

KAUNAS ICE AUTUMN CUP 2023

ANNOUNCEMENT

An Interclub Competition for Boys and Girls

Organized by
Sportsclub „Forsarus“ & Lithuanian Skating Federation

Event time: October 19 – 22, 2023

Organized by: Sports club „Forsarus“ in cooperation with Lithuanian skating federation.

Venue of competition: Kaunas Ice Palace (the rink is indoor and heated, the ice surface of 27x60 m. This rink will be practice rink for European Figure Skating Championships 2024)

Ice rink address: Kovo 11-osios str. 26, Kaunas, Lithuania

Website: <http://www.kaunasice.lt>

E-mail: competition@kaunasice.lt

Contacts: Laima Krauziene +37068246163
Danguole Kalazinskiene +37067525690

Categories: **Advanced Novice; Intermediate Novice; Basic Novice; Pre-chicks A & B; Chicks A & B; Chicks Axel; Cubs B; Springs B; Novice B; Junior B; Senior B; Begginers; Adults (Gold, Silver, Bronze).**

1. GENERAL REGULATIONS

The Kaunas Ice Autumn Cup 2023 Competition will be conducted in accordance with the ISU Constitution and General Regulations 2022, the Special Regulations & Technical Rules Single & Pair Skating, the relevant ISU Communications and valid decisions of the ISU Congress 2022. Participation in the Kaunas Ice autumn Cup 2023 is open to all competitors.

2. ENTRIES

Entries have to be made **until 25th of September, 2023** by filling the Registration Form which is sended to you together with this announcement. Competitors taking part competition must be entered through their Respective Member Federation or Club. Each Member Federation or Club may enter any

number of competitors in each category. In case of too many entries, the OC reserves the right to limit the number of participants.

All entries to the Kaunas Autumn Cup must be submitted using official forms. **The forms has to be sent to the OC by e-mail: competition@kaunasice.lt**

3. ENTRIE FEE

Entry fee per competitor:

Categories with 1 program:	Price:
A Categories (pre-chicks, Chicks, Chicks Axel) B Categories (pre-chicks, chicks, cubs, springs) Basic Novice, Intermediate Novice Novice B, Junior B, Senior B Begginers Adults (Gold, Silver, Bronze)	70 Eur.
Categories with 2 programs:	
Advanced Novice	80 Eur.

Entry fees must be paid to the following bank account:

Bank account/IBAN: LT484010042502936011

Bank name: LUMINOR bank

BIC/SWIFT code: AGBLLT2X

Holder's name: Sporto klubas FORSARUS

Holder's address: Baltaragio g. 23-51, LT-46119, Kaunas, Lithuania

4. CANCELTION

After the deadline the entry fee will not be refunded in case of withdrawals for any reason.

5. ENTRIES OF JUDGES

Each participating ISU Members or Clubs are welcome to nominate one Judge and one substitute Judge with at least the qualification “National Judge” and preferably “International Judge”. Should there be more Judges entered than needed in competition, the Organizing Committee reserves the right to conduct a pre-draw of the panels of Judges. Judges not drawn will be informed in time before the competition.

Entries of Judges must be made together with the entries of Competitors by filling the Entry form until the 25th of September, 2023.

6. EXPENSES

The Organizing Committee will provide and cover the expenses for accommodation and meal for all Referees, Judges, Technical Controllers, Technical Specialist, Data and Replay Operators during the competition. The Organizing Committee will cover the costs for travel expenses only for Referees, Technical Controllers, Technical Specialist, Data and Replay Operators.

The Organizing Committee will cover the accommodation and meal expenses for Judges accepted in the panel.

The expenses for accommodation, meal, travel and transfer of the Team Officials will not be covered by the Organizing Committee and are on the account of the Teams.

7. LIABILITY

In accordance with ISU Rule 119, the Organizer and the ISU accept no liability for bodily or personal injury, or for property loss or damage incurred by Competitors and Officials. Each ISU Member is expected to provide its own insurance protection for the Officials and Competitors.

