



2026 香港花樣滑冰錦標賽
Hong Kong Figure Skating Championships 2026
花樣滑冰競賽規程
Figure Skating Announcement

一、 競賽日期和地點 Date & Venue

日期 : 2026 年 6 月 2 日至 3 日 (星期二至星期三)
Date : June 2 - 3, 2026 (Tuesday to Wednesday)
地點 : 又一城歡天雪地溜冰場
Venue : Festival Walk Glacier, Kowloon Tong

二、 主辦及贊助機構 Organizer & Sponsors

主辦協會 Organized by : 中國香港滑冰聯盟 Hong Kong China Skating Union
贊助機構 Subvented by : 康樂及文化事務署 Leisure and Cultural Services Department
場地贊助 Venue Sponsored by : 又一城 (2011) 有限公司 Festival Walk (2011) Ltd.

三、 參賽規定 Eligibility of Competitors

中國香港滑冰聯盟會員並持有效香港身份證且達到中國香港滑冰聯盟花樣滑冰綜合等級測試第五級或以上，均可報名參賽。

Hong Kong China Skating Union members with valid HKID who have passed the Level 5 or above of HKSU FS Integrated Level Test are qualified for the Championships.

四、 競賽項目及年齡限制 Competition Categories, Segments and Age Limits

香港花樣滑冰錦標賽設有男子/ 女子單人滑項目、雙人滑項目和冰上舞蹈項目，年齡分組和競賽項目如下：

The Men/ Boys/ Women/ Girls Single Skating, Pairs Skating and Ice Dance will be competed in the Hong Kong Championships. The age groups and competition segments are as follows:

- **成年組 Senior**
 - 短節目/韻律舞 Short Program/Rhythm Dance
 - 自由滑/自由舞 Free Skating/Free Dance
- **青年組 Junior**
 - 短節目/韻律舞 Short Program/Rhythm Dance
 - 自由滑/自由舞 Free Skating/Free Dance
- **高級少年組 Advanced Novice**
 - 短節目/圖案舞 Short Program/Pattern Dance
 - 自由滑/自由舞 Free Skating/Dance
- **中級少年組 Intermediate Novice**
 - 圖案舞 Pattern Dance (For ID only)
 - 自由滑/自由舞 Free Skating/Dance
- **初級少年組 Basic Novice**
 - 圖案舞 Pattern Dance (For ID only)
 - 自由滑/自由舞 Free Skating/Dance

● 年齡規定 Age Limits

成年組 Senior	單人滑 Singles	至少年滿 17 周歲 has reached at least the age of seventeen (17) (出生於 2008 年 7 月 1 日之前 born before July 1, 2008)
	雙人滑及 冰上舞蹈 Pairs and Ice Dance	
青年組 Junior	單人滑 Singles	至少年滿 13 周歲 has reached at the least the age of thirteen (13) 及尚未年滿 19 周歲 and has not reached the age of nineteen (19) (出生於 2006 年 7 月 1 日至 2012 年 6 月 30 日期間 Born between July 1, 2006 and June 30, 2012)
	雙人滑及 冰上舞蹈 Pairs and Ice Dance	至少年滿 13 周歲 has reached at least the age of thirteen (13) 及女伴尚未年滿 19 周歲 and has not reached the age of nineteen(19) for Women 及男伴尚未年滿 21 周歲 and has not reached the age of twenty-one(21) for Men (女伴出生於 2006 年 7 月 1 日至 2012 年 6 月 30 日期間 Born between July 1, 2006 and June 30, 2012 for Women ; 男伴出生於 2004 年 7 月 1 日至 2012 年 6 月 30 日期間 Born between July 1, 2004 and June 30, 2012 for Men)
高級少年組 Advanced Novice	單人滑 Singles	至少年滿 10 周歲 has reached at least the age of ten (10) 及尚未年滿 16 周歲 and has not reached the age of sixteen (16) (出生於 2009 年 7 月 1 日至 2015 年 6 月 30 日期間 Born between July 1, 2009 and June 30, 2015)
	雙人滑及 冰上舞蹈 Pairs and Ice Dance	至少年滿 10 周歲 has reached at least the age of ten (10) 及女伴尚未年滿 16 周歲 and has not reached the age of sixteen (16) for girls 及男伴尚未年滿 18 周歲 and has not reached the age of eighteen (18) for boys (女伴出生於 2009 年 7 月 1 日至 2015 年 6 月 30 日期間 Born between July 1, 2009 and June 30, 2015 for girls, 男伴出生於 2007 年 7 月 1 日至 2015 年 6 月 30 日期 間 Born between July 1, 2007 and June 30, 2015 for boys)
中級少年組 Intermediate Novice	單人滑 Singles	尚未年滿 16 周歲 has not reached the age of sixteen (16) (出生於 2009 年 7 月 1 日或之後 Born on or after July 1, 2009)
	冰上舞蹈 Pairs and Ice Dance	
初級少年組 Basic Novice	單人滑 Singles	尚未年滿 14 周歲 has not reached the age of fourteen (14) (出生於 2011 年 7 月 1 日之後 Born on or after July 1, 2011)
	雙人滑及 冰上舞蹈 Pairs and Ice Dance	

