

REQUIREMENTS FOR PROGRAMS

# LEDOLINK CUP 2026

INTERCLUB FIGURE SKATING COMPETITION FOR  
RECREATIONAL, YOUNG ADULT AND ADULT SKATERS

FEBRUARY 7–8, 2026  
KAUNAS, LITHUANIA



## Single Free Skating Pre-Bronze

A competitor in the Pre-Bronze Free Skating event must perform a well-balanced program that must contain:

A maximum of three (3) jump elements:

- Only single jumps are permitted, no double, triple or quadruple jumps.
- Waltz, Salchow and Toeloop can be included.
- **Loop, Flip, and Lutz jumps are not permitted.**
- No jump combinations or sequences are allowed.
- No listed jump may be repeated more than once within a programme.
- Non-listed jumps may be included in the program as part of connecting footwork only.

A maximum of two (2) basic position spins with NO change of position and NO change of foot:

- The spins must have a minimum of 3 revolutions.
- Flying spins are not permitted.
- There must be a minimum of two (2) revolutions in each position or the position will not be counted.

A maximum of one (1) choreographic sequence **utilizing at least half (1/2) of the ice surface:**

- A choreographic sequence consists of any kind of movements like steps, turns, spirals, arabesques, spread eagles, Ina Bauers, hydroblading, transitional (unlisted) jumps, spinning movements etc. Steps and turns may be used to link two or more different movements together.
- A choreographic sequence has a base value and will be evaluated by the judges in GOE only.

**Duration:** The maximum duration is 1 minute and 30 seconds  $\pm 10$  s.

**Factor:** The points for each Program Component are multiplied by a factor of 2.0.

**Warm-up:** The warm-up duration is five (5) minutes. Warm-up groups can be maximum up to eight (8) skaters.

**Level explanation:** 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.



## Single Free Skating Bronze

A competitor in the Bronze Free Skating event must perform a well-balanced program that must contain:

A maximum of four (4) jump elements, consisting only of single jumps. **Axel type jumps, double, triple and quadruple jumps are not permitted.** There may be one (1) jump combination in the free program. The jump combination may consist of two (2) listed jumps. Each listed jump may be performed a maximum of two (2) times. Waltz jumps will be ignored.

A maximum of two (2) spins of a **different abbreviation** each of which must be a spin in one position **with or without change of foot:**

- The spins must have a minimum of 3 revolutions for any spin with no change of foot and six (6) with a change of foot.
- **Flying spins are not permitted. No spin combination is allowed.**
- There must be a minimum of two (2) revolutions in each position or the position will not be counted. A spin that has no basic position with 2 revolutions will receive no value, however a spin with less than three rotations in total is considered as a skating movement and not a spin.
- All spins with change of foot must have at least 3 revolutions on each foot. If this requirement is not fulfilled, the spin will be marked with a V.

A maximum of one (1) choreographic sequence **utilizing at least half (1/2) of the ice surface:**

- A choreographic sequence consists of any kind of movements like steps, turns, spirals, arabesques, spread eagles, Ina Bauers, hydroblading, transitional (unlisted) jumps, spinning movements etc. Steps and turns may be used to link two or more different movements together.
- A choreographic sequence has a base value and will be evaluated by the judges in GOE only.

**Duration:** The maximum duration is 1 minute and 40 seconds  $\pm 10$  s.

**Factor:** The points for each Program Component are multiplied by a factor of 2.0.

**Warm-up:** The warm-up duration is five (5) minutes. Warm-up groups can be maximum up to eight (8) skaters.

**Level explanation:** Only features up to and including Level 1 will be counted. Any additional features will not count for level requirements and will be ignored by the Technical Panel.



## Single Free Skating Silver

A competitor in the Silver Free Skating event must perform a well-balanced program that must contain:

A maximum of four (4) jump elements, consisting of **any single jumps (including the single Axel)**. Double, triple and quadruple jumps are not permitted. There may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequences in the free program:

- One (1) jump combination or one (1) jump sequence may consist of up to three (3) listed jumps. The other jump combination may consist of two (2) jumps.
- A jump sequence consists of two (2) or three (3) jumps of any number of revolutions, in which the second and/or the third jump is an Axel type jump with direct step from the landing curve of the first/second jump into the take-off curve of the Axel jump.
- Each listed jump may be performed a maximum of two (2) times.
- Please note that the Euler (half-loop) is considered a listed jump only when used in combination in between two other listed jumps.

