Miejski Klub Łyżwiarski
e-mail: mkl_lodz@interia.pl
90-537 ŁÓDŹ, ul. Stefanowskiego 28

ŁÓDZKA ŁYŻWA 2016 - AMATORZY

1. **Termin i miejsce zawodów:**
   23.10.2016 r.; Łódź, Lodowisko „Bombonierka", ul. Stefanowskiego 28, tafla o wymiarach 60x30 m

2. **Organizator:**
   Miejski Klub Łyżwiarski w Łodzi, ul. Stefanowskiego 28, tel. 608 43 50 76, e-mail: mkl_lodz@interia.pl

3. **Zasady uczestnictwa oraz regulamin Zawodów dla Amatorów:**
   W zawodach mogą brać udział osoby uprawiająca rekreacyjnie łyżwiarstwo figurowe. Szczegółowy regulamin poszczególnych konkurencji podany jest w wersji angielskiej.
   Zostaną przeprowadzone następujące konkurencje:

   - **Soliści/solistki - program dowolny –** konkurencja zostanie rozegrana w czterech kategoriach: Bronze, Silver, Gold, Masters/Elite Masters
     Ponadto, kategorie zostaną podzielone na grupy wiekowe:
     - Klasa CHILD – urodzeni po 01.07.2000
     - Klasa YA (Young Adults) – urodzeni pomiędzy 01.07.1988 - 30.06.2000
     - Klasa I – urodzeni pomiędzy 01.07.1978 - 30.06.1988
     - Klasa II – urodzeni pomiędzy 01.07.1968 - 30.06.1978
     - Klasa III – urodzeni pomiędzy 01.07.1958 - 30.06.1968
     - Klasa IV – urodzeni pomiędzy 01.07.1948 - 30.06.1958
     - Klasa V – urodzeni pomiędzy 01.07.1938 - 30.06.1948

     W przypadku mniejszej ilości zawodników grupy wiekowe mogą być łączone.
   - **Soliści/solistki - program artystyczny**
   - **Show Duo**
   - **Beginners**

4. **Pozostałe informacje związane z uczestnictwem w zawodach:**
   - Muzykę należy dostarczyć na płycie CD przed rozpoczęciem konkurencji, muzyka z wokalem dozwolona jest we wszystkich kategoriach;
   - Zawodnicy muszą posiadać aktualne zaświadczenie lekarskie o zdolności do udziału w zawodach, które należy przekazać do Biura Zawodów;
   - Program minutowy prześlemy po otrzymaniu wszystkich zgłoszeń.

5. **Termin przesyłania zgłoszeń: do 09.10.2016 r.**
   W zgłoszeniu proszę podać imię, nazwisko, klub, datę urodzenia i konkurencję/klasę.
   Zawartość programów należy przesłać do Bartka Lewandowskiego: bartek@viproteam.pl

6. **Zasady finansowania:**
   Koszty organizacji zawodów pokrywa MKŁ. Opłata startowa wynosi **100 zł** płatna przelewem na rachunek MKŁ Łódź w mBank **54 1140 2004 0000 3102 7551 0576** z podaniem nazwiska uczestnika, nazwy klubu oraz konkurencji/klasy.
   Start w drugiej lub trzeciej konkurencji – **50% zniżki.**

7. **Noclegi i wyżywienie należy zamówić we własnym zakresie.**

Serdecznie zapraszamy!

W imieniu organizatorów
Jolanta Baryła
tel. 608 43 5076

TECHNICAL REQUIREMENTS – Free Skating

Ladies/Girls/Men/Boys Masters/Elite Masters Single – Free Skating

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

a. A maximum of seven (7) 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 combination may consist of the same or another single, double or triple jump.
   - A jump sequence may consist of any number of jumps of any number of revolutions that may be linked by non-listed jumps like mazurkas, etc. and/or hops immediately following each other while maintaining the jump rhythm (knee); there can be no steps/ turns, crossovers or stroking during the sequence. Only the two (2) jumps with the highest value will count towards the technical score.
   - Each listed jump may be repeated only once.
   - Please note that a half-loop in combination or in a sequence with any other listed jump will be called as a listed jump (1 Lo.)
   - Non-listed jumps may be included in the program as part of connecting footwork.

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 must be a flying spin.
   - The spins must have a required minimum number of revolutions: five (5) for the flying spin with no change of foot after landing, five (5) for the spin with only one position and no change of foot and five (5) 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.

c. A maximum of one (1) step sequence (StSq), fully utilizing the ice surface.
   - Only the first executed attempt of a step sequence will contribute to the technical score.