8. MUSIC

The participating member is responsible for submitting their Competitor's music as direct attachment to an e-mail: competition@kaunasice.lt until **September 25th, 2023**.

- Each file shall be labelled with the name of ISU Member, name of the category, segment and the name of the competitor.

Example: **EST_SeniorMen_SP_Smith_John**
 LAT_JuniorMen_FS_Jhonson_Max

- The music files must be sent as WAV or MP3 file format. Any other format is not acceptable.
- Each competitor also must have an USB flash drive with excellent quality music for each program in the format of WAV or MP3 file.

9. TIME SCHEDULE

- Time schedule will be announced at www.kaunasice.lt soon after the close of entries.

10. DRAW

There will be an electronic Draw. The Starting Orders after the Draw will be available at the competition website www.kaunasice.lt and will be sent to the participants by e-mail. Starting orders for the Free Skating for Advanced Novice, Juniors and Seniors will be the reverse order of the results of the Short Program in accordance with Rule 513, paragraph 2.

The date of the DRAW is still open and will be announced after the entries will be closed.

11. AWARDS

- Three first standings of each category (final results) shall be awarded with a trophie and a medal.
- All competitors shall receive a diploma and memory gifts.
- The exact time of the Awarding Ceremony will be announced in the detailed schedule in due time.

12. ACCREDITATION

Accreditaion will take place at the ice rink at the Kaunas Ice Palace in the OC office during competition days. Please note that in accordance with ISU Directive at the time of registration the competitor has to have a passport with themselves, because we'll have to make a passport copy and file.

13. CODE OF ETHICS

All skaters, coaches and judges, chaperons should follow the ISU Communication 2478 (or any update of this Communication). Actions against this Rule conducts by itself the disqualification of the skater.

14. LIVE STREAM & PHOTOS

During all competition long there will be taken photos by a professional photographer and live stream will be provided. The Organiser has a right to use any photo for commercial purposes.

15. ARRIVAL AND ACCOMODATION

- The nearest airport is **Kaunas Airport (KAU)** – 20 min. (12 km) from the the Venue place.
- And the 2nd nearest airport is **Vilnius airport (VNO)** – 1h (100 km) from the Venue place.

The OC can arrange transportation for the participants and accompanying persons from Kaunas or Vilnius airport if there's a need, for additional price:

There is no Official Hotel at this Event. Teams are requested to organise their accomodation by themselves.

Recommended hotels:

- **Ibis Styles Kaunas Center** (Vytauto ave. 25, Kaunas) – 5.6 km from the Ice rink.
<https://all.accor.com/hotel/B8U3/index.en.shtml>
- **Algiro Hotel** (Savanoriu pr. 120, Kaunas) – 4.7 km from the ice rink.
<http://algirohotel.lt/?cookieChecked=true>

TECHNICAL DATA FOR NON-ISU CATEGORIES 2023/2024

ADVANCED NOVICE girls and boys

Age and technical requirements are according to the ISU Technical Rules Single & Pair Skating 2022, ISU Communication 2562 and all respective ISU Communications.

Short Program time: 2 min. 20 sec., +/- 10 sec.;

Free Skating: 3 min +/-10 sec.

INTERMEDIATE NOVICE girls and boys

Age and technical requirements are according to the ISU Technical Rules Single & Pair Skating 2022, ISU Communication 2562 and all respective ISU Communications.

Free Skating: 3 min +/-10 sec.

BASIC NOVICE 2009-2011 girls and boys

Age and technical requirements are according to the ISU Technical Rules Single & Pair Skating 2022, ISU Communication 2562 and all respective ISU Communications.

Free Skating: 2 min 30 sec., +/-10 sec.

BASIC NOVICE 2012 and Younger girls and boys

Age and technical requirements are according to the ISU Technical Rules Single & Pair Skating 2022, ISU Communication 2562 and all respective ISU Communications.

