

25.

Hamburger

Michel

2019



Interclub Competition

hosted by Hamburger Schlittschuhclub e.V.

location: Eissporthalle Eisland Farmsen,
Berner Heerweg 152, 22159 Hamburg, Germany

April 6th – 7th, 2019

Announcement

I. General Information

Organizer: Hamburger Schlittschuhclub 1881 e.V.
Office: Buchholzer Landstraße 53a, 21244 Buchholz

Location: Eissporthalle Eisland Farmsen,
Berner Heerweg 152, 22159 Hamburg - Farmsen

Date: **Sat, 06.04. – Sun, 07.04.2019**

Close of entries: **Fri, 01.03.2019**
The organizer reserves its right to limit the number of competitors, if the number of registrations exceeds the capacity: **the close of entries will then be earlier**. All information is published on our homepage www.hsc1881.de

Entries: to be sent by Email to info@hsc1881.de

Declaration: **The entries have to be made exclusively by the association or club of the competitor on a form provided for this purpose at our homepage www.hsc1881.de**
Entries from individual coaches are not accepted!

Please note that entries are limited due to organizational reasons. Registrations will be accepted in the order of complete registration documents (entry form, PPC and registration fees).

Your registration will be final once we have received your registration fees on our account. A waiting list will be created in the case of withdrawals or your missing payment.

Contents of entries:

1. Name, first name of participant
2. Date of birth of participant
3. Sex of participant
4. Category
5. Examination of participant
6. Registration no. of Sports passport (DEU-Pass)
7. Name of the club/nation
8. Planned Program Content Sheet

By submitting the entries, the reporting club confirms the participant's amateurship and assures that the conditions of participation are fulfilled.

The entry form is provided on our homepage www.hsc1881.de

Before the start of the competition, the participants have to submit at registration office:

1. The sports passport with all current entries
2. The sports health certificate, issued after the 01.09.2018 by a doctor.

Registration fee: Per participant in Basic Novice, Intermediate Novice, Springs, Cups and ISU Adults
€ 70,00 (€ 35,00 if there is a Judge or Official)
Per participant in Seniors, Juniors, Youth Class and Advanced Novice
€ 80,00 (€ 40,00 if there is a Judge or Official)

Registration fee has to be paid at the time of registration. Please transfer the money to the following account:

Remittee: Hamburger-Schlittschuh-Club e.V.
Banking account: Hamburger Sparkasse
IBAN: DE80 2005 0550 1280 1028 39
BIC: HASPDEHHXXX
Transfer/Usage: Name of Club / Competitors / Quantity

The entry fee will not be refunded in case of withdrawals for any reason. Payment may be made **by money order, bank transfer or credit card.**

All bank charges or commission fees are to be paid by the participant.

Participation in the competition can be excluded if the registration fee is not paid. The registration fee will not be refunded.

General conditions of participation:

The competition „Hamburger Michel 2019“ will be held in accordance with the age classes and division determined in the „Skating-Commission“. If a participant has reached a higher examination, he is allowed to start in the higher class of age.

The organizer will publish all competition results as well as photos and videos from the competition on our website and other medias. With participation, the athlete or his or her parents expressly agree to this.

Liability: The organizer of the competition do not accept liability for damage or injury incurred by participants or officials during the event.

Payment: The participants receive no payment.

Participation authority:

- a) the competition is open to amateurs who are member of an association or club
- b) before competition begins the medical attest and the Sports passport (DEU) have to be submitted
- c) the other conditions of the announcement are complied to.

- Judging:** The competition will be conducted according to the current DKB, ISU provisions (ISU Constitution and General Regulations 2018, ISU Special Regulations and Technical Rules Single and Pair Skating and Ice Dance 2018, as well as all relevant ISU Communications) and DEU information, as long as nothing else is stated in this announcement.
- Awards/Certificates:** The first three places in each category will receive an award.
- Starting permission:** the starting permission can be refused by the organizer, if all conditions and the registration fee are not fulfilled.
- Results:** All results will be calculated according to the ISU Regulations, Rule 353.
- Program Content Sheet:** Each Skater shall present a Program Content Sheet, i.e. an official form indicating the planned elements for each Segment of the competition. They have to be submitted to info@hsc1881.de within one week after close of entries. You'll find a form on our homepage www.hsc1881.de
- Judges and Officials:** Registering associations and clubs (LEV and Countries) are required to supply a judge or technical specialist/controller with the minimum qualification „national championships“ who is trained in the ISU Judging System. If no judge is supplied, the registration fee will be doubled. If the total number of participants per LEV or country exceeds the number of 50, a second judge or technical specialist/controller has to be provided.
- Closing date for Judges and Officials:** Fri, 01.03.2019

