

IMPORTANT!

All the elements must be executed in the listed order.

Only the first attempt will be evaluated.

The time of the performance is max. 2:00 min.

Deduction of -0.25 points for every 5 sec excess will be added.

CHILDREN (GIRLS, BOYS)**Elements B**, born **2018/2019** and younger

Skating forward	
Skating backwards	
Squat	Min. 3 sec. in position
Bubbles forward	Min. 5 times

Elements A, born **2018/2019** and younger

Skating forward + stop + skating backwards	Strokes
1 bubble forward + squat + grip on one leg	Min. 3 sec. in position
Forward Inside Edges	Min. 3 times on each leg
Upright spin	Min. 2 revolutions

Elements B, born **2016/2017**

Skating forward + stop + skating backwards	Strokes
1 bubble forward + squat + grip on one leg	Min. 3 sec. in position
Forward Inside Edges	Min. 3 times on each leg
<u>Forward Lunge (Dolphin)</u>	Min 3 sec. in position
Upright spin	Min. 2 revolutions

Elements A, born 2016/2017

Waltz Step + Waltz Jump	
Forward and Backward Crossovers	Clockwise and counterclockwise on circles
Spiral + Forward Lunge (Dolphin)	Min 3 sec. in position. Free leg at or above hip level in spiral
Salchow jump	
Upright spin on one foot	Min. 2 revolutions in position

Elements B, born 2014/2015

Waltz Step + Waltz Jump	
Forward and Backward Crossovers	Clockwise and counterclockwise on circles
Spiral + Forward Lunge (Dolphin)	Min 3 sec. in position. Free leg at or above hip level in spiral
Salchow jump	
Upright spin on one foot	Min. 2 revolutions in position

Elements A, born 2014/2015

Waltz Step + Waltz Jump + Toe Loop	Jump combination
Forward and Backward Crossovers	Clockwise and counterclockwise on circles
Spiral + Shoot the duck	Min 3 sec. in position. Free leg at or above hip level in spiral
Salchow jump	
Sit spin	Min. 2 revolutions in position

Elements B, born 2012/2013

Waltz Step + Waltz Jump + Toe Loop	Jump combination
Single twizzles inside edge	Min. 3 times on each leg
<u>Spiral</u>	Min 3 sec. in position. Free leg at or above hip level
„Jackson“ steps in circle	Min. 3 times
Salchow jump	
Sit spin	Min. 2 revolutions in position

Elements A, born 2012/2013

Backward Crossovers + Salchow jump + Toe loop jump	Jump combination
Single twizzles inside edge	Min. 3 times on each leg
<u>Spiral + shoot the duck</u>	Min 3 sec. in position. Free leg at or above hip level in spiral
Loop steps + Loop jump	
Sit spin	Min. 2 revolutions in position

Elements, born 2010/2011

Waltz Jump + Euler + Salchow jump	Jump combination
Single twizzles inside edge	Min. 3 times on each leg
<u>Spiral + shoot the duck</u>	Min 3 sec. in position. Free leg at or above hip level in spiral
Loop steps + Loop Jump + Toe loop jump	Jump combination
Sit spin	Min. 2 revolutions in position

Elements B, born 2010/2015

Skating forward + stop + skating backwards	Strokes
1 bubble forward + squat + grip on one leg	Min. 3 sec. in position
Forward Inside Edges	Min. 3 times on each leg
<u>Spiral + shoot the duck</u>	Min 3 sec. in position. Free leg at or above hip level in spiral
Upright spin	Min. 2 revolutions

Elements A, born 2010/2015

Forward and Backward Crossovers	Clockwise and counterclockwise on circles
Forward and Backward inside edges	Min. 3 times on each foot
<u>Spiral + shoot the duck</u>	Min 3 sec. in position. Free leg at or above hip level in spiral
Waltz step + <u>Waltz Jump</u>	
Upright spin	Min. 2 revolutions

YOUTH (WOMEN, MEN)**Elements B**, born 2005/2009

Outside Edge three turn with crossover	Min. 2 times on each leg
Inside Mohawk + Crossover + Inside Mohawk	Min. 2 times on each leg
Single twizzles inside edge	Min. 2 times on each leg
Forward Lunge (Dolphin)	Min. 3 sec. in position

Elements A, born 2005/2009

Outside Edge three turn with crossover	Min. 2 times on each leg
Double Twizzles inside edge	Min. 2 times on each leg
Single jump (1S or 1Lo or 1T)	
Upright spin	Min. 2 revolutions
Spiral	Min 3 sec. in position. Free leg at or above hip level

ADULTS (WOMEN, MEN)**Elements B**, born 1999/2004

Outside Edge three turn with crossover	Min. 2 times on each leg
Inside Mohawk + Crossover + Inside Mohawk	Min. 2 times on each leg
Single twizzles inside edge	Min. 2 times on each leg
Forward Lunge (Dolphin)	Min. 3 sec. in position

Elements A, born 1999/2004

Outside Edge three turn with crossover	Min. 2 times on each leg
Double Twizzles inside edge	Min. 2 times on each leg
Single jump (1S or 1Lo or 1T)	
Upright spin	Min. 2 revolutions
Spiral	Min 3 sec. in position. Free leg at or above hip level

Elements B, born 1993/1998

Outside Edge three turn with crossover	Min. 2 times on each leg
Inside Mohawk + Crossover + Inside Mohawk	Min. 2 times on each leg
Single twizzles inside edge	Min. 2 times on each leg
Forward Lunge (Dolphin)	Min. 3 sec. in position

Elements A, born 1993/1998

Outside Edge three turn with crossover	Min. 2 times on each leg
Double Twizzles inside edge	Min. 2 times on each leg
Single jump (1S or 1Lo or 1T)	
Upright spin	Min. 2 revolutions
Spiral	Min 3 sec. in position. Free leg at or above hip level

Elements B, born 1983/1992

Outside Edge three turn with crossover	Min. 2 times on each leg
Inside Mohawk + Crossover + Inside Mohawk	Min. 2 times on each leg
Single twizzles inside edge	Min. 2 times on each leg
Forward Lunge (Dolphin)	Min. 3 sec. in position

Elements A, born 1983/1992

Outside Edge three turn with crossover	Min. 2 times on each leg
Double Twizzles inside edge	Min. 2 times on each leg
Single jump (1S or 1Lo or 1T)	
Upright spin	Min. 2 revolutions
Spiral	Min 3 sec. in position. Free leg at or above hip level

Elements B, born 1982 m. and older

Outside Edge three turn with crossover	Min. 2 times on each leg
Inside Mohawk + Crossover + Inside Mohawk	Min. 2 times on each leg
Single twizzles inside edge	Min. 2 times on each leg
Forward Lunge (Dolphin)	Min. 3 sec. in position

Elements A, born 1982 m. and older

Outside Edge three turn with crossover	Min. 2 times on each leg
Double Twizzles inside edge	Min. 2 times on each leg
Single jump (1S or 1Lo or 1T)	
Upright spin	Min. 2 revolutions
Spiral	Min 3 sec. in position. Free leg at or above hip level