

BEILAGE 2: TECHNICAL REQUIRED ELEMENTS FOR THE SWISS CHAMPIONSHIPS 2011

(in accordance with Special Regulations & Technical Rules, Single & Pair Skating and Ice Dancing 2010. Further communications published by the ISU will apply, without written notification)

LADIES	ELITE (2:50 max.)	JUNIOREN / SENIOREN B (2:50 max.)	NACHWUCHS (U14 + U15) (2:30 max.)	JUGEND (U13) (ESPOIRS) / MINI (U12) (2:30 max.)
SHORT PROGRAM				
a) Single jump	Double or triple Axel	Double Axel	Axel or double Axel	Axel or double Axel
b) Jump with step sequence	Triple jump immediately preceded by connecting steps and / or other comparable free skating movements.	Double or triple Loop immediately preceded by connecting steps and / or other comparable free skating movements.	Double or triple jump immediately preceded by connecting steps. May not repeat double Axel.	Double or triple jump immediately preceded by connecting steps. May not repeat double Axel.
c) Jump combination	Jump combination consisting of a double jump and a triple jump or two triple jumps. May not repeat Axel jump or solo jump in a) or b).	Jump combination consisting of two double jumps or one double and one triple jump or two triple jumps. May not repeat either double Axel or solo jump in a) or b).	One jump combination consisting of two double jumps or one double and one triple jump. May not repeat double Axel or solo jump in a) or b).	One jump combination consisting of two double jumps or one double and one triple jump. May not repeat double Axel or solo jump in a) or b).
d) Flying Spin	Flying spin – min. 8 revs	Flying camel spin – min 8 revs		
e) Spin in one position	Layback or sideways leaning spin -- min. 8 revs	Layback or sideways leaning spin -- min. 8 revs	Layback or sideways leaning spin – min. 6 revs	Layback or sideways leaning spin – min. 6 revs
f) Combination spin	Spin combination with all 3 basic positions (sit, camel, upright or any variation thereof) and with only one change of foot. No flying entry – min. 6 revs each foot. Min. 2 revs in position.	Spin combination with all 3 basic positions (sit, camel, upright or any variation thereof) and with only one change of foot. No flying entry – min. 6 revs each foot. Min. 2 revs in position.	Spin combination with all 3 basic positions (sit, camel, upright or any variation thereof) and with only one change of foot. No flying entry – min. 5 revs each foot. Min. 2 revs in position.	Spin combination with all 3 basic positions (sit, camel, upright or any variation thereof) and with only one change of foot. No flying entry – min. 5 revs each foot. Min. 2 revs in position.
g) Step sequence	Step sequence (straight line, circular or serpentine)	Step sequence (straight line, circular or serpentine)	Step sequence (straight line, circular or serpentine)	Step sequence (straight line, circular or serpentine)
Special Regulations				<ul style="list-style-type: none"> ● Fall deduction = 0,5 ● The “under-rotated rule” set forth by the ISU does not apply except for the 2A and any kind of triple jump. When the „under-rotated“ rule is not applied, the jump is regarded as „down-graded“ if it has missing rotation of more than ¼ revolution.

