



«Russian Winter 2016» (February 17–18, 2016)

Children Amateur Figure Skating Competition

Technical Requirements to Children Free Skating Programs – Group “Amateurs”

Level	Program	Age, gender	Duration of program	Components		Required elements
				Factor	Estimated	
Stage I Beginning Skater	Skating to music	Boys, girls	1:30 ±10 sec	1.2	Skating skills and presentation.	<p>1. Maximum 2 jump elements, one of them must be Waltz Jump with the waltz three turn entrance, the other must be a single jump (only 1S and 1T are allowed). Instead of single jump, it is possible to repeat the Waltz jump with the waltz three turn entrance immediately after the first jump.</p> <p>2. Maximum 1 spin in one position with no change of foot (min. 3 revs). The flying entrance is not allowed. The maximal level of spin is Base. Two-foot spin or spin without base position will be estimated as USpB with value 1.0.</p> <p>3. One choreographic sequence covering no less than 1/2 of ice surface. It must include at least 1 spiral position.</p> <p>Deduction for each fall: 0.5.</p> <p><u>Requirements for classification:</u> performing of all elements listed above with mean score for each element no less than (-1).</p>
Stage II Young Skater – Basic	Skating to music	Boys, girls	2:00 ±10 sec	1.2	Skating skills and presentation.	<p>1. Maximum 3 jump elements. Maximum 1 Waltz jump. There must be 2 different single jumps: 1S and 1T. Other jumps are not allowed.</p> <p>2. Maximum 1 spin in one basic position with no change of foot (min. 3 revs). The flying entrance is not allowed. The maximal level of spin is Base.</p> <p>3. One choreographic sequence covering no less than 2/3 of ice surface. It must include at least 1 spiral position.</p> <p>Deduction for each fall: 0.5.</p> <p><u>Requirements for classification:</u> performing of all elements listed above with mean score for each element no less than (-1).</p>
Stage III Young Skater – Advanced	Skating to music	Boys, girls	2:00 ±10 sec	1.2	Skating skills and presentation.	<p>1. Maximum 3 jump elements. Maximum 1 Waltz jump. There must be 2 different single jumps. Only 1W, 1S, 1T, 1Lo are allowed, other jumps are forbidden.</p> <p>2. Maximum 1 spin in one basic position with no change of foot (min. 3 revs). The flying entrance is not allowed. The maximal level of spin is Base.</p> <p>3. One choreographic sequence covering no less than 2/3 of ice surface. It must include at least 1 spiral position.</p> <p>Deduction for each fall: 0.5.</p> <p><u>Requirements for classification:</u> performing of all elements listed above with mean score for each element no less than (-1).</p>

Level	Program	Age, gender	Duration of program	Components		Required elements
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Stage IV 3rd Junior Category — Basic	Free Skating	Boys, girls	2:10 ±10 sec	1.5	Skating skills, presentation, interpretation.	<p>1. Maximum 3 jump elements. There must be 2 different single jumps. Only 1S, 1T, 1Lo, 1F are allowed, other jumps are forbidden.</p> <p>2. No more than 1 jump combination of sequence of 2 jumps listed above. Only 1 jump may be repeated in jump combo or sequence.</p> <p>3. Maximum 2 spins, one of them must be a spin in one basic position and with no change of foot (min. 3 revs), and the second must be a spin combination without change of foot (min 6 revs) and with required camel and sit positions. A flying entrance to any spin is forbidden. The maximal level of spin is 1.</p> <p>4. One choreographic sequence covering the complete ice surface. It must include at least 1 spiral position.</p> <p><u>Requirements for classification:</u> performing of all elements listed above with mean score for each element no less than (-1).</p>
Stage V 3rd Junior Category — Advanced	Free Skating	Boys, girls	2:10 ±10 sec	1.5	Skating skills, presentation, interpretation.	<p>1. Maximum 3 jump elements. There must be 2 different single jumps, including 1A. Jumps with 2 or more revolutions are not allowed.</p> <p>2. No more than 1 jump combination of sequence of 2 jumps listed above. Only 1 jump may be repeated in jump combo or sequence.</p> <p>3. Maximum 2 spins, one of them must be a spin in one basic position and with no change of foot (min. 3 revs), and the second must be a spin combination without change of foot (min 6 revs) and with required camel and sit positions. A flying entrance to any spin is forbidden. The maximal level of spin is 1.</p> <p>4. One choreographic sequence covering the complete ice surface. It must include at least 1 spiral position.</p> <p><u>Requirements for classification:</u> performing of all elements listed above with mean score for each element no less than (-1).</p>