II. Technical conditions

Time schedule: The time schedule is created after all registrations have been received. It will be sent to all clubs by Email and published on the homepage www.hsc1881.de at the same time.

Draw: For organizational reasons the first draw is made by computer.

Music: 1. All Competitors shall provide competition music of excellent quality on CD-R (Audio, no MP3)

a) The music covers/discs must be technically flawless and labeled with the following information:

1. Name and first name of the participant
2. Competition category
3. Name of the club/nation
4. Length of the music (not length of the program),

b) Each program (Short Program/Free Skating) must be recorded on one track and on a separate disc;

c) Participants must provide a back-up drive for each program.

If music information is not complete and discs not provided, accreditation will not be given.

Please turn in your CDs at reception on the day of competition at the latest. You can pick up your CDs there at the end of the competition. Each skater should also have a duplicate CD with him/her. The organizing committee does not accept liability for either damage or loss of CDs.

Accommodation: All participants and officials have to bear their own expenses. They may book accommodation individually: www.hamburg-tourism.de

Two Hotels near the ice rink can be booked with special conditions under the heading „25th Hamburger Michel 2019“:

Novum Hotel East Apartments, Rahlstedter Weg 82, 22159 Hamburg
Phone: +49 40 6008081,
<https://www.novum-hotels.com/hotel-east-apartments-hamburg>

Hotel Eggers, Rahlstedter Str. 78, 22149 Hamburg
Phone: +49 40 675 78 – 0
<https://www.hotel-eggers.de>

III. Competition

Purpose: The purpose of the event is the promotion for young and broad athletes in figure skating.

General: For each category, binding programs are valid which must comply with the recent rules of ISU and DEU.

Single Skating: Rule 611 Short Program Singles

1. a) The Short Program for Single Skating (Senior and Junior) consists of seven (7) required elements. The sequence of the elements is optional.

b) The program shall be skated in harmony with the music chosen by the Competitor. The music is chosen by each Competitor, vocal music with lyrics is permitted;

c) If an unprescribed or additional element (performed) substitutes a required element (not performed), the respective box will be blocked and this performed element will be considered as not according to the requirements (no value).

d) Unlisted or additional elements such as jumps, spins, steps or repetitions, even of failed elements, are not marked and consequently do not block a "box" (spot) of another type of elements.

Rule 612 Free Skating Singles

1. Free Skating consists of a well balanced program of Free Skating elements, such as jumps, spins, steps and other linking movements executed with a minimum of two footed skating in harmony with music of the Competitor's choice, vocal music with lyrics is permitted.

