

Elements and Calling

International categories

- **Tots** 8/9 years (2015 and younger)
- **Minis** 10/11 years (2013/2014)
- **Espoirs** 12/13 years (2011/2012)
- **Cadets** 14/15 years (2009/2010)
- **Youth** 16 years (2008)
- **Juniors** 17/18 years (2006/2007)
- **Seniors** 19 years and up (2005 and older)

Only long program for Tots and Minis.

The minimum age for all skaters in categories Cadets and above is turning 12 in the year of the competition. A skater who has competed previously in a higher category in any international World Skate event must not compete in a lower category after that.

Promotional categories

- Promo basic
- Promo intermediate

Only long program

Duration of skating

Short

- Juniors, Seniors 2:45 +/- 5 sec
- Cadets, Youth 2:30 +/- 5 sec
- Espoirs 2:00 +/- 5 sec

Long

- Youth, Juniors, Seniors 4:00 +/- 10 sec
- Cadets 3:30 +/- 10 sec
- Espoirs 3:15 +/- 10 sec
- Minis 2:45 +/- 10 sec
- Tots 2:30 +/- 10 sec

Promotional

- Youth, Juniors, Seniors 2:30 +/- 10 sec
- Cadets 2:15 +/- 10 sec

Program element content sheet

- start time
- start time of footwork sequence (FoSq)
- time of Lutz jump
- jumps (SJ, CoJ)
- spins (SSp, CSp)

All elements will be called by the technical panel, illegal or additional elements will be starred out and receive no value. They will not be penalized other ways.

Programs

Short program

- Axel (single for Espoirs, single or double for Cadets - Seniors)
- CoJu, max 4 jumps, max 3 doubles / triples
- SJ, no Axel
- SSp, without long preparation; only 4 three turns before for Cadets – Seniors; Camel on other leg than CoSp for Espoirs
- CoSp, max 4 pos., including SiSp for Cadets – Seniors; max 2 pos. (Ca-Sit) for Espoirs
- FoSq, max. 40 sec for Youth – Seniors, max level 4; max. 30 sec for Cadets and Espoirs, max level 3

The same jump can only be presented once with the exception of one jump of the skaters choice, which can be presented twice. If presented twice, one must be in combination.

Long programs

Cadets – Seniors

- max. 8 jumps without connecting jumps; every jump max. 2x, if presented twice, one must be in combination
- max. 3 CoJu for Seniors – Youth; max 2 CoJu for Cadets, consisting of max. 5 jumps
- Axel (single, double)
- max. 2 CoSp; max. 4 pos, one CoSp must include a SiSp
- FoSq like in short program

Espoirs

- max. 10 jumps without connecting jumps; every jump max 2x, if presented twice, one must be in combination
- max. 2 CoJu consisting of max. 5 jumps
- Axel (WJ counts as an attempt for 1A)
- max. 3 Spins, 1 CoSp including SiSp, 1 SSp
- FoSq like in short program

Minis

- max. 12 jumps; only one rotation jumps including 1A, 2S, 2To
- max. 2 CoJu consisting of max 5 jumps
- Axel (WJ counts as an attempt for 1A)
- 1A, 2S, 2To cannot be presented more than 2x, if presented twice, one must be in combination
- the same one rotation jump cannot be presented more than 3x
- Toeloop (single or double)
- max. 2 spins of max 4 pos., one of them must be a CoSp including SiSp
- FoSq max level 2, max 30 sec

Tots

- max. 12 jumps of one rotation, no Axel
- max. 2 CoJu, one of max 4 jumps, one of max. 3 jumps
- the same one rotation jump cannot be presented more than 3x
- max. 2 spins of max 4 pos., only Upright and Sit, one of them must be CoSp
- FoSq max. Level 1, max. 30 sec; there must be cross in front (Crolls Rolls), inside and outside three turns (or travelings) and open mohawks included

A Waltz jump will be accepted as an attempt of a required Axel element.

Espoirs to Cadets: One-rotation jumps will be called when they are placed on first or on last position of the combination jump.

Youth, Juniors, Seniors: One-rotation jumps placed on the first or last position of the combination will be called, give no value and count towards the total number of jumps allowed.

Technical elements

Jumps

<i>Solo jumps</i>	isolated jump
<i>Combo jumps</i>	at least two consecutive jumps in which the landing edge of the first jump is the entry edge of the second one
<i>Connection jumps</i>	single rotation jumps within the combo jump with no value (except for Minis and Tots)
<i>Under rotated jumps</i>	<; incomplete by less than ¼ of rotation
<i>Half rotated jumps</i>	<<; incomplete by more than ¼ but less than ½ of rotation
<i>Downgraded jumps</i>	<<<; more than ½ of rotation is missing; the system will give the value of the jump with one rotation less; the same will be applied for cheated jumps at the take-off like Salchow and Toe-Loop

Lutz

If the skater declares a Lutz in their program content sheet but performs a Flip, it will be called “Lutz no edge”. If the skater does not declare a Lutz, the jump will be called as seen (Flip of Lutz).

