



## POLISH FIGURE SKATING ASSOCIATION

is pleased to invite you to take part  
in



## INTERNATIONAL FIGURE SKATING COMPETITIONS

in  
**JUNIORS & NOVICES**  
in **SINGLES & PAIRS**

**TO BE HELD IN WARSAW, POLAND**  
**NOVEMBER 20<sup>th</sup> - 22<sup>nd</sup> , 2009**

### ANNOUNCEMENT / INVITATION

The competitions will be conducted in accordance with the ISU Special Regulations 2008

<b>Place and date of Competition:</b>	Ice rink: Torwar II, Warsaw, str. Łazienkowska 6a November 20 <sup>th</sup> -22 <sup>nd</sup> , 2009
<b>Contact us:</b>	Mrs. Ewa Kierzkowska Adr: 00-449 Warsaw, str. Łazienkowska 6a Tel/fax.: + 48 22 629 52 07                      Tel.: + 48 22 529 89 36 E-mail: <a href="mailto:office@pfsa.com.pl">office@pfsa.com.pl</a>
<b>Entries:</b>	Each club or organization may enter with 2 competitors (2 girls, 2 boys, no limit for Pairs) in Novices and Junior category. Organizer reserves the right to enter more competitors in each category.
<b>Deadline for entries:</b>	<b>Organizer not later than <u>October 16<sup>th</sup></u> , 2009 must receive the entries.</b> <b>All forms and info you will find on our web site: <a href="http://www.pfsa.com.pl">www.pfsa.com.pl</a></b>
<b>Entries must be sent to:</b>	Tel/fax.: +48 22 629 52 07 E-mail: <a href="mailto:office@pfsa.com.pl">office@pfsa.com.pl</a>
<b>Events:</b>	<b>Junior &amp; Novice: Ladies, Men, Pairs</b>

<b>Calculation of Results : NJS</b>	The Competition will be held in accordance with the ISU General Regulations 2008 and ISU Special Regulations Figure Skating 2008 for Juniors. For Novice category in accordance with ISU Communication No. 1397
<b>Charges:</b>	40 EUR is to be paid for each competitor prior to Competition. The organizer will cover the expenses of full board accommodation in the hotel for judges.
<b>Judges:</b>	Each participating association <u>should</u> nominate International Judge. In case of too many nominated judges the organizer will draw the panel of judges after the closing date of entries. The written confirmation will be sent to each association immediately.
<b>Liability:</b>	In accordance with the ISU Regulations the organizer does accept no liability for the damage or injuries any of participants, judges, officials or others may suffer. The organizer will provide medical emergency aid during competition and the practice time.
<b>Music:</b>	Music will be reproduced from a cassettes (normal speed) or Compact Discs. CD's and cassettes must be labeled clearly with the competitor's name and category in which the competitor is competing. Such labeled cassettes or CDs should be delivered to the organizer immediately after the arrival at the ice rink.
<b>Expenses:</b>	The organizer between 20 <sup>th</sup> - 22 <sup>nd</sup> , November 2009 will arrange the full board hotel accommodation for Officials – Reff., Judges, TC, TS and D&V/O. The organizer will not be able to cover any expenses for competitors, team leaders and coaches. <b>Hotel rates in the Hotel Novotel Centrum including breakfast</b> ( about) 60 EUR – single room 65 EUR – double room
<b>Accommodation:</b>	All skaters and coaches will be accommodated in the: <b>Hotel Novotel “ Centrum”</b> <b>Marszałkowska 94 str.</b> <b>00-510 Warszawa</b> <b>+48 22 621 02 71</b> <b>www.orbis.pl</b>  Officials will be accommodated in the: <b>Hotel Mercure “Grand”</b> <b>Krucza 28 str.</b> <b>00-522 Warszawa</b> <b>+48 22 583 21 00</b> <b>www.orbis.pl</b>
<b>Categories:</b>	
<b>1. JUNIORS - ladies, men, pairs</b>	
<b>Competition for Juniors will be held in accordance with ISU Technical Rules Single &amp; Pair Skating 2008 in Short Program and Free Skating.</b>	
<b>Ladies:</b>	
<b>Short Program:</b>	Duration: max 2 min, 50 sec
	The prescribed elements to be skated are those listed in ISU Technical Rules Single & Pair Skating 2008, Rule 510, Paragraphs 1 and 3, group C for 2009/2010 The Junior Short Program shall consist of the following required elements: a) Double Axel Paulsen; b) One double or triple <u>Flip</u> jump immediately preceded by connecting steps and/or by other comparable Free Skating movements; c) One jump combination consisting of two double jumps or one double and one triple jump <u>or two triple jumps</u> ; d) Flying <u>sit</u> spin; e) Layback or sideways leaning spin; f) Spin combination <u>all the three basic positions (sit, camel, upright or any variation thereof)</u> and with only one change of foot g) Spiral sequence;

