

ICE PREMIUM 2nd Spring Cup

3rd - 4th of May, 2025



ELEMENTS ANNOUNCEMENT

ICE PREMIUM 2nd Spring Cup

Interclub Figure Skating Competition

Event time: May 3rd & 4th, 2025

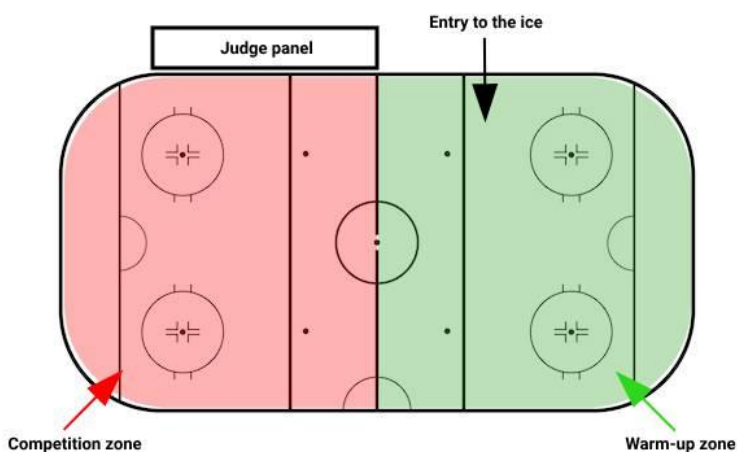
Competition venue: "Mārupes ledus halle", Kantora street 128, Marupe, Latvia, LV-2167

Organizer: Figure Skating club "Daiļslidošanas skola ISPS"

ELEMENTS TECHNICAL DATA

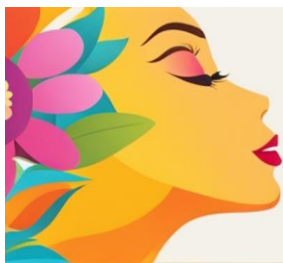
1. **Warm-up time is 5 minutes.**
2. Each skater will be announced – after the announcement skater can start the performance.
3. Elements must be done exactly in the same order as it's written in this technical data.
4. Coaches are allowed to skate together with skaters showing them the elements.
5. There will be cones available on the ice to help skaters organize their performance, but it is not mandatory to use them.

Plan of the ice-rink



Evaluation of the elements

1. Each element will be evaluated by each judge with a mark from 0 to 5 (highest mark means better quality of execution)
2. System will calculate the average points of each element
3. The skater with the highest sum of average points (summing all elements) is the winner
4. All the marks will be shown in protocols after the competition
5. Rittberger, Flip and Lutz are forbidden!



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Technical data

ELEMENTS A

Elements A born 2019/2020 and younger

English

1. 5 forward bubbles + jump with turn + 5 backward bubbles
2. Waltz jump
3. Forward glide + camel
4. Forward glide + squat
5. One-foot spin (min. 2 revolutions)

Latvian

1. 5 lukturīši uz priekšu + pārleciens ar pagriezienu + 5 lukturīši atpakaļ
2. Valša lēciens
3. Slidojums uz priekšu + līdzsvariņš
4. Slidojums uz priekšu + pietupiens
5. Piruete uz vienas kājas (min. 2 apgriezieni)

Elements A (born 2017/2018)

English

1. Forward crossover (one circle)
2. Waltz step + Waltz jump
3. Camel + forward lunge + scissors
4. One-foot upright spin (min. 2 revolutions)

Latvian

1. Pārskrējiens uz priekšu (viens aplis)
2. Valša solis + Valša lēciens
3. Līdzsvariņš + izklupiens uz priekšu + šķērītes
4. Piruete uz vienas kājas stāvus (min. 2 apgriezieni)

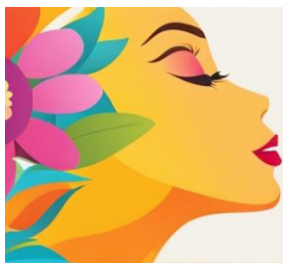
Elements A (born 2015/2016)

English

1. Outside cross rolls - forward (min. 5 steps)
2. Inside edges forward (min. 5 steps)
3. Salchow
4. Waltz step + Waltz jump + Toe loop
5. Camel + shoot-the-duck (min. 2 seconds in each position)
6. One-foot upright spin (min. 3 revolutions)

