

TECHNICAL DATA:

INTERMEDIATE NOVICE Girls and Boys

Age and technical requirements are according to the ISU Technical Rules Single and Pair Skating 2022, ISU Communication 2489 and all respective ISU Communications.

Free Skating: 3 min, +/- 10 sec

BASIC NOVICE 2009-2011 Girls and Boys

Technical requirements are according to the ISU Technical Rules Single and Pair Skating 2022, ISU Communication 2489 and all respective ISU Communications.

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

BASIC NOVICE 2012 and Younger Girls and Boys

Technical requirements are according to the ISU Technical Rules Single and Pair Skating 2022, ISU Communication 2489 and all respective ISU Communications.

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

PRE-CHICKS A Free Skating only Girls and Boys (2016 and younger) 2 min., +/- 10 sec.

a) maximum of four (4) jump elements (one of which must be an Axel type jump)

There may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence.

b) maximum of two (2) jump combinations or sequences. Jump combination can contain only two (2) jumps. A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any listed jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump.

c) maximum of two (2) spins of a different nature (minimum of 4 revolutions each)

d) one (1) step sequence.

CHICKS A Free Skating only Girls and Boys (2014/2015) 2 min., +/- 10 sec.

a) maximum of four (4) jump elements (one of which must be an Axel type jump)

There may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence.

b) maximum of two (2) jump combinations or sequences. Jump combination can contain only two (2) jumps. A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any listed jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump.

c) maximum of two (2) spins of a different nature (minimum of 4 revolutions each)

d) one (1) step sequence.

CHICKS Axel 2015 and CHICKS Axel 2014 Free Skating only (2014/2015) 2 min., +/- 10 sec.

a) maximum of four (4) jump elements (one of which must be an Axel type jump)

There may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence.

b) maximum of two (2) jump combinations or sequences. Jump combination can contain only two (2) jumps. A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any listed jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump.

c) maximum of two (2) spins of a different nature (minimum of 3 revolutions each)

d) one (1) step sequence

Only 1A is allowed in this category and all the other double jumps is not allowed
IMPORTANT!

1. In all elements which are subject to Levels, only features up to **Level 2 (Pre-Chicks A and Chicks A) Level 1 (Chicks Axel)** will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel. 1

2. Evaluation is in accordance with ISU Com. No. 2474 (or any update of this Communication).

3. No jump with the same name may be repeated more than twice including Axel type jumps.

4. There shall be no bonus for difficult elements in the second half of the program

5. Time violation - 0.5 point deduction for every 5 seconds in excess.

6. Falls - 0.5 point deduction for every fall

7. Interruption

-more than 10 sec. up to 20 sec.: -0,5

-more than 20 sec. up to 30 sec.: -1,0

-more than 30 sec. up to 40 sec.: - 1,5

Interruption of the program with allowance of up to three (3) min. to resume from the point of interruption: -2,5 per program

8. Warm up group up to 10 skaters

9. Warm up 4 min.

PRE-CHICKS B Free Skating only Girls and Boys (2016 and younger) 2 min., +/- 10 sec.

a) maximum of four (4) jump elements minimum of two (2) jump elements

b) maximum of two (2) jump combinations. Jump combination can contain only two (2) jumps.

c) maximum of two (2) spins of a different nature (minimum of 3 revolutions each);

NB!!! All spins must contain only Base positions. Difficult variations spins will be ignored by technical panel and will have not value.

d) one (1) Choreo Sequence.

1 Axel and double (2) jumps are not allowed in pre-chicks b category !

CHICKS B Free Skating only Girls and Boys (2014/2015) 2 min., +/- 10 sec.

a) maximum of four (4) jump elements

b) maximum of two (2) jump combinations. Jump combination can contain only two (2) jumps.

c) maximum of two (2) spins of a different nature (minimum of 3 revolutions each)

d) one (1) Choreo Sequence.

• 1 Axel and double (2) jumps are not allowed in chicks b category !

