

BEILAGE 2: TECHNICAL REQUIRED ELEMENTS FOR THE SWISS CHAMPIONSHIPS 2010

(in accordance with Special Regulations & Technical Rules, Single & Pair Skating and Ice Dancing 2008 for "Elite" and "Junior / Senior B" as well as Communication No. 1397 (July 12, 2006) for "Novice and Jugend / Mini". Furthermore, all possible changes from the ISU will be applied in Switzerland, without written notification)

LADIES	ELITE	JUNIOR / SENIOR B	NOVICE (U14 + U15)	JUGEND (ESPOIRS) / MINI
SHORT PROGRAM				
a) Single jump	Double Axel One triple jump immediately preceded by connecting steps and / or other comparable free skating movements	Double Axel One double or one triple Flip jump immediately preceded by connecting steps and / or other comparable free skating movements	Axel or double Axel Double or triple jump immediately preceded by connecting steps not repeated in a)	Axel or double Axel Double or triple jump immediately preceded by connecting steps not repeated in a)
c) Jump combination	One jump combination consisting of a double jump and a triple jump or two triple jumps. The jumps included must be different from the solo jump. Flying spin (8) Layback or sideways leaning spin (8)	One jump combination consisting of two double jumps or one double and one triple jump or two triple jumps. The jumps included must be different from the solo jump. Flying sit spin (8) Layback or sideways leaning spin (8)	One jump combination consisting of two double jumps or one double and one triple jump, both jumps may not be repeated in a) or b)	One jump combination consisting of two double jumps or one double and one triple jump, both jumps may not be repeated in a) or b)
d) Flying Spin	Flying spin (8)	Flying sit spin (8)	Layback or sideways leaning spin (min. 6 revolutions)	Layback or sideways leaning spin (min. 6 revolutions)
e) Spin in one position	Layback or sideways leaning spin (8)	Layback or sideways leaning spin (8)	Layback or sideways leaning spin (min. 6 revolutions)	Layback or sideways leaning spin (min. 6 revolutions)
f) Combination spin	Combination spin with only one change of foot and at least two changes of position (sit, camel, upright or any variation thereof). Six (6) revolutions on each foot are required.	Combination spin with only one change of foot and at least two changes of position (sit, camel, upright or any variation thereof). Six (6) revolutions on each foot are required.	Combination spin with only one change of foot and at least one change of position (minimum of 5 revolutions on each foot). The minimum number of revolutions required in the position is 2. In case this requirement is not fulfilled, the position is not counted	Combination spin with only one change of foot and at least one change of position (minimum 5 revolutions on each foot). The minimum number of revolutions required in the position is 2. In case this requirement is not fulfilled, the position is not counted
g) Spiral sequence	Spiral sequence. There must be at least three (3) spiral positions with at least one change of foot followed by a spiral position	Spiral sequence. There must be at least three (3) spiral positions with at least one change of foot followed by a spiral position	One spiral sequence consisting of at least 2 spiral positions with at least one change of foot followed by a spiral position. A spiral position in order to be counted must be held for at least 3 seconds	One spiral sequence consisting of at least 2 spiral positions with at least one change of foot followed by a spiral position. A spiral position in order to be counted must be held for at least 3 seconds
h) Step sequence	Step sequence (straight line, circular or serpentine)	Step sequence (straight line, circular or serpentine)	One step sequence with full utilization of the ice surface (straight line, circular or serpentine)	One step sequence with full utilization of the ice surface (straight line, circular or serpentine)
Bonus points / Special Regulations	<ul style="list-style-type: none"> 1 bonus point for one triple (3) (not downgraded) 2 bonus points for one triple-triple combo (3+3 not downgraded) 	<ul style="list-style-type: none"> 1 bonus point for one 2A (not downgraded) 1 bonus point for one triple (3) (not downgraded) 	<ul style="list-style-type: none"> 2 bonus points for one 2A (not downgraded) 2 bonus points for one triple jump (not downgraded) 	<ul style="list-style-type: none"> 2 bonus points for one 2A (not downgraded) 2 bonus points for one triple jump (not downgraded) Fall deduction = 0,5 SpSq to count 50% of its ISU base value

