

wiepodległa

POLAND  
THE CENTENARY  
OF REGAINING  
INDEPENDENCE

# "THE INDEPENDENCE CUP"

come and celebrate with us the 100th Anniversary of Poland's Independence

## Announcement

**Warsaw, Poland, November 9 - 11, 2018**

**AN INTERCLUB COMPETITION FOR  
Bronze, Silver, Gold, Novice Advanced,  
Junior Girls and Boys**

**ORGANIZED BY  
MUKS "EURO 6" WARSAW Figure Skating Club**

### ORGANIZING COMMITTEE

**Anna Hunkiewicz** – Chairman of the organizing committee of the competition – [euro6@euro6.pl](mailto:euro6@euro6.pl)

**Maciej Lewandowski** – Technical Director – [maciek@viproteam.pl](mailto:maciek@viproteam.pl)

**Joanna Jówko** – Event Coordinator - [joanna.jowko.jjw@gmail.com](mailto:joanna.jowko.jjw@gmail.com)

## 1. GENERAL REGULATIONS

**THE INDEPENDENCE CUP** will be conducted in accordance with the ISU Constitution and General Regulations 2018, the ISU Special Regulations & Technical Rules Singles & Pair Skating and Ice Dance 2018 as well as all pertinent ISU Communications and valid decisions of the ISU Congress 2018.

Participation in **THE INDEPENDENCE CUP** is open to all competitors who belong to an ISU Member, Rule 109, paragraph 1, and qualify with regard to eligibility, according to Rule 102, provided their ages fall within the limits specified in Rule 108, paragraph 3. a) and they meet the participation, citizenship and residency requirements in Rule 109, paragraphs 1 through 5 and ISU Communication 2030. Passports of the skaters, as well as the ISU Clearance Certificate, if applicable, must be presented at the accreditation.

The number of entries will be limited to approximately 150 in total in order of application.

## 2. TECHNICAL DATA

Place: Venue: "Torwar II" Ice Rink  
Łazienkowska 6A, Warsaw, Poland  
(an indoor heated ice-rink with the ice surface of 60m x 30m)

## 3. ENTRIES

### 3.1 Entries of Competitors

Each Club can enter unlimited number of skaters in each category. The number of entries will be limited to approximately 150 in total. Decision to adopt in order of application.

#### a) Entries by Name

Entries by names must be made not later than **October 8th, 2018** to:

**Organizing Committee:** e-mail: [euro6@euro6.pl](mailto:euro6@euro6.pl)

#### b) Entry fee

An entry fee of **€ 50** or 220 PLN per Competitor will be asked and has to be paid with the official entry by name. **Entry fee paid by cash at the registration will not be accepted.** The entry fee has to be paid together with the official entry by name, not later than **October 31st, 2018** to the following account:

Account owner: **MIEDZYSZKOLNY UCZNIOWSKI KLUB SPORTOWY "EURO6" WARSZAWA**  
**Łazienkowska 6A, 00-449 Warsaw, Poland**

Bank Name: Bank Gospodarki Żywnościowej S.A. I Oddział w Warszawie  
Bank address: ul. Grzybowska 4 00-131 Warszawa  
IBAN Account No.: **PL 82 2030 0045 1110 0000 0397 9800**  
BIC /SWIFT/ No.: **PPABPLPK**

Please indicate as reference **"THE INDEPENDENCE CUP"**

Participants should inform the Organizer about all their payments with an e-mail to make sure the payment was correctly received. In this e-mail, please list all participants, incl. their categories and all other payments for each participant.

Cancellation of the Competitor's entry, if any, has to be announced to the organizer's e-mail ([euro6@euro6.pl](mailto:euro6@euro6.pl)) by **October 31st, 2018** latest. Entry fees for cancellations will not be reimbursed however we will accept replacement of the withdrawn competitor.

## 4. EXPENSES, MEALS, LODGING

The expenses for rooms and meals for the Team Leader, Competitors and other team officials will not be covered by the organizer and are on the account of the team.