*按 **2025 年 7 月 1 日** 前計算。The calculation is based before **July 1, 2025**.

*低年齡組運動員可以參加高年齡組賽事，高年齡組運動員不可以參加低年齡組賽事，每個運動員最多可以報名參加兩項賽事。(少年組運動員只可選擇參加少年高、中、低組別的其中一個組別)

Lower age group skaters can participate in the higher age group competition; higher age group skaters cannot participate in the lower age group competition. Each skater can only participate in two categories (Novice Skaters can only participate in Advanced Novice or Intermediate Novice or Basic Novice)

五、 技術準則 Technical Data

2026 香港花樣滑冰錦標賽將根據國際滑冰聯盟憲章 2024 版·國際滑冰聯盟特殊規則及技術規則單人滑、雙人滑、冰上舞蹈 2024 版以及相關的國際滑冰聯盟公告進行競賽。 The Hong Kong Championships 2026 will be conducted in accordance with the ISU Constitution and General Regulations 2024, the ISU Special Regulations & Technical Rules Single & Pair Skating and Ice Dance 2024, and the relevant ISU Communications.

Senior Men Single 成年男子組 單人滑	Short Program 短節目	<p>The required elements to be skated are those listed in ISU Technical Rules Single & Pair Skating 2024, Rules 611, paragraphs 1 & 2. for 2025/26</p> <p>Men</p> <ul style="list-style-type: none">a) Double or triple Axel;b) Triple or quadruple jump;c) Jump combination consisting of a double jump and a triple jump or two triple jumps or a quadruple jump and a double jump or a triple jump;d) Flying spin;e) Camel spin or sit spin with only one change of foot;f) Spin combination with only one change of foot;g) Step sequence fully utilizing the ice surface. <p>Duration: 2 min., 40 sec. +/- 10 sec.</p>
	Free Skating 自由滑	<p>In accordance with ISU Technical Rules Single & Pair Skating 2024, Rules 612 and the respective ISU Communication. Special attention should be paid to the “well balanced program” and the element value.</p> <p>A well-balanced Free Skating program for Men must contain:</p> <ul style="list-style-type: none">a) maximum of seven jump elements (one of which must be an Axel type jump);b) maximum of three spins, one of which must be a spin combination, one a flying spin or a spin with a flying entrance and one a spin with only one position;c) maximum of one step sequence;d) maximum of one choreographic sequence. <p>Duration: 4 min., +/- 10 sec.</p>
Senior Women Single 成年女子組 單人滑	Short Program 短節目	<p>The required elements to be skated are those listed in ISU Technical Rules Single & Pair Skating 2024, Rules 611, paragraphs 1 & 2. for 2025/26</p> <p>Women</p> <ul style="list-style-type: none">a) Double or triple Axel;b) Triple jump;c) Jump combination consisting of a double jump and a triple jump or two triple jumps;d) Flying spin;e) Layback/sideways leaning spin or sit or camel spin without change of foot;f) Spin combination with only one change of foot;g) Step sequence fully utilizing the ice surface. <p>Duration: 2 min., 40 sec. +/- 10 sec.</p>



