

KOMUNIKAT ORGANIZACYJNY ZAWODÓW

ZAWODY Walley Spring Cup Kraków 2024 Interclub

1. ORGANIZATOR	Międzyszkolny Uczniowski Klub Sportowy Walley-Plus Duo Kraków/Skawina krakow@walley.pl , 668 155 259
2. TERMIN I MIEJSCE	19-21.04.2024 (dokładny czas rozpoczęcia i zakończenia konkurencji zależy od liczby zgłoszeń) Lodowisko Cracovii, ul. Siedleckiego 7, Kraków
3. KONKURENCJE	<p>Zawody zostaną przeprowadzone w następujących kategoriach wyczynowych i dodatkowych: Solistki i Soliści – wstępna U7, U9, U12, U15, U18, brązowa U9, U12, U15, U18, srebrna U11, U15, U18, złota U13, U15, U18, junior mł. B U13, U18, junior mł. A U15, junior U19, kategoria par sportowych (senior)</p> <p>oraz w kategoriach amatorskich:</p> <ul style="list-style-type: none">- Solistki i Soliści - kategoria brązowa, srebrna, złota Klasa YA (Young Adults) zawodnicy urodzeni pomiędzy 1.07.1995 a 30.06.2005 Klasa I zawodnicy urodzeni pomiędzy 1.07.1985 a 30.06.1995 Klasa II zawodnicy urodzeni pomiędzy 1.07.1975 a 30.06.1985 Klasa III zawodnicy urodzeni pomiędzy 1.07.1965 a 30.06.1975 Klasa IV zawodnicy urodzeni pomiędzy 1.07.1955 a 30.06.1965 Klasa V zawodnicy urodzeni przed 30.06.1955- Solistki i Soliści - Kategoria programu interpretacyjnego amatorów A /Interpretation Young Adults (ur. 1.07.1995 a 30.06.2005)- Solistki i Soliści - Kategoria programu interpretacyjnego amatorów B /Interpretation Adults (ur. przed 01.07.1995)- Solistki i Soliści - Kategoria Masters- Kategoria par sportowych amatorów (Masters) <p>W kategoriach amatorskich mogą wziąć udział amatorzy, czyli osoby, które nie uprawiały łyżwiarstwa figurowego wyczynowo (nie były sklasyfikowane i nie brały udziału w rywalizacji w ramach łyżwiarstwa wyczynowego). W przypadku chęci zgłoszenia do zawodów, przy jednoczesnym niespełnieniu wymogów regulaminowych – na przykład z powodu zaistnienia startów w gronie wyczynowym, prosimy opisać swój przypadek. Zapoznamy się z nim i podejmiemy decyzję o ewentualnym dopuszczeniu do startu w gronie amatorów.</p> <p>Zawody rozgrywane są zgodnie z regulaminem, załączonym do komunikatu. Konkurencje rozgrywane są, jeśli na starcie staje co najmniej 3 zawodników/czki w konkurencjach indywidualnych lub 2 pary w konkurencjach par. W przypadku mniejszej liczby zgłoszeń łączy się klasy w ramach kategorii (oddzielnie w każdej).</p>
4. ZGŁOSZENIA	<p>Zgłoszenia prosimy wprowadzić wraz z elementami programów do systemu licencyjnego ORS w systemie licencyjnym PZŁF w terminie do 2.04.2024.</p> <p>Osoby niezrzeszone lub zgłoszone w systemie ORS, ale chcące wystartować w więcej niż kategorii prosimy o zgłoszenie w terminie do 2.04.2024 kolejnej kategorii za pomocą poniższego formularza: https://forms.gle/KY3j2qfeDQUfdYjK8 oraz przesłanie PPC na adres piotr.nowak91@o2.pl</p> <p>Uwaga: po upływie terminu zgłoszeniowego system ORS zostanie zablokowany. Organizator zastrzega możliwość wcześniejszego zamknięcia list zgłoszeniowych.</p>



