

4. zubi Cup 2025

AUSSCHREIBUNG



- Veranstalter:** EVM Eislauferverein Mittelrheintal, Widnau
- Austragungsort:** Sportzentrum Aegeten, Eishalle, Widnau
- Datum / Zeit:** **Samstag, 1. Februar 2025 ab ca. 07.30 Uhr**
- Art der Konkurrenz:** Kürwettbewerb für Läufer/innen **Stern 1 – Bronze + Adult**
- Technische Bedingungen:** für die Kategorien Stern 1 – Bronze es gelten die Technischen Bedingungen für Breitensport-Wettkämpfe 2024/2025 (www.swissiceskating.ch)
Die Adultkategorien werden nach «Technical Requirements for ISU Supported Adult Figure Skating Competitions 2024 -2025 Season» gewertet.

Alle Teilnehmer aus der Schweiz benötigen eine Lizenz. Stern 1 – Stern 4 brauchen eine SIS Kids Lizenz

- Anmeldeschluss:** **Sonntag, 22. Dezember 2024**
- Anmeldung:** **Die Anmeldungen für schweizer Läuferinnen und Läufer müssen über das Mitgliedersystem erfolgen. Ausländische Läuferinnen und Läufer können sich per Anmeldeformular anmelden. Es sind keine Nachmeldungen möglich**
- Musik:** Bitte die Musik auf CD mitnehmen. Bei der Anmeldung wird diese abgegeben. Es wird empfohlen eine Notfall CD dabeizuhaben.
Für die Parcourskategorien kann zu einer eigenen Musik gelaufen werden.
Falls keine vorhanden ist, behält sich der Organisator vor, eine Hintergrundmusik abzuspielen.

Kategorien:

Stern 1 Elemente	Gemäss beiliegendem Elementparcours
Stern 2 Elemente	Gemäss beiliegendem Elementparcours
Stern 2 Kür	Kür 2 Min. +/- 10 Sek. / gem. techn. Bed. Breitensport 2024/25 ohne Lutz
Stern 3 Kür	Kür 2 Min. +/- 10 Sek. / gem. techn. Bed. Breitensport 2024/25 ohne Lutz

Stern 4 Kür	Kür 2 Min. +/- 10 Sek. / gem. techn. Bed. Breitensport 2024/25 ohne Axel
Interbronze Kür	Kür 2.30 Min. +/- 10 Sek. / gem. techn. Bed. Breitensport 2024/25
Bronze Kür	Kür 3.00 Min. +/- 10 Sek. / gem. techn. Bed. Breitensport 2024/25
Sternli Show	Kür 2 Min. +/- 10 Sek. / Gemäss beiliegenden Bedingungen
Interbronze Show	Kür 2 Min. +/- 10 Sek. / Gemäss beiliegenden Bedingungen
Bronze Show	Kür 2 Min. +/- 10 Sek. / Gemäss beiliegenden Bedingungen
Adult Free Skating Bronze	Kür 1:40 Min. +/- 10 Sek. / gem. «Technical Requirements for ISU Supported Adult Figure Skating Competitions 2024 -2025 Season» kein Axel, Doppel-, Dreifach- oder Vierfachsprünge erlaubt
Adult Free Skating Silver	Kür 2:00 Min. +/- 10 Sek. / gem. «Technical Requirements for ISU Supported Adult Figure Skating Competitions 2024 -2025 Season» keine Doppel-, Dreifach- oder Vierfachsprünge erlaubt
Adult Free Skating Gold	Kür 2:50 Min. +/- 10 Sek. / gem. «Technical Requirements for ISU Supported Adult Figure Skating Competitions 2024 -2025 Season» kein Doppelflip, Doppellutz, Doppelaxel, Dreifach- oder Vierfachsprünge erlaubt
Adult Free Skating Masters	Kür 3:00 Min. +/- 10 Sek. / gem. «Technical Requirements for ISU Supported Adult Figure Skating Competitions 2024 -2025 Season» keine Dreifach- oder Vierfachsprünge
Adult Artistic Free Skating Bronze	Kür 1:30 Min. +/- 10 Sek. / gem. «Technical Requirements for ISU Supported Adult Figure Skating Competitions 2024 -2025 Season» kein Axel, Doppel-, Dreifach- oder Vierfachsprünge erlaubt
Adult Artistic Free Skating Silver	Kür 1:30 Min. +/- 10 Sek. / gem. «Technical Requirements for ISU Supported Adult Figure Skating Competitions 2024 -2025 Season» kein Axel, Doppel-, Dreifach- oder Vierfachsprünge erlaubt
Adult Artistic Free Skating Gold	Kür 1:30 Min. +/- 10 Sek. / gem. «Technical Requirements for ISU Supported Adult Figure Skating Competitions 2024 -2025 Season» kein Axel, Doppel-, Dreifach- oder Vierfachsprünge erlaubt

