## International Figure Skating Competition for Young Single Skaters

## Kaunas Ice 2013/14

## Announcement / Invitation



Organized by Kaunas Winter Sports School "Baltu ainiai" Ausros 42 C, Kaunas, Lithuania

## GENERAL

The Kaunas Ice 2012/13 Competition of Figure Skating consists of five intemational events. All five events will be conducted in accordance with the ISU Constitution and General Regulations 2012, the Special Regulations \& Technic al Rules Single Skating and the relevant ISU Communic ations.

All Members of ISU and any Clubs are invited to take part in the competition.
For the 2012/ 13 season, the five events of the Ka unas Ice are:


Kaunas Ice
Autumn Cup 2013
October 25-27, 2013


Kaunas Ice
Christmas Cup 2013
December 20-22, 2013


Kaunas Ice Winter Cup 2014

J anuary 31 -
February 2, 2014

$\left\lvert\, \begin{aligned} & \text { Kaunas Ice } \\ & \text { Spring Cup } 2014\end{aligned}\right.$
April 10-12, 2014

All events will be held in Kaunas Ice Rink, Ausros 42 C, Kaunas, Lithuania.

## 1. CATEGORIES

In Kaunas Ice 2013/14 events participants will be competing in these categories:

ChicksA
Chicks B
CubsA
Cubs B
Springs A
Springs B
Basic Novice A
Basic Novice B
Advanced Novice
Junior
Senior
Beginners Pre-Young
Beginners Young
Beginners Young adults
Adults Bronze
Adults Silver
Adults Gold

All categories in every event will be judged acording to ISU Judging System.

## 2. COMPEIITION SCHEDULE, RESULTS AND PROTOCOLS

## For the Kaunas Ice Autumn Cup 2013:

| October 25 Friday | Chicks B, Cubs B, Springs B girls a nd boys free skating (FS) Medal ceremony on ice Beginners Pre-Young/Young/Young adults girs and boys (FS) Adults Bronze/ Silver/G old ladies and men (FS) Medal ceremony on ice |
| :---: | :---: |
| October 26 Saturday | Chicks A, Cubs A, Springs A girls a nd boys free skating (FS) Medal ceremony on ice <br> Advanced Novice girls and boys short program (SP) $J$ unior, Senior ladies and men short program (SP) |
| October 27 Sunday | Basic Novice A, Basic Novice B girls and boys free skating (FS) Medal ceremony on ice <br> Advanced Novice girls and boys free skating (FS) <br> J unior, Senior ladies and men free skating (FS) <br> Medal ceremony on ice |

This time table is preliminary and may change depending on the number of entries for each category.

A detailed time schedule will be available 7 days before competition. It will be send to participants by e-mail and will be available on the intemet: www.kaunasice.lt

There is a possibility for short practices on the ice. Practice schedule will be a vailable after the deadline.

Draw will be held on the day of the competition.
The results and protocols will be available on the intemet: www.kaunasice.It

## 3. REGISTRATION OF JUDGES AND EXPENSES

The panel of Judges will consist of 5 J udges.
Each participating clubs and teams are requested to nominate one Judge and one substitute Judge for the event in which the club has Competitor(s) entered. The Judge should have at least National category. Registration of Judges must be made by filling the "Entry form". The confirmation of the list of judges will be announced until October 18 ${ }^{\mathbf{H}}$, 2013 and will be sent to clubs and teams by e-mail and will be available on the intemet: www.kaunasice.lt

## We will cover judge's hotel and food expenses.

## 4. REG ISTRATION OF PARIICIPANIS, PLANNED PROGRAM CONIENT

"Entry form" must be forwarded to Organizing Committee using the official entry forms latest by October 114", 2013.

With the "Entry forms" the "Program Content Sheet" must retum to the Organizing Committee in time. It is mandatory that the "Program Content Sheet" must be filled in precisely by each Skater/team in English using the terminology for the elements listed in the respective ISU Communication. It is not permitted to hand over the „Program Content Sheets" directly to the acting Officials.
The official forms must be sent to: competitionkaunas@gmail.com
Organizers ask you to inform about any changes of entries at least $\mathbf{2}$ days
before the competition.