## 5. MUSIC / PLANNED PROGRAM CONTENT

All Competitors shall furnish competition music of excellent quality on CD, in accordance with Rule 343, paragraph 1. All CDs must show the Competitor's name, the Nation and the exact running time of the music (not skating time) including any starting signal and must be submitted at the time of registration. Each program (short program, free skating) must be recorded on one track and on a separate CD. In addition competitors must provide a back-up CD for each program.

With the entry forms, the "Program Content Sheet" must return to the Organizing Committee in time,  
/e-mail: [maciek@viproteam.pl](mailto:maciek@viproteam.pl)/

It is mandatory that the Program Content Sheet must be filled in precisely by each skater in English using the terminology for the elements listed in the respective ISU Communication.

## 6. ACCOMODATION

### 6a. OFFICIAL HOTEL

The organizing committee recommends hotel:

HOTEL IBIS BUDGET - WARSAW CENTER  
ul. Zagórna 1  
00-441 Warsaw, Poland  
tel: +48 22 745 36 60; fax: + 48 22 622 55 01; reservation: H6401-GM@accor.com  
reservation password: euro6

### 6b. OFFICIAL RESTAURANT

SPORTS BAR & RESTAURANT password: euro6  
ul. Łazienkowska 3  
00-449 Warsaw, Poland  
tel: +48 22 428 20 24.

## 7. RESULTS

The marking system (ISU Judging System) as described in ISU Special Regulations Single and Pair Skating, Rule 352, will be in place.

## 8. PRESENTATION OF THE INDEPENDENCE CUP

All skaters will be announced and awarded.

## 9. INSURANCE / LIABILITY

In accordance with Rule 119, it is the sole responsibility of each Club participating in Events, to provide medical and accident insurance for their athletes, officials and all other members of the Member's team. Such insurance must assure full medical attendance and also the return to the home country by air transport or by other expeditious means of the ill or injured person.

The MUKS Euro6 Warszawa assumes no responsibility for or liability with respect to bodily or personal injury or property damage incurred in connection incurred by Competitors and Officials.

## 10. DRAW

Draws for ALL the categories will be done by electronic random draw, on the **5th of November 2018**

## 10. FURTHER INFORMATION

For any further information, please contact:

**THE INDEPENDENCE CUP**  
e-mail: [euro6@euro6.pl](mailto:euro6@euro6.pl)  
<http://www.euro6.pl>  
[www.facebook.com/MUKSEuro6/](http://www.facebook.com/MUKSEuro6/)