5. MUZYKA	W terminie do 12.04.2024 należy przesać muzykę w formacie mp3/wav na adres organizatora: muzyka@walley.pl opisaną w następujący sposób: NAZWISKO Imię Kategoria
6. REGULAMIN	Zawody odbędą się zgodnie z regulaminem ISU oraz PZŁF i będą rozgrywane w formule interclub.
7. PROGRAM MINUTOWY	Zostanie opracowany i opublikowany po otrzymaniu i zweryfikowaniu zgłoszeń i udostępniony na stronie www.pfsa.com.pl .
8. LOSOWANIE	Losowanie zostanie przeprowadzone elektronicznie według regulaminu PZŁF, a kolejność startu zostanie opublikowana na stronie www.pfsa.com.pl .
9. ZASADY FINANSOWANIA	<p>Koszt organizacji zawodów pokrywa Organizator, koszty uczestnictwa ponoszą Kluby.</p> <p>Opłatę współorganizacyjną w wysokości 300 zł (za drugą konkurencję 190 zł, za duet 400 zł) należy wpłacić w terminie 2.04.2024r.</p> <p>Od 3.04.2024 opłata wynosi 350 zł (za drugą konkurencję 240 zł, za duet 450 zł).</p> <p>Opłatę należy wpłacić przelewem na konto organizatora z podaniem imienia i nazwiska zawodnika, nazwy klubu oraz konkurencji.</p> <p>MUKS Walley-Plus Duo, al. Armii Ludowej 4/46, 00-571 Warszawa Konto: PKO Bank Polski S.A. 16 Oddział/Warszawa, 47 1020 1169 0000 8502 0254 4658</p> <p>Zgłoszenia bez wpłaty do 15.04.2024 (wpływ na konto) będą wykreślane z listy zgłoszeń.</p> <p>Opłata startowa jest zwracana: - w 50% w przypadku wycofania zawodnika przed losowaniem - nie jest zwracana w przypadku wycofania zawodnika po losowaniu</p>
10. UBEZPIECZENIE	<p>Zawodnicy zobowiązani są posiadać ubezpieczenie od następstw nieszczęśliwych wypadków w łyżwiarstwie figurowym wykupione bądź przez klub sportowy, który reprezentują bądź indywidualnie.</p> <p>Organizator zawodów nie ponosi odpowiedzialności za nieszczęśliwe wypadki i kontuzje odniesione przez osoby uczestniczące w zawodach z ramienia poszczególnych klubów (zawodnicy, trenerzy i instruktorzy oraz oficjalne osoby towarzyszące).</p>
11. NOCLEGI	Należy zamówić we własnym zakresie.
12. INNE / UWAGI	Delegat Techniczny: Magdalena Rusiecka mrusiecka@op.pl , tel 602 340 356

**Serdecznie zapraszamy w imieniu organizatorów
Aleksandra Krzyżanowska i Katarzyna Sobieszek-Müller**



ANNOUNCEMENT

Walley Spring Cup Kraków 2024 Interclub Competition

1. ORGANIZER	Międzyszkolny Uczniowski Klub Sportowy Walley-Plus Duo Kraków/Skawina krakow@walley.pl , 668 155 259
2. PLACE AND DATE	19-21.04.2024 (the exact timing depends on the number of entries in each category) Cracovia Ice Rink, ul. Siedleckiego 7, Kraków
3. CATEGORIES	<p>ISU and Non-ISU categories (https://pzlf.pl/documents/category/14/1):</p> <p>– ladies and men: initial U7, U9, U12, U15, U18, bronze U9, U12, U15, U18, silver U11, U15, U18, gold U13, U15, U18, junior mł. B (advanced novice) U13, U18, junior mł. A (advanced novice) U15, junior U19, pairs (senior)</p> <p>Adult amateur categories:</p> <ul style="list-style-type: none">- ladies and men – bronze, silver, gold in age categories:<ul style="list-style-type: none">Klasa YA (Young Adults) born 1.07.1995 - 30.06.2005Klasa I - born 1.07.1985 - 30.06.1995Klasa II - born 1.07.1975 - 30.06.1985Klasa III - born 1.07.1965 - 30.06.1975Klasa IV - born 1.07.1955 - 30.06.1965Klasa V born before 30.06.1955- ladies and men artistic in age categories:<ul style="list-style-type: none">A /Interpretation Young Adults (born 1.07.1995 - 30.06.2005)B /Interpretation Adults (born before 01.07.1995)- ladies and men master category,- pairs (master) <p>An adult amateur is a skater who has not practiced figure skating professionally (has not been classified and has not participated in competitive figure skating). If you wish to register for the competition but do not meet the regulatory requirements, please describe your case. We will review it.</p> <p>The competition is held in accordance with the regulations attached to the announcement. Competitions are held if there are at least 3 competitors in individual categories or 2 pairs in pairs categories. In the case of a smaller number of entries, classes within categories are combined (separately in each category).</p>
4. ENTRIES	<p>Interested clubs should send the entries not later than 2.04.2024 by an entry form https://forms.gle/KY3j2qfeDQUfdYjK8 and send the PPC to the e-mail piotr.nowak91@o2.pl</p> <p>Competitors from clubs affiliated to the Polish Figure Skating Association will make entries by PFSA ORS.</p> <p>Note: after the application deadline, the registration system will be blocked. The organizer reserves the right to close the registration lists earlier.</p>
5. MUSIC	The music in mp3/wav format must be sent until 12.04.2024 to the e-mail muzyka@walley.pl . Each submission shall be labelled with the SURMANE, Name, Category.
6. RULES	The competition will be conducted in accordance with the ISU and PFSA Communications, in the interclub formula.