Adult Artistic Free Skating Masters	Kür 2:00 Min. +/- 10 Sek. / gem. «Technical Requirements for ISU Supported Adult Figure Skating Competitions 2024 -2025 Season» keine Doppel-, Dreifach- oder Vierfachsprünge erlaubt
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- massgebend ist der Teststand bei Anmeldeschluss
- je nach Anzahl Anmeldungen erlauben wir uns, die Kategorien nach Alter aufzuteilen.
- Bei den Showkategorien behalten wir uns vor, bei zu wenig Anmeldungen die SIS Kategorien Interbronze und Bronze zusammenzunehmen.
- Bei den Adult Kategorien wird in drei Alterskategorien unterschieden. **Young Adult:** **Jahrgang 2006 – 1996**
Alterskategorie I: **Jahrgang 1980 – 1995**
Alterskategorie II: **Jahrgang älter als 1980**

Wertung: nach dem ISU Judging System (geschlossen)

Startgebühr:

Elemente	CHF 55.00 pro Anmeldung
Kür	CHF 80.00 pro Anmeldung
Show	CHF 80.00 pro Anmeldung
Adult	CHF 80.00 pro Anmeldung

Nach der Anmeldung werden den Clubs Rechnungen zugestellt.

Es werden **keine** Startgebühren zurückerstattet. Ausnahme: Krankheit mit ärztlichem Zeugnis

Startreihenfolge: wird nach Anmeldeschluss ausgelost und den Clubs zusammen mit dem Zeitplan elektronisch zugestellt.

Teilnehmerzahl: 100 Läufer/innen. Bei zu vielen Teilnehmern gilt die Reihenfolge der Anmeldung.

Haftung: der organisierende Club übernimmt keinerlei Haftung für Unfälle und andere Schäden für Offizielle, Schiedsrichter, Preisrichter, Läufer und Begleiter.

Preise: alle Teilnehmer erhalten einen Pokal oder Medaille

Fotos: werden auf der EVM Homepage veröffentlicht.
Sollten Eltern bzw. Läuferinnen und Läufer damit nicht einverstanden sein, bitten wir um vorherige Bekanntgabe.

Wir freuen uns auf Ihre Anmeldung und wünschen allen Teilnehmerinnen und Teilnehmern viel Erfolg!

Eislaufverein Mittelrheintal



Iris Kalkman
Präsidentin EVM
Mail: iris.kalkman@evm-widnau.clubdesk.com

evm
Eislaufverein
Mittelrheintal Widnau 

zubi 

Anhänge (Show, Parcours, Adult)

4. zubi Cup 2025

Showkategorien



Showprogramm Kategorie Interbronze

Kürlänge: 2 Min. +/- 10 Sek.

Bedingungen: alle Läufer*innen mit bestandenem 6.SIS Kür- oder Stiltest (Interbronze)

Showprogramm Kategorie Bronze

Kürlänge: 2 Min. +/- 10 Sek.

Bedingungen: alle Läufer*innen mit bestandenem 5.SIS Kür- oder Stiltest (Bronze)

Showprogramm Kategorie Sternli

Kürlänge: 2 Min. +/- 10 Sek.

Bedingungen: alle Läufer*innen ohne SIS Test

Details

Das Showprogramm zielt auf eine individuelle, originelle und kreative Umsetzung und Interpretation eines Musikthemas auf dem Eis. Dazu dürfen Kostüm, Make-up, Accessoires und Requisiteneingesetzt werden. Diese sollen aber nicht im Vordergrund stehen. Die maximale Aufbauzeit für Requisiten beträgt 1:00 Minuten. Der Einsatz von Musik mit Gesang ist erlaubt.

