Elements Technical Data

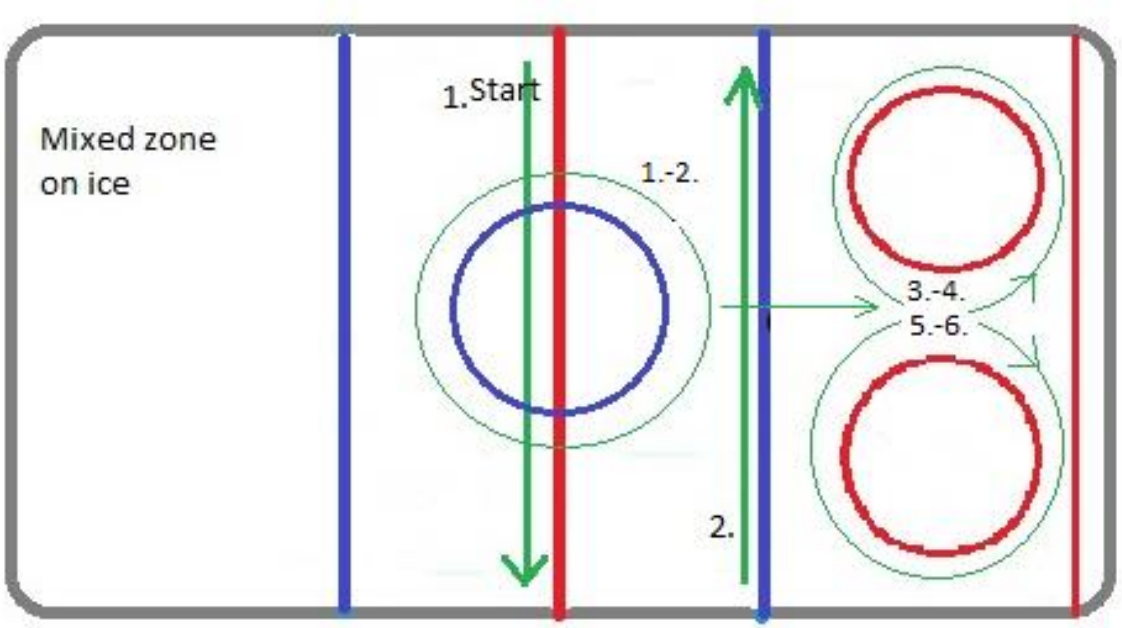
ELEMENTS

Beginners:

Beginners A 2021 and younger; 2019/2020; 2017/2018; 2015/2016; 2013/2014;

1. Min. 4 outside forward edges + (Basic stroking forward) + *classic spiral on the circle on outside edge (min. 3 sec.)
2. Min. 4 inside forward edges + (Basic stroking forward) + *classic spiral on the circle on inside edge (min. 3 sec.)
3. (Basic stroking forward) 3-4 Crossovers forward (counter clockwise) + *4-5 Mohawks inside forward-inside backward
4. 3-4 Crossovers backward (counter clockwise) + Waltz threeturn+ *waltz jump (two repetitions)
5. 3-4 Crossovers forward (clockwise)+ *4-5 Mohawks inside forward-inside backward
6. 3-4 Crossovers backward (clockwise)+ USp min. 3 revolutions (*with crossed feet)

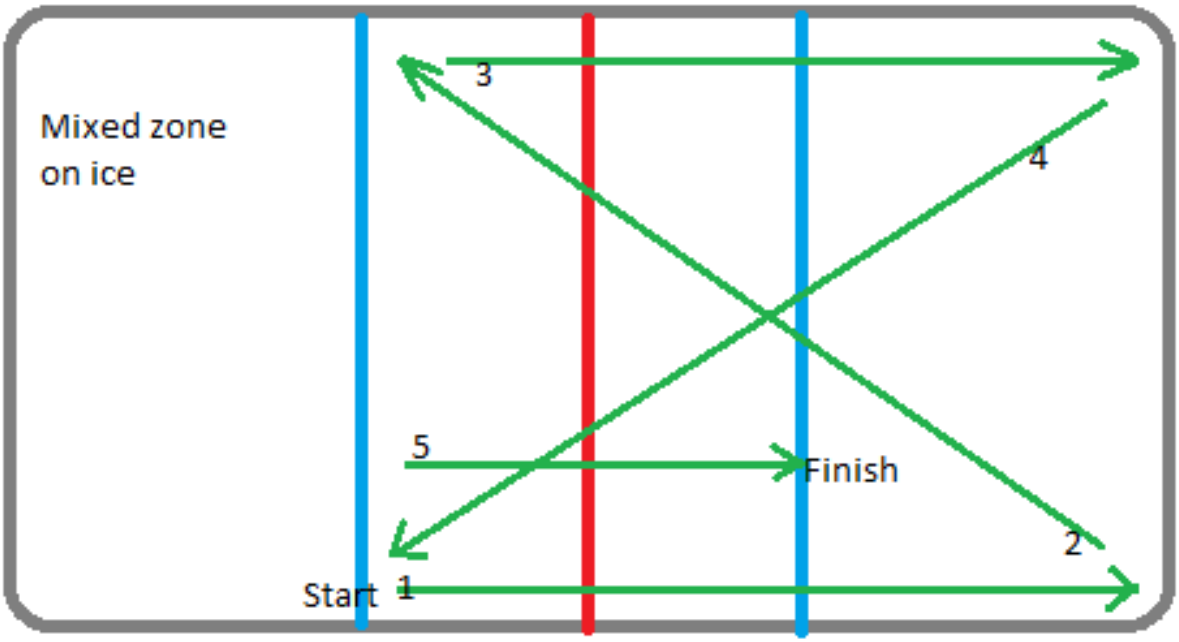
Recommended pattern for Beginners A category:



Beginners B 2021 and younger; 2019/2020; 2017/2018; 2015/2016; 2013/2014;

1. Basic stroking forward + 5 swizzles forward + ½ turn by jump+ 5 swizzles back
2. Basic stroking forward + bunny hop 3x + *lunge forward (min. 3 sec.)
3. Basic stroking forward + stork/ *classic spiral (min. 3 sec.)
4. Basic stroking forward + dip / *pistol squat (min. 3 sec.)
5. Basic stroking forward + stop + pivot + *one/two foot spin, Exit

Recommended pattern for Beginners B category:



Additional information:

1. Each elements combination will be named as StSq. Base value of each StSqB is 1.5. If combination contains element marked with a „*“ value will be 1.8 and elements combination

will be named as StSq1. All elements combinations will be judged by judges using GOE (-5,-4,-3,-2,-1, 0,+1,+2,+3,+4,+5).

2. There will be no any deduction. But if in the combination elements without „*“ are not done or done less times/seconds than prescribed GOE can not be higher than „-5“.

3. For Beginner A and B programm components will have Skating Skills only. (Factor 1.60).

4. Coach can be near competitor on ice during competition (coach is not allowed to show an element during competition). Competitor starts combination from Start Position on the ice rink and should cover 2/3 of the ice rink. All elements should be followed immediately.

5. Warm-up is 3 minutes. Warm up groups are up to 10 skaters. After warm-up skaters can use the mixed zone. Background music will be provided by the organizer.