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Classification

Single Free Skating

Adult Single Pre-Bronze

Duration: The maximum time is **1:40 min.**, but may be less. Vocal music may be used.

Factor: The panels points for each Program Component are multiplied by a factor of 1.6

The Program Components are judged in:

- Skating Skills
- Transitions/Linking Footwork/Movement
- Performance/Execution
- Choreography/Composition
- Interpretation

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

- a. A maximum of four (4) jump elements. Only single jumps are permitted, no Axel type jump, no double or triple jumps and no Lutz jump can be included. No jump combinations or sequences are allowed. No listed jump may be repeated more than once within a programme. Non-listed jumps may be included in the program as part of connecting footwork only.
- b. A maximum of two (2) basic position spin with NO change of position and NO change of foot. The spins must have a minimum of 3 revolutions. Flying spins are not permitted. There must be a minimum of two (2) revolutions in each position or the position will not be counted.
- c. A maximum of one choreographic-step sequence (i.e., circular, straight line, serpentine) or choreographic-spiral sequence covering at least 50% of the usual pattern (e.g. half a serpentine, half of a straight line etc.) – that is covering $\frac{1}{2}$ of the ice surface. To be counted a spiral sequence must include at least two (2) spiral positions of not less than 3 secs each or one (1) spiral position not less than 6 secs. long. Only the first executed attempt of a choreographic- step sequence or choreographic-spiral sequence will contribute to the technical score.

Additional spiral sequences and step sequences will not be counted as a step sequence but will be counted as moves-in-the field (transitions) and marked as such.

Adult Single Bronze

Duration: The maximum time is **1:50** min., but may be less. Vocal music may be used. Factor: The panels points for each Program Component are multiplied by a factor of 1.6. The Program Components are judged in:

- Skating Skills
- Transitions/Linking Footwork/Movement
- Performance/Execution
- Choreography/Composition
- Interpretation

A competitor in the Adult 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 up to two (2) jump combinations or jump sequences in the free program.
One (1) jump combination may consist of up to three (3) listed jumps. The other jump combination may consist of two (2) listed jumps.
A jump combination may consist of the same or another single jump.
A jump sequence may consist of any number of single jumps that may be linked by non-listed jumps like mazurkas etc. and/or hops immediately following each other while maintaining the jump rhythm (knee); there can be no steps, turns, crossovers or stroking during the sequence. Only the two (2) listed jumps with the highest value will count towards the technical score.
Each listed jump may be performed a maximum of two (2) times.
Please note that a half-loop in combination or in a sequence with any other listed jump will be called as a listed jump (1Lo).
- b. A maximum of two (2) spins of a different abbreviation one of which must be a spin in one position with no change of foot. Flying spins are not permitted.
The spins must have a required minimum number of revolutions: three (3) for the spin in one position with no change of foot, four (4) for the spin combination with no change of foot and six (3 + 3) for the spin combination with change of foot or the spin in one position with change of foot.
There must be a minimum of two (2) revolutions in each position or the position will not be counted.
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.
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.
A choreographic sequence consists of any kind of movements like steps, turns, spirals, arabesques, spread eagles, Ina Bauers, hydroblading, transitional (unlisted) jumps, spinning movements etc.
The pattern is not restricted.
A choreographic sequence has a base value and will be evaluated by the judges in GOE only.

Adult Single Silver

Duration: The maximum time is **2:10** min., but may be less. Vocal music may be used.

Factor: The panel points for each Program Component are multiplied by a factor of 1.6

The Program Components are judged in:

- Skating Skills
- Transitions/Linking Footwork/Movement
- Performance/Execution
- Choreography/Composition
- Interpretation

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

- a. A maximum of five (5) 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 jump sequences in the free program.
One (1) jump combination may consist of up to three (3) listed jumps. The other jump combination may consist of two (2) listed jumps.
A jump combination may consist of the same or another single jump.
A jump sequence may consist of any number of single jumps that may be linked by non-listed jumps like mazurkas etc. and/or hops immediately following each other while maintaining the jump rhythm (knee); there can be no steps, turns, crossovers or stroking during the sequence. Only the two (2) listed jumps with the highest value will count towards the technical score.
Each listed jump may be performed a maximum of two (2) times.
Please note that a half-loop in combination or in a sequence with any other listed jump will be called as a listed jump (1Lo).
Non-listed jumps may be included in the program as part of connecting footwork.
- b. A maximum of three (3) spins of a different abbreviation, one (1) of which must be a spin combination.
The spins must have a required minimum number of revolutions: three (3) for the flying spin with no change of foot after landing, three (3) for the spin with only one position and no change of foot and four (4) for the spin combination with no change of foot and eight (4 + 4) for the spin combination with change of foot or spin in one position with a change of foot.
There must be a minimum of two (2) revolutions in each position or the position will not be counted.
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.
- c. A maximum of one (1) step sequence, utilizing at least half (1/2) of the ice surface.
Only the first executed attempt of a step sequence will contribute to the technical score.