LADIES	ELITE (4:00)	JUNIOREN / SENIOREN B (3:30)	NACHWUCHS (U14+U15) (3:00)	JUGEND (U13) (ESPOIRS) / MINI (U12) (3.00)
Free Skating Program				
Jumps	<ul style="list-style-type: none"> ● 1 Axel-type jump * Max. 7 ● Max 3 combos or sequences ● Combos limited to 2 jumps, but one 3-jump combo is permitted ● Number of jumps in sequence is free, but only the 2 most difficult jumps will be counted ● 2 triples or quads may be repeated, but must be in combo or sequence ● Max. 2 double Axel as solo jump or in combo/sequence <p>*means element is required</p>	<ul style="list-style-type: none"> ● 1 Axel-type jump * Max. 7 ● Max 3 combos or sequences ● Combos limited to 2 jumps, but one 3-jump combo is permitted ● Number of jumps in sequence is free, but only the 2 most difficult jumps will be counted ● 2 triples or quads may be repeated, but must be in combo or sequence ● Max. 2 double Axel as solo jump or in combo/sequence <p>*means element is required</p>	<ul style="list-style-type: none"> ● 1 Axel-type jump * Max. 6 ● Max 3 combos or sequences ● Combos limited to 2 jumps, but one 3-jump combo is permitted ● Number of jumps in sequence is free, but only the 2 most difficult jumps will be counted ● No more than 2 jumps that are 2 ½ or 3 revolutions may be repeated. If these jumps are repeated, they must be repeated either in a jump combo or a jump sequence <p>*means element is required</p>	<ul style="list-style-type: none"> ● 1 Axel-type jump * Max. 6 ● Max 3 combos or sequences ● Combos limited to 2 jumps, but one 3-jump combo is permitted ● Number of jumps in sequence is free, but only the 2 most difficult jumps will be counted ● No more than 2 jumps that are 2 ½ or 3 revolutions may be repeated. If these jumps are repeated, they must be repeated either in a jump combo or a jump sequence <p>*means element is required</p>
Spins	<ul style="list-style-type: none"> ● 1 flying entry * Max. 3 ● 1 spin combination, with/without change of foot* ● 1 spin with only 1 position* ● Min 6 revs, 10 revs for combo, min 2 revs in position ● All spins may change feet and start with a flying entry ● Spins must be of a different nature <p>*means element is required</p>	<ul style="list-style-type: none"> ● 1 flying entry * Max. 3 ● 1 spin combination, with/without change of foot* ● 1 spin with only 1 position* ● Min 6 revs, 10 revs for combo, min 2 revs in position ● All spins may change feet and start with a flying entry ● Spins must be of a different nature <p>*means element is required</p>	<ul style="list-style-type: none"> ● Spins must be of a different nature Max. 3 ● 1 spin with a flying entry with no change of foot or position * ● 1 spin combination, with/without change of foot* ● 3rd spin is option of skater ● Min 6 revs, 10 revs for combo, min. 2 revs in position ● Spins may change feet, exception: flying spin with no change of foot or position ● The number of changes of foot in the spin combo is optional <p>*means element is required</p>	<ul style="list-style-type: none"> ● Spins must be of a different nature Max. 3 ● 1 spin with a flying entry with no change of foot or position * ● 1 spin combination, with/without change of foot* ● 3rd spin is option of skater ● Min 6 revs, 10 revs for combo, min. 2 revs in position ● Spins may change feet, exception: flying spin with no change of foot or position ● The number of changes of foot in the spin combo is optional <p>*means element is required</p>
Spirals and Step Sequences	<ul style="list-style-type: none"> ● Max. one step sequence (straight line, circular or serpentine) ● Max. one spiral sequence (2 spiral positions each 3 seconds or 1 spiral position 6 seconds long). The spiral sequence will always be awarded fixed Base Value and is evaluated by Judges in GOE only. 	<ul style="list-style-type: none"> ● Max. one step sequence (straight line, circular or serpentine) 	<ul style="list-style-type: none"> ● Max. one spiral sequence (2 spiral positions each 3 seconds or 1 spiral position 6 seconds long). The spiral sequence will always be awarded fixed Base Value and is evaluated by Judges in GOE only. 	<ul style="list-style-type: none"> ● Max. one spiral sequence (2 spiral positions each 3 seconds or 1 spiral position 6 seconds long). The spiral sequence will always be awarded fixed Base Value and is evaluated by Judges in GOE only.
Special Regulations				<ul style="list-style-type: none"> ● Fall deduction = 0,5 ● The "under-rotated rule" set forth by the ISU does not apply except for the 2A and any kind of triple jump. When the „under-rotated“ rule is not applied, the jump is regarded as „down-graded“ if it has missing rotation of more than ¼ revolution.

