



# Kaunas Ice

## Spring Cup 2019

April 6<sup>th</sup> to 7<sup>th</sup>, 2019

Kaunas, Lithuania

## **INTERCLUB**

FIGURE SKATING COMPETITION  
IN SINGLE SKATING

Organized by

**Kaunas Winter Sports School**  
**“Baltu ainiai”**

Ausros st. 42 C, Kaunas, Lithuania

# 1. GENERAL

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The Kaunas Ice Spring Cup 2019 Competition will be conducted in accordance with the ISU Constitution and General Regulations 2018, the Special Regulations & Technical Rules Single & Pair Skating, the relevant ISU Communications and valid decisions of the ISU Congress 2018.

Participation in the Kaunas Ice Spring Cup 2019 is open to all competitors who belong to an ISU Member or Club.

# 2. VENUE

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All competition events and practice sessions will take place at:

Kaunas Ice Rink

Aušros g. 42 C, Kaunas, Lithuania

The Rink is indoor and heated with the size of 58 x 28 meters

# 3. WEBSITE

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All the information about the competition, registration, Starting Orders, Time Schedules, Online Results, Judges Scores will be available on the official competition website: [www.kaunasice.lt](http://www.kaunasice.lt).

# 4. JUDGING SYSTEM

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The results for all categories will be calculated in accordance with ISU Special Regulations and Technical Rules 2018 Single and Pair Skating – Rules 352 and 353 (ISU Judging System).

# 5. CATEGORIES

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In Kaunas Ice Spring Cup 2019 participants will be competing in these categories:

Pre-Chicks A, B & C  
Chicks A, B & C  
Cubs A & B  
Springs B

Basic Novice  
Intermediate Novice  
Junior B  
Senior B

Beginners Pre-Young  
Beginners Young  
Beginners Young adults  
Adult Bronze  
Adult Silver  
Adult Gold  
Adult Artistic  
Masters

## 6. ENTRIES

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### 6.1. Entry form

Entries have to be made before the deadline by filling the Online Registration Form, where the Planned Program Content is also filled. The Online Registration Form is accessible here: [go to the Entry Form](#). It is mandatory that the Planned Program Content must be filled in precisely by each Skater in English using the terminology for the elements listed in the respective ISU Communication.

Upon completing the Entry form please upload your competition music (in MP3 format) (see Paragraph 9. Music).

### 6.2. Deadline of entries

All entries (Competitors and Judges) are expected not later than **March 26<sup>th</sup>, 2019**.

### 6.3. Entry fee

Entry fee per competitor:

B categories (Pre-Chicks B & C, Chicks B & C, Cubs B, Springs B)	
Beginners	40 €
Adult (Bronze, Silver, Gold, Artistic)	
Masters	
A categories (Pre-Chicks A, Chicks A, Cubs A)	
Basic Novice	
Intermediate Novice	45 €
Junior B	
Senior B	

The Organizing Committee kindly asks participants to pay Entry fee by bank transfer to the following account:

Bank account holder: Sports club "Forsarus"  
 Bank: AB DNB Bankas  
 Bank code: 40100  
 Account No: LT48 4010 0425 0293 6011  
 SWIFT code: AGBLLT2X  
 Purpose of payment: for the competition. Country and name of skater (skaters)

### 6.4. Cancellation

After the deadline the entry fee will not be refunded in case of withdrawals for any reason.

## 6.5. Entries of Judges

Each participating ISU Members or Clubs are requested to nominate one Judge and one substitute Judge with at least the qualification “National Judge” and preferably “International Judge”. Should there be more Judges entered than needed in competition, the Organizing Committee reserves the right to conduct a pre-draw of the panels of Judges. Judges not drawn will be informed in time before the competition.

Entries of Judges must be made together with the entries for Competitors by filling the Online Entry form: [go to the Registration Form.](#)

## 7. EXPENSES

The Organizing Committee will provide and cover the expenses for accommodation and meal for all Referees, Judges, Technical Controllers, Technical Specialist, Data and Replay Operators during the competition. The Organizing Committee will cover the costs for travel expenses only for Referees, Technical Controllers, Technical Specialist, Data and Replay Operators.

