

Volvo Open Cup 16th

TECHNICAL DATA

Single Skating: A class

CHICKS A *Girls and Boys (born 2004 and younger)*

Free program only: 2.00 minutes ± 10 sec.

A well balanced Free Skating program for CHICKS A must contain:

1. **Maximum of five (5)** jump elements
 - at least one (1) Axel type jump
 - at least one (1) and maximum two (2) jump combinations or jump sequences
 - only one (1) jump combination may consist of three (3) jumpsA jump sequence can contain any number of jumps, but only two most difficult jumps will be counted.
2. Maximum two (2) spins of different nature.
3. One Step sequence (straight line, circular or serpentine).

The Program Components are judged in

- Skating skills
- Transitions
- Performance, program composition, music interpretation

The Factor of the Program Components is 2.5.

1. Any jump may be repeated only twice (2), where as there may be up two (2) Axel type jumps in a program
2. The level of spins and step sequences cannot be higher than 3. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.
3. Duration of music – 0.5 points deduction for every 5 seconds in excess
4. Falls - 0.5 point deduction for every fall

CUBS A *Girls and Boys (born 2002/2003)*

Free program only: 2.30 minutes ± 10 sec.

A well balanced Free Skating program for CUBS A must contain:

1. **Maximum of five (5)** jump elements

Technical Data for Volvo Open Cup. season 2011/2012

- at least one (1) Axel type jump
 - at least one (1) and maximum two (2) jump combinations or jump sequences
 - only one jump combination may consist of three (3) jumps
- A jump sequence can contain any number of jumps, but only two most difficult jumps will be counted.
2. At least two (2) and maximum three (3) spins of different nature
 - there must be one (1) spin combination (with one (1) change of foot and at least one (1) change of position; at least four 4 + four 4 revolutions)
 - all other spins is optional and must be minimum of four (4) revolutions
 3. One Step sequence (straight line, circular or serpentine).

The Program Components are judged in

- Skating skills
- Transitions
- Performance, program composition, music interpretation

The Factor of the Program Components is 2.2.

1. Any jump may be repeated only twice (2), where as there may be up two (2) Axel type jumps in a program
2. The level of spins and step sequences cannot be higher than 3. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.
3. Duration of music – 0.5 points deduction for every 5 seconds in excess
4. Falls - 0.5 point deduction for every fall

SPRINGS A *Girls and Boys (born 2000/2001)*

**Free program only: girls 2.30 minutes ± 10 sec.
 boys 3.00 minutes ± 10 sec.**

A well balanced Free Skating program for SPRINGS A must contain:

1. **Maximum of five (5) jump elements for girls and six (6) for boys**
 - at least one (1) Axel type jump
 - at least one (1) and maximum two (2) jump combinations or jump sequences
 - only one jump combination may consist of three (3) jumps

A jump sequence can contain any number of jumps, but only two most difficult jumps will be counted.
2. Three (3) spins of different nature
 - one (1) must be a flying spin or a spin with a flying entrance at least five (5) revolutions
 - one (1) must be a spin combination with one change of foot and at least one (1) changes of position: at least (five (5) + five (5)) revolutions
 - one (1) spin is free of choice, at least five (5) revolutions
3. One Step sequence (straight line, circular or serpentine).

The Program Components are judged in

- Skating skills
- Transitions
- Performance, program composition, music interpretation

The Factor of the Program Components is

- for boys 2.1
- for girls 1.8

1. Any jump may be repeated only twice (2), where as there may be up two (2) Axel type jumps in a program
2. The level of spins and step sequences cannot be higher than 3. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.
3. Duration of music – 0.5 points deduction for every 5 seconds in excess
4. Falls - 0.5 point deduction for every fall

BASIC NOVICE A Girls and Boys (younger subgroup)

(ISU communication 1649)

Age requirements:

- has reached at least the age of ten (10)
- has not reached the age of thirteen (13) before July 1st preceding the event

Free Skating: 2:30 min, +/- 10 sec

A well balanced **Free Skating** program for BASIC NOVICE A must contain:

- a) Maximum of 4 jump elements for Girls and Boys 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 can contain any number of jumps, but only two most difficult jumps will be counted.
Triple jumps are not permitted.
- b) There must be a maximum of two (2) spins of a different nature (abbreviation), one of which must be a spin combination with or without change of foot (minimum of six (6) revolutions in total) and one spin with no change of position and with or without change of foot (minimum of six (6) revolutions in total).
- c) There must be a maximum:
 - (i) for Girls one (1) step sequence or one (1) spiral sequence consisting of max. two (2) spiral positions. The sequence (step or spiral) will have a fixed Base value and evaluated in GOE only.
 - (ii) for Boys maximum of one (1) step sequence with a fixed Base value and evaluated in GOE only.

The Program Components are only judged in

- Skating Skills
- Performance/Execution

The Factor of the Program Components is 2.5.

Levels explanations:

For Basic Novice A Singles, in all elements which 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.

BASIC NOVICE B *Girls and Boys* (older subgroup)

(ISU communication 1649)

Age requirements:

- has reached at least the age of ten (13)
- has not reached the age of thirteen (15) before July 1st preceding the event

Free Skating: 3:00 min +/- 10 sec

A well balanced **Free Skating** program for BASIC NOVICE B must contain:

- Maximum of 5 jump elements for Girls and 6 jump elements for Boys 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 can contain any number of jumps, but only two most difficult jumps will be counted. Only two (2) jumps with two and a half (2 1/2) or more revolutions can be repeated either in a jump combination or in a jump sequence.
- There must be a maximum of two (2) spins of a different nature, one of which must be a spin combination (minimum of ten (10) revolutions in total) and one a flying spin or a spin with a flying entrance (minimum of six (6) revolutions in total).
- There must be a maximum:
 - for Girls one (1) step sequence or one (1) spiral sequence consisting of max. two (2) spiral positions. The sequence (step or spiral) will have a fixed Base value and evaluated in GOE only.
 - for Boys maximum of one (1) step sequence with a fixed Base value and evaluated in GOE only.

The Program Components are only judged in

- Skating Skills
- Performance/Execution
- Interpretation

The Factor of the Program Components is

- for boys 2.0
- for girls 1.7

Levels explanations:

For Basic Novice B Singles, in all elements which 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.

ADVANCED NOVICE A *Girls and Boys*

Boys

The **Short Program for Boys'** Singles shall consist of the following elements:

- a) Axel Paulsen or double Axel Paulsen
- b) Double or triple jump immediately proceeded by connecting steps, may not repeat jump in a)
- c) One jump combination consisting of two double jumps or one double and one triple jump, both jumps may not repeat jump in a) or b)
- d) Camel or sit spin (minimum of six (6) revolutions) with change of foot and no flying entrance
- e) Spin combination with only one change of foot and at least one change of position (minimum of five (5) revolutions on each foot)
- f) One step sequences with full utilization of the ice surface (straight line, serpentine/ circular)

Girls

The **Short Program for Girls'** Singles shall consist of the following elements:

- a) Axel Paulsen or double Axel Paulsen
- b) Double or triple jump immediately preceded by connecting steps, may not repeat jump in a)
- c) One jump combination consisting of two double jumps or one double and one triple jump, both jumps may not repeat jump in a) or b)
- d) Layback or sideways leaning spin (minimum of six (6) revolutions)
- e) Spin combination with only one change of foot and at least one change of position (minimum of five (5) revolutions on each foot)
- f) One step sequence with full utilization of the ice surface (straight line / circular / serpentine)

Boys and Girls

A well balanced **Free Skating** program for Singles must contain:

Technical Data for Volvo Open Cup. season 2011/2012

- a) Maximum 6 jump elements for Girls and 7 jump elements for Boys 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 can contain any number of jumps, but only two most difficult jumps will be counted. Only two (2) jumps with two and a half (2 1/2) revolutions or more can be repeated either in a jump combination or in a jump sequence.
- b) There must be a maximum of two (2) spins of a different nature, one of which must be a spin combination (minimum of ten (10) revolutions) and one a flying spin or a spin with a flying entrance (minimum of six (6) revolutions).
- c) There must be a maximum of one (1) step sequence