Adult Single Gold

Duration: The maximum time is **2:50** min., but may be less. Vocal music may be used.

Factor: The panels points for each Program Component are multiplied by a factor of 1.6

The Program Components are judged in:

- Skating Skills
- Transitions/Linking Footwork/Movement
- Performance/Execution
- Choreography/Composition
- Interpretation

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

- a. A maximum of six (6) 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 three (3) jump combinations or jump sequences in the free program.

One (1) jump combination may consist of up to three (3) listed jumps. Two (2) jump combinations may consist of two (2) listed jumps.

A jump combination may consist of the same or another single or double jump, with the exception of the jumps in bold above.

A jump sequence may consist of any number of single and double jumps, with the exception of the jumps in bold above, that may be linked by non-listed jumps like mazurkas etc. and/or hops immediately following each other while maintaining the jump rhythm (knee); there can be no steps, turns, crossovers or stroking during the sequence. Only the two (2) listed jumps with the highest value will count towards the technical score.

Each listed jump may be performed a maximum of two (2) times.

Please note that a half-loop in combination or in a sequence with any other listed jump will be called as a listed jump (1Lo).

Non-listed jumps may be included in the program as part of connecting footwork.

- 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.

The spins must have a required minimum number of revolutions: four (4) for the flying spin with no change of foot after landing, four (4) for the spin with only one position and no change of foot and four (4) for the spin combination with no change of foot and eight (4 + 4) for the spin combination with change of foot or spin in one position with a change of foot.

There must be a minimum of two (2) revolutions in each position or the position will not be counted.

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.

- c. A maximum of one (1) step sequence, fully utilizing the ice surface.

Only the first executed attempt of a step sequence will contribute to the technical score.

Masters Single / Elite Masters Single

Duration: The maximum time is **3:10** min., but may be less. Vocal music may be used.

Factor: The panel points for each Program Component are multiplied by a factor of 1.6

The Program Components are judged in:

- Skating Skills
- Transitions/Linking Footwork/Movement
- Performance/Execution
- Choreography/Composition
- Interpretation

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

- a. A maximum of seven (7) jump elements, one of which must be an Axel type jump. Single, double and triple jumps are permitted. There may be up to three (3) jump combinations or jump sequences in the free program.
One (1) jump combination may consist of up to three (3) listed jumps. Two (2) jump combinations may consist of two (2) listed jumps.
A jump combination may consist of the same or another single, double or triple jump. A jump sequence may consist of any number of jumps of any number of revolutions that may be linked by non-listed jumps like mazurkas etc. and/or hops immediately following each other while maintaining the jump rhythm (knee); there can be no steps, turns, crossovers or stroking during the sequence. Only the two (2) listed jumps with the highest value will count towards the technical score.
Each listed jump may be performed a maximum of two (2) times.
Please note that a half-loop in combination or in a sequence with any other listed jump will be called as a listed jump (1Lo).
Non-listed jumps may be included in the program as part of connecting footwork.
- 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. The spins must have a required minimum number of revolutions: five (5) for the flying spin with no change of foot after landing, five (5) for the spin with only one position and no change of foot, five (5) for the spin combination with no change of foot, and eight (4 + 4) for the spin combination with change of foot or spin in one position with a change of foot.
There must be a minimum of two (2) revolutions in each position or the position will not be counted.
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.
- c. A maximum of one (1) step sequence, fully utilizing the ice surface.
Only the first executed attempt of a step sequence will contribute to the technical score.

Pair Free Skating

Each couple consists of a man and a lady. Coaches and students are welcome to compete in all events, however, this competition DOES NOT have a PRO-AM category and it is MANDATORY that pair couples enter at the skill level of the more skilled skater.

Masters and Elite Pair Skating

Duration: The maximum time is **3:10** min., but may be less. Vocal music may be used.

