

## **Reikalavimai varžyboms “čiuožiui.lt“ balandžio 20 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)**

1. Čiuožimas į priekį
2. Pritupimas
3. Burbuliukas

#### **Chicks B Born (2008/2009)**

1. Čiuožimas į priekį + sustojimas + čiuožimas atgal
2. Burbuliukas + pritupimas + gandriukas
3. Suktukas

#### **Chicks A Born(born 2006/ 2007)**

1. Jaunias šuoliukas
2. Įtūpstas pirmyn
3. Valso žingsnis
4. Aukštas suktukas ant vienos kojos.

#### **Cubs B Born(born 2004/ 2005)**

1. Kregždutė + šautuvėlis
2. Valso žingsnis + jaunias šuolis
3. Aukštas suktukas ant vienos kojos

#### **Cubs A (born 2002/ 2003)**

1. Valso žingsnis + jaunias šuolis
2. Džiaksono žingsnis ratu
3. Salchovo šuolis
4. Aukštas suktukas ant vienos kojos su išvažiavimu

#### **Springs (born 2000/ 2001)**

1. Kryžiavimas atgal ratu + salchovas
2. Vidiniai tvizlai pirmyn
3. Ritbergerinis žingsnelis + Ritbergerio šuolis
4. 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.**

A well balanced Free Skating program for PRE-CHIKS B must contain:

1. **Maximum four (4)** jump elements
  - at least one (1) and maximum two (2) jump combinations or jump 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.
2. At least one (1) and maximum two (2) spins of different nature, each of them must be minimum of three (3) revolutions
3. One Step sequence (straight line, circular or serpentine).

#### **1 Axel and double jumps are not allowed**

1. Duration of music – 0.5 points deduction for every 5 seconds in excess
2. Illegal element-deduction 0,5
3. Any jump may be repeated only twice (2), where as there may be up two (2) Axel type jumps in a program

#### **CHICKS B** Girls and Boys (born 2005/2006)

**Free program only 2.00 minutes ± 10 sec.**

A well balanced Free Skating program for CHICKS B must contain:

1. **Maximum five (5)** jump elements
  - at least two (2) different single solo jumps
  - at least one (1) and maximum two (2) jump combinations or jump sequences
  - only one (1) jump combination may consist of three (3) jumps
  - A jump sequence can contain any number of jumps, but only two most difficult jumps will be counted.
2. At least one (1) and maximum two (2) spins of different nature, each of them must be minimum of three (3) revolutions

3. One Step sequence (straight line, circular or serpentine).

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

1. Any jump may be repeated only twice (2), where as there may be up two (2) 1 Axel type jumps in a program

2. The level of spins and step sequences cannot be higher than 1. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

## **CUBS B** Girls and Boys (born 2003/2004)

**Free program only: girls 2.00 minutes ± 10 sec.**

**boys 2.30 minutes ± 10 sec.**

A well balanced Free Skating program for CUBS B must contain:

1. **Maximum five (5)** jump elements

- at least free (3) different solo jumps, only one of which may be 1 Axel
- at least one (1) and maximum two (2) jump combinations or jump sequences
- only one (1) jump combination may consist of three (3) jumps.

A jump sequence can contain any number of jumps, but only two most difficult jumps will be counted.

2. Two (2) spins of different nature, each of them must be minimum of three (3) revolutions

3. One Step sequence (straight line, circular or serpentine).

### **Double (2) jumps are not allowed**

1. Any jump may be repeated only twice (2), where as there may be up two (2) Axel type jumps in a program

2. The level of spins and step sequences cannot be higher than 1. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

## **SPRINGS B** Girls and Boys (born 2001/2002)

**Free program only: girls 2.30 minutes ± 10 sec.**

**boys 3.00 minutes ± 10 sec.**

A well balanced Free Skating program for SPRINGS B must contain:

1. **Maximum five (5)** jump elements for girls and six (6) for boys

- at least one (1) and maximum two (2) jump combinations or jump sequences.
- only one (1) jump combination may consist of three (3) jumps.

A jump sequence can contain any number of jumps, but only two most difficult jumps will be counted.

2. Three (3) spins of different nature minimum four (4) revolutions.

3. One Step sequence (straight line, circular or serpentine).

### **Maximum 2(two) double jumps, 2A and Triple jumps are not allowed**

1. Any jump may be repeated only twice (2), where as there may be up two (2) Axel type jumps in a program
2. The level of spins and step sequences cannot be higher than 1. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

## **BASIC NOVICE A** Girls and Boys ( younger subgroup )

Age requirements:

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

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

A well balanced **Free Skating** program for BASIC NOVICE A must contain:

a) Maximum of 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.**

b) There must be a maximum of two (2) spins of a different nature (abbreviation), one of which must be a spin combination with or without change of foot (minimum of six (6) revolutions in total) and one spin with no change of position and with or without change of foot (minimum of six (6) revolutions in total).

c) There must be a maximum:

- (i) for Girls one (1) step sequence or one (1) spiral sequence consisting of max. 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.

## **BASIC NOVICE B** Girls and Boys ( older subgroup )

Age requirements:

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

**Free Skating: 3:00 min +/- 10 sec**

A well balanced Free Skating program for BASIC NOVICE B must contain:

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. Only two (2) jumps with two and a half (2 1/2) or more revolutions can be repeated

either in a jump combination or in a jump sequence.

b) There must be a maximum of two (2) spins of a different nature, one of which must be a spin combination (minimum of ten (10) revolutions in total) and one a flying spin or a spin with a flying entrance (minimum of six (6) revolutions in total).

c) There must be a maximum:

(i) for Girls one (1) step sequence or one (1) spiral sequence consisting of max. two (2) spiral positions. The sequence (step or spiral) will have a fixed Base value 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** Girls and Boys

### **Free program max. 2:00 min**

1. **Maximum four (4)** 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. free (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 in a jump combination/sequence !**

## **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.