

Παγκύπριοι Αγώνες Καλλιτεχνικού Πατινάζ «ΟΠΑΠ»

Cyprus National Skating Championships “ΟΡΑΡ”

May 18th – 19th 2019

MYMALL – Limassol, Cyprus



ANNOUNCEMENT / INVITATION

Competition for Single Skaters and Ice Dance

**(Senior, Junior, Advanced Novice – Intermediate Novice,
Basic Novice, Cubs, Chicks and Beginners)**

**Organized by
Cyprus Skating Federation**

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1. GENERAL REGULATIONS

The competition will be conducted in accordance with the ISU Constitution and General Regulations 2018, the ISU Special Regulations & Special Regulations & Technical Rules Single & Pair Skating and Ice Dancing 2018 and Technical Rules for Figure Skating as well as pertinent ISU Communications.

Participation in Cyprus National Championships 2019 is open to all skaters who have:

- a) Registration Card of the Cyprus Skating Federation**
- b) Athlete's Medical Card issued by the Cyprus Sports Organization.**
- c) For non-Cypriot athletes, is necessary also to present the current Residency Document¹.**
- d) Insurance. For those skaters, have been already insured by the Cyprus Skating Federation do not need any additional insurance. For skaters, having different insurance, is needed to check if their insurance covers ice skating. If not, they must provide the Insurance Disclaimer Form.**
- e) Declaration Form.**
- f) The above-mentioned documents are necessary for all categories (except Beginners and Guests).**

¹ For participation in the National Competition the minimum residence period is 12 months. No provisa or other tourist visa is valid for Residency period. The Residency Period starts from the date of the official document (Residency Permit)

- g) Skaters who do not meet the above conditions, they can participate as guests. For these Skaters is necessary only the document (d): "Insurance Disclaimer Form".**

2. TECHNICAL DATA

2.1 SINGLES

2.1.1 SENIOR LADIES AND MEN

In accordance with ISU Constitution and General Regulations 2018, Special Regulations & Technical Rules Single & Pair Skating and Ice Dancing 2018, as well as all relevant ISU Communications.

SENIOR LADIES

Short Program: Max 2 min 40 sec +/- 10 sec

Requirements according to the ISU Special Regulations & Technical Rules Single & Pair Skating and Ice Dancing 2018 and the respective ISU Communications.

Free Skating: 4 min, +/- 10 sec

In accordance with ISU Special Regulations & Technical Rules Single & Pair Skating and Ice Dancing 2018 and the respective ISU Communications.

SENIOR MEN

Short Program: Max 2 min 40 sec +/- 10se

Requirements according to the ISU Special Regulations & Technical Rules Single & Pair Skating and Ice Dancing 2018 and the respective ISU Communications.

Free Skating: 4 min. 30 sec +/- 10 sec

In accordance with ISU Special Regulations & Technical Rules Single & Pair Skating and Ice Dancing 2018 and the respective ISU Communications.

2.1.2 JUNIOR LADIES AND MEN

In accordance with ISU Constitution and General Regulations 2018, Special Regulations & Technical Rules Single & Pair Skating and Ice Dancing 2018, as well as all pertinent ISU Communications.

JUNIOR LADIES

Short Program: Max 2 min 40 sec +/- 10se

Requirements according to the ISU Special Regulations & Technical Rules Single & Pair Skating and Ice Dancing 2018 and the respective ISU Communications.

Free Skating: 3 min 30 sec +/- 10 sec

In accordance with ISU Special Regulations & Technical Rules Single & Pair Skating and Ice Dancing Rules 2018 and the respective ISU Communications.

JUNIOR MEN

Short Program: Max 2 min 40 sec +/- 10 sec

Requirements according to the ISU Special Regulations & Technical Rules Single & Pair Skating and Ice Dancing 2018 and the respective ISU Communications.

Free Skating: 4 min +/- 10 sec

In accordance with ISU Special Regulations & Technical Rules Single & Pair Skating and Ice Dancing 2018 and the respective ISU Communications.

