



INVITATION - ANNOUNCEMENT



ŁODZ CUP 2016

ADULT AND RECREATIONAL FIGURE SKATING COMPETITION
part of the Skating Family Award
organized by
MKL Łódź - ŁÓDŹ FIGURE SKATING CLUB
MARCH 11-12, 2016
Łódź - Poland

Facility

All events to be held at the Bombonierka Ice Rink - Stefanowskiego 28, 90-537, Lodz, Poland
an indoor ice-rink with the ice surface of 60 x 30m

Competition Secretary

Mrs. Jolanta Baryla

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Responsibility/Insurance

In accordance with Rule 119, it is the sole responsibility of each Member participating in the Lodz Cup 2016, to provide medical and accident insurance for their Competitors, 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 Organizer assumes no responsibility for or liability with respect to bodily or personal injury or property damage incurred in connection incurred by Competitors and Officials.

Fees and Registration

In order to register, please send an email to Jolanta Baryla to: mkl_lodz@interia.pl

Entries by names must be sent not later than **FEBRUARY 25, 2016**

Your email should include: the skater's first and last name, gender, age, name of the membership club (if applicable), the events entered and Planned Program Content Sheet.

Events:

The Lodz Cup Adult Figure Skating Competition 2016 will include the following disciplines:

- Ladies/Girls and Men/Boys Free Skating (Bronze, Silver, Gold, Masters and Masters Elite)
- Pairs Free Skating (Masters Elite/Masters, Adult)
- Ice Dance - Pattern Dance
- Solo Pattern Dance
- Ice Dance - Short Dance
- Ice Dance - Free Dance (Bronze, Silver, Gold, Masters and Masters Elite)
- Ladies/Girls and Men/Boys Artistic Skating (Masters Elite/Masters, Gold, Silver/Bronze)
- Pairs Artistic Skating (Masters Elite/Masters, Adult)
- Show Duo
- Beginners Free Skating

Age categories for Ladies/Girls and Men/Boys free skating events:

Class CHILD (Children Amateur) skaters born no later than July 1st, 1999

Class YA (Young Adults) skaters born between July 1st, 1987 and June 30th 1999

Class I skaters born between July 1st, 1977 and June 30th, 1987

Class II skaters born between July 1st, 1967 and June 30th 1977

Class III skaters born between July 1st, 1957 and June 30th, 1967

Class IV skaters born between July 1st, 1947 and June 30th, 1957

Class V skaters born between July 1st, 1937 and June 30th, 1947

Each competitive category will consist of at least three (3) competitors (or competitive couples). If there are fewer than 3 competitors for a particular category, the organizers reserve the right to combine age groups or skill levels to provide adequate competition.

It is expected that Competitors will enter at a level that is appropriate to their current skating ability. Competitors are not obliged to enter the same level as in previous years. An entry in an artistic category might be different from the entry in a category of any other discipline. Skaters may compete at only one (1) level within each discipline.

The Masters Elite category is intended for those skaters who competed previously at the junior or senior level in national or international competition, but is not mandatory for such skaters. In Pair Skating and in Ice Dance it is expected that the pair or ice dance couple will enter at the skill level of the more skilled skater.

Entry fee of 25.00 EUR per event should be paid in cash at the registration desk before the drawing of the skater's order or may be paid by bank transfer within 5 days after registration to MKL Lodz ul. Stefanowskiego 28, 90-537 Lodz
mBank O/Lodz: PL 54 1140 2004 0000 3102 7551 0576 BIC/SWIFT BREXPLPWWBK
All competitors and coaches will cover their own expenses money transfer.

Music

VOCAL MUSIC MAY BE USED

Music will be played from CDs and must be delivered to the music box at least 30 minutes before each category.
CDs must contain only one track and skater's name. Event should be clearly labeled. All skaters should have at least two (2) copies of their music.