A maximum of two (2) spins of a **different abbreviation** each of which must be a spin in one position **with or without change of foot**:

- The spins must have a minimum of 3 revolutions for any spin with no change of foot and six (6) with a change of foot.
- Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions in each of these positions anywhere within the spin. To receive full value, a spin combination must include all three (3) basic positions.
- There must be a minimum of two (2) revolutions in each position or the position will not be counted. A spin that has no basic position with 2 revolutions will receive no value, however a spin with less than three rotations in total is considered as a skating movement and not a spin.
- All spins with change of foot must have at least 3 revolutions on each foot. If this requirement is not fulfilled, the spin will be marked with a V.

A maximum of one (1) choreographic sequence **fully utilizing the ice surface**:

- A choreographic sequence consists of any kind of movements like steps, turns, spirals, arabesques, spread eagles, Ina Bauers, hydroblading, transitional (unlisted) jumps, spinning movements etc. Steps and turns may be used to link two or more different movements together.
- A choreographic sequence has a base value and will be evaluated by the judges in GOE only.

**Duration:** The maximum duration is 2 minutes  $\pm 10$  s.

**Factor:** The points for each Program Component are multiplied by a factor of 2.0.

**Warm-up:** The warm-up duration is five (5) minutes. Warm-up groups can be maximum up to eight (8) skaters.

**Level explanation:** Only features up to and including Level 2 will be counted. Any additional features will not count for level requirements and will be ignored by the Technical Panel.



## Single Free Skating Gold

A competitor in the Gold Free Skating event must perform a well-balanced program that must contain:

A maximum of five (5) jump elements, consisting of single jumps (including the single Axel) or double jumps. **Double flip, double Lutz and double Axel are not permitted.** Triple and quadruple jumps are not permitted. There may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequences in the free program:

- One (1) jump combination or one (1) jump sequence may consist of up to three (3) listed jumps. The other jump combination may consist of two (2) jumps.
- A jump sequence consists of two (2) or three (3) jumps of any number of revolutions, in which the second and/or the third jump is an Axel type jump with direct step from the landing curve of the first/second jump into the take-off curve of the Axel jump.
- Each listed jump may be performed a maximum of two (2) times.
- Please note that the Euler (half-loop) is considered a listed jump only when used in combination in between two other listed jumps.

A maximum of **three (3) spins of a different abbreviation**, one (1) of which must be a spin combination with a change of foot and one (1) of which must be a flying spin or a spin with a flying entrance:

- The spins must have a minimum of 3 revolutions for any spin with no change of foot and six (6) with a change of foot.
- Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions in each of these positions anywhere within the spin. To receive full value, a spin combination must include all three (3) basic positions.
- There must be a minimum of two (2) revolutions in each position or the position will not be counted. A spin that has no basic position with 2 revolutions will receive no value, however a spin with less than three rotations in total is considered as a skating movement and not a spin.
- All spins with change of foot must have at least 3 revolutions on each foot. If this requirement is not fulfilled, the spin will be marked with a V.

A maximum of one (1) **step sequence**, fully utilizing the ice surface.

**Duration:** The maximum duration is 2 minutes and 50 seconds  $\pm 10$  s.

**Factor:** The points for each Program Component are multiplied by a factor of 2.67.

**Warm-up:** The warm-up duration is five (5) minutes. Warm-up groups can be maximum up to eight (8) skaters.

**Level explanation:** Only features up to and including Level 3 will be counted for the technical elements. Any additional features will not count for level requirements and will be ignored by the Technical Panel.



## Single Free Skating Masters

A competitor in the Masters Free Skating event must perform a well-balanced program that must contain:

A maximum of five (5) jump elements, **one of which must be an Axel type jump. Single and double jumps are permitted.** Triple and quadruple jumps are not permitted. There may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence in the free program:

- One (1) jump combination or one (1) jump sequences may consist of up to three (3) listed jumps. The other jump combination may consist of two (2) jumps.
- A jump sequence consists of two (2) or three (3) jumps of any number of revolutions, in which the second and/or the third jump is an Axel type jump with direct step from the landing curve of the first/second jump into the take-off curve of the Axel jump.
- Each listed jump may be performed a maximum of two (2) times.
- Please note that the Euler (half-loop) is considered a listed jump only when used in combination in between two other listed jumps.

