



## 2018 Americas Cup Championship of Clubs – Requirements

### Pairs

#### **GENERAL SHORT PROGRAM**

- Elements may be skated in any order.
- Additional elements may not be performed.
- The 8 mentioned elements may not be repeated. Each additional element shall have a penalty of 0.5 in the B mark with no credit in the A mark.
- A required element not attempted shall have a penalty of 0.5 in the A mark.
- A one-position lift with more than four (4) rotations shall have a deduction of 0.5 in the A mark.
- In the short program a combination lift with more than eight (8) rotations shall have a deduction of 0.5 in the A mark.
- In the long program, for one-position lifts with more than 4 rotations or for combination lifts with more than 12 rotations for Junior and Senior and 8 rotations for Youth, Cadet, and Infantil, there shall be a deduction of 0.5 in the A mark.
- There shall be a penalty of 0.5 in the B mark with no credit in the A mark for each additional lift.

#### **Falls Short and Long Program**

A fall that carries a penalty is when more than 50% of bodyweight is supported by another part of the body other than the skates, there shall be a penalty of 0.2 in the B mark for each such fall. The fall of both skaters at the same time shall be penalized 0.3 in the B mark.

#### **SHORT PROGRAM SENIOR**

**Short Program:** 2:45 min. +/- 5 sec. World Skate Figure (WSF) rules

- Death Spiral – any edge – minimum one rotation
- Contact Spin – Any combination, each change of position must be maintained for at least two rotations. Changing position does not count as a rotation.
- One One-Position Lift – Maximum four (4) rotations for the man. Adagio-type movements at the end of the lift are not permitted.
- One Combination Lift – Maximum three (3) positions. No more than eight (8) rotations for the man from the takeoff until the landing of the lift. All takeoffs by the woman must be recognized takeoffs. Adagio-type movements at the end of the lift are not permitted.
- One Shadow Jump – No combination. Must be a recognized jump.
- One Shadow Spin – No combination. Must be recognized. Minimum three (3) rotations.



## 2018 Americas Cup Championship of Clubs – Requirements

### Pairs

- One Step Sequence – according to World Skate Figure (WSF) regulations for the current year.
- One Throw Jump or Twist Lift – In the twist lift, immediately after the takeoff, the woman may attempt either a full extension or a full split before rotating: the latter shall receive more credit. On landing both partners may be rolling backward or may be in frontal position: the latter shall receive more credit.

### **SHORT PROGRAM JUNIOR**

**Short Program:** 2:30 min. +/- 5 sec. WSF rules

- Death Spiral. On any edge, at least one rotation, counting from when the man is in position and with the hips at knee level.
- Contact Spin. Any combination. Each position of the spin must be maintained for at least two rotations. Changing position does not count as a rotation.
- Two different One-Position Lifts. Maximum four (4) rotations for the man. Adagio-type movements at the end of the lift are not permitted.
- One Shadow Jump. No combination; must be a recognized jump.
- One Shadow Spin. No combination or change spin; must be a recognized spin. Minimum three (3) revolutions. Any Shadow Spin with more than one (1) position shall be penalized 0.5 in the A mark.
- One Footwork Sequence. Advanced footwork according to WSF regulations.
- One Throw Jump or Twist Lift.

### **SHORT PROGRAM YOUTH**

**Short Program:** 2:15 min. +/- 5 sec.

- Death Spiral – forward inside or backward outside – minimum one rotation, counting from when the man is in position and with the hips at knee level.
- Contact Spin – Pull Around Camel, free entrance.
- One One-Position Lift – Press Lift. Minimum three (3), maximum four (4) rotations for the man. Adagio-type movement at the end of the lift are not permitted.
- One Shadow Jump – Double Toe Loop.
- One Shadow Spin – Backward Outside Camel, preparing with a sequence of three-turns. Minimum three (3) rotations.
- One Step Sequence – According to WSF regulations for the current year.
- One Throw Jump – Double Salchow or Double Loop



## 2018 Americas Cup Championship of Clubs – Requirements

### Pairs

#### **SHORT PROGRAM CADET**

**Short Program:** 2:15 min. +/- 5 sec.

- Death Spiral – backward outside – minimum one rotation.
- Contact Spin – Hazel Spin.
- One One-Position Lift – Flip lift reversed position split. Minimum three (3) maximum four (4) rotations for the man. Adagio-type movements at the end of the lift are not permitted.
- One Shadow Jump – Axel. No combinations.
- One Shadow Spin – IB Sit Spin, preparing with a sequence of three-turns. Minimum three (3) rotations.
- One Step Sequence – According to WSF regulations for the current year.
- One Throw Jump – Axel

#### **SHORT PROGRAM INFANTIL**

**Short Program:** 2:15 min. +/- 10 sec.

- One individual double jump (side by side).
- One individual backward camel (side by side).
- One contact spin, backward angel, minimum two (2) revolutions.
- One diagonal sequence of advanced footwork, which covers at least  $\frac{3}{4}$  of the diagonal of the skating surface.
- One spiral (position of choice).
- One throw jump, single or double.
- One Axel entrance lift with a minimum of three (3) and a maximum of four (4) rotations for the man (overhead lifts are not allowed).