Sprünge und Pirouetten gelten vordergründig als Gestaltungsmittel. Es sind max. drei Sprungelemente mit max. einer Sprungkombination aus 2 Sprüngen erlaubt (in Kategorie Show Sternli kein Axel, keine Doppelsprünge). Bodenkontakt zum Eis ist nicht länger als 5 Sek. erlaubt. Ansonsten gibt es keine weiteren Beschränkungen an Elementen wie Pirouetten, Schrittfolgen, etc.

Illegale Elemente, Stürze sowie Überschreitung der Zeitlimite werden jeweils mit 0.5 Pkt. in Abzug gebracht.

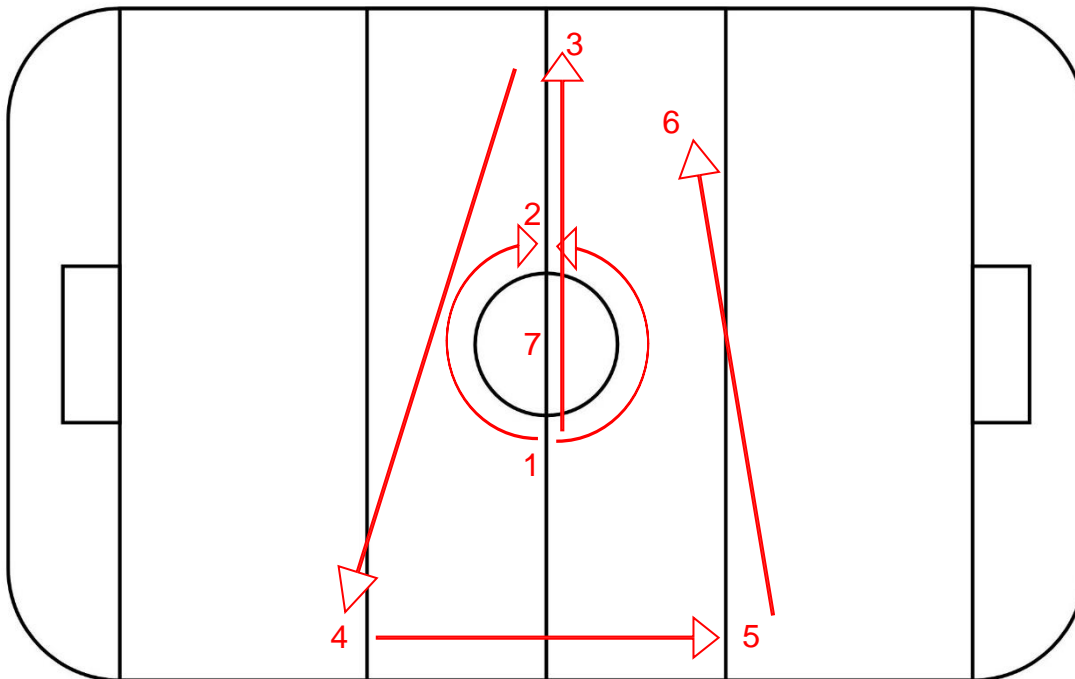
Die Einlaufzeit beträgt 4 Minuten

Die Bewertung erfolgt ausschliesslich über die Komponenten mit folgender Gewichtung:

Kategorie	Gewichtung	Was wird bewertet
Composition	2.0	Einheit, Verbindungen zwischen und innerhalb von Elementen, Muster und Eisabdeckung, Choreografie
Presentation	2.0	Ausdruckskraft und Darstellung, Vielfalt und Kontrast der Energie und der Bewegung, Musiksensivität und Timing
Skating Skills	1.6	Eisläuferische Fähigkeiten wie Kanteneinsatz, Gleitvermögen, Bewegungsfluss, Schritte und Qualität der technischen Elemente

EVM Elemente Parcours – Version ab 2020 – 1 Stern

Bewertung mit 11 GEO



Legende:

- | | |
|-----------|--|
| 1 → 2 → 1 | Beidseitig vorwärts im Kreis übersetzen |
| 1 → 3 | Fahren auf einem Bein (Storch) |
| 3 → 4 | Hocke |
| 4 → 5 | Flieger vorwärts |
| 5 → 6 | Dreiersprung (Landing auf 1 oder 2 Beinen) |
| 7 | Standpirouette (auf 1 oder 2 Beinen) |

