



ICE BLADE Adult and Recreational Open Cup 03.12. 2011

Dear Skating Friends,

It is a great honor for us to invite you to take part in the ICE BLADE Adult and Recreational Open Cup 2011: a men&ladies free skating event that will be held within the following categories:

Categories	Age Groups: participants born in
Recreational Single Bronze (ladies)	1997 - 2002
Adult Single Beginners (ladies)	1996-1991,1990-1980
Adult Single Bronze (ladies)	1996-1991;1990-1980
Adult Single Silver (ladies)	1996-1991;1990-1980
Adult Single Gold (ladies)	1990-1980
Masters Free Single Skating (ladies)	1996-1991
Adult Single Bronze (men)	1990-1980
Adult Single Silver (men)	1996-1991;1990-1980

The ICE BLADE Adult and Recreational Open Cup 2011 will take place in Sofia on **December 3th, 2011** at the "Winter Palace of Sports" Ice Rink.

The organizers welcome the participation of all skaters who compete only in adult or recreational free skating events.

Best regards,

Georgi Ivanov,
President
ICE BLADE Figure Skating Club
Sofia, Bulgaria
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1. TIME SCHEDULE

The final competition time schedule will be established once the deadline of final entries is over - i.e. after November 25th , **2011**. It will be sent to all participants and posted on the official website of ICE BLADE Figure Skating Club: <http://www.ice-blade.net/>

2. ENTRIES & CHARGES

25 EURO, have to be paid for each competitor at the registration before the competition.
In cash only!

The Entry forms must reach the organizers not later than November 25th , **2011**

3. LIABILITY

The organizers accept no liability for injury, for property loss or damage incurred by Competitors or Officials. Each team is expected to provide its own insurance protection.

4. COMPETITION REGULATION

Please find the competition regulations in the tables below:



Masters Free Single Skating

A competitor in the Adult Masters Free Skating event must perform a well-balanced program that may contain:

a) A maximum of seven (7) jump elements, one of which must be an Axel type jump. Single, double and triple jumps are permitted. A jump combination may consist of the same or another single, double or triple jump. There may be up to three jump combinations or jump sequences in the Free Program. One jump combination could consist of up to three (3) listed jumps, the other two up to two (2) listed jumps. A jump sequence may consist of any number of jumps of any number of revolutions that may be linked by non-listed jumps like mazurkas, half-loops etc. and/or hops immediately following each other while maintaining the jump rhythm (knee); there can be no steps/ turns, crossovers or stroking during the sequence. However, only the two jumps with the highest value will count. Any solo jump can be repeated only once and this repetition must be done either in a jump combination or in a jump sequence. Non-listed jumps may be included in the program as part of connecting footwork.

b) A maximum of three (3) spins of a different abbreviation, one of which must be a spin combination with a change of foot and one must be a flying spin. The spins must have a required minimum number of revolutions: five (5) for the flying spin with no change of foot after landing, five (5) for the spin with only one position and no change of foot and five (5) for the spin combination with no change of foot and eight (4 + 4) for the spin combination with change of foot. There must be a minimum of two (2) revolutions in each position or the position will not be counted.

c) A maximum of one step sequence (i.e, circular, straight line, serpentine) or spiral sequence according to the requirements. Additional spiral sequences and step sequences will not be counted as a step sequence but will be counted as moves-in-the field (transitions) and marked as such.

Duration: The maximum time is 3:10 sec., but may be less.



Adult Single Gold Free Skating

A competitor in the Adult Gold Free Skating event must perform a well-balanced program that may contain:

a) A maximum of six (6) jump elements, consisting only of single jumps but can include a single Axel and double jumps, **excluding double Flip, double Lutz and double Axel**. A jump combination may consist of the same or another single or double jump with the exclusion of the jumps as above. There may be up to three jump combinations or jump sequences in the Free Program. One jump combination could consist of up to three (3) listed jumps, the other two up to two (2) listed jumps. A jump sequence may consist of any number of single and double jumps, excluding a double Flip, a double Lutz, a double Axel and all triple jumps that may be linked by non-listed jumps like mazurkas, half-loops etc. and/or hops immediately following each other while maintaining the jump rhythm (knee); there can be no turns/steps, crossovers or stroking during the sequence. However, only the two jumps with the highest value will count. Any solo jump can be repeated only once and this repetition must be done either in a jump combination or in a jump sequence. Non-listed jumps may be included in the program as part of connecting footwork, preceding single or double jumps.

b) A maximum of three (3) spins of a different abbreviation, one of which must be a spin combination with a change of foot and one must be a flying spin. The spins must have a required minimum number of revolutions: four (4) for the flying spin with no change of foot after landing, four (4) for the spin with only one position and no change of foot and four (4) for the spin combination with no change of foot and eight (4 + 4) for the spin combination with change of foot.

There must be a minimum of two (2) revolutions in each position or the position will not be counted.

c) A maximum of one step sequence (i.e., circular, straight line, serpentine) or spiral sequence according to the requirements. Additional spiral sequences and step sequences will not be counted as a step sequence but will be counted as moves-in-the field (transitions) and marked as such.

Duration: The maximum time is 2:40 sec., but may be less.