Duration: The maximum time is 3 minutes 10 seconds, but may be less.
Factor: The points for each Program Component are multiplied by a factor of 1.6

Ladies/Girls/Men/Boys Single Gold – Free Skating

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

a. A maximum of six (6) jump elements, consisting of single (including a single Axel) or double jumps. **Double Flip, double Lutz and 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 combination may consist of the same or another single or double jump, with the exception of the jumps in bold above.
   - A jump sequence may consist of any number of single and double jumps, with the exception of the jumps in bold above, that may be linked by non-listed jumps like mazurkas, etc. and/or hops immediately following each other while maintaining the jump rhythm (knee); there can be no steps/ turns, crossovers or stroking during the sequence. Only the two (2) listed jumps with the highest value will count towards the technical score.
   - Each listed jump may be repeated only once.
   - Please note that a half-loop in combination or in a sequence with any other listed jump will be called as a listed jump (1 Lo.)
   - Non-listed jumps may be included in the program as part of connecting footwork.

b. 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.

c. A maximum of one (1) step sequence (StSq), fully utilizing the ice surface.
   - Only the first executed attempt of a step sequence will contribute to the technical score.
   - 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.

Duration: The maximum time is 2 minutes 40 seconds, but may be less.
Factor: The points for each Program Component are multiplied by a factor of 1.6

Ladies/Girls/ Men/Boys Single Silver – Free Skating

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

a. A maximum of five (5) jump elements, consisting of any single (including a single Axel). **Double jumps 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 combination may consist of the same or another single jump.
   - A jump sequence may consist of any number of single jumps that may be linked by non-listed jumps like mazurkas, etc. and/or hops immediately following each other while maintaining the jump rhythm (knee); there can be no steps/ turns, crossovers or stroking during the sequence. Only the two (2) listed jumps with the highest value will count towards the technical score.
   - Each listed jump may be repeated only once.
   - Please note that a half-loop in combination or in a sequence with any other listed jump will be called as a listed jump (1 Lo.)
   - Non-listed jumps may be included in the program as part of connecting footwork.

b. A maximum of three (3) spins of 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, 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 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.

c. A maximum of one (1) choreographic sequence (ChSq), covering at least half of the ice surface.
   - Only the first executed attempt of a choreographic sequence will contribute to the technical score.
   - 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 choreographic 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.

Duration: The maximum time is 2 minutes 10 seconds, but may be less.
Factor: The points for each Program Component are multiplied by a factor of 1.6

Ladies/Girls Men/Boys Single Bronze – Free Skating

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

a. A maximum of four (4) jump elements, consisting only of single jumps**. Axel type jump, double jumps or triple jumps are not permitted.** There may be up to two (2) jumps combinations or jump sequence 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 combination may consist of the same or another single jump.
   - A jump sequence may consist of any number of single jumps that may be linked by non-listed jumps like mazurkas, etc. and/or hops immediately following each other while maintaining the jump rhythm (knee); there can be no steps/turns, crossovers or stroking during the sequence. Only the two (2) listed jumps with the highest value will count towards the technical score.
   - Each listed jump may be repeated only once.
   - Please note that a half-loop in combination or in a sequence with any other listed jump will be called as a listed jump (1 Lo.)

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.**
   - The spins must have a required minimum number of revolutions: three (3) for the spin in one position with no change of foot, four (4) for the spin combination with no change of foot, four (4) for the spin combination with no change of foot and six (3 + 3) for the spin combination with change of foot or the spin in one position with change of foot.
   - There must be a minimum of two (2) revolutions in each position or the position will not be counted.

c. A maximum of one (1) choreographic step sequence (ChSq), covering at least half of the ice surface.
   - Only the first executed attempt of a choreographic sequence will contribute to the technical score.
   - 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 choreographic 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.

Duration: The maximum time is 1 minute 50 seconds, but may be less.
Factor: The points for each Program Component are multiplied by a factor of 1.6

TECHNICAL REQUIREMENTS – Artistic Skating

Artistic Skating – General
The artistic event will be judged only on the basis of Presentation Components (program components):

- Skating skills
- Transitions
- Performance/Execution
- Choreography/Composition
- Interpretation/Timing

There will be no technical panel and no technical mark given.
See ISU Special Regulations and Technical Rules 2012, Singles & Pair Skating, Rule 522, paragraph 2 for a detailed description of Program Components. The respective Rules can be found on the ISU website.

The artistic program consists of a variety of skating moves selected for their value in enhancing the skater's interpretation of the music rather than for their technical difficulty. Skaters will be judged on their ability to interpret the music and develop a theme by using their skating skills. Credit for 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 which should be used only to reflect the character of the program and to underline the rhythm and nuances of the chosen music. The skater/pair must not remain in one place for more than five (5) seconds.