Levels explanations:

For Advanced Novice Singles, in all elements which 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

- Skating Skills
- Transitions
- Performance/Execution
- Interpretation

The factor for the Program Components is

a) Short Program

- for boys 1.0.
- for girls 1.0

b) Free Skating

- for boys 1.7
- for girls 1.5

JUNIOR Ladies/ Men

Ladies

Short Program max 2 min 50 sec

Requirements according to the ISU Technical Rules Single and Pair Skating 2010, Rule 511, paragraphs 1 and 3 and all pertinent ISU Communications.

Free Skating 3 min 30 sec +/- 10 sec

Requirements according to the ISU Technical Rules Single and Pair Skating 2010, Rule 512 and all pertinent ISU Communications.

Men

Short Program max 2 min 50 sec

Requirements according to the ISU Technical Rules Single and Pair Skating 2010, Rule 511, paragraphs 1 and 3 and and all pertinent ISU Communications.

Free Skating 4 min, +/- 10 sec

Requirements according to the ISU Technical Rules Single and Pair Skating 2010, Rule 512 and and all pertinent ISU Communications.

SENIOR Ladies/ Men

Ladies

Short Program max 2 min 50 sec

Requirements according to the ISU Technical Rules Single and Pair Skating 2010, Rule 511, paragraphs 1 and 2 and and all pertinent ISU Communications.

Free Skating 4 min, +/- 10 sec

Requirements according to the ISU Technical Rules Single and Pair Skating 2010, Rule 512 and and all pertinent ISU Communications.

Men

Short Program max 2 min 50 sec

Requirements according to the ISU Technical Rules Single and Pair Skating 2010, Rule 511, paragraphs 1 and 2 and and all pertinent ISU Communications.

Free Skating 4 min 30 sec, +/- 10 sec

Requirements according to the ISU Technical Rules Single and Pair Skating 2010, Rule 512 and and all pertinent ISU Communications.

Ice Dance: A class

NOVICE (ISU comm. Nr 1621, 1649)

BASIC NOVICE

Age requirements: has not reached the age of 15 before July 1st preceding the event.

Pattern Dance: Fourteenstep; European Waltz

Free Dance: 2:30 minutes, +/- 10 sek

ADVANCED NOVICE

Age requirements: has reached at least the age of ten (10), but has not reached the age of fifteen (15) before July 1st preceding the event

Pattern Dance: Rocker Foxtrot; Starlight Waltz

Free Dance: 3:00 minutes, +/- 10 sek

JUNIOR

ISU Special Regulations and Technical Rules for Ice Dance 2011/12
(comm. 1621, 1649, 1670, 1677)

Short Dance:

In accordance with ISU Technical Rules Ice Dance 2010, Rule 609 and all pertinent ISU Communications.

Duration: 2 min., 50 sec., +/- 10

Free Dance:

In accordance with ISU Technical Rules Ice Dance 2010, Rule 610 and all pertinent ISU Communications. For the values of the required elements and components see the respective ISU Communication.

Duration: 3 min., 30 sec., +/- 10 sec.

ISU Technical Rules Ice Dance 2010, Rule 610 paragraph 2 (well balanced program and required elements) and the relevant ISU Communication must be observed.

SENIOR

Short Dance 2 min 50 sec, +/- 10 sec factors according to Rule 353

Requirements according to the ISU Technical Rules Ice Dance 2010, Rule 609 and all pertinent ISU Communications.

Free Dance 4 min, +/- 10 sec factors according to Rule 353

Requirements according to the ISU Technical Rules Ice Dance 2010, Rule 610 and all pertinent ISU Communications.

Single Skating: B class

PRE-CHIKS B *Girls and Boys (born 2006 and younger)*

Free program only 2.00 minutes ± 10 sec.