	h) Step sequence (straight line, circular or serpentine).
<b>Free Skating:</b>	Duration: 3 min 30 sec +/- 10 sec in accordance with ISU Technical Rules Single & Pair Skating 2008 and the respective ISU Communication.
	A well balanced Free Skating program must contain: <ul style="list-style-type: none"> <li>• maximum of 7 jump elements ( one of which must be an Axel type jump )</li> <li>• maximum of 3 spins, one of which must a spin combination, one a flying spin and 1 spin with only one position</li> <li>• maximum of 1 step sequence</li> </ul>
<b>Men:</b>	
<b>Short Program:</b>	Duration: max 2 min, 50 sec
	The prescribed elements to be skated are those listed in ISU Technical Rules Single & Pair Skating 2008, Rule 510, Paragraphs 1 and 3, group C for 2009/2010 The Junior Short Program shall consist of the following required elements: <ol style="list-style-type: none"> <li>a) Double <u>or a triple</u> Axel Paulsen;</li> <li>b) One double or triple Flip jump immediately preceded by connecting steps and/or by other comparable Free Skating movements;</li> <li>c) One jump combination consisting of a double and a triple jump or two triple jumps;</li> <li>d) Flying <u>sit</u> spin;</li> <li>e) <u>Camel</u> spin with only one change of foot;</li> <li>f) Spin combination <u>all the three basic positions (sit, camel, upright or any variation thereof)</u> and with only one change of foot</li> <li>g) Two different step sequences of a different nature (straight line, circular or serpentine).</li> </ol>
<b>Free Skating:</b>	Duration: 4min +/- 10 sec in accordance with ISU Technical Rules Single & Pair Skating 2008, Rule 520 and the respective ISU Communication.
	A well balanced Free Skating program must contain: <ul style="list-style-type: none"> <li>• maximum of 8 jump elements ( one of which must be an Axel type jump )</li> <li>• maximum of 3 spins, one of which must a spin combination, one a flying spin and 1 spin with only one position</li> <li>• maximum of 1 step sequence</li> </ul>
<b>Pairs:</b>	
<b>Short Program:</b>	Duration: max 2 min, 50 sec
	The prescribed elements to be skated are those listed in ISU Technical Rules Single & Pair Skating 2008 group C for 2009/2010 The Junior Short Program shall consist of the following required elements: <ol style="list-style-type: none"> <li>a) <u>Hand to hand loop lift take-off (Group Four )</u></li> <li>b) Twist lift (double)</li> <li>c) Double or triple <u>Salchow</u> throw jump</li> <li>d) Double <u>Flip</u> or <u>double Axel</u> solo jump</li> <li>e) Solo spin combination with only one change of foot and at least one change of position</li> <li>f) Pair spin combination with only one change of foot and at least one change of position</li> <li>g) Death spiral <u>backward outside</u></li> <li>h) <u>Step sequence</u> (straight line, circular or serpentine).</li> </ol>
<b>Free Skating:</b>	Duration: 4min +/- 10 sec in accordance with in ISU Technical Rules Single & Pair Skating 2008 and the respective ISU Communication.

