

1. ENTRIES for ELEMENTS

1.1. Entry form

Entries have to be made before the deadline by filling the Online Registration Form, which is accessible here: [go to the Entry Form](#).

1.2. Deadline of entries

All entries are expected not later than **April 8th, 2022**.

1.3. Entry fee

Entry fee per competitor is **30 €**

The Organizing Committee asks participants to pay Entry fee by bank transfer to the following account. **Please make one payment for all skaters from the club.**

Bank account holder: Sports club "Forsarus"
 Bank: Luminor Bank AB
 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)

1.4. Cancelation

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

2. PRELIMINARY TIME SCHEDULE

Date	Event
Sunday, April 24 th	Competition: ELEMENTS B 2016/2017 and younger ELEMENTS A 2016/2017 and younger ELEMENTS B 2014/2015 ELEMENTS A 2014/2015 ELEMENTS B 2012/2013 ELEMENTS A 2012/2013 ELEMENTS B 2010/2011 ELEMENTS A 2010/2011 ELEMENTS A 2008/2009 ELEMENTS 2008/2013

The detailed and final Time Schedule of the event will be published on the competition website www.kaunasice.lt and will be sent to all participants by e-mail.

3. TECHNICAL DATA for ELEMENTS

Element B born 2016/2017 and younger

Skating forward

Čiuožimas į priekį

Skating backwards

Čiuožimas atgal

Squat (min. 3 sec.)

Pritupimas (min. 3 sek.)

5 bubbles

5 Burbuliukai

Element A born 2016/2017 and younger

Skating forward + stop + skating backwards (strokes)

Čiuožimas į priekį + sustojimas + čiuožimas atgal (atsispyrimai)

1 bubble forward + squat (min. 3 sec.) + grip on one leg (min. 3 sec.)

Pirmyn 1 burbuliukas + pritupimas (min. 3 sek.) + gandriukas (min. 3 sek.)

Forward Inside Edge

Vidiniai lankai pirmyn

Standing spin

Aukštas Suktukas

Element B born 2014/2015

Skating forward + stop + skating backwards (strokes)

Čiuožimas į priekį + sustojimas + čiuožimas atgal (atsispyrimai)

1 bubble forward + squat (min. 3 sec.) + grip on one leg (min. 3 sec.)

Pirmyn 1 burbuliukas + pritupimas (min. 3 sek.) + gandriukas (min. 3 sek.)

Forward Inside Edge

Vidiniai lankai pirmyn

Standing spin

Aukštas Suktukas

Element A born 2014/2015

Waltz Step + Waltz Jump

Valso žingsnis + Jaunias šuoliukas

Forward and Backward Crossovers

Kryžavimas į priekį ir kryžavimas atgal

Camel + Forward Lunge (Dolphin)

Kregždutė + Įtūpstas pirmyn (delfinas)

Salchow jump

Salchovo šuolis

One foot standing spin

Aukštas suktukas ant vienos kojos

Element B born 2012/2013

Waltz Step + Waltz Jump

Forward and Backward Crossovers

Camel + Forward Lunge (Dolphin)

Salchow jump

One foot standing spin

Valso žingsnis + Jaunias šuoliukas

Kryžavimas į priekį ir kryžavimas atgal

Kregždutė + Įtūpstas pirmyn (delfinas)

Salchovo šuolis

Aukštas suktukas ant vienos kojos.

Element A born 2012/2013Waltz Step + Waltz Jump + Toe Loop
(combo)

Forward and Backward Crossovers

Camel + Shoot the duck

Salchow jump

Sit spin

Valso žingsnis + jaunias šuolis + Tulupo šuolis
(kaskadas)

Kryžavimas į priekį ir kryžavimas atgal

Kregždutė + šautuvėlis

Salchovo šuolis

Žemas suktukas

Element B born 2010/2011Waltz Step + Waltz Jump + Toe Loop
(combo)

Forward Inside Twizzles

„Jackson“ in circle

Salchow jump

Sit spin

Valso žingsnis + jaunias šuolis + Tulupo šuolis
(kaskadas)

Vidiniai tvizlai pirmyn

Džiaksono žingsnis ratu

Salchovo šuolis

Žemas suktukas

Element A born 2010/2011Backward Crossovers + salchow jump + toe
loop jump (combo)

Forward Inside Twizzles

Loop steps + loop jump

Sit spin

Kryžavimas atgal ratu + salchovas + Tulupo
šuolis (kaskadas)

Vidiniai tvizlai pirmyn

Ritbergerio žingsnis + Ritbergerio šuolis (Loop)

Žemas suktukas

Element A born 2008/2009

Waltz Jump + Half Loop + Salchow

Forward Inside Twizzles

Loop steps + loop Jump + Toe loop

Sit spin

Jauniaus šuolis + Oileris + Salchovas

Vidiniai tvizlai pirmyn

Ritbergerio žingsnis + Ritbergerio šuolis + Tulupo šuolis

Žemas suktukas

Element born 2008/2013

Forward and backward crossovers

Forward and backward inside edges

Waltz step

Standing Spin

Kryžiuvimas į priekį ir kryžiuvimas atgal

Vidiniai lankai į priekį ir atgal

Valso žingsnis

Aukštas suktukas

Additional information

All the elements must be executed in the listed order, otherwise they will not be counted.

Coaches are allowed to skate together with their skaters showing them the elements that have to be completed.

Only the first attempt will be evaluated.

Visi elementai turi būti atlikti eilės tvarka, kitu atveju jie nebus užskaityti.

Treneris gali čiuožti kartu su savo auklėtiniu rodydamas jam reikalingus atlikti elementus.

Vertinamas bus tik pirmasis elemento atlikimo bandymas.