

Cyprus National Skating Championships

March, 18th - 19th 2017

MYMALL – Limassol, Cyprus



ANNOUNCEMENT / INVITATION

Competition for Single Skaters

(Senior, Junior, Advanced Novice - Basic Novice A, B
Young Categories: Cubs, Chicks and Beginners)

Organized by
Cyprus Skating Federation

Contents

1. GENERAL REGULATIONS	3
2. TECHNICAL DATA.....	4
2.1 SENIOR LADIES AND MEN	4
2.2 JUNIOR LADIES AND MEN.....	4
2.3 ADVANCED NOVICES	5
2.4 BASIC NOVICE A.....	7
2.5 BASIC NOVICE B.....	8
2.6 YOUNG CATEGORIES	9
2.7 CATEGORIES FOR BEGINNERS.....	10
3. ENTRIES.....	11
4. INSURANCE/LIABILITY.....	11
5. MUSIC.....	12
6. PLANNED PROGRAM CONTENT	12
7. ACCREDITATION	12
8. PRESENTATION OF MEDALS	12
9. OPENING DRAW	12
10. TIME SCHEDULE	13



1. GENERAL REGULATIONS

The competition will be conducted in accordance with the ISU Constitution and General Regulations 2016, the ISU Special Regulations & Technical Rules Single and Pair Skating 2016 and Technical Rules for Figure Skating as well as pertinent ISU Communications.

Participation in Cyprus National Championships 2017 is open to all competitors who have:

- a) Registration Card of the Cyprus Skating Federation**
- b) Athlete's Medical Card issued by the Cyprus Sports Organization.**
- c) For non-Cypriot athletes, is necessary also to present the current Residency Document (Pink Slip)**
- d) Insurance. For those skaters, have been already insured by the Cyprus Skating Federation do not need any additional insurance. For skaters, having different insurance, is needed to check if their insurance covers ice skating.**
- e) For category "Beginners", the above-mentioned documents are not necessary. The only document needed is Insurance Disclaimer.**

2. TECHNICAL DATA

2.1 SENIOR LADIES AND MEN

In accordance with ISU Constitution and General Regulations 2016, Special Regulations & Technical Rules Single & Pair Skating and Ice Dancing 2016, as well as all relevant ISU Communications.

SENIOR LADIES

Short Program: Max 2 min 40 sec +/- 10 sec

Requirements according to the ISU Technical Rules Single and Pair Skating 2016 and the respective ISU Communications.

Free Skating: 4 min, +/- 10 sec

In accordance with ISU Technical Rules Single and Pair Skating 2016 and the respective ISU Communications.

SENIOR MEN

Short Program: Max 2 min 40 sec +/- 10se

Requirements according to the ISU Technical Rules Single and Pair Skating 2016 and the respective ISU Communications.

Free Skating: 4 min. 30 sec +/- 10 sec

In accordance with ISU Technical Rules Single and Pair Skating 2016 and the respective ISU Communications.

2.2 JUNIOR LADIES AND MEN

In accordance with ISU Constitution and General Regulations 2016, Special Regulations & Technical Rules Single & Pair Skating and Ice Dancing 2016, as well as all pertinent ISU Communications.

JUNIOR LADIES

Short Program: Max 2 min 40 sec +/- 10se

Requirements according to the ISU Technical Rules Single and Pair Skating 2016 and the respective ISU Communications.

Free Skating: 3 min 30 sec, +/- 10 sec

In accordance with ISU Technical Rules Single and Pair Skating 2016 and the respective ISU Communications.

JUNIOR MEN

Short Program: Max 2 min 40 sec

Requirements according to the ISU Technical Rules Single and Pair Skating 2016 and the respective ISU Communications.

Free Skating: 4 min, +/- 10 sec

In accordance with ISU Technical Rules Single and Pair Skating 2016 and the respective ISU Communications.