Miscellaneous

- Skaters must check in at least one hour prior to their event.
- All events will be judged under the New Judging System (ISU) by a panel of at least three judges.
- Results will be posted on the following: <http://www.pfsa.com.pl>
- Awards will be given to the first three places in each event, diplomas for each skater
- Enquiries can be made to Jolanta Baryla; Mobile Phone +48 608 435 076, e-mail: mkl_lodz@interia.pl

TECHNICAL REQUIREMENTS – Free Skating**Ladies/Girls/Men/Boys Masters/Elite Masters Single – Free Skating**

A competitor in the Masters/Elite 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.** 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 may consist of any number of jumps of any number of revolutions that may be linked by non-listed jumps like mazurkas, 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. Only the two (2) jumps with the highest value will count towards the technical score.
 - Each listed jump may be repeated only once.
 - Please note that a half-loop in combination or in a sequence with any other listed jump will be called as a listed jump (1 Lo.)
 - 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 (1) 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 or spin in one position with a 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 (1) step sequence (StSq), fully utilizing the ice surface.
 - Only the first executed attempt of a step sequence will contribute to the technical score.

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

Factor: The points for each Program Component are multiplied by a factor of 1.6

Ladies/Girls/Men/Boys 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 of single (including a single Axel) or double jumps. **Double Flip, double Lutz and 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 may consist of any number of single and double jumps, with the exception of the jumps in bold above, that may be linked by non-listed jumps like mazurkas, 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. Only the two (2) listed jumps with the highest value will count towards the technical score.
 - Each listed jump may be repeated only once.
 - Please note that a half-loop in combination or in a sequence with any other listed jump will be called as a listed jump (1 Lo.)
 - 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: 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 or spin in one position with a 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 (1) step sequence (StSq), fully utilizing the ice surface.
 - Only the first executed attempt of a step sequence will contribute to the technical score.
 - 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.

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

Factor: The points for each Program Component are multiplied by a factor of 1.6

Ladies/Girls/ Men/Boys 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, consisting of any single (including a single Axel). **Double jumps 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 jump.
 - A jump sequence may consist of any number of single jumps that may be linked by non-listed jumps like mazurkas, 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. Only the two (2) listed jumps with the highest value will count towards the technical score.
 - Each listed jump may be repeated only once.
 - Please note that a half-loop in combination or in a sequence with any other listed jump will be called as a listed jump (1 Lo.)
 - Non-listed jumps may be included in the program as part of connecting footwork.
- b. A maximum of three (3) spins of different abbreviations, one of which must be a spin combination.
 - 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 or spin in one position with a 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 (1) choreographic sequence (ChSq), covering at least half of the ice surface.
 - Only the first executed attempt of a choreographic sequence will contribute to the technical score.
 - 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 choreographic sequence commences with the first move and is concluded with the last move of the skater.
 - The pattern is not restricted.
 - A choreographic sequence has a base value and will be evaluated by the judges in GOE only.

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

Factor: The points for each Program Component are multiplied by a factor of 1.6

Ladies/Girls Men/Boys Single Bronze – Free Skating

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

- a. A maximum of four (4) jump elements, consisting only of single jumps. **Axel type jump, double jumps or triple jumps are not permitted.** There may be up to two (2) jumps combinations or jump sequence 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 may consist of any number of single jumps that may be linked by non-listed jumps like mazurkas, 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. Only the two (2) listed jumps with the highest value will count towards the technical score.
 - Each listed jump may be repeated only once.
 - Please note that a half-loop in combination or in a sequence with any other listed jump will be called as a listed jump (1 Lo.)
- b. 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 the spin in one position with no change of foot, four (4) for the spin combination with no change of foot, four (4) for the spin combination with no change of foot and six (3 + 3) for the spin combination with change of foot or the spin in one position 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 (1) choreographic step sequence (ChSq), covering at least half of the ice surface.
 - Only the first executed attempt of a choreographic sequence will contribute to the technical score.
 - 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 choreographic sequence commences with the first move and is concluded with the last move of the skater.
 - The pattern is not restricted.
 - A choreographic sequence has a base value and will be evaluated by the judges in GOE only.

Duration: The maximum time is 1 minute 50 seconds, but may be less.

