

## OMS TROPHY 2020 - CATEGORIES AND LEVELS

			Timing Prog.	Warm'up
<b>CHICKS</b> - 8 yrs	A	<b>National N1</b> Prog.ISU Intermediate Novice Free Program	3'	5'
	B	<b>National N2</b> Prog.ISU Basic Novice Free Program	2'30	4'
	C	<b>Régional R1</b> Prog.régional -10 yrs (see rules) Niveaux A B C	2'30 / 1'45	4'
<b>CUBS</b> + 8 /- 10 yrs	A	<b>National N1</b> Prog.ISU Advanced Novice Free Program	3'	5'
	B	<b>National N2</b> Prog.ISU Intermediate Novice Free Program	3'	5'
	C	<b>Fédéral F1/F2</b> Prog.ISU Basic Novice Free Program	2'30	4'
	D	<b>Régional R1</b> Prog.régional -10 ans (see rules) Niveaux A B C	2'30 / 1'45	4'
<b>DEBS</b> +10 /- 13 yrs	A	<b>National N1/N2</b> Prog.ISU Advanced Novice Free Program	3'	5'
	B	<b>Fédéral F1</b> Prog.ISU Intermediate Novice Free Program	3'	5'
	C	<b>Fédéral F2</b> Prog.ISU Basic Novice Free Program	2'30	4'
	D	<b>Régional R1</b> Prog.ISU Basic Novice (see rules) Free Program	2'30	4'
	E	<b>Régional R2</b> Prog.R2 (see rules) Free Program	2'30	4'
<b>NOVICES</b> +13/-15 yrs	A	<b>National N1/N2</b> Prog.ISU Advanced Novice Free Program	3'	5'
	B	<b>Fédéral F1</b> Prog.ISU Intermediate Novice Free Program	3'	5'
	C	<b>Fédéral F2</b> Prog.ISU Basic Novice Free Program	2'30	4'
	D	<b>Régional R1</b> Prog.ISU Basic Novice (see rules) Free Program	2'30	4'
	E	<b>Régional R2</b> Prog.R2 (see rules) Free Program	2'30	4'
<b>JUNIORS</b> +15 /-19 yrs	A	<b>National N1/N2</b> Prog.ISU Juniors Free Program	3'30	6'
	B	<b>Fédéral F1</b> Prog.ISU Advanced Novice Free Program	3'	5'
	C	<b>Fédéral F2</b> Prog.ISU Intermediate Novice Min: Pré bronze - Max: Pré bronze	3'	5'
<b>SENIORS</b> +19 yrs	A	<b>Fédéral F1/F2</b> Prog.ISU Advanced Novice Free Program	3'	5'
<b>JUNIORS SENIORS</b> + 15 yrs	A	<b>Régional R1</b> Prog.ISU Basic Novice (see rules) Free Program	2'30	4'
	B	<b>Régional R2</b> Prog.R2 (see rules) Free Program	2'30	4'

## DETAILS PROGRAM CONTENT

### REGIONAL R1

#### CHICKS / CUBS:

Levels	Jumps Elements max.	Spins Elements max	Element Step max	Prog. Duration	Warming up Duration
Level C	2 jumps (1S/1T). No COMBO	1 USp	1 StSq	1'45'' +/- 10''	4'
Level B	3 jumps (1S/1T/1Lo) and 1 COMBO possible	2 different spins (USp/LSp/SSp/CSp) only spin in one position without change of foot. 1 Usp mandatory. No flying entrance.	1 StSq	2'30 +/-10''	4'
Level A	4jumps (1S/1T/1Lo/1F/1Lz/1A) with 2 COMBO/SEQ possible	2 different spins (USp/LSp/SSp/CSp/CuSp/CLSp/CSSp/CCSp/CoSp) With 1 CoSp (no CCoSp) No flying entrance.	1 StSq	2'30 +/-10''	4'

→ For girls and boys, only features **up to Level 1** will be counted. Any Jump cannot be repeated except in Combo/Seq.

The Program Components are judged in : • Skating Skills – Transition – Performance – Interpretation.

#### DEBS / NOVICES / JUNIORS-SENIORS:

### Program ISU Basic Novice (R1)

\* Duration : **Girls / Boys → 2'30 maximum (+/-10 s)**

Only features **up to Level 1** will be counted.

No crédit for jumps in the 2<sup>nd</sup> part of the program.

☞ Any single and double jump cannot be executed more than twice in total.

#### **A well balanced Free Skating program for Singles A must contain:**

- Maximum of 4 jump elements for Girls and Boys, one of which must be an Axel type jump.
  - There may be up to two (2) jump combinations or sequences. Jump combinations can contain only two (2) jumps. A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump.
  - There must be a maximum of two (2) spins of a different nature (abbreviation), one of which must be a spin combination and one must be a spin with no change of position.
- The spin combination with a change of foot and a minimum of eight (8) revolutions or without a change of foot with a minimum of six (6) revolutions.

The spin in one position with a change of foot minimum of eight (8) revolutions or spin in one position without change of foot minimum of six (6) revolutions.

In both spins, flying entries are allowed.

- There must be one (1) step sequence fully utilizing the ice.

The Program Components are only judged in : • Skating Skills  
• Performance

The Factor of the Program Components is : 2.5.



## REGIONAL R2

**Debs:** More than 10 years old and less than 13 years old on 1 July 2019:

\* Free program : 2 min 30 ± 10 sec girls & boys

\* Maximum four (4) jump elements

- Axel and double jumps are not permitted.

- Maximum two jump combination of two jump.

- Maximum two different spins of different nature only in basic position without variations. Flying entrance is not permitted.

- **Maximum of one step sequence.**

☞ Jumps may only be repeated only twice (Solo jump, combination or jump sequence)

The Program Components are only judged in: • Skating Skills

• Performance

The Factor of the Program Components is 2,5

**Novices:** More than 13 years old and less than 15 years old on 1 July 2019:

\* Free program : 2 min 30 ± 10 sec girls & boys

\* Maximum four (4) jump elements.

- Only single jump and Axel jump are permitted

- There must be two jump combination or sequence who may consist of two jump.

- Maximum two different spins of different nature. Flying entrance is not permitted.

- **Maximum of one step sequence.**

☞ Jumps may be repeated only twice (Solo jump, combination or jump sequence)

The Program Components are only judged in: • Skating Skills

• Performance

The Factor of the Program Components is 2,5 for girls and boys.

**Juniors/Séniors:** More than 15 years old on 1 July 2019-12-02 :

\* Free program : 2 min 30 ± 10 sec girls & boys

\* Maximum five (4) jump elements

- Only single jump and Axel jump are permitted

- There must be two jump combination or sequence who may consist of two jump.

- Maximum two different spins of different nature. Flying entrance is not permitted.

- **Maximum of one step sequence.**

☞ Jumps may be repeated only twice (Solo jump, combination or jump sequence).

The Program Components are only judged in: • Skating Skills

• Performance

The Factor of the Program Components is 2,5 for girls and boys.

### ➤ Levels explanations:

In all elements which are subject to Levels, only features **up to Level Base** will be counted. Any additional