Factor: The panels points for each Program Component are multiplied by a factor of 1.6

The Program Components are judged in:

- Skating Skills
- Transitions/Linking Footwork/Movement
- Performance/Execution
- Choreography/Composition
- Interpretation

Couples must perform a well-balanced program that may contain:

- a. A maximum of three (3) different lifts, one of which may be a twist lift.
- b. A maximum of two (2) throw jumps (single or double).
- c. A maximum of one (1) solo jump. Single, double and triple jumps are permitted.
- d. A maximum of one (1) jump combination with a maximum of three (3) listed jumps or one (1) jump sequence with any number of jumps. Only the two (2) listed jumps with the highest value will count towards the technical score.
- e. A maximum of one (1) pair spin (pair spin or pair spin combination). The spin must have a required minimum number of revolutions: four (4) revolutions for a pair spin and six (6) for a pair spin combination. A pair spin combination must have at least three (3) revolutions on each foot and at least one (1) change of position. There must be a minimum of two (2) revolutions in each position or the position will not be counted.
- f. A maximum of one (1) solo spin. The solo spin must have a required minimum number of revolutions: five (5) for the flying spin with no change of foot after landing, five (5) for the spin with only one position and no change of foot and five (5) for the spin combination with no change of foot and eight (4 + 4) for the spin combination with change of foot or spin in one position with a change of foot. There must be a minimum of two (2) revolutions in each position or the position will not be counted. 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.
- g. A maximum of one (1) death spiral or pivot figure (position optional). At least $\frac{3}{4}$ revolution in pivot position by the man is required.
- h. A maximum of one (1) step sequence, utilizing at least half (1/2) of the ice surface. Only the first executed attempt of a step sequence will contribute to the technical score

Pair Free Skating Intermediate

The maximum time is **2:50 min.** , but may be less. Vocal music may be used.

The points for each Program Component are multiplied by a factor of 1.6.

Only features up to and including Level 2 will be counted for the spins and step sequence. Any additional features will not count for level requirements and will be ignored by the Technical Panel.

The Program Components are judged in:

- Skating Skills
- Transitions/Linking Footwork/Movement
- Performance/Execution
- Choreography/Composition
- Interpretation

Pairs must perform a well-balanced program that may contain:

- a. A maximum of two (2) different lifts of Group 1 or Group 2 with a minimum $\frac{1}{2}$ revolution for the man and 1 revolution for the lady.
Variations of the lady's position, no-handed and one-handed lifts, and combination lifts are not permitted.
Overhead lifts and twist lifts are not permitted.
A different take-off counts as a different lift.
- b. A maximum of one (1) single throw jump (including the throw Axel).
Double and triple jumps are not permitted.
- c. A maximum of one (1) solo single jump (including the single Axel).
Double and triple jumps are not permitted.
- d. A maximum of one (1) jump combination with a maximum of three (3) listed jumps or one (1) jump sequence with any number of jumps (only the two jumps with the highest value will count for points).
Only single jumps are allowed (including the single Axel).
Double and triple jumps are not permitted.
- e. A maximum of one (1) pair spin (pair spin or pair combination spin).
The spin must have a required minimum number of revolutions: four (4) revolutions for a pair spin and six (6) for a pair spin combination. A pair spin combination must have at least three (3) revolutions on each foot and at least one (1) change of position. There must be a minimum of two (2) revolutions in each position or the position will not be counted.
- f. A maximum of one (1) death spiral or pivot figure (position optional).
At least $\frac{3}{4}$ revolution in pivot position by the man is required.
- g. A maximum of one (1) step sequence, fully utilizing the ice surface.
Only the first executed attempt of a step sequence will contribute to the technical score.

Adult Pair Skating

Duration: The maximum time is **2:30** min., but may be less. Vocal music may be used.

Factor: The panels points for each Program Component are multiplied by a factor of 1.6

The Program Components are judged in:

- Skating Skills
- Transitions/Linking Footwork/Movement
- Performance/Execution
- Choreography/Composition
- Interpretation

Pairs must perform a well-balanced program that may contain:

- A maximum of one (1) lift of Group 1 or Group 2 with a minimum $\frac{1}{2}$ revolution for the man.
Variations of the lady's position, no-handed and one-handed lifts, and combination lifts are not permitted.
Overhead lifts and twist lifts are not permitted.
- A maximum of one (1) single throw jump.
Throw double and triple jumps are not permitted. Throw Axel is not permitted.
- A maximum of one (1) solo single jump.
Double and triple jumps are not permitted. Axel type jumps are not permitted.
- A maximum of one (1) jump combination with a maximum of two (2) listed jumps or one (1) jump sequence with any number of jumps (only the two jumps with the highest value will count for points).
Only single jumps are allowed.
Double and triple jumps are not permitted.
Axel type jumps are not permitted.
- A maximum of one (1) pair spin.
The pair spin must have a minimum of four (4) revolutions. Pair combination spins are not permitted.
There must be a minimum of two (2) revolutions in each position or the position will not be counted.
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.
- A maximum of one (1) pivot figure (position optional).
At least $\frac{1}{2}$ revolution in pivot position by the man is required.
- A maximum of one (1) choreographic sequence that fully utilizes the ice surface.
A choreographic sequence consists of any kind of movements like steps, turns, spirals, arabesques, spread eagles, Ina Bauers, hydroblading, transitional (unlisted) jumps, spinning movements etc.
The pattern is not restricted.
A choreographic sequence has a base value and will be evaluated by the judges in GOE only.

