



POLISH FIGURE SKATING ASSOCIATION

**Would like to invite you to take part
In**



INTERNATIONAL FIGURE SKATING COMPETITION

**for
JUNIOR & NOVICES (advanced) categories
in SINGLES**

&

**NOVICES (advanced), JUNIOR and SENIOR categories
in PAIRS**

**TO BE HELD IN WARSAW, POLAND
NOVEMBER 18th – 21st, 2010**

ANNOUNCEMENT

The competition will be conducted in accordance with the ISU Special Regulations 2010

Place and date of Competition:	Ice rink: Torwar II, Warsaw, Łazienkowska Street 6a November 18 th – 21 st , 2010
Contact us:	Mrs. Ewa Kierzkowska Address : 00-449 Warsaw, Łazienkowska Street 6a Tel/fax.: + 48 22 629 52 07 Tel.: + 48 22 529 89 36 E-mail: office@pfsa.com.pl
Entries:	All competitors and Judges must be entered through their respective Member Federation/Association
Deadline for entries:	The organizer must receive the entries not later than October 22 nd , 2010. You will find all the forms and information on our web site: www.pfsa.com.pl
Entries must be sent to:	Tel/fax.: +48 22 629 52 07 E-mail: office@pfsa.com.pl
Events:	Junior & Novice: Ladies, Men, Pairs Senior: Pairs
Calculation of Results : NJS	The "Warsaw Cup" competition will be conducted in accordance with the ISU Constitution and General Regulations 2010, the Special Regulations & Technical Rules Single & Pair Skating 2010, and with the relevant ISU Communications. For the Novice category in accordance with ISU Communication.
Charges:	40 EUR is to be paid for each competitor prior to the Competition. The Organizer will cover the expenses of full board accommodation for the judges.
Judges:	Each participating federation <u>should nominate</u> one International Judge. In case of too many nominated judges the organizer will draw the panel of judges after the closing date for the entries. The written confirmation will be sent to each federation immediately.
Liability:	In accordance with the ISU Regulations the organizer does accept no liability for the damage or injuries any of participants, judges, officials or others may suffer. The organizer will provide medical emergency aid during the competition and the practice time.
Music:	Music will be reproduced from a cassettes (normal speed) or Compact Discs. CD's and cassettes must be labeled clearly with the competitor's name and category in which the competitor is competing. Such labeled cassettes or CDs should be delivered to the organizer immediately after the arrival at the ice rink.
Expenses:	The organizer will arrange full board accommodation for the Officials- Referees, Judges, TC, TS and D&V/O between 19th – 21st November 2010. The organizer will not be able to cover any expenses for competitors, team leaders and coaches. Hotel rates in the Hotel Novotel Centrum including breakfast & internet access (approx.) 68 EUR – single room; 249 PLN + VAT 75 EUR – double room; 269 PLN + VAT
Accommodation:	All skaters and coaches will be accommodated in the: Hotel Novotel " Centrum" str. Marszałkowska 94 , Warszawa +48 22 621 02 71 www.orbis.pl reservation: H3383-RE5@accor.com „Warsaw Cup 2010" Officials will be accommodated in the: Hotel "Agrykola" Str. Mysliwiecka 9, Warszawa Tel.: +48 22 622 291 10 +48 22 622 291 11 Fax.: +48 22 6222 91 05 e-mail recepca@agrykola-noclegi.pl

Categories:

1. JUNIORS - ladies, men, pairs

Competition for Juniors will be held in accordance with ISU Technical Rules Single & Pair Skating 2010 in Short Program and Free Skating.