IV. Categories

Competition	Qualification	Duration	Required Elements
<p>Senior Ladies / Men Short Program</p> <p><i>Has reached at least the age of fifteen (15) by July 1st preceding the competition for Ladies and Men.</i></p> <p><i>Only skaters with a Senior and/or Master level can participate in this category.</i></p>	<p><i>DEU class 1</i></p> <p>Short Program for Ladies & Men: <i>The required elements to be skated are those listed in ISU Technical Rules Single & Pair Skating 2018 Rule 611, paragraphs 1 and 2.</i></p> <p>Component factor: <i>In accordance with ISU Rule 353, paragraph 1 m) the multiplying factor of the Program Components Score is:</i></p> <p><i>Short program: 0.8 for Ladies 1.0 for Men</i></p>	<p>Men/Ladies: Duration: 2:40 min. +/- 10 sec.</p>	<p>Short Program shall consist of the following required elements:</p> <p>Men</p> <ul style="list-style-type: none"> a) Double or triple Axel Paulsen; b) Triple or quadruple jump; c) Jump combination consisting of a double jump and a triple jump or two triple jumps or a quadruple jump and a double jump or a triple jump; d) Flying spin; e) Camel spin or sit spin with only one change of foot; f) Spin combination with only one change of foot; g) Step sequence fully utilizing the ice surface. <p>Ladies</p> <ul style="list-style-type: none"> a) Double or triple Axel Paulsen; b) Triple jump; c) Jump combination consisting of a double jump and a triple jump or two triple jumps; d) Flying spin; e) Layback/sideways leaning spin <u>or sit or camel spin without change of foot</u>; f) Spin combination with only one change of foot; g) Step sequence fully utilizing the ice surface.
<p>Free Program</p>	<p>Free Skating Program for Ladies & Men: <i>The required elements to be skated are those listed in ISU Technical Rules Single & Pair Skating 2018 Rule 612 and the respective ISU Communication.</i></p> <p>Warm-up: <i>6 minutes for Short Program and Free Skating Program each.</i></p> <p><i>Free Skating: 1.6 for Ladies 2.0 for Men</i></p>	<p>Duration: Men: 4:00 min. +/- 10 sec.</p> <p>Ladies: 4:00 min. +/- 10 sec.</p>	<p>Free Skating consists a well balanced program</p> <p>Men</p> <ul style="list-style-type: none"> a) maximum of 7 jump elements (one of which must be an Axel type jump); b) maximum of 3 spins, one of which must be a spin combination, one a flying spin or a spin with a flying entrance and one a spin with only one position; c) maximum of 1 step sequence; d) maximum of 1 choreographic sequence. <p>Ladies</p> <ul style="list-style-type: none"> a) maximum of 7 jump elements (one of which must be an Axel type jump); b) maximum of 3 spins, one of which must be a spin combination, one a flying spin or a spin with a flying entrance and one a spin with only one position; c) maximum of 1 step sequence; d) maximum of 1 choreographic sequence. <p>There will be a Bonus for jump elements performed in the second half of the Short and Free Skating Program.</p>

	<p>Level explanation: All elements, which are subject to levels, only features up to Level 4 will be counted.</p>		<p>The program components:</p> <ul style="list-style-type: none"> • Skating Skills • Transitions • Performance • Composition • Interpretation of the Music
<p>Junior Ladies / Men Short Program</p> <p>Has reached at least the age of thirteen (13) by July 1st preceding the competition for Ladies and Men. Has not reached the age of nineteen (19) by July 1st preceding the competition for Ladies and Men.</p> <p>Only skaters with a Junior level and/or higher level can participate in this category.</p>	<p>min. DEU class 2</p> <p>Short Program for Ladies & Men: The required elements to be skated are those listed in ISU Technical Rules Single & Pairs Skating 2018 Rule 611, paragraph 1 and 3 for 2017-2018.</p>	<p>Men/Ladies: Duration: 2:40 min. +/- 10 sec.</p>	<p>Men</p> <p>a) Double or triple Axel Paulsen; b) Double or triple <u>Flip</u> jump; c) Jump combination consisting of a double and a triple jump or two triple jumps; d) Flying <u>camel</u> spin; e) <u>Sit</u> spin with only one change of foot; f) Spin combination with only one change of foot; g) Step sequence fully utilizing the ice surface.</p> <p>Ladies</p> <p>a) Double Axel Paulsen; b) Double or triple <u>Flip</u> jump; c) Jump combination consisting of two double jumps or one double and one triple jump or two triple jumps; d) Flying <u>camel</u> spin; e) Layback / sideways leaning spin or <u>sit spin without change of foot</u>; f) Spin combination with only one change of foot; g) Step sequence fully utilizing the ice surface.</p>
<p>Free Program</p>	<p>Free Skating Program for Ladies & Men: The required elements to be skated are those listed in ISU Technical Rules Singles & Pair Skating 2018 Rule 612 and the respective ISU Communication.</p> <p>Warm-up: 6 minutes for Short Program and Free Skating Program each.</p>	<p>Duration: Men: 3:30 min. +/- 10 sec.</p> <p>Ladies: 3:30 min. +/- 10 sec.</p>	<p>A well balanced Free Skating program for Men must contain:</p> <p>a) maximum of 7 jump elements (one of which must be an Axel type jump); b) maximum of 3 spins, one of which must be a spin combination, one a flying spin or a spin with a flying entrance and one a spin with only one position; c) maximum of 1 step sequence.</p> <p>A well balanced Free Skating program for Ladies must contain:</p> <p>a) maximum of 7 jump elements (one of which must be an Axel type jump); b) maximum of 3 spins, one of which must be a spin combination, one a flying spin or a spin with a flying entrance and one a spin with only one position; c) maximum of 1 step sequence.</p>

