**Tomas Cup 2017 Technical data.**

**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.**

**Pre – chicks B (born 2013 and younger)**

* Čiuožimas į priekį

Skating forward

* Čiuožimas atgal

Skating backwards

* Pritupimas (min. 3 sek.)

Squat (min. 3 sec.)

* 5 Burbuliukai

5 bubbles

**Pre - chicks A (born 2012/2013)**

* 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

**Chicks B (born 2010/ 20011)**

* 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

**Chicks A (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 .

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

* 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 .

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

* 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

**Springs B (born 2006/ 2007)**

* 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

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

* 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

**Beginners A (born 2004/ 2005)**

* 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

**Beginners (born 2004/2009)**

* 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

**Vaikų grupės su programomis:**

**Single Skating: A and B class**

**PRE-CHICKS A** Girls and Boys (skater born in 2011 and younger)

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

1. Maximum four (4) jump elements:

 - one (1) jump must be an Axel-type jump;

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

**CHICKS A** Girls and Boys (born 2009/2010)

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

1. Maximum four (4) jump elements:

 - one (1) jump must be an Axel-type jump;

 - maximum of two (2) jump combinations or sequences ( 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.

**CUBS A** Girls and Boys (born 2007/2008)

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

1. Maximum four (4) jump elements:

 - one (1) jump must be an Axel-type jump;

 - maximum 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, including:

 - one (1) spin combination with one change of foot and at least one change of position

(min. 3+3 revolutions);

 - other spin of free choice with minimum of 3 revolutions.

3. One (1) step sequence.

 **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 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. 1724 (or any update

of this Communication).

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

type jumps.

5. A jump sequence can contain any number of jumps, but only two (2) most

difficult jumps will be counted.

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 8 skaters

10.Warm up 5 min.

**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

1. 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.

2. 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.

3. 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

1. 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.

2. 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).

3. 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.

**PRE-CHICKS B** Girls and Boys (skater born in 2011 and younger)

 **Free program 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.

**CHICKS C** Girls and Boys (born 2009/2010)

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

1. Maximum four (4) jump elements:

 - Axel, Lutz, Flip and double jumps are not allowed;

 - 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);

2. Maximum two (2) spins of different abbreviation, each of them must be minimum of three (3) revolutions.

3. One (1) step sequence.

**CHICKS B** Girls and Boys (born 2009/2010)

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

1. Maximum four (4) jump elements:

 - Axel and double jumps are not allowed;

 - 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);

2. Maximum two (2) spins of different abbreviation, each of them must be minimum of three (3) revolutions.

3. One (1) step sequence.

**CUBS B** Girls and Boys (born 2007/2008)

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

1. Maximum four (4) jump elements:

 - Axel 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.

**SPRINGS B** Girls and Boys (born 2005/2006)

**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.

**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 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. 1724 (or any update

of this Communication).

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

type jumps.

5. A jump sequence can contain any number of jumps, but only two (2) most

difficult jumps will be counted.

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

7. Falls - Pre-Chicks • 0.25 point deduction for every fall

Chicks, Cubs Springs • 0.5 point deduction for every fall

8. Interruption – 0,5

9. Warm up group up to 8 skaters

10.Warm up 5 min.

**Beginners born 2004 and younger**

**Girls, Boys Free Program: 2:00 min (± 10 sek)**

1. 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 or sequences.

 - jump combinations can contain only two (2) jumps.

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)

**Single Axel and double jumps are not allowed.**

**Beginners born 1998 -2003** 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.**

**Beginners born 1990 -1997** 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.**

**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 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. 1724 (or any update

of this Communication).

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

type jumps.

5. A jump sequence can contain any number of jumps, but only two (2) most

difficult jumps will be counted.

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 8 skaters

10.Warm up 5 min.

**Adult Single Bronze (born 1989 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.