



**INDONESIA**  
**NATIONAL ICE SKATING**  
**CHAMPIONSHIPS**  
JAKARTA-INDONESIA

**FIGURE SKATING**  
**27-29 APRIL 2026**

**LEVEL**  
**CATEGORIES & TECHNICAL**  
**REQUIREMENTS**



## Basic Skills Category

		A well-balanced program must contain:	Remarks
<p><b>BASIC STARLET 1</b></p> <p>Age Requirements Has not reached 8</p>	<p><b>Free Skating</b></p> <p>Duration : 1 min +/- 10 sec max</p>	<ul style="list-style-type: none"> <li>• Forward Crossover (5 each @ L Over R)</li> <li>• Forward Crossover (5 each @ R Over L)</li> <li>• Lunge (Min 2 seconds)</li> <li>• RFO 3 Turn &amp; LFO 3 Turn</li> <li>• Forward Stroking (5 Strokes)</li> <li>• Right Forward Spiral (Min 2 seconds)</li> </ul>	<ul style="list-style-type: none"> <li>• The multiplying factor for the Total Program Components Score is: Free Skating 1.5</li> <li>• Each element may only be performed ONCE</li> <li>• Fall deduction -0.3</li> <li>• Falls in elements will be called by the Technical Panel but with no deduction(s).</li> </ul>
<p><b>BASIC STARLET 2</b></p> <p>Age Requirements 8 and has not reached 11</p>	<p><b>Free Skating</b></p> <p>Duration : 1 min +/- 10 sec max</p>	<ul style="list-style-type: none"> <li>• Backward Crosscut (5 each @ L Over R)</li> <li>• Backward Crosscut (5 each @ R Over L)</li> <li>• Left Forward Spiral (a min of 2 seconds)</li> <li>• RFI 3 Turn &amp; LFI 3 Turn</li> <li>• 1 Bunny Hop</li> <li>• Two-foot Spin (Min 3 revs)</li> </ul>	<ul style="list-style-type: none"> <li>• The multiplying factor for the Total Program Components Score is: Free Skating 1.5</li> <li>• Each element may only be performed ONCE</li> <li>• Fall deduction -0.3</li> <li>• Falls in elements will be called by the Technical Panel but with no deduction(s).</li> </ul>
<p><b>STARLET 1</b></p> <p>Age Requirements Has not reached 9</p>	<p><b>Free Skating</b></p> <p>Duration : 1 min 30 sec +/- 10 sec max</p>	<ul style="list-style-type: none"> <li>• Waltz Jump</li> <li>• Single Toe Loop Jump</li> <li>• Single Salchow</li> <li>• Single Salchow + Single Toe Loop Combination Jump</li> <li>• Forward Upright Spin (Min 4 Revs and No Layback Spin is allowed)</li> <li>• Max of 1 Choreographic Sequence (Must include 1 forward spiral position for at least 3 secs)</li> </ul>	<ul style="list-style-type: none"> <li>• The multiplying factor for the Total Program Components Score is: Free Skating 1.5</li> <li>• Each element may only be performed ONCE</li> <li>• Falls per fall outside elements -0.3</li> <li>• Falls in elements will be called by the Technical Panel but with no deduction(s).</li> <li>• For Forward Upright Spin will only receive a maximum level Basic</li> <li>• For Choreographic Sequence will only receive Choreographic Sequence Basic "ChSqB" as stated in the latest FISU SOV 2025</li> </ul>
<p><b>STARLET 2</b></p> <p>Age Requirements 9 and has not reached 12</p>	<p><b>Free Skating</b></p> <p>Duration : 1 min 30 sec +/- 10 sec max</p>	<ul style="list-style-type: none"> <li>• Single Loop Jump</li> <li>• Single Flip Jump</li> <li>• Waltz + Single Loop Combination Jump</li> <li>• Forward Sit Spin (Min 4 revs in sit position for a level Basic &amp; Without a change of foot)</li> <li>• Forward Sit Spin to Forward Upright - Min of 4 revs on each position &amp; without a change of foot (CoSpBV)</li> <li>• Maximum of 1 Step Sequence (at least 1/3 of the long axis of the rink)</li> </ul>	<ul style="list-style-type: none"> <li>• The multiplying factor for the Total Program Components Score is: Free Skating 1.5</li> <li>• Each element may only be performed ONCE</li> <li>• Falls per fall outside elements -0.3</li> <li>• Falls in elements will be called by the Technical Panel but with no deduction(s).</li> <li>• For Forward Sit Spin &amp; Step Seq will only receive a maximum level Basic</li> <li>• For combination Forward Sit Spin to Upright will only receive a maximum level Basic</li> <li>• For Step Sequence will only receive Step Sequence Basic "StSqB"</li> </ul>
<p><b>PRELIMINARY</b></p> <p>Age Requirements Has not reached 11</p> <p><b>OPEN CATEGORY</b> Preliminary (above 11) 11 and above</p>	<p><b>Free Skating</b></p> <p>Duration : 1 min 40 sec +/- 10 sec max</p>	<p>Maximum of 5 Jumps elements:</p> <ul style="list-style-type: none"> <li>• One Waltz Jump or single Axel</li> <li>• Single Flip Jump</li> <li>• Single Lutz Jump</li> <li>• Two jump combinations or one jump combination and one jump sequence are permitted; limited to two jumps per combination jumps or jump sequence. No jump should be included more than twice. No double jumps are permitted</li> </ul> <p>Maximum of 2 Spins:</p> <ul style="list-style-type: none"> <li>• Forward Camel Spin (Min 4 revs and max a level Basic only &amp; No flying entry is allowed)</li> <li>• Combination spin with/without a change of foot. No flying entry allowed. (Max up to level 1)</li> </ul> <p>Max of 1 Choreographic Sequence</p>	<ul style="list-style-type: none"> <li>• The multiplying factor for the Total Program Components Score is: Free Skating 1.5</li> <li>• Each element may only be performed ONCE</li> <li>• Falls per fall outside elements -0.3</li> <li>• Falls in elements will be called by the Technical Panel but with no deduction(s).</li> </ul>



