**Elements:**

**All the elements must be executed in the listed order, otherwise they will not be counted. Coaches are allowed to skate together with their skaters showing them the elements that have to be completed. Only the first attempt will be evaluated.**

**Element B (born 2014/2015 and younger)**

* Čiuožimas į priekį

Skating forward

* Čiuožimas atgal

Skating backwards

* Pritupimas (min. 3 sek.)

Squat (min. 3 sec.)

* 5 Burbuliukai

5 bubbles

**Element A (born 2014/2015)**

* Čiuožimas į priekį + sustojimas + čiuožimas atgal (atsispyrimai)

Skating forward + stop + skating backwards (strokes)

* Pirmyn 1 burbuliukas + pritupimas (min. 3 sek.) + gandriukas (min. 3 sek.)

1 bubble forward + squat (min. 3 sec.) + grip on one leg (min. 3 sec.)

* Vidiniai lankai pirmyn

Forward Inside Edge

* Aukštas Suktukas

Standing spin

**Element B (born 2012/ 20013)**

* Čiuožimas į priekį + sustojimas + čiuožimas atgal (atsispyrimai)

Skating forward + stop + skating backwards (strokes)

* Pirmyn 1 burbuliukas + pritupimas (min. 3 sek.) + gandriukas (min. 3 sek.)

1 bubble forward + squat (min. 3 sec.) + grip on one leg (min. 3 sec.)

* Vidiniai lankai pirmyn

Forward Inside Edge

* Aukštas Suktukas

Standing spin

**Element A (born 2012/ 2013)**

* Valso žingsnis + Jauniaus šuoliukas

Waltz Step + Waltz Jump

* Kryžiavimas į prieki ir kryžiavimas atgal

Forward and Backward Crossovers

* Kregždutė + Įtūpstas pirmyn (delfinas)

Camel + Forward Lunge (Dolphin)

* Salchovo šuolis

Salchow jump

* Auštas suktukas ant vienos kojos.

One foot standing spin .

**Element B (born 2010/ 2011)**

* Valso žingsnis + Jauniaus šuoliukas

Waltz Step + Waltz Jump

* Kryžiavimas į prieki ir kryžiavimas atgal

Forward and Backward Crossovers

* Kregždutė + Įtūpstas pirmyn (delfinas)

Camel + Forward Lunge (Dolphin)

* Salchovo šuolis

Salchow jump

* Auštas suktukas ant vienos kojos.

One foot standing spin .

**Element A (born 2010/ 2011)**

* Valso žingsnis + jauniaus šuolis + Tulupo šuolis (kaskadas)

Waltz Step + Waltz Jump + Toe Loop (combo)

* Kryžiavimas į prieki ir kryžiavimas atgal

Forward and Backward Crossovers

* Kregždutė + šautuvėlis

Camel + Shoot the duck

* Salchovo šuolis

Salchow jump

* Žemas suktukas

Sit spin

**Element B (born 2008/ 2009)**

* Valso žingsnis + jauniaus šuolis + Tulupo šuolis (kaskadas)

Waltz Step + Waltz Jump + Toe Loop (combo)

* Vidiniai tvizlai pirmyn

Forward Inside Twizzles

* Džiaksono žingsnis ratu

„Jackson“ in circle

* Salchovo šuolis

Salchow jump

* Žemas suktukas

Sit spin

**Element A (born 2008/ 2009)**

* Kryžiavimas atgal ratu + salchovas + Tulupo šuolis (kaskadas)

Backward Crossovers + salchow jump + toe loop jump (combo)

* Vidiniai tvizlai pirmyn

Forward Inside Twizzles

* Ritbergerio žingsnis + Ritbergerio šuolis (Loop)

Loop steps + loop jump

* Žemas suktukas

Sit spin

**Element A (born 2006/ 2007)**

* Jauniaus šuolis + Oileris + Salchovas

Waltz Jump + Half Loop + Salchow

* Vidiniai tvizlai pirmyn

Forward Inside Twizzles

* Ritbergerio žingsnis + Ritbergerio šuolis + Tulupo šuolis

Loop steps + loop Jump + Toe loop

* Žemas suktukas

Sit spin

**Element (born 2006/2011)**

* Kryžiavimas į prieki ir kryžiavimas atgal

Forward and backward crossovers

* Vidiniai lankai į priekį ir atgal

Forward and backward inside edges

* Valso žingsnis

Waltz step

* Aukštas suktukas

Standing Spin

**Technical data for programs season 2019/2020**

***A class***

**ISU**

**SENIOR A** Short Program: The required elements to be skated are those listed in ISU Technical Rules Single & Pair Skating 2018 Rule 611, paragraphs 1 and 3 for 2019/20.Duration:2 min., 40sec. +/-10 sec.

