



Figure Skating National Championship Technical Regulations Portugal

Season 2025/2026

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1. Introduction

The *National Championship Technical Regulations* establish the technical framework and competition requirements for all events held under the authority of FDI Portugal.

These regulations define the structure, categories, and permitted elements for each level and discipline covered in the National Championships, ensuring alignment with the ISU (International Skating Union) standards and the General Regulations of FDI Portugal.

The purpose of this document is to provide athletes, coaches, judges, and technical officials with a clear reference regarding program composition, permitted elements, evaluation criteria, and organizational procedures specific to the National Championship.

For all general provisions — including eligibility, judging systems, music submission, costumes, and disciplinary procedures — please refer to the **FDI Portugal General Regulations**.

2. Competition Organization

2.1 Announcements and Notices

- National Championship must be announced at least **60 days** in advance
- The Announcement shall include category offerings, eligibility, entry deadlines, and technical requirements

2.2 Authority

The event is sanctioned, supervised, and approved exclusively by FDI Portugal.

2.3 Entries

- Athletes must enter through an approved club or directly if unaffiliated but licensed with FDI Portugal
- Entry deadline: minimum 25 calendar days before the event.
- Late entries permitted only with written federation approval and late fee.

2.4 Withdraws

- Must be communicated in writing.
- Medical withdrawals may require medical certificate.
- Fees may be non-refundable.

2.5 Age and competitive season

Single Free Skating - (Men/Women)

Categories	Age Groups		
Pre-Preliminary **	Novice	Junior	Senior
Preliminary	Novice	Junior	Senior
Intermediate	Novice	Junior	Senior
Advanced	Novice	Junior	Senior
Advanced Star	Novice	Junior	Senior
Elite	Novice	Junior	Senior

Pair Skating

Categories	Age Groups		
Preliminary	Novice	Junior	Senior

Adult – Free Skating – from 28 years and above

Catagory:	Levels				
Singles Free	Bronze	Silver	Gold	Masters	Masters Elite
Pairs Free	Bronze	Silver	Gold	Masters	Masters Elite

Athletes will be divided into age categories as follows:

- Novice: athletes aged 8 years or older and 13 years or younger;
- Junior: athletes aged 13 years or older and 18 years or younger;
- Senior: athletes aged 17 years or older;
- Adult: athletes aged 28 years or older.

** The Pre-Preliminary category is available for athletes aged 6 years or older.

The age considered for determining the category is the age the athlete has before the start of the competitive season, that is, by the beginning of July.

3. Athlete Eligibility

In order to participate in figure skating competitions, athletes must obtain the test corresponding to the competitive category in which they wish to register, as indicated in the table below. These Test requirements are from Novice to Senior. For this purpose, the tests and the judge, technical specialist, or technical controller responsible for evaluating them **will be appointed by the Portuguese Winter Sports Federation**.

3.1 Age Categories and Test Requirements

Test requirements for participation in the National Championship:

Participation requires successful completion of the corresponding National Test Level for each category, administered by qualified FDI-appointed officials.

	Nacional Tests	International Tests	Programs
Catagories for the National Championship			
Pre-Preliminary **			AP
Preliminary	Preliminary		FP
Intermediate	Level 2		FP
Advanced	Level 4		FP
Advanced Star		Bronze	FP
Elite		Inter-Silver	SP+FP
Categories for ISU Competitions			
Basic Novice		Basic Novice	FP
Intermediate Novice		Intermediate Novice	FP
Advanced Novice		Bronze	SP+LP
Junior		Silver	SP+LP
Senior		Gold	SP+LP

Abbreviations: AP-Artistic Program/ SP-Short Program/FP-Free Program

Age overlaps follow ISU conventions. Athletes must compete in the category appropriate to their age as of July 1

**** Adult competitors follow ISU Age requirements and The ISU Free Skating rules for levels**

3.2 Licencing and Membership

- All competitors must hold a valid FDI athlete licence.
- Foreign athletes residing in Portugal may compete but cannot earn National Champion title unless they comply with ISU nationality rules.