Free Skating: 2 min 30 sec., +/-10 sec.

A Class

Pre-CHICKS A

Free Skating only, Girls and Boys (2017 and younger)

2 min. +/-10 sec.

- a) maximum of four (4) jump elements (one of which must be an Axel type jump).
- b) **There may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence.** Jump combination can contain only two (2) jumps. A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any listed jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump.
- c) maximum of two (2) spins of a different nature (minimum of 4 revolutions each)
- d) **one (1) choreo sequence consisting of at least two different movements.**

CHICKS A

Free Skating only, Girls and Boys (2015/2016)

2 min.+/-10 sec.

- a) maximum of four (4) jump elements (one of which must be an Axel type jump)
- b) **There may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence.** Jump combination can contain only two (2) jumps. A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any listed jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump.
- c) maximum of two (2) spins of a different nature (minimum of 4 revolutions each)
- d) **one (1) choreo sequence consisting of at least two different movements.**

CHICKS AXEL

Free Skating only, Girls and Boys (2015/2016)

2 min.+/-10 sec.

- a) maximum of four (4) jump elements (one of which must be an Axel type jump)
- b) **There may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence.** Jump combination can contain only two (2) jumps. A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any listed jump, immediately followed by an

Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump.

c) maximum of two (2) spins of a different nature (minimum of 3 revolutions each).

d) **one (1) choreo sequence consisting of at least two different movements.**

- **1A is allowed in this category and double jumps is not allowed.**

IMPORTANT! (“A” CLASS)

The following Program Components are judged:

- **Composition**
- **Presentation**
- **Skating Skills**

The Factor of the Program Components is **1.67**

1. In all elements which are subject to Levels, only features up to **Level 2 (Pre-Chicks A and Chicks A), Level 1 (Chicks Axel)** will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

2. Evaluation is in accordance with ISU Communication No. 2558 (or any update of this Communication)

3. No jump with the same name may be repeated more than twice including Axel type jumps.

4. There shall be no bonus for difficult elements in the second half of the program

5. Time violation - 0.5-point deduction for every 5 seconds in excess

6. Falls - 0.5-point deduction for every fall.

7. Part of the costume/decoration falls on the ice - 0.5

8. Costume/prop violation - 0.5

9. Late start - 0.5

10. Interruption

- more than 10 sec. up to 20 sec.: -0,5
- more than 20 sec. up to 30 sec.: -1,0
- more than 30 sec. up to 40 sec.: -1,5

Interruption of the program with allowance of up to three (3) min. to resume from the point of interruption: -2,5 per program

11. Warm up group up to 10 skaters

12. Warm up time 4 min.

B Class

Pre-CHICKS B

Free Skating only, Girls and Boys (2017 and younger)

2 min., +/- 10 sec.

- a) maximum of four (4) jump elements minimum of two (2) jump elements.
- b) maximum of two (2) jump combinations. Jump combination can contain only two (2) jumps.
- c) maximum of two (2) spins of a different nature (minimum of 3 revolutions each);

NB!!! All spins must contain only Base positions. Difficult variations spins will be ignored by technical panel and will have not value.

- d) **one (1) choreo sequence consisting of at least two different movements.**

1Axel, and double (2) jumps are not allowed in pre-chicks B category!!!

CHICKS B

Free Skating only, Girls and Boys (2015/2016)

2 min.+/-10 sec.

- a) maximum of four (4) jump elements;
- b) maximum of two (2) jump combinations (Jump combination can contain only two (2) jumps);
- c) maximum of two (2) spins of a different nature (minimum of 3 revolutions each);
- d) **one (1) choreo sequence consisting of at least two different movements.**

1Axel and double (2) jumps are not allowed in chicks B category.

CUBS B

Free Skating only, Girls and Boys (2013/2014)

2 min.30 sec., +/- 10 sec.