2.1.3 ADVANCED NOVICE

Girls and Boys born between 01.07.2002 and 30.06.2007

Competition will be held in accordance with ISU Communication No.2172

ADVANCED NOVICE GIRLS AND BOYS

Short Program: Max 2 min 20 sec (+/-10 sec)

Free Skating: 3 min (+/-10 sec)

Technical Requirements for Basic Novice Competitions Single Skating:

Boys

The Short Program for Boys' Single Skating shall consist of the following elements:

- a) Axel Paulsen or double Axel Paulsen
- b) Double or triple jump, may not repeat jump a)
- c) One jump combination consisting of two double jumps or one double and one triple jump, both jumps may not repeat jump a) or b)
- d) Camel, sit or upright spin (minimum of five (5) revolutions on each foot) with change of foot and no flying entrance.
- e) Spin combination with only one change of foot (minimum of five (5) revolutions on each foot). Flying entry is allowed.
- f) One step sequence fully utilizing the ice surface.

Girls

The Short Program for Girls' Single Skating shall consist of the following elements:

- a) Axel Paulsen or double Axel Paulsen

- b) Double or triple jump, may not repeat jump a)
- c) One jump combination consisting of two double jumps or one double and one triple jump, both jumps may not repeat jump a) or b)
- d) Layback/sideways leaning spin or spin in one basic position with no change of foot (minimum six (6) revolutions).
- e) Spin combination with only one change of foot (minimum of five (5) revolutions on each foot). Flying entry is allowed.
- f) One step sequence fully utilizing the ice surface.

Jumps not according to Short Program requirements (wrong number of revolutions) will receive no value.

If the same jump is executed as a solo jump and as a part of the jump combination, the repeated jump will not be counted (if this repetition is in a jump combination, only the individual jump which is not according to the above requirements will not be counted).

Boys and Girls

A well-balanced Free Skating program for Singles Boys and Girls must contain:

- a) Maximum of 6 jump elements one of which must be an Axel type jump. There may be up to two (2) jump combinations or sequences. A jump combination 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. Only two (2) triple jumps can be repeated either in a jump combination or a jump sequence. No quadruple jumps are allowed. Any single, double (including Double Axel) or triple jump cannot be executed more than twice in total.
- b) There must be a maximum of two (2) spins of a different nature (abbreviation), one of which must be a spin combination with change of foot (minimum eight (8) revolutions), flying entrance is not allowed and one must be a flying spin (minimum six (6) revolutions) or a spin in one position with change of foot and a flying entrance (minimum eight (8) revolutions).
- c) There must be a maximum of one (1) step sequence fully utilizing the ice surface.

Levels explanations:

For Advanced Novice Single Skating, in all elements that are subject to Levels, only features up to Level 3 will be counted. Any additional features

will not count for Level requirements and will be ignored by the Technical Panel.

Levels explanations:

For Advanced Novice Singles, in all elements that are subject to Levels, only features up to Level 3 will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

The Program Components are only judged in

- Skating Skills
- Transitions
- Performance
- Interpretation

The factor for the Program Components is

- a) Short Program
 - for boys 0.9
 - for girls 0.8
- b) Free Skating
 - for boys 1.8
 - for girls 1.6

2.1.4 INTERMEDIATE NOVICE

Girls and Boys born between 01.07.2003 and 30.06.2005

Competition will be held in accordance with ISU Communication No.2172

Free Skating:

Girls and Boys: 3 min (+/- 10 sec.)

Girls and Boys

A well-balanced Free Skating program must contain:

a) Maximum of 5 jump elements one of which must be an Axel type jump. There may be up to two (2) jump combinations or sequences. A jump combination 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.