#### **LONG PROGRAM SENIOR**

**Long Program:** 4:30 min. +/- 10 sec. WSF rules

- The pair may not perform more than three (3) lifts in the program. Two (2) of the lifts must be one-position without exceeding four (4) rotations. The combination may not exceed twelve (12) rotations.



## 2018 Americas Cup Championship of Clubs – Requirements

### Pairs

- The pair must include two death spirals, one inside and one outside.
- The pair must include one arabesque sequence with three (3) different positions with a minimum of one change of direction and one change of edge. The pair may insert crossed steps between each position. The change of direction may be performed by one or both members of the pair and one of them must always be in a spiral position.
- The pair must include one step sequence, diagonal, circular, or serpentine.

### **LONG PROGRAM JUNIOR**

**Long Program:** 4:00 min. +/- 10 sec. WSF rules

- The pair may not perform more than two (2) lifts in the program. At least one (1) of the lifts must be one-position without exceeding four (4) rotations. The combination must not exceed twelve (12) rotations.
- The pair must include a minimum of one death spiral of any edge.
- The pair must include one spiral (arabesque) sequence with at least one change of edge and one change of direction. The change of direction may be performed by one or both members of the pair and one of them must always be in a spiral position.
- The pair must include one step sequence, diagonal, circular, or serpentine.

### **LONG PROGRAM YOUTH**

**Long Program:** 3:30 min. +/- 10 sec.

- Maximum two lifts (single or combination), not permitted: reverse cartwheel (all kinds), and lifts where the woman during the takeoff performs a spin with the head down, like Spin Pancake and similar. Each combination may not exceed eight (8) rotations for the man, however single lifts may not exceed four (4) rotations. Choreographic movements are permitted at the end of the lift.
- May perform throw jumps of two (2) revolutions and also Double Axel.
- Must include one step sequence, either diagonal, circular, or serpentine.
- The pair must include one spiral (arabesque) sequence with three different positions, with at least one change of edge and one change of direction, the skaters must be in contact at all times. Crosses may be used between the second and third position. Minimum one (1) of the three (3) required positions must be maintained by both skaters for a minimum of three (3) seconds.
- Must perform an individual jump or a throw jump, preparing from footwork with choreographic movements. In both cases the final step must be with the foot that begins the individual jump or throw jump.
- Must perform a minimum of one death spiral, free choice.



## 2018 Americas Cup Championship of Clubs – Requirements

### Pairs

- The remaining elements are free. Remember that the Youth division may not perform a broken ankle spin.

#### ***LONG PROGRAM CADET***

**Long Program:** 3:30 min. +/- 10 sec.

- Maximum two lifts (single or combination), selected from lifts that are not overhead such as Axel, flip reversed position split, behind the back lifts, etc. Each combination may not exceed eight (8) rotations for the man, however single lifts may not exceed four (4) rotations. Choreographic movements are not permitted at the end of the lift.
- May perform throw jumps of two (2) revolutions and also Double Axel.
- Must include one step sequence, either diagonal, circular, or serpentine.
- The pair must include one spiral (arabesque) sequence with three different positions, with at least one change of edge and one change of direction, the skaters must be in contact at all times. Crosses may be used between the second and third position. Minimum one (1) of the three (3) required positions must be maintained by both skaters for a minimum of three (3) seconds.
- Must perform an individual jump or a throw jump, preparing from footwork with choreographic movements. In both cases the final step must be with the foot that begins the individual jump or throw jump.
- May perform individual spins, single or combination, free choice (no broken ankle).
- May perform contact spins, single or combination, free choice. Not permitted: impossible spins (all kinds) and spins around the head in a camel with the woman in an inverted position.
- May perform individual jumps, single or combination, free choice.
- Must execute a minimum of one death spiral, free choice.
- Remember that the Cadet division may not perform broken ankle spins.

#### ***LONG PROGRAM INFANTIL***

**Long Program:** 3:30 min. +/- 10 sec.

- Maximum two lifts (single or combination), selected from lifts that are not overhead. Each combination may not exceed eight (8) rotations for the man, however single



## 2018 Americas Cup Championship of Clubs – Requirements

### Pairs

lifts may not exceed four (4) rotations. Choreographic movements are not permitted at the end of the lift.

- May perform throw jumps with two (2) revolutions.
- Must include one step sequence, either diagonal, circular, or serpentine.
- The pair must include one arabesque sequence with three different positions, with at least one change of edge and one change of direction, the skaters must be in contact at all times. May use cross pulls between the second and third position. Minimum one (1) of the three (3) required positions must be maintained by both skaters for a minimum of three (3) seconds.
- Must perform an individual jump or a throw jump, preparing from footwork with choreographic movements. In both cases the final step must be with the foot that begins the individual jump or throw jump.
- May perform individual spins, single or combination, free choice (no broken ankle).
- May perform contact spins, single or combination, free choice. Not permitted: impossible spins (all kinds) and spins around the head in a camel with the woman in an inverted position.
- May perform individual jumps, individually or combination, free choice.
- Must execute a minimum of one death spiral, free choice.
- Remember that the Cadet division may not perform Broken spins.