The Organizing Committee will cover the accommodation and meal expenses for Judges accepted in the panel.

The expenses for accommodation, meal, travel and transfer of the Team Officials will not be covered by the Organizing Committee and are on the account of the Teams.

## 8. LIABILITY

In accordance with ISU Rule 119, the Organizer and the ISU accept no liability for bodily or personal injury, or for property loss or damage incurred by Competitors and Officials. Each ISU Member is expected to provide its own insurance protection for the Officials and Competitors.

## 9. MUSIC

Music will be reproduced from the computer. In order to ensure the smooth execution of the competition, **all Competitors are requested to send their competition music (in MP3 format) during the registration by filling the Online Entry Form, [which is available here.](#)**

The music has to be of excellent quality **in MP3 format and named with Competitor's first name, family name, category and segment** (eg. carolina\_kostner\_senior\_sp). The participation of the Competitor will be confirmed only after he or she sends the music to the Organizing Committee.

In addition Competitors must have a back-up CD drive for each program during the competition.

## 10. DRAW

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**There will be an electronic Draw, which will be held on April 5th, 2019.** The Starting Orders after the Draw will be available at the competition website [www.kaunasice.lt](http://www.kaunasice.lt) and will be sent to the participants by e-mail.

Starting orders for the Free Skating for Advanced Novice, Juniors and Seniors will be the reverse order of the results of the Short Program in accordance with Rule 513, paragraph 2.

## 11. AWARDS

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All the Competitors in each category will be announced and honored during the awarding ceremony on ice. The first three best placed Competitors in each category will be awarded with medals and trophies. Diplomas and souvenirs will be provided for all participants. The Award Ceremonies will be published with the official Time Schedule.

## 12. ORGANIZING COMMITTEE

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For additional information, please contact the Organizing Committee:

Website:	<a href="http://www.kaunasice.lt">www.kaunasice.lt</a>
E-mail:	<a href="mailto:competitionkaunas@gmail.com">competitionkaunas@gmail.com</a>
Facebook:	Kaunas Ice
Youtube:	Kaunas Ice
Laima Krauzienė:	+370 682 46 163
Justina Miklyčiūtė:	+370 622 72 807
Dovilė Pervazaitė:	+370 611 11 906

## 13. ACCOMMODATION

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The Algiro Hotel will be the official Hotel for Referees, Judges, Technical Controllers, Technical Specialist, Data and Replay Operators. Since the hotel is located near the Ice Rink the transportation will not be necessary to and from the event. Competitors are also invited to stay at Algiro Hotel.

Hotel:	Algiro Hotel
Address:	Savanorių pr. 120, LT-44148 Kaunas, Lithuania
Phone:	+370 37 537700, +370 37 537744
Website:	<a href="http://www.algirohotel.lt">www.algirohotel.lt</a>
E-mail:	<a href="mailto:info@algirohotel.lt">info@algirohotel.lt</a>

## 14. PRELIMINARY TIME SCHEDULE

Date	Event	
Saturday, April 6 <sup>th</sup>	Official Practice	
	Competition: Pre-Chicks C	Free Skating
	Pre-Chicks B	Free Skating
	Chicks C	Free Skating
	Chicks B	Free Skating
	Cubs B	Free Skating
	Awards	
Sunday, April 7 <sup>th</sup>	Official Practice	
	Competition: Pre-Chicks A	Free Skating
	Chicks A	Free Skating
	Cubs A	Free Skating
	Springs B	Free Skating
	Beginners Pre-Young	Free Skating
	Beginners Young & Young adults	Free Skating
	Adult Bronze, Silver, Gold, Masters, Artistic	Free Skating
	Basic Novice	Free Skating
	Intermediate Novice	Free Skating
	Junior B	Free Skating
	Senior B	Free Skating
		Awards

**Please note** that a fee of 5 € per person for one practice will be requested.

This Time Schedule is subject to changes and will be updated after the registration of entries.