Factor: The points for each Program Component are multiplied by a factor of 1.6

TECHNICAL REQUIREMENTS – Pair Free Skating

Masters Pair Skating – Free Skating

Each pair team must consist of one man and one lady. Couples must perform a well-balanced program that may contain:

- a. A maximum of three (3) different lifts, one of which may be a twist lift.
- b. A maximum of two (2) throw jumps (single or double).
- c. A maximum of one (1) solo jump. Single, double or triple jumps are permitted.
- d. A maximum of one (1) jump combination with a maximum of three (3) listed jumps or one (1) jump sequence with any number of jumps (only the two jumps with the highest value will count towards the technical score).
- e. A maximum of one (1) pair spin (pair spin or pair combination spin).
 - The spin must have a required minimum number of revolutions: four (4) revolutions for a pair spin and six (6) for a pair combination spin.
 - There must be a minimum of two (2) revolutions in each position or the position will not be counted.
- f. A maximum of one (1) solo spin.
 - The spin 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 combination with no change of foot and eight (4+4) for the spin combination with change of foot or spin in one positions with change of foot.
 - There must be a minimum of two (2) revolutions in each position or the position will not be counted.
- g. A maximum of one (1) death spiral or pivot spiral (position optional).
 - At least $\frac{3}{4}$ revolution in pivot position by the man is required.
- h. A maximum of one (1) step sequence (StSq) or choreographic sequence (ChSq) that fully utilizes the ice surface.
 - Only the first executed attempt of a step sequence or choreographic sequence will contribute to the technical score.
 - Only features up to Level 3 will be counted for the step sequence. Any additional features will not count for level requirements and will be ignored by the Technical Panel.
 - 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 choreographic sequence commences with the first move and is concluded with the last move of the skater.
 - The pattern is not restricted.
 - A choreographic sequence has a base value and will be evaluated by the judges in GOE only.

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

Factor: The points for each Program Component are multiplied by a factor of 1.6

Adult Pair Skating – Free Skating

Each pair team must consist of one man and one lady. Pairs must perform a well-balanced program that may contain:

- a. A maximum of two (2) different lifts of Group 1 or Group 2 with a minimum $\frac{1}{2}$ revolution for the man and 1 revolution for the lady.
 - Variations of the lady's position, no-handed and one-handed lifts, and combination lifts are **not** permitted.
 - Overhead lifts and twist lifts are **not** permitted.
 - A different take-off counts as a different lift.
- b. A maximum of one (1) single throw jump (including the throw axel).
 - Double and triple jumps are **not** permitted.
- c. A maximum of one (1) solo single jump (including the single axel).
 - Double and triple jumps are **not** permitted.
- d. A maximum of one (1) jump combination with a maximum of three (3) listed jumps or one (1) jump sequence with any number of jumps (only the two jumps with the highest value will count for points).
 - Only single jumps are allowed (including the single axel).
 - Double and triple jumps are **not** permitted.
- e. A maximum of one (1) pair spin (pair spin or pair combination spin).
 - The spin must have a required minimum number of revolutions: four (4) revolutions for a pair spin and six (6) for a pair combination spin.
 - There must be a minimum of two (2) revolutions in each position or the position will not be counted.
- f. A maximum of one (1) death spiral or pivot spiral (position optional).
 - At least $\frac{3}{4}$ revolution in pivot position by the man is required.
- g. A maximum of one (1) choreographic sequence (ChSq), that fully utilizes the ice surface.
 - Only the first executed attempt of a choreographic sequence will contribute to the technical score.
 - 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 choreographic sequence commences with the first move and is concluded with the last move of the skater.

- The pattern is not restricted.
- A choreographic sequence has a base value and will be evaluated by the judges in GOE only.

Duration: The maximum time is 2 minutes 50 seconds, but may be less.

Factor: The points for each Program Component are multiplied by a factor of 1.6

TECHNICAL REQUIREMENTS – Ice Dance

Ice Dance – General

Each couple must consists of one man and one lady. The Man must skate the man's steps and the lady must skate the lady's steps. Dance couples may compete in two or three disciplines, the Pattern Dance, Short Dance and Free Dance, but each will be judged separately.

Ice Dance - Pattern Dance

Any two (2) pattern dance chosen by the couple. Couples shall provide their own music, even if the music is ISU official music. Official ISU Pattern Dance music will be used or the music must be chosen in accordance with the rhythm of the Pattern Dance. The tempo throughout the required sequences must be constant and in accordance with the required tempo of the Pattern Dance. There is only one category .

Pattern Dance for Program Components

- Skating Skills
- Performances
- Interpretation
- Timing

Factor: The panel's points for each Program Component are multiplied by a factor of 0.7 (Rule 353, paragraph 1.m).

Determination of results in each Segment: For events with two (2) Pattern Dance, the Total Score for each dance will be multiplied by a factor of 0.5 as per Rule 353, paragraph 1 b.