2.3 ADVANCED NOVICES

Girls and Boys born between 01.07.2001 and 30.06.2006

Competition will be held in accordance with ISU Communication No.2024

ADVANCED NOVICE GIRLS

Short Program: Max 2 min 20 sec (+/-10 sec)

Free Skating: 3 min (+/-10 sec)

ADVANCED NOVICE BOYS

Short Program: Max 2 min 20 sec (+/-10 sec)

Free Skating: 3 min and 30 sec (+/-10 sec)

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 preceded by connecting steps, may not repeat jump a)
- c) One jump combination consisting of two double jumps or one double and one triple jump, both jumps may not repeat jump a) or b)
- d) Camel, sit or upright spin (minimum of five (5) revolutions on each foot) 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 sequence fully utilizing the ice surface.

Girls

The Short Program for Girls' Singles shall consist of the following elements:

- a) Axel Paulsen or double Axel Paulsen
- b) Double or triple jump immediately preceded by connecting steps, may not repeat jump a)
- c) One jump combination consisting of two double jumps or one double and one triple jump, both jumps may not repeat jump a) or b)
- d) Layback/sideways leaning spin or spin in one basic position with no change of foot (minimum 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 sequence fully utilizing the ice surface.

Jumps not according to Short Program requirements (wrong number of revolutions) will receive no value.

If the same jump is executed as a solo jump and as a part of the jump combination, the repeated jump will not be counted (if this repetition is in a jump combination, only the individual jump which is not according to the above requirements will not be counted).

Boys and Girls

A well balanced Free Skating program for Singles must contain:

a) Maximum 6 jump elements for Girls and 7 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 contain only two (2) jumps. A jump sequence can contain any number of jumps, but only two most difficult jumps will be counted.

Only two (2) jumps with three (3) or more revolutions can be repeated either in a jump combination or a jump sequence. Any single, double (including Double Axel) or triple jump cannot be executed more than twice in total.

b) There must be a maximum of two (2) spins of a different nature (abbreviation), one of which must be a spin combination with change of foot (minimum eight (8) revolutions), flying entrance is not allowed and one must be a flying spin (minimum six (6) revolutions) or a spin in one position with change of foot and a flying entrance (minimum eight (8) revolutions).

There must be a maximum of one (1) step sequence fully utilizing the ice surface.

Levels explanations:

For Advanced Novice Singles, in all elements that are subject to Levels, 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.

The Program Components are only judged in

- Skating Skills
- Transitions
- Performance
- Interpretation

The factors for the Program Components is

- a) Short Program
 - for boys 0.9
 - for girls 0.8
- b) Free Skating
 - for boys 1.8
 - for girls 1.6

2.4 BASIC NOVICE A

Girls and Boys born between 01.07.2003 and 30.06.2006

Competition will be held in accordance with ISU Communication No.2024

Free Skating:

Girls: 2 min.30 sec +/- 10 sec

Boys: 3 min (+/-10 sec.)

Girls and Boys

A well balanced Free Skating program must contain:

a) Maximum of 4 jump elements for Girls and 5 jump elements for 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 difficult jumps will be counted.

Triple jumps are not permitted. Any single and double jump (including Double Axel) cannot be executed more than twice in total.

b) There must be a maximum of two (2) spins of a different nature (abbreviation), one of which must be a spin combination with or without change of foot (minimum of six (6) revolutions).

The spin in one position with a change of foot minimum of eight (8) revolutions or spin in one position without change of foot minimum of six (6) revolutions.

In both spins flying entries are allowed.

c) There must be one (1) step sequence fully utilizing the ice surface.

The Program Components are only judged in

- Skating Skills
- Performance/execution

The Factor of the Program Components is 2.5

Deductions: 0,5 by fall

Levels explanations:

For Basic Novice A, in all elements which are subject to Levels, only features up to **Level 2** will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

2.5 BASIC NOVICE B

Girls and Boys born between 01.07.2001 and 30.06.2003

Competition will be held in accordance with ISU Communication No.2024

Free Skating:

Girls: 3 min (+/- 10 sec.)