The detailed and final Time Schedule of the event will be published on the competition website [www.kaunasice.lt](http://www.kaunasice.lt) and will be sent to all participants by e-mail.

**YOU ARE  
WELCOME  
IN KAUNAS**

# 15. TECHNICAL DATA

## INTERMEDIATE NOVICE Boys and Girls

**Age requirements:** In accordance to ISU Constitution and General Regulations 2018, Rule 108, paragraph 3.

**Free Skating:** In accordance with the ISU Communication 2172 and subsequent updates.

A well balanced Free Skating program for Singles boys and girls must contain:

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 sequences. A jump combination can contain only two (2) jumps. A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump.

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

b) **There must be a maximum of two (2) spins of a different nature (abbreviation), one of which must be a spin combination with change of foot (minimum eight (8) revolutions), flying entrance is not allowed and one must be a flying spin (minimum six (6) revolutions) or a spin in one position with change of foot and a flying entrance (minimum eight (8) revolutions).**

c) There must be one (1) step sequence fully utilizing the ice surface.

Duration: 3:00 min. +/- 10 sec.

Vocal music is permitted.

**Factors:** In accordance with ISU Communication 2172 the multiplying factors for the Program Component are:

for Boys 2.0 for Girls 1.7

**Level explanation:** In all elements which are subject to Levels, only features up to Level 2 will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

**Additional information:** There will be no Bonus for difficult elements in the second half of the program.

For every Interruption of:

- more than 10 seconds up to 20 seconds: - 0.5
- more than 20 seconds up to 30 seconds: - 1.0
- more than 30 seconds up to 40 seconds: - 1.5
- Interruption of the program with allowance of up to three (3) minutes to resume from the point of interruption: - 2.5 per program

Deduction for Fall is 0,5 point for every fall.

The Program Components are only judged in:

- Skating Skills
- Performance
- Interpretation

Warm-up groups can be maximum up to eight (8) Skaters.

If an extra jump(s) is executed, only the individual jump(s) which is not according to requirements will have no value. The jumps are considered in the order of execution.

## BASIC NOVICE Boys and Girls

**Age requirements:** In accordance to ISU Constitution and General Regulations 2018, Rule 108, paragraph 3.

**Free Skating:** In accordance with the ISU Communication 2172 and subsequent updates.

A well balanced Free Skating program for Singles must contain:

a) Maximum of four (4) jump elements one of which must be an Axel type jump. There may be up to two (2) jump combinations or sequences. Jump combinations can contain only two (2) jumps. A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump.

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

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.

The spin combination with a change of foot and a minimum of eight (8) revolutions or without a change of foot with a minimum of six (6) revolutions.

The spin in one position with a change of foot minimum of eight (8) revolutions or spin in one position without a change of foot minimum of six (6) revolutions.

In both spins flying entries are allowed.

c) There must be one (1) step sequence fully utilizing the ice surface.

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

Vocal music is permitted.

**Factors:** In accordance with ISU Communication 2024 the multiplying factor for the Program Component is 2.5.

**Level explanation:** In all elements which are subject to Levels, only features up to Level 2 will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

**Additional information:** There will be no Bonus for difficult elements in the second half of the program.

For every Interruption of:

- more than 10 seconds up to 20 seconds: - 0.5

- more than 20 seconds up to 30 seconds: - 1.0

- more than 30 seconds up to 40 seconds: - 1.5

- Interruption of the program with allowance of up to three (3) minutes to resume from the point of interruption: - 2.5 per program

Deduction for Fall is 0,5 point for every fall.

The Program Components are only judged in:

- Skating Skills
- Performance

Warm-up groups can be maximum up to eight (8) Skaters.

If an extra jump(s) is executed, only the individual jump(s) which is not according to requirements will have no value. The jumps are considered in the order of execution.



