

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 2016/2017 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 2016/2017)

- 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 2014/ 2015)

- 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 2014/ 2015)

- Valso žingsnis + Jauniaus šuoliukas
Waltz Step + Waltz Jump
- Kryžiaavimas į priekį ir kryžiaavimas 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 2012/ 2013)

- Valso žingsnis + Jauniaus šuoliukas
Waltz Step + Waltz Jump
- Kryžiovimas į prieki ir kryžiovimas 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 2012/ 2013)

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

Element B (born 2010/ 2011)

- 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 2010/ 2011)

- Kryžiovimas 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 2008/ 2009)

- 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 2008/2013)

- Kryžiuavimas į priekį ir kryžiuavimas atgal
Forward and backward crossovers
- Vidiniai lankai į priekį ir atgal
Forward and backward inside edges
- Valso žingsnis
Waltz step
- Aukštas suktukas
Standing Spin

TECHNICAL DATA:

JUNIOR WOMEN and MEN

Short Program: The required elements to be skated are those listed in ISU Technical Rules Single & Pair Skating 2021, Rule 611, paragraphs 1 and 3, for 2020/2021 (and listed in ISU Com. 2382).

Duration: 2 min.40 sec. +/-10 sec. Free Skating: In accordance with ISU Technical Rules Single & Pair Skating 2021, Rule 612 and the respective ISU Communication. Special attention should be paid to the "well balanced program" and the element value. Duration: 3 min.30 sec. +/-10 sec.

ADVANCED NOVICE Girls and Boys

Age and technical requirements are according to the ISU Technical Rules Single and Pair Skating 2021, ISU Communication 2396 and all respective ISU Communications. Short Program: 2 min 20 sec, +/-10 sec. Free Skating: 3 min +/-10 sec

INTERMEDIATE NOVICE Girls and Boys

Age and technical requirements are according to the ISU Technical Rules Single and Pair Skating 2021, ISU Communication 2396 and all respective ISU Communications. Free Skating: 3 min, +/- 10 sec

BASIC NOVICE 2008-2010 Girls and Boys

Technical requirements are according to the ISU Technical Rules Single and Pair Skating 2021, ISU Communication 2396 and all respective ISU Communications. Free Skating: 2 min 30 sec, +/- 10 sec

BASIC NOVICE 2011 and Younger Girls and Boys

Technical requirements are according to the ISU Technical Rules Single and Pair Skating 2021, ISU Communication 2396 and all respective ISU Communications. Free Skating: 2 min 30 sec, +/- 10 sec

- PRE-CHICKS A** Free Skating only Girls and Boys (2015 and younger) 2 min., +/- 10 sec.
- maximum of four (4) jump elements (one of which must be an Axel type jump)
 - maximum of two (2) jump combinations or sequences. Jump combination can contain only two
(2) jumps. A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any listed jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump.
 - maximum of two (2) spins of a different nature (minimum of 4 revolutions each)
 - one (1) step sequence.

- CHICKS A** Free Skating only Girls and Boys (2013/2014) 2 min., +/- 10 sec.
- maximum of four (4) jump elements (one of which must be an Axel type jump)
 - maximum of two (2) jump combinations or sequences. Jump combination can contain only two
(2) jumps. A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any listed jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump.
 - maximum of two (2) spins of a different nature (minimum of 4 revolutions each)
 - one (1) step sequence.

- CHICKS Axel** Free Skating only Girls and Boys (2013/2014) 2 min., +/- 10 sec.
- maximum of four (4) jump elements (one of which must be an Axel type jump)
 - maximum of two (2) jump combinations or sequences. Jump combination can contain only two
(2) jumps. A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any listed jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump.
 - maximum of two (2) spins of a different nature (minimum of 3 revolutions each)
 - one (1) step sequence

Only 1A is allowed in this category and all the other double jumps is not allowed and can do twice.

IMPORTANT!

- In all categories listed above the Program Components are only judged in
 - Skating Skills
 - Performance/executionThe Factor of the Program Components is • 2.5
- In all elements which are subject to Levels, only features up to **Level 2 (Pre-Chiks A and Chiks A) Level 1 (Chiks Axel)** will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.
- Evaluation is in accordance with ISU Communication No. 2242 (or any update of this Communication).
- No jump with the same name may be repeated more than twice including Axel type jumps.
- There shall be no bonus for difficult elements in the second half of the program
- Time violation - 0.5 point deduction for every 5 seconds in excess.
- Falls - 0.5 point deduction for every fall
- Interruption
 - more than 10 sec. up to 20 sec.: -0,5
 - more than 20 sec. up to 30 sec.: -1,0
 - more than 30 sec. up to 40 sec.: - 1,5Interruption of the program with allowance of up to three (3) min. to resume from the point of interruption: -2,5 perprogram
- Warm up group up to 10 skaters

10. Warm up 4 min.

PRE-CHICKS B Free Skating only Girls and Boys (2015 and younger) 2 min., +/- 10 sec.

- a) maximum of four (4) jump elements minimum of two (2) jump elements
- b) maximum of two (2) jump combinations. Jump combination can contain only two (2) jumps.
- c) maximum of two (2) spins of a different nature (minimum of 3 revolutions each);
- d) one (1) step sequence.

1 Axel and double (2) jumps are not allowed in pre-chicks B category

CHICKS B Free Skating only Girls and Boys (2013/2014) 2 min., +/- 10sec

- a) maximum of four (4) jump elements
- b) maximum of two (2) jump combinations. Jump combination can contain only two (2) jumps.
- c) maximum of two (2) spins of a different nature (minimum of 3 revolutions each)
- d) one (1) step sequence.

