

- a. **A maximum of six (6) jump elements, consisting of any single or double jumps (including a single Axel) and double jumps except double Flip, double Lutz and double Axel. No triple jumps are permitted.**

A jump combination may consist of the same or another single or double jump with the exclusion of the jumps as above. 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 sequence may consist of any number of single and double jumps (excluding a double Flip, a double Lutz, a double Axel and all triple 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.

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 or double jumps.

- b. **A maximum of three (3) spins of a different abbreviation, one of which must be a spin combination with a change of foot and one must be a flying spin. The spins must have a required minimum number of revolutions: four (4) for the flying spin with no change of foot after landing, four (4) 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 eight (4 + 4) for the spin combination with change of foot or spin in one position with a change of foot. There must be a minimum of two (2) revolutions in each position or the position will not be counted.**

- c. **A maximum of one choreo-step sequence (i.e., circular, straight line, serpentine) or choreo-spiral sequence. To be confirmed a spiral sequence must include at least two (2) spiral positions not less than three (3) seconds long each or only one (1) spiral position not less than six (6) seconds long. Only the first executed attempt of a choreo-step sequence or choreo-spiral sequence will contribute to the technical score.**

Additional spiral sequences and step sequences will not be counted in the technical score but will be counted as moves-in-the field (transitions) and marked as such. Additional spiral sequences and step sequences will not be counted as a step sequence but will be counted as moves-in-the field (transitions) and marked as such.

Duration Factor: the maximum time is 3:00 sec., but may be less.

ADULT SINGLE SILVER Free Skating

A competitor in the Adult Silver Free Skating event must perform a well-balanced program that may contain:

- a. **A maximum of five (5) jump elements. The single Axel and all other single jumps are permitted. No double or triple jumps are permitted.**

A jump combination may consist of the same or another single jump. 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 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.

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 or an Axel type jump.

- b. **A maximum of three (3) spins of a different abbreviations, one of which must be a spin combination. The spins must have a required minimum number of revolutions: three (3) for the flying spin with no change of foot after landing, four (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 eight (4 + 4) for the spin combination with change of foot or spin in one position with a change of foot. There must be a minimum of two (2) revolutions in each position or the position will not be counted.**
- c. **A maximum of one choreo-step sequence or choreo-spiral sequence covering at least 50% of the usual pattern, that is, covering 1/2 the ice surface. To be confirmed, a spiral sequence must include at least two (2) spiral positions not less than three (3) seconds long each or only one (1) spiral position not less than six (6) seconds long. Only the first executed attempt of a choreo-step sequence or choreo-spiral sequence will contribute to the technical score. Additional spiral sequences and step sequences will not be counted in the technical score but will be counted as moves-in-the field (transitions) and marked as such.**

Duration Factor: the maximum time is 2:30 sec., but may be less.

ADULT SINGLE BRONZE Free Skating

A competitor in the Adult Bronze Free Skating event must perform a well-balanced program that may contain:

- a. **A maximum of four (4) jump elements. Only single jumps are permitted, no Axel type jump, no double or triple jumps can be included.**

A jump combination may consist of the same or another single jump. 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 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.

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.

- b. **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.**
- c. **A maximum of one choreo-step sequence or choreo-spiral sequence covering at least 50% of the usual pattern, that is, covering 1/2 the ice surface. To be confirmed, a spiral sequence must include at least two (2) spiral positions not less than three (3) seconds long each or only one (1) spiral position not less than six (6) seconds long. Only the first executed attempt of a choreo-step sequence or choreo-spiral sequence will contribute to the technical score. Additional spiral sequences and step sequences will not be counted in the technical score but will be counted as moves-in-the field (transitions) and marked as such.**

Duration Factor: the maximum time is 2:00 sec., but may be less.

ADULT SINGLE PRE-BRONZE Free Skating

A competitor in the Adult Pre-Bronze Free Skating event must perform a well-balanced program that may contain:

- a. **A minimum of two (2) different single jumps; either half or full revolution. Only single jumps are permitted. Jump combinations or sequences are permitted and may consist of the same or another single jump. There may be up to one jump combination or jump sequence in the Free Program and could consist of up to two jumps.**

- b. *A maximum of two (2) spins; either 1-foot spin or 2-foot spin. The spins must have a required minimum number of revolutions - two (2) or it will not be counted.*
- c. *Required moves:*
 - 1. *Crossovers – forward and backward (either direction).*
 - 2. *Lunge or spiral sequence.*

Duration Factor: *the maximum time is 1:40 sec., but may be less.*

*Detailed preliminary competition schedule will be sent by e-mail to the participating clubs.
The final schedule with starting orders will be available at the Ice Rink on the day of the competition.*

REGISTRATION OF ENTRIES

*Entries must be submitted by **November 24, 2011** at the latest by using the **Entry Form (Annex 1)**.
Entries shall be sent by e-mail to the following address: competitionkaunas@gmail.com.*

1. **ENTRY FEE**
- 2.
3. **All categories - €30**
- 4.
- 5.
6. **The entry fee must be duly paid upon arrival.**

Participating teams shall inform of any changes in their team without undue delay by e-mailing competitionkaunas@gmail.com.

DRAW

*The official draw will be held at the Ice Rink, on the day of the competition (**December 04, 2011**).*

JUDGING

6.0 evaluation or ISU judging system will be used in all categories depending on the number of participants.

MUSIC

*Music must be provided on CD (no CD-RW-s or DVD-s). The CD's equipped with the full name of the competitor, club and category must be submitted to the Organizer's desk before the relevant event and picked up from the same place after the event. **All competitors must have an extra copy of their music available at rink side during their event.***

AWARDING

*Three first standings of each category will be awarded with cups, diplomas and prizes.
All other competitors receive diplomas and prizes at the awarding ceremony.*

EXPENSES

*The Organizer will not cover any expenses of the teams.
Travel expenses, board and accommodation will be borne by the participants.*

ACCOMODATION

Skaters, coaches and other team members may book accommodation individually (if necessary, we can provide you some information regarding accommodation close to the ice rink).

PROTOCOL

The Protocol/list of results in each category shall be sent by e-mail upon request.

LIABILITY

According to the ISU Regulations, Rule 119 the Organizer accepts no responsibility or liability with respect to bodily or personal injury, property loss or damage suffered by the competitors or officials during the competition.

Participants are expected to provide their own insurances. Such insurance must assure full medical attendance and also the return to the home country by air transport or by other expeditious means of the ill or injured person.

FIRST AID

Qualified medical personnel will be present at the competition.

If you have any questions or would like to have further information, please do not hesitate to contact us.

*We will look forward to seeing you at the **KAUNAS ICE WINTER CUP 2011!***