No triple and quadruple jumps allowed. Any single or double (including Double Axel) jump cannot be executed more than twice in total.

b) There must be a maximum of two (2) spins of a different nature (abbreviation), one of which must be a spin combination with change of

foot (minimum eight (8) revolutions), flying entrance is not allowed and one must be a flying spin (minimum six (6) revolutions) or a spin in one position with change of foot and a flying entrance (minimum eight (8) revolutions).

c) There must be a maximum of one (1) step sequence fully utilizing the ice surface.

The Program Components are only judged in

- Skating Skills
- Performance/Execution
- Interpretation

The Factor of the Program Components is

- for boys 2.0
- for girls 1.7

Deductions: 0,5 by fall

Levels explanations:

For Intermediate Novice Singles, in all elements that are subject to Levels, only features up to **Level 2** will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

2.1.5 BASIC NOVICE

Girls and Boys born between 01.07.2005 and 30.06.2008

Competition will be held in accordance with ISU Communication No.2172

Free Skating:

Girls and Boys: 2 min.30 sec (+/- 10 sec)

Technical Requirements for Basic Novice Competitions Single Skating:

A well-balanced Free Skating program must contain:

a) Maximum of 4 jump elements 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.

No triple and quadruple jumps are allowed. Any single and double jump (including Double Axel) cannot be executed more than twice in total.

b) 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.

c) There must be a maximum of one (1) step sequence fully utilizing the ice surface.

The Program Components are only judged in

- Skating Skills
- Performance/execution

The Factor of the Program Components is 2.5

Deductions: 0,5 by fall

Levels explanations:

For Basic Novice, in all elements which are subject to Levels, only features up to **Level 2** will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

2.1.6 YOUNG CATEGORIES

CUBS - Girls and Boys born between 01.07.2008 and 30.06.2010

CHICKS – Group B: Girls and Boys born between 01.07.20010 and 30.06.2012

CHICKS – Group A: Girls and Boys who was born: 01.07.2012 and younger

Free Skating: Girls and Boys 2 min (+/- 10 sec.)

Girls and Boys

A well-balanced Free Skating program must contain:

a) Maximum of 4 jump elements for Girls and Boys. Axel type jumps allowed. There may be up to two (2) jump combination or sequence. Jump combination can contain only two (2) jumps. Triple jumps are not permitted. Any single and double jump (including Double Axel) cannot be executed more than twice in total.

b) There must be a maximum of two (2) spins of a different nature (abbreviation), one of which must be a spin combination with or without change of foot (minimum of six (6) revolutions in total), and one spin with

no change of position and with or without change of foot (minimum of six (6) revolutions in total). Flying entry is allowed.

c) There must be a maximum:

- for Girls one (1) Choreographic sequence which includes at least one 3 seconds long spiral position. The sequence will have a fixed Base value and evaluated in GOE only.
- for Boys maximum of one (1) step sequence with a fixed Base value and evaluated in GOE only.

The Program Components are only judged in

- Skating Skills
- Performance/execution

The Factor of the Program Components is 2.5

Deduction: 0,5 by Fall

Levels explanations: For Chicks and Cubs, in all elements which are subject to Levels, only features up to **Level 2** will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

2.1.7 CATEGORIES FOR BEGINNERS

BEGINNERS:

Girls and Boys 1 min (+/- 10 sec.)

No age and element requirements.

No score will be given.

2.2 ICE DANCE

2.2.1 JUNIOR

Only Free Dance

Duration: 3 min., 30 sec. (+/- 10 sec.)

Score will be provided.

2.2.2 ADVANCED NOVICE

Only Free Dance

Duration: 3 min. (+/- 10 sec.)

Score will be provided.

3. ENTRIES

The entries of all athletes must be submitted on-line:

<http://www.csf.org.cy/national-competitions/on-line-registration/>

Entries should be submitted by the clubs with the PPC Form in word or pdf format and music in mp3 format.

For login, the clubs need to use the Username and the Password sent by e-mail. No registration allowed.

