater will tap the toe of the extended free leg to rise off the ice while pushing the skating leg through and forward in a **scissor action**.

The jump is landed on the toe pick of this pressed through leg. After landing, the skaters should push forward into a glide on the opposite foot. The instructor should review the bunny hop and compare the mazurka as a 'sideways bunny hop.'

The skater should be reminded that the hips do not twist until after the free foot passes in front of the skating foot.

Bunny hop:

While gliding forward and balancing over the skating side, the skater should 'scissor' the free leg with a backward to forward action.

The skating leg will spring off the toe-pick as the free leg passes in front and lifts into the air. The landing will be on the toe pick of the free leg. After landing, the skater should push forward into a glide on the flat of the blade of the jumping foot.

The free leg can be bent or straight when being 'scissored.'



Shoot the Duck (R or L):

Skaters will perform a shoot the duck on either right or left feet. The position requires that the skating leg knee bend will be at least 90 degrees, and the free leg should be extended in front of the skater, parallel to the ice.

Skaters should have their hips equal to or lower than their knee bend.

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Forward arabesque/spiral on a straight line (R or L):

While gliding forward, the skater should balance over the skating side with the free leg lifted in an extended and turned out position. The torso is lifted and stretched; the body then extends over the skating leg.

A spiral is a position with one blade on the ice and the free leg included knee and foot higher than the hip level.

The final position will be held with the free foot lifted at hip level or higher and held for a count of 3.

Backward crossovers (C & CC):

Moving in a clockwise direction on a circle with head facing slightly inside the circle and the arms held over the circle print, the skater should do a backward one-foot swizzle action with the right leg and cross over the left foot (the right foot remains on the ice during the push and crossover).

Next the left leg pushes to the outside of the circle. This should be repeated several times to complete the consecutive crossovers. This element should be repeated in the counterclockwise direction with the left foot using swizzle action and the right leg stroking under.

Backward outside three-turn, RBO and LBO:

After moving on a circle, the backward three-turn will be executed with the free leg held in front throughout the turn, stressing shoulder against hip rotation before the turn and shoulder against hip after the turn to control body rotation.

Entry and exit edges will each be held the length of the skater's height.

Backward inside three-turn (C & CC):

After moving in a circle, the backward inside three-turn is made on one foot from a back inside edge to a forward outside edge. The edge before and after the turn are on the same lobe.

Free foot placement after the turn is optional.

Forward inside open Mohawk (R & L):

To begin, the feet should be placed in a T-position with the future skating arm forward and the future free arm held slightly behind. The skater should step onto a forward inside edge, and prior to the turn, hold the heel of the free foot in a turned out and angular position and move it toward the instep of the skating foot, stepping hip-width apart.



This is known as an 'open' mohawk. After changing feet, the skater should balance on a backward inside edge with the arms and free foot held in a firm position to control rotation and balance. The edges into and out of the Mohawk will each be held for a distance equal to the skater's height.

Waltz jump from backward crossovers:

The skater should enter the waltz jump after 2–3 back crossovers, controlling rotation of the entry edge to create a coordinated effort into the air between jumping leg, free leg, and arms. There will be a floating arc as the body rotates a half revolution, landing with balanced body alignment over the skating side in an extended position. The landing position will be held for a distance equal to two times the skater's height.

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1. ANEXO 2: SOV and MINIMUN TES

BASIC 1 (5 Elements)												
ELEMENT	CODE	-5	-4	-3	-2	-1	BASE VALUE	1	2	3	4	5
Snowplow Stop forward*	FSSt1	-	-	-	-	-	0.50	0.05	0.10	0.15	0.20	0.25
Forward Dip	Dip1	-	-	-	-	-	0.30	0.03	0.06	0.09	0.12	0.15
Forward ½ swizzle pumps on a circle	FSw1	-	-	-	-	-	0.40	0.04	0.08	0.12	0.16	0.20
Forward Slalom	FSl1	-	-	-	-	-	0.40	0.04	0.08	0.12	0.16	0.20
1 Foot glide forward	FGl1	-	-	-	-	-	0.30	0.03	0.06	0.09	0.12	0.15
2 Foot jump	2FJ1	-	-	-	-	-	0.20	0.02	0.04	0.06	0.08	0.10
Forward Pivot*	FPI1	-	-	-	-	-	0.50	0.05	0.10	0.15	0.20	0.25
TES (5 ELEMENTS)		2.10										
80% GOLD		1.68										
70% SILVER		1.47										

BASIC 2 (5 Elements)												
ELEMENT	CODE	-5	-4	-3	-2	-1	BASE VALUE	1	2	3	4	5
T Stop or Backward Snowplow Stop*	TSt1	-	-	-	-	-	0.50	0.05	0.10	0.15	0.20	0.25
	BSSt1	-	-	-	-	-	0.50	0.05	0.10	0.15	0.20	0.25
Backward outside or inside edge on a circle	BOE1	-	-	-	-	-	0.30	0.03	0.06	0.09	0.12	0.15
	BIE1	-	-	-	-	-	0.30	0.03	0.06	0.09	0.12	0.15
1 Foot glide backward	BGl1	-	-	-	-	-	0.40	0.04	0.08	0.12	0.16	0.20
Forward Lunge	FL1	-	-	-	-	-	0.80	0.08	0.16	0.24	0.32	0.40
Side toe hop or Bunny Hop	1SH	-	-	-	-	-	0.20	0.02	0.04	0.06	0.08	0.10
	1BH	-	-	-	-	-	0.20	0.02	0.04	0.06	0.08	0.10
2 Foot Spin*	2USpB	-	-	-	-	-	0.80	0.08	0.16	0.24	0.32	0.40
TES (5 ELEMENTS)		2.80										
80% GOLD		2.24										
70% SILVER		1.96										