GOE Berechnungsgrundlagen „Elemente“

von -> bis	Beschreibung	Abk.	-5	-4	-3	-2	-1	BASE	1	2	3	4	5
1 -> 2 -> 1	Beidseitig vorwärts im Kreis übersetzen	UebVw	-0.20	-0.16	-0.12	-0.08	-0.04	0.40	0.04	0.08	0.12	0.16	0.20
	Beidseitig rückwärts im Kreis übersetzen	UebRw	-0.30	-0.24	-0.18	-0.12	-0.06	0.60	0.06	0.12	0.18	0.24	0.30
1 -> 3	Fahren auf einem Bein (Storch)	Sto	-0.20	-0.16	-0.12	-0.08	-0.04	0.40	0.04	0.08	0.12	0.16	0.20
3 -> 4	Hocke	Pac	-0.20	-0.16	-0.12	-0.08	-0.04	0.40	0.04	0.08	0.12	0.16	0.20
4 -> 5	Flieger vorwärts	FIVw	-0.30	-0.24	-0.18	-0.12	-0.06	0.60	0.06	0.12	0.18	0.24	0.30
5 -> 6	Dreiersprung (Landing auf 2 Füßen)	1W2	-0.25	-0.20	-0.15	-0.10	-0.05	0.50	0.05	0.10	0.15	0.20	0.25
	Dreiersprung (Landing auf 1 Fuss)	1W1	-0.40	-0.32	-0.24	-0.16	-0.08	0.80	0.08	0.16	0.24	0.32	0.40
7	Standpirouette (auf 2 Beinen)	Pi2	-0.25	-0.20	-0.15	-0.10	-0.05	0.50	0.05	0.10	0.15	0.20	0.25
	Standpirouette (auf 1 Bein)	Pi1	-0.40	-0.32	-0.24	-0.16	-0.08	0.80	0.08	0.16	0.24	0.32	0.40

Im Falle von „no value“ Elementen werden diese jeweils mit einem * erfasst (z.B. UebV*!)

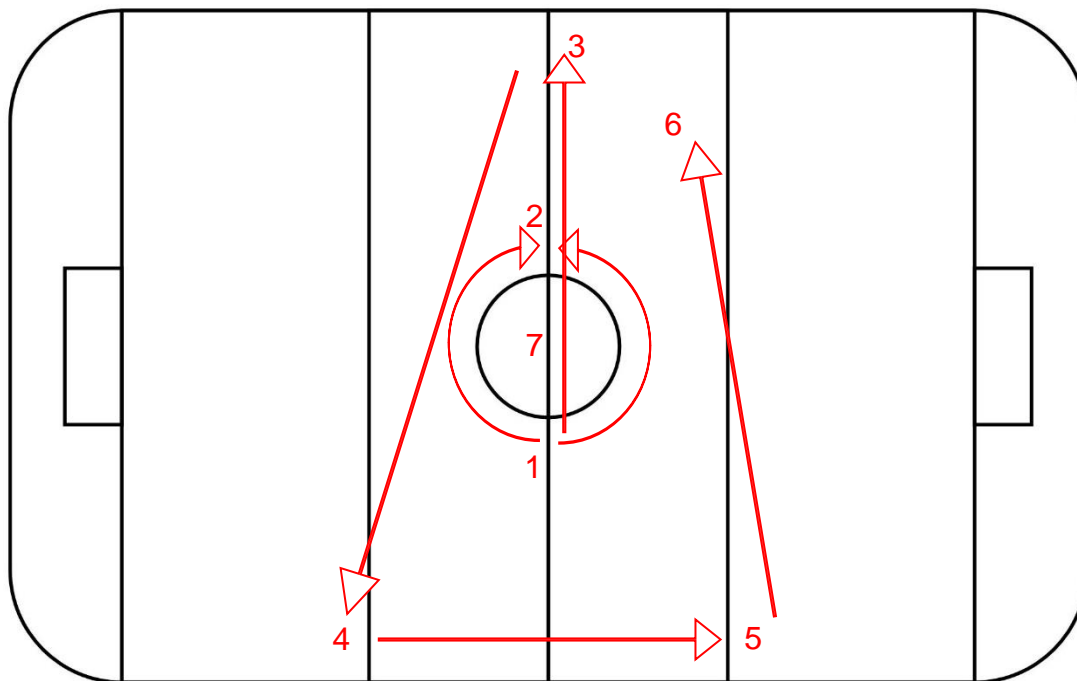
Stürze werden mit 0.25 Punkten in Abzug gebracht!