LADIES	ELITE	JUNIOR / SENIOR B	NOVICE (U14+U15)	JUGEND (ESPOIRS) / MINI
Free Skating Program				
Jumps	Maximum of seven (7) jump elements, one of which must be an Axel type jump and there may be up to three (3) jump combinations or sequences. Only one jump combination can contain three (3) jumps. A jump sequence can contain any number of jumps, but only the two (2) most difficult jumps will be counted. Only two (2) jumps with three (3) revolutions can be repeated either in a jump combination or a jump sequence.	Maximum of seven (7) jump elements, one of which must be an Axel type jump and there may be up to three (3) jump combinations or sequences. Only one jump combination can contain three (3) jumps. A jump sequence can contain any number of jumps, but only the two (2) most difficult jumps will be counted. Only two (2) jumps with three (3) revolutions can be repeated either in a jump combination or a jump sequence.	Maximum of six (6) jump elements, one of which must be an Axel type jump and there may be up to three (3) jump combinations or sequences. Only one jump combination can contain three (3) jumps. A jump sequence can contain any number of jumps, but only the two (2) most difficult jumps will be counted. Only two (2) jumps with two and a half (2 ½) revolutions or three (3) revolutions can be repeated either in a jump combination or a jump sequence.	Maximum of six (6) jump elements, one of which must be an Axel type jump and there may be up to three (3) jump combinations or sequences. Only one jump combination can contain three (3) jumps. A jump sequence can contain any number of jumps, but only the two (2) most difficult jumps will be counted. Only two (2) jumps with two and a half (2 ½) revolutions or three (3) revolutions can be repeated either in a jump combination or a jump sequence.
Spins	There must be a maximum of three (3) spins of different nature, one of which must be a combination spin (minimum of ten (10) revolutions), one a flying spin (6 revolutions) and one a spin with only one position (6 revolutions).	There must be a maximum of three (3) spins of different nature, one of which must be a combination spin (minimum of ten (10) revolutions), one a flying spin (6 revolutions) and one a spin with only one position (6 revolutions).	There must be a maximum of three (3) spins of different nature, one of which must be a combination spin (minimum of ten (10) revolutions) and one a flying spin with no change of position and no change of foot (minimum of six (6) revolutions). In spins the minimum number of revolutions required in a position is two (2). In case this requirement is not fulfilled, the position is not counted. The number of changes of foot in the spin combination is optional.	There must be a maximum of three (3) spins of different nature, one of which must be a combination spin (minimum of ten (10) revolutions) and one a flying spin with no change of position and no change of foot (minimum of six (6) revolutions). In spins the minimum number of revolutions required in a position is two (2). In case this requirement is not fulfilled, the position is not counted. The number of changes of foot in the spin combination is optional.
Spirals and Step Sequences	One step sequence (straight line, circular or serpentine) One spiral sequence	One step sequence (straight line, circular or serpentine)	There must be a maximum of one step or one spiral sequence consisting of at least 2 spiral positions. A spiral position in order to be counted must be held at least 3 seconds. Change of foot is not required.	There must be a maximum of one step or one spiral sequence consisting of at least 2 spiral positions. A spiral position in order to be counted must be held at least 3 seconds. Change of foot is not required.
Bonus Points / Special Regulations	<ul style="list-style-type: none"> • 1 bonus point for one triple (3) (not downgraded) • 2 bonus points for one triple-triple combo (3 + 3 not downgraded) 	<ul style="list-style-type: none"> • 1 bonus point for one 2A (not downgraded) • 1 bonus point for one triple (3) (not downgraded) 	<ul style="list-style-type: none"> • 2 bonus points for one 2A (not downgraded) • 2 bonus points for one triple jump (not downgraded) 	<ul style="list-style-type: none"> • 2 bonus points for one 2A (not downgraded) • 2 bonus points for one triple jump (not downgraded) • 2 bonus points for all 5 different double jumps shown in the program (without wrong edge and not downgraded, 2A not included) • Fall deduction = 0,5 • SpSq to count 50 % of its ISU base value