<p>Advanced Novice Boys Short Program</p> <p><i>Born before 1.7.2008</i></p> <p><i>Born after 1.7.2003</i></p>	<p><i>DEU class 3</i></p> <p><i>International Competitions, a Novice is a Skater who has met the following requirements before July 1st preceding the event (the specific date: before July 1st, applies to all indicated dates):</i></p> <ul style="list-style-type: none"> - has reached at least the age of ten (10) - has not reached the age of fifteen (15) 	<p>Duration: Boys 2:20 min. +/- 10 sec.</p>	<p>Boys: The Short Program for Boys' Single Skating shall consist of the following elements:</p> <ul style="list-style-type: none"> a) Axel Paulsen or double Axel Paulsen b) Double or triple jump, may not repeat jump a) c) One jump combination consisting of two double jumps or one double and one triple jump, both jumps may not repeat jump a) or b) d) Camel, sit or upright spin (minimum of five (5) revolutions on each foot) with change of foot and no flying entrance. e) Spin combination with only one change of foot (minimum of five (5) revolutions on each foot). Flying entry is allowed. f) One step sequence fully utilizing the ice surface.
<p>Girls Short Program</p>	<p>Warm-up: 6 minutes for Short Program and Free Skating Program each.</p> <ul style="list-style-type: none"> • Singles Girls and Boys for all Novice Divisions warm-up groups can be maximum up to eight (8) Skaters. • There will be no Bonus for difficult elements performed in the second half of the Short and Free Programs for all Novice Divisions Singles and Pair Skating. • If an extra jump(s) is executed, only the individual jump(s) which is not according to requirements will have no value. The jumps are considered in the order of execution. 	<p>Duration: Girls 2:20 min. +/- 10 sec.</p>	<p>Girls</p> <p>The Short Program for Girls' Single Skating shall consist of the following elements:</p> <ul style="list-style-type: none"> a) Axel Paulsen or double Axel Paulsen b) Double or triple jump, may not repeat jump a) c) One jump combination consisting of two double jumps or one double and one triple jump, both jumps may not repeat jump a) or b) d) Layback/sideways leaning spin or spin in one basic position with no change of foot (minimum six (6) revolutions). e) Spin combination with only one change of foot (minimum of five (5) revolutions on each foot). Flying entry is allowed. f) One step sequence fully utilizing the ice surface. <p>Jumps not according to Short Program requirements (wrong number of revolutions) will receive no value. If the same jump is executed as a solo jump and as a part of the jump combination, the repeated jump will not be counted (if this repetition is in a jump combination, only the individual jump which is not according to the above requirements will not be counted).</p>