Bei den Program Components werden nur Skating Skills (SS) bewertet!

General Component Factor = 2.00

EVM Elemente Parcours – Version ab 2022 – 2 Stern

Bewertung mit 11 GEO



Legende:

1 → 2 → 1	Beidseitig rückwärts im Kreis übersetzen
1 → 3	Fahren auf einem Bein (Storch)
3 → 4	Hocke
4 → 5	Flieger vorwärts
5 → 6	Dreiersprung (Landung auf 1 oder 2 Beinen)
7	Standpirouette (auf 1 oder 2 Beinen)

GOE Berechnungsgrundlagen „Elemente“

von -> bis	Beschreibung	Abk.	-5	-4	-3	-2	-1	BASE	1	2	3	4	5
1 -> 2 -> 1	Beidseitig vorwärts im Kreis übersetzen	UebVw	-0.20	-0.16	-0.12	-0.08	-0.04	0.40	0.04	0.08	0.12	0.16	0.20
	Beidseitig rückwärts im Kreis übersetzen	UebRw	-0.30	-0.24	-0.18	-0.12	-0.06	0.60	0.06	0.12	0.18	0.24	0.30
1 -> 3	Fahren auf einem Bein (Storch)	Sto	-0.20	-0.16	-0.12	-0.08	-0.04	0.40	0.04	0.08	0.12	0.16	0.20
3 -> 4	Hocke	Pac	-0.20	-0.16	-0.12	-0.08	-0.04	0.40	0.04	0.08	0.12	0.16	0.20
4 -> 5	Flieger vorwärts	FIVw	-0.30	-0.24	-0.18	-0.12	-0.06	0.60	0.06	0.12	0.18	0.24	0.30
5 -> 6	Dreiersprung (Landung auf 2 Füßen)	1W2	-0.25	-0.20	-0.15	-0.10	-0.05	0.50	0.05	0.10	0.15	0.20	0.25
	Dreiersprung (Landung auf 1 Fuss)	1W1	-0.40	-0.32	-0.24	-0.16	-0.08	0.80	0.08	0.16	0.24	0.32	0.40
7	Standpirouette (auf 2 Beinen)	Pi2	-0.25	-0.20	-0.15	-0.10	-0.05	0.50	0.05	0.10	0.15	0.20	0.25
	Standpirouette (auf 1 Bein)	Pi1	-0.40	-0.32	-0.24	-0.16	-0.08	0.80	0.08	0.16	0.24	0.32	0.40

Im Falle von „no value“ Elementen werden diese jeweils mit einem * erfasst (z.B. UebV*):

Stürze werden mit 0.25 Punkten in Abzug gebracht!

Bei den Program Components werden nur Skating Skills (SS) bewertet!

General Component Factor = 2.00

Kategorien Adult

Free Skating Masters

A competitor in the Masters Free Skating event must perform a well-balanced program that may contain:

- a.
 - A maximum of **five (5) jump elements**, one of which must be an Axel type jump. **Single and double jumps are permitted**. No triple or quadruple jumps are allowed.
 - There may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence in the free program.
 - One (1) jump combination or one (1) jump sequence may consist of up to three (3) listed jumps. The other may have two (2) listed jumps.
 - A jump sequence consists of two (2) or three (3) listed jumps of any number of revolutions, in which the second and/or the third jump is an Axel type jump with a direct step from the landing curve of the first/second jump into the take off curve of the Axel jump.
 - Each listed jump may be performed a maximum of two (2) times.

- b. A maximum of three (3) spins of a different abbreviation, one (1) of which must be a spin combination with a change of foot and one (1) of which must be a flying spin or a spin with a flying entrance.
 - The spins must have a required minimum number of revolutions: five (5) for any spin with no change of foot, and eight (8) for any spin with a change of foot.
 - A spin that has no basic position with 2 revolutions will receive no value, however a spin with less than three rotations in total is considered as a skating movement and not a spin.
 - Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions in each of these positions anywhere within the spin. To receive full value, a spin combination must include all three (3) basic positions.
 - All spins with change of foot must have at least 3 revolutions on each foot. If this requirement is not fulfilled, the spin will be marked with a V.

