

Lõunakeskus Trophy 2022

FOR BEGINNERS AND ADULTS

INTERCLUB FIGURE SKATING COMPETITION FOR SINGLE SKTERS

Technical data

Beginners

Pre-Young Girls and Boys (born 2011 and younger)

Free program 2:00 min ± 10 sec

1. Maximum four (4) jump elements

- maximum two (2) jump combinations. **Jump sequences are not allowed**

- **a jump combination may consist of only two (2) jumps**

- **Axel and double jumps are not allowed.**

- **Any jump with the same name may be executed only twice.**

2. maximum of two (2) spins

3. One step sequence 2/3 cover of the ice (straight line, circle or serpentine)

Pre-Young Girls and Boys (born 2009/2010)

Free program 2:00 min ± 10 sec

1. Maximum four (4) jump elements

- maximum two (2) jump combinations. **Jump sequences are not allowed.**

- **a jump combination may consist of only two (2) jumps**

- **Axel and double jumps are not allowed.**

- **Any jump with the same name may be executed only twice.**

2. Maximum two (2) spins of different nature.
3. One step sequence 2/3 cover of the ice (straight line, circular or serpentine).

Young Girls and Boys (born 2007/2008)

Free program 2:30 min ± 10 sec

1. Maximum five (5) jump elements

- maximum two (3) jump combinations or sequences
- jump combination may consist of two (2) jumps; A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any listed 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
- **Maximum one (1) Axel and one (1) double jump are allowed**
- **Any jump with the same name may be executed only twice.**

2. Maximum two (2) spins of different nature, min. four (4) revolutions.

3. One step sequence (2/3 cover of the ice), (straight line, circular or serpentine).

Young Girls and Boys (born 2002-2006)

Free program 2:30 min ± 10 sec

1. Maximum five (5) jump elements

- maximum two (3) jump combinations or sequences
- jump combination may consist of two (2) jumps; A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any listed 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
- **Maximum one (1) Axel and one (1) double jump are allowed**
- **Any jump with the same name may be executed only twice.**

2. Maximum two (2) spins of different nature, min. four (4) revolutions.
3. One step sequence (2/3 cover of the ice), (straight line, circular or serpentine).

NB! Additional information

1. In all beginner's categories listed above the following two (2) components are judged in the second mark:
 - skating skills
 - performance, (program composition, music interpretation)

The factor for the Program Components is:

- Boys 1.8
- Girls 1.6

2. The level of spins and step sequences cannot be higher than Level Base. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

3. Time violation - 0.5 point deduction for every 5 seconds in excess.

4. Falls - 0.5 point deduction for every fall.

5. Interruption:

- 10 to 20 seconds - 0,5 point deduction
- 20 to 30 seconds - 1,0 point deduction
- 30 to 40 seconds - 1,5 points deduction

Interruption of the program with allowance of up to three (3) minutes to resume from the point of interruption: - 2.5 per program

6. There will NOT be a higher coefficient for jumps on the second half of the program.

7. Warm-up groups up to 10 skaters.

SINGLE SKATING FOR ADULT AMATEUR SKATERS

Age categories for ladies and men free skating events:

Young adults skaters born between July 1st, 1992 and June 30th, 2002, Bronze, Silver, Gold,
Masters

Class I skaters born between July 1st, 1983 and June 30th, 1993, Bronze, Silver, Gold,
Masters

Class II skaters born between July 1st, 1973 and June 30th, 1983, Bronze, Silver, Gold,
Masters

Class III skaters born between July 1st, 1963 and June 30th, 1973, Bronze, Silver, Gold,
Masters

Class IV skaters born between July 1st, 1953 and June 30th, 1963, Bronze, Silver, Gold,
Masters

Class V skaters born before June 30th, 1953, Bronze, Silver, Gold, Masters

MASTERS Free Skating

Duration: 3 minutes +/- 10 seconds.

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

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.

