

BEGINNERS (skaters who are not able to fill the B-category rules)

PRE-YOUNG (01.07.2009 has turned 10 years, but is not older than 12 years)

Free program: 2'00 (+/-10 sec)

1. max. 5 jump elements:
 - at least two (2) of them are solo jumps
 - at least one (1) and no more than three (3) are jump combinations or sequences
 2. at least one (1) but not more than two (2) spins (min. 3 revolutions)
 3. step sequence (2/3 cover of the ice) and/or spiral sequence (in spirals at least 2 positions à 2 sec.)
- **Axel and double jumps are not allowed!**

YOUNG (01.07.2009 has turned 13 years, but is not older than 15 years)

Free program: 2'30 (+/-10 sec)

1. max. 5 jump elements:
 - at least two (2) of them are solo jumps
 - at least one (1) and no more than three (3) are jump combinations or sequences
 2. at least one (1) but not more than two (2) spins (min. 4 revolutions)
 3. step sequence (2/3 cover of the ice)
 4. spiral sequence (in spirals at least 3 positions à 2 sec.)
- it is aloud to jump single axel and one (1) double jump, which can repeated in jump combination/sequence.

YOUNG ADULTS (01.07.2009 has turned 16 years, but is not older than 25 years)

Free program max. 2'00

1. max. 4 jump elements:
 - at least two (2) of them are solo jumps
 - at least one (1) and no more than two (2) are jump combinations or sequences
 2. at least one (1) but not more than two (2) spins (min. 3 revolutions)
 3. step sequence (2/3 cover of the ice) and/or spiral sequence (in spirals at least 3 positions à 2 sec.)
- **Axel and double jumps are not allowed!**