BEILAGE 3: TECHNICAL REQUIRED ELEMENTS FOR THE SWISS CHAMPIONSHIPS 2011

(in accordance with Special Regulations & Technical Rules, Single & Pair Skating and Ice Dancing 2010. Further communications published by the ISU will apply, without written notification)

MEN	ELITE (2:50 max.)	JUNIOREN / SENIOREN B (2:50 max.)	NACHWUCHS (U14 + U+15) (2:30 max.)	JUGEND (ESPOIRS -- 2:30 max.)
SHORT PROGRAM				
a) Single jump	Double Axel or triple Axel	Double Axel or triple Axel	Axel or double Axel	Axel or double Axel
b) Jump with Step sequence	Any triple or quadruple jump immediately preceded by connecting steps and / or other comparable free skating movements	One double or one triple Loop jump immediately preceded by connecting steps and / or other comparable free skating movements	Double or triple jump immediately preceded by connecting steps. May not repeat Axel jump.	Double or triple jump immediately preceded by connecting steps. May not repeat Axel jump.
c) Jump combination	Jump combination consisting of a double jump and a triple jump (2+3/3+2) or two triple jumps (3+3) or a quadruple jump and a double or triple jump (4+2 or 4+3). When a quadruple jump is executed in b), a different quadruple jump can be included in the jump combination. May not repeat Axel jump or solo jump in a) or b).	Jump combination consisting of one double and one triple jump or two triple jumps. May not repeat either Axel jump performed or solo jump in a) or b).	One jump combination consisting of two double jumps or one double and one triple jump. May not repeat double Axel or solo jump in a) or b).	One jump combination consisting of two double jumps or one double and one triple jump. May not repeat double Axel or solo jump in a) or b).
d) Flying Spin	Flying spin with landing position different from the spin in one position in e) -- min. 8 revs	Flying camel spin min. – min. 8 revs		
e) Spin in one position	Camel or sit spin with only one change of foot. Min. 6 revs on each foot are required. Position must be different from the landing position of the flying spin in d).	Sit spin with only one change of foot. Min. 6 revs on each foot are required.	Camel or sit (minimum of six (6) revs) <u>Change of foot is optional. No flying entry.</u>	Camel or sit (minimum of six (6) revs) <u>Change of foot is optional. No flying entry.</u>
f) Combination spin	Spin combination with all 3 basic positions (sit, camel, upright or any variation thereof) and with only one change of foot. No flying entry – min. 6 revs on each foot required. Min. 2 revs in position.	Spin combination with all 3 basic positions (sit, camel, upright or any variation thereof) and with only one change of foot. No flying entry – min. 6 revs on each foot required. Min. 2 revs in position.	Spin combination with all 3 basic positions (sit, camel, upright or any variation thereof) and with only one change of foot. No flying entry – min. 5 revs on each foot required. Min. 2 revs in position.	Spin combination with all 3 basic positions (sit, camel, upright or any variation thereof) and with only one change of foot. No flying entry – min. 5 revs on each foot required. Min. 2 revs in position.
g) Step sequence	Step sequence (straight line, circular or serpentine)	Step sequence (straight line, circular or serpentine)	Step sequence (straight line, circular or serpentine)	Step sequence (straight line, circular or serpentine)
Special Regulations				<ul style="list-style-type: none"> ● Fall deduction = 0,5 ● The “under-rotated rule” set forth by the ISU does not apply except for the 2A and any kind of triple jump. When the „under-rotated“ rule is not applied, the jump is regarded as „down-graded“ if it has missing rotation of more than ¼ revolution.