Level	Program	Age, gender	Duration of program	Components		Required elements
				Factor	Estimated	
Stage VI 2nd Junior Category — Basic	Free Skating	Boys, girls	2:30 ±10 sec	1.6	Skating skills, presentation, interpretation.	<p>1. Maximum 4 jump elements, one of which must be 1A. There must be 2 different double jumps. Only 2S and 2T are allowed, other jumps with 2 and more revs are forbidden.</p> <p>2. No more than 1 jump combination of sequence of 2 jumps listed above. Only 1 jump may be repeated in jump combo or sequence.</p> <p>3. Maximum 2 spins, one of them must be a spin in one basic position with a change of foot (min. 6 revs), and the second must be a spin combination (min 8 revs total). A flying entrance to any spin is forbidden. The maximal level of spin is 2.</p> <p>4. One choreographic sequence covering the complete ice surface. It must include at least 1 spiral position.</p> <p><u>Requirements for classification:</u> performing of all elements listed above with mean score for each element no less than (-1).</p>
Stage VII 2nd Junior Category — Advanced	Free Skating	Boys, girls	2:30 ±10 sec	1.6	Skating skills, presentation, interpretation.	<p>1. Maximum 4 jump elements, one of which must be 1A. There must be 2 different double jumps. Only 2S, 2T and 2Lo are allowed, other jumps with 2 and more revs are forbidden.</p> <p>2. No more than 1 jump combination of sequence of 2 jumps listed above. Only 1 jump may be repeated in jump combo or sequence.</p> <p>3. Maximum 2 spins, one of them must be a spin in one basic position with a change of foot (min. 6 revs) with optional flying entrance. The second must be a spin combination (min 8 revs total). A flying entrance to the spin combination is forbidden. The maximal level of spins is 2.</p> <p>4. One choreographic sequence covering the complete ice surface. It must include at least 1 spiral position.</p> <p><u>Requirements for classification:</u> performing of all elements listed above with mean score for each element no less than (-1).</p>

Level	Program	Age, gender	Duration of program	Components		Required elements
				Factor	Estimated	
Stage VIII 1st Junior Category — Basic	Free Skating	Boys, girls	2:30 ±10 sec	2.0	Skating skills, presentation, interpretation	<p>1. Maximum 4 jump elements, one of which must be 1A. There must be 3 different double jumps. Only 2S, 2T, 2Lo and 2F are allowed; the double Lutz (2Lz), double Axel (2A) and jumps with more than 2 revs are forbidden.</p> <p>2. No more than 2 jump combinations of sequences of 2 jumps. One jump combo must consist of 2 double jumps or of 1A and a double jump. Only 2 double jumps may be repeated in jump combo or sequence.</p> <p>3. Maximum 2 spins, one of them must be a spin in one basic position (min. 6 revs) with optional change of foot and/or flying entrance. The second must be a spin combination with a change of foot (min 10 revs total). A flying entrance to the spin combination is forbidden. The maximal level of spins is 2.</p> <p>4. One choreographic sequence covering the complete ice surface. It must include at least 1 spiral position.</p> <p><u>Requirements for classification:</u> One jump combination/sequence and 2 different double jumps must be performed with scores not less than -1. A mean score for each element in a program should be no less than (-1).</p>
Stage IX 1st Junior Category — Advanced	Free Skating	Boys, girls	2:30 ±10 sec	2.0	Skating skills, presentation, interpretation.	<p>1. Maximum 4 jump elements, one of which must be 1A. There must be 3 different double jumps. Double Axel (2A) and jumps with more than 2 revs are forbidden.</p> <p>2. No more than 2 jump combinations of sequences of 2 jumps. One jump combo must consist of 2 double jumps or of 1A and a double jump. Only 2 double jumps may be repeated in jump combo or sequence.</p> <p>3. Maximum 2 spins, one of them must be a spin in one basic position (min. 6 revs) with optional change of foot. The second must be a spin combination with a change of foot (min 10 revs total). A flying entrance to both spins is allowed. The maximal level of spins is 2.</p> <p>4. One choreographic sequence covering the complete ice surface. It must include at least 1 spiral position.</p> <p><u>Requirements for classification:</u> One jump combination/sequence and 2 different double jumps must be performed with scores not less than -1. A mean score for each element in a program should be no less than (-1).</p>

