

19th Coupe du Rhône

Monthey, 2-4 December 2011

1.) Categories « Sport for all »

Category	Skating time +/- 10sec.	jumps	spins	steps	remarks
Poussins 2001 and younger	2'	Maximum 4 elements. Maximum 2 jump combinations or jump sequences. A jump combination contains only 2 jumps. A jump sequence may contain as many jumps as desired, but only the 2 with the highest value are counted. Single Axel and/or double jumps are not allowed.	Maximum 2 spins among the following: USp, SSp, CSp, CUSp, CoSp*. All spins have Level 1A (according to Swiss Ice Skating specifications).	Maximum ½ choreo step sequence (ChStA) or ½ choreo spirals (ChSpA) (min. 2 positions of spirals, of which one is held during at least 2 seconds , one to the right and one to the left). "No value" only if no position is held during 2 seconds or if there is no spiral on the second foot.	3 components (multiplying factor: 2.0) -skating skills -transitions -performance (includes interpretation, choreography and performance) Deduction by fall: 0,5 points Multiplying factor for jumps presented in the second half of the program: 1,0 .
Piccolos A 2000 and younger	2'30"	Maximum 4 elements. Maximum 2 jump combinations or jump sequences. A jump combination contains only 2 jumps. A jump sequence may contain as many jumps as desired, but only the 2 with the highest value are counted. 1 double jump allowed.	Maximum 2 spins among the following: USp, SSp, CSp, LSp, CCoSp, CoSp*, CSSp, CCSp, CUSp. One spin must be in one position (change of foot allowed). All spins have Level 1 .	Maximum 1 choreo step sequence or choreo spirals (min. 2 positions of spirals, of which one is held during at least 3 seconds , one to the right and one to the left). "No value" only if no position is held during 3 seconds or if there is no spiral on the second foot.	3 components (multiplying factor: 2.0) -skating skills -transitions -performance (includes interpretation, choreography and performance) Deduction by fall: 0,5 points Multiplying factor for jumps presented in the second half of the program: 1,0 .
Piccolos B 2000 and younger	2'	As « Poussins ». Axel allowed.	As « Poussins ».	As « Poussins ».	As « Poussins ».

Category	Skating time +/- 10sec.	jumps	spins	steps	remarks
Minimes A 1999 and younger	3'	Maximum 6 elements. Minimum 1 with Axel. Maximum 2 jump combinations or jump sequences. A jump combination contains only 2 jumps. A jump sequence may contain as many jumps as desired, but only the 2 with the highest value are counted.	Maximum 2 different spins, of which 1 combination spin (min. 10 rotations) and 1 spin with flying entry or spin with a jump (min. 6 rotations). One change of foot allowed (min. 5 rotations on each foot). Without change of foot: min. 10 rotations. Flying entry: change of position and change of foot allowed; without change of foot: min. 6 rotations; with change of foot: min. 5 rotations on each foot.	Maximum 1 step sequence.	3 components (multiplying factor: 2.0) -skating skills -transitions -performance (includes interpretation, choreography and performance) Deduction by fall: 0,5 points Multiplying factor for jumps presented in the second half of the program: 1,1 . With level features: according to ISU. Max. level 3.
Minimes B 1999 and younger	2'30"	As « Piccolos A ». Double jumps allowed.	As « Piccolos A ».	As « Piccolos A ».	As « Piccolos A ».
Jeunesse A 1994 to 1998	3'	As « Minimes A ».	As « Minimes A ».	As « Minimes A ».	As « Minimes A ».
Jeunesse B 1994 to 1998	2'30"	As « Piccolos A ». Double jumps allowed.	As « Piccolos A ».	As « Piccolos A ».	As « Piccolos A ».
Inter argent 1994 and younger	Boys 3'/ girls 3'30"	As « Cadets USP ».	As « Cadets USP ».	As « Cadets USP ».	As « Cadets USP ».
Argent without age limit	Boys 3'30" / girls 4'	As « Juniors USP ».	As « Juniors USP ».	As « Juniors USP ».	As « Juniors USP ».

*For the CoSp1A or the CoSp1 to be counted, it must contain a simple or difficult variation in the «Upright» position.

2.) USP categories

Short program and free skating according to current Swiss Ice Skating rules.

Minimes (U12)

Espoirs (U13)

Cadets

Juniors

Seniors B

Elite

3.) ISU categories

According to ISU Communication Nr. 1649.

Basic Novice B

Basic Novice A