Free Skating 自由滑		<p>In accordance with ISU Technical Rules Single & Pair Skating 2024, Rules 612 and the respective ISU Communication. Special attention should be paid to the “well balanced program” and the element value.</p> <p>A well-balanced Free Skating program for Women must contain:</p> <ul style="list-style-type: none">a) maximum of seven jump elements (one of which must be an Axel type jump);b) maximum of three spins, one of which must be a spin combination, one a flying spin or a spin with a flying entrance and one a spin with only one position;c) maximum of one step sequence;d) maximum of one choreographic sequence. <p>Duration: 4 min. +/- 10 sec.</p>
Senior Pair 成年組雙人滑	Short Program 短節目	<p>The required elements to be skated are those listed in ISU Technical Rules Single & Pair Skating 2024, Rule 620, paragraphs 1 and 2 for 2025/26</p> <ul style="list-style-type: none">a) Any Lasso lift take-off (Group Five);b) Twist lift (double or triple);c) Throw jump (double or triple);d) Solo jump (double or triple);e) Solo spin combination with only one change of foot;f) Death spiral backward inside;g) Step sequence fully utilizing the ice surface. <p>Duration: 2 min., 40 sec. +/- 10 sec.</p>
	Free Skating 自由滑	<p>In accordance with ISU Technical Rules Single & Pair Skating 2024, Rules 621 and the respective ISU Communication. Special attention should be paid to the “well balanced program” and the element value.</p> <ul style="list-style-type: none">a) maximum of three lifts, not all from the same group, with full extension of the lifting arm/s;b) maximum of one twist lift;c) maximum of two different throw jumps;d) maximum of one solo jump;e) maximum of one jump combination or sequence;f) maximum of one pair spin combination;g) maximum of one death spiral different from the death spiral of the Short Program;h) maximum of one choreographic sequence. <p>Duration: 4 min., +/- 10 sec.</p>
Senior Ice Dance 成年組冰上舞蹈	Rhythm Dance 韻律舞	<p>In accordance with ISU Technical Rules Ice Dance 2025, Rule 709. Rhythms, required elements and guidelines are those listed in ISU Communication no. 2704, and subsequent updates.</p> <ul style="list-style-type: none">a)(1) Short Lift, up to 8 secondsb)(1) Pattern Dance Type Step Sequence (PSt), (Style D)c)(1) Choreographic Rhythm Sequenced)(1) Step Sequence Not Touching (Style B)e)(1) Set of Sequential Twizzles <p>Duration: 2 min., 50 sec. +/- 10 sec.</p>
	Free Dance	<p>In accordance with ISU Technical Rules Ice Dance 2024,</p>

	自由舞	<p>Rules 710. The required elements to be skated are those listed in ISU Communication no. 2704 and subsequent updates.</p> <p>a) (3) Different Type Short Lift up to 8 seconds Or (1) Short Lift and One (1) Combination Lift up to 13 seconds b) (1) Dance Spin c) (1) Step Sequence in Hold (Style B) d) (1) one Foot Turns Sequence FD Option, Not-Touching e) (1) Set of Synchronized Twizzles f) (3) Different Choreographic Elements chosen from: Choreographic Assisted Jump/Lifting Movement Choreographic Character Step Sequence Choreographic Hydroblading Movement Choreographic Lift Choreographic Sliding Movement Choreographic Spinning Movement Choreographic Twizzling Movement</p> <p>Duration: 4 min., +/- 10 sec.</p>
Junior Men Single 青年男子組 單人滑	Short Program 短節目	<p>The required elements to be skated are those listed in ISU Technical Rules Single & Pair Skating 2024, Rules 611, paragraphs 1 and 3 for 2025/26</p> <p>Men</p> <p>a) Double or triple Axel; b) Double or triple Loop jump; c) Jump combination consisting of a double and a triple jump or two triple jumps; d) Flying sit spin; e) Camel spin with only one change of foot; f) Spin combination with only one change of foot; g) Step sequence fully utilizing the ice surface.</p> <p>Duration: 2 min., 40 sec. +/- 10 sec.</p>
	Free Skating 自由滑	<p>In accordance with ISU Technical Rules Single & Pair Skating 2024, Rules 612 and the respective ISU Communication. The program must meet the requirements of a well-balanced program and the element values.</p> <p>A well-balanced Free Skating program for Men must contain:</p> <p>a) maximum of seven jump elements (one of which must be an Axel type jump); b) maximum of three spins, one of which must be a spin combination, one a flying spin or a spin with a flying entrance and one a spin with only one position; c) maximum of one choreographic sequence.</p> <p>Duration: 3 min., 30 sec, +/- 10 sec.</p>
Junior Women Single 青年女子組 單人滑	Short Program 短節目	<p>The required elements to be skated are those listed in ISU Technical Rules Single & Pair Skating 2024, Rules 611, paragraphs 1 and 3 for 2025/26</p> <p>Women</p> <p>a) Double Axel; b) Double or triple Loop jump; c) Jump combination consisting of two double jumps or one double and one triple jump or two triple jumps;</p>