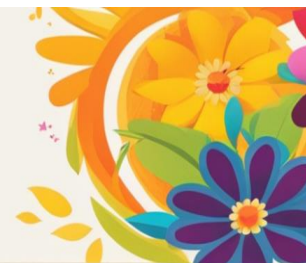
Latvian

1. Krosroli uz āru uz priekš (min. 5 soļi)
 2. Loki uz priekšu uz iekšu (min. 5 soļi)
 3. Salhovs
 4. Valša solis + Valša lēciens + Tulups
 5. Līdzsvariņš + pistolīte (min. 2 sekundes katrā pozīcijā)
 6. Piruete uz vienas kājas stāvus (min. 3 apgriezieni)
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Elements A (born 2013/2014)

English

1. Outside cross rolls forward (min. 5 steps) + outside cross rolls backward (min. 5 steps)
2. Salchow + Toe loop (combination)
3. Waltz step + Waltz jump
4. Camel (ring or classic camel position of choice) + shoot-the-duck
5. Sit spin on one foot (min. 3 revolutions in position)

Latvian

1. Krosroli uz āru uz priekš (min. 5 soļi) + krosroli atpakaļ uz āru (min. 5 soļi)
2. Saļhovs + Tulups (kaskāde)
3. Valša solis + Valša lēciens
4. Līdzsvariņš (gredzena vai klasiskajā līdzsvariņa pozīcijā pēc izvēles) + pistolīte
5. Piruete sēdus uz Vienas kājās (min. 3 apgriezieni pozīcijā)

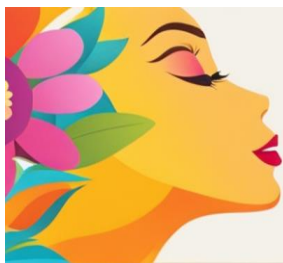
Elements A (born 2011/2012)

English

1. Outside cross rolls forward (min. 5 steps) + outside cross rolls backward (min. 5 steps)
2. 2 double three-turns each direction (forward inside)
3. Salchow + Toe loop
4. Loop jump
5. Forward camel (of choice) + backward camel (of choice) + forward shoot-the-duck (min. 3 seconds in each position)
6. Sit spin on one foot (min. 3 revolutions in position)

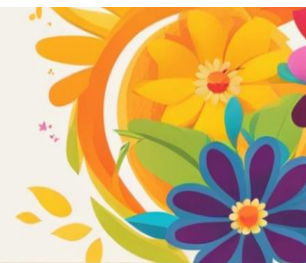
Latvian

1. Krosroli uz āru uz priekš (min. 5 soļi) + krosroli atpakaļ uz āru (min. 5 soļi)
2. 2 dubult-trīnieki, katrs uz savu pusi (uz priekšu uz iekšu)
3. Saļhovs + Tulups
4. Ritbergers
5. Līdzsvariņš uz priekšu (pēc savas izvēles) + līdzsvariņš ar muguru (pēc savas izvēles) + pistolīte uz priekšu (min. 3 sekundes katrā pozīcijā)
6. Piruete sēdus uz vienas kājas (vilciņš – min. 3 apgriezieni pozīcijā)



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ELEMENTS B

Elements B (born 2019/2020 and younger)

English

1. Forward glide + stop + backward glide
2. 1 forward bubble + squat (min. 3 sec.) + grip on one leg (min. 3 sec.)
3. 5 forward bubbles, 5 backward bubbles
4. Upright spin on both feet (min. 3 revolutions)

Latvian

1. Slidojums uz priekšu + bremze + slidojums ar muguru
2. 1 lukturītis uz priekšu + pietupiens (min 3 sec.) + stārķītis (min 3 sec.)
3. 5 lukturīši uz priekšu, 5 lukturīši atpakaļ
4. Piruete stāvus uz abām kājām (min. 3 apgriezieni)

Elements B (born 2017/2018)

English

1. Forward snake on both feet
2. 5 forward bubbles + 5 backward bubbles
3. Squat + forward lunge + grip on one leg
4. Upright spin on two feet (min. 2 revolutions)

Latvian

1. Čūsķiņa uz abām kājām uz priekšu
2. 5 lukturīši uz priekšu + 5 lukturīši atpakaļ
3. Pietupiens + izklupiens uz priekšu + stārķītis
4. Piruete stāvus uz divām kājām (min 2 apgriezieni)