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		A well-balanced program must contain:	Notes
<p><b>ELEMENTARY</b></p> <p>Age Requirements Has not reached 12</p> <p><b>OPEN CATEGORY</b> Elementary (above 12) 12 and above</p>	<p><b>Free Skating</b></p> <p>Duration : 2 min +/- 10 sec max</p>	<p><b>Maximum of 5 Jumps elements:</b></p> <ul style="list-style-type: none"> <li>• Single Axel</li> <li>• Single Lutz</li> <li>• Any double jump except double Axel</li> <li>• Two jump combinations or one jump combination and one jump sequence are permitted; limited to two jumps per combination jumps or jump sequence. No jump should be included more than twice. No double Axel, or triple or quads jumps are permitted in the combination or sequence.</li> </ul> <p><b>Maximum of 2 Spins:</b></p> <ul style="list-style-type: none"> <li>• Forward Camel Spin or Forward Layback (Min 4 revs and max a level Basic only &amp; no flying entry is allowed)</li> <li>• Combination spin with a change of foot. No flying entry allowed. (Max up to level 1)</li> </ul> <p><b>Maximum of 1 Step Sequence</b></p> <ul style="list-style-type: none"> <li>• Must include at least one skating movement such as spiral, spread eagle, Ina Bauer, hydroblading etc. (Max up to level 1)</li> </ul>	<ul style="list-style-type: none"> <li>• The multiplying factor for the Total Program Components Score is: Free Skating 1.5</li> <li>• Each element may only be performed ONCE</li> <li>• Falls per fall outside elements -0.3</li> <li>• Falls in elements will be called by the Technical Panel but with no deduction(s).</li> <li>• For Step Sequence will only receive a max of Step Sequence Basic "StSq1"</li> <li>• Forward Camel Spin or Forward Layback (e) – Minimum of 4 revolutions in basic position will receive a max of LEVEL BASIC</li> <li>• Combination spins - Two revolutions on each basic position is necessary to receive LEVEL BASIC.</li> </ul>



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## Adult Category

<p><b>MASTERS ELITE</b>          Age Requirements          Have reached at least          the age of 20          before 1st July 2025</p>	<p><b>Free Skating</b></p>	<p>Skaters entering this category will compete against other Masters Elite Free skaters. The technical requirements are the same as those for the category "Masters Free Skating," with the exception that triple jumps are permitted. The Masters Elite category is intended for skaters who competed previously at the junior or senior level in national or international competition but is not mandatory for such skaters. It is also open to skaters who wish to include double axel and/or triple jumps in the free skating program.</p>
<p><b>MASTERS</b>          Age Requirements          Have reached at least          the age of 20          before 1st July 2025</p>	<p><b>Free Skating</b></p>	<p>A competitor in the Masters Free Skating event must perform a well-balanced program that may contain:</p> <p><b>A</b></p> <ul style="list-style-type: none"> <li>• A maximum of five (5) jump elements, one of which must be an Axel type jump. Single and double jumps are permitted. No triple or quadruple jumps are allowed.</li> <li>• There may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence in the free program.</li> <li>• One (1) jump combination or one (1) jump sequence may consist of up to three (3) listed jumps. The other may have two (2) listed jumps.</li> <li>• A jump sequence consists of two (2) or three (3) listed jumps of any number of revolutions, in which the second and/or the third jump is an Axel type jump with a direct step from the landing curve of the first/second jump into the take off curve of the Axel jump.</li> <li>• Each listed jump may be performed a maximum of two (2) times.</li> </ul> <p><b>B</b></p> <p>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.</p> <ul style="list-style-type: none"> <li>• The spins must have a required minimum number of revolutions: five (5) for any spin with no change of foot, and eight (8) for any spin with a change of foot.</li> <li>• 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.</li> <li>• 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.</li> <li>• 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.</li> </ul> <p><b>C</b></p> <p>A maximum of one (1) step sequence, fully utilizing the ice surface.</p> <ul style="list-style-type: none"> <li>• The program duration is 3 minutes +/- 10 seconds.</li> <li>• The points for each Program Component are multiplied by a factor of 2.67.</li> <li>• Features up to and including Level 4 will be counted for the technical elements.</li> <li>• The warm-up duration is six (6) minutes.</li> <li>• Each fall shall receive a deduction of 1.0.</li> </ul>