		<p>d) Flying sit spin; e) Layback / sideways leaning spin or camel spin without change of foot;</p> <p>f) Spin combination with only one change of foot; g) Step sequence fully utilizing the ice surface.</p> <p>Duration: 2 min., 40 sec. +/- 10 sec.</p>
Free Skating 自由滑		<p>In accordance with ISU Technical Rules Single & Pair Skating 2024, Rules 612 and the respective ISU Communication. The program must meet the requirements of a well-balanced program and the element values.</p> <p>A well-balanced Free Skating program for Women must contain:</p> <p>a) maximum of seven jump elements (one of which must be an Axel type jump); b) maximum of three spins, one of which must be a spin combination, one a flying spin or a spin with a flying entrance and one a spin with only one position; c) maximum of one choreographic sequence.</p> <p>Duration: 3 min., 30 sec. +/- 10 sec.</p>
Junior Pair 青年組雙人滑	Short Program 短節目	<p>The required elements to be skated are those listed in ISU Technical Rules Single & Pair Skating 2024, Rules 620, paragraphs 1 and 3 for 2025/26</p> <p>a) Any Lasso lift take-off (Group Five); b) Twist lift (double or triple); c) Double or triple toe loop or Flip/Lutz throw jump; d) Double loop or double Axel solo jump; e) Solo spin combination with only one change of foot; f) Death spiral backward inside; g) Step sequence fully utilizing the ice surface.</p> <p>Duration: 2 min., 40 sec. +/- 10 sec.</p>
	Free Skating 自由滑	<p>In accordance with ISU Technical Rules Single & Pair Skating 2024, Rules 621 and the respective ISU Communication. Special attention should be paid to the “well balanced program” and the element value.</p> <p>a) maximum of two lifts, not both from the same group with full extension of the lifting arm/s; b) maximum of one twist lift; c) maximum of two different throw jumps; d) maximum of one solo jump; e) maximum of one jump combination or sequence; f) maximum of one pair spin combination; g) maximum of one death spiral; h) maximum of one choreographic sequence.</p> <p>Duration: 3min., 30 sec. +/- 10 sec.</p>
Junior Ice Dance 青年組冰上舞蹈	Rhythm Dance 韻律舞	<p>In accordance with ISU Technical Rules Ice Dance 2025, Rule 709.Rhythms, required elements and guidelines are those listed in ISU Communication no. 2704 and subsequent updates.</p> <p>a)(1)Short Lift, up to 8 seconds b)(2)Pattern Dance Elements: (1) Sequence of the Rhumba immediately followed by one</p>

- (1) Sequence of the Quickstep
- c)(1) Step Sequence Not Touching (Style B)
- d)(1) Set of Sequential Twizzles

Duration: 2 min., 50 sec. +/- 10 sec.

Free Dance
自由舞

In accordance with ISU Technical Rules Ice Dance 2025, Rules 710. The required elements to be skated are those listed in ISU Communication no. 2704 and subsequent updates.

- a) (2) Different Type Short Lift up to 8 seconds Or (1) Combination Lift up to 13 seconds
- b) (1) Dance Spin
- c) (1) Step Sequence in Hold (Style B)
- d) (1) one Foot Turns Sequence FD Option, Not-Touching
- e) (1) Set of Synchronized Twizzles
- f) (2) Different Choreographic Elements chosen from:
Choreographic Assisted Jump/Lifting Movement
Choreographic Character Step Sequence
Choreographic Hydroblading Movement
Choreographic Lift
Choreographic Sliding Movement
Choreographic Spinning Movement
Choreographic Twizzling Movement

Duration: 3 min., 30 sec. +/- 10 sec.

少年組單人滑和雙人滑 Novice Singles and Pairs

比賽將根據國際滑冰公告 2699 號關於少年組的技術規定進行。

Novice Singles and Pairs competitions will be conducted in accordance with ISU Communication No. 2699.

少年組冰上舞蹈 Novice Ice Dance

比賽將根據國際滑冰公告 2700, 少年組的技術規定進行。

Novice Ice Dance competitions will be conducted in accordance with ISU Communication No. 2700.