- 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 in between two other listed jumps.
- Non-listed jumps may be included in the program as part of connecting footwork. 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.
- 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 in total 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.
- All spins with change of foot must have at least 3 revolutions on each foot. If this requirement is not fulfilled, the spin will be marked with a V.
- A maximum of one (1) step sequence, fully utilizing the ice surface.
- The points for each Program Component are multiplied by a factor of 1.6.
- The warm-up duration is six (6) minutes. Each fall shall receive a deduction of 1.0.

GOLD Free Skating

Duration: 2 minutes and 50 seconds +/- 10 seconds

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

a. A maximum of five (5) 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.

- 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 in between two other listed jumps.
- Non-listed jumps may be included in the program as part of connecting footwork. 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.
- 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 value, however a spin with less than three rotations in total 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.
- All spins with change of foot must have at least 3 revolutions on each foot. If this requirement is not fulfilled, the spin will be marked with a V.
A maximum of one (1) step sequence, fully utilizing the ice surface.
The points for each Program Component are multiplied by a factor of 1.6.
Only features up to and including Level 3 will be counted for the technical elements. Any additional features will not count for level requirements and will be ignored by the Technical Panel.
- The warm-up duration is six (6) minutes.

- Each fall shall receive a deduction of 1.0.

SILVER Free Skating

Duration: 2 minutes +/- 10 seconds

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

- 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.
 - 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 in between two other listed jumps.
 - Non-listed jumps may be included in the program as part of connecting footwork.
- A maximum of two (2) spins of a different abbreviation, one (1) of which must be a spin combination.
 - The spins must have a required minimum number of revolutions: four (4) for any spin with no change of foot, and six (6) for any spin with a change of foot.
 - A spin that has no basic position with 2 revolutions will receive no value, however a spin with less than three rotations in total 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.
- All spins with change of foot must have at least 3 revolutions on each foot. If this requirement is not fulfilled, the spin will be marked with a V.
- A maximum of one (1) choreographic sequence, utilizing at least half (1/2) of the ice surface. 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 but the sequence must be clearly visible. A choreographic sequence has a base value and will be evaluated by the judges in GOE only.
- The points for each Program Component are multiplied by a factor of 1.2.
- The points for each Program Component are multiplied by a factor of 1.2.
- Only features up to and including Level 2 will be counted for the technical elements. Any additional features will not count for level requirements and will be ignored by the Technical Panel.
- The warm-up duration is six (6) minutes.
- Each fall shall receive a deduction of 0.5.

BRONZE Free Skating

Duration: 1 minute and 40 seconds, +/- 10 seconds

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

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.

- Each jump combination may consist of two (2) listed jumps.
- Each listed jump may be performed a maximum of two (2) times.
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.

- The spins must have a required minimum number of revolutions: three (3) for any spin with no change of foot, and six (6) with a change of foot.
- A spin that has no basic position with 2 revolutions will receive no value, however a spin with less than three rotations in total 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.
- All spins with change of foot must have at least 3 revolutions on each foot. If this requirement is not fulfilled, the spin will be marked with a V.
- Only features up to and including Level 1 will be counted. Any additional features will not count for level requirements and will be ignored by the Technical Panel.
- A maximum of one (1) choreographic sequence utilizing at least half (1/2) of the ice surface. 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 but the sequence must be clearly visible. A choreographic sequence has a base value and will be evaluated by the judges in GOE only.
- The points for each Program Component are multiplied by a factor of 1.2.
- The warm-up duration is six (6) minutes.
- Each fall shall receive a deduction of 0.5.

Pre-Bronze Free Skating

Duration: the maximum time is 1 min. 50 sec., but may be less.

a) A maximum of two (2) 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 one jump combination in the Free Program.
- - Any solo jump can be repeated only once, and this repetition must be done either in a jump combination. Non-listed jumps may be included in the program as part of connecting footwork preceding single jumps.

b) A maximum of one (1) spin;

- The spin 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 choreographic step sequence (ChSq), covering the full ice surface.
- - 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 Sequence commences with the first move and is concluded with the last move of the Skater. The pattern is not restricted.
 - - A Choreographic Sequence has a base value and will be evaluated by the judges in GOE only.
- Program Component factor is 1.6
The warm-up duration is six (6) minutes. Each fall shall receive a deduction of 0.5.

