



## 2018 Americas Cup Championship of Clubs – Requirements Freestyle

**The 2018 Americas Cup will use the Rollart Scoring System for Cadet, Youth, Junior, and Senior Division Singles Events.**

**Junior and Senior events will follow World Skate Figure Rules for 2018.**

**The following rules are from the CEPA program with minor changes for Americas Cup. Infantil and Mini will skate long program only.**

### **Short Program**

#### **Cadet – Youth**

**Duration:** 2.30 mins +/- 5 sec.

**The elements to be skated in the short program must be as listed below:**

- Axel – single, double or triple.
- Jump combination from two (2) to four (4) jumps.
- Toe assisted jump – single, double or triple
- One position spin.
- One combination spin. One of the spins in the combination must be a sit spin. Maximum five (5) positions.
- Step sequence: 2018 World Skate Pattern Can include just one (1) jump of maximum one (1) revolution (even if not recognized jump). An extra jump will be considered an additional element and will be penalized as such. Quick stops are permitted if they need to characterize the music and it is also allowed to skate on the pattern just executed. The Step Sequence must start from a clear standing position.

In Short Program of *Cadet & Youth Categories*, a broken ankle spin is not allowed!!

### **YOUTH Long Program**

**Long Program:** 4.00 mins. +/- 10 sec.

#### **Jumps:**

- A maximum of 9 Jumps are allowed excluding the connecting one (1) rotation Jumps in the combination.
- Maximum three (3) Jumps combinations are allowed.
- The number of the jumps within the combination cannot be more than five (5) including the connecting jumps.
- It is mandatory to perform an Axel jump (single, double or triple) that can be executed also in combination.
- Axel, doubles and triples cannot be presented more than three times. If presented twice, one must be in combination.

#### **Spins:**

Maximum three (3) spin elements can be performed, however min. 2 must be performed:

- One position spin.



## 2018 Americas Cup Championship of Clubs – Requirements Freestyle

- One combination spin (maximum five (5) positions), must include a sit spin.
- One combination spin (maximum three (3) positions).
- The same spin cannot be presented more than twice in the whole performance.
- A one-position spin is a spin without change of position, or change of foot or change of edge.
- A combination spin is a spin where the skater changed foot and/or position and/or edge, the revolutions for each spin MUST be at least two (2).
- The number of revolutions in upright position to complete any spin (camel or sit) it is not limited and it should not be considered as difficulty as a change of position.

**In Long program of Youth Category, a broken ankle spin is not allowed!!**

### **Footwork:**

In the long program is required to perform one (1) Step Sequence (Circle, Diagonal, Straight line, Serpentine), which can include just one (1) jump of maximum one (1) revolution (even if not recognized jump). An extra jump will be considered an extra element and will be penalized as such. Quick stops are permitted if they need to characterize the music and it is also allowed to skate on the pattern just executed (retrogression is allowed). The step sequence MUST start from a clear standing position.

## **CADET Long Program**

**Long Program:** 3.30 mins. +/- 10 sec.

### **Jumps:**

- A maximum of 8 Jumps are allowed excluding the connecting one (1) rotation Jumps in the combination.
- Maximum two (2) jumps combinations are allowed. The number of jumps within the combination cannot be more than five (5).
- It is mandatory to perform an Axel jump (single, double or triple) that can be executed also in combination.
- Axel, doubles and triples cannot be presented more than three times. If presented twice, one must be in combination.
- *In the program there MUST be at least a Toe Loop element, single &/or double &/or Triple, executed as a single jump or in a combination. Deduction of 0,2 from the "A" mark will be given by the Referee for an Open Toe Loop.*

### **Clarification:**

**Combination Jumps:** is a series of two or more jumps where the landing edge of the first jump is the take-off edge for the second jump, etc.

### **Spins:**

Maximum three (3) spin elements can be performed, however min. 2 must be performed:

- One position spin.
- One combination spin (maximum five (5) positions), must include a sit spin.
- One combination spin (maximum three (3) positions).
- The same spin cannot be presented more than twice in the whole performance.



## 2018 Americas Cup Championship of Clubs – Requirements Freestyle

- A one-position spin is a spin without change of position, or change of foot or change of edge.
- A combination spin is a spin where the skater changed foot and/or position and/or edge, the revolutions for each spin MUST be at least two (2).
- The number of revolutions in upright position to complete any spin (camel or sit) it is not limited and it should not be considered as difficulty as a change of position.

**In Long program of Cadet Category, a broken ankle spin is not allowed!!**

### **Footwork:**

In the long program is required to perform one (1) Step Sequence (Circle, Diagonal, Straight line, Serpentine), which can include just one (1) jump of maximum one (1) revolution (even if not recognized jump). An extra jump will be considered an extra element and will be penalized as such. Quick stops are permitted if they need to characterize the music and it is also allowed to skate on the pattern just executed (retrogression is allowed). The step sequence MUST start from a clear standing position.