Free Skating In accordance with ISU Technical Rules Single & Pair Skating 2018, Rule 612 and the respective ISU Communication. Special attention should be paid to the “well balanced program” and the element value. Duration: 4 min., +/-10 sec

**JUNIOR A** Short Program. The required elements to be skated are those listed in ISU Technical Rules Single & Pair Skating 2018, Rule 611, paragraphs 1 and 2.Duration: 2 min., 40 sec. +/-10 sec.

Free Skating In accordance with ISU Technical Rules Single & Pair Skating 2018, Rule 612 and the respective ISU Communication. Special attention should be paid to the “well balanced program” and the element value.Duration: 3 min., 30 sec., +/-10 sec

**ADVANCED NOVICE** Age and technical requirements are according to the ISU Technical Rules Single and Pair Skating2018, ISU Communication 2242 and all respective ISU Communications.

Short Program: 2 min 20 sec, +/-10 sec. Free Skating: 3 min +/-10 sec

**INTERMEDIATE NOVICE** Age and technical requirements are according to the ISU Technical Rules Single and Pair Skating 2018, ISU Communication 2242 and all respective ISU Communications.Free Skating: 3 min, +\- 10 sec

**BASIC NOVICE 2008 and younger**

Technical requirements are according to the ISU Technical Rules Single and Pair Skating 2018, ISU Communication 2242 and all respective ISU Communications. Free Skating: 2 min 30 sec, +/- 10 sec

**BASIC NOVICE 2006 and younger**

Technical requirements are according to the ISU Technical Rules Single and Pair Skating 2018, ISU Communication 2242 and all respective ISU Communications. Free Skating: 2 min 30 sec, +/- 10 sec

**NON - ISU**

**PRE-CHICKS A** Free Skating only Girls and Boys (2013 and younger) 2 min., +/- 10 sec.

a) maximum of four (4) jump elements (one of which must be an Axel type jump)

b) maximum of two (2) jump combinations or sequences. 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) step sequence.

**CHICKS A** Free Skating only Girls and Boys (2011/2012 and younger) 2 min., +/- 10 sec.

a) maximum of four (4) jump elements (one of which must be an Axel type jump)

b) maximum of two (2) jump combinations or sequences. 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) step sequence.

**CHICKS Axel** Free Skating only Girls and Boys (2011/2012 and younger) 2 min., +/- 10 sec.

a) maximum of four (4) jump elements (one of which must be an Axel type jump)

b) maximum of two (2) jump combinations or sequences. 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) step sequence

**Only 1A is allowed in this category and all the other double jumps is not allowed**

IMPORTANT!

1. In all categories listed above the Program Components are only judged in

• Skating Skills

• Performance/execution

The Factor of the Program Components is • 2.5

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

3. Evaluation is in accordance with ISU Communication No. 2242 (or any update of this Communication).

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

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

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

7. Falls - 0.5 point deduction for every fall

8. 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 perprogram

9. Warm up group up to 10 skaters

10. Warm up 4 min.

***B class***

**PRE-CHICKS B** Free Skating only Girls and Boys ( 2013 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);

d) one (1) step sequence.

**• 1 Axel, Lutz, Flip and double (2) jumps are not allowed in pre-chicks category!!!**

**CHICKS B** Free Skating only Girls and Boys (2011/2012 and younger) 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) step sequence.

**• 1 Axel and double (2) jumps are not allowed**

**CUBS B** Free Skating only Girls and Boys (2009/2010) 2 min. 30 sec., +/- 10 sec.

a) maximum of four (4) jump elements;

b) maximum of two (2) jump combinations or sequences. 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 (5) revolutions);

d) one step sequence.

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

**2F and 2Lz – are not allowed in this category**

**SPRINGS B** Free Skating only Girls and Boys (2007/2008) 2 min. 30 sec., +/- 10 sec.

a) maximum of four (4) jump elements (one of which must be an Axel type jump; )

b) maximum of two (2) jump combinations or sequences. 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 (5) revolutions);

d) one step sequence.

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

**2Aa, 2F and 2Lz – are not allowed in this category**

IMPORTANT!!!

1. In all categories listed above the Program Components are only judged in

• Skating Skills

• Performance/execution

The Factor of the Program Components is • 2.0

2. In all elements which are subject to Levels, only features up to **Level Base ( Pre-Chiks B, Chiks 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.

3. Evaluation is in accordance with ISU Communication No. 2242 (or any update of this Communication).

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

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

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

7. Falls - 0.5 point (Chiks B, Cubs B, Springs), 0,25 point (Pre-Chiks B) deduction for every fall

8. 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 perprogram

9. Warm up group up to 10 skaters

10. Warm up 4 min.

**NOVICE B** Free Skating only 3 min. +/- 10 sec.

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

a)Maximum of 5 jump elements, one of which must be an Axel type jump.

