



FEDERASI ICE SKATING INDONESIA
INDONESIA ICE SKATING FEDERATION

COMMUNICATION No: 016/2024

FISI NATIONAL BASIC SKILLS CATEGORY 2025

The Federasi Ice Skating Indonesia (FISI) hereby announces updates to the National Basic Skills Category. These revisions have been undertaken to elevate the quality and competitive standards of basic skills skating in Indonesia, ensuring alignment with international practices and fostering long-term athlete development.

The revised structure will take effect on January 1st, 2025. Detailed information regarding these changes can be found in the following pages.

All affiliated coaches, management rinks, and skaters are requested to review the revised guidelines thoroughly to ensure compliance and proper preparation.

Jakarta, 8 December 2024

Suzan Herawaty, S.E., President

NEW FISU TEST REQUIREMENTS

The new FISU test requirement will take effect after January 1st, 2025



LEVEL	REQUIRED ELEMENTS	NOTES
BASIC STARLET 1 <i>Free Skating</i> Duration: 1 Min +/- 10 Sec max	<ol style="list-style-type: none"> 1. Forward Crossover (5 each @ L Over R) 2. Forward Crossover (5 each @ R Over L) 3. Lunge (Min 2 seconds) 4. RFO 3 Turn & LFO 3 Turn 5. Forward Stroking (5 Strokes) 6. Right Forward Spiral (Min 2 seconds) 	<ul style="list-style-type: none"> * The multiplying factor for the Total Program Components Score is: Free Skating 1.5 * Each element may only be performed <u>ONCE</u> * Falls per fall outside elements -0.3 * Falls in elements will be called by the Technical Panel but with no deduction(s).
BASIC STARLET 2 <i>Free Skating</i> Duration: 1 Min +/- 10 Sec max	<ol style="list-style-type: none"> 1. Backward Crosscut (5 each @ L Over R) 2. Backward Crosscut (5 each @ R Over L) 3. Left Forward Spiral (a min of 2 seconds) 4. RFI 3 Turn & LFI 3 Turn 5. 1 Bunny Hop 6. Two-foot Spin (Min 3 revs) 	<ul style="list-style-type: none"> * The multiplying factor for the Total Program Components Score is: Free Skating 1.5 * Each element may only be performed <u>ONCE</u> * Falls per fall outside elements -0.3 * Falls in elements will be called by the Technical Panel but with no deduction(s).
STARLET 1 <i>Free Skating</i> Duration: 1 Min 30 Sec +/- 10 Sec max	<ol style="list-style-type: none"> 1. Waltz Jump 2. Single Toe Loop Jump 3. Single Salchow 4. Single Salchow + Single Toe Loop Combination Jump 5. Forward Upright Spin (Min 4 Revs and No Layback Spin is allowed) 6. Max of 1 Choreographic Sequence (Must include 1 forward spiral position for at least 3 secs) 	<ul style="list-style-type: none"> * The multiplying factor for the Total Program Components Score is: Free Skating 1.5 * Each element may only be performed <u>ONCE</u> * Falls per fall outside elements -0.3 * Falls in elements will be called by the Technical Panel but with no deduction(s). * For Forward Upright Spin will only receive a maximum level Basic * For Choreographic Sequence will only receive Choreographic Sequence Basic "ChSqB" as stated in the latest FISU SOV 2025
STARLET 2 <i>Free Skating</i> Duration: 1 Min 30 Sec +/- 10 Sec max	<ol style="list-style-type: none"> 1. Single Loop Jump 2. Single Flip Jump 3. Waltz + Single Loop Combination Jump 4. Forward Sit Spin (Min 4 revs in sit position for a level Basic & Without a change of foot) 5. Forward Sit Spin to Forward Upright - <i>Min of 4 revs on each position & Without a change of foot (CoSpBV)</i> 6. Maximum of 1 Step Sequence (at least 1/3 of the long axis of the rink) 	<ul style="list-style-type: none"> * The multiplying factor for the Total Program Components Score is: Free Skating 1.5 * Each element may only be performed <u>ONCE</u> * Falls per fall outside elements -0.3 * Falls in elements will be called by the Technical Panel but with no deduction(s). * For Forward Sit Spin & Step Seq will only receive a maximum level Basic * For combination Forward Sit Spin to Upright will only receive a maximum level Basic * For Step Sequence will only receive Step Sequence Basic "StSqB"
	<p><i>Maximum of 5 Jumps elements:</i></p> <ol style="list-style-type: none"> 1. One Waltz Jump or single Axel 	<ul style="list-style-type: none"> * The multiplying factor for the Total Program Components Score is: Free Skating 1.5 * Each element may only be performed <u>ONCE</u>

