

# Ice Linden Adult Cup

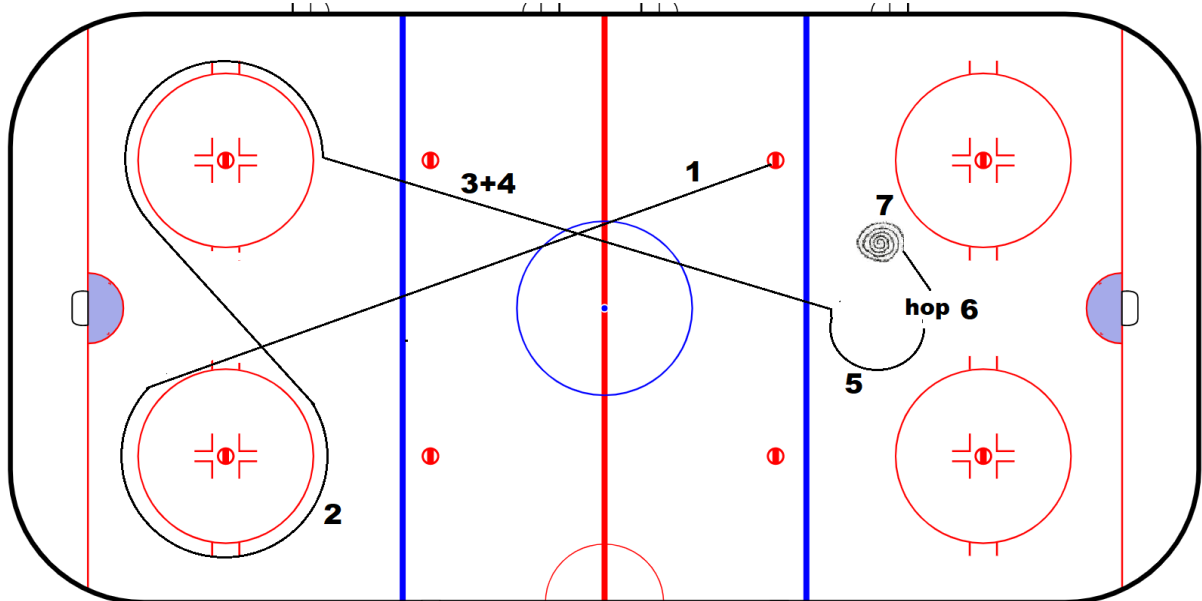
**Local Categories**

**Elements**

## TECHNICAL REUQUIREMENTS

- Complete beginners without advanced skating skill compete in this category
- A competitor in this category must not participate in other categories
- The "Category Elements" competition will be complemented by a musical accompaniment selected by the organizer
- OBO system
- The order of the individual elements is fixed
- It is not necessary to follow the exact placement of the elements. The competitor skates so that the elements follow each other smoothly
- The warm-up duration is four (4) minutes
- The max. number of skaters in the warm-up is 10.
- The minimum number of competitors to open a category is 5.

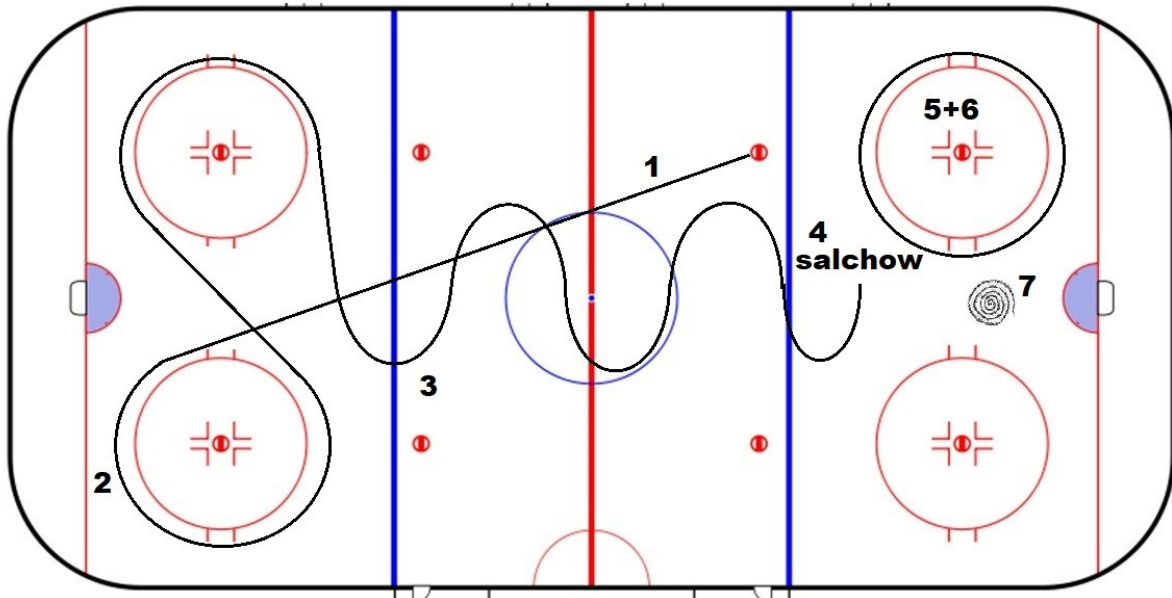
## PROGRAM – ELEMENTS I



1. Crossover
2. Foward crossover
3. Foward lunge (drag)
4. Teapot (shoot the duck)
5. Three-turn
6. Waltz jump
7. Spin (can be used both foot)

A video: <https://lindenadultcup.cz/wp-content/uploads/2024/12/Elements-I-1.mp4>

## PROGRAM – ELEMENTS II



1. Teapot (shoot the duck)
2. Backward crossover
3. Forward outside 3-turn + step on inner edge of second legs + 1 backward crossover on the other hand (= mávátka) – 2x
4. Salchow
5. Forward crossover (at least 4 crossover)
6. Spiral
7. One foot spin

A video: <https://lindenadultcup.cz/wp-content/uploads/2024/12/Elements-II.mp4>