Advanced	Short program	The required elements to be skated are those listed in ISU Communication no. 2699, and subsequent updates.
Novice Boys	短節目	
Single		The Short Program for Boys' Single Skating shall consist of the following elements:
高級少年男子組		a) Single Axel or double Axel;
單人滑		b) Double or triple jump, may not repeat jump a)
		c) One jump combination consisting of two double jumps or one double and one triple jump, the second jump must be double or triple Loop (for season 2025/26), both jumps may not repeat jump a) or b)
		d) Camel spin with or without change of foot and no flying entrance (minimum of five (5) revolutions on each foot if change of foot, minimum of six (6) revolutions without change of foot) (for season 2025/26).
		e) Spin combination with only one change of foot (minimum of five (5) revolutions on each foot), flying entrance not allowed.
		f) One step sequence fully utilizing the ice surface. For feature 4) Two combinations of 3 difficult turns on different

feet: the combinations must include forward inside bracket and backward outside counter (for season 2025/26), they can be in the same combination or one in the first and the other in the second. Only one difficult turn may be repeated once in the two combinations. At least 2 difficult turns and steps must be executed on clean edges for Level basic.

Duration: 2 min. 20 sec. +/-10 sec.

Free Skating
自由滑

In accordance with ISU Communication no. 2699 and the respective ISU Communication. Special attention should be paid to the “well balanced program” and the element value.

a) Maximum of 6 jump elements one of which must be an Axel type jump. There may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence. One jump combination or jump sequence can consist of up to three (3) jumps, the other up to two (2) jumps. A jump sequence consists of two or three 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. One full revolution on the ice between the jumps (free foot can touch the ice, but without weight transfer) keeps the element in the frame of the definition of a jump sequence. Jumps executed in a jump sequence receive their full value. Only two triple jumps can be repeated either in a jump combination or jump sequence.

No quadruple jumps are allowed. Any single, double (including Double Axel) or triple jump cannot be executed more than twice in total.

The same type of jump independent of revolutions can be included not more than three times in the Free Skating program.

b) There must be a maximum of two (2) spins of a different nature (abbreviation). One spin must be a spin combination with a change of foot which must have a minimum of eight (8) revolutions, a flying entrance is not allowed. One spin must be a flying sit spin which must have a minimum of six (6) revolutions, a change of foot is allowed but a change of position is not allowed (for season 2025/26). Minimum of eight (8) revolutions if with change of foot.

c) There must be one Choreographic Sequence consisting of at least two different skating movements.

Duration: 3 min., +/-10 sec.

Advanced Short Program

Novice Girls 短節目

Single

高級少年女子組

單人滑

The required elements to be skated are those listed in ISU Communication no. 2699 and subsequent updates.

The Short Program for Girls' Single Skating shall consist of the following elements:

a) Single Axel or double Axel;

b) Double or triple jump, may not repeat jump a)

c) One jump combination consisting of two double jumps or one double and one triple jump, the second jump must be double or triple Loop (for season 2025/26), both jumps may not repeat jump a) or b)

d) Layback/sideways leaning spin or camel spin with no change of foot (minimum six (6) revolutions) and no flying



entrance (for season 2025/26).

- e) Spin combination with only one change of foot (minimum of five (5) revolutions on each foot), flying entrance not allowed.
- f) One step sequence fully utilizing the ice surface. For feature 4) Two combinations of 3 difficult turns on different feet: the combinations must include forward inside bracket and backward outside counter (for season 2025/26), they can be in the same combination or one in the first and the other in the second.

Only one difficult turn may be repeated once in the two combinations. At least 2 difficult turns and steps must be executed on clean edges for Level basic.

Duration: 2 min. 20 sec. +/-10 sec.

Free Skating
自由滑

In accordance with ISU Communication no.2699 and the respective ISU Communication. Special attention should be paid to the "well balanced program" and the element value.

- a) Maximum of 6 jump elements one of which must be an Axel type jump. There may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence. One jump combination or jump sequence can consist of up to three(3) jumps, the other up to two (2) jumps. A jump sequence consists of two or three 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. One full revolution on the ice between the jumps (free foot can touch the ice, but without weight transfer) keeps the element in the frame of the definition of a jump sequence. Jumps executed in a jump sequence receive their full value. Only two triple jumps can be repeated either in a jump combination or jump sequence.

No quadruple jumps are allowed. Any single, double (including Double Axel) or triple jump cannot be executed more than twice in total.

The same type of jump independent of revolutions can be included not more than three times in the Free Skating program.

- b) There must be a maximum of two (2) spins of a different nature (abbreviation). One spin must be a spin combination with a change of foot which must have a minimum of eight (8) revolutions, a flying entrance is not allowed. One spin must be a flying sit spin which must have a minimum of six (6) revolutions, a change of foot is allowed but a change of position is not allowed (for season 2025/26). Minimum of eight (8) revolutions if with change of foot.
- c) There must be one Choreographic Sequence consisting of at least two different skating movements.