Elements B (born 2015/2016)

English

1. Forward crossover – one circle
2. Waltz step + Waltz jump
3. Camel + forward lunge + grip on one leg + 1 scissors (min. 3 seconds in each position)
4. One-foot upright spin (min. 2 revolutions)

Latvian

1. Pārskrējieni uz priekšu – viens aplis
2. Valša solis + Valša lēciens
3. Līdzsvaņiņš + izklupiens uz priekšu + stārķītis + 1 šķērītes (min. 3 sekundes katrā pozīcijā)
4. Piruete uz vienas kājas (min. 2 apgriezieni)

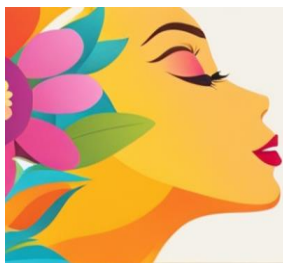
Elements B (born 2013/2014)

English

1. Forward crossover (1 circle) and backward crossover (1 circle)
2. Inside edges forward (5 steps)
3. Waltz step + Waltz jump + Toe loop (combination)
4. Camel + forward lunge (min. 3 seconds in each position)
5. One-foot upright spin (min. 2 revolutions)

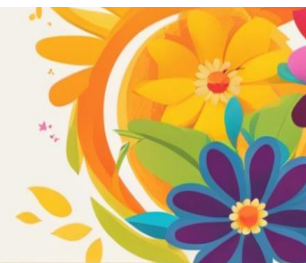
Latvian

1. Pārskrējieni uz priekšu (1 aplis) un ar muguru (1 aplis)
2. Loki uz priekšu uz iekšu (5 soļi)
3. Valša solis + Valša lēciens + Tulups (kaskāde)
4. Līdzsvaņiņš + Izklupiens uz priekšu (min. 3 sekundes katrā pozīcijā)
5. Piruete uz vienas kājas stāvus (min. 2 apgriezieni)



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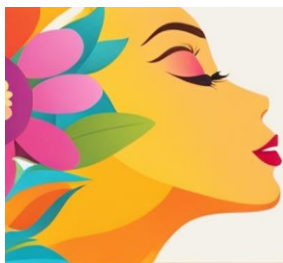
Elements B (born 2011/2012)

English

1. Forward crossover (1 circle) and backward crossover (1 circle)
2. Outside cross rolls forward (min. 5 steps)
3. Waltz step + Waltz jump + Toe loop
4. Camel (ring or classic camel position of choice) + forward lunge + shoot-the-duck (min. 3 seconds in each position)
5. Sit spin on both feet (min. 2 revolutions)

Latvian

1. Pārskrējiens uz priekšu (1 aplis) un ar muguru (1 aplis)
2. Krosroli uz āru uz priekš (min. 5 soļi)
3. Valša solis + Valša lēciens + Tulups
4. Līdzsvariņš (gredzena vai klasiskajā līdzsvariņa pozīcijā pēc izvēles) + Izklupiens uz priekšu + pistolīte (min. 3 sekundes katrā pozīcijā)
5. Piruete uz abām kājām sēdus (min. 2 apgriezieni)



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ELEMENTS C

Elements C (born 2019/2020 and younger)

English

1. Forward glide
2. Squat (3 seconds)
3. Circle (2 revolutions)

Latvian

1. Slīdējums uz priekšu
2. Pietupiens (3 sekundes)
3. Cirkulis (2 apgriezieni)

Element C (born 2017/2018)

English

1. Forward glide
2. Squat (3 seconds)
3. Grip on one leg
4. Circle (2 revolutions) + spin on both feet

Latvian

1. Slīdējums uz priekšu
2. Pietupiens (3 sekundes)
3. Stārķītis
4. Cirkulis (2 apgriezieni) + piruete uz abām kājām

Element C (born 2015/2016)

English

1. Forward glide + backward glide
2. 3 forward bubbles
3. Squat (3 seconds)
4. Grip on one leg
5. Circle (2 revolutions) + spin on both feet

Latvian

1. Slīdējums uz priekšu + slīdējums ar muguru
2. 3 lukturīši uz priekšu
3. Pietupiens (3 sekundes)
4. Stārķītis
5. Cirkulis (2 apgriezieni) + piruete uz abām kājām