Solo Pattern Dance

Any Pattern Dance (two sequences) chosen by skater. Skater provides her/his music Pattern Dances. Official ISU Pattern Dance music will be used or the music must be chosen in accordance with the Rhythm of the Pattern Dance. The tempo throughout the required sequences must be constant and in accordance with the required tempo of the Pattern Dance. There is only one category.

Pattern Dance for Program Components

- Skating Skills
- Performances
- Interpretation
- Timing

Factor: The panel's points for each Program Component are multiplied by a factor of 0.7 (Rule 353, paragraph 1.m).

Adult Short Dance

The choreographed dance should interpret the chosen music and consist of two parts: Pattern Dance and Creative Part. Music is provided by the couple and may be vocal. Pattern Dance music must be consistent with the rhythm of the chosen Pattern Dance. The Creative Part may be to the same rhythm as chosen Pattern Dance but other music can be used. For example: Pattern Dance – Viennese Waltz (Waltz 51-53 measures of 3 beats per min.) Creative Part - Waltz music, Foxtrot, Quickstep or Tango music. There is only one category

The following technical elements are required:

- One (1) sequence of Pattern Dance of a couple choice
- One (1) Short Lift is required. In addition, one (1) Transitional Dance Lift (up to 6 seconds), but no more, performed optionally after the required Dance Lift, is permitted.
- One (1) Not Touching Midline Step Sequence OR Not Touching Circular Step Sequence OR Not Touching Diagonal Step Sequence:
Notes for Not Touching Circular Step Sequence: -In accordance with Rule 703, paragraph 4, this element must be performed in either the clockwise or anticlockwise direction, utilizing the full width of the ice surface on the short axis of the rink.
- One (1) Set of Sequence Twizzles.
Elements should be integrated into the composition of the dance so the concept and choreography must produce the feeling of a unified dance.
- The Dance Spin is not a Required Element.
Nevertheless, a spinning movement skated by the couple together in any hold around a common axis on one foot (or two feet) with any number of rotations is permitted. A couple may choose to use this movement as part of their choreography. The Technical Panel will ignore these movements and the Judges will not consider these movements as one of the permitted stops.

Duration: 2 minutes 50 seconds maximum time, but may be less.

Factor: The panel's points for each Program Component are multiplied by a factor of 0.8 (Rule 353, paragraph 1.m).

Adult Free Dance

The following are the Requirements for Music for Free Dance (Rule 710, paragraph 1.c). Music which does not adhere to these descriptions will be severely penalized.

The music for Free Dance may be vocal and must be suitable for Ice Dance as a sport discipline and must have the following characteristics:

- a. The music must have an audible rhythmic beat and melody, or audible rhythmic beat alone, but not melody alone, and may be vocal. The music may be without an audible rhythmic beat for up to ten (10) seconds at the beginning or end of the program and up to ten (10) seconds during the program.
- b. The music must have at least one change of tempo and expression. These changes may be gradual or immediate, but in either case they must be obvious.
- c. All music, including classical music, must be cut/edited, orchestrated or arranged in a way that it creates an interesting, colourful, entertaining dance program with different dance moods or a building effect.
- d. The music must be suitable for the Couple's skating skills and technical ability.

Free Dance music that does not adhere to these requirements will be penalized by a deduction (See Rule 353, paragraph 1.n).

Gold/Masters/Masters Elite Free Dance

Couples must perform a well-balanced program that may contain:

- a. A maximum of two (2) different Dance Lifts, one (1) Short Lift with a maximum duration of 6 seconds and one (1) Long Lift with a maximum duration of 12 seconds; **OR** three (3) different types of Short Lifts with a maximum duration of 6 seconds each.
- b. A maximum of one (1) Dance Spin (Spin or Combination Spin).
- c. A maximum of one (1) Circular Step Sequence in Hold, Style A.
- d. A maximum of one (1) Set of Synchronized Twizzles with up to three (3) steps between.

Duration: Maximum 3 minutes and 10 seconds, but may be less.

Factor: The panel's points for each Program Component are multiplied by a factor of 1,2 (Rule 353, paragraph 1.m)

Silver Free Dance

Couples must perform a well-balanced program that may contain:

- a. A maximum of one (1) Short Lift, with a maximum duration of 6 seconds.
- b. A maximum of one (1) Diagonal Step Sequence in Hold, Style B.
- c. A maximum of one (1) Set of Synchronized Twizzles with up to three (3) steps between.
- d. A maximum of one (1) Dance Spin (Spin or Combination Spin).