Level	Program	Age, gender	Duration of program	Components		Required elements
				Factor	Estimated	
Stage X 2nd Sport Category	Short Program	Boys, girls	till 2:30	1.0	Skating skills, transitions, presentation, interpretation.	<ol style="list-style-type: none"> 1. Single Axel. 2. Any double jump immediately preceded by connecting steps and/or other comparable Free Skating movements. 3. Jump combinations of 2 double jumps. 4. Camel or sit spin for boys, layback or sideways leaning spin for girls. 5. Spin combination with only 1 change of foot (min. 6 revs on each foot). 6. One step sequence. <p>All jumps in Short program must be different, but it is possible to include 2 same jumps in the jump combination.</p> <p>Maximal level of elements is 3.</p>
	Free Skating	Boys, girls	3:00 ±10 sec	1.8	Skating skills, transitions, presentation, interpretation.	<ol style="list-style-type: none"> 1. Maximum 6 jump elements, which must include an Axel type jump. There must be at least 4 different jumps with 2 or more revolutions. 2. A program must include up to 2 jump combinations or sequences, one jump combo must consist of 2 double jumps. Any jump combination must include only 2 jumps. Only 2 jumps with 2.5 or more revolutions may be repeated in jump combo/sequence; 3. Maximum 2 spins, one of which must be a spin combination with a change of foot (minimum 10 revs total) and one must be a flying spin or a spin with a flying entrance (minimum 6 revs); 4. Maximum 1 step sequence. <p>level of elements is 3.</p> <p><u>Requirements for classification:</u> 4 different double jumps, jump combination of 2 double jumps, all spins and step sequence must be performed with scores not less than (-1).</p>

	Program	Age, gender	Duration of program	Components		Required elements
				Factor	Estimated	
Stage XI 1st Sport Category	Short Program	Boys, girls	till 2:50	1.0	All: Skating skills, transitions, presentation, choreography, interpretation.	1. Double Axel. 2. Any double or triple jump immediately preceded by connecting steps and/or other comparable Free Skating movements. 3. Jump combination consisting of two double jumps or one double and one triple jump or two triple jumps. 4. Flying jump in only one basic position (min. 8 revs), the landing position is different from the position in the rotation with a change of foot. 5. Sit or camel spin with only one change of foot for boys (min. 8 revs), a layback or sideways leaning spin for girls (min. 8 revs). 6. Spin combination with only one change of foot (minimum 6 revs on each foot) 7. One step sequence. All jumps in Short program must be different, but it is possible to include 2 same jumps in the jump combination.
	Free Skating	Boys	4:00 ±10 sec	2.0	All: Skating skills, transitions, presentation, choreography, interpretation.	1. Maximum 6 jump elements for girls and 7 jump elements for boys. There must be at least 4 different jumps with 2 or 3 revolutions, the double Axel and a jump combination with double Axel. 2. A program may include up to 3 jump combinations or sequences, one jump combo may consist of 3 jumps, other may include not more than 2 jumps. A double Axel cannot be included more than 2 times in total in a Free Program (as a Solo Jump or a part of Combination / Sequence). Only 2 triple jumps may be repeated and these repetitions must be in a jump combination / sequence. 3. Maximum 3 spins, one of which must be a spin combination (min. 10 revs), one a flying spin or a spin with a flying entrance (min. 6 revs) and one a spin with only one position (min. 6 revs). All Spins must be of a different character (abbreviation). The number of different positions in the spin combination is free. 4. Maximum 1 step sequence. <u>Requirements for classification:</u> Double axel, 4 different double or triple jumps, all spins and a step sequence must be performed with scores not less than (-1).
		Girls	3:30 ±10 sec	1.6		