Glärnisch Cup 2023 – Reglement Adult Kategorien

Der Glärnisch Cup umfasst folgende Erwachsenen Kategorien:

Frauen und Männer Free Skating

- Adult Gold, ab Jahrgang 2004
- Adult Silber, ab Jahrgang 2004
- Adult Bronze, ab Jahrgang 2004

Technical Requirements for
ISU Adult Figure Skating Competitions

Ottawa Sept 21 – 24, 2022
Oberstdorf – May 15 – 20, 2023

Date Posted: July 29, 2022

Note:
All changes to previous Announcement are highlighted in green.

Incorporates changes from the ISU Adult Figure Skating Group after their annual meeting in May as well as changes from the ISU Congress meeting in June 2022 – highlighted in Green.

3. Technical Requirements – Free Skating

Free Skating Gold

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 two jump combinations and one (1) jump sequence in the free program.

- One (1) jump combination or one (1) jump sequence may consist of up to three (3) jumps. The others may have two (2) jumps each.
- A jump sequence consists of two (2) or three (3) jumps of any number of revolutions, in which the second and/or the third jump is an Axel type jump with a direct step from the landing curve of the first/second jump into 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.

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 (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.

c. A maximum of one (1) step sequence, fully utilizing the ice surface.

- The program duration is 2 minutes and 50 seconds +/- 10 seconds.
- The points for each Program Component are multiplied by a factor of 2.67.
- 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.

Free Skating Silver

A competitor in the 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 jumps (including the single Axel). **Double jumps and triple jumps are not permitted.** There may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence in the free program.

- One (1) jump combination or one (1) jump sequence may consist of up to three (3) jumps. The other may have two (2) jumps.
- A jump sequence consists of two (2) or three (3) jumps of any number of revolutions, in which the second and/or the third jump is an Axel type jump with a direct step from the landing curve of the first/second jump into 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 <u>in between two other listed jumps</u>.
- Non-listed jumps may be included in the program as part of connecting footwork.

b. A maximum of two (2) spins of a different abbreviation.

- 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.
- Only features up to and including Level 2 will be counted. Any additional features will not count for level requirements and will be ignored by the Technical Panel.

c. A maximum of one (1) choreographic sequence, utilizing at least half (1/2) of the ice surface.

- A choreographic sequence consists of at least two different movements like spirals, arabesques, spread eagles, Ina Bauers, hydroblading, transitional (unlisted) jumps. Steps and turns may be used to link the two or more different movements together.
- 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 program duration is 2 minutes +/- 10 seconds.
- The points for each Program Component are multiplied by a factor of 2.0.
- The warm-up duration is five (5) minutes.
- Each fall shall receive a deduction of 0.5.

Free Skating Bronze

A competitor in the 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 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.

b. A maximum of two (2) spins of a different abbreviation, each of which must be a spin in one position with or without a 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.
- 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.

c. A maximum of one (1) choreographic sequence utilizing at least half (1/2) of the ice surface.

- A choreographic sequence consists of at least two different movements like spirals, arabesques, spread eagles, Ina Bauers, hydroblading, transitional (unlisted) jumps. Steps and turns may be used to link the two or more different movements together.
- A choreographic sequence has a base value and will be evaluated by the judges in GOE only.

- The program duration is 1 minute and 40 seconds, +/- 10 seconds.
- The points for each Program Component are multiplied by a factor of 2.0.
- The warm-up duration is five (5) minutes.
- Each fall shall receive a deduction of 0.5.