<p>Basic Novice Girls / Boys</p> <p>Free Skating</p> <p><i>a) has reached at least the age of ten (10) (Born before 1.7.2008)</i></p> <p><i>b) has not reached the age of thirteen (13) for Girls and Boys in singles competitions (Born after 1.7.2005)</i></p>	<p><i>Levels explanations: For Basic Novice Singles, in all elements that are subject to Levels, only features up to Level 2 will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.</i></p> <p><i>The Factor of the Program Components is 2.5</i></p>	<p>Duration: Boys / Girls 2:30 min. +/- 10 sec.</p>	<p>A well balanced Free Skating program for Single Skating Boys and Girls must contain:</p> <p>a) Maximum of 4 jump elements one of which must be an Axel type jump. There may be up to two (2) jump combinations or sequences. Jump combinations can contain only two (2) jumps. A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump. No triple and quadruple jumps are allowed. Any single and double jump (including Double Axel) cannot be executed more than twice in total.</p> <p>b) There must be a maximum of two (2) spins of a different nature (abbreviation), one of which must be a spin combination and one must be a spin with no change of position. The spin combination with a change of foot and a minimum of eight (8) revolutions or without a change of foot with a minimum of six (6) revolutions. The spin in one position with a change of foot minimum of eight (8) revolutions or spin in one position without change of foot minimum of six (6) revolutions. In both spins flying entries are allowed.</p> <p>c) There must be a maximum of one (1) step sequence fully utilizing the ice surface.</p> <p>The Program Components are only judged in</p> <ul style="list-style-type: none"> • Skating Skills • Performance
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<p>Intermediate Novice Girls / Boys</p> <p>Free Skating</p> <p><i>a) has reached at least the age of thirteen (13) (Born before 1.7.2005)</i></p> <p><i>b) has not reached the age of fifteen (15) for Girls and Boys (Born after 1.7.2003)</i></p>	<p><i>Levels explanations: For Intermediate Novice Singles, in all elements that are subject to Levels, only features up to Level 2 will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.</i></p> <p><i>The Factor of the Program Components is</i> <i>- for boys 2.0</i> <i>- for girls 1.7</i></p>	<p>Duration: Boys / Girls 3:00 min. +/- 10 sec.</p>	<p>A well balanced Free Skating program for Single Skating Boys and Girls must contain:</p> <p>a) Maximum of 5 jump elements one of which must be an Axel type jump. There may be up to two (2) jump combinations or sequences. A jump combination can contain only two (2) jumps. A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump. No triple and quadruple jumps allowed. Any single or double (including Double Axel) jump cannot be executed more than twice in total.</p> <p>b) There must be a maximum of two (2) spins of a different nature (abbreviation), one of which must be a spin combination with change of foot (minimum eight (8) revolutions), flying entrance is not allowed and one must be a flying spin (minimum six (6) revolutions) or a spin in one position with change of foot and a flying entrance (minimum eight (8) revolutions).</p> <p>c) There must be a maximum of one (1) step sequence fully utilizing the ice surface.</p> <p>The Program Components are only judged in</p> <ul style="list-style-type: none"> • Skating Skills • Performance • Interpretation
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<p>Springs Girls / Boys</p>	<p>min. DEU class 8</p> <p>AK 7 Born between 01.07.2011 and 30.06.2012</p> <p>AK 8 born between 01.07.2010 and 30.06.2011</p> <p>AK 9 born between 01.07.2009 and 30.06.2010</p> <p>AK 10 born between 01.07.2008 and 30.06.2009</p> <p><i>Depending on the number of entries, age categories may be combined or split.</i></p>	<p>Duration: max. 3:10 min.</p> <p><u>no deduction for shorter programs</u></p>	<p>Max of 6 jump elements: with minimum one type of Axel (a cadet jump fulfil the requirements but has no value).</p> <p>a) There may be up to two (2) jump combinations or sequences. A jump combination can contain only two (2) jumps. A jump sequence can contain any number of jumps, but only two most difficult jumps will be counted.</p> <p><u>(Any single and double jump cannot be executed more than twice in total, except AK7 they can repeat any jump max. 3x.)</u></p> <p>b) There must be a maximum of two (2) spins of a different nature, one must be a spin in one position</p> <p>c) There must be one (1) step sequence fully utilizing the ice surface.</p> <p>Levels explanations: For Springs, in all elements that are subject to Levels, only features up to Level 3 will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel. The Program Components are only judged in</p> <ul style="list-style-type: none"> • Skating Skills • Transitions • Performance • Interpretation <p>The factors for the Program Components is 1,5 A fall has the deduction of 0,5 points. In the age category "Under 7" a fall in a jump with 1 ½ rotations or more with full rotation (no < or << sign) will not be punished with the deduction of 0,5 points. In the age category "Under 8" a fall in a jump with 2 rotations or more with full rotation (no < or << sign) will not be punished with the deduction of 0,5 points.</p>
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<p>Michel Cup</p> <p>2012 and younger born after 1.7.2011 and open for all participants who have not reached the age of seven</p> <p>2011 born 1.7.2010 - 30.6.2011</p> <p>2010 born 1.7.2009 - 30.6.2010</p> <p>2009 born 1.7.2008 - 30.6.2009</p> <p>2008 born 1.7.2007 - 30.6.2008</p> <p>2007 born 1.7.2006 - 30.6.2007</p> <p>2006 born 1.7.2005 - 30.6.2006</p> <p>2005 born 1.7.2004 - 30.6.2005</p> <p>2004 born 1.7.2003 - 30.6.2004</p> <p>2003 born 1.7.2002 - 30.6.2003</p>	<p><i>no qualifications</i></p>	<p>Duration: max. 3:10 min.</p> <p><u><i>no deduction for shorter programs</i></u></p>	<p>Max. 6 jump elements</p> <ul style="list-style-type: none"> - only single jumps; no Axel, no double jumps - max. 2 jump combinations or sequences; a jump combination can contain only two (2) jumps. A jump sequence can contain any number of jumps, but only two most difficult jumps will be counted. - each jump can be done max. of 3x - There must be a maximum of two (2) spins of a different nature, one spin must be in one position. - There must be one (1) step sequence fully utilizing the ice surface. <p>No choreographic sequence. A choreographic sequence will be count as transitions.</p> <p>The Program Components are only judges in:</p> <ul style="list-style-type: none"> - Skating Skills - Transitions - Performance/Execution - Interpretation <p>The factors for the Program Components is 1,5 In all elements that are subject to Levels, only features up to Level 3 will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.</p> <p>A fall has the deduction of 0,5 points.</p>
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Remark for categories with 30 or more entries:

