Volvo Open Cup 56th

Elements Data

All the elements must be executed in the listed order, otherwise they will not be counted. Coaches are not allowed to skate together with their skaters showing them the elements that have to be completed. Only the first attempt will be evaluated. The maximum time for performing the elements is 1:45 minutes. A deduction of 0,25 points will bemade for every 5 seconds in excess. No deduction for time violation shall be made in case skater finishes early. The following Program Components are judged: Skating Skills

The factor for the Program Components is (A class) 1.67 (B class) 1.50 (C class) 1.40

Element C (born 2021 and Younger)

Skating Forward

5 bubble Forward

Skating Forward + squat (min 3 sec.)

Skating Forward + grip on one leg (min 3 sec.)

Element A (born 2019/2020 and younger)

Skating forward + 5 bubbles forward, 5 bubbles backwards

Forward inside edge

Skating forward + Shoot the duck

USp (Upright Spin on one or two feet)

Element B (born 2019/2020 and younger)

Skating Forward + Stop + Skating backward

Squat (min.3 sec.) + grip on one leg (min 3 sec.)

5 bubbles forward, 5 bubbles backwards

USp (Upright Spin on one or two feet)

Element A (born 2017/2018)

Forward and backward crossovers (only one side) (2 circle)

3 (three) Waltz steps + Waltz Jump (1 W)

1 S (Salchow)

Skating forward + Spiral (Camel) (min 3 sec.) + forward lunge (dolphin) (min 3 sec.)

USp (Upright Spin on one foot) (min 2 revolutions)

Element B (born 2017/2018)

Forward and backward crossovers (only one side)

3 (three) Waltz Steps (one circle)

1 S (Salchow)

Skating forward + Forward lunge (dolphin) (min 3 sec.)

USp (Upright Spin on one or two feet) (min 2 revolutions)

Element C (born 2017/2018)

Skating Forward

5 bubble Forward

Skating Forward + squat (min 3 sec.)

Skating Forward + grip on one leg (min 3 sec.)

USp (Upright Spin on two feet)

Element A (born 2015/2016)

Forward and backward crossovers (clockwise and counterclockwise on circles) (2+2 circle)

2 (two) Waltz steps + Waltz Jump (1 W) + 1T (toe loop) (combo)

Backward crossovers + 1 S (Salchow)

Skating forward + Spiral (Camel) (min 3 sec.) + shoot the duck (min 3 sec.)

SSp (Sit Spin on one foot) (min 2 revolutions in a position)

Element B (born 2015/2016)

Forward and backward crossovers (only one side) (2 circle)

3 (three) Waltz steps + Waltz Jump (1 W)

1 S (Salchow)

Skating forward + Spiral (Camel) (min 3 sec.) + forward lunge (dolphin) (min 3 sec.)

USp (Upright Spin on one leg) (min 2 revolutions)

Element A (born 2013/2014)

Backward crossovers + 2 (two) Waltz step + 1S (salchow) + 1T (toe loop) (combo)

1Lo (loop jump)

Forward inside twizzles (2 revolutions, 3 times, left and right)

"Jackson" in circle (3 times)

SSp (Sit Spin on one foot) (min 2 revolutions in a position)

Element B (born 2013/2014)

Backward crossovers, 2 (two) Waltz step + Waltz Jump (1 W) + 1T (toe loop) (combo)

Backward crossovers 1 S (Salchow)

Forward inside twizzles (3 times, left and right)

"Jackson" in circle (3 times)

USp (Upright Spin on one leg) (min 2 revolutions)

Element A (born 2011/2012)

Backward crossovers Waltz Jump (1 W) + 1 Loop (1 Lo) (jump combination)

Forward inside twizzles (2 revolutions, 3 times, left and right)

1 Flip jump (1 F)

Skating forward + Spiral (Camel) (min 3 sec.) + shoot the duck (min 3 sec.)

SSp (Sit Spin on one foot) (min 2 revolutions in a position)

Element B (born 2011/2012)

Backward crossovers Waltz Jump (1 W) + 1T (toe loop) (jump combination)

Forward inside twizzles (2 revolutions, 3 times, left and right)

1 S (Salchow)

"Jackson" in circle (3 times)

SSp (Sit Spin on one foot) (min 2 revolutions in a position)

Element A (born 2008/2010)

Backward crossovers Waltz Jump (1 W) + 1 Loop (1 Lo) (jump combination)

Forward inside twizzles (2 revolutions, 3 times, left and right)

1 Flip jump (1 F)

Skating forward + Spiral (Camel) (min 3 sec.) + shoot the duck (min 3 sec.)

SSp (Sit Spin on one foot) (min 2 revolutions in a position)

Element B (born 2008/2010)

Backward crossovers + 2 (two) Waltz step + Waltz Jump (1 W) + 1T (toe loop) (combo)

Backward crossovers 1 S (Salchow)

Forward inside twizzles (2 revolutions, 3 times, left and right)

"Jackson" in circle (3 times)

USp (Upright Spin on one foot) (min 2 revolutions)

Elements A (Young adults, 2007-1997)

Waltz steps (3 minimum) + 1 W (Waltz jump) + 1 T (Single Toe loop)
Inside forward twizzles (single revolution, 2 times per each leg)
Backwards crossovers (3 steps minimum) + 1 S (Single Salchow)
Camel spiral (3 seconds minimum) + lunge (3 seconds minimum)
Jackson step (3 steps minimum)
USP (Upright spin) (one foot, 3 revolutions minimum)

Elements B (Young adults, 2007-1997)

Skating forward + stop + skating backwards (stroking, 6 pushes minimum forward and backward)
3 bubbles + grip (3 seconds minimum) + lunge (3 seconds minimum)
Forward inside edges (3 steps per each leg)
Forward crossovers (3 steps, one direction)
USP (Upright spin) (on two or one leg, 2 revolutions minimum)

Elements A (Adults, 1996 and older)

Waltz steps (3 minimum) + 1W (Waltz jump) + 1 T (Single Toe loop)
Inside forward twizzles (single revolution, 2 times per each leg)
Backwards crossovers (3 steps minimum) + 1 S (Single Salchow)
Camel spiral (3 seconds minimum) + lunge (3 seconds minimum)
Jackson step (3 steps minimum)
USP (Upright spin) (one foot, 3 revolutions minimum)

Elements B (Adults, 1996 and older)

Skating forward + stop + skating backwards (stroking, 6 pushes minimum forward and backward)
3 bubbles + grip (3 seconds minimum) + lunge (3 seconds minimum)
Forward inside edges (3 steps per each leg)
Forward crossovers (3 steps, one direction)
Upright spin (on two or one leg, 2 revolutions minimum)