

2nd International Figure Skating Competition SPORTIA SKATING HÄMEENLINNA 2010



CHICKS B born 2002 and younger (star evaluation)

Free program max. 2 min.

- Some single jumps
- 2 different spins (at least 3 revolutions)
- **Axel or double jumps are not allowed**

CUBS A born 2001 and younger (ISU evaluation)

Free program: time 2.30 min. (+/- 10 sec), 9 elements

- **max. 5 jump** elements,
 - 1 of which must be **Axel** jump
 - **at least 2** of different nature **double jumps** (it is allowed to try all double jumps)
 - **max. 2** jump combinations or jump sequences of which max. 1 jump combination may consist of 3 jumps
 - If a double jump is executed as a solo jump, it can only be repeated once as part of a jump combination or jump sequence
- **max. 3 different spins** (every spin has to have different abbreviation!)
 - Spin combination (8 revolutions) with **or** without change of foot
 - One Spin with one position and no change of foot **or** flying spin (5 revolutions: any position - upright, layback, camel, sit)
 - One spin different nature than previous, 1 position spin 5 revolutions or spin combination 8 revolutions
- **max. 1 step sequence** pattern optional (straight line, serpentine or circular)
- **At least 2** non-supportive spiral position (spirals are evaluated in program components, in the section "transitions").

In Cubs A the program component factor is 1,2 and the deduction of a fall is 0,5

CUBS B born 2001 and younger (star evaluation)

Free program max. 2.30 min

- All single jumps
- Axel and/or max. 1 double jump or trying
- 3 different spins minimum 4 revolutions
- Step sequence (straight line, circle or serpentine) covering ½ of the ice-rink
- At least 2 non-supportive spiral position

SPRINGS A born 1999 and younger (ISU evaluation)

Free program: time 2.30 min. (+/- 10 sec), 9 elements

- **max. 5 jump** elements,
 - 1 of which must be **Axel** jump
 - **at least 3** of different nature **double jumps** (it is allowed to try all double jumps)
 - **max. 2** jump combinations or jump sequences of which max. 1 jump combination may consist of 3 jumps
 - If a double jump is executed as a solo jump, it can only be repeated once as part of a jump combination or jump sequence
- **max. 3 different spins** (every spin has to have different abbreviation!)

- Spin combination (8 revolutions) with **or** without change of foot
- One Spin with one position and no change of foot **or** flying spin (5 revolutions: any position - upright, layback, camel, sit)
- One spin different nature than previous, 1 position spin 5 revolutions or spin combination 8 revolutions
- **max. 1 step sequence** pattern optional (straight line, serpentine or circular)
- **At least 2** non-supportive spiral position (spirals are evaluated in program components, in the section "transitions").

In Springs A the program component factor is 1,2 and the deduction of a fall is 0,5

SPRINGS B born 1999 and younger (star evaluation)

Free program: 2.30 min. (+/-10 sec.)

- **max. 5 jump** elements
 - 1 of which must be single **Axel** jump
 - **At least 1** double jump (it is allowed to try all double jumps)
 - **max. 2** jump combinations or jump sequences of which max. 1 jump combination may consist of 3 jumps
 - If a double jump is executed as a solo jump, it can only be repeated once as part of a jump combination or jump sequence
- **max. 3 different spins** (every spin has to have different abbreviation!)
- **1 Step sequence** pattern optional (straight line, serpentine or circular)
- At least 2 non-supportive spiral position

DEBS A born 1998 and younger (ISU evaluation)

Free program: time 3 min. (+/- 10 sec), 10 elements

- **max. 6 jump** elements
 - 1 of which must be **Axel** jump
 - **At least 1** and **max. 3** jump combinations or jump sequences of which max. 1 jump combination may consist of 3 jumps
 - If a double (or triple) jump is executed as a solo jump, it can only be repeated once as part of a jump combination or jump sequence
 - The program should include at least 4 different double jumps
- **max. 3 different spins** (every spin has to have different abbreviation!)
 - Spin combination (8 revolutions) with **or** without change of foot
 - Flying Spin min. 5 revolutions, no change of foot or position
 - One Change Foot Camel Spin (4+4 revolutions)
- **1 ChSp 2 spirals 3 seconds each or 1 spiral 6 seconds**

Each jump named 2A or triple jump, gives the skater a bonus of +2,0 points (maximum bonus +6,0 points). The program component factor is 1,5.