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<p style="text-align: center;"><b>GOLD</b></p> <p style="text-align: center;">Age Requirements Have reached at least the age of 20 before 1st July 2025</p>	<p style="text-align: center;"><b>Free Skating</b></p>	<p>A competitor in the Gold Free Skating event must perform a well-balanced program that may contain:</p> <p><b>A</b> A maximum of five (5) jump elements, consisting of single jumps (including the single Axel) or double jumps. Double flip, double Lutz, double Axel and triple 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.</p> <ul style="list-style-type: none"> <li>• One (1) jump combination or one (1) jump sequence may consist of up to three (3) listed jumps. The other may have two (2) listed jumps.</li> <li>• A jump sequence consists of two (2) or three (3) listed jumps of any number of revolutions, in which the second and/or the third listed jump is an Axel type jump with a direct step from the landing curve of the first/second jump into the take off curve of the Axel jump.</li> <li>• Each listed jump may be performed a maximum of two (2) times.</li> </ul> <p><b>B</b> 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.</p> <ul style="list-style-type: none"> <li>• The spins must have a required minimum number of revolutions: four (4) for any spin with no change of foot, and eight (8) for any spin with a change of foot.</li> <li>• A spin that has no basic position with 2 revolutions will receive no value.</li> <li>• 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.</li> <li>• 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.</li> </ul> <p><b>C</b> A maximum of one (1) step sequence, fully utilizing the ice surface.</p> <ul style="list-style-type: none"> <li>• The program duration is 2 minutes and 50 seconds +/- 10 seconds.</li> <li>• The points for each Program Component are multiplied by a factor of 2.67.</li> <li>• 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.</li> <li>• The warm-up duration is six (6) minutes.</li> <li>• Each fall shall receive a deduction of 1.0.</li> </ul>
<p style="text-align: center;"><b>SILVER</b></p> <p style="text-align: center;">Age Requirements Have reached at least the age of 20 before 1st July 2025</p>	<p style="text-align: center;"><b>Free Skating</b></p>	<p>A competitor in the Silver Free Skating event must perform a well-balanced program that may contain:</p> <p><b>A</b> A maximum of four (4) jump elements, consisting of any single jumps (including the single Axel). Double jumps and triple jumps are not permitted.</p> <ul style="list-style-type: none"> <li>• There may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence.</li> <li>• One (1) jump combination or one (1) jump sequence may consist of up to three (3) listed jumps. The other may have two (2) listed jumps.</li> <li>• 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 a direct step from the landing curve of the first/second jump into the take off curve of the Axel jump.</li> <li>• Each listed jump may be performed a maximum of two (2) times.</li> </ul> <p><b>B</b> A maximum of two (2) spins of a different abbreviation.</p> <ul style="list-style-type: none"> <li>• The spins must have a required minimum number of revolutions: four (4) for any spin with no change of foot, and six (6) for any spin with a change of foot.</li> <li>• A spin that has no basic position with 2 revolutions will receive no value.</li> <li>• 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</li> <li>• 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.</li> <li>• 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.</li> </ul> <p><b>C</b> A maximum of one (1) choreographic sequence, fully utilizing the ice surface</p> <ul style="list-style-type: none"> <li>• The pattern is not restricted but the sequence must be clearly visible.</li> <li>• A choreographic sequence has a base value and will be evaluated by the judges in GOE only.</li> <li>• The program duration is 2 minutes +/- 10 seconds.</li> <li>• The points for each Program Component are multiplied by a factor of 2.0.</li> <li>• The warm-up duration is five (5) minutes.</li> <li>• Each fall shall receive a deduction of 0.5.</li> </ul>



