

BEILAGE 3: 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)

MEN	ELITE	JUNIOR / SENIOR B	NOVICE (U14 + U+15)	JUGEND (ESPOIRS) / MINI
SHORT PROGRAM				
a) Single jump	Double Axel or triple Axel	Double Axel or triple Axel	Axel or double Axel	Axel or double Axel
b) Jump with Step sequence	One triple or quadruple jump immediately preceded by connecting steps and / or other comparable free skating movements	One double or one triple Flip jump immediately preceded by connecting steps and / or other comparable free skating movements	Double or triple jump immediately preceded by connecting steps not repeated in a) repeated in a)	Double or triple jump immediately preceded by connecting steps not repeated in a) repeated in a)
c) Jump combination	One jump combination consisting of a double jump and a triple jump (3+2, 2+3) or two triple (3+3) jumps or a quadruple jump and a double or triple jump (4+2 or 4+3). The jumps included must be different from the solo jump.	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.	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)		
e) Spin in one position	Camel or sit spin with only one change of foot. Six (6) revolutions on each foot are required.	Camel spin with only one change of foot. Six (6) revolutions on each foot are required.	Camel or sit (minimum of six (6) revolutions. Change of foot is optional. No flying entry.	Camel or sit (minimum of six (6) revolutions. Change of foot is optional. No flying entry.
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 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.
g) Step sequence	Two step sequences of a different nature (straight line, circular or serpentine)	Two step sequences of a different nature (straight line, circular or serpentine)	Two different step sequences with full utilization of the ice surface (straight line, circular or serpentine)	Two different step sequences with full utilization of the ice surface (straight line, circular or serpentine)
Bonus points / Special Regulations	<ul style="list-style-type: none"> 2 bonus points for one triple-triple combo (3+3) or 3A or quadruple (4) not downgraded 	<ul style="list-style-type: none"> 1 bonus point for one second different triple jump (3) (must be different from the first one) (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

MEN	ELITE	JUNIOR / SENIOR B	NOVICE (U14 + U15)	JUGEND (ESPOIRS) / MINI
Free Skating Program				
Jumps				
	<p>Maximum of eight (8) 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) or four (4) revolutions can be repeated, either in a jump combination or a jump sequence.</p>	<p>Maximum of eight (8) 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) or four (4) revolutions can be repeated, either in a jump combination or a jump sequence.</p>	<p>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 two and a half (2 ½) revolutions or three (3) revolutions can be repeated either in a jump combination or a jump sequence.</p>	<p>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 two and a half (2 ½) revolutions or three (3) revolutions can be repeated either in a jump combination or a jump sequence.</p>
Spins	<p>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).</p>	<p>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).</p>	<p>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.</p>	<p>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.</p>
Spirals and Step Sequences	<p>Two step sequence (straight line, circular or serpentine)</p>	<p>One step sequence (straight line, circular or serpentine)</p>	<p>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.</p>	<p>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.</p>
Bonus points / Special Regulations	<ul style="list-style-type: none"> 2 bonus points for one triple-triple combo (3+3) or 3A or quadruple (4) (not downgraded) 	<ul style="list-style-type: none"> 1 bonus point for one second different triple jump (3) (must be different from the first one) (not downgraded) 1 bonus point for one third different triple jump (3) (must be different from the first and second ones) (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