- a) maximum of four (4) jump elements;
- b) **There may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence.** Jump combination can contain only two (2) jumps. A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any listed jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump.
- c) maximum of two (2) spins of a different nature (minimum of three (3) revolutions);
- d) **one (1) choreo sequence consisting of at least two different movements.**

1 Axel and one (1) double jump are allowed not more than two (2) times.

- **2Lo, 2F and 2Lz – are not allowed in this category.**

SPRINGS B

Free Skating only, Girls and Boys (2011/2012)

2 min.30 sec., +/- 10 sec.

- a) maximum of four (4) jump elements (one of which must be an Axel type jump);
- b) **There may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence.** Jump combination can contain only two (2) jumps. A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any listed jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump
- c) maximum of two (2) spins of a different nature (minimum of three (3) revolutions);
- d) **one (1) choreo sequence consisting of at least two different movements.**

Maximum 2 (two) different double jumps are allowed and they cannot be repeated more than twice.

- **2A, 2F and 2Lz – are not allowed in this category.**

IMPORTANT! (“B” class)

The following Program Components are judged:

- Composition
- Presentation
- Skating Skills

The Factor of the Program Components is **1.50**

1. In all elements which are subject to Levels, only features up to **Level Base (Pre-Chicks B, Chicks B, Cubs B), Level 1 (Springs)** will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel
2. Evaluation is in accordance with ISU Communication No. 2558 (or any update of this Communication)
3. No jump with the same name may be repeated more than twice including Axel type jumps.
4. There shall be no bonus for difficult elements in the second half of the program
5. Time violation - 0.5-point deduction for every 5 seconds in excess
6. Falls - 0.5-point deduction for every fall.
7. Part of the costume/decoration falls on the ice - 0.5
8. Costume/prop violation - 0.5
9. Late start - 0.5
10. Interruption
 - more than 10 sec. up to 20 sec.: -0,5
 - more than 20 sec. up to 30 sec.: -1,0
 - more than 30 sec. up to 40 sec.: -1,5

Interruption of the program with allowance of up to three (3) min. to resume from the point of interruption: -2,5 per program

11. Warm up group up to 10 skaters.

12. **Warm up time Pre-chicks B, Chicks B - 3 min.,** Cubs B. Springs B – 4 min.

NOVICE B

Free skating only 3 min. +/- 10 sec.

Age limits has reached at least the age of ten (10) and has not reached the age of fifteen (15) before July 1st preceding the event.

a) Maximum five(5) jump elements - at least one (1) Axel type jump

b) **There may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence.** A jump combination can contain only two (2) jumps. A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any listed jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump

c) There must be a maximum of two (2) spins of a different nature. -one of which must be a spin combination with change of foot (minimum of eight (8) revolutions in total) or without change of foot (minimum of six (6) revolutions in total) Flying entry is allowed. -one spin with no change of position with change of foot (minimum of eight (8) revolutions in total) or without change of foot (minimum of six (6) revolutions in total). Flying entry is allowed

d) **one (1) Choreo Sequence consisting of at least two different movements.**

Double Axel and triple jumps are not allowed.

JUNIOR B (age the same as Junior A)

Free skating only 3 min. +/- 10 sec.

a) maximum of five (5) jump elements one of which must be an Axel type jump;

b) **There may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence.** (Only one jump combination may consist of three (3) jumps); A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any listed jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the takeoff curve of the Axel jump

c) three (3) spins of a different nature, one of which must be a spin combination (minimum of ten (10) revolutions in total), one a flying spin (minimum of six (6) revolutions) and one spin is optional (minimum of six (6) revolutions);

d) **one (1) choreo sequence consisting of at least two different movements.**

2A and triple jumps are not allowed.

SENIOR B

Free skating only 3 min. 30 sec., +/- 10 sec.

