

Reikalavimai varžyboms "Čiuožiu.lt" 2015 11 14 d. Kauno Akropolyje.

Vaikų grupės su elementais:

**Visi elementai daromi eilės tvarka taip kaip surašytą, kitaip nebus užskaitomi.
Treneris gali čiuožti šalia ir rodyti elementus savo sportininkui:**

Pre – chicks B (born 2011 and younger)

1. Čiuožimas į priekį
2. Čiuožimas atgal
3. Pritupimas
4. Burbuliukas

Pre - chicks A (born 2010/2011)

1. Čiuožimas į priekį + sustojimas + čiuožimas atgal
2. Burbuliukas + pritupimas + gandriukas
3. Vidiniai lankai
4. Aukštas Suktukas

Chicks B (born 2008/ 2009)

1. Čiuožimas į priekį + sustojimas + čiuožimas atgal
2. Burbuliukas + pritupimas + gandriukas
3. Vidiniai lankai
4. Aukštas Suktukas

Chicks A (born 2008/ 2009)

1. Valso žingsnis + Jauniaus šuoliukas
2. Kryžiavimas į priekį ir kryžiavimas atgal
3. Kregždutė + Įtūpastas pirmyn (delfinas)
4. Tulupo šuolis
5. Auštas suktukas ant vienos kojos.

Cubs B (born 2006/ 2007)

1. Valso žingsnis + Jauniaus šuoliukas
2. Kryžiavimas į priekį ir kryžiavimas atgal
3. Kregždutė + Įtūpastas pirmyn (delfinas)
4. Tulupo šuolis
5. Auštas suktukas ant vienos kojos.

Cubs A (born 2006/ 2007)

1. Valso žingsnis + jauniaus šuolis + Tulupo šuolis (kaskadas)
2. Kryžiavimas į priekį ir kryžiavimas atgal
3. Kregždutė + šautuvėlis
4. Salchovo šuolis
5. Žemas suktukas

Springs B (born 2004/ 2005)

1. Valso žingsnis + jauniaus šuolis + Tulupo šuolis (kaskadas)
2. Vidiniai tvizlai pirmyn
3. Džiaksono žingsnis ratu
4. Salchovo šuolis
5. Žemas suktukas

Springs A (born 2002/ 2003)

1. Kryžiavimas atgal ratu + salchovas + Tulupo šuolis (kaskadas)
2. Vidiniai tvizlai pirmyn
3. Ritbergerinis žingsnelis + Ritbergerio šuolis (Loop)
4. Žemas suktukas

Vaikų grupės su programomis:

Single Skating: **B class**

PRE-CHICKS B Girls and Boys (born 2009 and younger)

Free program only 2.00 minutes ± 10 sec.

1. Maximum four (4) jump elements:
 - **Axel, Lutz, Flip** and double jumps are not allowed;
 - max two (2) jump combinations or sequences;
 - a jump combination can contain only two (2) jumps.
 2. Maximum two (2) spins of different abbreviation, each of them must be minimum of three (3) revolutions.
 3. One (1) step sequence.
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CHICKS C Girls and Boys (born 2007/2008)

Free program only 2.00 minutes ± 10 sec.

1. Maximum four (4) jump elements:
 - **Axel, Lutz, Flip** and double jumps are not allowed;
 - max two (2) jump combinations or sequences;
 - a jump combination can contain only two (2) jumps.
 2. Maximum two (2) spins of different abbreviation, each of them must be minimum of three (3) revolutions.
 3. One (1) step sequence.
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CHICKS B Girls and Boys (born 2007/2008)

Free program only 2.00 minutes ± 10 sec.

1. Maximum four (4) jump elements:
 - **Axel and double** jumps are not allowed;
 - max two (2) jump combinations or sequences;
 - a jump combination can contain only two (2) jumps.
 2. Maximum two (2) spins of different abbreviation, each of them must be minimum of three (3) revolutions.
 3. One (1) step sequence.
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CHICKS A Girls and Boys (born 2007/2008)

Free program only 2.00 minutes ± 10 sec.

1. Maximum four (4) jump elements:
 - **Axel and double** jumps are allowed;
 - max two (2) jump combinations or sequences;
 - a jump combination can contain only two (2) jumps.
 2. Maximum two (2) spins of different abbreviation, each of them must be minimum of three (3) revolutions.
 3. One (1) step sequence.
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CUBS B Girls and Boys (born 2005/2006)

Free program only 2.30 minutes ± 10 sec.