## JUNIOR B Ladies and Men

Age requirements: Junior B skater is the skater who has reached at least the age of 13, but has not reached the age of 19.

Free Skating: 1. Maximum five (5) jump elements:  
 - one (1) jump must be an Axel-type jump;  
 - maximum three (3) jump combinations or sequences. Only one jump combination may consist of three (3) jumps.

2. Maximum three (3) spins of different abbreviation, including:  
 - one (1) spin combination (min. 10 revolutions in total);  
 - one (1) flying spin (min. 6 revolutions);  
 - one (1) spin of free choice with minimum of 6 revolutions.

3. One (1) step sequence.

Duration: 3:00 min. +/- 10 sec.

Vocal music is permitted.

### Additional information for Junior B

Factors: The multiplying factors for the Program Components are:  
 for Men 2.0 for Ladies 1.7

Level explanation: In all elements which are subject to Levels, only features up to **Level 2** will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

Additional information: The Program Components are only judged in:  
 • Skating Skills • Transitions • Performance • Interpretation

## SENIOR B Ladies and Men

Age requirements: Senior B skater is the skater who has reached at least the age of 15 before July 1st preceding the Event.

Free Skating: 1. Maximum six (6) jump elements:  
 - one (1) jump must be an Axel-type jump;  
 - maximum three (3) jump combinations or sequences.

2. Maximum three (3) spins of different abbreviation, including:  
 - one (1) spin combination (min. 10 revolutions in total);  
 - one (1) flying spin (min. 6 revolutions);  
 - one (1) spin of free choice with minimum of 6 revolutions.

3. One (1) step sequence.

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

Vocal music is permitted.

### Additional information for Junior B

Factors: The multiplying factors for the Program Components are:  
 for Men 2.0 for Ladies 1.7

Level explanation: In all elements which are subject to Levels, only features up to **Level 3** will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

Additional information: The Program Components are only judged in:  
 • Skating Skills • Transitions • Performance • Interpretation

## CUBS A Boys and Girls

Age requirements: Cubs A skater is the skater born in 2008 and 2009.

- Free Skating:
1. Maximum four (4) jump elements:
    - one (1) jump must be an Axel-type jump;
    - maximum two (2) jump combinations or sequences;
    - only one (1) jump combination may consist of three (3) jumps.
  2. Maximum two (2) spins of different abbreviation, including:
    - one (1) spin combination with one change of foot and at least one change of position (min. 3+3 revolutions);
    - other spin of free choice with minimum of 3 revolutions.
  3. One (1) step sequence.

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

Vocal music is permitted.

## CHICKS A Boys and Girls

Age requirements: Chicks A skater is the skater born in 2010 and 2011

- Free Skating:
1. Maximum four (4) jump elements:
    - one (1) jump must be an Axel-type jump;
    - maximum two (2) jump combinations or sequences;
    - a jump combination can contain only two (2) jumps.
  2. Maximum two (2) spins of different abbreviation, each of them must be minimum of three (3) revolutions.
  3. One (1) step sequence.

Duration: 2:00 min. +/- 10 sec.

Vocal music is permitted.

## PRE-CHICKS A Boys and Girls

Age requirements: Pre-Chicks A skater is the skater born in 2012 and younger

- Free Skating:
1. Maximum four (4) jump elements:
    - one (1) jump must be an Axel-type jump;
    - maximum two (2) jump combinations or sequences;
    - a jump combination can contain only two (2) jumps.
  2. Maximum two (2) spins of different abbreviation, each of them must be minimum of three (3) revolutions.
  3. One (1) step sequence.

Duration: 2:00 min. +/- 10 sec.

Vocal music is permitted.