## 5. CHARGES AND EXPENSES

## Event charges per person:

| Chicks B, Cubs B, Springs B | $\mathbf{3 5 €}$ |
| :--- | :--- |
| Chicks A, Cubs A, Springs A | $\mathbf{4 0 €}$ |
| Basic Novice A, Basic Novice B | $\mathbf{4 0 €}$ |
| Advanced Novice | $\mathbf{5 5}$ € |
| Junior | $\mathbf{5 5 €}$ |
| Senior | $\mathbf{5 5 €}$ |
| Beginners | $\mathbf{3 0 €}$ |
| Adults Bronze/Silver/Gold | $\mathbf{3 0 €}$ |

Travel expenses will not be covered by the organizer. The expenses for rooms and meals, travel and transfer of the Team Leaders, Competitors and other Team offic ials will not be covered by the organizer and are on the account of the Teams.

## 6. ENTRY FEE PAYMENT

Entry fee can be paid by cash on the competition day or by bank transfer. Organizer may retum $50 \%$ of entry fee if club's skater is cancelled (because of medical reasons, with a doctor's certific ate) in period from entries deadline to 24 hours before the draw. Also a skater can be changed for another in any category.

Sports club "Forsarus"
Misko 1-asis tak. 3, Ka unas district., Lithua nia
RegN-302741727
AB DNB Bankas
Bank code: 40100
SWIF: AGBLT2X
Account No: LT484010042502936011
Purpose of payment: for the competition. Club and name of skater (skaters)

If the visas are necessary, the "Visa form" must be filled and sent to competitionkaunas@gmail.com $\mathbf{1 0}$ days before the entries deadline.

## 7. MUSIC

All Competitors shall fumish competition music of excellent quality on CD format, in accordance with Rule 343, paragraph 1.
In accordance with Rule 343, paragraph 1, all discs must show the Competition event, Competitor's name, the Nation and the exact running time of the music (not skating time) including any starting signal and must be submitted at the time of registration. Each program (short program, free skating) must be recorded on a separate disc. In addition competitors/couples must provide a back-up drive foreach program. If music information is not complete and discs not provided, accreditation will not be given.

## 8. PRESENTATION OF MEDALS

The three best placed Skaters in each event will be announced and honoured. Gold, silver and bronze medals will be presented to the medallists.

## 9. PROTESTS

Each team has the right to submit protest against the judges' decision. Protests must be submitted to the Referee of the relevant event at the latest immediately after the event. Upon the submission of the protest a protest fee of 30 EUR must be paid. The referee's decision is final. In the new ISU Judging Systems no protests can be filed against the judges (see Rule123), but aga inst the right determination of the executed element or any calculation error. In the ISU Judging System protest can be submitted in 24 hours after subsegment (e.g. Short Program) and before the awarding ceremony after the final segment (e.g. Free Skating). Protest must be done in a written form to the referee of the relevant segment. Please read ISU Rule 123.

## 10. ADDIIONAL INFORMATION AND CONTACTPERSONS

| web: | www.kaunasice.lt |
| :--- | :--- |
| facebook: | www.facebook.com/kaunasice |
| e-mail: | competitionkaunas@gmail.com |
| youtube: | www.youtube.com/kaunasice |


| Laima Krauziene | $\mathbf{+ 3 7 0 6 8 2 4 6 1 6 3}$ |
| :--- | :--- |
| Viktorija Stavavojute (in English) | $\mathbf{+ 3 7 0 6 7 6 1 9 7 2 7}$ |
| Justina Miklyciute (in English) | +37062272807 |

## 11. TECHNICAL DETAILS AND REQUIREMENIS

## Chicks B (bom 2005/ 2006) <br> 2:00 min $\pm \mathbf{1 0}$ sec. for girls and boys

1. Maximum four (4) jump elements:

- Axel and double jumps are not allowed;
- maxtwo (2) jump combinations or sequences;
- a jump combination can contain only two (2) jumps.

2. Maximum two (2) spins of different abbreviation, each of them must be minimum of three (3) revolutions.
3. One (1) step sequence.

## Cubs B (bom 2003/ 2004) <br> 2:30 min $\pm \mathbf{1 0}$ sec. for girls and boys

1. Maximum four (4) jump elements:

- double jumps are not allowed;
-Axel and one (1) double jump are allowed not more then two (2) times;
- maxtwo (2) jump combinations or sequences;
- only one (1) jump combination may consist of three (3) jumps.