A well balanced Free Skating program for PRE-CHIKS B must contain:

1. **Maximum four (4)** jump elements
 - at least one (1) and maximum two (2) jump combinations or jump 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.
2. At least one (1) and maximum two (2) spins of different nature, each of them must be minimum of three (3) revolutions
3. One Step sequence (straight line, circular or serpentine).

1 Axel and double jumps are not allowed

1. Duration of music – 0.5 points deduction for every 5 seconds in excess
2. Illegal element-deduction 0,5
3. Any jump may be repeated only twice (2), where as there may be up two (2) Axel type jumps in a program

CHICKS B *Girls and Boys (born 2004/2005)*

Free program only 2.00 minutes ± 10 sec.

A well balanced Free Skating program for CHICKS B must contain:

1. **Maximum five (5)** jump elements
 - at least two (2) different single solo jumps
 - at least one (1) and maximum two (2) jump combinations or jump sequences
 - only one (1) jump combination may consist of three (3) jumps
A jump sequence can contain any number of jumps, but only two most difficult jumps will be counted.
2. At least one (1) and maximum two (2) spins of different nature, each of them must be minimum of three (3) revolutions
3. One Step sequence (straight line, circular or serpentine).

1 Axel and double (2) jumps are not allowed

The Program Components are judged in

- Skating skills
- Performance, program composition, music interpretation

The Factor of the Program Components is 2.5.

A well balanced Free Skating program for SPRINGS B must contain:

1. **Maximum five (5) jump** elements **for girls** and **six (6) for boys**
 - at least one (1) and maximum two (2) jump combinations or jump sequences.
 - only one (1) jump combination may consist of three (3) jumps.
A jump sequence can contain any number of jumps, but only two most difficult jumps will be counted.
2. Three (3) spins of different nature minimum four (4) revolutions.
3. One Step sequence (straight line, circular or serpentine).

Maximum 2(two) double jumps, 2A and Triple jumps are not allowed

The Program Components are judged in

- Skating skills
- Transition
- Performance, program composition, music interpretation

The Factor of the Program Components is

- for boys 2.1
- for girls 1.8

1. Any jump may be repeated only twice (2), where as there may be up two (2) Axel type jumps in a program
2. The level of spins and step sequences cannot be higher than 1. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.
3. Duration of music – 0.5 points deduction for every 5 seconds in excess
4. Falls - 0.5 point deduction for every fall

DEBS B *Girls and Boys (born 1998/1999)*

Free program only: 3.00 minutes ± 10 sec.

A well balanced Free Skating program for DEBS B must contain:

1. **Maximum five (5) jump** elements **for girls** and maximum **six (6) for boys**
 - at least one (1) 1Axel
 - at least one (1) and maximum two (2) jump combinations or jump sequences
 - only one (1) jump combination may consist of three (3) jumps.
A jump sequence can contain any number of jumps, but only two most difficult jumps will be counted.
2. At least three (3) spins of different nature
 - one must be a spin combination min. four (4) revolutions on each foot.
 - one (1) flying spin minimum of five (5) revolutions.
 - one spin is optional four (4) revolutions
3. One Step sequence (straight line, circular or serpentine).

Maximum 3(three) double jumps
2A and Triple jumps are not allowed

The Program Components are judged in

- Skating skills
- Transition
- Performance, program composition, music interpretation

The Factor of the Program Components is

- for boys 2.1
- for girls 1.8

1. Any jump may be repeated only twice (2), where as there may be up two (2) Axel type jumps in a program
2. The level of spins and step sequences cannot be higher than 1. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.
3. Duration of music – 0.5 points deduction for every 5 seconds in excess
4. Falls - 0.5 point deduction for every fall

NOVICE B *Girls and Boys (born between July 1st1996 June 30th 2000)*

Free program only: 3.00 minutes ± 10 sec.