## Additional information for Cubs A, Chicks A and Pre-Chicks A categories

Factors:	The multiplying factor for the Program Components is 2.0.
Level explanation:	In all elements which are subject to Levels, only features up to <b>Level 2</b> will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.
Additional information:	<p>The Program Components are only judged in:</p> <ul style="list-style-type: none"> <li>• Skating Skills</li> <li>• Transitions</li> <li>• Performance</li> </ul> <p>No jump with the same name may be done more than twice.</p> <p>A jump sequence can contain any number of jumps, but only two (2) most difficult jumps will be counted.</p> <p>Deductions: Time violation - 0.5 point for every 5 sec. in lack or excess  Fall - 0.5 point for every fall  Interruption - 0.5 point</p> <p>The Competitors in each category may be younger (but not older) than the age shown.</p> <p>Warm-up groups can be maximum up to eight (8) skaters. The duration of warm-up is 5 min.</p>

## SPRINGS B Boys and Girls

Age requirements:	Springs B skater is the skater born in 2006 and 2007.
Free Skating:	<ol style="list-style-type: none"> <li>1. Maximum four (4) jump elements: <ul style="list-style-type: none"> <li>- one (1) jump must be an Axel-type jump;</li> <li>- no double Axel, triple and quadruple jumps are allowed;</li> <li>- maximum two (2) different double jumps are allowed and they cannot be done more than twice;</li> <li>- maximum two (2) jump combinations or sequences;</li> <li>- only one (1) jump combination may consist of three (3) jumps.</li> </ul> </li> <li>2. Maximum three (3) spins of different abbreviation, each of them must be minimum of four (4) revolutions.</li> <li>3. One (1) step sequence.</li> </ol> <p>Duration: 2:30 min. +/- 10 sec. Vocal music is permitted.</p>

## CUBS B Boys and Girls

Age requirements:	Cubs B skater is the skater born in 2008 and 2009.
Free Skating:	<ol style="list-style-type: none"> <li>1. Maximum four (4) jump elements: <ul style="list-style-type: none"> <li>- Axel and one (1) double jump are allowed not more than two (2) times;</li> <li>- double Flip (2F) and double Lutz (2Lz) are not allowed;</li> <li>- maximum two (2) jump combinations or sequences;</li> <li>- only one (1) jump combination may consist of three (3) jumps.</li> </ul> </li> <li>2. Maximum two (2) spins of different abbreviation, each of them must be minimum of three (3) revolutions.</li> <li>3. One (1) step sequence.</li> </ol> <p>Duration: 2:30 min. +/- 10 sec. Vocal music is permitted.</p>

## CHICKS B Boys and Girls

Age requirements: Chicks B skater is the skater born in 2010 and 2011.

- Free Skating:
1. Maximum four (4) jump elements:
    - Axel and double jumps are not allowed;
    - maximum two (2) jump combinations or sequences;
    - a jump combination can contain only two (2) jumps.
  2. Maximum two (2) spins of different abbreviation, each of them must be minimum of three (3) revolutions.
  3. One (1) step sequence.

Duration: 2:00 min. +/- 10 sec.

Vocal music is permitted.

## CHICKS C Boys and Girls

Age requirements: Chicks C skater is the skater born in 2010 and 2011.

- Free Skating:
1. Maximum four (4) jump elements:
    - Axel, Lutz, Flip and double jumps are not allowed;
    - Waltz jump is allowed and has a value of 0.20;
    - maximum two (2) jump combinations or sequences;
    - a jump combination can contain only two (2) jumps.
  2. Maximum two (2) spins of different abbreviation, each of them must be minimum of three (3) revolutions.
  3. One (1) step sequence.

Duration: 2:00 min. +/- 10 sec.

Vocal music is permitted.

## PRE-CHICKS B Boys and Girls

Age requirements: Pre-Chicks B skater is the skater born in 2012 and younger

- Free Skating:
1. Maximum four (4) jump elements:
    - Axel, Lutz, Flip and double jumps are not allowed;
    - maximum two (2) jump combinations or sequences;
    - a jump combination can contain only two (2) jumps.
  2. Maximum two (2) spins of different abbreviation, each of them must be minimum of three (3) revolutions.
  3. One (1) step sequence.