There may be up to two (2) jump combinations or sequences. 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

b) 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 changeof 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

c) One (1) Step sequence with full utilization of the ice surface. The sequence will receive a Level and will be evaluated in GOE.

**Double Axel and triple jumps are not allowed.**

The Program Components are only judged in

• Skating Skills

• Performance/Execution

• Interpretation

**JUNIOR B** Free Skating only 3 min., +/- 10 sec.

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

b) maximum of three (3) jump combinations or sequences; (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 take-off 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) step sequence.

The Program Components are only judged in

• Skating Skills

• Transitions

• Performance/Execution

• Interpretation

**SENIOR B** Free Skating only 3.30 min., +/- 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 sequences (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 take-off 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) step sequence.

The Program Components are only judged in

• Skating Skills

• Transitions

• Performance/Execution

• Interpretation

The factor for the Program Components is

*•* for men 2.0

*•* for ladies 2.0

IMPORTANT!!!

The Factor of the Program Components is *•* for boys 1.7 *•* for girls 1.5

2. 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.

3. Evaluation is in accordance with ISU Communication No. 2242 (or any update of this Communication).

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

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

6. Time violation - 0.5 point **( Novice B )** deduction for every 5 seconds in excess.

7. Falls - 0.5 point **( Novice B )** deduction for every fall

8. 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 perprogram

9. Warm up group up to 8 skaters

10. Warm up 5 min.

***C class***

**Pre-Chicks C** Free Skating only Girls and Boys ( 2013 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, each spin in one position (minimum of 3 revolutions each);

d) one (1) step sequence ( 2/3 ice covered) .

**Waltz jump is allowed in Pre Chicks C category and has a value 0.20**

**Axel, Lutz, Flip and double jumps are not allowed in pre-chicks C category!!!**

**CHICKS C** Free Skating only Girls and Boys (2011/2012 and younger) 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, each spin in one position (minimum of 3 revolutions each);

d) one (1) step sequence.

**Waltz jump is allowed in Chicks C category and has a value 0.20**

**Axel, Lutz, Flip and double jumps are not allowed**

IMPORTANT!!!

1.In all categories listed above the Program Components are only judged in

• Skating Skills

• Performance/execution

The Factor of the Program Components is • 2.0

2. 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.

3. Evaluation is in accordance with ISU Communication No. 2242 (or any update of this Communication).

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

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

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

7. Falls - 0.25 point deduction for every fall

8. Interruption – 0,5

9. Warm up group up to 10 skaters

10. Warm up 4 min.

***BEGINNERS*** ISU Judging system

**Beginners born 2008-2010 and younger** Free Program: max. 2:00 min (± 10 sek)

a). Maximum four (4) jump elements- at least two (2) of them are solo jumps

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

b). At least one (1) but not more than two (2) spins min. three (3) revolutions.

c) Step sequence (2/3 cover of the ice), (straight line, circular or serpentine).

Axel and double jumps are not allowed!

In occasion of much entries category may be divided

**Beginners born 1999 -2003 and 2004-2007** Free Program: max. 2:30 min (± 10 sek)

1. Maximum five (4) jump elements

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

- at least one (1) and no more than two (2) are jump combinations or sequences. 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

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

3. Step sequence (2/3 cover of the ice), (straight line, circular or serpentine).

Maximum one (1) Axel and one (1) double jump are allowed

**Beginners born 1988 -1998** Free Program: max. 2:30 min (± 10 sek)

1. Maximum five (5) jump elements

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

- at least one (1) and no more than two (2) are jump combinations or sequences ( 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 take-off curve of the Axel jump

2. At least one (1) but not more than two (2) spins min. four (4) revolutions.

3. Step sequence (2/3 cover of the ice), (straight line, circular or serpentine).

Maximum one (1) Axel and one (1) double jump are allowed

IMPORTANT!!!

1. In all categories listed above the Program Components are only judged in

• Skating Skills

• Performance/execution

The Factor of the Program Components is • 1.8

2. 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.

3. Evaluation is in accordance with ISU Communication No. 2242 (or any update of this Communication).

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

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

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

7. Falls - *•* 0.5 point deduction for every fall

8. Interruption – 0,5

9. Warm up group up to 10 skaters

10. Warm up 4 min.

**Hobby Class**

**Adults born from 1987 and older**

**ISU Judging system**

**Gold ladies and men Free program:** max. 2:40 min (± 10 sek)

**Silver**  **ladies and men**  **Free program:** max. 2:00 min (± 10 sek)

**Bronze ladies and men** **Free program:** max. 1:40 min (± 10 sek)