



**płatki Nestlé**  
śniadaniowe

**GAM NESTLE  
NESQUIK CUP  
2010**

**INTERNATIONAL FIGURE SKATING COMPETITION**

07.01 - 10.01.2010

TORUŃ, POLAND





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# GAM NESTLE NESQUIK CUP 2010

**ORGANISER:**

Figure Skating Club MKS "AXEL" Toruń  
ul. Szosa Chełmińska 177-181  
[www.axeltorun.pl](http://www.axeltorun.pl)

**DATE:** 07.01 – 10.01.2010

**CLOSE OF ENTRIES:** 01.12.2009

**PLACE:** Ice-rink in Toruń  
str. Gen.J.Bema 23/29  
( indoor ice-ring, size 30m x 60m )

**DIRECTOR:** Przemysław Kryger tel. +48506009377  
[directorcompetition@axeltorun.pl](mailto:directorcompetition@axeltorun.pl)

**SECRETARY:** [axelcompetition@axeltorun.pl](mailto:axelcompetition@axeltorun.pl)  
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**OFFICIALS**

**COORDINATOR:** Aniela Hebel – Szmak  
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## **EVENTS:**

**Junior – Pairs, Ladies, Men (ISU)**

**Novice - Pairs, Ladies, Men (ISU)**

**Silver cat. – Girls/Boys:** born in 1999 (and younger)

**Bronze cat. – Girls/Boys:** born in 2001 (and younger)

**ENTRIES:** entries must contain competitor's full name, date of birth and requirement for accommodation. Entries should reach the Secretary by the 1<sup>st</sup> of December 2009.

Two skaters in one category from each club only.

Organiser will send affirmative entries by the 15<sup>th</sup> of December 2009.

**RESPONSABILITY:** in accordance to ISU Constitution, rule 119, all participants act at their own responsibility. The organiser will provide medical emergency aid during the competition.

**MUSIC:** music will be reproduced from the cassette player (normal speed) or CD.

**JUDGES:** each ISU Member may nominate one ISU or International Judge, this judge has to be on the list of judges published in ISU Communication number 1581. The organiser may decide about the composition of the panel of judges. The organiser will provide and cover expenses for rooms and meals from 07.01.2010 to 11.01.2010. Organiser will send affirmative entries by December 17<sup>th</sup> ,2009.

**CALCULATION OF RESULTS:** Junior, Novice and Silver category – New Judging System (ISU), Bronze category - OBO Judging System.

**ACCOMODATION:** all participants have to pay the accommodation by themselves, but we recommend the Hotel "Filmar" with special offer for the participants of the competition (look [www.axeltorun.pl](http://www.axeltorun.pl)).

Toruń ul.Grudziądzka 45; tel.: +48 (0) 56 61 94 800

e-mail: [repcja@hotelfilmar.pl](mailto:repcja@hotelfilmar.pl)

**Officials (Reff., Judges, TC, TS and D&V/O) will be accommodated in the hotel "FILMAR".**





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## **CATEGORIES**

***I. Junior: Ladies, Men, Pairs***

***II. Novice: Ladies, Men, Pairs***

Competition for juniors and novices will be held in accordance with ISU Regulation in Short Program and Free Skating Program.

***III. Silver category girls/boys born in 1999 and younger***

**Only free skating: duration 3,00 min +/- 10 sec**

**Free Skating Program, duration 3 min +/- 10 sec, shall consist of:**

- a) Maximum of 6 jump elements (one of which must be an Axel type jump and there may be up to maximum three (3) combinations or sequences).
- b) There must be a maximum of three (3) spins of different nature, one of which must be a spin combination (minimum of ten (10) revolutions) and one a flying spin (minimum of five (6) revolutions, **with no change of foot and no change of position**).
- c) There must be a one step or spiral sequence that fully utilizes the ice surface. A spiral position in order to be counted must be held for at least 3 seconds

***IV. Bronze cat. girls/boys born in 2001 and younger***

**Only free skating: duration max. 2,30 min +/- 10 sec**

**Free Skating Program shall consist of:**

- a) Maximum of 6 jump elements (one of which must be a jump combination or sequence but not more than three(3)).
- b) There must be a maximum of three (3) spins of different nature
- c) There must be a one spiral sequence that fully utilizes the ice surface (minimum 2 spiral positions)