- c. A maximum of one (1) step sequence, fully utilizing the ice surface.
 - The program duration is 3 minutes +/- 10 seconds.
 - The points for each Program Component are multiplied by a factor of 2.67.
 - Features up to and including Level 4 will be counted for the technical elements.
 - The warm-up duration is six (6) minutes.
 - Each fall shall receive a deduction of 1.0.

Free Skating Gold

A competitor in the Gold Free Skating event must perform a well-balanced program that may contain:

- a. A maximum of five (5) jump elements, consisting of single jumps (including the single Axel) or double jumps. **Double flip, double Lutz, double Axel and triple jumps are not permitted.** There may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence in the free program.
 - One (1) jump combination or one (1) jump sequence may consist of up to three (3) listed jumps. The other may have two (2) listed jumps.
 - A jump sequence consists of two (2) or three (3) listed jumps of any number of revolutions, in which the second and/or the third listed jump is an Axel type jump with a direct step from the landing curve of the first/second jump into the take off curve of the Axel jump.
 - Each listed jump may be performed a maximum of two (2) times.

- b. A maximum of three (3) spins of a different abbreviation, one (1) of which must be a spin combination with a change of foot and one (1) of which must be a flying spin or a spin with a flying entrance.
 - The spins must have a required minimum number of revolutions: four (4) for any spin with no change of foot, and eight (8) for any spin with a change of foot.
 - A spin that has no basic position with 2 revolutions will receive no value.
 - Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions in each of these positions anywhere within the spin. To receive full value, a spin combination must include all three (3) basic positions.
 - All spins with change of foot must have at least 3 revolutions on each foot. If this requirement is not fulfilled, the spin will be marked with a V.

- c. A maximum of one (1) step sequence, fully utilizing the ice surface.
 - The program duration is 2 minutes and 50 seconds +/- 10 seconds.
 - The points for each Program Component are multiplied by a factor of 2.67.
 - Only features up to and including Level 3 will be counted for the technical elements. Any additional features will not count for level requirements and will be ignored by the Technical Panel.
 - The warm-up duration is six (6) minutes.
 - Each fall shall receive a deduction of 1.0.

Free Skating Silver

A competitor in the Silver Free Skating event must perform a well-balanced program that may contain:

- a. A maximum of **four (4) jump elements**, consisting of any single jumps (including the single Axel). **Double jumps and triple jumps are not permitted.**
 - There may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence.
 - One (1) jump combination or one (1) jump sequence may consist of up to three (3) listed jumps. The other may have two (2) listed jumps.
 - A jump sequence consists of two (2) or three(3) jumps of any number of revolutions, in which the second and/or the third jump is an Axel type jump with a direct step from the landing curve of the first/second jump into the take off curve of the Axel jump.
 - Each listed jump may be performed a maximum of two (2) times.

 - b. A maximum of two (2) spins of a different abbreviation.
 - The spins must have a required minimum number of revolutions: four (4) for any spin with no change of foot, and six (6) for any spin with a change of foot.
 - A spin that has no basic position with 2 revolutions will receive no value.
 - Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions in each of these positions anywhere within the spin. To receive full value, a spin combination must include all three (3) basic positions.
 - All spins with change of foot must have at least 3 revolutions on each foot. If this requirement is not fulfilled, the spin will be marked with a V.
 - Only features up to and including Level 2 will be counted. Any additional features will not count for level requirements and will be ignored by the Technical Panel.

 - c. A maximum of one (1) choreographic sequence, fully utilizing the ice surface
 - The pattern is not restricted but the sequence must be clearly visible.
 - A choreographic sequence has a base value and will be evaluated by the judges in GOE only.
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- The program duration is 2 minutes +/- 10 seconds.
 - The points for each Program Component are multiplied by a factor of 2.0.
 - The warm-up duration is five (5) minutes.
 - Each fall shall receive a deduction of 0.5.

Free Skating Bronze

A competitor in the Bronze Free Skating event must perform a well-balanced program that may contain:

- a. A maximum of four (4) jump elements, consisting only of single jumps. **Axel type jumps, double jumps and triple jumps are not permitted.** There may be one (1) jump combination in the free program.
 - The jump combination may consist of two (2) listed jumps.
 - Each listed jump may be performed a maximum of two (2) times.
 - **Waltz jumps will be ignored.**

 - b. A maximum of two (2) spins of a different abbreviation, both of which must be a spin in one position with or without a change of foot. **Flying spins are not permitted.**
 - The spins must have a required minimum number of revolutions: three (3) for any spin with no change of foot, and six (6) with a change of foot.
 - A spin that has no basic position with 2 revolutions will receive no value.
 - All spins with change of foot must have at least 3 revolutions on each foot. If this requirement is not fulfilled, the spin will be marked with a V.
 - Only features up to and including Level 1 will be counted. Any additional features will not count for level requirements and will be ignored by the Technical Panel.