BASIC 3 (6 Elements)												
ELEMENT	CODE	-5	-4	-3	-2	-1	BASE VALUE	1	2	3	4	5
T Stop or Hockey Stop*	TSt1	-	-	-	-	-	0.50	0.05	0.10	0.15	0.20	0.25
	HSt1	-	-	-	-	-	0.50	0.05	0.10	0.15	0.20	0.25
Ballet Jump or Mazurka	1Ba	-	-	-	-	-	0.30	0.03	0.06	0.09	0.12	0.15
	1Mz	-	-	-	-	-	0.30	0.03	0.06	0.09	0.12	0.15
Spiral (inside or outside)	Spr1	-	-	-	-	-	0.40	0.04	0.08	0.12	0.16	0.20
Shoot the Duck	SD1	-	-	-	-	-	0.60	0.06	0.12	0.18	0.24	0.30
1 Foot Spin*	USpB	-	-	-	-	-	1.00	0.10	0.20	0.30	0.40	0.50
Waltz Jump	1Wz	-	-	-	-	-	0.30	0.03	0.06	0.09	0.12	0.15
Stag	1Sg	-	-	-	-	-	0.40	0.04	0.08	0.12	0.16	0.20
ChSt*	2USpB	-	-	-	-	-	1.10	0.11	0.22	0.33	0.44	0.55
TES (6 ELEMENTS)		3.90										
80% GOLD		3.12										
70% SILVER		2.73										

PRE ADVANCED 1 (7 Elements)		
TES (7 ELEMENTS)		7.80
80% GOLD		6.24
70% SILVER		5.46

PRE ADVANCED 2 (7 Elements)		
TES (7 ELEMENTS)		8.50
80% GOLD		6.80
70% SILVER		5.95

PRE ADVANCED 3 (8 Elements)		
TES (8 ELEMENTS)		9.80
80% GOLD		7.84
70% SILVER		6.86

ADVANCED BASICS (8 Elements)		
TES (8 ELEMENTS)		11.00
80% GOLD		8.80
70% SILVER		7.70



PRE PRELIMINARY (8 Elements)		
TES (8 ELEMENTS)		12.00
80% GOLD		9.60
70% SILVER		8.40

PRELIMINARY (8 Elements)		
TES (8 ELEMENTS)		14.00
80% GOLD		11.20
70% SILVER		9.80

PRE JUVENILE (8 Elements)		
TES (8 ELEMENTS)		16.00
80% GOLD		12.80
70% SILVER		11.20

JUVENILE (SP + FS)		
TES (SP + FS)		28.00
80% GOLD		22.40
70% SILVER		19.60

INTERMEDIATE (SP + FS)		
TES (SP + FS)		32.00
80% GOLD		25.60
70% SILVER		22.40

BASIC NOVICE (8 Elements)		
TES (8 ELEMENTS)		17.00
80% GOLD		13.60
70% SILVER		11.90

INTERMEDIATE NOVICE (8 Elements)		
TES (8 ELEMENTS)		19.00
80% GOLD		15.20
70% SILVER		13.30

ADVANCED NOVICE WOMEN (SP + FS)		
TES (SP + FS)		32.00
80% GOLD		25.60
70% SILVER		22.40

ADVANCED NOVICE MEN (SP + FS)		
TES (SP + FS)		36.00
80% GOLD		28.80
70% SILVER		25.20



JUNIOR WOMEN (SP + FS)		
TES (SP + FS)		48.00
80% GOLD		38.40
70% SILVER		33.60

JUNIOR MEN (SP + FS)		
TES (SP + FS)		55.00
80% GOLD		44.00
70% SILVER		38.50

SENIOR WOMEN (SP + FS)		
TES (SP + FS)		52.00
80% GOLD		41.60
70% SILVER		36.40

SENIOR MEN (SP + FS)		
TES (SP + FS)		58.00
80% GOLD		46.40
70% SILVER		40.60

ADULT BRONZE (7 Elements)		
TES (7 ELEMENTS)		8.50
80% GOLD		6.80
70% SILVER		5.95

ADULT SILVER (7 Elements)		
TES (7 ELEMENTS)		10.00
80% GOLD		8.00
70% SILVER		7.00

ADULT GOLD (9 Elements)		
TES (7 ELEMENTS)		13.00
80% GOLD		10.40
70% SILVER		9.10



2. ANEXO 3: DEDUCTIONS

NATIONAL LEVELS

Interruption

For every Interruption of:

- | | |
|--|------|
| • more than 10 seconds up to 20 seconds: | -0.5 |
| • more than 20 seconds up to 30 seconds: | -1.0 |
| • more than 30 seconds up to 40 seconds: | -1.5 |

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Interruption of the program with allowance of up to three (3) minutes to resume from the point of interruption:

-2.5 per program

Program time violation up to every 5 seconds lacking or in excess

-0.5

Part of the costume/decoration falls on the ice

-0.5

Costume/prop violation

-0.5

Late start

-0.5

Falls (per fall)

-0.5

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