

# TEKNISKA REGLER SINGELÅKNING 2025/2026 - ÖVERSIKT FÖR DOMARE OCH SKILJEDOMARE/HUVUDBEDÖMARE

| SP        | SENIOR WOMEN<br>ISU SENIOR WOMEN | SENIOR MEN<br>ISU SENIOR MEN  |
|-----------|----------------------------------|-------------------------------|
| a)        | 2A or 3A                         | 2A or 3A                      |
| b)        | 3-jump                           | 3- or 4-jump                  |
| c)        | 3+2 or 3+3 jumps                 | 3+2, 3+3, 4+2, 4+3 jumps      |
| d)        | FCSp, FSSp, FUSp, FLSp 8 rev     | FCSp, FSSp, FUSp, FLSp 8 rev  |
| e)        | LSp, SSp, CSp 8 rev              | CSSp or CCSp 6+6 rev          |
| f)        | CCoSp 6+6 rev                    | CCoSp 6+6 rev                 |
| g)        | StSq                             | StSq                          |
| TIME      | 2:40 +/-10 s (half-time 1:20)    | 2:40 +/-10 s (half-time 1:20) |
| Uppvärmn. | 6 min (max 6 åkare)              | 6 min (max 6 åkare)           |

| SP        | JUN A/SEN NATIONELL WOMEN<br>ISU JUNIOR WOMEN | JUN A/SEN NATIONELL MEN<br>ISU JUNIOR MEN |
|-----------|-----------------------------------------------|-------------------------------------------|
| a)        | 2A                                            | 2A or 3A                                  |
| b)        | 2Lo or 3Lo                                    | 2Lo or 3Lo                                |
| c)        | 2+2, 3+2, 3+3 jumps                           | 3+2 or 3+3 jumps                          |
| d)        | FSSp 8 rev                                    | FSSp 8 rev                                |
| e)        | LSp or CSp 8 rev                              | CCSp 6+6 rev                              |
| f)        | CCoSp 6+6 rev                                 | CCoSp 6+6 rev                             |
| g)        | StSq                                          | StSq                                      |
| TIME      | 2:40 +/-10 s (half-time 1:20)                 | 2:40 +/-10 s (half-time 1:20)             |
| Uppvärmn. | 6 min (max 6 åkare)                           | 6 min (max 6 åkare)                       |

| SP        | UNGDOM 13 / 16<br>ISU ADVANCED NOVICE GIRLS | UNGDOM 13 / 16<br>ISU ADVANCED NOVICE BOYS |
|-----------|---------------------------------------------|--------------------------------------------|
| a)        | 1A or 2A                                    | 1A or 2A                                   |
| b)        | 2- or 3-jump                                | 2- or 3-jump                               |
| c)        | 2+2, 3+2 jumps, 2nd: 2Lo or 3Lo             | 2+2, 3+2 jumps. 2nd: 2Lo or 3Lo            |
| d)        | LSp or CSp 6 rev                            | CSp 6 rev or CCSp 5+5 rev                  |
| e)        | CCoSp 5+5 rev                               | CCoSp 5+5 rev                              |
| f)        | StSq                                        | StSq                                       |
| TIME      | 2:20 +/-10 s                                | 2:20 +/-10s                                |
| Uppvärmn. | 4 min (max 8 åkare)                         | 4 min (max 8 åkare)                        |

| FS        | SENIOR, SVART<br>ISU SENIOR                                                                                                                                                                                       | JUNIOR, SENIOR NATIONELL, GRÅ<br>ISU JUNIOR                                                                                                                                                               | UNGDOM 13 / 16, RÖD<br>ISU ADVANCED NOVICE                                                                                                                        |
|-----------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|           | Axel<br>max 7 jumps<br>max 3 jump combo/seq<br>(max 1 three-jump combo/seq)<br>(max 1 jump sequence)<br>Spin combo 10 rev (F)(C)<br>Flying entry spin 6 rev (C)<br>Spin one position 6 rev (F)(C)<br>StSq<br>ChSq | Axel<br>max 7 jumps<br>max 3 jump combo/seq<br>(max 1 three-jump combo/seq)<br>(max 1 jump sequence)<br>Spin combo 10 rev (F)(C)<br>Flying entry spin 6 rev (C)<br>Spin one position 6 rev (F)(C)<br>ChSq | Axel<br>max 6 jumps<br>max 2 jump combo/seq<br>(max 1 three-jump combo/seq)<br>(max 1 jump sequence)<br>CCoSp 8 rev<br>FSSp or FCSSp (one position) 6 rev<br>ChSq |
| TIME      | 4:00 +/-10 s (half-time 2:00)                                                                                                                                                                                     | 3:30 +/- 10 s (half-time 1:45)                                                                                                                                                                            | ISU: 3:00 +/-10 s RÖD: 2:20 - 3:10                                                                                                                                |
| Uppvärmn. | 6 min<br>(max 6 åkare)                                                                                                                                                                                            | 6 min<br>(max 6 åkare)                                                                                                                                                                                    | 5 min<br>(max 8 åkare)                                                                                                                                            |

| FS        | BLÅ<br>ISU INTERMEDIATE NOVICE                                                                                                                                  | GRÖN = SYSTEM 1<br>ISU BASIC NOVICE                                                                                                                            |
|-----------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|
|           | Axel<br>max 5 jumps<br>max 2 jump combo/seq<br>(only two jumps in combo)<br>(max 1 jump sequence)<br>Spin combo 6/8 (C)<br>Spin one position 6/8 (F)(C)<br>StSq | Axel<br>max 5 jumps<br>max 2 jump combo/seq<br>(only two jumps in combo)<br>(max 1 jump sequence)<br>Spin combo 6/8 (F) (C)<br>Spin one position 6 rev<br>StSq |
| TIME      | BLÅ: 2:20 till 3:10<br>ISU: 3:00 +/- 10 s                                                                                                                       | GRÖN: 2:20 till 3:10<br>ISU: 2:30 +/- 10 s                                                                                                                     |
| Uppvärmn. | 4 min<br>(max 8 åkare)                                                                                                                                          | 4 min<br>(max 8 åkare)                                                                                                                                         |
| GOE       | Min -3 och max +3 som slut-GOE                                                                                                                                  |                                                                                                                                                                |



2025-09-09

## ÖVRIGT SP+FS

- (F) = Hoppingång är tillåten, men ej ett krav.
- (C) = Fotbyte är tillåtet, men ej ett krav.
- Det måste vara olika förkortningar på piruetterna i programmen.

## ÖVRIGT FS

- 6/8 = 6 varv utan fotbyte, 8 varv med fotbyte