

# ***JELGAVA TROPHY 2026 ELEMENTS***

## ***ELEMENTS TECHNICAL DATA***

- 1) Elements must be done exactly in the same order like it is written in this technical data.
- 2) After performing each element skater must stop and wait for judges signal:
  - a) "GREEN FLAG" – start to perform next element
  - b) LETTER "R" – repeat same element one more time
- 3) Coaches are allowed to skate together with skaters showing them the elements.
- 4) There will be cones available on the ice to help skaters organize their performance, and it is not an obligation to use it.
- 5) Evaluation of the elements:
  - a) Each element will be evaluated by each judge with mark from 0 to 5 (highest mark means better quality of execution)
  - b) System will calculate average point of each element
  - c) The highest sum of average points – is winners sum
  - d) All the marks will be shown in protocols after the competition
- 6) Warm up time 5 min

**ELEMENTS D** (Born on 2022-2016) skaters will be divided by each year of birth in separate group

- 1) Squat skating forward 5 sec.
- 2) Bubbles 5 times
- 3) Skating forward + stop
- 4) Skating on one foot 5 sec.
- 5) Cross rolls forward (legs crossed in front) 6 times
- 6) Skating backwards

**ELEMENTS C** (Born on 2022-2016) skaters will be divided by each year of birth in separate group

- 1) Skating backwards on one foot outside edge (must be shown on both legs) (any pattern: figure 8/skating on curves)
- 2) Skating backwards on one foot inside edge (must be shown on both legs) (any pattern: figure 8/skating on curves)
- 3) Change of edge on one foot (chases) 6 times (must be shown on both legs)
- 4) Crossovers backwards (4 times) + landing position 3 sec
- 5) Walz jump (A)
- 6) Upright spin (USp)

**ELEMENTS B** (Born on 2022-2016) skaters will be divided by each year of birth in separate group

- 1) Double three turn forward outside (three turn forward outside + three turn backward inside free foot not touching the ice). Must be done on both legs.
- 2) Single salchow (1S)
- 3) Single toe loop (1T)
- 4) Upright spin with change of foot (CUSp)
- 5) Camel position backward or forward, on the inside or outside edge 5 sec
- 6) Sit position backward or forward, on the inside or outside edge 5 sec

**ELEMENTS A** (Born on 2022-2016) skaters will be divided by each year of birth in separate group

- 1) Three (3) crossovers forward + three (3) crossovers backwards + landing position.
- 2) Single salchow (1S+1T)
- 3) Single loop (1Lo) or single flip (1F) or single lutz (1Lz)
- 4) Sit spin or camel spin (SSp) or (CSp)
- 5) Upright spin with change of foot (CUSp)
- 6) Any difficult spiral position 5 sec