CUBS B Free Skating only Girls and Boys (2012/2013) 2 min. 30 sec., +/- 10 sec.

a) maximum of four (4) jump elements;

There may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence.

b) maximum of two (2) jump combinations or sequences. Jump combination can contain only two (2) jumps. A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any listed jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump

c) maximum of two (2) spins of a different nature (minimum of three (5) revolutions);

d) one step sequence.

• 1 Axel and one (1) double jump are allowed not more than two (2) times.

2Lo, 2F and 2Lz – are not allowed in this category

SPRINGS B Free Skating only Girls and Boys (2010/2011) 2 min. 30 sec., +/-10 sec.

a) maximum of four (4) jump elements (one of which must be an Axel type jump;)

There may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence.

- b) maximum of two (2) jump combinations or sequences. Jump combination can contain only two (2) jumps. A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any listed jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump
- c) maximum of two (2) spins of a different nature (minimum of three (5) revolutions);
- d) one step sequence. 2

•Maximum 2 (two) different double jumps are allowed and they cannot be repeated more than twice. 2A, 2F and 2Lz – are not allowed in this category
IMPORTANT!!!

1. In all elements which are subject to Levels, only features up to **Level Base (Pre-Chicks B, Chicks B, Cubs B), Level 1 (Springs)** will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.
 2. Evaluation is in accordance with ISU Com. No. 2474 (or any update of this Communication).
 3. No jump with the same name may be repeated more than twice including Axel type jumps.
 4. There shall be no bonus for difficult elements in the second half of the program
 5. Time violation - 0.5 point deduction for every 5 seconds in excess.
 6. Falls - 0.5 point (Chicks B, Cubs B, Springs), 0,25 point (Pre-Chicks B) deduction for every fall
 7. Interruption
 - more than 10 sec. up to 20 sec.: -0,5
 - more than 20 sec. up to 30 sec.: -1,0
 - more than 30 sec. up to 40 sec.: - 1,5
- Interruption of the program with allowance of up to three (3) min. to resume from the point of interruption: -2,5 per program
8. Warm up group up to 10 skaters
 9. Warm up 4 min.

NOVICE B Free Skating only 3 min. +/- 10 sec.

Age limits- has reached at least the age of ten (10) - has not reached the age of fifteen (15) before July 1st preceding the event

a).Maximum five(5) jump elements - at least one (1) Axel type jump

There may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence.

. A jump combination can contain only two (2) jumps. A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any listed jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump

b) There must be a maximum of two (2) spins of a different nature. -one of which must be a spin combination with change of foot (minimum of eight (8) revolutions in total) or without change of foot (minimum of six (6) revolutions in total) Flying entry is allowed. -one spin with no change of position with change of foot (minimum of eight (8) revolutions in total) or without change of foot (minimum of six (6) revolutions in total). Flying entry is allowed

c) One (1) Step sequence with full utilization of the ice surface. The sequence will receive a Level and will be evaluated in GOE.

Double Axel and triple jumps are not allowed.

JUNIOR B (age same as Junior A) Free Skating only 3 min., +/- 10 sec.

a) maximum of five (5) jump elements one of which must be an Axel type jump;

- b) **There may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence.** (Only one jump combination may consist of three (3) jumps); A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any listed jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump
- c) three (3) spins of a different nature, one of which must be a spin combination (minimum of ten (10) revolutions in total), one a flying spin (minimum of six (6) revolutions) and one spin is optional (minimum of six (6) revolutions);
- d) one(1) step sequence.

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2A and triple jumps are not allowed.

SENIOR B (age same as Junior A) Free Skating only 3.30 min., +/- 10 sec.