 - c. A maximum of one (1) choreographic sequence utilizing at least half (1/2) of the ice surface.
 - The pattern is not restricted but the sequence must be clearly visible.
 - A choreographic sequence has a base value and will be evaluated by the judges in GOE only.
-
- The program duration is 1 minute and 40 seconds, +/- 10 seconds.
 - The points for each Program Component are multiplied by a factor of 2.0.
 - The warm-up duration is five (5) minutes.
 - Each fall shall receive a deduction of 0.5.

General Requirements for Artistic Free Skating

The artistic events consist of Free Skating and Pair Free Skating programs judged only on the basis of the Program Components:

- Composition
- Presentation
- Skating skills

See ISU Communication 2494 III General Technical Rules in Single & Pair Skating and Ice Dance (Rule 504 para 3a) for a detailed description of Program Components.

There will be no technical panel and no technical mark given. The points for each Program Component are multiplied by a factor of 1.0. Falls are not subject to a deduction but may have a negative impact on the Program Components.

The Artistic Free Skating competition is an athletic competition that is intended to allow skaters to demonstrate their skating ability as defined by the three program components of the ISU judging system. Credit for the required technical elements is based solely on the ability of such movements to enhance the component score. Credit will not be given for their technical difficulty.

The program must be developed through skating skill and quality rather than through non-skating actions such as sliding on one knee or excessive use of toe steps. The skater/pair must not remain in one place for more than five (5) seconds. The Program and time clock will start with the first movement by the skater/pair.

Any technical element exceeding the maximum number as set forth below, will be judged as an illegal element (1.0 deduction). If the minimum required technical elements are not included, a deduction for a "missing element" of 1.0 will be made. The Referee is responsible for such deductions.

Clothing and make-up must be modest, dignified and appropriate for athletic competition – not garish or theatrical in design. Clothing may, however, reflect the character of the music chosen. Clothing must not give the effect of excessive nudity. (ISU Rule 501)

This is NOT a theatre-on-ice, showcase or spotlight event. Theatrical costumes and make-up will be penalized by a deduction: -1.0 per program. Props and accessories may NOT be used in any part of the artistic programs. Use of props will be penalized by a deduction: -1.0 per program.

Any item that is held in the hand or removed during the performance is considered a prop. Thus, for example, a hat worn throughout the program is not considered to be a prop, but if it is intentionally removed during the performance it is considered a prop. Objects on the ice, thrown in the audience, placed on the boards or on the judges table are not permitted. Costumes that contain particles that may mar or leave anything on the ice surface (feathers, boas, excessive beading) are considered unsafe and are not permitted.

The decorations on costumes must be non-detachable. Part of the costume or decoration falling on the ice will be penalized by a deduction: -1.0 per program. The deduction for inappropriate clothing or make-up props and accessories (1.0) will be determined by a majority of the judges and the referee.

Illegal elements:

- Somersault type jumps
- Laying on the ice and prolonged and/or stationary kneeling on both knees on the ice.

The warm-up duration is four minutes for all Artistic Free Skating and Pair Artistic Free Skating events.

Singles Artistic Free Skating

Competitions will be held at the [REDACTED] Masters, Gold, Silver and Bronze levels.

The Artistic Free Skate is a competitive program that must include elements of the sport of figure skating. At least one (1) and a maximum of two (2) single jumps MUST be included. A Waltz jump is not considered a listed single jump. At least one (1) and a maximum of two (2) spins MUST be included. For Bronze, Silver and Gold level, no Axel type jumps are allowed, for Masters and Elite levels Axels are permitted. For all levels no double or triple jumps are allowed. No combination jumps are allowed.

The program duration for Masters Elite and Masters Artistic Free Skating is 2 minutes +/- 10 seconds.

The program duration for Gold, Silver and Bronze Artistic Free Skating is 1 minute and 30 seconds, +/- 10 seconds.