<p>PRELIMINARY Free Skating Duration: 1 Min 40 Sec +/- 10 Sec max</p>	<p>2. Single Flip Jump 3. Single Lutz Jump 4. 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</p> <p><i>Maximum of 2 Spins:</i></p> <p>1. Forward Camel Spin (Min 4 revs and max a level Basic only & No flying entry is allowed) 2. Combination spin with/without a change of foot. No flying entry allowed. (Max up to level 1)</p> <p><i>Max of 1 Choreographic Sequence</i></p>	<p>* Falls per fall outside elements -0.3 * Falls in elements will be called by the Technical Panel but with no deduction(s).</p>
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<p>ELEMENTARY Free Skating Duration: 2 Min +/- 10 Sec max</p>	<p><i>Maximum of 5 Jumps elements:</i></p> <p>1. Single Axel 2. Single Lutz 3. Any double jump except double Axel 4. 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.</p> <p><i>Maximum of 2 Spins:</i></p> <p>1. Forward Camel Spin or Forward Layback (Min 4 revs and max a level Basic only & No flying entry is allowed) 2. Combination spin with a change of foot. No flying entry allowed. (Max up to level 1)</p> <p><i>Maximum of 1 Step Sequence</i></p> <p>Must include at least one skating movement such as spiral, spread eagle, Ina Bauer, hydroblading etc. (Max up to level 1)</p>	<p>* The multiplying factor for the Total Program Components Score is: Free Skating 1.5 * Each element may only be performed <u>ONCE</u> * Falls per fall outside elements -0.3 * Falls in elements will be called by the Technical Panel but with no deduction(s).</p> <p>* For Step Sequence will only receive a max of Step Sequence Basic "StSq1"</p> <p>* Forward Camel Spin or Forward Layback (e) – Minimum of 4 revolutions in basic position will receive a max of LEVEL BASIC * Combination spins - Two revolutions on each basic position is necessary to receive LEVEL BASIC.</p>
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List of elements - Scale of values Singles	FEDERASI ICE SKATING INDONESIA - SCALE OF VALUES 2025 FOR BASIC SKILLS											
Elements	Abbreviation	-5	-4	-3	-2	-1	BV	+1	+2	+3	+4	+5
Basic Starlet 1												
Forward Crossover L Over R	AFXovB	-0,10	-0,08	-0,06	-0,04	-0,02	0,20	0,02	0,04	0,06	0,08	0,10
	AFXov1	-0,15	-0,12	-0,09	-0,06	-0,03	0,30	0,03	0,06	0,09	0,12	0,15
Forward Crossover R Over L	CFXovB	-0,10	-0,08	-0,06	-0,04	-0,02	0,20	0,02	0,04	0,06	0,08	0,10
	CFXov1	-0,15	-0,12	-0,09	-0,06	-0,03	0,30	0,03	0,06	0,09	0,12	0,15
Lunge	LungeB	-0,25	-0,20	-0,15	-0,10	-0,05	0,50	0,05	0,10	0,15	0,20	0,25
	Lunge1	-0,40	-0,32	-0,24	-0,16	-0,08	0,80	0,08	0,16	0,24	0,32	0,40
Forward Stroking	FStrkB	-0,10	-0,08	-0,06	-0,04	-0,02	0,20	0,02	0,04	0,06	0,08	0,10
	FStrk1	-0,15	-0,12	-0,09	-0,06	-0,03	0,30	0,03	0,06	0,09	0,12	0,15
Forward Outside Threes	FO3B	-0,25	-0,20	-0,15	-0,10	-0,05	0,50	0,05	0,10	0,15	0,20	0,25
	FO31	-0,40	-0,32	-0,24	-0,16	-0,08	0,80	0,08	0,16	0,24	0,32	0,40
Forward Spiral (either foot)	FSpr1B	-0,25	-0,20	-0,15	-0,10	-0,05	0,50	0,05	0,10	0,15	0,20	0,25
Basic Starlet 2												
Backward Crosscut L Over R	ABXovB	-0,15	-0,12	-0,09	-0,06	-0,03	0,30	0,03	0,06	0,09	0,12	0,15
	ABXov1	-0,20	-0,16	-0,12	-0,08	-0,04	0,40	0,04	0,08	0,12	0,16	0,20
Backward Crosscut R Over L	CBXovB	-0,15	-0,12	-0,09	-0,06	-0,03	0,30	0,03	0,06	0,09	0,12	0,15
	CBXov1	-0,20	-0,16	-0,12	-0,08	-0,04	0,40	0,04	0,08	0,12	0,16	0,20
Forward Spiral (either foot)	FSpr1B	-0,25	-0,20	-0,15	-0,10	-0,05	0,50	0,05	0,10	0,15	0,20	0,25
Forward Inside Threes	BO3B	-0,25	-0,20	-0,15	-0,10	-0,05	0,50	0,05	0,10	0,15	0,20	0,25
	BO31	-0,40	-0,32	-0,24	-0,16	-0,08	0,80	0,08	0,16	0,24	0,32	0,40
Bunny Hop	1BH	-0,10	-0,08	-0,06	-0,04	-0,02	0,20	0,02	0,04	0,06	0,08	0,10
Two-Foot Upright Spin	2FtUSpB	-0,40	-0,32	-0,24	-0,16	-0,08	0,80	0,08	0,16	0,24	0,32	0,40
Starlet 1												
Waltz Jump	1Wz	-0,15	-0,12	-0,09	-0,06	-0,03	0,30	0,03	0,06	0,09	0,12	0,15
Choreographic Sequence Basic	ChSqB	-1,25	-1,00	-0,75	-0,50	-0,25	1,50	0,25	0,50	0,75	1,00	1,25

Will take effect after January 1st, 2025