2. Maximum two (2) spins of different abbreviation, each of them must be minimum of three (3) revolutions.
3. Step sequence (straight line, circular or sementine).

## Springs B (bom 2001/ 2002) <br> 2:30 min $\pm \mathbf{1 0}$ sec. for girls and boys

1. Maximum five (5) jump elements:

- one jump (1) must be an Axel type jump;
-maximum two (2) different double jumps are allowed and they cannot be done more than twice;
- maximum two (2) jump combinations or jump sequences;
- only one (1) jump combination may consist of three (3) jumps.

2. Maximum three (3) spins of different abbreviation, each of them must be minimum of four (4) revolutions.
3. One (1) step sequence.

## NB! Additional information for $B$ groups

1. No jump with the same name may be done more than twice.
2. A jump sequence can contain any number of jumps, but only two (2) most diffic ult jumps will be counted.
3. Time violation: Chicks $B, C u b s B-\mathbf{0 , 5}$ point deduction for every 5 secondsin excess
Springs B-1 point deduction for every 5 seconds in excess
4. Falls: Chicks B, Cubs B - $\mathbf{0 , 5}$ point deduction for every fall Springs B - $\mathbf{1}$ point deduction for every fall
5. In all elements which are subject to Levels, only features up to Level $\mathbf{2}$ will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.
6. The Program Components are only judged in: • Skating Skills

- Transitions
- Performance/Execution

7. The factor for the Program Components is:
1.7 for girls
2.0 for boys

## Chicks A (bom 2005/ 2006) <br> 2:00 min $\pm 10 \mathrm{sec}$. for girls and boys

1. Maximum four (4) jump elements:

- one (1) jump must be an Axel-type jump;
- maximum two (2) jump combinations or sequences;
- a jump combination can contain only two (2) jumps.

2. Maximum two (2) spins of a different abbreviation, each of them must be minimum of three (3) revolutions.
3. One (1) step sequence.

## Cubs A (bom 2003/ 2004) <br> 2:30 min $\pm \mathbf{1 0} \mathbf{~ s e c}$. for girls and boys

1. Maximum four (4) jump elements:

- one (1) jump must be an Axel-type jump;
- maximum two (2) jump combinations or sequences;
- only one (1) jump combination may consist of three (3) jumps.

2. Maximum two (2) spins of a different abbreviation, including:

- one (1) spin combination with one change of foot and at least one change of position (min. $4+4$ revolutions);
- other spin of free choice with minimum of 4 revolutions.

3. One (1) step sequence.

## Springs A (bom 2001/ 2002)

2:30 $\mathbf{~ m i n} \pm 10 \mathrm{sec}$. for girls and boys

1. Maximum five (5) jump elements:

- one (1) must be an Axel-type jump;
- maximum two (2) jump combinations or sequences;
- one (1) jump combination or sequence must include a double jump;
- only one (1) jump combination may consist of three (3) jumps.

2. Maximum three (3) spins of a different abbreviation, including:

- one (1) flying spin (min. 5 revolutions);
- one (1) spin combination with one change of foot and at least one change of position (min. 5+5 revolutions);
- one (1) spin of free choice with minimum of 5 revolutions.

3. One (1) step sequence.

## NB! Additional information for $\mathbf{A}$ groups

1. No jump with the same name may be done more than twice.
2. A jump sequence can contain any number of jumps, but only two (2) most diffic ult jumps will be counted.
3. Time violation: ChicksA, CubsA - 0,5 point deduction for every 5 seconds in excess
Springs A - 1 point deduction for every 5 seconds in excess
4. Falls: ChicksA, CubsA - 0,5 point deduction for every fall SpringsA - 1 point deduction for every fall
5. In all elements which are subject to Levels, only features up to Level $\mathbf{2}$ will be counted for Chicks A and Cubs A a nd up to Level $\mathbf{3}$ for Springs A. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.
6. The Program Components are only judged in: • Skating Skills

- Transitions
- Performance/Execution

6. The factor for the Program Components is: 1.7 forgirls
2.0 for boys

## Novice age requirements

Rule 108, paragraph 2. new d) and paragraph 3. new c) : in Intemational 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):

## - has reached at least the age of ten (10) <br> - has not reached the age of fifteen (15)

## For Basic Novice A:

a) has reached at least the age of ten (10);
b) has not reached the age of thirteen (13) for Girls and Boys in singles competitions.

