



POLISH FIGURE SKATING ASSOCIATION

is pleased to invite you to take part
in

“ WARSAW CUP ”

INTERNATIONAL FIGURE SKATING COMPETITIONS

in
JUNIORS & NOVICES
in SINGLES & PAIRS

TO BE HELD IN WARSAW, POLAND
NOVEMBER 16th - 18th, 2007

ANNOUNCEMENT

The competitions will be conducted in accordance with the ISU Special Regulations 2006

Place and date of Competition:	Ice rink: Torwar II, Warsaw, str. Łazienkowska 6a November 16 th -18 th , 2007
Contact us:	Mrs. Ewa Kierzkowska Adr: 00-449 Warsaw, str. Łazienkowska 6a Tel/fax.: + 48 22 629 52 07 Tel.: + 48 22 529 89 36 E-mail: office@pfsa.com.pl
Entries:	Each club or organization may enter with 2 competitors (2 girls, 2 boys, no limit for Pairs) in Novices category. No limit in categorie. Organizer reserves the right to enter more competitors in each category.
Deadline for entries:	Organizer not later then <u>October 25th</u>, 2007 must receive the entries.
Entries must be sent to:	Tel/fax.: +48 22 629 52 07 E-mail: office@pfsa.com.pl
Events:	Junior & Novice: Ladies, Men, Pairs
Calculation of Results : New Judging System	The Competition will be held in accordance with the ISU General Regulations 2006 and ISU Special Regulations Figure Skating 2006 for Juniors. For Novice category in accordance with ISU Communication No. 1397
Charges:	20 EUR is to be paid for each competitor prior to Competition. The organizer will cover the expenses of full board accommodation in the hotel for judges.
Judges:	Each participating association may nominate International Judge. In case of too

	many nominated judges the organizer will draw the panel of judges after the closing date of entries. The written confirmation will be sent to each association 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 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 between 16th-18st , November 2007 will arrange the full board hotel accommodation for the Referees and Judges. The organizer will not be able to cover any expenses for competitors, team leaders and coaches. Hotel rates in the Hotel "ETAP" <table> <tr> <td>including breakfast:</td><td>without breakfast:</td></tr> <tr> <td>42 EUR – single room</td><td>35 EUR – single room</td></tr> <tr> <td>47 EUR – double room</td><td>40 EUR – double room</td></tr> </table>	including breakfast:	without breakfast:	42 EUR – single room	35 EUR – single room	47 EUR – double room	40 EUR – double room
including breakfast:	without breakfast:						
42 EUR – single room	35 EUR – single room						
47 EUR – double room	40 EUR – double room						
Accommodation:	All skaters and coaches will be accommodated in the: Hotel " ETAP", ul. Zagórna 1 00-441 Warszawa tel.: +48 (0) 22 745 36 60 fax: +48 (0) 22 622 55 01 e-mail: H6401@accor.com Officials will be accommodated in the: Hotel "AGRYKOLA" ul. Myśliwiecka 9 tel.: +48 (0) 22 622 91 10, 22 622 91 11 fax: +48 (0) 22 622 91 05 e-mail: recepca@agrykola-noclegi.pl						
Categories:							
<u>1. JUNIORS - ladies, men, pairs</u>							
Competition for Juniors will be held in accordance with ISU Technical Rules Single & Pair Skating 2006 in Short Program and Free Skating.							
Ladies:							
Short Program:	Duration: max 2 min, 50 sec						
	The prescribed elements to be skated are those listed in ISU Technical Rules Single & Pair Skating 2006, Rule 510, Paragraphs 1 and 3, group C for 2007/2008 The Junior Short Program shall consist of the following required elements: - Double Axel Paulsen; - One double or triple <u>loop</u> jump immediately preceded by connecting steps and/or by other comparable Free Skating movements; - One jump combination consisting of two double jumps or one double and one triple jump <u>or two triple jumps</u>; - Flying <u>sit</u> spin; - Layback or sideways leaning spin; - Spin combination with only one change of foot and at least two changes of position (sit, camel, upright or any variation thereof); - Spiral sequence; - 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 2006, Rule 520 and the respective ISU Communication.						