4. Technical Requirements

Singles Free Skating Men and Women

Pre-Preliminary

Free Program Duration: 1:30 ±10s

Artistic Program: Interpretation only; no mandatory technical elements

**** Any elements performed outside of the required elements in listed catagories below, will not count toward the final score of the program.**

Preliminary

Free Program Duration: 2:00 ±10s

Jumps:

- Waltz Jump, 1 Toe Loop (1T), 1 Salchow (1S) - Four jump elements are required
- No jump combinations are permitted
- No double, triple, or quadruple jumps are permitted
- Only one jump may be repeated, maximum of 2 times

Spins:

Two spins are required

- Two-foot spin (minimum 4 rotations) or Upright Spin (minimum 2 rotations), free leg optional

Choreographic Sequence: There must be a maximum of one (1) Choreographic Sequence. The Choreographic Sequence consists of skating movements to include Spirals, different spiral positions, Spread Eagles, etc. The Choreographic Sequence also includes different types of turns/steps, etc.

There are no requirements as to the pattern. However, the pattern must be clearly visible.

Only «no value» if the Choreographic Sequence is barely visible

Intermediate

Free Program Duration: 2:30 ±10s

Jumps:

- Three single jumps are required
- One jump combination or jump sequence of two jumps (no repeated jumps in combination; isolated jumps may repeat in combination)
- No double, triple, or quadruple jumps are permitted

Spins:

Two spins required

- Upright Spin with or without change of foot (with change of foot six (6) rotations, without change of foot five (5) rotations)
- Sit Spin (minimum 3 rotations)

Step Sequence: Maximum of one (1), fully utilizing the ice surface, must demonstrate a minimum variety of steps and turns

Spins and Footwork Sequence up to Level 2 Features is permitted

Advanced

Free Program Duration: 2:50 ±10s

Jumps:

- Maximum 5 jump elements
- Maximum 3 single isolated jumps
- Maximum 1 Double isolated jump
- At least one Axel required
- One jump combination or jump sequence is allowed (2+1 or 1+1, max 2 jumps, no repeated jump type)
- No triple or quadruple jumps are permitted

Spins:

Three spins required

- One Combination Spin with at least one foot change, with a total of six (6) rotations each foot
- Other spins: Sit Spin or Camel Spin (min 6 rotations, no foot change)
- Women: Layback, Camel, or Sit Spin, no foot change, min 6 rotations
- Men: Sit or Camel Spin with foot change, min 6 rotations each foot; different from spin without foot change

Footwork Sequence: Maximum of one (1) Footwork Sequence, fully utilizing the ice surface, up to Level 2 Features is permitted of steps and turns

Spins and Footwork Sequence up to Level 3 Features is permitted

Advanced Star

Free Program Duration: 3:00 ±10s

Jumps:

- Maximum 6 jump elements
- Maximum 4 isolated jumps
- At least one Axel required
- Maximum two jump combinations, or one combination + one jump sequence
- At least one double jump in combination or sequence
- Combination/sequence may have up to three (3) jumps; the other would have to have two (2)
- No quadruple jumps are permitted

Spins:

Three spins required

- One Flying Camel or Flying Sit Spin with min six (6) rotations.
- One Combination Spin with at least one foot change, with a total of six (6) rotations each foot
- Women: Layback, or Camel, or Sit Spin, no foot change, min eight (8) rotations
- Men: Sit or Camel Spin with foot change, min six (6) rotations each foot; different from spin without foot change.

Footwork Sequence: Maximum of one (1) Footwork Sequence, fully utilizing the ice surface, up to Level 2 Features is permitted of steps and turns

Spins and Footwork Sequence up to Level 3 Features is permitted.