7. SCHEDULE	The schedule will be published after receiving the entries on the website www.pfsa.com.pl .
8. DRAW	Draws for all categories will be done by electronic random draw. Starting orders will be published on the website www.pfsa.com.pl .
9. PAYMENT	<p>An entry fee of 300 PLN per Competitor (190 PLN for the second category) and 400 PLN per Couple has to be paid with the official entry. Entry fees are requested to be paid via bank transfer until 2.04.2024 at the latest with the name of the competitor, club name and category.</p> <p>After 3.04.2024 the entry fees is 350 PLN per Competitor (240 PLN for the second category) and 450 PLN per Couple.</p> <p>The bank account: MUKS Walley-Plus Duo, al. Armii Ludowej 4/46, 00-571 Warszawa Konto: PKO Bank Polski S.A. 16 Oddział/Warszawa, 47 1020 1169 0000 8502 0254 4658</p> <p>Entries without the payment to 15.04.2024 will be excluded.</p> <p>Entry fee refund: - 50% in case of withdrawals for any reason until the draw - No refund in case of withdrawals for any reason after the draw.</p>
10. INSURANCE	<p>The responsibility of each Club is to provide medical and accident insurance for their athletes, officials and all other members of the Member's team. Such insurance must assure full medical attendance and also the return to the home country by air transport or by other expeditious means of the ill or injured person.</p> <p>MUKS Walley – Plus Duo assumes no responsibility for or liability with respect to bodily or personal injury or property damage incurred in connection incurred by Competitors and Officials.</p>
11. ACCOMODATION	The accommodation and meals and travel for the competitors, coaches, team leaders and other team officials will not be covered by the organizer and are on the account of the team.
12. OTHERS	Technical Delegate: Magdalena Rusiecka mrusiecka@op.pl , tel 602 340 356

On behalf of MUKS Walley-Plus Duo
Aleksandra Krzyżanowska i Katarzyna Sobieszek-Müller



REGULAMINY KATEGORIE WYCZYNOWE I DODATKOWE (TECHNICAL REQUIREMENTS)

<p>GOLD U13 GIRLS & BOYS</p> <p>Born: After 30.06.2010</p> <p>Additional Groups U15 01.07.2008 - 30.06.2010</p> <p>U18 01.07.2005 - 30.06.2008</p>	Free Skating	<p>The well balanced program in accordance to ISU Communication No. 2562 Guidelines for International Novice Competitions Single Skating Adv. Novice Girls and Boys B 2.3</p> <p>Duration: 3 min. +/- 10 sec..</p> <p>BONUS</p> <ul style="list-style-type: none">- 2A – 1 point- Triple jumps – 1,5 point <p>All jumps must be clean (without signs "<" "<<"). Bonus can be awarded:</p> <ul style="list-style-type: none">- If there is fall in the element- once for 2A and twice for different triple jumps.
<p>SILVER U11 GIRLS & BOYS</p> <p>Born: After 30.06.2012</p> <p>Additional Groups U15 01.07.2008 - 30.06.2012</p> <p>U18 01.07.2005 - 30.06.2008</p>	Free Skating	<p>Jumps (max.5) There must be a maximum of 5 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.</p> <ul style="list-style-type: none">- A jump combination can consist up to two (2) jumps.- A jump sequences consist of two (2) jumps of any number revolutions, beginning with any jump, immediately followed by any an Axel type jump with a direct step from the landing curve of the first jump to take-off curve of the Axel jump.- Any single, double or triple jump can be executed only twice during the program. <p>Spins (max. 2) There must be a maximum of two (2) spins of a different nature (abbreviation). One of which must be a spin combination (minimum eight (8) revolutions), flying entrance is not allowed. One must be flying spin or a spin with flying entrance:</p> <ul style="list-style-type: none">- minimum six (6) revolutions for spin without change of foot or minimum eight (8) revolutions for spin with change of foot.- In spin combination more than one change of foot is allowed <p>Step Sequence (max. 1) There must be a maximum one (1) Step Sequence fully utilizing ice surface.</p> <p>Duration: 2 min., 40 sec. +/- 10 sec.. Warm-up: 4 min Max level: 3</p> <p>BONUS</p> <ul style="list-style-type: none">- 2A – 1 point- Triple jumps – 1,5 point <p>All jumps must be clean (without signs "<" "<<"). Bonus can be awarded:</p> <ul style="list-style-type: none">- If there is fall in the element- once for 2A and twice for different triple jumps.