Duration: 2:00 min. +/- 10 sec.

Vocal music is permitted.

## PRE-CHICKS C Boys and Girls

Age requirements: Pre-Chicks B skater is the skater born in 2012 and younger

Free Skating:

1. Maximum four (4) jump elements:
  - Axel, Lutz, Flip and double jumps are not allowed;
  - Waltz jump is allowed and has a value of 0.20;
  - maximum two (2) jump combinations or sequences;
  - a jump combination can contain only two (2) jumps.
2. Maximum two (2) spins of different abbreviation, each of them must be minimum of three (3) revolutions.
3. One (1) step sequence.

Duration: 2:00 min. +/- 10 sec.

Vocal music is permitted.

### Additional information for Springs B, Cubs B, Chicks B & C, Pre-Chicks B & C categories

Factors: The multiplying factor for the Program Components is 2.0.

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.

Additional information: The Program Components are only judged in:

- Skating Skills
- Transitions
- Performance

No jump with the same name may be done more than twice.

A jump sequence can contain any number of jumps, but only two (2) most difficult jumps will be counted.

Deductions: Time violation - 0.5 point for every 5 sec. in lack or excess

Fall: all B categories - 0.5 point for every fall

all C categories - 0.25 point for every fall

Interruption - 0.5 point

The Competitors in each category may be younger (but not older) than the age shown.

Warm-up groups can be maximum up to eight (8) skaters. The duration of warm-up is 5 min.

## BEGINNERS PRE-YOUNG Boys and Girls

Age requirements: Beginners Pre-Young skater is the skater born in 2007 and younger.

Free Skating:

1. Maximum four (4) jump elements:
  - Axel and double jumps are not allowed;
  - maximum two (2) jump combinations or sequences;
  - only one (1) jump combination may consist of three (3) jumps.
2. At least one (1), but not more than two (2) spins (min. 3 revolutions).
3. One (1) step sequence (2/3 cover of the ice surface).

Duration: 2:00 min. +/- 10 sec.

Vocal music is permitted.

## BEGINNERS YOUNG Men and Ladies

Age requirements: Beginners Young skater is the skater born in 1999-2002 and 2003-2006.

Free Skating:

1. Maximum five (5) jump elements:
  - maximum one (1) single Axel and one (1) double jump are allowed, which may be repeated only once in a jump combination or sequence;
  - maximum two (2) jump combinations or sequences;
  - only one (1) jump combination may consist of three (3) jumps.
2. At least one (1), but not more than two (2) spins (min. 3 revolutions).
3. One (1) step sequence (2/3 cover of the ice surface).

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

Vocal music is permitted.

## BEGINNERS YOUNG ADULTS Boys and Girls

Age requirements: Beginners Young adult skater is the skater born in 1991-1998.

Free Skating:

1. Maximum five (5) jump elements:
  - maximum one (1) single Axel and one (1) double jump are allowed, which may be repeated only once in a jump combination or sequence;
  - maximum two (2) jump combinations or sequences;
  - only one (1) jump combination may consist of three (3) jumps.
2. At least one (1), but not more than two (2) spins (min. 3 revolutions).
3. One (1) step sequence (2/3 cover of the ice surface).

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

Vocal music is permitted.

### Additional information for Beginners categories

Factors: The multiplying factor for the Program Components is 2.0.

Level explanation: In all elements which are subject to Levels, only features up to **Level 2** will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

Additional information: The Program Components are only judged in:

- Skating Skills
- Transitions
- Performance

No jump with the same name may be done more than twice.

A jump sequence can contain any number of jumps, but only two (2) most difficult jumps will be counted.

Deductions for **Beginners Pre-Young**:

Time violation - 0.5 point for every 5 sec. in lack or excess

Fall - 0.5 point for every fall

Interruption - 0.5 point

Deductions for **Beginners Young / Beginners Young adults**:

Time violation - 1 point for every 5 sec. in lack or excess

Fall - 1 point for every fall

Interruption - 0.5 point

Warm-up groups can be maximum up to eight (8) skaters. The duration of warm-up is 5 min.