Elite (Short Program)

Short Program Duration: 2:20 ±10s – equivalent to the Advanced Novice level

Jumps:

- Single or double axel
- One double or triple isolated jump athletes choice
- One jump Combination (with two jumps) and must include double loop

Spins:

Two spins required

- One combination spin with change of foot (each foot must have five rotations = 5+5) – Flying entrance is not permitted
- A Layback spin (six (6) rotations) or a Camel Spin (six(6) rotations)

Footwork Sequence: Maximum of one (1) Footwork Sequence, fully utilizing the ice surface, up to Level 2 Features is permitted of steps and turns

Spins and Footwork Sequence up to Level 3 Features is permitted

Elite (Free Program)

Free Program Duration: 3:00 ±10s

Jumps:

- Maximum 6 jump elements
- Two jump combinations or one jump combination and one jump sequence - At least one double jump in combination or sequence - Combination max 2 jumps, sequence max 3 jumps
- At least one single or double Axel is required
- Three Isolated jumps (can be single, double or triple)
- No quadruple jumps are permitted

Spins:

Three spins required

- One combination spin with change of foot (each foot must have five rotations = 5+5) – Flying entrance is not permitted One Combination Spin with at least one foot change
- Flying sit spin (with six (6) revolutions – can have change of foot, (with change of foot eight (8) revolutions
- Women: Layback, or Camel, or Sit Spin, no foot change, min eight (8) rotations
- Men: Sit or Camel Spin with foot change, min six (6) rotations each foot; different from spin without foot change

Footwork Sequence: Maximum of one (1) Footwork Sequence, fully utilizing the ice surface, up to Level 2 Features is permitted of steps and turns

Spins and Footwork Sequence up to Level 3 Features is permitted

Pairs – Free Skating

Preliminary

Free Program Duration: 3:00 ±10s

Technical Elements:

- Maximum one side-by-side single jump
- Maximum one single Throw Jump

- Maximum one pivot
- Maximum one dance lift
- Maximum one solo spin
- Maximum one step sequence

5. Adult National Section

Technical Requirements and eligibility

At present, no formal tests are required for entry into the Adult National Section. The technical requirements for this section are aligned with ISU Adult Competition regulations.

Participation in the Adult National Section of the Portugal National Championships is a prerequisite for consideration in international ISU Adult Competitions. Athletes who do not compete in the Adult National Section will not be eligible for FDI funding for ISU international competitions, and entry into ISU Adult Competitions will be subject to FDI discretion regarding the appropriate competitive category.

Since testing is not required for the Adult Section, it is essential that athletes perform programs that accurately reflect their current abilities. The FDI reserves the right, at its discretion, to adjust the athlete's level for the same year or for subsequent editions of the National Championships to ensure fair and accurate placement.

Single Free Skating - Men and women

Bronze Free Skating

Jumps: Maximum of four (4) jump elements; only single jumps allowed.

Axel, double, and triple jumps are not permitted.

- One (1) jump combination is allowed, consisting of up to two (2) listed jumps.
- Each jump may be repeated a maximum of two (2) times.
- Waltz jumps are not counted.

Spins:

Maximum of two (2) spins of different abbreviations; both must be spins in a single position, with or without a change of foot. Flying spins are not permitted.

- Minimum revolutions: 3 for spins without a change of foot; 6 for spins with a change of foot.
- Spins without a basic position with at least 2 revolutions receive no value.
- Spins with a change of foot must have at least 3 revolutions per foot; otherwise, marked "V."

Choreographic Sequence:

Maximum of one (1), utilizing at least half the ice surface. Must include at least two (2) different skating movements (e.g., spirals, arabesques, spread eagles, Ina Bauers, hydroblading, or unlisted jumps). Evaluated only by GOE.

- **Program Duration: 1:40 ± 10 seconds**
- **Program Component Factor: 2.0**
- **Element Levels: Only features up to Level 1 counted. Additional features ignored.**
- **Warm-up Duration: 5 minute**
- **Falls: 0.5 deduction for falls outside elements; falls in elements called but not deducted.**

Silver Free Skating

Jumps:

Maximum of four (4) jump elements, including single Axel. Double and triple jumps not permitted.