<p>BRONZE U9 GIRLS & BOYS</p> <p>Born: After 30.06.2014</p> <p>Additional Groups U12 01.07.2011 - 30.06.2014</p> <p>U15 01.07.2008 - 30.06.2011</p> <p>U18 01.07.2005 - 30.06.2008</p>	<p>Free Skating</p>	<p>Jumps (max.5)</p> <p>There must be a maximum of 5 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.</p> <ul style="list-style-type: none">- A jump combination can consist up to two (2) jumps.- A jump sequences consist of two (2) jumps of any number revolutions, beginning with any jump, immediately followed by any an Axel type jump with a direct step from the landing curve of the first jump to take-off curve of the Axel jump.- Any single, double or triple jump can be executed only twice during the program. <p>Spins (max. 2)</p> <p>There must be a maximum of two (2) spins of a different nature (abbreviation).</p> <ul style="list-style-type: none">- One of which must be spin in one position of sit or camel spin without change of foot (min. 4 revs.) or with change of foot (min. 4/4 revs. on each foot).- the second one can be any type of spin of a different nature (abbreviation): If it's a spin in one position or spin combination without change of foot there must be minimum our (4) revs. If it's a spin with change of foot there must be minimum four/four (4/4) revs on each foot. <p>Difficult variations can be executed after 2 revolutions in basic (no variation) position on each foot.</p> <p>If it is a spin combination, holding basic (no variation) position before difficult variation of position is not required to be counted.</p> <p>Spins can be started with jump.</p> <p>Choreo Sequence (max. 1)</p> <p>There must be a maximum one (1) Choreo Sequence, which must consist of one (1) spiral position skated on a curve for min. 3sec. and must fully utilize ice surface.</p> <ul style="list-style-type: none">- Spiral position means that knee of free foot is above the hip level (kept for 3 sec). <p>Duration: 2 min., 20 sec. +/- 10 sec.. Max level: 2 (additional features will be ignored) Warm-up: 4 min</p> <p>Extra Features</p> <ul style="list-style-type: none">- Execution of 6 revolutions in basic positions (no variation) of sit or camel spins counts as a feature only once in program.- Three (3) basic positions done on one foot in spin combination with or without change of foot will be counted as a feature only once in the program.
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<p>INITIAL U7 GIRLS & BOYS</p> <p>Warm-up: 5 min</p> <p>Born: After 30.06.2016</p> <p>Additional Groups</p> <p>Warm-up: 4 min</p> <p>U9 01.07.2014 - 30.06.2016</p> <p>U12 01.07.2011 - 30.06.2014</p> <p>U15 01.07.2008 - 30.06.2011</p> <p>U18 01.07.2005 - 30.06.2008</p>	Free Skating	<p>Jumps (max.4)</p> <p>There must be a maximum of 4 jump elements. There may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence.</p> <ul style="list-style-type: none">- A jump combination can consist up to two (2) jumps.- A jump sequences consist of two (2) jumps of any number revolutions, beginning with any jump, immediately followed by any an Axel type jump with a direct step from the landing curve of the first jump to take-off curve of the Axel jump.- Any single, double jump can be executed only twice during the program.- Waltz Jump will be counted as a listed jump (1W) with Base Value 0.2 <p>Spins (max. 2)</p> <p>There must be a maximum of two (2) spins:</p> <ul style="list-style-type: none">- One of which must be spin in one position without change of foot (min. 4 revolutions).- The second one can be any type of spin <p>If it's a spin in one position or spin combination without change of foot there must be minimum four (4) revolutions.</p> <p>If it's a spin with change of foot there must be minimum four/four (4/4) revolutions at each foot. Spin can consist of basic (no variation) positions <u>only</u>.</p> <p>Difficult variations of positions are not allowed and will be ignored Spins can't be started with jump.</p> <p>Choreo Sequence (max. 1)</p> <p>There must be a maximum one (1) Choreo Sequence, which must consist of one (1) spiral position skated on a curve for min. 3sec. and must fully utilize ice surface.</p> <ul style="list-style-type: none">- Spiral position means that knee of free foot is above the hip level (kept for 3 sec). <p>Duration: 2 min. +/- 10 sec.. Max level: 1 (additional features will be ignored)</p> <p>Extra Features</p> <ul style="list-style-type: none">- Execution of 5 revolutions in basic positions (no variation) of upright, sit or camel spin counts as a feature only once in program.- Three (3) basic positions done on one foot in spin combination with or without change of foot will be counted as a feature only once in the program.
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CATEGORIES: in junior mł. B (advanced novice), junior mł. A (advanced novice) and junior category ISU Special Regulations & Technical Rules Single & Pair Skating apply