A well balanced Free Skating program for NOVICE B must contain:

1. **Maximum five (5) jump** elements **for girls** and maximum **six (6) for boys**
 - at least one (1) 1Axel
 - at least one (1) and maximum two (2) jump combinations or jump sequences
 - only one (1) jump combination may consist of three (3) jumpsA jump sequence can contain any number of jumps, but only two most difficult jumps will be counted.
 - Max. three (3) different double jumps
2. At least three (3) spins of different nature
 - one must be a spin combination min five (5) revolutions on each foot.
 - one (1) flying spin minimum of five (5) revolutions.
 - one spin is optional five (5) revolutions.
3. One Step sequence (straight line, circular or serpentine).

2A and Triple jumps are not allowed

The Program Components are judged in

- Skating skills
- Transition
- Performance, program composition, music interpretation

The Factor of the Program Components is

- for boys 2.1
- for girls 1.8

1. Any jump may be repeated only twice (2), where as there may be up two (2) Axel type jumps in a program
2. The level of spins and step sequences cannot be higher than 1. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.
3. Duration of music – 0.5 points deduction for every 5 seconds in excess
4. Falls - 1.0 point deduction for every fall

JUNIOR B Girls and Boys (age same as Junior A)

Free program only: 3.00 minutes ± 10 sec.

A well balanced Free Skating program for JUNIOR B must contain:

1. **Maximum five (5) jump** elements **for girls** and maximum **six (6) for boys**
 - at least one (1) 1Axel
 - at least one (1) and maximum two (2) jump combinations or jump sequences
 - only one (1) jump combination may consist of three (3) jumpsA jump sequence can contain any number of jumps, but only two most difficult jumps will be counted.
2. At least three (3) spins of different nature
 - one must be a spin combination min five (5) revolutions on each foot.
 - one (1) flying spin minimum of six (6) revolutions.
 - one spin is optional five (5) revolutions.
3. One Step sequence (straight line, circular or serpentine).

2A and Triple jumps are not allowed

The Program Components are judged in

- Skating skills
- Transition
- Performance, program composition, music interpretation

The Factor of the Program Components is

- for boys 2.1
- for girls 1.8

1. Any jump may be repeated only twice (2), where as there may be up two (2) Axel type jumps in a program
2. The level of spins and step sequences cannot be higher than 1. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.
3. Duration of music – 0.5 points deduction for every 5 seconds in excess
4. Falls - 1.0 point deduction for every fall

Beginners technical data

Beginners Girls and Boys (born 2001/2002 and younger)

Free program: 2.00 minutes ± 10 sec.

1. **Maximum five (5) jump** elements
 - at least two (2) of them are solo jumps
 - at least one (1) and no more than three (3) are jump combinations or sequences
 2. At least one (1) but not more than two (2) spins min. free (3) revolutions.
 3. Step sequence (2/3 cover of the ice), (straight line, circular or serpentine).
- Axel and double jumps are not allowed !**

Beginners Girls and Boys (born 1999/2000)

Free program: 2.00 minutes ± 10 sec.

1. **Maximum five (5) jump** elements
 - at least two (2) of them are solo jumps
 - at least one (1) and no more than three (3) are jump combinations or sequences
 2. At least one (1) but not more than two (2) spins min. free (3) revolutions.
 3. Step sequence (2/3 cover of the ice), (straight line, circular or serpentine).
- Axel and double jumps are not allowed !**

Beginners Girls and Boys (born 1996-1998)

Free program: 2.30 minutes ± 10 sec.

1. **Maximum five (5) jump** elements
 - at least two (2) of them are solo jumps
 - at least one (1) and no more than three (3) are jump combinations or sequences
 2. At least one (1) but not more than two (2) spins min. four (4) revolutions.
 3. Step sequence (2/3 cover of the ice), (straight line, circular or serpentine).
- Maximum one (1) Axel and one (1) double jump are allowed, which may be repeated only once in a jump combination/sequence !**

Beginners Girls and Boys (born 1985-1996)

Free program max. 2:00 min

1. **Maximum four (4) jump** elements
 - at least two (2) of them are solo jumps
 - at least one (1) and no more than three (3) are jump combinations or sequences
 2. At least one (1) but not more than two (2) spins min. free (3) revolutions.
 3. Step sequence (2/3 cover of the ice), (straight line, circular or serpentine).
- Axel and double jumps are not allowed !**

