



«Russian winter 2016» 17 – 18, February, 2016

Children Amateurs Figure Skating Competitions

Technical Requirements to Free Program’s Content for Children of Group “Sportsmen”

Category «Young Skater»

Duration of program = 2:00 ± 10. Coefficient of components = 1.2.

Two components are evaluated: skating skills and performance/execution. There is a deduction for each fall = 0.5 points.

Free Program consists of:

1. Maximum one Waltz jump and two (2) different single jumps.
2. Maximum one (1) spin in one position without change of foot. Flying entrance is forbidden. Maximum level of spin is Basic.
3. One choreo-sequence.

Requirements for the classification: performing all elements with average score not less than -1. In this category, the **Waltz jump (1W)** is treated as a listed jump with the base value 0.2 and the GOE scale

	+3	+2	+1	BASE	-1	-2	-3
1W	0.1	0.1	0.1	0.2	-0.1	-0.2	-0.2

3rd Junior Category

Duration of program = 2:10 ± 10. Coefficient of components = 1.5.

Only three components are evaluated: skating skills, performance/execution, interpretation.

Requirements for the classification: performing all elements with average score not less than (-1).

Free Program consists of:

1. A maximum of three (3) jump elements; only one jump can be repeated in a jump combination or sequence. Jumps in 2 or more revolutions are forbidden.
2. Not more than one (1) combination or sequence consisting of two jumps.
3. Maximum two (2) spins, one of which must be a spin in one position without change of foot. The second must be spin combination consisting of Camel spin and Sit spin with or without change of foot (minimum 6 revolutions in total). Flying entrance in both spins is forbidden. Maximum level of spins is **1**.
4. Maximum one (1) choreo-sequence.

2nd Junior Category

Duration of program = 2:30 ± 10. Coefficient of components = 1.6.

Only three components are evaluated: skating skills, performance/execution, interpretation.

Requirements for the classification: performing Axel and any 2 double jumps with average score not less than (-1).

Free Program consists of:

1. A maximum of four (4) jump elements, one of which must be Axel; only one jump can be repeated in jump combination or sequence. Jumps in 2.5 and more revolutions are forbidden.
2. Not more than one (1) jump combination or sequence; jump combination can consist of two jumps only (in a jump sequence, only two jumps with the highest values will be counted).
3. Maximum two (2) spins, one of which should be a spin in one position with a change of foot. Maximum level of spins is **2**.
4. Maximum one (1) choreo-sequence.

1st Junior Category

Duration of program = 2:30 ± 10. Coefficient of components = 2.0

Only three components are evaluated: skating skills, performance/execution, interpretation.

There is a requirement to perform jump combination or sequence with Axel and double jump or two double jumps; two different double jumps with the mark of sport referee not less, than (-1). Average mark of referee's team for all elements – the mark of sport referee not less, than (-1)

Free Program consists of:

1. A maximum of four (4) jump elements, one of which must be Axel or double Axel; there must be at least three (3) different jumps with 2 revolutions.
2. Triple jumps are forbidden. There can be up to two (2) jump combinations or sequences, one of which must consist of two double jumps or double Axel and a double jump. Jump combination can consist of two jumps only; only two jumps with 2 or more revolutions can be repeated in jump combination or sequence.
3. A maximum of two (2) spins, one of which must be a spin combination with change of foot (minimum 10 revolutions in total) and one must be a spin in one position with or without change of foot. Flying entrance is allowed (minimum 6 revolutions). Maximum level of spins is **2**.
4. Maximum one (1) choreo-sequence.

2nd Sport Category

Short Program (junior man, junior ladies): Duration = 2:30±10. Coefficient of components = 1.0

Maximum level of elements is **3**. Four components are evaluated: skating skills, performance/execution, interpretation, transitions.

Short Program consists of:

1. Axel or Double Axel.
2. Any jump in 2 or 3 revolutions immediately preceded by connecting steps and/or other comparable Free Skating movements.
3. Jump combination consisting of two jumps: 2 revs+ 2 revs or 2 revs+3 revs or 3 revs+2 revs.
4. Camel spin or sit spin with change of foot (junior men), Layback or sideways leaning spin (junior ladies).
5. Spin combinations with one change of foot (minimum 6 revolutions on each foot).
6. One step sequence.

All jumps in the short program must be different, but a jump combination consisting of two similar jumps is allowed.

Free Program (junior man, junior ladies): Duration = 3:00±10. Coefficient of components = 1.8

Four components are evaluated: skating skills, performance/execution, interpretation, transitions.

Free Program consists of:

1. A maximum of six (6) jump elements, one of which must be Axel or Double Axel.
2. Not less than four (4) different double jumps; program may contain up to two (2) jump combinations or sequences, one of which must consist of two double jumps. Jump combination may consist of two jumps only; only two jumps in 2.5 or more revolutions can be repeated in jump combination or sequence.
3. A maximum of two (2) spins, one of which must be a spin combination with change of foot (minimum 10 revolutions in total) and one must be a flying spin or a spin with a flying entrance (minimum 6 revolutions).
4. Maximum one (1) step sequence. Maximum level of elements is **3**.

Requirements for the classification: performing four different double jumps, jump combination consisting of two double jumps, all spins and step sequence with average score not less than(-1).

1st Sport Category

Short Program (junior man, junior ladies): Duration = 2:50±10. Coefficient of components = 1.0

Short Program consists of:

1. Double Axel.
2. Any jump in 2 or 3 revolutions immediately preceded by connecting steps and/or other comparable Free Skating movements.
3. Jump combination consisting of two jumps: 3 revs + 3 revs or 3 revs + 2 revs or 2 revs + 2 revs or 2 revs + 3 revolutions.
4. Flying spin (minimum 8 revolutions in landing position), the landing position is different from the position in the spin with a change of foot.
5. Layback or sideways leaning spin for junior ladies (minimum 8 revolutions); Camel spin or Sit spin with change of foot for junior men (minimum 8 revolutions).
6. Spin combinations with only one change of foot (minimum 6 revolutions on each foot).
7. Maximum one (1) step sequence.

All jumps in the short program must be different, but a jump combination consisting of two similar jumps is allowed. All five program components are evaluated.

Free Program

Junior **men:** Duration = 4:00±10. Coefficient of components = 2.0

Junior **ladies:** Duration = 3:30±10. Coefficient of components = 1.6

Free program consists of:

1. A maximum of six (6) jump elements for ladies and seven (7) jump elements for men;
2. Not less than four (4) different jumps in 2 or 3 revolutions.
3. Double Axel and a jump combination with Double Axel.
4. A maximum of three (3) spins, one of which must be a spin combination (minimum 10 revolutions in total), one must be a flying spin or a spin with a flying entrance (minimum 6 revolutions), and one must be a spin with only one position (min. 6 revs).
5. Maximum one (1) step sequence.

All five program components are evaluated.

Requirements for the classification: performing **Double Axel**, four different double or triple jumps, all spins and step sequence with average score not less than (-1).