## CATEGORIES

<p><b>BRONZE</b> BOYS &amp; GIRLS skaters born after 01.07.2010 and younger</p>	<p><i>Free Skating</i></p>	<p style="text-align: center;"><b>Age requirements:</b> Skaters born after 01.07.2010 and younger.</p> <p style="text-align: center;"><b>Free Program only. Duration:</b> 2:30 (+/- 10 sec.)</p> <p style="text-align: center;"><b>A well balanced Free Skating program for Bronze must contain:</b></p> <p>a.) There must be a maximum of 4 jump elements for Girls and Boys. There may be up to two (2) jump combinations or sequences. A jump combination may contain only two (2) jumps. A jump sequence can contain any number of jumps, but only two most difficult jumps will be counted.</p> <p>b.) There must be a maximum of two (2) spins, one of which must be a spin in one basic position without change of foot (min. 4 revolutions). The other spin can be any spin different nature (spin in one position or combination spin) consisting only in basic positions.</p> <ul style="list-style-type: none"> <li>• If it's a spin in one position or spin combination there must be minimum four (4) revolutions.</li> <li>• If it's a spin with change of foot than there must be minimum four/four (4/4) revolutions. <ul style="list-style-type: none"> <li>• In free program difficult variations are not allowed.</li> <li>• Spins can't be started with jump.</li> </ul> </li> <li>• 4 revolutions in upright, sit or camel will be counted as a feature only once in program.</li> <li>• 3 basic positions on one foot in spin combination with or without change of foot will be counted as a feature only once in program.</li> </ul> <p>c.) There must be a maximum one (1) Choreo Sequence, which must consist of one (1) spiral (3 seconds). Choreo Sequence must use at least 2/3 of the ice surface.</p> <p style="text-align: center;"><b>The Program Components are only judged in</b></p> <ul style="list-style-type: none"> <li>• Skating Skills</li> <li>• Performance/Execution</li> </ul> <p style="text-align: center;"><b>The Factor of the Program Component:</b></p> <ul style="list-style-type: none"> <li>• for girls 2.5</li> <li>• for boys 2.5</li> </ul> <p style="text-align: center;"><b>Levels explanations:</b></p> <p>For Bronze Boys and Girls, in all elements, which are subject to Levels, only features up to Level 1 will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.</p> <p style="text-align: center;"><b>Deduction for a fall is 0,5 point.</b></p>
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<p><b>SILVER</b> BOYS &amp; GIRLS skaters born after 01.07.2008 and younger</p>	<p><i>Free Skating</i></p>	<p style="text-align: center;"><b>Age requirements:</b> Skaters born after 01.07. 2008 and younger.</p> <p style="text-align: center;"><b>Free Program only. Duration:</b> 2:30 (+/- sec.)</p> <p style="text-align: center;"><b>A well balanced Free Skating program for Silver must contain:</b></p> <p>a.) There must be a maximum of 5 jump elements for Girls and Boys. There may be up to two (2) jump combinations or sequences. A jump combination may contain only two (2) jumps. A jump sequence can contain any number of jumps, but only two most difficult jumps will be counted.</p> <p>A single or double jump can be repeated but only once. If the jump is repeated more than once the entire element is treated as an additional and therefore not considered (but this element will occupy a jump element box if there still is any left)</p> <p>b.) There must be a maximum of two (2) spins of a different nature (abbreviation), one of which must be a spin in one basic (sit or camel) position without change of foot. The other</p>
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		<p>spin can be any spin different nature (spin in one position or combination spin).</p> <ul style="list-style-type: none"> <li>• If it's a spin in one position or spin combination there must be minimum four (4) revolutions.</li> <li>• If it's a spin with change of foot than there must be minimum four/four (4/4) revolutions.</li> <li>• In free program difficult variations can be done after 2 rotations in basic position on each foot. Spins can't be started with jump.</li> <li>• 6 revolutions in it or camel will be counted as a feature only once in program.</li> <li>• 3 basic positions on one foot in spin combination with or without change of foot will be counted as a feature only once in program.</li> </ul> <p>c.) There must be a maximum one (1) Choreo Sequence which must consist of two (2) spirals on a different (3 seconds each), one of which be unsupported, fully utilizing the ice surface.</p> <p style="text-align: center;"><b>The Program Components are only judged in</b></p> <ul style="list-style-type: none"> <li>• Skating Skills</li> <li>• Performance/Execution</li> <li>• Choreography</li> </ul> <p style="text-align: center;"><b>The Factor of the Program Components:</b></p> <ul style="list-style-type: none"> <li>• for girls 2.0</li> <li>• for boys 2.0</li> </ul> <p style="text-align: center;"><b>Levels explanations:</b></p> <p>For Silver Boys and Girls, 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</p> <p style="text-align: center;"><b>Deduction for a fall is 0,5 point.</b></p> <p style="text-align: center;"><b>Deduction for a pause in program:</b></p> <ul style="list-style-type: none"> <li>• pause between 10-20 seconds – deduction 0,5 point</li> <li>• pause between 20-30 seconds – deduction 1,0 point</li> <li>• pause between 30-40 seconds – deduction 1,5 point</li> </ul> <p>pause till 3 minutes and start program from the same moment – deduction 2,5 points (only once per program)</p>