**Remember!** The program must follow the rule 132 of the “Well balanced Free Skating Program”

## **Well balanced Free Skating Long Program Minis, Infantil,**

- A jump of the same class (type and rotation) with the exception of jumps of one revolution or less, may not be performed more than three (3) times in the entire program. If the skater performs the same jump (type and rotation) more than three (3) times, there shall be a deduction of 0.3 in the A mark.
- All jump combinations performed must be different. If the skater performs the same jump combination more than once, there shall be a deduction of 0.3 in the A mark.
- There must be at least two (2) spins, one of which must be a combination. If the skater does not perform a spin combination, there shall be a deduction of 0.5 in the A mark. If the skater performs less than two spins, there shall be a deduction of 0.5 in the A mark.
- Two of the spins in the long program MUST be equally distributed throughout the entire program, this means that between two (2) spins in the long program there MUST be a minimum of two (2) other different elements (minimum one step sequence AND one jump or jump combination). General penalty of 0.5 shall be applied in the B mark for a program that is not well balanced.
- All spins performed with additional movements (entrance change of position, change of foot) of the skating foot (“pumping”) shall be considered a low-quality spin, therefore each spin performed in this manner shall be penalized by 0.3 in the A mark by the referee, for each spin performed in this manner.



## 2018 Americas Cup Championship of Clubs – Requirements Freestyle

### INFANTIL Long Program

Only free skating long program 3.00 minutes +/- 10 seconds

Can insert only:

#### Jumps:

- A maximum of SEVEN (7) Jumps of Max. Jumps of 2 revolutions (no double axel and triples!) are allowed excluding the connecting one (1) rotation Jumps in the combination.
- Maximum two (2) jumps combinations are allowed, out of which one could be with maximum five (5) jumps and the other with maximum three (3) jumps.
- It is mandatory to perform an Axel type Jump (Waltz jump or Single Axel) that can be executed also in combination.
- Axel, and doubles cannot be presented more than three (3) times, if the skater presents one of these jumps twice, one of these **MUST** be in combination.
- *In the program there **MUST** be at least a Toe Loop element and a Lutz element (See Rule 147), single and/or double, executed as a single jump or in a combination. Deduction of 0,2 from the "A" mark will be given by the Referee for an **Open** Toe Loop & for each wrong execution of Lutz edge: the jump will get the value of a Flip.*

#### Clarification:

**Combination Jumps:** is a series of two or more jumps where the landing edge of the first jump is the take-off edge for the second jump, etc.

***BONUS:** A bonus of 0.2 in A Mark given by the Referee, will be awarded for **CLEAN** (full rotation without any touch down, stepping out or a fall) execution of **ALL** the following types of double jumps: Toe Loop, Salchow, Flip, Lutz and Loop.*

#### Spins:

Maximum three (3) spin elements can be performed, however min. 2 must be performed:

- One position spin without change of foot/edge (no Broken Ankle!)
- One combination spin, maximum five (5) positions (no Broken Ankle!)
- Program must include a Sit Spin, alone or in combination. ~~One Sit Spin OR Combination of any Sit Spins (This Spin cannot include other positions than Sit).~~

#### Footwork:

There must be one step sequence (circle or line/diagonal or serpentine) of the skater's choice, to include:

- Three (3) consecutive brackets,
- AND minimum one Counter OR Rocker,
- AND one Choctaw,
- AND one "loop step" (double three with wrapped free leg). **A good execution of the wrapped free leg will receive a BONUS of 0,2 in the "A" mark by the Referee.**

The sequence can include just one (1) jump of maximum one (1) revolution (even if not recognized jump). An extra jump will be considered an extra element and will be penalized as such. Quick stops are permitted if they need to characterize the music and it



## 2018 Americas Cup Championship of Clubs – Requirements Freestyle

is also allowed to skate on the pattern just executed (retrogression is allowed). The step sequence **MUST** start from a clear standing position.

### **Choreographic Sequence:**

Must be inserted One spiral (arabesque) sequence with minimum 2 positions, fully utilizing the long axis of the rink surface and minimum one-half of the short axis. The pattern should be serpentine with at least two bold curves. If the pattern does not conform to the above there will be a deduction of 0.2 in the “A” mark given by the Referee.

**Extreme CONTROLLED flexibility** (the position of the free leg more than 150° from the floor held for at least two (2) seconds), at least in one position will be awarded with a **BONUS of 0,2 in the “A” Mark, by the Referee.**

**Remember!** The program must follow the rule 132 of the “Well balanced Free Skating Program”

**Please Note:** Extra elements will receive no credit by the Judges and the skater will have a deduction for each one of 0.5 point in “B” mark given by the Referee. Each Element not attempted will have a deduction of 0.5 in the “A” mark given by the Referee.

