Volvo Open Cup 54th
16.01.-19.01.2025

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

Element B (born 2018/2019 and younger)

Skating Forward

Skating backward

Squat (min.3 sec.)

5 bubbles

Element A (born 2018/2019)

Skating forward + stop + skating backward (strokes)

1 bubble forward + squat (min. 3 sec.) + grip on one leg (min. 3 sec.)

Forward inside edge

USp (Upright Spin on one or two feet)

Element B (born 2016/2017)

Skating forward + stop + skating backward (strokes)

1 bubble forward + squat (min. 3 sec.) + grip on one leg (min. 3 sec.)

Forward inside edge

USp (Upright Spin on one or two feet)

Element A (born 2016/2017)

Waltz step + Waltz Jump

Forward and backward crossovers

Spiral (Camel) + forward lunge (dolphin)

1 S (Salchow)

USp (Upright Spin on one foot)

Element B (born 2014/2015)

Waltz step + Waltz Jump

Forward and backward crossovers

Spiral (Camel) + forward lunge (dolphin)

1 S (Salchow)

USp (Upright Spin on one leg)

Element A (born 2014/2015)

Waltz step + Waltz Jump + 1T (toe loop) (combo)

Forward and backward crossovers

Spiral (Camel) + shoot the duck

1 S (Salchow)

SSp (Sit Spin on one foot)

Element B (born 2012/2013)

Waltz step + Waltz Jump + 1T (toe loop) (combo)

Forward inside twizzles

"Jackson" in circle

1 S (Salchow)

SSp (Sit Spin on one or two feet)

Element A (born 2012/2013)

Backward crossovers + 1S (salchow) + 1T (toe loop) (combo)

Forward inside twizzles

Loop steps + 1Lo (loop jump)

SSp (Sit Spin on one foot)

Element A (born 2010/2011)

Waltz Jump + 1 Eu (Half loop jump) + 1S (Salchow)

Forward inside twizzles

Loop step + 1Lo (loop jump) + 1T (toe loop)

SSp (Sit Spin on one foot)

Element A (born 2009 and older)

Waltz Jump + 1Lo (Loop Jump) (combo)

Forward inside twizzles

1F (Flip)

Spiral (Camel) + shoot the duck

SSp (Sit Spin on one foot)

Element B (born 2009 and older)

Waltz step + Waltz Jump + 1T (toe loop) (combo)

Forward inside twizzles

"Jackson" in circle

1 S (Salchow)

USp (Upright Spin on one foot)