For Basic Novice B:

a) has reached at least the age of thirteen (13);
b) has not reached the age of fifteen (15) for Girls and Boys in singles competitions.

## Basic Novice A (younger subgroup) <br> FS 2:30 $\mathbf{~ m i n} \pm 10 \mathrm{sec}$. for girls and boys

A well balanced Free Skating program for Singles A must contain:
a) Maximum of four (4) jump elements for $G$ ins 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 diffic ult jumps will be counted. Triple jumps are not pemitted.
b) Maximum of two (2) spins of a different abbreviation, one (1) of which must be a spin combination with or without change of foot (min. of six (6) revolutions in total) and one (1) spin with no change of position and with or without change of foot (min. of six (6) revolutions in total).
c) There must be a maximum:
i) for Girls one (1) choreographic sequence which includes at least one (1) spiral position at least (3) seconds long. A sequence will have a fixed Base value and evaluated in GOE only.
ii) for Boys max of one (1) step seq. without Level value. A sequence will have a fixed Base value and evaluated in GOE only.

## Levels explanations:

For Basic Novice A Singles, in all elements which are subject to Levels, only features up to Level $\mathbf{2}$ will be counted. Any additional features will not count for Level requirements a nd will be ignored by the Technical Panel.

| The Program Components are only judged in: | - Skating Skills <br>  <br>  <br> - Performance/ Exec ution |
| :--- | :--- |
| The Factor of the Program Components is: | 2.5 |

## Basic Novice B (older subgroup) FS 3:00 $\mathbf{~ m i n} \pm 10 \mathrm{sec}$. for girls and boys

A well balanced Free Skating program for Singles $B$ boys and girls must contain:
a) 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 conta in only two (2) jumps.
A jump sequence can conta in any number of jumps, but only two most diffic ult 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.
b) There must be a maximum of two (2) spins of a different abbreviation, one (1) of which must be a spin combination (minimum of ten (10) revolutions in total) and one (1) a flying spin or a spin with a flying entrance (minimum of six (6) revolutions in total).
c) There must be for Girls and Boys one (1) step sequence fully utilizing the ice surface. The sequence will receive Level features and will also be evaluated in GOE.

## Levels explanations:

For Basic Novice B Singles, in all elements which are subject to Levels, only features up to Level $\mathbf{2}$ will be counted. Any additional features will not count for Level requirements and will be ignored by the Technic al Panel.

## The Program Components are only judged in:

## The Factor of the Program Components is:

- Skating Skills
- Performance/Execution
- Interpretation
1.7 for girls 2.0 for boys


## Advanced Novice <br> SP 2:30 max. for girls

The Short Program for Girls' Singles shall consist of the following elements:
a) Axel Paulsen ordouble 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) orb)
d) Layback or sideways lea ning spin (minimum of 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 sequences with full utilization of the ice surface.

## Advanced Novice SP 2:30 max. for 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) orb)
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 (minimum of five (5) revolutions on each foot). Flying entry is allowed.
f) One step sequences with full utilization of the ice surface.

## Advanced Novice <br> FS 3:00 $\mathbf{~ m i n} \pm 10 \mathrm{sec}$. for girls <br> FS 3:30 $\mathbf{~ m i n} \pm 10 \mathrm{sec}$. for boys

A well balanced Free Skating program for Singles must conta in:
a) Maximum six (6) jump elements for $G$ ins a nd seven (7) jump elements for Boys, one (1) 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 diffic ult jumps will be counted. Only two (2) jumps with two and a half ( $21 / 2$ ) 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 abbreviation, one (1) of which must be a spin combination (minimum of ten (10) revolutions) and one (1) 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 a nd will be ignored by the Technical Panel.

The Program Components are only judged in: • Skating Skills<br>- Transitions<br>- Performance/Execution<br>- Interpretation

The Factor of the Program Components is:
0.8 for Girls in Short Program
0.9 for Boys in Short Program
1.6 for girls in Free Skating
1.8 for boys in Free Skating

## J uniors

Short Program and Free Skating
According to ISU regulations and active communic ation 511,512.

## Seniors <br> Short Program and Free Skating

According to ISU regulations and active communic ation 511,512.