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<p><b>BRONZE</b></p> <p>Age Requirements Have reached at least the age of 20 before 1st July 2025</p>	<p><b>Free Skating</b></p>	<p>A competitor in the Bronze Free Skating event must perform a well-balanced program that may contain:</p> <p><b>A</b> A maximum of four (4) jump elements, consisting only of single jumps. Axel type jumps, double jumps and triple jumps are not permitted. There may be one (1) jump combination in the free program.</p> <ul style="list-style-type: none"><li>• The jump combination may consist of two (2) listed jumps.</li><li>• Each listed jump may be performed a maximum of two (2) times.</li><li>• Waltz jumps will be ignored.</li></ul> <p><b>B</b> A maximum of two (2) spins of a different abbreviation, both of which must be a spin in one position with or without a change of foot. Flying spins are not permitted.</p> <ul style="list-style-type: none"><li>• The spins must have a required minimum number of revolutions: three (3) for any spin with no change of foot, and six (6) with a change of foot.</li><li>• A spin that has no basic position with 2 revolutions will receive no value.</li><li>• 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.</li><li>• 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.</li></ul> <p><b>C</b> A maximum of one (1) choreographic sequence utilizing at least half (1/2) of the ice surface.</p> <ul style="list-style-type: none"><li>• The pattern is not restricted but the sequence must be clearly visible.</li><li>• A choreographic sequence has a base value and will be evaluated by the judges in GOE only.</li><li>• The program duration is 1 minute and 40 seconds, +/- 10 seconds.</li><li>• The points for each Program Component are multiplied by a factor of 2.0.</li><li>• The warm-up duration is five (5) minutes.</li><li>• Each fall shall receive a deduction of 0.5.</li></ul>
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## ISU Category

		The required elements to be skated are those listed in :	
<b>SENIOR</b> (Men & Woman)  Age Requirements At least the age of 17 before July 1 preceding the event	<b>Short Program</b>	ISU Special Regulations Single and Pair Skating 2024 Rule 611 For marking see Rule 504 and the respective ISU Communications.  Duration: 2:40 +/- 10 sec.	
	<b>Free Skating</b>	In accordance with ISU Special Regulations Single and Pair Skating 2024, Rule 612 and the respective ISU Communications.  Duration: 4:00 +/- 10 sec.	
<b>(UPDATED)</b>  <b>JUNIOR</b> (Men & Woman)  Based on SEASON 2025-2026  Age Requirements At least the age of 13 and has not reached the age of 19	<b>Short Program</b>	Please be reminded that the Junior Category at the Indonesia National Ice Skating Championship 2026 will follow the current season (2025–2026) ISU technical requirements:  The Junior Short Program shall consist of the following required elements:	
		<b>Men</b>	<b>Woman</b>
	<b>Free Skating</b> Junior Well-Balanced Program	A well-balanced Free Skating program for Men must contain: <ul style="list-style-type: none"> <li>• maximum of seven jump elements (one of which must be an Axel type jump);</li> <li>• maximum of three spins, one of which must be a spin combination,</li> <li>• one a flying spin or a spin with a flying entrance and one a spin with only one position;</li> <li>• maximum of one choreographic sequence.</li> </ul>	A well-balanced Free Skating program for Women must contain: <ul style="list-style-type: none"> <li>• maximum of seven jump elements (one of which must be an Axel type jump);</li> <li>• maximum of three spins, one of which must be a spin combination,</li> <li>• one a flying spin or a spin with a flying entrance and one a spin with only one position;</li> <li>• maximum of one choreographic sequence.</li> </ul>
<b>ADVANCED NOVICE</b> (Boys & Girls)  Age Requirements Has reached the age of 10 and has not reached the age of 16 for girls (Single & Pair Skating/Ice Dance) and boys (Single Skating)	<b>Short Program</b>	The required elements to be skated are those listed in ISU Communication 2699.  Duration: 2:20 +/- 10 sec	
	<b>Free Skating</b>	The program to be skated will be in accordance with Communication 2699.  Duration: 3:00 +/- 10 sec.	
<b>INTERMEDIATE NOVICE</b> (Boys & Girls)  Age Requirements Has not reached the age of 16 (based on ISU Constitutions and General Regulations 2024 Rule 108 paragraph 3)	<b>Free Skating</b>	The required elements to be skated are those listed in ISU Communication 2699.  Duration: 3:00 +/- 10 sec	
<b>BASIC NOVICE</b> (Boys & Girls)  Age Requirements Has not reached the age of 14 (based on ISU Constitutions and General Regulations 2024 Rule 108 paragraph 3)	<b>Free Skating</b>	The required elements to be skated are those listed in ISU Communication 2699.  Duration: 2:30 +/- 10 sec	

**Please note:**

All requirements are based on the ISU Special Regulations and Technical Rules for Figure and the relevant ISU Communications in force at the time of publication and are subject to change in accordance with any subsequent ISU Rules or Communications, including those adopted after the 2026 Winter Olympic Games.