Ladies:

Short Program:	Duration: max 2 min, 50 sec
	The Junior Short Program shall consist of the following required elements: a) Double Axel Paulsen; b) Double or triple Loop jump immediately preceded by connecting steps and/or by other comparable Free Skating movements; c) Jump combination consisting of two double jumps or one double and one triple jump or two triple jumps; d) Flying camel spin; e) Layback or sideways leaning spin; f) Spin combination with all the three basic positions (sit, camel, upright or any variation thereof) and with only one change of foot; g) Step sequence (straight line, circular or serpentine).
Free Skating:	Duration: 3 min 30 sec +/- 10 sec in accordance with ISU Technical Rules Single & Pair Skating 2010 and the respective ISU Communication.
	A well balanced Free Skating program must contain: ☐ maximum of 7 jump elements (one of which must be an Axel type jump) ☐ maximum of 3 spins, one of which must a spin combination, one a flying spin or spin with flying entrance and one spin with only one position ☐ maximum of 1 step sequence

Men:

Short Program:	Duration: max 2 min, 50 sec
	The Junior Short Program shall consist of the following required elements: a) Double or triple Axel Paulsen; b) Double or triple Loop jump immediately preceded by connecting steps and/or by other comparable Free Skating movements; c) Jump combination consisting of a double and a triple jump or two triple jumps; d) Flying camel spin; e) Sit spin with only one change of foot; f) Spin combination with all the three basic positions (sit, camel, upright or any variation thereof) and with only one change of foot; g) Step sequence (straight line, circular or serpentine).
Free Skating:	Duration: 4min +/- 10 sec in accordance with ISU Technical Rules Single & Pair Skating 2010, Rule 520 and the respective ISU Communication.
	A well balanced Free Skating program must contain: ☐ maximum of 8 jump elements (one of which must be an Axel type jump) ☐ maximum of 3 spins, one of which must a spin combination, one a flying spin or spin with flying entrance and one spin with only one position ☐ maximum of 1 step sequence

Pairs:	
Short Program: Junior	Duration: max 2 min, 50 sec
	The Junior Short Program shall consist of the following required elements: a) Toe Lasso lift take-off (Group Five) b) Twist lift (double) c) Double or triple toe loop throw jump d) Double loop or double Axel solo jump e) Solo spin combination with only one change of foot and at least one change of position f) Death spiral backward inside g) Step sequence (straight line, circular or serpentine)
Free Skating: Junior	Duration: 4min +/- 10 sec in accordance with in ISU Technical Rules Single & Pair Skating 2010 and the respective ISU Communication.
	A Junior Well Balanced Program must contain: • maximum of 2 lifts, one of which must be of group 3 or 4 with full extension of the lifting arm/s; • maximum of 1 twist lift; • maximum of 2 different throw jumps; • maximum of 1 solo jump; • maximum of 1 jump combination or sequence; • maximum of 1 solo spin or solo spin combination; • maximum of 1 pair spin or pair spin combination; • maximum of 1 death spiral; • maximum of 1 spiral sequence. Any additional element or elements exceeding the prescribed numbers will not be counted in the result of a pair. Only the first attempt (or allowed number of attempts) of an element will be taken into account.
Short Program: Senior	Duration: 2 min.50 sec., but may be less in accordance with in ISU Technical Rules Single & Pair Skating 2010 and the respective ISU Communication.
	The Senior Short Program shall consist of the following required elements: 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 and at least one change of position f) Death spiral backward inside g) Step sequence (straight line, circular or serpentine)
Free Skating: Senior	Duration: 4min. 30 sec. +/- 10 sec in accordance with in ISU Technical Rules Single & Pair Skating 2010 and the respective ISU Communication.
	A Senior Well Balanced Program must contain: • maximum of 3 lifts, one of which must be from Group 3 or 4, with full extension of the lifting arm/s; • maximum of 2 twist lifts (there can be no more than 4 lifts and twist lifts in total and if there are 2 twist lifts, these must be with different take offs); • maximum of 2 different throw jumps; • maximum of 1 solo jump; • maximum of 1 jump combination or sequence; • maximum of 1 solo spin combination; • maximum of 1 pair spin combination; • maximum of 1 death spiral different from the death spiral of the Short Program; • maximum of 1 spiral sequence