## Beginners Pre-Young (bom 2000 and younger) <br> FS 2:00 $\mathbf{~ m i n ~} \pm 10 \mathrm{sec}$. for girls and boys

A well balanced Free Skating program for Singles boys and girls must contain:

1. Maximum five (5) jump elements:

- at least two (2) of them are solo jumps;
- Axel and double jumps are not allowed;
- 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. 3 revolutions).
3. Step sequence ( $2 / 3$ cover of the ice)

## Beginners Young (bom 1995-1999) <br> FS 2:30 $\mathbf{~ m i n} \pm \mathbf{1 0}$ sec. for ladies and men

A well balanced Free Skating program for Singles ladies and men must contain:

1. Maximum five (5) jump elements:

- at least two (2) of them are solo jumps;
- maximum one (1) single Axel and one (1) double jump are allowed, which may be repeated only once in a jump combination or sequence;
- 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. 4 revolutions).
3. Step sequence (2/3 cover of the ice).

## Beginners Young adults (bom 1987-1994) <br> FS 2:30 $\mathbf{~ m i n} \pm 10 \mathrm{sec}$. for ladies and men

A well balanced Free Skating program for Singles ladies and men must contain:

1. Maximum five (5) jump elements:

- at least two (2) of them are solo jumps;
- maximum one (1) single Axel and one (1) double jump are allowed, which may be repeated only once in a jump combination or sequence;
- 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. 4 revolutions).
3. Step sequence ( $2 / 3$ cover of the ice)

## NBI Additional information for Beginners

1. Time violation: Beginners Pre-Young - 0,5 point deduction forevery 5 seconds in excess
Beginners Young/Young adults - 1 point deduction for every 5 seconds in excess
2. Falls: Beginners Pre-Young - 0,5 point deduction for every fall Beginners Young/Young adults - $\mathbf{1}$ point deduction for every fall
3. In all elements which are subject to Levels, only features up to Level $\mathbf{2}$ will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.
4. The Program Components are only judged in: •

- Skating Skills
- Transitions
- Performance/Execution

5. The factor for the Program Components is: 1.6

## Adult Single Gold (bom 1986 and older) <br> FS 2:40 $\mathbf{~ m i n ~} \pm 10 \mathrm{sec}$. for ladies and men

## A competitor in the Adult Gold Free Skating event must perform a wellbalanced program that may contain:

1. A maximum of six (6) jump elements, consisting of any single or double jumps (including a single Axel) and double jumps except double Rip, 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 mythm (knee); there can be no tums/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. Nonlisted jumps may be included in the program as part of connecting footwork, preceding single ordouble jumps.
2. 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.
3. A maximum of one choreo-step sequence or choreo-spiral sequence. To be confimed 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) sec onds 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 assuch.

## Adult Single Silver (bom 1986 and older) <br> FS 2:00 $\mathbf{~ m i n ~} \pm \mathbf{1 0} \mathrm{sec}$. for ladies and men

## A competitor in the Adult Silver Free Skating event must perform a wellbalanced program that may contain:

1. 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 a nother 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 mythm (knee); there can be no tums/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 jumpsor an Axel type jump.
2. 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 (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.
3. A maximum of one choreo-step sequence or choreo-spiral sequence covering at least $50 \%$ of the usual pattem, 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.

## Adult Single Bronze (bom 1986 and older) <br> FS 1:40 $\mathbf{~ m i n ~} \pm 10 \mathrm{sec}$. for ladies and men

## A competitor in the Adult Bronze Free Skating event must perform a wellbalanced program that may contain:

1. A maximum of four (4) jump elements. Only single jumps are pemitted, 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 mythm (knee); there can be no tums/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.
2. 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. Fying spins are not permitted.
There must be a minimum of two (2) revolutions in each position or the position will not be counted.
3. A maximum of one choreo-step sequence or choreo-spiral sequence covering at least $50 \%$ of the usual pattem, 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.

## 12. HOTELS

We recommend to stay in:

- Hotel "Magnus" http://www.magnushotel.It/en
- Hotel "Europa Royale Kaunas" http://www.groupeuropa.com/europa_royale/ka unas_hotel/
- Hotel "Sfinksas" http://www.sfinksas.It/en.html
- Guest house "Guest House LT" http://www.guesthouselt.com/index.html