Adult Single Silver Free Skating

A competitor in the Adult Silver Free Skating event must perform a well-balanced program that may contain:

a) A maximum of five (5) jump elements. **The single Axel or any other single Axel type jump and all other single jumps are permitted.**

A jump combination may consist of the same or another single jump. There may be up to three jump combinations or jump sequences in the Free Program. One jump combination could consist of up to three (3) listed jumps, the other two up to two (2) listed jumps. A jump sequence may consist of any number of single jumps that may be linked by non-listed jumps like mazurkas, half-loops etc. and/or hops immediately following each other while maintaining the jump rhythm (knee); there can be no turns/steps, crossovers or stroking during the sequence. However, only the two jumps with the highest value will count. Any solo jump can be repeated only once and this repetition must be done either in a jump combination or in a jump sequence. Non-listed jumps may be included in the program as part of connecting footwork, preceding single jumps or an axel type jump.

b) A maximum of three (3) spins of different abbreviations, one of which must be a spin combination with a change of foot. The spins must have a required minimum number of revolutions: three (3) for the flying spin with no change of foot after landing, three (3) for the spin with only one position and no change of foot and four (4) for the spin combination with no change of foot and eight (4 + 4) for the spin combination with change of foot.

There must be a minimum of two (2) revolutions in each position or the position will not be counted.

c) A maximum of one step sequence (i.e., circular, straight line, serpentine) or spiral sequence covering at least 50% of the usual pattern (e.g., half a serpentine, half of a straight line etc.) In case of a **circular** step sequence a full circle is required covering 1/2 the ice surface.

Additional spiral sequences and step sequences will not be counted as a step sequence but will be counted as moves-in-the field (transitions) and marked as such.

Duration: The maximum time is 2:10 sec., but may be less.



Adult Single Bronze Free Skating

A competitor in the Adult Bronze Free Skating event must perform a well-balanced program that must contain:

a) A maximum of four (4) jump elements. **Only single jumps are permitted**, no Axel type jump, no double or triple jumps can be included.

A jump combination may consist of the same or another single jump. There may be up to three jump combinations or jump sequences in the Free Program. One jump combination could consist of up to three (3) listed jumps, the other two up to two (2) listed jumps. A jump sequence may consist of any number of single jumps that may be linked by non-listed jumps like mazurkas, half-loops etc. and/or hops immediately following each other while maintaining the jump rhythm (knee); there can be no turns/steps, crossovers or stroking during the sequence. However, only the two jumps with the highest value will count. Any solo jump can be repeated only once and this repetition must be done either in a jump combination or in a jump sequence. Non-listed jumps may be included in the program as part of connecting footwork, preceding single or double jumps.

b) A maximum of two (2) spins of a different abbreviation; The spins must have a required minimum number of revolutions: three (3) for the spin with only one position and no change of foot and four (4) for the spin combination with no change of foot and eight (4 + 4) for the spin combination with change of foot. **Flying spins are not permitted.**

There must be a minimum of two (2) revolutions in each position or the position will not be counted.

c) A maximum of one step sequence (i.e., circular, straight line, serpentine) or spiral sequence covering at least 50% of the usual pattern (e.g. half a serpentine, half of a straight line etc.). In case of a **circular** step sequence a full circle is required covering 1/2 the ice surface.

Additional spiral sequences and step sequences will not be counted as a step sequence but will be counted as moves-in-the field (transitions) and marked as such.

Duration: The maximum time is 1:40 sec., but may be less.



Adult single Beginners Free skating	A competitor in the Adult Beginners Free Skating event must perform a well-balanced program that must contain: a) A maximum of three (3) jump elements. Only single jumps are permitted, no double or triple jumps can be included. Loop, Flip, Lutz and Axel are not permitted. b) A maximum of 2 spins in only one position. The spins must have a required minimum number of revolutions: three (3). Flying spins are not permitted. c) A maximum of one step sequence (i.e., circular, straight line, serpentine) or spiral sequence covering at least 50% of the usual pattern (e.g. half a serpentine, half of a straight line etc.). In case of a circular step sequence a full circle is required covering 1/2 the ice surface. d) One spiral, held for at least 2 seconds Duration: 1.30 min. (+/-10 sec.) a) A maximum of four (4) jump elements. Only single jumps are permitted, no Axel type jump, no double or triple jumps can be included.
Recreational Bronze	A competitor in the Recreational Bronze Free Skating event must perform a well-balanced program that must contain: a) A maximum of five (5) jump elements. There may be up to 2 jump combinations or jump sequences. b) A maximum of 2 spins in only one position. The spins must have a required minimum number of revolutions: four (4). c) A maximum of one step sequence (i.e., circular, straight line, serpentine) or spiral sequence covering at least 50% of the usual pattern (e.g. half a serpentine, half of a straight line etc.). In case of a circular step sequence a full circle is required covering 1/2 the ice surface. As an alternative to the step sequence 2 spirals held for at least 2 seconds may be performed. Duration: 1.30 min. (+/-10 sec.).



ATTENTION:

Present and ex-competitors* are not allowed to participate in any other category but the Masters Free Single Skating category.

***Competitors that have taken part in any non-adult/recreational competition.**

5. ACCOMMODATION

Travel expenses to and from Sofia, transfer costs to and from the Hotel and Airport will not be covered by the organizers.

The expenses for insurance, rooms and meals, travel and transfer of the Team Leaders, Competitors and other Team officials will not be covered by the organizer and are on the account of the Teams.

Hotel rooms must be paid directly to the hotel. Please, find below a list of sample hotels:

Hotel Saint Valentine

Web site: <http://www.hotelsvalentin.com/en/>

Hotel Brod

Web site: <http://www.hotelbrod.com/index.php?page=home&lan=en>

Hotel Silver House

Web site: <http://www.hotelsilverhouse.com/en/>



6. AWARDS

The three best placed competitors in each category will be awarded with cups/medals. All competitors will receive a diploma and a present.

7. PANEL OF JUDGES

The panel of judges will consist of three international judges nominated by the organizers.

***The ICE BLADE Figure Skating Club is a member of the Bulgarian Figure Skating Federation.**

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