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<p><b>GOLD BOYS &amp; GIRLS</b> skaters born after 1.07.2006 and younger</p>	<p>Free Skating</p>	<p><b>Age requirements:</b> Skaters born after 01.07.2006 and younger.</p> <p style="text-align: center;"><b>Free Program only. Duration:</b> Girls – 3 min (+/- 10 sec), Boys – 3 min (+/- 10 sec)</p> <p style="text-align: center;"><b>A well balanced Free Skating program for Gold must contain:</b></p> <p>a.) There must be a maximum of 6 jump elements for Girls and Boys, 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 can contain any number of jumps, but only two most difficult jumps will be counted. A single or double jump can be repeated but only once. If the jump is repeated more than once the entire element is treated as an additional and therefore not considered (but this element will occupy a jump element box if there still is any left).</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 (minimum 10 revolutions) and one spin with the flying entrance (minimum 6 revolutions).</p> <p>c.) There must be a maximum one (1) step sequence.</p>
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		<p>Skaters can receive bonus for attempting 2A or triple jump. To receive bonus:</p> <ul style="list-style-type: none"> <li>• jump must be clean or under-rotated</li> <li>• all deductions (GOE and 0,5 point for fall) will be used normally</li> <li>• TC will award 1.0 point bonus for under-rotated jump or 1,5 point bonus for clean jump</li> <li>• bonus will be given maximum twice for any different attempts or double axel or triple jump. Bonus can't be awarded twice for the same jump.</li> </ul> <p><b>The Program Components are only judged in</b></p> <ul style="list-style-type: none"> <li>• Skating Skills</li> <li>• Performance/Execution</li> <li>• Choreography</li> </ul> <p><b>The Factor of the Program Components:</b></p> <ul style="list-style-type: none"> <li>• for girls 1.7</li> <li>• for boys 2.0</li> </ul> <p><b>Deduction for a fall is 0,5 point.</b></p> <p><b>Levels explanations:</b> For Gold Boys and Girls, 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</p> <p><b>Deduction for a pause in program:</b></p> <ul style="list-style-type: none"> <li>• pause between 10-20 seconds – deduction 0,5 point</li> <li>• pause between 20-30 seconds – deduction 1,0 point</li> <li>• pause between 30-40 seconds – deduction 1,5 point</li> </ul> <p>pause till 3 minutes and start program from the same moment – deduction 2,5 points (only once per program)</p>
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<p><b>ADVANCED NOVICE BOYS &amp; GIRLS</b></p>	<p>Short Program &amp; Free Skating</p>	<p><b>BOYS:</b> Age and requirements according to the ISU Technical Rules Single and Pair Skating 2018, ISU Communication 2172 and all respective ISU Communications.  <b>Short Program: 2 min 20 sec, +/-10sec</b>  <b>Free Skating: 3 min, +/-10 sec</b></p> <p><b>GIRLS:</b> Age and requirements according to the ISU Technical Rules Single and Pair Skating 2018, ISU Communication 2172 and all respective ISU Communications.  <b>Short Program: 2 min 20 sec, +/-10sec</b>  <b>Free Skating: 3 min +/-10 sec</b></p>
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<p><b>Junior Men &amp; Ladies</b></p>	<p>Short Program &amp; Free Skating</p>	<p><b>MEN: Short Program: 2 min 40 sec, +/-10sec</b>  The required elements to be skated are those listed in ISU Technical Rules Single &amp; Pair Skating 2018, Rule 611, paragraphs 1 and 3 for 2018/19.  <b>Free Skating: 3min, 30 sec., +/- 10 sec</b>  In accordance with ISU Technical Rules Single &amp; Pair Skating 2018, Rule 612 and the respective ISU Communications. Special attention should be paid to the "well balanced program" and the element value.</p> <p><b>LADIES: Short Program: 2 min 40 sec, +/-10 sec</b>  The required elements to be skated are those listed in ISU Technical Rules Single &amp; Pair Skating 2018, Rule 611, paragraphs 1 and 3 for 2018/1919.  <b>Free Skating: 3 min 30 sec, +/- 10 sec</b>  In accordance with ISU Technical Rules Single &amp; Pair Skating 2018, Rule 612 and the respective ISU Communications.</p> <p><b>MEN: Short Program: 2 min 40 sec, +/-10sec</b>  The required elements to be skated are those listed in ISU Technical Rules Single &amp; Pair Skating 2018, Rule 611, paragraphs 1 and 3 for 2018/19.</p>
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		<p>Free Skating: 3 min 30sec., +/- 10 sec In accordance with ISU Technical Rules Single &amp; Pair Skating 2018, Rule 612 and the respective ISU Communications. Special attention should be paid to the "well balanced program" and the element value.</p>
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