- a) maximum of six (6) jump elements one of which must be an Axel type jump;
- b) maximum of three (3) jump combinations or **two (2) jump combinations and one (1) jump sequence.** (Only one jump combination may consist of three (3) jumps); A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any listed jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump
- c) three (3) spins of a different nature, one of which must be a spin combination (minimum of ten (10) revolutions in total), one a flying spin (minimum of six (6) revolutions) and one spin is optional (minimum of six (6) revolutions);
- d) one(1) step sequence.

2A and triple jumps are not allowed.

IMPORTANT!!!

1. In all elements which are subject to Levels, only features up to **Level 2 (Novice B, Junior B) Level 3 (Senior B)** will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.
 2. Evaluation is in accordance with ISU Com. No. 2474 (or any update of this Communication).
 3. No jump with the same name may be repeated more than twice including Axel type jumps.
 4. There shall be no bonus for difficult elements in the second half of the program
 5. Time violation - 0.5 point (**Novice B**) deduction for every 5 seconds in excess.
 6. Falls - 0.5 point (**Novice B**) deduction for every fall
 7. Interruption
 - more than 10 sec. up to 20 sec.: -0,5
 - more than 20 sec. up to 30 sec.: -1,0
 - more than 30 sec. up to 40 sec.: - 1,5
- Interruption of the program with allowance of up to three (3) min. to resume from the point of interruption: -2,5 per program
8. Warm up group up to 8 skaters
 9. Warm up 5 min.

Pre-Chicks C Free Skating only Girls and Boys (2016 and younger) 2 min., +/- 10 sec.

- a) maximum of four (4) jump elements minimum of two (2) jump elements
- b) **There may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence.** Jump combination can contain only two (2) jumps.
- c) maximum of two (2) spins, each spin in one position (minimum of 3 revolutions each);
- NB!!! All spins must contain only Base positions. Difficult variations spins will be ignored by technical panel and will have not value.**
- d) one (1) Choreo Sequence**

Waltz jump is allowed in Pre Chicks C category and has a value 0.20

1 Axel, 1Lutz, 1Flip, 1Loop and double jumps are not allowed in pre-chicks C category !

CHICKS C Free Skating only Girls and Boys (2014/2015) 2 min., +/- 10 sec.

a) maximum of four (4) jump elements

b) **There may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence.** Jump combination can contain only two (2) jumps.

c) maximum of two (2) spins, each spin in one position (minimum of 3 revolutions each);

NB!!! All spins must contain only Base positions. Difficult variations spins will be ignored by technical panel and will have not value.

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d) one (1) Choreo Sequence

Waltz jump is allowed in Chicks C category and has a value 0.20

1Axel, 1Lutz, 1Flip, 1Loop and double jumps are not allowed

IMPORTANT!!!

1. In all elements which are subject to Levels, only features up to **Level Base** will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

2. Evaluation is in accordance with ISU Com. No. 2474 (or any update of this Communication).

3. No jump with the same name may be repeated more than twice including Axel type jumps.

4. There shall be no bonus for difficult elements in the second half of the program

5. Time violation - 0.5 point deduction for every 5 seconds in excess

6. Falls - 0.25 point deduction for every fall

7. Interruption - 0,5

8. Warm up group up to 10 skaters

9. Warm up 4 min.

Beginners born 2010-2012 Girls and Boys Free Program: max. 2:00 min (± 10 sek)

a). Maximum four (4) jump elements- at least two (2) of them are solo jumps

- at least one (1) and no more than two (2) are jump combinations. Jump combination can contain only two (2) jumps.

b). maximum of two (2) spins, each spin in one position (minimum of 3 revolutions each)

NB!!! All spins must contain only Base positions. Difficult variations spins will be ignored by technical panel and will have not value.

c) one (1) Choreo Sequence

Axel and double jumps are not allowed !

Beginners born 2008-2009 and 2005-2007 Girls and Boys

Free Program: max. 2:30 min (± 10 sek)

1. Maximum five (4) jump elements

- at least two (2) of them are solo jumps

- **There may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence.** Jump combination can contain only two (2) jumps. A jump sequence consists of 2

(two) jumps of any number of revolutions, beginning with any listed jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump

2. At least one (1) but not more than two (2) spins of a different nature 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

IMPORTANT!!!