- ARTISTIC Free Skating
- (Bronze, Silver, Gold, Masters)

Competitions will be held at the Masters Elite, Masters, Gold, Silver and Bronze levels.

The Artistic Free Skate is a competitive program that must include elements of the sport of figure skating. At least one (1) and a maximum of two (2) single jumps MUST be included. A Waltz jump is not considered a listed single jump.

At least one (1) and a maximum of two (2) spins MUST be included.

No Axel type jumps, double or triple jumps are allowed. No combination jumps are allowed.

The program duration for Masters Elite and Masters Artistic Free Skating is 2 minutes +/- 10 seconds.

The program duration for Gold, Silver and Bronze Artistic Free Skating is 1 minute and 30 seconds, +/- 10 seconds.

The artistic events consist of Free Skating programs judged only on the basis of the Program Components:

 - Skating skills
 - Transitions
 - Performance
 - Composition
 - Interpretation/Timing
 - See ISU Special Regulations and Technical Rules 2016, Singles & Pair Skating, Rule 504, paragraph 3 for a detailed description of Program Components. The respective Rules can be found on the ISU website.

There will be no technical panel and no technical mark given. The points for each Program Component are multiplied by a factor of 1.0. Falls are not subject to a deduction but may have a negative impact on the Program Components.

The Artistic Free Skating competition is an athletic competition that is intended to allow skaters to demonstrate their skating ability as defined by the five program components of the ISU judging system. Credit for the required technical elements is based solely on the ability of such movements to enhance the chosen theme and support the music. Credit will not be given for their technical difficulty.

The program must be developed through skating skill and quality rather than through non-skating actions such as sliding on one knee or excessive use of toe steps. The skater/pair must not remain in one place for more than five (5) seconds.

Any technical element exceeding the maximum number as set forth below, will be judged as an illegal element (1.0 deduction). If the minimum required technical elements are not included, a deduction for a “missing element” of 1.0 will be made. The Referee is responsible for such deductions.

Clothing and make-up must be modest, dignified and appropriate for athletic competition – not garish or theatrical in design. Clothing may, however, reflect the character of the music chosen. Clothing must not give the effect of excessive nudity. (ISU Rule 501) The theme of the program should be clear from the skating movements and choreography – regardless of what the skater is wearing. This is not intended to be a Theatre on Ice; Spotlight; or a Showcase event.

Props and accessories may not be used in any part of the artistic programs. Any item that is held in the hand or removed during the performance is considered a prop. Thus, for example, a hat worn throughout the program is not considered to be a prop, but if it is intentionally removed during the performance it is considered a prop. Objects on the ice, thrown in the audience, placed on the boards or on the judges table are not permitted. Costumes that contain particles that may mar or leave anything on the ice surface (feathers, boas, excessive beading) are considered unsafe and are not permitted.

The decorations on costumes must be non-detachable. Part of the costume or decoration falling on the ice will be penalized by a deduction of 1.0 point per program. The deduction for inappropriate clothing or make- up props and accessories (1.0) will be determined by a majority of the judges and the referee.

Illegal elements:

- Somersault type jumps
- Laying on the ice and prolonged and/or stationary kneeling on both knees on the ice. The warm-up duration is 4 minutes for all Artistic Free Skating events.

FOR all adult categories:

- Any program violating the time limit set out in this Announcement will receive a deduction of 1.0 for every 5 seconds or part thereof lacking or in excess of the permitted time.

- Skaters have 30 seconds from the time their name is called to take their starting position.
- An entry in an artistic category may be at the same level or one level higher (not lower) than the entry in an event of any other category. For example, a skater may enter the Silver Free Skating event and then the Gold Artistic Free Skating event.
- When fewer than 3 skaters register for a singles Free Skating or Artistic Free Skating segment, age categories may be combined wherever possible to ensure competition.
- The special factor of 1.1 for elements starting in the second half, will NOT apply.