	<p>A well balanced Free Skating program must contain:</p> <ul style="list-style-type: none"> <li>• maximum of 2 lifts, one of which must be of Group 3 or 4 with full extension of the lifting arm/s</li> <li>• maximum of 1 twist lift</li> <li>• maximum of 2 different throw jumps</li> <li>• maximum of 1 solo jump</li> <li>• maximum of 1 jump combination or sequence</li> <li>• maximum of 1 solo spin or solo spin combination</li> <li>• maximum of 1 pair spin or pair spin combination</li> <li>• maximum of 1 death spiral</li> <li>• maximum of 1 sequence of spirals (season 2009/2010)</li> </ul>
<p><b>2. NOVICES – singles &amp; pairs :</b>  <b>according to the ISU Communication 1397</b></p>	
<p>Singles : girls and boys  Ladies and men may not be younger than 10 before July 1<sup>st</sup> preceding the competition and must not have reached the age of 15 by July 1<sup>st</sup> preceding the competition .</p>	
<p><b>Short Program:</b></p>	<p>Duration: girls &amp; boys :max 2 :30 minutes</p>
	<p>The prescribed elements to be skated are those listed in ISU Communication No.1397:</p>
	<p><b>Short program for Girls:</b></p> <ul style="list-style-type: none"> <li>a) Axel Paulsen or Double Axel Paulsen</li> <li>b) Double or Triple jump immediately preceded by connecting steps not repeat jump in a)</li> <li>c) One jump combination consisting of two double jumps or one double and one triple jump, both jumps may not repeat jump in a) or b)</li> <li>d) Layback or sideways leaning spin (minimum of six (6) revolutions)</li> <li>e) Spin combination with only one change of foot and at least one change of position (minimum of five (5) revolutions of each foot). The minimum number of revolutions required in a position is two (2). In case this requirement is not fulfilled, the position is not counted.</li> <li>f) One spiral sequence consisting at least two (2) spiral positions. A spiral sequence has to be according to the Remarks in the ISU Technical Rules Single &amp; Pair Skating 2006. A spiral position in order to be counted must be held for at least three (3) seconds.</li> <li>g) One Step sequence with full utilization of the ice surface (straight line, serpentine or circular)</li> </ul>
	<p><b>Short program for Boys:</b></p> <ul style="list-style-type: none"> <li>a) Axel Paulsen or Double Axel Paulsen</li> <li>b) Double or Triple jump immediately preceded by connecting steps not repeat jump in a)</li> <li>c) One jump combination consisting of two double jumps or one double and one triple jump, both jumps may not repeat jump in a) or b)</li> <li>d) Camel or sit spin (minimum of six (6) revolutions. <u>Change of foot is optional. No flying entrance.</u></li> <li>e) Spin combination with only one change of foot and at least one change of position (minimum of five (5) revolutions of each foot). The minimum number of revolutions required in a position is two (2). In case this requirement is not fulfilled, the position is not counted.</li> <li>f) Two step sequence of a different nature , with full utilization of ice surface (straight line, serpentine or circular)</li> </ul>
<p><b>Free Skating:</b></p>	<p>Duration: Girls: 3:00 min (+ or – 10 seconds)  Boys: 3:30 minutes (+ or – 10 seconds)</p>
	<p>The prescribed elements to be skated are those listed in ISU Communication No. 1397:</p> <p><b>A well balanced Free Skating program for Singles must contain:</b></p> <ul style="list-style-type: none"> <li>a) Maximum of 6 jump elements for Girls and Maximum of 7 jump elements for Boys one of which must be an Axel type jump and there</li> </ul>