2. NOVICES – singles & pairs : according to the ISU Communication 1397	
Singles : girls and boys Ladies and men may not be younger than 10 before July 1 st preceding the competition and must not have reached the age of 15 by July 1 st preceding the competition.	
Short Program:	Duration: girls & boys :max 2 :30 minutes
	The prescribed elements to be skated are those listed in ISU Communication No.1397:
	Short program for Girls:
	a) Axel Paulsen or Double Axel Paulsen b) Double or Triple jump immediately preceded by connecting steps not repeat jump in a) c) One jump combination consisting of two double jumps or one double and one triple jump, both jumps may not repeat jump in a) or b) d) Layback or sideways leaning spin (minimum of six (6) revolutions) e) Spin combination with only one change of foot and at least one change of position (minimum of five (5) revolutions of each foot). f) One Step sequence with full utilization of the ice surface (straight line, serpentine or circular)
	Short program for Boys:
	a) Axel Paulsen or Double Axel Paulsen b) Double or Triple jump immediately preceded by connecting steps not repeat jump in a) c) One jump combination consisting of two double jumps or one double and one triple jump, both jumps may not repeat jump in a) or b) d) Camel or sit spin (minimum of six (6) revolutions with change of foot and no flying entrance) e) Spin combination with only one change of foot and at least one change of position (minimum of five (5) revolutions of each foot). f) One step sequence, with full utilization of ice surface (straight line, serpentine or circular)
Free Skating:	Duration: Girls: 3:00 min (+ or – 10 seconds) Boys: 3:30 minutes (+ or – 10 seconds)
	The prescribed elements to be skated are those listed in ISU Communication No. 1397:
	A well balanced Free Skating program for Singles must contain: a) Maximum of 6 jump elements for Girls and Maximum of 7 jump elements for Boys one of which must be an Axel type jump and there may be up to two (2) jump combinations or sequences. Only one jump combination can contain two (2) jumps. A jump sequence can contain any number of jumps, but only two most difficult jumps will be counted. Only two (2) jumps with two and a half (2 ½) revolutions or more can be repeated either in a jump combination or in a jump sequence. b) There must be a maximum of two (2) spins of different nature, one of which must be a spin combination (minimum of ten (10) revolutions) <u>and one a flying spin or spin with a flying entrance</u> (minimum of six (6) revolutions). c) <u>There must be a maximum of one (1) step sequence</u>
Pairs : lady may not be younger than 10 before by July 1 st preceding the competition and must not have reached the age of 15 by July 1 st preceding the competition. boy may not be younger than 10 before by July 1 st preceding the competition and must not have reached the age of 15 by July 1 st preceding the competition	
Free skating:	Duration: 3:30 minutes (+ or – 10 seconds)
	The prescribed elements to be skated are those listed in ISU Communication No. 1397:
	A well balanced Free Skating program for Pairs must contain a maximum of: a) Two different lifts of Groups 1 – 4 , one arm holds not allowed (in Group 1

	and 2 full extension of the lifting arm of the partner is not required) b) <u>One Lutz Twist lift (single or double)</u> c) <u>One throw jump (single or double)</u> d) <u>One solo jump (single or double)</u> e) One solo spin or solo spin combination (minimum of five (5) revolutions in total) or pair spin or pair spin combination (minimum of five (5) revolutions in total). f) One Death Spiral or any other pivot figure* h)* g) One spiral sequence with at least two (2)spiral positions with fixed base value and GOE only . j) One step sequence with full utilization of the ice surface h) One step sequence : with full utilization of ice surface (straight line, serpentine or circular)
	* If death spiral is executed, it is marked according to the ISU Technical Rules Single & Pair Skating 2010. In other cases for the Death Spiral there are no levels.

Time Schedule – subject to be changed after October 22nd,2010

Date	Time	Category	Segment
18th November, 2010 Thursday	07:00:00		Practices Draws Judges Meeting
	13:30:00	Novice Pairs	Free Skating
	14:00:00	Novice Ladies	Short Program
19th November, 2010 Friday	11:00:00	Novice Men	Short Program
	13:15:00	Junior Ladies	Short Program
	18:30:00	Senior Pairs	Short Program
	19:00:00	Junior Pairs	Short Program
20th November, 2010 Saturday	09:00:00	Novice Ladies	Free Skating
	15:30:00	Novice Men	Free Skating
	17:30:00	Junior Men	Short Program
	19:15:00	Senior Pairs	Free Skating
	19:50:00	Junior Pairs	Free Skating
21st November, 2010 Sunday	09:00:00	Junior Ladies	Free Skating
	14:30:00	Junior Men	Free Skating
	Medal Ceremony		