- Up to two (2) jump combinations, or one (1) jump combination and one (1) jump sequence.
- A combination/sequence may include up to three (3) jumps; the other may have two (2).
- Jump sequences may include an Axel-type jump with a direct step from the previous landing.
- Each jump may be repeated a maximum of two (2) times.

Spins:

Maximum of two (2) spins of different abbreviations; one must be in one position, with or without a change of foot.

- Minimum revolutions: 4 without change of foot, 6 with change of foot.
- Spin combinations must include at least two (2) different basic positions; full value requires all three.
- Spins with a change of foot must have 3 revolutions per foot; otherwise, marked "V."

Choreographic Sequence:

Maximum of one (1), fully utilizing the ice surface. Must include at least two (2) different skating movements. Evaluated only by GOE.

- **Program Duration: $2:00 \pm 10$ seconds**
- **Program Component Factor: 2.0**
- **Element Levels: Up to Level 2 counted. Additional features ignored.**
- **Warm-up Duration: 5 minutes**
- **Falls: 0.5 deduction for falls outside elements; falls in elements called but not deducted.**

Gold Free Skating

Jumps:

Maximum of five (5) jump elements; single jumps (including single Axel) and double jumps allowed. Double flip, double Lutz, double Axel, and triple jumps not permitted.

- Up to two (2) jump combinations or one (1) combination plus one (1) jump sequence.
- Combination/sequence may have up to three (3) jumps; the other may have two (2).
- Jump sequences may include an Axel-type jump with a direct step from the previous landing.
- Each jump may be repeated a maximum of two (2) times.

Spins:

Maximum of three (3) spins of different abbreviations; one must be a spin combination with a change of foot, one must be a flying spin or spin with flying entrance, and one may be a single-position spin.

- Minimum revolutions: 4 without change of foot, 8 with change of foot.
- Spin combinations must include at least two (2) basic positions with two (2) revolutions each; full value requires all three positions.
- Spins with change of foot must have 3 revolutions per foot; otherwise, marked "V."

Step Sequence:

Maximum of one (1), fully utilizing the ice surface.

- **Program Duration: $2:50 \pm 10$ seconds**
- **Program Component Factor: 2.67**
- **Element Levels: Up to Level 3 counted; additional features ignored.**

- **Warm-up Duration: 6 minutes**
- **Falls: 1.0 deduction per fall**

Masters Free Skating

Jumps:

Maximum of five (5) jump elements, including at least one Axel-type jump. Single and double jumps allowed; triple and quadruple jumps not permitted.

- Up to two (2) jump combinations or one (1) combination plus one (1) jump sequence.
- Combination/sequence may include up to three (3) jumps; the other may have two (2).
- Jump sequences may include an Axel-type jump with direct step from previous landing.
- Each jump may be repeated a maximum of two (2) times.

Spins:

Maximum of three (3) spins of different abbreviations; one must be a spin combination with change of foot, one must be a flying spin or spin with flying entrance, and one may be a single-position spin.

- Minimum revolutions: 5 without change of foot, 8 with change of foot.
- Spin combinations must include at least two (2) basic positions with two (2) revolutions each; full value requires all three positions.
- Spins with change of foot must have 3 revolutions per foot; otherwise, marked "V."

Step Sequence:

Maximum of one (1), fully utilizing the ice surface.

- **Program Duration: 3:00 ± 10 seconds**
- **Program Component Factor: 2.67**
- **Element Levels: Up to Level 4 counted; additional features ignored.**
- **Warm-up Duration: 6 minutes**
- **Falls: 1.0 deduction per fall**

Masters Elite

Same technical requirements as Masters Free Skating, but triple jumps are permitted. Intended for skaters with prior national or international junior/senior experience or those wishing to include double Axel and/or triple jumps.