	<p>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 two most difficult jumps will be counted. Only two (2) jumps with two and a half ( 2 ½) or three (3) revolutions can be repeated either in a jump combination or in a jump sequence.</p> <p>b) There must be a maximum of three (3) spins of different nature, one of which must be a spin combination ( minimum of ten (10) revolutions) <u>and one a flying spin with no change of position and no change of foot</u> (minimum of <u>six (6)</u> 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>c) <u>There must be a maximum of one (1) step sequence or one (1) spiral sequence consisting of at least two (2) spiral positions for both boys and girls.</u> A spiral position in order to be counted must be held for at least 3 seconds.</p>
<p><b>Pairs :</b>  <b>lady</b> may not be younger than 10 before by July 1<sup>st</sup> preceding the competition and must not have reached the age of <b>15</b> by July 1<sup>st</sup> preceding the competition.  <b>boy</b> may not be younger than 10 before by July 1<sup>st</sup> preceding the competition and must not have reached the age of <b>17</b> by July 1<sup>st</sup> preceding the competition</p>	
<p><b>Pairs Short Program:</b></p>	<p>Duration: max 2 min, 30 sec</p>
	<p>The prescribed elements to be skated are those listed in ISU Communication No.1397:</p> <ul style="list-style-type: none"> <li>a) One lift from any <u>group</u>. Minimum one (1) revolution by the man</li> <li>b) One twist lift ( single or double)</li> <li>c) One solo jump ( single or double)</li> <li>d) One solo spin, no change of foot, change of position optional, five (5) revolutions minimum</li> <li>e) One Pair spin, no change of foot, change of position optional, five (5) revolutions minimum</li> <li>f)* One pivot figure ( pivot position by man required). One revolution minimum by man</li> <li>g) One Spiral sequence with <u>at least two (2) spiral positions</u>. Spiral sequence has to be according to the in ISU Technical Rules Single &amp; Pair Skating 2008 remarks. A spiral position in order to be counted must be held for at least three (3) seconds.</li> <li>h) One step sequence: serpentine, circular or straight line for step sequence with full utilization of the ice surface.</li> </ul> <p>Note: Elements g) and h) will alternate starting with season 2006/2007 with g)</p>
<p><b>Free skating:</b></p>	<p>Duration: 3:30 minutes (+ or – 10 seconds)</p>
	<p>The prescribed elements to be skated are those listed in ISU Communication No. 1397:  A well balanced Free Skating program for Pairs must contain a maximum of:</p> <ul style="list-style-type: none"> <li>a) Two different lifts ( one of lifts must be from Group 3 or 4)</li> <li>b) <u>One Twist lift</u></li> <li>c) <u>One throw jump</u></li> <li>d) <u>One solo jump</u></li> <li>e) One jump combination or sequence. The jump combination may consist of only two (2) jumps. The jump sequence may consist of any number of jumps, but only two most difficult jumps will be counted.</li> <li>f) One solo spin or solo spin combination ( minimum of five (5) revolutions). The minimum number of revolutions required in a position is two (2). In case this requirement is not fulfilled , the position is not counted.</li> <li>g) One Pair spin or Pair spin combination ( minimum of five (5) revolutions). The minimum number of revolutions required in a position is two (2). In case this requirement is not fulfilled , the position is not counted.</li> <li>h)* One pivot figure without restrictions</li> <li>i) One spiral sequence. A spiral position in order to be counted must be held for at least three (3) seconds.</li> </ul>

	j) One step sequence with full utilization of the ice surface
	* If death spiral is executed, it is marked according to the ISU Technical Rules Single & Pair Skating 2006. In other cases the base value is established as 2.2 with the numerical value of + or – GOE's indicated in the Technical Rules for death spiral. There are no levels.

### Provisional Time schedule

<b>THURSDAY</b> <b>November 19<sup>th</sup>, 2009</b>	15:00	<b>PRACTICES</b>
<b>FRIDAY</b> <b>November 20<sup>th</sup>, 2009</b>	09:00 12:00 12:15 12:30 13:30 15:00 16:00	<b>OFF ICE ACTIVITIES</b> Draw – Novice Boys Referees & TC Meeting Judges Draw & Meeting Draw – Novice Girls Draw – Junior Men Draw – Novice & Junior Pairs Draw – Junior Ladies
	13:30 16:00	<b>COMPETITION</b> <b>NOVICE BOYS</b> Short Program <b>NOVICE GIRLS</b> Short Program
<b>SATURDAY</b> <b>November 21<sup>st</sup>, 2009</b>	09:00 14:00 15:00 15:30 20:00	<b>COMPETITION</b> <b>NOVICE GIRLS</b> Free Skating <b>JUNIOR PAIRS</b> Short Program <b>NOVICE PAIRS</b> Short Program <b>JUNIOR LADIES</b> Short Program <b>JUNIOR MEN</b> Short Program
	8:00 08:30 09:00 11:00 15:00	<b>COMPETITION</b> <b>JUNIOR PAIRS</b> Free Skating <b>NOVICE PAIRS</b> Free Skating <b>NOVICE BOYS</b> Free Skating <b>JUNIOR LADIES</b> Free Skating <b>JUNIOR MEN</b> Free Skating

Subject to be changed after October 20<sup>th</sup>, 2009

