

Tomas Cup Technical data. **UPDATE 1.03.**

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 2013 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 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

Element 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

Element A (born 2010/ 2011)

- Valso žingsnis + Jauniaus šuoliukas
Waltz Step + Waltz Jump
- Kryžavimas į priekį ir kryžavimas 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 2008/ 2009)

- Valso žingsnis + Jauniaus šuoliukas
Waltz Step + Waltz Jump
- Kryžiuavimas į prieki ir kryžiuavimas 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 2008/ 2009)

- Valso žingsnis + jauniaus šuolis + Tulupo šuolis (kaskadas)
Waltz Step + Waltz Jump + Toe Loop (combo)
- Kryžiuavimas į prieki ir kryžiuavimas atgal
Forward and Backward Crossovers
- Kregždutė + šautuvėlis
Camel + Shoot the duck
- Salchovo šuolis
Salchow jump
- Žemas suktukas
Sit spin

Element 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

Element 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

Element A (born 2004/ 2005)

- Jaunias 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 2004/2009)

- Kryžiavimas į priekį 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, Basic Novice B, Advanced Novice Girls/Boys

In accordance with ISU Communication **2024** and all respective ISU Communications.

Junior A Ladies/Men

In accordance with ISU Special Regulations and Technical Rules for Single and Pair Skating 2014:

Single Skating Short Program - reg. nr. 611,
Single Skating Free Program - reg. nr. 612.
Criteria of evaluation ISU Comm. **2089**

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.
- 2F and 2 Lz are not allowed in this category**

SPRINGS B Girls and Boys (born 2005/2006)

Free program only: 2.30 minutes ± 10 sec.

1. Maximum four (4) 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 10 skaters
10. Warm up 5 min.

Beginners born 2007-2009 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 -2002 and 2003-2006

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

Beginners born 1987 -1997

Girls, 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 10 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.