If there are categories of more than 30 entries, these categories will be divided into at least two groups based on age by July 1st preceding the competition. Organizing Clubs can divide into smaller groups as well using the same criteria.

Clubs enter their competitors in the categories they need to participate in for the competition and the Hamburger Michel will publish, in time, if categories will be divided into age groups or not. This will be published on the website www.hsc1881.de.

Age categories for Ladies and Men Free Skating events:

Class 0 (AK 0)	skaters born between 1 st July 1990 and 30 th June 2002
Class I (AK I)	skaters born between 1 st July 1980 and 30 th June 1990
Class II (AK II)	skaters born between 1 st July 1970 and 30 th June 1980
Class III (AK III)	skaters born between 1 st July 1960 and 30 th June 1970
Class IV (AK IV)	skaters born between 1 st July 1950 and 30 th June 1960
Class V (AK V)	skaters born on or before 30 th June 1950

When fewer than 3 skaters register for a singles free skating event, age categories will be combined wherever possible to ensure competition.

All age groups can be further divided or put together, depending on the number of registrations. Proof of age must be presented for all competitions. This can be a copy of a birth certificate, passport or identity card.

<p>ISU Adult Elite Masters Free Skating</p>		<p>Duration: 3:00 min +/- 10 sec</p> <p>Vocal music is permitted.</p> <p>Each fall shall receive a deduction of 1.0.</p>	<p>Skaters entering this category will compete against other Elite Masters Free Skaters. The technical requirements are the same as those for the category "Masters Free Skating".</p>
<p>ISU Adult Master</p>		<p>Duration: 3:00 min +/- 10 sec</p> <p>Vocal music is permitted.</p> <p>Each fall shall receive a deduction of 1.0.</p>	<p>A competitor in the Masters Free Skating event must perform a well-balanced program that may contain:</p> <p>a. A maximum of six (6) jump elements, one of which must be an Axel type jump. Single, double and triple jumps are permitted. There may be up to three (3) jump combinations or jump sequences in the free program.</p> <ul style="list-style-type: none"> ▪ One (1) jump combination may consist of up to three (3) listed jumps. Two (2) jump combinations may consist of two (2) listed jumps. ▪ A jump sequence consists of two (2) listed jumps of any number of revolutions, beginning with any jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump. ▪ Each listed jump may be performed a maximum of two (2) times. ▪ Please note that the Euler (half-loop) is considered a listed jump only when used in combination <u>in between two other listed jumps.</u> ▪ Non-listed jumps may be included in the program as part of connecting footwork. <p>b. A maximum of three (3) spins of a different abbreviation, one (1) of which must be a spin combination with a change of foot and one (1) of which must be a flying spin or a spin with a flying entrance.</p>