A maximum of three (3) spins of a different abbreviation, one (1) of which must be a spin combination with a change of foot and one (1) of which must be a flying spin or a spin with a flying entrance:

- The spins must have a minimum of six (6) revolutions for any spin with no change of foot and eight (8) with a change of foot.
- Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions in each of these positions anywhere within the spin. To receive full value, a spin combination must include all three (3) basic positions.
- There must be a minimum of two (2) revolutions in each position or the position will not be counted. A spin that has no basic position with 2 revolutions will receive no value, however a spin with less than three rotations in total is considered as a skating movement and not a spin.
- All spins with change of foot must have at least 3 revolutions on each foot. If this requirement is not fulfilled, the spin will be marked with a V.

A maximum of one (1) step sequence, fully utilizing the ice surface.

**Duration:** The maximum duration is 3 minutes  $\pm 10$  s.

**Factor:** The points for each Program Component are multiplied by a factor of 2.67.

**Warm-up:** The warm-up duration is six (6) minutes. Warm-up groups can be maximum up to six (6) skaters.

**Level explanation:** Only features up to and including Level 4 will be counted for the technical elements. Any additional features will not count for level requirements and will be ignored by the Technical Panel.



## General Requirements for Artistic Free Skating

The artistic events consist of Free Skating programs judged only on the basis of the Program Components.

See ISU General Technical Rules in Single & Pair Skating and Ice Dance (Rule 504 para 3a) for a detailed description of Program Components. There will be no technical panel and no technical mark given.

The points for each Program Component are multiplied by the following factors:

- Composition – 1.0
- Presentation – 1.2
- Skating skills – 1.0

Falls are not subject to a deduction but may have a negative impact on the Program Components.

The Artistic Free Skating competition is an athletic competition that is intended to allow skaters to demonstrate their skating ability as defined by the three program components of the ISU judging system. Credit for the required technical elements is based solely on the ability of such movements to enhance the component score. Credit will not be given for their technical difficulty.

The program must be developed through skating skill and quality rather than through non-skating actions such as sliding on one knee or excessive use of toe steps. The skater/pair must not remain in one place for more than five (5) seconds. The program and time clock will start with the first movement by the skater/pair.

Any technical element exceeding the maximum number as set forth below, will be judged as an illegal element (1.0 deduction).

If the minimum required technical elements are not included, a deduction for a “missing element” of 1.0 will be made and will be listed as an illegal element on the protocol. The Referee is responsible for such deductions.

Clothing and make-up must be modest, dignified, and appropriate for athletic competition – not garish or theatrical in design. Clothing may, however, reflect the character of the music chosen. Clothing must not give the effect of excessive nudity. (ISU Rule 501) **This is NOT a theatre-on-ice, showcase or spotlight event. Theatrical costumes and make-up will be penalized by a deduction: -1.0 per program.**

Props and accessories may NOT be used in any part of the artistic programs. Use of props will be penalized by a deduction: -1.0 per program. Any item that is held in the hand or removed during the performance is considered a prop. Thus, for example, a hat worn throughout the program is not considered to be a prop, but if it is intentionally removed during the performance, it is considered a prop. Objects on the ice, thrown in the audience, placed on the boards or on the judges table are not permitted.

Costumes that contain particles that may mar or leave anything on the ice surface (feathers, boas, excessive beading) are considered unsafe and are not permitted. The decorations on costumes must be non-detachable. Part of the costume or decoration falling on the ice will be penalized by a deduction: -1.0 per program.

The deduction for inappropriate clothing or make-up props and accessories (1.0) will be determined by a majority of the judges and the referee.

**Illegal elements:**

- Somersault type jumps
- Laying on the ice and prolonged and/or stationary kneeling on both knees on the ice.

**Categories:**

Competitions will be held at the Masters, Gold, Silver, Bronze and Pre-Bronze levels.

**Requirements:**

The Artistic Free Skate is a competitive program that must include elements of the sport of figure skating:

- At least one (1) and a maximum of two (2) single jumps MUST be included:
  - **A Waltz jump is considered a listed single jump ONLY in Pre-bronze category.**
  - For Bronze, Silver and Gold level, no Axel type jumps are allowed, for Masters Axels are permitted.
  - For all levels no double or triple jumps are allowed.
  - No combination jumps are allowed.
- At least one (1) and a maximum of two (2) spins MUST be included.

The program duration for Masters Artistic Free Skating is 2 minutes  $\pm 10$  s. The program duration for Gold, Silver, Bronze and Pre-bronze Artistic Free Skating is 1 minute and 30 seconds,  $\pm 10$  s.

The warm-up duration is four (4) minutes for all Artistic Free Skating. Maximum 8 skaters per group.