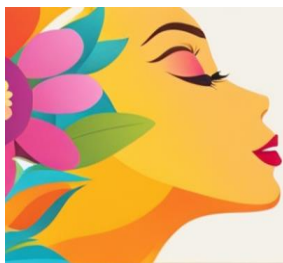
Element C (born 2013/2014)

English

1. Forward glide + backward glide
2. 3 forward bubbles + 3 backward bubbles
3. Squat (3 seconds)
4. Lunge + grip on one leg
5. Circle (2 revolutions) + spin on both feet

Latvian

1. Slīdējums uz priekšu + slīdējums ar muguru
 2. 3 lukturīši uz priekšu + 3 lukturīši ar muguru
 3. Pietupiens (3 sekundes)
 4. Izkulpiens + stārķītis
 5. Cirkulis (2 apgriezieni) + piruete uz abām kājām
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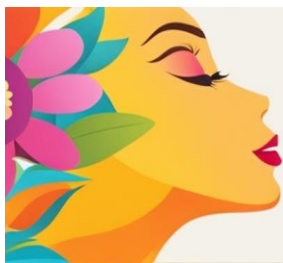
Element C (born 2011/2012)

English

1. Forward glide + backward glide
2. 5 forward bubbles + 5 backward bubbles
3. Squat (3 seconds)
4. Lunge + grip on one leg + scissors
5. Circle (2 revolutions) + one-foot spin

Latvian

1. Slīdējums uz priekšu + slīdējums ar muguru
 2. 5 lukturīši uz priekšu + 5 lukturīši ar muguru
 3. Pietupiens (3 sekundes)
 4. Izkulpiens + stārķītis + šķērītes
 5. Cirkulis (2 apgriezieni) + piruete uz vienas kājas
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ADULTS

Adults Level 1

English

1. Snakes forward and backward; on both feet
2. Forward cross rolls
3. Forward crossover + Waltz step
4. Gliding steps + squat, gliding steps + lunge (min. 3 sec.)
5. Spin on both feet (min. 3 revolutions)

Latvian

1. Čūskas uz priekš un atpakaļ; uz divam kājam
2. Krosroli uz priekšu
3. Pārskējieni uz priekšu + Valša solis
4. Slīdsoļi + pietupiens, slīdsoļi + izklupiens (min. 3 sek.)
5. Piruete uz divām kājām (min 3 apgriezieni)

Adults Level 2

English

1. Snakes forward and backward; on one foot
2. Forward cross rolls
3. Backward crossover + Waltz step + Waltz jump
4. Gliding steps + camel + lunge, gliding steps + squat + grip on one leg (min. 3 sec.)
5. One-foot spin (min. 3 revolutions)

Latvian

1. Čūskas uz priekšu un atpakaļ; uz vienas kājas
2. Krosroli uz priekšu
3. Pārskējieni ar muguru + Valša solis+valša leciens
4. Slīdsoļi + līdzsvariņš + izklupiens, slīdsoļi + pietupiens + stārķītis (min. 3 sek.)
5. Piruete uz vienas kājas (min 3 apgriezieni)

Adults Level 3

English

1. Step sequence (e.g., inside three-turns, cross rolls, outside three-turns with hop, change step, lunge turn right, lunge turn left (twizzles), inside edges, turn on toepicks etc.)
2. Jump of choice: Waltz jump, Toe loop, Salchow
3. Jump combination of choice: Waltz jump, Toe loop, Salchow
4. Gliding steps + camel; gliding steps + ring (min. 3 seconds)
5. Spin in basic position (min. 3 revolutions)

Latvian

1. Soļu celiņš (piem. iekšējie trijnieki, krossroli, ārējie trijnieki caur palēcienu, māņu solis, izklupiens pagrieziena pa labi, izklupiens pagrieziena pa kreisi (twizli), iekšējie loki, pagrieziena uz zobiņiem utt.)
2. Lēciens pēc izvēles: valša lēciens, tulups, saļhovs
3. Lēcienu kaskāde pēc izvēles: valša lēciens, tulups, saļhovs
4. Slīdsoļi + līdzsvariņš; slīdsoļi + gredzens (min. 3 sekundes)
5. Grieziens ssp (basic position) (min. 3 apgriezieni)



All the information & updates will be available on:

- **Website:** <https://www.isps.lv/spring-cup-2-2025>
- **Sportity:** ISPS2025



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