			<ul style="list-style-type: none"> ▪ The spins must have a required minimum number of revolutions: five (5) for any spin with no change of foot, and eight (8) for any spin with a change of foot. ▪ A spin that has no basic position with 2 revolutions will receive no level and no value, however a spin with less than three rotations is considered as a skating movement and not a spin. ▪ Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions in each of these positions anywhere within the spin. To receive full value, a spin combination must include all three (3) basic positions. ▪ The change of foot in any spin must be preceded and followed by a spin position with at least three (3) revolutions. If this requirement is not fulfilled, the short part of the spin will be ignored including any features. <p>c. A maximum of one (1) step sequence, fully utilizing the ice surface.</p> <ul style="list-style-type: none"> ▪ Only the first executed attempt of a step sequence will contribute to the technical score. <p>The points for each Program Component are multiplied by a factor of 1.6</p>
<p>ISU Adult Single Gold</p>		<p>Duration: 2:40 min +/- 10 sec</p> <p>Vocal music is permitted.</p> <p>Only features up to and including Level 3 will be counted for the spins and step sequence. Any additional features will not count for level requirements and will be ignored by the Technical Panel.</p> <p>Each fall shall receive a deduction of 1.0.</p>	<p>A competitor in the Gold Free Skating event must perform a well-balanced program that may contain:</p> <p>a. A maximum of six (6) jump elements, consisting of single jumps (including the single Axel) or double jumps. Double Flip, double Lutz, double Axel and Triple jumps are not permitted. There may be up to three (3) jump combinations or jump sequences in the free program.</p> <ul style="list-style-type: none"> ▪ One (1) jump combination may consist of up to three (3) listed jumps. Two (2) jump combinations may consist of two (2) listed jumps. ▪ A jump sequence consists of two (2) listed single or double jumps, beginning with any jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump. The jumps in bold above are not permitted. ▪ Each listed jump may be performed a maximum of two (2) times. ▪ Please note that the Euler (half-loop) is considered a listed jump only when used in combination <u>in between two other listed jumps.</u>

