

Reikalavimai varžyboms "čiuožiu.lt" 2013 11 16 d. Šiaulių Akropolyje.

Vaikų grupės su elementais:

Visi elementai daromi eilės tvarka ir per vieną pasirodimą, treneris gali čiuožti šalia ir rodyti elementus savo sportininkui, kad nepamirštu:

Pre – chicks (2009 and younger)

Čiuožimas į priekį
Pritupimas
Burbuliukas

Chicks B Born (2008/2009)

Čiuožimas į priekį + sustojimas + čiuožimas atgal
Burbuliukas + pritupimas + gandriukas
Suktukas

Chicks A Born(born 2006/ 2007)

Jauniaus šuoliukas
Įtūpstas pirmyn
Valso žingsnis
Aukštas suktukas ant vienos kojos.

Cubs B Born(born 2004/ 2005)

Kregždutė + šautuvėlis
Valso žingsnis + jauniaus šuolis
Aukštas suktukas ant vienos kojos

Cubs A (born 2002/ 2003)

Valso žingsnis + jauniaus šuolis
Džiaksono žingsnis ratu
Salchovo šuolis
Aukštas suktukas ant vienos kojos su išvažiavimu

Springs (born 2000/ 2001)

Kryžiavimas atgal ratu + salchovas
Vidiniai tvizlai pirmyn
Ritbergerinis žingsnelis + Ritbergerio šuolis
Žemas suktukas ant vienos kojos su išvažiavimu

Vaikų grupės su programomis:

Single Skating: **B class**

PRE-CHIKS B Girls and Boys (born 2007 and younger)

Free program only 2.00 minutes ± 10 sec.

1. maximum of four (4) jump elements minimum of two (2) jump elements
2. maximum of two (2) jump combinations or sequences (jump combination can contain only two (2) jumps. A jump combination containing three (3) jumps is not allowed);
3. maximum of two (2) spins of a different nature (minimum of 3 revolutions each);
4. one (1) step sequence.

1 Axel and double jumps are not allowed, any jump may be repeated only twice (2)

CHICKS B Girls and Boys (born 2005/2006)

Free program only 2.00 minutes ± 10 sec.

1. maximum of four (4) jump elements
2. maximum of two (2) jump combinations or sequences (NB! A jump combination can contain only two (2) jumps. A jump combination containing three (3) jumps is not permitted);
3. maximum of two (2) spins of a different nature (minimum of 3 revolutions each);
4. one (1) step sequence.

•Axel and double (2) jumps are not allowed

CUBS B Girls and Boys (born 2003/2004)

Free program only 2.30 minutes ± 10 sec.

1. maximum of four (4) jump elements
2. maximum of two (2) jump combinations or sequences (NB! A jump combination can contain only two (2) jumps. A jump combination containing three (3) jumps is not permitted);
3. maximum of two (2) spins of a different nature (minimum of 3 revolutions each);
4. one (1) step sequence.

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

SPRINGS B Girls and Boys (born 2001/2002)

Free program only: 2.30 minutes ± 10 sec.

1. maximum of five (5) jump elements (one of which must be an Axel type jump);
2. maximum of two (2) jump combinations or sequences (Only one jump combination may consist of three (3) jumps);
3. maximum of three (3) spins of a different nature (minimum of three (3) revolutions);
4. one step sequence.

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

NOVICE B Free Skating only

Age limits:

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

3 min., +/- 10 sec.

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.

• Double Axel and triple jumps are not allowed.

Beginners born 2000/2001/2002/2003 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).

Maximum one (1) Axel and one (1) double jump are allowed, which may be repeated only once.

Beginners born 1995 -1999 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) Axel and one (1) double jump are allowed, which may be repeated only once.

Beginners born 1985 -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) Axel and one (1) double jump are allowed, which may be repeated only once.

Adult Single Bronze (born 1985 and older)

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

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. Only single jumps are permitted, no Axel type jump, no double or triple jumps can be included.

A jump combination may consist of the same or another single jump. 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 sequence may consist of any number of single jumps that may be linked by nonlisted 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.

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.

b. 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.

c. A maximum of one choreo-step sequence or choreo-spiral sequence covering at least 50% of the usual pattern, that is, covering 1/2 the ice surface. To be confirmed, a spiral sequence must include at least two (2) spiral positions not less than three (3) seconds long each or only one (1) spiral position not less than six (6) seconds long. Only the first executed attempt of a choreo-step sequence or choreo-spiral sequence will contribute to the technical score. Additional spiral sequences and step sequences will not be counted in the technical score but will be counted as moves-in-the field (transitions) and marked as such.