

## BEILAGE 3: TECHNICAL REQUIRED ELEMENTS FOR THE SWISS CHAMPIONSHIPS 2009

(in accordance with Special Regulations & Technical Rules, Single & Pair Skating and Ice Dancing 2006 (and 2008 upon availability) for "Elite" and Junior/Senior B as well as Communication No. 1397 (July 12, 2006) for "Nachwuchs" and "Jugend/Mini". Furthermore, all possible changes from the ISU will be applied in Switzerland, without a new written document)

MEN	ELITE	JUNIOR / SENIOR B	NACHWUCHS (CADETS)	JUGEND (ESPOIRS) / MINI
<b>SHORT PROGRAM</b>				
<b>a) Single jump</b>	Double Axel or Triple Axel	Double Axel or Triple Axel	Axel or Double Axel	Axel or Double Axel
<b>b) Jump with step sequence</b>	One triple (3) or quadruple (4) jump immediately preceded by connecting steps and / or other comparable free skating movements	One double or one triple <b>Lutz</b> jump immediately preceded by connecting steps and / or other comparable free skating movements	Double or triple jump immediately preceded by connecting steps not repeated in a)	Double or triple jump immediately preceded by connecting steps not repeated in a)
<b>c) Jump combination</b>	One jump combination consisting of a double jump and a triple jump (3+2, 2+3) or two triple (3+3) jumps or a quadruple jump and a double or triple jump (4+2 or 4+3). The jumps included must be different from the solo jump	One jump combination consisting of a double jump and a triple jump or two triple jumps. The jumps included must be different from the solo jump	One jump combination consisting of two double jumps or one double and one triple jump, both jumps may not be repeated in a) or b).	One jump combination consisting of two double jumps or one double and one triple jump, both jumps may not be repeated in a) or b)
<b>d) Flying Spin</b>	Flying spin	Flying <u>camel</u> spin		
<b>e) Spin in one position</b>	<u>Camel or sit</u> spin with only one change of foot	<u>Sit</u> spin with only one change of foot	Camel or sit spin (minimum of six (6) revolutions. <u>Change of foot optional. No flying entrance</u>	Camel or sit (minimum of six (6) revolutions. <u>Change of foot optional. No flying entrance</u>
<b>f) Combination spin</b>	Combination spin with <b>only</b> one change of foot and at least two changes of position (sit, camel, upright or any variation thereof)	Combination spin with <b>only</b> one change of foot and at least two changes of position (sit, camel, upright or any variation thereof)	Combination spin with <b>only</b> one change of foot and at least one change of position (minimum of 5 revolutions on each foot). The minimum number of revolutions required in the position is (2). In case this requirement is not fulfilled, the position is not counted	Combination spin with <b>only</b> one change of foot and at least one change of position (minimum of 5 revolutions on each foot). The minimum number of revolutions required in the position is (2). In case this requirement is not fulfilled, the position is not counted.
<b>g) Step sequences</b>	Two step sequences of a different nature (straight line, circular or serpentine)	Two step sequences of a different nature (straight line, circular or serpentine)	Two different step sequences with full utilization of the ice surface (straight line, circular or serpentine)	Two different step sequences with full utilization of the ice surface (straight line, circular or serpentine)
<b>Bonus points</b>	<ul style="list-style-type: none"> <li>2 bonus points for one triple-triple combo (3+3) or 3A or quadruple (4) (not downgraded)</li> </ul>	<ul style="list-style-type: none"> <li>1 bonus point for one second different triple (3) from the first (not downgraded)</li> </ul>	<ul style="list-style-type: none"> <li>2 bonus points for one 2A (not downgraded)</li> <li>2 bonus points for one triple jump (not downgraded)</li> </ul>	<ul style="list-style-type: none"> <li>2 bonus points for one 2A (not downgraded)</li> <li>2 bonus points for one triple jump (not downgraded)</li> <li>Fall deduction = 0.5</li> </ul>

MEN	ELITE	JUNIOR / SENIOR B	NACHWUCHS (CADETS)	JUGEND (ESPOIRS) / MINI
<b>Free Skating Program</b>				
<b>Jumps</b>	Maximum of eight (8) jump elements, one of it must be an Axel type jump and there 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 the two (2) most difficult jumps will be counted. Only two (2) jumps with three (3) or four (4) revolutions can be repeated, either in a jump combination or a jump sequence.	Maximum of eight (8) jump elements, one of it must be an Axel type jump and there 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 the two (2) most difficult jumps will be counted. Only two (2) jumps with three (3) or four (4) revolutions can be repeated, either in a jump combination or a jump sequence	Maximum of <b>seven (7)</b> jump elements, one of it must be an Axel type jump and there 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 the two (2) most difficult jumps will be counted. Only two (2) jumps with two and a half (2 1/2) revolutions or three (3) revolutions can be repeated either in a jump combination or a jump sequence	Maximum of <b>seven (7)</b> jump elements, one of it must be an Axel type jump and there 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 the two (2) most difficult jumps will be counted. Only two (2) jumps with two and a half (2 1/2) revolutions or three (3) revolutions can be repeated either in a jump combination or a jump sequence
<b>Spins</b>	There must be a maximum of three (3) spins of different nature, one of it must be a combination spin (minimum of ten (10) revolutions), one a flying spin and one of it must be a spin with only one position	There must be a maximum of three (3) spins of different nature, one of it must be a combination spin (minimum of ten (10) revolutions), one a flying spin and one of it must be a spin with only one position	There must be a maximum of three (3) spins of different nature, one of it must be a combination spin (minimum of ten (10) revolutions) and one a flying spin <u>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	There must be a maximum of three (3) spins of different nature, one of it must be a combination spin (minimum of ten (10) revolutions) and one a flying spin <u>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
<b>Spirals and Step Sequences</b>	Two step sequences (straight line, circular or serpentine)	One step sequence (straight line, circular or serpentine)	There must be a maximum of one step or one spiral sequence consisting of at least 2 spiral positions. A spiral position in order to be counted must be held at least 3 seconds	There must be a maximum of one step or one spiral sequence consisting of at least 2 spiral positions. A spiral position in order to be counted must be held at least 3 seconds
<b>Bonus points</b>	<ul style="list-style-type: none"> <li>2 bonus points for one triple-triple combo (3+3) or 3A or quadruple (4) (not downgraded)</li> </ul>	<ul style="list-style-type: none"> <li>1 bonus point for one second different triple (3) from the first (not downgraded)</li> </ul>	<ul style="list-style-type: none"> <li>2 bonus points for one 2A (not downgraded)</li> <li>2 bonus points for one triple jump (not downgraded)</li> </ul>	<ul style="list-style-type: none"> <li>2 bonus points for one 2A (not downgraded)</li> <li>2 bonus points for one triple jump (not downgraded)</li> <li>Fall deduction = 0.5</li> </ul>