- a) maximum of six (6) jump elements one of which must be an Axel type jump;
- b) maximum of three (3) jump combinations **or two (2) jump combinations and one (1) jump sequence.** (Only one jump combination may consist of three (3) jumps); A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any listed jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the takeoff curve of the Axel jump.
- c) three (3) spins of a different nature, one of which must be a spin combination (minimum of ten (10) revolutions in total), one a flying spin (minimum of six (6) revolutions) and one spin is optional (minimum of six (6) revolutions).
- d) **one (1) choreo sequence consisting of at least two different movements.**

2A and triple jumps are not allowed.

IMPORTANT!

The following Program Components are judged:

- **Composition**
- **Presentation**
- **Skating Skills**

The factor for the Program Components is **1.50**

1. In all elements which are subject to Levels, only features up to **Level 2 (Novice B, Junior B)** **Level 3 (Senior B)** will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.
 2. Evaluation is in accordance with ISU Communication No. 2558 (or any update of this Communication).
 3. No jump with the same name may be repeated more than twice including Axel type jumps.
 4. There shall be no bonus for difficult elements in the second half of the program
 5. Time violation - 0.5 point (**Novice B**) deduction for every 5 seconds in excess.
 6. Falls - 0.5 point (**Novice B**) deduction for every fall.
 7. Part of the costume/decoration falls on the ice - 0.5 (**Novice B**)
 8. Costume/prop violation - 0.5 (**Novice B**)
 9. Late start - 0.5 (**Novice B**)
 10. Interruption
 - more than 10 sec. up to 20 sec.: -0,5
 - more than 20 sec. up to 30 sec.: -1,0
 - more than 30 sec. up to 40 sec.: - 1,5
- Interruption of the program with allowance of up to three (3) min. to resume from the point of interruption: -2,5 per program
11. Warm up group up to 8 skaters
 12. Warm up 5 min.

BEGINNERS 2013 and Younger Girls and Boys

Free Program: max. 2:00 min ($\pm$ 10 sek)

a) Maximum four (4) jump elements. - at least one (1) and no more than two (2) are jump combinations. Jump combination can contain only two (2) jumps.

b). maximum of two (2) spins, each spin in one position (minimum of 3 revolutions each)

NEW !! NB!!! All spins must contain only BASE POSITIONS. Difficult positions and attempts are not permitted, and spin will have not value.

c) one (1) Choreo Sequence consisting of at least two different movements.

Axel and double jumps are not allowed!

BEGGINERS 2011-2012 2008-2010 and 2005-2007 Girls and Boys

Free Program: max. 2:30 min ($\pm$ 10 sek)

a) Maximum four (4) jump elements

- at least two (2) of them are solo jumps

- There may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence. Jump combination can contain only two (2) jumps. A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any listed jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump

b) At least one (1) but not more than two (2) spins of a different nature min. four (4) revolutions.

c) **one (1) Choreo Sequence consisting of at least two different movements.**

Maximum two (2) single (1) Axel and two (2) double jump are allowed.

2A, 2Lo, 2F and 2Lz – are not allowed in this category!

IMPORTANT!

- **Composition**
- **Presentation**
- **Skating Skills**

The factor for the Program Components is **1.40**

1. In all elements which are subject to Levels, only features up to **Level Base** will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

2. Evaluation is in accordance with ISU Communication No. 2558 (or any update of this Communication).

3. No jump with the same name may be repeated more than twice including Axel type jumps.

4. There shall be no bonus for difficult elements in the second half of the program

5. Time violation - 0.5 point deduction for every 5 seconds in excess.

6. Falls - 0.5 point deduction for every fall.

7. Part of the costume/decoration falls on the ice - 0.5

8. Costume/prop violation - 0.5

9. Late start - 0.5

10. Interruption – 0,5
11. Warm up group up to 10 skaters
12. **Warm up 3 min.**

ADULT GOLD Men and Women

Age requirements: Adult Gold skater is the skater who has reached at least the age of 28 before July 1st preceding the Event.