Duration: 3 min. +/-10 sec.

Advanced Short Program
Novice Pair 短節目

高級少年組
雙人滑

Required elements and guidelines are those listed in ISU Communication no. 2699 and subsequent updates.

The Short Program for Pair Skating shall consist of the following elements:

- a) One lift of Groups 1 to 4, one arm holds not allowed
- b) One twist lift (single or double)



		<p>c) One solo jump (double)</p> <p>d) One solo spin combination with or without change foot (minimum of five and five (5+5) revolutions if with change of foot, or six (6) revolutions without change of foot)</p> <p>e) One death spiral</p> <p>f) One step sequence fully utilizing the ice surface</p> <p>Duration: 2 min., 20 sec. +/- 10 sec.</p>
	<p>Free Skating 自由滑</p>	<p>In accordance with ISU Communication no. 2699 and the respective ISU Communication. Special attention should be paid to the “well balanced program” and the element value.</p> <p>a) Two lifts both from Group 1 or from Group 2, or two different lifts from Groups 1 to 4, one arm holds not allowed, (in Group 1 and 2 full extension of the lifting arm of the partner is not required)</p> <p>b) One throw jump (double)</p> <p>c) One solo jump (double)</p> <p>d) One pair spin combination (minimum of six (6) revolutions)</p> <p>e) One death spiral</p> <p>f) One Choreographic Sequence consisting of at least two different skating movements by both partners</p> <p>Duration: 3min., +/- 10 sec.</p>
<p>Advanced Novice Ice Dance 高級少年組 冰上舞蹈</p>	<p>Pattern Dance 圖案舞</p>	<p>In accordance with ISU Technical Rules Ice Dance 2025.</p> <p>Required elements and guidelines are those listed in ISU Communication no.2700 for Season 2025/2026 and subsequent updates.</p> <p>The following two (2) Pattern Dances are to be skated: Starlight Waltz and Quickstep - Duration of the Quickstep Pattern Dance (2) sequences and one (1) Choreographic Element must be completed within one 1 minute 10 seconds.</p>
	<p>Free Dance 自由舞</p>	<p>In accordance with ISU Technical Rules Ice Dance 2025 Rule 710.</p> <p>The required elements to be skated are those listed in ISU Communication no. 2700 and subsequent updates.</p> <p>(1) Short Lift -Maximum 7 seconds</p> <p>(1) Dance Spin</p> <p>(1) Step Sequence-Style B</p> <p>(1) Sequential Twizzles</p> <p>(2) Different Choreographic Elements chosen from: Choreographic Character Step Sequence Choreographic Lift Choreographic Sliding Movement Choreographic Spinning Movement Choreographic Twizzling Movement</p> <p>*The type of Choreographic Element attempted in the Pattern Dance “Quickstep + Choreographic Element” cannot be repeated in the Free Dance. A repeated Choreographic Element will receive the “!” symbol..</p> <p>Duration: 3 min., +/- 10 sec.</p>



Intermediate Novice Boys/Girls Single 中級少年 男/女子組 單人滑	Free Skating 自由滑	<p>In accordance with ISU Communication no. 2699 and the respective ISU Communication. Special attention should be paid to the “well balanced program” and the element value.</p> <p>a) Maximum of 5 jump elements one of which must be an Axel type jump. There may be up to two (2) jump combinations or one (1) jump combination without using an Euler (half-loop) 1) and one (1) jump sequence.</p> <p>b) There must be a maximum of two (2) spins of a different nature (abbreviation), one of which must be a spin combination and one must be a spin with no change of position.</p> <p>There must be a maximum of one (1) step sequence fully utilizing the ice surface and including at least one skating movement such as a spiral, spread eagle, Ina Bauer, hydroblading etc.</p> <p>Duration: 3 min., +/-10 sec.</p>
Intermediate Novice Ice Dance 中級少年組 冰上舞蹈	Pattern Dance 圖案舞	<p>In accordance with ISU Technical Rules Ice Dance 2025.</p> <p>Required elements and guidelines are those listed in ISU Communication no.2700 for Season 2025/2026 and subsequent updates.</p> <p>Two (2) Pattern Dances are to be skated from the following. These will be drawn before the first practice on site: Rocker Foxtrot, European Waltz, Tango</p>
	Free Dance 自由舞	<p>In accordance with ISU Technical Rules Ice Dance 2025 Rule 710.</p> <p>The required elements to be skated are those listed in ISU Communication no. 2700 for Season 2025/2026 and subsequent updates.</p> <p>(1)Short Lift -Maximum 7 seconds (1)Dance Spin (1)Sequential Twizzles (2) Choreographic Elements: (1) of which must be a Choreographic Character Step Sequence And (1) additional chosen from: Choreographic Lift Choreographic Sliding Movement Choreographic Spinning Movement Choreographic Twizzling Movement</p> <p>Duration: 2 min 30 sec, +/- 10 sec.</p>
Basic Novice Boys/Girls Single 初級少年 男/女子組 單人滑	Free Skating 自由滑	<p>In accordance with ISU Communication no. 2699 and the respective ISU Communication. Special attention should be paid to the “well balanced program” and the element value.</p> <p>a) Maximum of five (5) jump elements one of which must be an Axel type jump. There may be up to two(2) jump combinations or one (1) jump combination without using an Euler (half-loop) 1) and one (1) jump sequence.</p> <p>b) There must be a maximum of two (2) spins of a different nature (abbreviation), one of which must be a spin combination and one must be a spin with no change of position and no change of foot.</p> <p>c) There must be a maximum of one (1) step sequence fully</p>