1. Maximum four (4) jump elements:
 - Axle and one (1) double jump are allowed not more than two (2) times;
 - max two (2) jump combinations or sequences;
 - only one (1) jump combination may consist of three (3) jumps.
 2. Maximum two (2) spins of different abbreviation, each of them must be minimum of three (3) revolutions.
 3. One (1) step sequence.
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SPRINGS B Girls and Boys (born 2003/2004)

Free program only: 2.30 minutes ± 10 sec.

1. Maximum five (5) jump elements:
 - one jump (1) must be an Axel type jump;
 - maximum two (2) different double jumps are allowed and they cannot be done more than twice;
 - maximum two (2) jump combinations or jump sequences;
 - only one (1) jump combination may consist of three (3) jumps.
 2. Maximum three (3) spins of different abbreviation, each of them must be minimum of four (4) revolutions.
 3. One (1) step sequence.
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Basic Novice A (younger subgroup)

FS 2:30 min ± 10 sec. for girls and boys

Age limits:

- has reached at least the age of ten (10)
 - has not reached the age of thirteen (13)
- before July 1st preceding the event

a) Maximum of four (4) jump elements for Girls and Boys one of which must be an Axel-type jump. There may be up to two (2) jump combinations or sequences. Jump combinations can contain only two (2) jumps. A jump sequence can contain any number of jumps, but only two most difficult jumps will be counted. Triple jumps are not permitted. Any single and double jump (including Double Axel) cannot be executed more than twice in total.

b) Maximum of two (2) spins of a different abbreviation, one (1) of which must be a spin combination with or without change of foot (min. of six (6) revolutions in total) and one (1) spin with no change of position and with or without change of foot (min. of six (6) revolutions in total). Flying entry is allowed.

c) There must be one (1) step sequence with fully utilizing the ice surface.

NOVICE B (older subgroup) **FS 3:00 min ± 10 sec. for girls and boys**

Age limits:

- has reached at least the age of thirteen (13)
- has not reached the age of fifteen(15) before July 1st preceding the event

a) Maximum of 5 jump elements for Girls and 6 jump elements for Boys 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 can contain any number of jumps, but only two most difficult jumps will be counted.

Any jump with the same name cannot be included more than two (2) times in total.

b) There must be a maximum of 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 or a spin with a flying entrance (minimum of five (5) revolutions in total) and one spin is optional (minimum of five (5) revolutions).

c) There must be a maximum:

(i) for Girls one (1) step sequence or one (1) spiral sequence consisting of maximum two (2) spiral positions. The sequence (step or spiral) will have a fixed Base value and evaluated in GOE only.

(ii) for Boys maximum of one (1) step sequence with a fixed Base value and evaluated in GOE only.

Beginners born 2001 and younger

Girls, Boys Free Program: 2:00 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 three (3) are jump combinations or sequences

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

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

Beginners born 1996 -2000 Girls and Boys

Free Program: 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 three (3) are jump combinations or sequences
 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).
Double Axel and triple jumps are not allowed.
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Beginners born 1988 -1995 Girls and Boys

Free Program: 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 three (3) are jump combinations or sequences
 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) single Axel and one (1) double jump are allowed, which may be repeated only once.
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Adult Single Bronze (born 1987 and older)

FS 1:40 min ± 10 sec. for ladies and men

1. **A maximum of four (4) jump elements. Only single jumps are permitted**, no Axel type jump, no double or triple jumps can be included. There may be up to three jump combinations or jump sequences in the Free Program. One jump combination could consist of up to three (3) listed jumps, the other two up to two (2) listed jumps. A jump 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, half-loops etc. and/or hops immediately following each other while maintaining the jump rhythm (knee); there can be no turns/steps, crossovers or stroking during the sequence. However, only the two jumps with the highest value will contribute to the technical score. Any jump can be repeated only once and this repetition must be done either in a jump combination or in a jump sequence. Non-listed jumps may be included in the program as part of

connecting footwork preceding single jumps. Please note that a half-loop in combination or in a sequence with any other listed jump will be called as a listed jump (1Lo).

2. A maximum of two (2) spins of a different abbreviation; The spins must have a required minimum number of revolutions: three (3) for the spin with only one position and no change of foot and four (4) for the spin combination with no change of foot and six (3+ 3) for the spin combination with change of foot. Flying spins are not permitted. There must be a minimum of two (2) revolutions in each position or the position will not be counted.

3. A maximum of one Choreographic Sequence (ChSq), covering the full 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 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. Only the first executed attempt of a Choreographic Sequence will contribute to the technical score. Additional Choreographic Sequences will not be counted in the technical score but will be counted as moves-in-the field (transitions) and marked as such.