Any element exceeding the maximum number as set forth below will be judged as an illegal element (1.0 deduction); if there is no jump or no spin element included or only a jump and no spin or vice versa a deduction for a "missing element" of 1.0 will be made. The Referee is responsible for such deductions.

Costumes should be simple, tasteful and appropriate for sporting competition. Costumes should be selected to enhance the performance by appropriately reflecting the character of the music and theme.

Props 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 Referee is responsible for prop deductions.

Illegal elements:

- Somersault type jumps
- Lying on the ice and prolonged and/or stationary kneeling on both knees on the ice

<u>Men/Ladies Artistic Skating</u>

If there will be less than 3 skaters in each category, the competition will be held together for the Masters Elite and Masters, separately Gold, together for the Silver and Bronze.
The Artistic Skate is a competitive program that must include elements of the sport of figure skating. At least one (1) but a maximum of two (2) single jumps and at least one (1) but a maximum of two (2) spins MUST be included. No axel jump or double jumps are allowed. No combination jumps are allowed.

Duration: The maximum time for Masters Elite and Masters Artistic Skating is 2 minutes and 10 seconds, but may be less. The maximum time for Gold, Silver and Bronze Artistic Skating is 1 minute 40 seconds, but may be less.
Factor: The points for each Program Component are multiplied by a factor of 1.0

<u>Masters Elite/Masters Pairs Artistic Skating</u>

The Masters Elite/Masters Pair Artistic Skating is competitive program that must include elements of the sport of pair figure skating. Each pair must include at least three (3) and no more than four (4) elements selected from:

a. A maximum of one (1) solo jump OR one (1) throw jump. Axel and double jumps are not permitted. Combination jumps are not permitted.
b. A maximum of one (1) pair spin (pair spin or pair combination spin) OR one (1) solo spin.
c. A maximum of one (1) death spiral or pivot spiral (position optional).
d. A maximum of one (1) lift of Group 1 or Group 2.
    - Variations of the lady`s positions, no-handed and one-handed lifts, and combination lifts are not permitted.
    - Overhead lifts and twist lifts are not permitted.

Duration: The maximum time is 2 minutes and 20 seconds, but may be less.
Factor: The points for each Program Component are multiplied by a factor of 1.0

Adult Pairs Artistic Skating

The Pair Artistic Skating is competitive program that must include elements of the sport of pair figure skating. Each pair must include at least three (3) and no more than four (4) elements selected from:

a. A maximum of one (1) solo jump OR one (1) throw jump. Axel and double jumps are not permitted. Combination jumps are not permitted.
b. A maximum of one (1) pair spin (pair spin or pair combination spin) OR one (1) solo spin.
c. A maximum of one (1) death spiral or pivot spiral (position optional).
d. A maximum of one (1) lift of Group 1 or Group 2.
    - Variations of the lady`s positions, no-handed and one-handed lifts, and combination lifts are not permitted.
    - Overhead lifts and twist lifts are not permitted.

Duration: The maximum time is 1 minute and 50 seconds, but may be less.
Factor: The points for each Program Component are multiplied by a factor of 1.0

TECHNICAL REQUIREMENTS – Show Duo

Adult Show Duo

There is no division by age or level.

- Show duo program should be an interpretation of the chosen music in an individual, original and creative manner by two persons.
- The costume as well as make-up, accessories and props are allowed to be used for this purpose. But they should not be given priority.
- Elements permitted without limitations: jumps, steps, spirals and spins.
- The use of vocal music is permitted.
- There is no deductions for falls.

The Show duo event will be judged only on the basis of Presentation Components (program components):

- Skating skills – **factor 1,0**
- Transitions – **factor 1,0**
- Performance/Execution – **factor 2,0**
- Choreography/Composition – **factor 2,0**
- Interpretation/Timing – **factor 2,0**

There will be no technical panel and no technical score given.

Duration: The maximum time is 2 minutes 50 seconds, but may be less.

TECHNICAL REQUIREMENTS – Beginners Free Skating

Beginners - Free Skating

There is a category for children with basic skating skills who have small experience in participation in competitions or have never taken part in competition. It is reserved for skaters who were born on 1st of January, 2008 or later. There is no division by gender and level.
Elements permitted: jumps, steps, spirals and spins.
The Beginners event will be judged only on the basis of Presentation Components (program components):

- Skating skills
- Performance/Execution

There will be no technical panel and no technical score given.

Duration: The maximum time is 1 minute 50 seconds, but may be less.
Factor: The panels points for each Program Component are multiplied by a factor of 2.5.
Deduction: for falls deduction of 0,5 points will be made.