utilizing the ice surface and including at least one skating movement such as a spiral, spread eagle, Ina Bauer, hydroblading etc.

Duration: 2 min. 30 sec. +/-10 sec.

Basic Novice Free Skating
Boys/Girls Pair 自由滑
初級少年組
雙人滑

In accordance with ISU Communication no. 2699 and the respective ISU Communication. Special attention should be paid to the “well balanced program” and the element value. A well balanced Free Skating program must contain a maximum of:

- Two lifts, from Group 1 and/or from Group 2, one arm holds not allowed (full extension of the lifting arm of the partner is not required)
- One throw jump (single)
- One solo jump (single or double)
- One solo spin in one position or one pair spin. The solo spin can be executed with a change of foot and a minimum of eight (8) revolutions in total or without a change of foot and a minimum of five (5) revolutions. The pair spin must be executed with a minimum of five (5) revolutions.
- One pivot figure
- One step sequence fully utilizing the ice surface

Duration: 3 min., +/-10 sec.

Basic Novice Pattern Dance
Ice Dance 圖案舞
初級少年組
冰上舞蹈

In accordance with ISU Technical Rules Ice Dance 2026 Rule 710. The required elements to be skated are those listed in ISU Communication no. 2700 for Season 2025/2026 and subsequent updates. Two (2) Pattern Dances are to be skated from the following. These will be drawn before the first practice on site:
Willow Waltz, Tango Canasta and Rhythm Blues

(1)Dance Spin
(1)Sequential Twizzles
(2) Choreographic Elements:
(1) of which must be a Choreographic Character Step Sequence And (1) additional chosen from:
Choreographic Lift
Choreographic Sliding Movement
Choreographic Spinning Movement
Choreographic Twizzling Movement

Duration: 2 min., +/- 10 sec.

六、 音樂 Music

根據國際滑冰聯盟規則第 343 · MP3 上應該標明運動員姓名、競賽項目、所屬協會、音樂時間 (非滑冰時間) 及是否包含有任何音樂開始信號 · 請於 4 月 22 日或之前上載至 Google 報名連結或電郵至 entries@hksu.org 提交給組委會。注意: 音樂檔案容量過大或無法傳送 · 參加者可以放上雲端及電郵相關內容給組委會。

MP3 名稱應該用英文標示 · 格式如下: 組別 / 節目 / 參加者姓名。

Men_SP_MUSTERMANN-Max / Men_FS_MUSTERMANN-Max

In accordance with Rule 343 in the ISU Special Regulations & Technical Rules Single & Pair Skating and Ice Dance, the following method to submit the Competitor's music to the Organizing Committee must be



followed:

- the skaters are responsible for submitting their Competitor's music uploaded to the google application link or as direct attachment to an email to the Organizing Committee (entries@hksu.org) until 22 April. Please note: some music files might exceed the size of a regular email. In this case, an email-based transfer service which allows to send large files could be used to send the file to the OC.
- each submission shall be labelled with the name of the ASU Member, name of the category, segment and the name(s) of the competitor(s):

Example: Men_SP_MUSTERMANN-Max / Men_FS_MUSTERMANN-Max

**所有參賽節目均可以使用聲樂用作比賽音樂。Vocal music is permitted for all competition programs.*

七、 報名 Entries

報名者須於 **2026 年 4 月 22 日 (星期三)** 或之前完成網上報名並將支票郵寄到中國香港滑冰聯盟有限公司辦理。All entries should be submitted via Online Application System and mailed the crossed cheque to HKSU office on or before **Wednesday, 22 April, 2026**:

- 報名費港幣 800 元 Entry Fee HKD 800。
 - (1) 本會接受劃線支票。支票抬頭請寫：**中國香港滑冰聯盟有限公司**。地址：銅鑼灣奧運大樓 1023 室 Crossed cheque payable to **“Hong Kong China Skating Union Limited”** is accepted. Mail address: Room 1023, Olympic House, Causeway Bay, Hong Kong

(2) 轉帳至以下銀行戶口

You can make bank transfer to our bank account:

Account Name / 收款人戶口名字：	Hong Kong China Skating Union Limited
Bank Code:	024
Account No./ 賬戶號碼:	383-527496-883
Name of the Bank / 銀行名稱	Hang Seng Bank Limited
Bank SWIFT code / 銀行國際代碼	HASEHKHHXXX
Address of the Bank / 銀行地址:	83 Des Voeux Road Central, Hong Kong
FPS 轉數快(Email)	accounting@hksu.org

**中國香港滑冰聯盟有限公司有權拒絕任何報名者參加比賽，而無須說明理由。*

HKSU reserves its rights to refuse any application without giving any reasons or explanation.

**中國香港滑冰聯盟有限公司將於 2026 年 4 月 26 日 (星期日) 前通知報名者是否獲准參賽，未獲批准參賽之運動員的報名費將獲退還。*

The skaters will be informed on or before 26 April, 2026 if their entries are confirmed and if not, the entry fee will be refunded.

**獲准參賽者須準時出席由中國香港滑冰聯盟有限公司安排的開幕及抽籤儀式。*

Skaters who are qualified to the Championships should attend the opening ceremony and the draw before the competition at the time and place arranged by HKSU.

八、 正式練習時間 Official Practice

賽事組織委員會將在比賽前一天及比賽當天上午為運動員提供練習與合樂時間，詳細時間表將在報到時提供。

Official practice for skaters will be provided one day before the competition and in the morning of competition day. The detailed schedule will be issued at the time of registration.

九、錄取名次和證書 Results and Certificates

獲各組前三名的運動員將獲頒獎牌及獲獎證書，其餘參賽運動員均獲頒參賽證書。

The top three skaters in each group will be awarded medals and certificates, all other skaters will be awarded Participation Certificates.

十、技術專家組、裁判長與裁判員 Technical Panel, Referee and Judges

賽事技術專家組、裁判長和裁判員均由中國香港滑冰聯盟有限公司邀請或選派。

The Technical Panel, Referee and Judges will be invited or appointed by HKSU.

十一、保險 Liability

賽事組織委員會不負責參賽者的各項保險，所有參賽者必須自行負擔保險責任及費用。

It is the sole obligation of each member participating in HKSU Events, to provide medical and accident insurance for themselves. Such insurance must assure full medical attendance and also the return of the ill or injured person to the home country by air transport or by other expeditious. HKSU assumes no responsibility for or liability with respect to the bodily or personal injury or property damage incurred in connection with the event.

十二、申訴與仲裁 Protest and Arbitration

所有參與者均服從“運動員及教練參賽聲明”中所聲明的內容，與賽事有關的投訴應以書面方式在有關競賽節目結束後 30 分鐘內呈交賽事組織委員會，同時繳交每項投訴行政費用港幣 500 元。參與者不得以任何方式干擾技術專家組、裁判長和裁判員的工作。仲裁的最高機構為賽會的仲裁委員會。

The contents of “Declaration for Competitor and Coach” apply to all participants. The protest related to the Championships must be lodged with the Organizing Committee in writing with administration fee HKD500 attached within thirty (30) minutes of the conclusion of the related competition segment. The participants should not interrupt or manipulate the Technical Panel, Referee and Judges in any manners. The superior arbitration organization is the Arbitration Committee of Organizing Committee.

十三、暫定比賽日程 Tentative Schedule

日期 Date	事項 Event	地點 Venue
2026 年 6 月 1 日 1 June, 2026	報到 Registration	又一城歡天雪地溜冰場 Festival Walk Glacier
2026 年 6 月 2 日 2 June, 2026	正式練習 Official Practice 比賽 Competitions	
2026 年 6 月 3 日 3 June, 2026	正式練習 Official Practice 比賽 Competitions	

*以上日程只供參考，以賽事組織委員會最後公佈為準。Subject to change.