## **MINIS Long Program**

Only free skating long program 2.30 minutes +/- 10 seconds

Can insert only:

### **Jumps:**

- A maximum of TEN (10) Jumps one (1) revolution + Axel, Double Toe Loop & Double Salchow will be allowed in the program.
- Maximum two (2) jumps combinations are allowed. The number of jumps within the combination cannot be more than four (4).
- It is mandatory to perform an Axel type Jump (Waltz jump or Single Axel) that can be executed also in combination.
- Axel, and doubles cannot be presented more than three times, if the skater presents one of these jumps twice, one of these **MUST** be in combination.
- *In the program, there **MUST** be at least a Toe Loop element, single and/or double, and a Lutz element (See Rule 147), single, both executed as a single jump or in a combination. Deduction of 0,2 from the “A” mark will be given by the Referee for an **Open** Toe Loop & for each wrong execution of Lutz edge: the jump will get the value of a Flip.*

### **Clarification:**

**Combination Jumps:** is a series of two or more jumps where the landing edge of the first jump is the take-off edge for the second jump, etc.

### **Spins:**

Maximum two (2) spin elements must be performed:

- Program must include a Sit Spin, alone or in combination. *One Single Upright Spin OR Combination of any Upright Spins (This Spin cannot include other positions than Upright).*



## 2018 Americas Cup Championship of Clubs – Requirements Freestyle

- One combination spin, maximum three (3) positions (not broken ankle, not heel, not inverted).

### **Footwork:**

there must be one step sequence (circle or line/diagonal or serpentine) of the skater's choice, to include:

- Three (3) consecutive brackets,
- AND minimum one Counter OR Rocker,
- AND one "loop step" (double three with wrapped free leg). **A good execution of the wrapped free leg will receive a BONUS of 0,2 in the "A" mark by the Referee.**

The sequence can include just one (1) jump of maximum one (1) revolution (even if not recognized jump). An extra jump will be considered an extra element and will be penalized as such. Quick stops are permitted if they need to characterize the music and it is also allowed to skate on the pattern just executed (retrogression is allowed). The step sequence **MUST** start from a clear standing position.

### **Choreographic Sequence:**

Must be inserted One spiral (arabesque) sequence with minimum 2 positions, fully utilizing the long axis of the rink surface and minimum one-half of the short axis. The pattern should be serpentine with at least two bold curves. If the pattern does not conform to the above there will be a deduction of 0.2 in the "A" mark given by the Referee.

**Extreme CONTROLLED flexibility** (the position of the free leg more than 150° from the floor held for at least two (2) seconds), at least in one position will be awarded with a **BONUS of 0,2 in the "A" Mark, by the Referee.**

**Remember!** The program must follow the rule 132 of the "Well balanced Free Skating Program"

**Please Note:** Extra elements will receive no credit by the Judges and the skater will have a deduction for each one of 0.5 point in "B" mark given by the Referee. Each Element not attempted will have a deduction of 0.5 in the "A" mark given by the Referee

### ***Adult Classic: 18 years and older (long program only)***

Long Program 3 minutes +/- 10 seconds

1 Axel (single or double)

Two individual double jumps

2 jump combinations (Min 3 jumps, Max 5 jumps, no more than two doubles in each combination)

One single spin element, may be class A spin.

One spin combination maximum three positions, Camel/Sit

One advanced footwork sequence



## 2018 Americas Cup Championship of Clubs – Requirements Freestyle

### ***Tiny Tot / Pre-Mini***

Maximum duration 2:05 minutes.

Permitted jumps:

Single jumps of one revolution, axel is not allowed.

Maximum two combinations of 2–5 jumps.

Permitted spins:

Upright and sit spins, all edges.

Upright spin combination.

The spin entrance is free.

Footwork:

Straight line, along the long axis of the rink or diagonal. Must be performed from a stationary position.

### ***Promotional Mini / Infantil***

Maximum duration 2:40 minutes.

Permitted jumps:

Single jumps of one revolution, and axel.

Maximum two combinations of 2–5 jumps, one of which may include an axel.

Permitted spins:

Upright and sit spins, all edges, single or combined.

Outside forward camel or inside forward camel, single spin only.

The spin entrance is free.

Footwork:

Straight line, along the long axis of the rink or diagonal. Must be performed from a stationary position.

### ***Promotional Cadet / Youth / Junior / Senior***

Maximum duration 3:10 minutes.

Permitted jumps:

Single jumps of one revolution

Axel, double toe loop, double salchow.

Maximum two combinations of 2–5 jumps, each of which may include a maximum of one double jump.

Permitted spins:

All spins except class A spins, single or combined, no more than 3 positions in each combination.

Footwork:

Straight line, along the long axis of the rink or diagonal. Must be performed from a stationary position.