Boys: 3 min 30 sec. (+/-10 sec.)

Girls and Boys

A well balanced Free Skating program 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 contain only two (2) jumps. A jump sequence can contain any number of jumps, but only two most difficult 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. Any single, double jump (including Double Axel) or triple jumps cannot be executed more than twice in total.

b) There must be a maximum of two (2) spins of a different nature (abbreviation), one of which must be a spin combination and one must be a spin with no change of position.

The spin combination with a change of foot and a minimum of eight (8) revolutions or without a change of foot with a minimum of six (6) revolutions.

The spin in one position with a change of foot minimum of eight (8) revolutions or spin in one position without change of foot minimum of six (6) revolutions.

In both spins flying entries are allowed.

c) There must be one (1) step sequence fully utilizing the ice surface.

The Program Components are only judged in

- Skating Skills
- Performance/Execution
- Interpretation

The Factor of the Program Components is

- for boys 2.0
- for girls 1.7

Deductions: 0,5 by fall

Levels explanations:

For Basic Novice B Singles, in all elements that are subject to Levels, only features up to **Level 2** will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

2.6 YOUNG CATEGORIES

CUBS - Girls and Boys born between 01.07.2006 and 30.06.2008

CHICKS – Group B: Girls and Boys born between 01.07.2008 and 30.06.2010

CHICKS – Group A: Girls and Boys who was born: 01.07.2010 and younger

Free Skating: Girls and Boys 2 min (+/- 10 sec.)

Girls and Boys**A well balanced Free Skating program must contain:**

a) Maximum of 4 jump elements for Girls and Boys. Axel type jumps allowed. There may be up to two (2) jump combination or sequence. Jump combination can contain only two (2) jumps. A jump sequence can contain any number of jumps, but only two most difficult jumps will be counted.

Triple jumps are not permitted. Any single and double jump (including Double Axel) cannot be executed more than twice in total.

b) There must be a maximum of two (2) spins of a different nature (abbreviation), one of which must be a spin combination with or without change of foot (minimum of four (4) revolutions in total), and one spin with no change of position and with or without change of foot (minimum of four (4) revolutions in total).

c) There must be a one (1) choreographic sequence which includes at least one (1) spiral position at least (3) seconds long. The sequence will have a fixed Base value and evaluated in GOE only.

The Program Components are only judged in

- Skating Skills
- Performance/execution

The Factor of the Program Components is 2.5

Deduction: 0,5 by Fall

Levels explanations: For Chicks and Cubs, in all elements which are subject to Levels, only features up to **Level 2** will be counted. Any

additional features will not count for Level requirements and will be ignored by the Technical Panel.

2.7 CATEGORIES FOR BEGINNERS

Free Skating: Girls and Boys 1 min and 50 sec (+/- 10 sec.)

BEGINNERS-Group A: born after 1st July 2006 or younger

BEGINNERS-Group B: born after 1st July 2004

BEGINNERS-Group C: born after 1st July 2001

a) Maximum of 3 jump elements for Girls and Boys. Axel type jumps are not allowed. There may be up to two (2) jump combination or sequence. Jump combination can contain only two (2) jumps. A jump sequence can contain any number of jumps, but only two most difficult jumps will be counted.

Double or triple jumps are not permitted. Any single jump cannot be executed more than twice in total.

b) There must be a maximum of two (2) spins of a different nature (abbreviation), one of which must be a spin combination with or without change of foot (minimum of four (4) revolutions in total), and one spin with no change of position and with or without change of foot (minimum of three (3) revolutions).

Flying spins are not permitted.

c) There must be a maximum of one (1) step sequence without Level. The sequence will have a fixed Base value and evaluated in GOE only.