Duration: Maximum 2 minutes and 40 seconds, but may be less.

Factor: The panel's points for each Program Component are multiplied by a factor of 1,2 (Rule 353, paragraph 1.m).

Bronze Free Dance

Couples must perform a well-balanced program that may contain:

- a. A maximum of one (1) Short Lift, with a maximum duration of 6 seconds.
- b. A maximum of one (1) Diagonal Step Sequence in Hold, Style B.
- c. A maximum of one (1) Dance Spin (Spin or Combination Spin).

Duration: Maximum 2 minutes, but may be less.

Factor: The panel's points for each Program Component are multiplied by a factor of 1,2 (Rule 353, paragraph 1.m).

TECHNICAL REQUIREMENTS – Artistic Skating

Artistic Skating – General

The artistic event will be judged only on the basis of Presentation Components (program components):

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

There will be no technical panel and no technical mark given.

See ISU Special Regulations and Technical Rules 2012, Singles & Pair Skating, Rule 522, paragraph 2 for a detailed description of Program Components. The respective Rules can be found on the ISU website.

The artistic program consists of a variety of skating moves selected for their value in enhancing the skater's interpretation of the music rather than for their technical difficulty. Skaters will be judged on their ability to interpret the music and develop a theme by using their skating skills. 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/pair 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.

Costumes should be simple, tasteful and appropriate for sporting competition. Costumes should be selected to enhance the performance by appropriately reflecting the character of the music and theme.

Props 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 Referee is responsible for prop deductions.

Illegal elements:

- Somersault type jumps
- Lying on the ice and prolonged and/or stationary kneeling on both knees on the ice

Men/Ladies Artistic Skating

If there will be less than 3 skaters in each category, the competition will be held together for the Masters Elite and Masters, separately Gold, together for the Silver and Bronze.

The Artistic Skate is a competitive program that must include elements of the sport of figure skating. At least one (1) but a maximum of two (2) single jumps and at least one (1) but a maximum of two (2) spins MUST be included. No axel jump or double jumps are allowed. No combination jumps are allowed.

Duration: The maximum time for Masters Elite and Masters Artistic Skating is 2 minutes and 10 seconds, but may be less. The maximum time for Gold, Silver and Bronze Artistic Skating is 1 minute 40 seconds, but may be less.

Factor: The points for each Program Component are multiplied by a factor of 1.0

Masters Elite/Masters Pairs Artistic Skating

The Masters Elite/Masters Pair Artistic Skating is competitive program that must include elements of the sport of pair figure skating. Each pair must include at least three (3) and no more than four (4) elements selected from:

- a. A maximum of one (1) solo jump OR one (1) throw jump. Axel and double jumps are not permitted. Combination jumps are not permitted.
- b. A maximum of one (1) pair spin (pair spin or pair combination spin) OR one (1) solo spin.
- c. A maximum of one (1) death spiral or pivot spiral (position optional).
- d. A maximum of one (1) lift of Group 1 or Group 2.
 - Variations of the lady's positions, no-handed and one-handed lifts, and combination lifts are not permitted.
 - Overhead lifts and twist lifts are not permitted.

Duration: The maximum time is 2 minutes and 20 seconds, but may be less.

Factor: The points for each Program Component are multiplied by a factor of 1.0

Adult Pairs Artistic Skating

The Pair Artistic Skating is competitive program that must include elements of the sport of pair figure skating. Each pair must include at least three (3) and no more than four (4) elements selected from:

- a. A maximum of one (1) solo jump OR one (1) throw jump. Axel and double jumps are not permitted. Combination jumps are not permitted.
- b. A maximum of one (1) pair spin (pair spin or pair combination spin) OR one (1) solo spin.
- c. A maximum of one (1) death spiral or pivot spiral (position optional).
- d. A maximum of one (1) lift of Group 1 or Group 2.
 - Variations of the lady's positions, no-handed and one-handed lifts, and combination lifts are not permitted.
 - Overhead lifts and twist lifts are not permitted.

Duration: The maximum time is 1 minute and 50 seconds, but may be less.