https://pzlf.pl/public/uploads/documents/Sportowe/Solo/2024/23-24_S_Junior.pdf

https://pzlf.pl/public/uploads/documents/Sportowe/Solo/2024/23-24_S_Jun_Ml_A%20m.pdf

https://pzlf.pl/public/uploads/documents/Sportowe/Solo/2024/23-24_S_Jun_Ml_B.pdf



REGULAMINY - KATEGORIE AMATORSKIE (TECHNICAL REQUIREMENTS ADULTS)

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 and double 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 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 type 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 (6) minutes.
 - Each fall shall receive a deduction of 1.0.

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 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.

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 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.

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, both 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.

PAIR FREE SKATING MASTERS

Masters pairs must perform a well-balanced program that may contain:

- a. A maximum of three (3) different lifts, one of which may be a twist lift.
 - In lifts of Group 1 and Group 2, the man's lifting hand(s) should be above his shoulder line.
 - In lifts of Groups 3–4-5, full extension of the lifting arm(s) is mandatory.
- b. A maximum of two (2) throw jumps (single or double).
- c. A maximum of one (1) solo jump. Single and double jumps are permitted.
- d. A maximum of one (1) jump combination with a maximum of three (3) listed jumps or one (1) jump sequence.
 - A jump sequence consists of two (2) or three (3) jumps 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.
 - Please note that the Euler (half-loop) is considered a listed jump only when used in combination in between two other listed jumps.
- e. A maximum of one (1) pair spin (pair spin or pair spin combination).
 - The spin must have a required minimum number of revolutions: four (4) revolutions for a pair spin and six (6) for a pair spin combination. A pair spin combination must have a change of foot by both partners with at least three (3) revolutions on each foot **and** at least one (1) change of position by both partners. A Pair Combination Spin can be started with a jump. Any flying entry can be considered as a feature by either partner. If there are not 3 revolutions before or after the change of foot executed by both partners, the Pair Spin Combination will be marked with a "V". If there are less than 3 revolutions on both feet by either partner, the spin will have no value.
 - A pair spin is any spin with no change of foot and does not require a change of position by one or both partners. Change of positions may be used for a level feature.
 - There must be a minimum of two (2) revolutions in each position or the position will not be counted.
- f. A maximum of one (1) solo spin.
 - The solo spin must have a required minimum number of revolutions: five (5) for the flying spin with no change of foot after landing, five (5) for the spin with only one position and no change of foot and five (5) for the spin combination with no change of foot and eight (4 + 4) for the spin combination with change of foot or spin in one position with a change of foot.
 - There must be a minimum of two (2) revolutions in each position or the position will not be counted.
 - 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.
- g. A maximum of one (1) death spiral or pivot figure (position of the woman optional).
 - At least $\frac{3}{4}$ revolution in pivot position by the man is required for the death spiral.
 - At least one revolution in pivot position by the man is required for pivot figure.
- h. A maximum of one (1) step sequence, fully utilizing the ice surface.
 - The program duration is 3 minutes and 30 seconds +/- 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 (6) minutes.
 - Each fall by either skater shall receive a deduction of 1.0.