1 Axel and double (2) jumps are not allowed

CUBS B Free Skating only Girls and Boys (2011/2012) 2 min. 30 sec., +/- 10 sec.

- a) maximum of four (4) jump elements;
- b) maximum of two (2) jump combinations or sequences. Jump combination can contain only two (2) jumps. A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any listed jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump
- c) maximum of two (2) spins of a different nature (minimum of three (5) revolutions);
- d) one step sequence.

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

2F and 2Lz – are not allowed in this category

SPRINGS B Free Skating only Girls and Boys (2009/2010) 2 min. 30 sec., +/- 10 sec.

- a) maximum of four (4) jump elements (one of which must be an Axel type jump;)
- b) maximum of two (2) jump combinations or sequences. Jump combination can contain only two (2) jumps. A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any listed jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump
- c) maximum of two (2) spins of a different nature (minimum of three (5) revolutions);
- d) one step sequence.

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

2Aa, 2F and 2Lz – are not allowed in this category

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 • 2.0

2. In all elements which are subject to Levels, only features up to **Level Base (Pre-Chiks B, Chiks B, Cubs B), Level 1 (Springs)** 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. 2242 (or any update of this Communication).

4. No jump with the same name may be repeated more than twice including Axel type jumps.
5. There shall be no bonus for difficult elements in the second half of the program
6. Time violation - 0.5 point deduction for every 5 seconds in excess.
7. Falls - 0.5 point (Chiks B, Cubs B, Springs), 0,25 point (Pre-Chiks B) deduction for every fall
8. Interruption
 - more than 10 sec. up to 20 sec.: -0,5
 - more than 20 sec. up to 30 sec.: -1,0
 - more than 30 sec. up to 40 sec.: - 1,5
 Interruption of the program with allowance of up to three (3) min. to resume from the point of interruption: -2,5 perprogram
9. Warm up group up to 10 skaters
10. Warm up 4 min.

NOVICE B Free Skating only 3 min. +/- 10 sec.

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

There may be up to two (2) jump combinations or sequences. A jump combination can contain only two (2) jumps. A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any listed jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump

b) There must be a maximum of two (2) spins of a different nature. -one of which must be a spin combination with change of foot (minimum of eight (8) revolutions in total) or without change of foot (minimum of six (6) revolutions in total) Flying entry is allowed. -one spin with no change of position with change of foot (minimum of eight (8) revolutions in total) or without change of foot (minimum of six (6) revolutions in total). Flying entry is allowed

c) One (1) Step sequence with full utilization of the ice surface. The sequence will receive a Level and will be evaluated in GOE.

Double Axel and triple jumps are not allowed.

The Program Components are only judged in

- Skating Skills
- Performance/Execution
- Interpretation

The factor for the Program Components is (age same as Junior A)

- for boys 2.0
- for girls 1.7

JUNIOR B (age same as Junior A) Free Skating only 3 min., +/- 10 sec.

a) maximum of five (5) jump elements one of which must be an Axel type jump;

b) maximum of three (3) jump combinations or sequences; (Only one jump combination may consist of three (3) jumps); A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any listed jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump

c) 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 (minimum of six (6) revolutions) and one spin is optional (minimum of six (6) revolutions);

d) one(1) step sequence.

2A and triple jumps are not allowed.

Pre-Chicks C Free Skating only Girls and Boys (2015 and younger) 2 min., +/- 10 sec.

a) maximum of four (4) jump elements minimum of two (2) jump elements

b) maximum of two (2) jump combinations. Jump combination can contain only two (2) jumps.

c) maximum of two (2) spins, each spin in one position (minimum of 3 revolutions each);

d) one (1) step sequence (2/3 ice covered) .

Waltz jump is allowed in Pre Chicks C category and has a value 0.20

1 Axel, Lutz, Flip and double jumps are not allowed in pre-chicks C category !

CHICKS C Free Skating only Girls and Boys (2013/2014) 2 min., +/- 10 sec.

a) maximum of four (4) jump elements

b) maximum of two (2) jump combinations. Jump combination can contain only two (2) jumps.

c) maximum of two (2) spins, each spin in one position (minimum of 3 revolutions each);

d) one (1) step sequence.

Waltz jump is allowed in Chicks C category and has a value 0.20 Axel.

Lutz, Flip and double jumps are not allowed

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 • **1.5**

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. 2242 (or any update of this Communication).

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

5. There shall be no bonus for difficult elements in the second half of the program

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

7. Falls - 0.25 point deduction for every fall

8. Interruption – 0,5

9. Warm up group up to 10 skaters

10. Warm up 4 min.

Beginners born 2010-2011 Girls and Boys Free Program: max. 2:00 min

(± 10 sek) a). 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. Jump combination can contain only two (2) jumps.

b). maximum of two (2) spins, each spin in one position (minimum of 3 revolutions each)

c) Step sequence (2/3 cover of the ice), (straight line, circular or serpentine). Axel and double jumps are not allowed !

Beginners born 2007 -2009 and 2003-2006

Girls and Boys Free Program: max. 2:30 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 combination can contain only two (2) jumps. A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any listed jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump
2. At least one (1) but not more than two (2) spins of a different nature 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 and can repeat twice.

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 • **1.3**

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. 2242 (or any update of this Communication).
4. No jump with the same name may be repeated more than twice including Axel type jumps.
5. There shall be no bonus for difficult elements in the second half of the program
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 4 min.

Hobby Class

Masters Free Skating, Gold Free Skating, Silver Free Skating, Bronze Free Skating, Artistic Free Skating (Pre - Bronze, Bronze, Silver, Gold, Masters)