## MASTERS Men and Ladies

Age requirements: Masters skater is the skater born in 1990 and older.

- Free Skating:
1. A maximum of six (6) jump elements, one of which must be an Axel type jump. **Single, double and triple jumps are permitted.** There may be up to three (3) jump combinations or jump sequences in the free program:
    - One (1) jump combination may consist of up to three (3) listed jumps. Two (2) jump combinations may consist of two (2) listed jumps;
    - A jump combination may consist of the same or another single, double or triple jump;
    - A jump sequence consists of two (2) listed jumps of any number of revolutions, beginning with any jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump;
    - Each listed jump may be performed a maximum of two (2) times;
    - Please note that the half-loop when used in combination/sequence, in between two listed jumps, is considered as a listed jump with the value of a single loop (1Lo);
    - Non-listed jumps may be included in the program as part of connecting footwork.
  2. 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 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;
    - A spin that has no basic position with 2 revolutions will receive no level and no value, however a spin with less than three rotations is considered as a skating movement and not a spin;
    - 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;
    - The change of foot in any spin must be preceded and followed by a spin position with at least three (3) revolutions. If this requirement is not fulfilled, the short part of the spin will be ignored including any features.
  3. A maximum of one (1) step sequence, fully utilizing the ice surface.
    - Only the first executed attempt of a step sequence will contribute to the technical score.

Duration: 3:00 min. +/- 10 sec.

Vocal music is permitted.

## ADULT GOLD Men and Ladies

Age requirements: Adult Gold skater is the skater born in 1990 and older.

Free Skating: 1. A maximum of six (6) 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 three (3) jump combinations or jump sequences in the free program:

- One (1) jump combination may consist of up to three (3) listed jumps. Two (2) jump combinations may consist of two (2) listed jumps;
- A jump combination may consist of the same or another single or double jump, with the exception of the jumps in bold above;
- A jump sequence consists of two (2) listed single or double jumps, beginning with any jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump. The jumps in bold above are not permitted;
- Each listed jump may be performed a maximum of two (2) times;
- Please note that the half-loop when used in combination/sequence, in between two listed jumps, is considered as a listed jump with the value of a single loop (1Lo);
- Non-listed jumps may be included in the program as part of connecting footwork.

2. 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 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;
- A spin that has no basic position with 2 revolutions will receive no level and no value, however a spin with less than three rotations is considered as a skating movement and not a spin;
- 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;
- The change of foot in any spin must be preceded and followed by a spin position with at least three (3) revolutions. If this requirement is not fulfilled, the short part of the spin will be ignored including any features.

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

- Only the first executed attempt of a step sequence will contribute to the technical score.

Duration: 2:40 min. +/- 10 sec.

Vocal music is permitted.



## ADULT SILVER Men and Ladies

Age requirements: Adult Silver skater is the skater born in 1990 and older.

- Free Skating:
1. A maximum of five (5) jump elements, consisting of any single jumps (including the single Axel). **Double jumps and triple jumps are not permitted.** There may be up to two (2) jump combinations or jump sequences in the free program:
    - One (1) jump combination may consist of up to three (3) listed jumps. The other jump combination may consist of two (2) listed jumps;
    - A jump combination may consist of the same or another single jump;
    - A jump sequence consists of two (2) single listed jumps, beginning with any listed jump, immediately followed by an Axel type jump with direct step from the landing curve of the first jump to the take-off curve of the Axel jump;
    - Each listed jump may be performed a maximum of two (2) times;
    - Please note that the half-loop when used in combination/sequence, in between two listed jumps, is considered as a listed jump with the value of a single loop (1Lo);
    - Non-listed jumps may be included in the program as part of connecting footwork.
  2. A maximum of two (2) spins of a different abbreviation, one (1) of which must be a spin combination.
    - 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;
    - A spin that has no basic position with 2 revolutions will receive no level and no value, however a spin with less than three rotations is considered as a skating movement and not a spin;
    - 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;
    - The change of foot in any spin must be preceded and followed by a spin position with at least three (3) revolutions. If this requirement is not fulfilled, the short part of the spin will be ignored including any features.
  3. A maximum of one (1) step sequence, utilizing at least half (1/2) of the ice surface.
    - Only the first executed attempt of a step sequence will contribute to the technical score.