The Program Components are only judged in

- Skating Skills
- Performance/execution

The Factor of the Program Components is 2.5

Deduction: 0,5 by Fall

Levels explanations: For Chicks and Cubs, in all elements which are subject to Levels, only features up to **Level 2** will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

3. ENTRIES

The entries of all athletes must be submitted on-line:

<http://www.csf.org.cy/national-competitions/on-line-registration/>

Entries should be submitted by the clubs with the PPC Form in word or pdf format and music in mp3 format.

For login, the clubs need to use the Username and the Password sent by e-mail. No registration allowed.

Entries must be accompanied by:

- the official "ISU Declaration Form" as per Rule 131. In case of competitors who are not full of age (under 18), such Declaration must be co-signed by at least one of the parents or other guardian at law and
- Insurance Disclaimer for Competitors¹.

Entries by Name

The entries by name should reach the organizer not later than **Sunday of 05th March, 2017**

Entry Fees

€30 per skater for categories: Senior, Junior and Advanced Novice

€20 per skater for categories: Basic Novice A, Basic Novice B, Cubs and Chicks

€10 per skater for beginners

Entry Fees should be paid before the opening draw from **18:00-19:00**, on **Friday 17th of March** at **MYMALL** ice rink.

4. INSURANCE/LIABILITY

It is the sole responsibility of each club participating in the competition, to provide medical and accident insurance for their athletes. Such insurance must assure full medical attendance of the ill or injured person.

The Organizer assumes no responsibility for or liability with respect to bodily or personal injury or property damage in connection incurred by Competitors and Officials.

It is clear that, athletes who have been already insured by the Cyprus Skating Federation don't need to have any other insurance.

¹ *ISU Declaration Form and Insurance Disclaimer for Competitors* shall not be submitted on-line. Original documents must be presented at the accreditation on Friday, March 17th, 2017 at 18:00-19:00.

5. MUSIC

All competitors shall furnish competition music of excellent quality on mp3 format which should be submitted on-line:

<http://www.csf.org.cy/national-competitions/on-line-registration/> not later than **Sunday of 05th March, 2017**.

The files with the music must have the name and surname of the competitor and the skating program as the example:

costas.andreou-junior.men-SP.mp3²

costas.andreou-junior.men-FS.mp3³

Notice: In other way, no music will be accepted and the skater will be withdrawn!

6. PLANNED PROGRAM CONTENT

With the entry forms, the "Program Content Sheet" must be returned to the Organizing Committee not later than **Sunday of 05th March, 2017**.

It is mandatory that the **Program Content Sheet** must be filled in precisely by each Skater in English **using the terminology for the elements listed in respective ISU Communication**.

7. ACCREDITATION

The official accreditation is planned at **the Ice Rink** on **Friday, March 17th, 2017** at **18:00-19:00**.

All original documents mentioned in paragraph 2 must be presented before the opening draw from **18:00-19:00**, on **Friday 17th of March** at **MYMALL** ice rink.

8. PRESENTATION OF MEDALS

The first three best placed Competitors in each category will be announced and honored.

9. OPENING DRAW

The opening draw will be at **19:00, Friday 17th of March** at **MYMALL** ice rink.

² For the categories: Senior, Junior and Advanced Novice

³ For all the categories (Senior, Junior, Advanced Novice Basic Novice, Cubs, Chicks and Beginners)

10. TIME SCHEDULE

COMPETITION SCHEDULE		
DAY	TIME	EVENT
Friday, 17 th March 2017	18:00-19:00	ACCREDITATION
	19:00-20:00	DRAW
Saturday, 18 th March 2017	10:00 – 12:00	JUNIORS - SP
		ADVANCED NOVICES - SP
		BASIC NOVICES A - FS
		BASIC NOVICES B - FS
		CUBS - FS
		CHICKS - FS
Sunday, 19 th March 2017	10:00-12:00	JUNIORS - FS
		ADVANCED NOVICES - FS
		BEGINNERS
		Awarding Ceremony

Time schedule is subject to change!