Adult Pairs Free Skating

Pairs must perform a well-balanced program that may contain:

Lifts

Maximum of one (1) lift from Group 1 or Group 2 with a minimum of $\frac{1}{2}$ revolution for the man.

- The man's lifting hand(s) must be above his shoulder line.
- Variations of the woman's position, no-handed or one-handed lifts, and combination lifts are not permitted.
- Lifts of Groups 3, 4, or 5 are not permitted.
- Twist lifts are not permitted.

Throw Jumps

Maximum of one (1) single throw jump.

- Throw double and triple jumps are not permitted.
- Throw single Axel is not permitted.

Solo Jumps

Maximum of one (1) solo single jump.

- Double and triple jumps are not permitted.
- Axel type jumps are not permitted.

Jump Combinations

Maximum of one (1) jump combination with a maximum of two (2) listed jumps.

- Only single jumps are allowed.
- Double, triple, and Axel type jumps are not permitted.

Pair Spins

Maximum of one (1) pair spin.

- A pair spin is any spin with no change of foot and does not require a change of position by one or both partners.
- Each position must be held for a minimum of two (2) revolutions; otherwise, the position will not be counted.

Pivot Figure

Maximum of one (1) pivot figure (position of the woman optional).

- At least one (1) revolution in pivot position by the man is required.

Choreographic Sequence

Maximum of one (1) choreographic sequence, fully utilizing the ice surface.

- The pattern is not restricted, but the sequence must be clearly visible.
- Choreographic sequences have a base value and will be evaluated by judges in GOE only.

Additional Guidelines:

- **Program Duration:** 2 minutes 20 seconds \pm 10 seconds
- **Program Component Factor:** 2.0
- **Only features up to and including Level 1 will be counted for technical elements; any additional features will be ignored.**
- **Warm-Up Duration:** 5 minutes
- **Falls:** Each fall by either partner outside elements shall receive a deduction of 0.5. Falls during elements will be called by the Technical Panel but with no deduction.

6. Draw, Starting order and Group Size

6.1 Starting Order

- From Pre-Preliminary to Advanced Star and Including Adult sections
Free Program: Random draw
- Elite
Short Program: Random Draw
Free Program: Reverse order of SP ranking

6.2 Draw Procedure

- Conducted by FDI Official
- Published prior to competition start

6.3 Group Sizes

- Maximum 5 athletes per warm-up group

7. Practice and Warm-Up

7.1 Official Practice

- Short Program practice: 25 min minimum
- Free Program practice: 35 min minimum

7.2 Warm-Up

- Six (6) minutes per group
- Skaters in the next flight follow immediately after previous group

7.3 Music Run-Through

One music run permitted per athlete during official practice where schedule allows.

8. Officials

8.1 FDI Portugal appoints:

- Referee
- Technical Controller
- Technical Specialists
- Data/Replay Assistants
- Judges

8.2 Minimum Panel

- 3 Officials minimum
- Target: Full panel per ISU standards whenever possible

9. Scoring and Results

9.1 Events use the ISU Judging System (IJS).

9.2 Results posted publicly in arena and online.

9.3 Tie-breaking follows ISU rules.

10. Awards and Titles

- 10.1 Medals to top 3 athletes in each category.
- 10.2 National Champion Title awarded only if:
 - Athlete meets age and nationality requirements
 - Minimum performance threshold may be applied
- 10.3 Participation diplomas may be issued.

11. Conduct, Safety & Discipline

Rules follow the General Regulations.

This section refers to but does not repeat:

- Safeguarding policy
- Code of Conduct
- Music & costume standards
- Anti-doping policy
- Injury withdrawal procedure

12. Amendments & Validity

12.1 These regulations are reviewed annually.

12.2 Approved by FDI Portugal Board.

Effective: 01 November 2025

Valid until replaced.