Duration: 2:00 min. +/- 10 sec.

Vocal music is permitted.

## ADULT BRONZE Men and Ladies

Age requirements: Adult Bronze skater is the skater born in 1990 and older.

- Free Skating:
1. 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 up to two (2) jump combinations or jump sequences in the free program:
    - Each jump combination may consist of two (2) listed jumps;
    - A jump combination may consist of the same or another single jump;
    - Each listed jump may be performed a maximum of two (2) times;
  2. A maximum of two (2) spins of a different abbreviation one of which must be a spin in one position with no change of foot. **Flying spins are not permitted.**
    - The spins must have a required minimum number of revolutions: three (3) for any spin with no change of foot, and six (6) for the spin combination with change of foot or the spin in one position with change of foot;
    - A spin that has no basic position with 2 revolutions will receive no level and no value, however a spin with less than three rotations is considered as a skating movement and not a spin;
    - 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;
    - The change of foot in any spin must be preceded and followed by a spin position with at least three (3) revolutions. If this requirement is not fulfilled, the short part of the spin will be ignored including any features.
  3. 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.;
    - The pattern is not restricted;
    - A choreographic sequence has a base value and will be evaluated by the judges in GOE only.

Duration: 1:40 min. +/- 10 sec.

Vocal music is permitted.

**Additional information for Masters and Adult categories**

Factors: The multiplying factor for the Program Components is 1.6.

Level explanation: In all elements which are subject to Levels:

Masters	features up to <b>Level 4</b> will be counted
Adult Gold	features up to <b>Level 3</b> will be counted
Adult Silver	features up to <b>Level 2</b> will be counted
Adult Bronze	features up to <b>Level 1</b> will be counted

Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

Additional information: The Program Components are judged in:

- Skating Skills
- Transitions
- Performance
- Choreography
- Interpretation

Deductions: Time violation - 1 point for every 5 sec. in lack or excess  
Fall - 1 point for every fall

## ADULT ARTISTIC Men and Ladies

Age requirements: Adult Artistic skater is the skater born in 1990 and older.

Free Skating: The Artistic Free Skating programs are judged only on the basis of the Program Components:

- Skating skills
- Transitions
- Performance
- Composition
- Interpretation/Timing

At least one (1) and a maximum of two (2) single jumps MUST be included. At least one (1) and a maximum of two (2) spins MUST be included. No Axel type jumps, double or triple jumps are allowed. No combination jumps are allowed. There will be no technical panel and no technical mark given.

Skaters will be judged on their ability to interpret the music and develop a theme through their skating. Credit for technical elements is based solely on the ability of such movements to enhance the chosen theme and support the music. 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, which should be used only to reflect the character of the program and to underline the rhythm and nuances of the chosen music.

The skater must not remain in one place for more than five (5) seconds.

Any element exceeding the maximum number as set forth below will be judged as an illegal element (1.0 deduction). If there is no jump or no spin element included or only a jump and no spin or vice versa a deduction for a "missing element" of 1.0 will be made. 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. The theme of the program should be clear from the skating movements and choreography – regardless of what the skater is wearing.

Props and accessories may not be used in any part of the artistic programs. 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 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
- Lying on the ice and prolonged and/or stationary kneeling on both knees on the ice.

The warm-up duration is five (5) minutes for all artistic free skating events.

Duration: Masters - 2:00 min. +/- 10 sec.

Gold, Silver, Bronze - 1:30 min. +/- 10 sec.

Vocal music is permitted.

The multiplying factor for the Program Components is 1.0.