Free Skating:

1. A maximum of five (5) jump elements, consisting of single jumps (including the single Axel) or double jumps. **Double Flip, double Lutz, 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 sequence consists of two (2) listed single or double jumps, beginning with any jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump. The jumps in bold above are not permitted; - Each listed jump may be performed a maximum of two (2) times;
 - Please note that the Euler (half-loop) is considered a listed jump only when used in combination in between two other listed jumps. - Non-listed jumps may be included in the program as part of connecting footwork.
2. 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 (1) of which must be a flying spin or a spin with a flying entrance.
 - The spins must have a required minimum number of revolutions: four (4) for any spin with no change of foot, and eight (8) for any spin with a change of foot;
 - A spin that has no basic position with 2 revolutions will receive no value, however a spin with less than three rotations is considered as a skating movement and not a spin;
 - Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions in each of these positions anywhere within the spin. To receive full value, a spin combination must include all three (3) basic positions;
 - All spins with change of foot must have at least 3 revolutions on each foot. If this requirement is not fulfilled, the spin will be marked with a **V**.
3. A maximum of one (1) step sequence, fully utilizing the ice surface.

Duration: 2:50 min. +/- 10 sec.

ADULT SILVER Men and Women

Age requirements: Adult Silver skater is the skater who has reached at least the age of 28 before July 1st preceding the Event.

Free Skating:

1. A maximum of five (5) jump elements, consisting of any single jumps (including the single Axel).

Double jumps and triple jumps are not permitted. There may be up to two (2) jump combinations or jump sequences 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 sequence consists of two (2) single listed jumps, beginning with any listed jump, immediately followed by an Axel type jump with direct step from the landing curve of the first jump to the take-off curve of the Axel jump;

- Each listed jump may be performed a maximum of two (2) times;

- Please note that the Euler (half-loop) is considered a listed jump only when used in combination in between two other listed jumps; - Non-listed jumps may be included in the program as part of connecting footwork.

2. A maximum of two (2) spins of a different abbreviation, one (1) of which must be a spin combination. - The spins must have a required minimum number of revolutions: four (4) for any spin with no change of foot, and six (6) for any spin with a change of foot;

- A spin that has no basic position with 2 revolutions will receive no value, however a spin with less than three rotations is considered as a skating movement and not a spin;

- Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions in each of these positions anywhere within the spin. To receive full value, a spin combination must include all three (3) basic positions;

- All spins with change of foot must have at least 3 revolutions on each foot. If this requirement is not fulfilled, the spin will be marked with a V.

3. A maximum of one (1) choreographic sequence, utilizing at least half (1/2) of the ice surface.

- 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 pattern is not restricted but the sequence must be clearly visible;

- A choreographic sequence has a base value and will be evaluated by the judges in GOE only.

Duration: 2:00 min. +/- 10 sec.

ADULT BRONZE Men and Women

Age requirements: Adult Bronze skater is the skater who has reached at least the age of 28 before July 1st preceding the Event.

Free Skating:

1. A maximum of four (4) jump elements, consisting only of single jumps. **Axel type jumps, double jumps and triple jumps are not permitted.** There may be up to two (2) jump combinations in the free program: - Each jump combination may consist of two (2) listed jumps;

- Each listed jump may be performed a maximum of two (2) times;

2. 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 any spin with no change of foot, and six (6) with change of foot;
 - A spin that has no basic position with 2 revolutions will receive no value, however a spin with less than three rotations in total is considered as a skating movement and not a spin;
 - Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions in each of these positions anywhere within the spin. To receive full value, a spin combination must include all three (3) basic positions;
 - All spins with change of foot must have at least 3 revolutions on each foot. If this requirement is not fulfilled, the spin will be marked with a V.
3. A maximum of one (1) choreographic sequence utilizing at least half (1/2) of the ice surface.
- 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 pattern is not restricted, but the sequence must be clearly visible;
 - A choreographic sequence has a base value and will be evaluated by the judges in GOE only.

Duration: 1:40 min. +/- 10 sec.