Factor: The points for each Program Component are multiplied by a factor of 1.0

TECHNICAL REQUIREMENTS – Show Duo

Adult Show Duo

There is no division by age or level.

- Show duo program should be an interpretation of the chosen music in an individual, original and creative manner by two persons.
- The costume as well as make-up, accessories and props are allowed to be used for this purpose. But they should not be given priority.
- Elements permitted without limitations: jumps, steps, spirals and spins.
- The use of vocal music is permitted.
- There is no deductions for falls.

The Show duo event will be judged only on the basis of Presentation Components (program components):

- Skating skills – **factor 1,0**
- Transitions – **factor 1,0**
- Performance/Execution – **factor 2,0**
- Choreography/Composition – **factor 2,0**
- Interpretation/Timing – **factor 2,0**

There will be no technical panel and no technical score given.

Duration: The maximum time is 2 minutes 50 seconds, but may be less.

TECHNICAL REQUIREMENTS – Beginners Free Skating

Beginners - Free Skating

There is a category for children with basic skating skills who have small experience in participation in competitions or have never taken part in competition. It is reserved for skaters who were born on 31st of December, 2006 or earlier. There is no division by gender and level.

Elements permitted: jumps, steps, spirals and spins.

The Beginners event will be judged only on the basis of Presentation Components (program components):

- Skating skills
- Performance/Execution

There will be no technical panel and no technical score given.

Duration: The maximum time is 1 minute 50 seconds, but may be less.

Factor: The panels points for each Program Component are multiplied by a factor of 2.5.

Deduction: for falls deduction of 0,5 points will be made.

TENTATIVE EVENT SCHEDULE

Friday, 11 March, 2016

evening - Ice Dance - Pattern Dance, Ice Dance - Short Dance, Ice Dance - Free Dance, Solo Pattern Dance

Saturday, 12 March, 2016

afternoon and evening - Beginners Free Skating, Girls and Boys Free Skating (class CHILD), Ladies and Men Free Skating (class YA, I, II, III, IV, V), Ladies and Men Artistic Skating, Pairs Free Skating, Pairs Artistic Skating, Show Duo

Draws will take place the day before the competition.

This is a TENTATIVE Schedule. Times and dates are subject to change. Please be aware that depending upon the number of entries the competition may start earlier or later. The Schedule of Events will be sent to each competitor as soon as the entries are completed.

Practice

One practice of 5.00 EUR per 45 minutes.

Schedule of practice

Wednesday, 9 March, 2015: 13:00 – 13:45;

Thursday, 10 March, 2015: 7:00 – 7:45, 13:00 – 13:45, 21:00 – 21:45;

Friday, 11 March, 2015: 7:00 – 7:45, 13:00 – 13:45, 22:00 – 22:45;

Saturday, 12 March, 2015: 7:00 – 7:45, 7:45 – 8:30, 13:00 – 13:45;

Sunday, 13 March, 2015: 7:00 – 7:45;

Subject to change

Banquet - Skater's Party

The dinner party will be held on Saturday evening (12 March, 2016) after victory ceremony. The party will be organized in Axel Restaurant at the ice rink. Skater's Party price is **15.00 EUR per person** with one welcome drink (alcohol drinks are not included).

Accommodation

All participants have to book and pay for their accommodation by themselves.

Hotel near the ice rink:

- Boutique Hostel, ul. Stefanowskiego 17, Łódź
- Holiday Inn Łódź, ul. Piotrkowska 229/231, Łódź
- Qubus Hotel Łódź, al. Mickiewicza 7, Łódź
- DoubleTree by Hilton Łódź, ul. Łąkowa 29, Łódź
- Hotel Ibis Łódź Centrum, al. Piłsudskiego 11, Łódź
- Novotel Lodz Centrum, al. Piłsudskiego 11A, Łódź
- Boutique Hotel's III, al. Piłsudskiego 10/14, Łódź
- Hotel Światowit, al. Kościuszki 68, Łódź
- Hotel Mazowiecki, ul. 28 Pułku Strzelców Kaniowskich 53/57, Łódź
- Andel's Hotel Łódź, ul. Ogrodowa 17, Łódź

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Some important dates to remember:

FEBRUARY 25-th: Closing date for entries

MARCH 3-rd: Last date for planned program content /PPC/

We are looking forward to seeing you in Lodz