MEN	ELITE (4:30)	JUNIOREN / SENIOREN B (4:00)	NACHWUCHS (U14 + U15) (3:30)	JUGEND (ESPOIRS) / MINI (3:30)
Free Skating Program				
Jumps	<ul style="list-style-type: none"> ● 1 Axel-type jump * Max. 8 ● Max 3 combos or sequences ● Combos limited to 2 jumps, but one 3-jump combo is permitted ● Number of jumps in sequence is free, but only the 2 most difficult jumps will be counted ● 2 triples or quads may be repeated, but must be in combo or sequence ● Max. 2 double Axel as solo jump or in combo/sequence <p>*means element is required</p>	<ul style="list-style-type: none"> ● 1 Axel-type jump * Max. 8 ● Max 3 combos or sequences ● Combos limited to 2 jumps, but one 3-jump combo is permitted ● Number of jumps in sequence is free, but only the 2 most difficult jumps will be counted ● 2 triples or quads may be repeated, but must be in combo or sequence ● Max. 2 double Axel as solo jump or in combo/sequence <p>*means element is required</p>	<ul style="list-style-type: none"> ● 1 Axel-type jump * Max. 7 ● Max 3 combos or sequences ● Combos limited to 2 jumps, but one 3-jump combo is permitted ● Number of jumps in sequence is free, but only the 2 most difficult jumps will be counted ● No more than 2 jumps that are 2 ½ or 3 revolutions may be repeated. If these jumps are repeated, they must be repeated either in a jump combo or a jump sequence <p>*means element is required</p>	<ul style="list-style-type: none"> ● 1 Axel-type jump * Max. 7 ● Max 3 combos or sequences ● Combos limited to 2 jumps, but one 3-jump combo is permitted ● Number of jumps in sequence is free, but only the 2 most difficult jumps will be counted ● No more than 2 jumps that are 2 ½ or 3 revolutions may be repeated. If these jumps are repeated, they must be repeated either in a jump combo or a jump sequence <p>*means element is required</p>
Spins	<ul style="list-style-type: none"> ● 1 flying entry * Max. 3 ● 1 spin combination, with/without change of foot* ● 1 spin with only 1 position* ● Min 6 revs, 10 revs for combo, min 2 revs in position ● All spins may change feet and start with a flying entry ● Spins must be of a different nature <p>*means element is required</p>	<ul style="list-style-type: none"> ● 1 flying entry * Max. 3 ● 1 spin combination, with/without change of foot* ● 1 spin with only 1 position* ● Min 6 revs, 10 revs for combo, min 2 revs in position ● All spins may change feet and start with a flying entry ● Spins must be of a different nature <p>*means element is required</p>	<ul style="list-style-type: none"> ● Spins must be of a different nature Max. 3 ● 1 spin with a flying entry with no change of foot or position * ● 1 spin combination, with/without change of foot* ● 3rd spin is option of skater ● Min 6 revs, 10 revs for combo, min. 2 revs in position ● Spins may change feet, exception: flying spin with no change of foot or position ● The number of changes of foot in the spin combo is optional <p>*means element is required</p>	<ul style="list-style-type: none"> ● Spins must be of a different nature Max. 3 ● 1 spin with a flying entry with no change of foot or position * ● 1 spin combination, with/without change of foot* ● 3rd spin is option of skater ● Min 6 revs, 10 revs for combo, min. 2 revs in position ● Spins may change feet, exception: flying spin with no change of foot or position ● The number of changes of foot in the spin combo is optional <p>*means element is required</p>
Spirals and Step Sequences	<ul style="list-style-type: none"> ● Step sequence of a different nature, straight line, circular, or serpentine Max. 2 ● Second choreographic step sequence, in the order of execution, step sequence will always be awarded a fixed Base Value and evaluated by Judges in GOE only. 	Max. 1 step sequence (straight line, circular or serpentine)	Max. one choreographic step sequence. This choreographic step sequence will always be awarded a fixed Base Value and evaluated by Judges in GOE only.	Max. one choreographic step sequence. This choreographic step sequence will always be awarded a fixed Base Value and evaluated by Judges in GOE only.
Special Regulations				<ul style="list-style-type: none"> ● Fall deduction = 0,5 ● The "under-rotated rule" set forth by the ISU does not apply except for the 2A and any kind of triple jump. When the „under-rotated“ rule is not applied, the jump is regarded as „down-graded“ if it has missing rotation of more than ¼ revolution.

BEILAGE 4: TECHNICAL REQUIRED ELEMENTS FOR THE SWISS CHAMPIONSHIPS 2011

(in accordance with Special Regulations & Technical Rules, Single & Pair Skating and Ice Dancing 2010. Further communications published by the ISU will apply, without written notification)