DEBS B born 1998 and younger (star evaluation)

Free program: time max. 3 min. 10 s

- **Max 6 jump** elements
 - 1 of which must be **Axel** jump
 - **At least 1** and **max. 3** jump combinations or jump sequences of which max. 1 jump combination may consist of 3 jumps
 - If a double jump is executed as a solo jump, it can only be repeated once as part of a jump combination or jump sequence

- **max 3 different spins** (every spin has to have different abbreviation!)
 - Spin combination (8 revolutions) with **or** without change of foot
 - One Spin with one position and no change of foot **or** flying spin (5 revolutions: any position - upright, layback, camel, sit)
 - One spin different nature than previous (one foot and position spin 5 revolutions **or** spin combination 8 revolutions)
- **1 ChSp 2 spirals 3 seconds each or 1 spiral 6 seconds**

NOVICE A girls born 1.7.1995 or after (ISU evaluation)

Suomen SM-noviisien vaatimukset:

Short program (6 elements) time max. 2.30

- axel tai kaksoisaxel
- kaksois- tai kolmoishyppy, jota välittömästi edeltävät yhdistävät askeleet tai muut vapaaluisteluliikkeet
- hyppy-yhdistelmä, joka koostuu kahdesta kaksoishypystä ja kaksois- ja kolmoishypystä, soolohyppyjä ei saa toistaa
- taivutuspiruetti, joka taipuu sivulle tai taakse, ja jossa on vähintään kuusi kierrosta
- yhdistelmäpiruetti, jossa on vain yksi jalanvaihto ja vähintään yksi asennon vaihto, vähintään viisi kierrosta molemmilla jaloilla
- askelsarja

Kustakin 2A ja 3H nimetystä hyppyelementistä annetaan + 2 pistettä, mutta kuitenkin enintään + 6 pistettä/ohjelma

Lyhytohjelman viiden esittämisen osa-alueen kerroin on 0,8

Free program (10 elements) time 3 min +/- 10 s

- **6 hyppyelementtiä,**
 - joista yhden on oltava Axel-tyyppinen hyppy
 - joista enintään kolme on hyppy-yhdistelmiä tai sarjoja. Vain kaksi sellaista hyppyä, jossa on kaksi ja puoli tai kolme kierrosta voidaan toistaa hyppy-yhdistelmässä tai -sarjassa. Samaa kahden ja puolenkierroksen tai kolmoishyppyä saa toistaa enintään kaksi kertaa
 - kolmen hypyn yhdistelmiä saa olla korkeintaan yksi muissa enintään kaksi hyppyä
- **enintään kolme erilaista piruettia**
 - 1 yhdistelmäpiruetti, jossa on vähintään yksi asennonvaihto ja yhteensä vähintään 10 kierrosta
 - 1 lentävä piruetti, jossa on vähintään 6 kierrosta. Jalan- ja asennonvaihto on kielletty
 - 1 piruetti, joka on erilainen kuin edellä mainitut, yhden asennon piruetti 6 kierrosta tai yhdistelmäpiruetti 10 kierrosta
- **enintään 1 askelsarja**

Kustakin 2A ja 3H nimetystä hyppyelementistä annetaan + 2 pistettä, mutta kuitenkin enintään + 6 pistettä/ohjelma

Vapaaohjelman viiden esittämisen osa-alueen kerroin on 1,6

Elementtikohtaiset vaatimukset ovat ISU communication 1611 mukaan tai minkä tahansa sen jälkeen ilmestyneen ISU communicationin mukaan.

NOVICE B born 1996 and younger (ISU evaluation)

Free program: time 3 min. (+/- 10 sec), 10 elements

- **max. 6 jump** elements
 - 1 of which must be **Axel** jump
 - **At least** 1 and **max.** 3 jump combinations or jump sequences of which max. 1 jump combination may consist of 3 jumps
 - If a double (or triple) jump is executed as a solo jump, it can only be repeated once as part of a jump combination or jump sequence
 - The program should include at least 3 different double jumps
- **max. 3 different spins** (every spin has to have different abbreviation!)
 - Spin combination (8 revolutions) with **or** without change of foot
 - One Spin with one position and no change of foot **or** flying spin (5 revolutions: any position - upright, layback, camel, sit)
 - One spin different nature than previous 1 position spin 5 revolutions or spin combination 8 revolutions
- **1 ChSp 2 spirals 3 seconds each or 1 spiral 6 seconds**

JUNIOR A ladies ISU requirements

JUNIOR B ladies and men born 1.7.1991 – 30.6. (ISU evaluation)

Short program: max 2.50 min

- Axel or double axel
- One double jump preceded by steps
- One jump combination consisting of 2 double jumps, solo jumps may not be repeated
- flying spin at least 6 revolutions
- ladies: layback or sideways leaning spin at least 6 revolutions
- men: camel spin or sit spin with only one change of foot at least 5 revolutions with each foot
- Spin combination with only one change of foot and 3 basic positions (sit, camel, upright or any variation thereof) with at least 5 revolutions each foot
- 1 step sequence pattern optional (straight line, serpentine or circular)

Free program: max. 3.40 min. max. 11 elements

- **max. 7 jump** elements.
 - One must be **Axel** type jump.
 - **At least** 1 and **max.** 3 jump combinations or jump sequences of which max. 1 jump combination may consist of 3 jumps
 - If a double/triple jump is executed as a solo jump, it can only be repeated once as part of a jump combination or jump sequence
- **max 3 different spins** of a different nature.
 - One which must be a spin combination (min 10 rev) with **or** without a change of foot.
 - One must be a spin in one foot and in one position (min 5 rev) and may start with a jump.
 - One spin different nature than previous 1 position spin 5 revolutions or spin combination 8 revolutions
- **1 Step sequence.**

SENIOR A ladies and men ISU requirements