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Lithuania, Vilnius, Ozo st. 25,
Akropolis shopping center

- 1 In all elements which are subject to Levels, only features up to **Level Base** will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.
2. Evaluation is in accordance with ISU Communication No. 2474 (or any update of this Communication).

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3. No jump with the same name may be repeated more than twice including Axel type jumps.
4. There shall be no bonus for difficult elements in the second half of the program
5. Time violation - 0.5 point deduction for every 5 seconds in excess
6. Falls - • 0.5 point deduction for every fall
7. Interruption – 0,5
8. Warm up group up to 10 skaters
9. Warm up 4 min.

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ADULTS WOMAN AND MEN FREE SKATING

General

There are two ISU Adult Figure Skating Competitions for the 2022 - 2023 Season – one in Ottawa, Canada, September 21 – 24, 2022 and one in Oberstdorf, Germany, May 15 – 20, 2023.

The International Adult Figure Skating Competitions for the 2022-2023 Season will be conducted in accordance with the ISU Constitution and General Regulations, the ISU Special Regulations & Technical Rules Single & Pairs Skating and Ice Dance, the Special Regulations & Technical Rules Synchronized Skating, all pertinent ISU Communications, and this Announcement.

If there is a conflict between pertinent ISU Regulations or Communications and provisions set forth in this Announcement, the provisions set forth in this Announcement shall prevail, provided there are no special comments made for Adult Skating Competitions within such ISU Communications.

The International Adult Figure Skating Competitions are considered to be "International Masters/Adult Competitions" as per Rule 107(12) of the ISU General Regulations. Participation in this International Adult Figure Skating Competition is open to all skaters who belong to an ISU Member, and qualify with regard to eligibility, according to Rule 102, provided their ages fall within the limits specified in this Announcement and they meet the participation requirements.

A competitor must be an individual member of an ISU Member, or a member of a club that is itself a member of an ISU Member. Competitors do not require any clearance certificate or any other permission from their ISU Member for entering the competition. Competitors must enter themselves. A competitor may enter as a member of only one ISU Member. In the case of Pair Skating and Ice Dance, both competitors in a team must enter as members of the same ISU Member.

The International Adult Figure Skating Competition for the 2022-2023 Season will include the following categories:

- Women and Men Free Skating

International Adult Figure Skating Competitions is open only to competitors who have reached at least the age of twenty-eight (28) before 1st July 2022.

Age categories for Women and Men Free Skating events:

Class I skaters born between 1st July 1984 and 30th June 1994

Class II skaters born between 1st July 1974 and 30th June 1984

Class III skaters born between 1st July 1964 and 30th June 1974

Class IV skaters born between 1st July 1954 and 30th June 1964

Class V skaters born on or before 30th June 1954

Technical Requirements – Free Skating

Free Skating Masters Elite

Skaters entering this category will compete against other Elite Masters Free Skaters. The technical requirements are the same as those for the category "Masters Free Skating."

Free Skating Masters

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

- a. A maximum of six (6) 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 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: five (5) 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 level and 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 3 minutes +/- 10 seconds.
 - The points for each Program Component are multiplied by a **factor of 2.67.**
 - **Features up to and including Level 4 will be counted for the technical elements.**
 - The warm-up duration is six (4) minutes.
 - Each fall shall receive a deduction of 1.0.

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 four (4) 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 **in between two other listed jumps.**
 - 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.

2023 February 4-5;
Lithuania, Vilnius, Ozo st. 25,
Akropolis shopping center

The logo for AKROPOLIS Trophy is located in the top right corner. It features the word "AKROPOLIS" in a bold, white, sans-serif font on a red rectangular background. Above the "I" in "AKROPOLIS" is the word "Trophy" in a smaller, white, cursive font, accompanied by a small white silhouette of a trophy cup.

- 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.