Pairs	ELITE (2:50 max.)	JUNIOREN (2:50 max.)	NACHWUCHS (2:30 max.)
SHORT PROGRAM			
a)	Any Lasso lift take-off (group five)	Toe Lasso lift take-off (group five)	One lift from any group. Minimum one revolution by the man
b)	Twist lift (double or triple)	Twist lift (double)	One twist lift (single or double)
c)	Throw jump (double or triple)	Double or triple Toe Loop throw jump	One solo jump (single or double)
d)	Solo jump (double or triple)	Double Loop or double Axel solo jump	One solo spin, no change of foot, change of position optional, minimum five (5) revs
e)	Solo spin combination with only one change of foot and at least one change of position (min. 5 revs on each foot)	Solo spin combination with only one change of foot and at least one change of position (min. 5 revs on each foot)	One pair spin, no change of foot, change of position optional, minimum five (5) revs
f)			One pivot figure (pivot position by man required). Minimum one revolution by man. If a death spiral is executed, it is marked according to the ISU Technical Rules for Single & Pair Skating 2010. In other cases the base value is established as 2.2 with the numerical values of + and – GOEs indicated in the Technical Rules for the death spiral. There are no levels.
g)	Death spiral backward inside	Death spiral backward inside	One spiral sequence with at least two (2) spiral positions of each partner not less than three (3) seconds long each or only one (1) spiral position of each partner not less than six (6) seconds long
h)	Step sequence (straight line, circular or serpentine)	Step sequence (straight line, circular or serpentine)	
Special Regulations			<ul style="list-style-type: none"> ● Fall deduction = 0,5 ● The "under-rotated rule" set forth by the ISU does not apply except for the 2A and any kind of triple jump. When the „un der-rotated“ rule is not applied, the jump is regarded as „down-graded“ if it has missing rotation of more than ¼ revolution.

Pairs	ELITE (4:30)	JUNIOR EN (4:00)	NACHWUCHS (3:30)
Free Skating Program			
a)	Maximum of 3 lifts, one of which must be from group 3 or 4, with full extension of the lifting arm(s)	Maximum of 2 lifts, one of which must be from group 3 or 4, with full extension of the lifting arm(s)	Two different lifts (one of the lifts must be from group 3 or 4)
b)	Maximum of 2 twist lifts (there can be not more than 4 lift, one of which must be from group 3 or 4 (there can not be more than 4 lifts and twist lifts in total, and if there are 2 twist lifts, these must be with different take-offs.	Maximum of 1 twist lift	One twist lift
c)	Maximum of 2 different throw jumps	Maximum of 2 different throw jumps	One throw jump
d)	Maximum of 1 solo jump	Maximum of 1 solo jump	One solo jump
e)	Maximum of 1 jump combination or sequence The jump combination may consist of two (2) or three (3) jumps.	Maximum of 1 jump combination or sequence The jump combination may consist of two (2) or three (3) jumps.	One jump combination or sequence. The jump combination may consist of only two (2) jumps. The sequence may consist of any number of jumps, but only the most two difficult jumps will be counted.
f)	Maximum of 1 solo spin combination (required revolutions: ten (10))	Maximum of 1 solo spin or solo spin combination (required revolutions: ten (10))	One solo spin or solo spin combination (min. of five (5) revolutions). The number of revolutions required in a position is two (2). In case this requirement is not fulfilled, the position is not counted.
g)	Maximum of 1 pair spin combination (required revolutions: eight (8))	Maximum of 1 pair spin or pair spin combination (required revolutions: eight (8))	One pair spin or pair spin combination (min. of five (5) revolutions). The number of revolutions required in a position is two (2). In case this requirement is not fulfilled, the position is not counted.
h)	Maximum of one death spiral (different from the death spiral of the Short Program)	Maximum of 1 death spiral	One pivot figure without restrictions. If a death spiral is executed, it is marked according to the ISU Technical Rules for Single & Pair Skating 2010. In other cases the base value is established as 2.2 with the numerical values of + and – GOEs indicated in the Technical Rules for the death spiral. There are no levels.
i)	Maximum of 1 spiral sequence. There must be at least two (2) spiral positions of each partner each 3 seconds long or only one (1) spiral position of each partner not less than six seconds long. The spiral sequence will always be awarded a fixed Base Value and evaluated by Judges GOE only.	Maximum of 1 spiral sequence There must be at least two (2) spiral positions of each partner each 3 seconds long or only one (1) spiral position of each partner not less than six seconds long. The spiral sequence will always be awarded a fixed Base Value and evaluated by Judges GOE only.	One step sequence with full utilization of the ice surface
Special Regulations			<ul style="list-style-type: none"> ● Fall deduction = 0,5 ● The "under-rotated rule" set forth by the ISU does not apply except for the 2A and any kind of triple jump. When the "under-rotated" rule is not applied, the jump is regarded as „down-graded“ if it has missing rotation of more than ¼ revolution.