Required characteristics

- outside backward edge in preparation before the impact of the toe stop
- toe stop behind or slightly parallel to the skating foot
- trajectory of the jump must be to the outside part of the jump (counter design)
- inclination of the body at least perpendicular to the floor during the impact, not incline towards the inside of the jump

Spins

A minimum of three rotations for one position spins, two rotations in each position for combination spins is required to get the position called by the technical panel.

Solo spin	single position without change of foot, position or edge; For Cadets to Seniors it must be done without long preparation (two double threes / 4 three turns)
Combination spin	combination of at least two but max. four different positions; free choice of positions but at least one CoSp must include a sit position

Difficult positions

Upright

- **Biellmann** free leg higher than head; less than 90° between back and hamstrings of the free leg
- **Biellmann Heel**
- **Split** free leg higher than head; 150-180° between skating and free leg
- **Torso** torso parallel to the floor
- **Layback** back arched; head and shoulders facing the ceiling
- **Forward** 45° between torso and skating leg
- **Heel**

Sit

- **Sideways** free leg stretched; minimum 45° from the skating leg
- **Twist** shoulders rotated until they are almost perpendicular to the floor; torso twisted to the side
- **Forward** free leg parallel to the floor; torso completely laid on the leg
- **Behind** free leg crossed behind

Camel

- **Forward** free leg / foot held with hand; free leg higher than hips; torso leaning forward parallel to the floor; back arched
- **Sideways (Donut)** free leg held; knee and foot of free leg at the same height as the Head; shoulders turned until they are almost perpendicular to the floor
- **Layover** body torsion till shoulders are perpendicular to the floor; hips open, head turned
- **Inverted** shoulders facing the ceiling at the same height as the hips or Lower; free leg no lower than shoulders to create an arched position

Broken

- **Forward**
- **Sideways**

Heel

- **Forward**
- **Sideways**
- **Layover**

Inverted

- **Bryant** inverted position with the free leg caught

For an upright spin to be called at the end of a combination spin an artistic position of arms or free leg must be visible.

Difficult variations

Difficult entry

- **Fly** position has to be attained in the air
- **Butterfly**
- **Leg hold**
- **Illusion**

Difficult change

- **Fly**
- **Butterfly**
- **Illusion** change of foot firstly, secondly Illusion

- **Sit between two camels**
- **more than 6 revolutions (4 revolutions for inverted)**
- **spinning clockwise and anticlockwise**

Footwork sequence

Levels

- Base $\frac{3}{4}$ of the skating surface must be used
- Level 1 4 Turns, 1 feature from 1 or 2
- Level 2 6 Turns, 2 features (one must be 1 or 2)
- Level 3 8 turns, 3 features
- Level 4 10 turns, 4 features

One jump of max one rotation is allowed during the footwork sequence.

Features

- 1 body movements (high, medium, low)
- 2 Choctaw clockwise and anticlockwise from forward to backward or closed vice-versa
- 3 Cluster (no change of edge between the first two turns; three turn counts)
- 4 turns on different feet / in different directions for loops and travelings

Body movements

- High space leg kick, Biellmann, Illusion
- Mid space Camel & Inverted positions, Ina Bauer, spread eagle
- Low space Sit positions, Hackenmond, Illusion

Turns

One foot turns

- Three turns
- Travelings, Double threes
- Brackets
- Counters
- Rockers
- Loops

Two feet turns

- Mohawks
- Choctaws

Steps

- Toe steps
- Cross rolls
- Chassees

QOE's

In a combo jump, each jump will receive a QOE.

For a combination spin, judges will score just one QOE for the whole spin.

Bullets

- +1 1-2 features
- +2 3-4 features
- +3 5-6 features

Positive bullets for jumps

- height / length
- good take-off and landing
- difficult / unexpected take off
- steps just before take off
- difficult position in the air
- creative exit
- Effortless throughthough
- matching to the music

Positive bullets for spins

- control
- centring
- acceleration in spin
- difficult entry
- difficult variation
- balanced number of revolutions
- number of rotation much higher than required
- matching with the music
- originality / spectacularism

Positive bullets for footwork sequences

- deep, clean edges
- precision of foot placement
- good control, involvement of the whole body
- energy
- good speed, acceleration
- matching with the music's structure
- creativity, originality
- intricate pattern
- logical distribution of steps

Deductions

➔ see deduction list

- < max. +1
- << max. 0

Referee deductions

-1

- kneeling / laying on the floor more than 5 sec and / or more than once
- costume violation
- inappropriate lyrics

-0.5

- duration of skating less than the minimum (-0.5 for every 10 sec)
- "skaterstart" more than 10 sec after "musicstart"

Falls

- -1
- -2
- -3.5
- -5.5
- -8
- -11
- ...