Men:	
Short Program:	Duration: max 2 min, 50 sec
	The prescribed elements to be skated are those listed in ISU Technical Rules Single & Pair Skating 2006, Rule 510, Paragraphs 1 and 3, group C for 2007/2008 The Junior Short Program shall consist of the following required elements: a) Double Axel Paulsen; b) One double or triple <u>loop</u> jump immediately preceded by connecting steps and/or by other comparable Free Skating movements; c) One jump combination consisting of a double and a triple jump or two triple jumps; d) Flying <u>sit</u> spin; e) <u>Camel</u> spin with only one change of foot; f) Spin combination with only one change of foot and at least two changes of position (sit, camel, upright or any variation thereof); g) Two different step sequences of a different nature (straight line, circular or serpentine).
Free Skating:	Duration: 4min +/- 10 sec in accordance with ISU Technical Rules Single & Pair Skating 2006, Rule 520 and the respective ISU Communication.
Pairs:	
Short Program:	Duration: max 2 min, 50 sec
	The prescribed elements to be skated are those listed in ISU Technical Rules Single & Pair Skating 2006, Rule 513, Paragraphs 2 and 4, group B for 2007/2008 The Junior Short Program shall consist of the following required elements: a) <u>Toe Lasso-lift take-off (Group Five)</u> b) Twist lift (double) c) Double or triple <u>toe loop</u> throw jump d) Double <u>loop</u> or double Axel solo jump e) Solo spin combination with only one change of foot and at least one change of position f) Pair spin combination with only one change of foot and at least one change of position g) Death spiral <u>backward inside</u> h) <u>Step sequence (straight line, circular or serpentine)</u>
Free Skating:	Duration: 4min +/- 10 sec in accordance with in ISU Technical Rules Single & Pair Skating 2006, Rule 521 and the respective ISU Communication.

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 1st preceding the competition and must not have reached the age of 15 by July 1st 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). The minimum number of revolutions required in a position is two (2). In case this requirement is not fulfilled, the position is not counted.
- f) One spiral sequence consisting at least two (2) spiral positions. A spiral sequence has to be according to the Remarks in the ISU Technical Rules Single & Pair Skating 2006. A spiral position in order to be counted must be held for at least three (3) seconds.
- g) 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. Change of foot is optional. 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). The minimum number of revolutions required in a position is two (2). In case this requirement is not fulfilled, the position is not counted.
- f) Two step sequence of a different nature , 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 three (3) jump combinations or sequences. Only one jump combination can contain three (3) 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) or three (3) revolutions can be repeated either in a jump combination or in a jump sequence.
- b) There must be a maximum of three (3) spins of different nature, one of which must be a spin combination (minimum of ten (10) revolutions) and one a flying spin with no change of position and no change of foot (minimum of six (6) revolutions). In spins the minimum number of revolutions required in a position is two (2). In case this requirement is

	not fulfilled, the position is not counted. The number of changes of foot in the spin combination is optional. c) <u>There must be a maximum of one (1) step sequence or one (1) spiral sequence consisting of at least two (2) spiral positions for both boys and girls.</u> A spiral position in order to be counted must be held for at least 3 seconds.
<u>Pairs :</u> lady may not be younger than 10 before by July 1st preceding the competition and must not have reached the age of 15 by July 1st preceding the competition. boy may not be younger than 10 before by July 1st preceding the competition and must not have reached the age of 17 by July 1st preceding the competition	
Short Program:	Duration: max 2 min, 30 sec
	The prescribed elements to be skated are those listed in ISU Communication No.1397: a) One lift from any <u>group</u>. Minimum one (1) revolution by the man b) One twist lift (single or double) c) One solo jump (single or double) d) One solo spin, no change of foot, change of position optional, five (5) revolutions minimum e) One Pair spin, no change of foot, change of position optional, five (5) revolutions minimum - f)* One pivot figure (pivot position by man required). One revolution minimum by man g) One Spiral sequence with <u>at least two (2) spiral positions</u>. Spiral sequence has to be according to the in ISU Technical Rules Single & Pair Skating 2006 remarks. A spiral position in order to be counted must be held for at least three (3) seconds. h) One step sequence: serpentine, circular or straight line for step sequence with full utilization of the ice surface. Note: Elements g) and h) will alternate starting with season 2006/2007 with g)
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 (one of lifts must be from Group 3 or 4) b) <u>One Twist lift</u> c) <u>One throw jump</u> d) <u>One solo jump</u> e) One jump combination or sequence. The jump combination may consist of only two (2) jumps. The jump sequence may consist of any number of jumps, but only two most difficult jumps will be counted. f) One solo spin or solo spin combination (minimum of five (5) revolutions). The minimum number of revolutions required in a position is two (2). In case this requirement is not fulfilled , the position is not counted. g) One Pair spin or Pair spin combination (minimum of five (5) revolutions). The minimum number of revolutions required in a position is two (2). In case this requirement is not fulfilled , the position is not counted. - h)* One pivot figure without restrictions i) One spiral sequence. A spiral position in order to be counted must be held for at least three (3) seconds. j) One step sequence with full utilization of the ice surface
	* If death spiral is executed, it is marked according to the ISU Technical Rules Single & Pair Skating 2006. In other cases the base value is established as 2.2 with the numerical value of + or – GOE's indicated in the Technical Rules for death spiral. There are no levels.