			<p>b. A maximum of three (3) spins of a different abbreviation, one (1) of which must be a spin combination with a change of foot and one (1) of which must be a flying spin or a spin with a flying entrance.</p> <ul style="list-style-type: none"> ▪ The spins must have a required minimum number of revolutions: four (4) for any spin with no change of foot, and eight (8) for any spin with a change of foot. ▪ A spin that has no basic position with 2 revolutions will receive no level and no value, however a spin with less than three rotations is considered as a skating movement and not a spin. ▪ Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions in each of these positions anywhere within the spin. To receive full value, a spin combination must include all three (3) basic positions. ▪ The change of foot in any spin must be preceded and followed by a spin position with at least three (3) revolutions. If this requirement is not fulfilled, the short part of the spin will be ignored including any features. <p>c. A maximum of one (1) step sequence, fully utilizing the ice surface.</p> <ul style="list-style-type: none"> ▪ Only the first executed attempt of a step sequence will contribute to the technical score <p>The Program Components are multiplied by a factor of 1.6</p>
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<p>ISU Adult Single Silver</p>		<p>Duration: 2:00 min +/- 10 sec</p> <p><i>Vocal music is permitted.</i></p> <p><i>Only features up to and including Level 2 will be counted for the spins and step sequence. Any additional features will not count for level requirements and will be ignored by the Technical Panel.</i></p> <p><i>Each fall shall receive a deduction of 0.5.</i></p> <p><i>The Program Components are multiplied by a factor of 1.6</i></p>	<p>A competitor in the Silver Free Skating event must perform a well-balanced program that may contain:</p> <p>a. A maximum of five (5) jump elements, consisting of any single jumps (including the single Axel). Double jumps and triple jumps are not permitted. There may be up to two (2) jump combinations or jump sequences in the free program.</p> <ul style="list-style-type: none"> ▪ One (1) jump combination may consist of up to three (3) listed jumps. The other jump combination may consist of two (2) listed jumps. ▪ A jump sequence consists of two (2) single listed jumps, beginning with any listed jump, immediately followed by an Axel type jump with direct step from the landing curve of the first jump to the take-off curve of the Axel jump. ▪ Each listed jump may be performed a maximum of two (2) times. ▪ Please note that the Euler (half-loop) is considered a listed jump only when used in combination <u>in between two other listed jumps</u>. Non-listed jumps may be included in the program as part of connecting footwork. <p>b. A maximum of two (2) spins of a different abbreviation, one (1) of which must be a spin combination.</p> <ul style="list-style-type: none"> ▪ The spins must have a required minimum number of revolutions: four (4) for any spin with no change of foot, and eight (8) for any spin with a change of foot. ▪ A spin that has no basic position with 2 revolutions will receive no level and no value, however a spin with less than three rotations is considered as a skating movement and not a spin. ▪ Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions in each of these positions anywhere within the spin. To receive full value, a spin combination must include all three (3) basic positions. ▪ The change of foot in any spin must be preceded and followed by a spin position with at least three (3) revolutions. If this requirement is not fulfilled, the short part of the spin will be ignored including any features. <p>c. A maximum of one (1) step sequence, utilizing at least half (1/2) of the ice surface.</p> <ul style="list-style-type: none"> ▪ Only the first executed attempt of a step sequence will contribute to the technical score.
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<p>ISU Adult Single Bronze</p>		<p>Duration: 1:40 min +/- 10 sec</p> <p><i>Each fall shall receive a deduction of 0.5.</i></p> <p><i>Vocal music is permitted.</i></p> <p><i>Only features up to and including Level 1 will be counted for the spins. Any additional features will not count for level requirements and will be ignored by the Technical Panel.</i></p>	<p>A competitor in the Bronze Free Skating event must perform a well-balanced program that may contain:</p> <p>a. A maximum of four (4) jump elements, consisting only of single jumps. Axel type jumps, double jumps and triple jumps are not permitted. There may be up to two (2) jump combinations in the free program.</p> <ul style="list-style-type: none"> ▪ Each jump combination may consist of two (2) listed jumps. ▪ Each listed jump may be performed a maximum of two (2) times. <p>b. A maximum of two (2) spins of a different abbreviation one of which must be a spin in one position with no change of foot. Flying spins are not permitted.</p> <ul style="list-style-type: none"> ▪ The spins must have a required minimum number of revolutions: three (3) for any spin with no change of foot, and six (6) for the spin combination with change of foot or the spin in one position with change of foot. ▪ A spin that has no basic position with 2 revolutions will receive no level and no value, however a spin with less than three rotations is considered as a skating movement and not a spin. ▪ Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions in each of these positions anywhere within the spin. To receive full value, a spin combination must include all three (3) basic positions. ▪ The change of foot in any spin must be preceded and followed by a spin position with at least three (3) revolutions. If this requirement is not fulfilled, the short part of the spin will be ignored including any features. <p>c. A maximum of one (1) choreographic sequence utilizing at least half (1/2) of the ice surface.</p> <ul style="list-style-type: none"> ▪ A choreographic sequence consists of any kind of movements like steps, turns, spirals, arabesques, spread eagles, Ina Bauers, hydroblading, transitional (unlisted) jumps, spinning movements etc. ▪ The pattern is not restricted. ▪ A choreographic sequence has a base value and will be evaluated by the judges in GOE only. <p>The Program Components are multiplied by a factor of 1.6</p>
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<p>ISU Adult Single Pre Bronze</p>	<p>any separation</p>	<p>Duration: 1:40 min +/- 10 sec</p> <p><i>Each fall shall receive a deduction of 0.5</i></p> <p><i>Vocal music is permitted.</i></p> <p><i>Features will not count for level requirements and will be ignored by the Technical Panel.</i></p>	<p>A competitor in the Adult Pre Bronze Free Skating event must perform a well-balanced program that may contain:</p> <p>a) A maximum of three (3) jump elements consisting of single jumps. Only Salchow and Toeloop are permitted. There may be one jump combination or jump sequence in the Free Program.</p> <ul style="list-style-type: none"> ▪ Each jump combination may consist of two (2) listed jumps. ▪ Each listed jump may be performed a maximum of two (2) times. <p>b) A maximum of two (2) spins. Combination and Flying spins are not permitted.</p> <ul style="list-style-type: none"> ▪ The spins must have a required minimum number of revolutions: two (2) for the spin with only one position and no change of foot and four (2 + 2) for the spin with change of foot. ▪ There must be a minimum of two (2) revolutions in each position or the position will not be counted. ▪ It is allowed to show two same spins, for example two (2) upright spins. <p>Choreographic 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.</p> <p>The Program Components are multiplied by a factor of 1.6</p>
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