Entries must be accompanied by:

- the official "Cyprus Skating Federation Declaration Form²". In case of competitors who are not full of age (under 18), such Declaration must be co-signed by at least one of the parents or other guardian at law and
- Insurance Disclaimer for Competitors³.

Entries by Name

The entries by name should reach the organizer not later than **Thursday, 09th of May 2019**.

Entry Fees

€30 per skater for categories: Senior, Junior and Advanced Novice

€20 per skater for categories: Intermediate Novice, Basic Novice, Cubs and Chicks

€10 per skater for beginners and Ice Dance

Entry Fees should be paid before the opening draw from **18:00-19:00**, on **Friday 17th of May** at the **OFFICIAL HOTEL⁴**.

4. DECLARATION FORM

All skaters, coaches, club representatives must agree with the Code of Ethics and must provide properly filled up the Declaration Form.

² Declaration Form must be uploaded online, and the original presented at the accreditation on Friday, May 17th, 2019 at 18:00-19:00.

³ *Insurance Disclaimer for Competitors* shall not be submitted on-line. Original documents must be presented by the club representative at the accreditation on Friday, May 17th, 2019 at 18:00-19:00.

⁴ The Official Hotel will be announced later, before the Opening Draw

5. INSURANCE/LIABILITY

It is the sole responsibility of each club participating in the competition, to provide medical and accident insurance for their athletes. Such insurance must assure full medical attendance of the ill or injured person.

The Organizer assumes no responsibility for or liability with respect to bodily or personal injury or property damage in connection incurred by Competitors and Officials.

It is clear that, athletes who have been already insured by the Cyprus Skating Federation don't need to have any other insurance.

6. MUSIC

All competitors shall furnish competition music of excellent quality on mp3 format which should be submitted on-line:

<http://www.csf.org.cy/national-competitions/on-line-registration/> not later than **Thursday, 09th of May 2019**.

The files with the music must have the name and surname of the competitor and the skating program as the example:

costas.andreou-junior.men-SP.mp3⁵

costas.andreou-junior.men-FS.mp3⁶

7. PLANNED PROGRAM CONTENT

With the entry forms, the "Program Content Sheet" must be returned to the Organizing Committee not later than **Thursday, 09th of May 2019**.

It is mandatory that the **Program Content Sheet** must be filled in precisely by each Skater in English **using the terminology for the elements listed in respective ISU Communication**.

8. ACCREDITATION

The official accreditation is planned at **OFFICIAL HOTEL⁷** on **Friday, May 17th, 2019** at **18:00-19:00**.

All original documents mentioned in paragraph 2 must be presented by the club representative before the opening draw from **18:00-19:00**, on **Friday, 17th of May** at the **OFFICIAL HOTEL**.

⁵ For the categories: Senior, Junior and Advanced Novice

⁶ For all the categories (Senior, Junior, Advanced Novice, Intermediate Novice, Basic Novice, Cubs, Chicks and Beginners)

⁷ The Official Hotel will be announced later, before the Opening Draw

9. PRESENTATION OF MEDALS

The first three best placed Competitors in each category will be announced and honored.

10. OPENING DRAW

The opening draw will be at **19:00, Friday 17th of May** at the **OFFICIAL HOTEL⁸**.

⁸ The Official Hotel will be announced later, before the Opening Draw

11. TIME SCHEDULE

COMPETITION SCHEDULE		
DAY	TIME	EVENT
Friday, 17 th May 2019	18:00-19:00	ACCREDITATION
	19:00-20:00	DRAW
Saturday, 18th May 2019	09:30 – 11:30	SENIOR - SP
		JUNIORS - SP
		ADVANCED NOVICES - SP
		INTERMEDIATE NOVICES - FS
		BASIC NOVICES - FS
		CUBS - FS
		CHICKS - FS
Awarding Ceremony		
Sunday, 19th May 2019	09:30 – 11:00	SENIOR - FS
		JUNIORS - FS
		ADVANCED NOVICES - FS
		BEGINNERS
		Awarding Ceremony

Time schedule is subject to change!