Ice Dance

General Regulations: Each couple consists of a man and a lady. The Man must skate the Man's Steps and the Lady must skate the Lady's Steps. Each skater may compete with only one and the same partner in the Ice Dance competitions.

NOTE: Cuples can perform pattern dances and short dances according to the rules from the previous season 2016/2017 or according to the rules of the current season 2017/2018!

Pattern Dance

Masters / Elite Masters Ice Dance:

OR #9 Starlight Waltz (2 sequences) and #24 Midnight Blues (2 sequences)

OR # 6 Westminster Waltz (2 sequences) and #17 Rhumba (4 sequences)

Gold Ice Dance:

OR #9 Starlight Waltz (2 sequences) and #16 Paso Doble (3 sequences)

OR # 6 Westminster Waltz (2 sequences) and #23 Blues (3 sequences)

Silver Ice Dance:

OR #4 European Waltz (2 sequences) and #20 Tango (2 sequences)

OR # 5 American Waltz (2 sequences) and #16 Paso Doble (3 sequences)

Bronze Ice Dance:

OR #1 Fourteen Step (3 sequences) and #5 American Waltz (2 sequences)

OR # 2 Foxtrot (2 sequences) and # 4 European Waltz (2 sequences)

Pre-Bronze Ice Dance:

OR Willow Waltz and Rhythm Blues (2 sequences)

OR Dutch Waltz and Riverside Rumba (2 sequences)

The panel's points for each Program component are multiplied by a factor of 0.7 (Rule 353, paragraph 1.m). For events with two (2) Pattern Dances, the Total Score for each dance will be multiplied by a factor of 0.5 as per Rule 353, paragraph 1 b.

Couples MUST provide their own music for each Pattern Dances. The music must be chosen in accordance with the rhythm of the Pattern Dance. The chosen music may be a tune from ISU Ice Dance music. In this case only tunes 1 to 5 can be chosen and the music must be recorded on the skaters' own disc or usb. A violation of tempo specifications will result in a 1.0 point deduction by the Referee. Vocal music is allowed.

For the application of Rule 708 paragraph 1.d) with music provided by the couple, it is specified that the start of the first step of the dance must be on beat 1 of a measure (unless otherwise specified in the description of the dance).

Rule 707, paragraph 4 provides that the Referee may announce the approximate location at which the Pattern Dances must be started. All Pattern Dances shall be started so that the steps

of the first side of the pattern are skated in front of the Judges unless otherwise specified by the Referee. If the Referee changes the side to start, the change must be announced at the time of the first draw for starting order.

The couple shall furnish competition music in accordance with Rule 343, paragraph 1. The Pattern Dances will be judged without Key Points.

References: ISU Handbook Ice Dance 2003

Short Dance

It is accepted to perform short dance according to the rules from the previous or the current season.

The composition of the Short Dance in the season 2016/17 is as follows: Blues plus any number of the following rhythms: Swing, Hip Hop. The requirements for the Junior Short Dance described in ISU Communication 1998 are adjusted for the Adult Competition.

The composition of the Short Dance in the season 2017/18 is as follows: Any number of following Latin American Rhythms: Cha Cha, Rhumba, Samba, Mambo, Meringue, Salsa, Bachata and any closely related Latin American or Caribbean Rhythms. Latin American Rhythms are described in the ISU Ice Dance Music Rhythms Booklet 1995, pages 13 to 20 (Note: Tango and Paso Doble, which are not included in the description, are not allowed).

Required Short Dance Elements:

Two (2) sequences of the Blues either skated one sequence after the other or separately. Step #1 of each sequence must be skated on different sides of the ice surface. The tempo of music throughout the Pattern Dance Elements must be constant and in accordance with the required Tempo of the Pattern Dance Element Blues: i.e. 22 measures of 4 beats or 88 beats per minute, plus or minus 2 beats per minute.

Or:

Two (2) Sections of Cha Cha Congelado, Section 1: Steps # 1 -12 and Section 2: Steps # 13-38 skated one after the other, Section 1 followed by Section 2, with Step # 1 skated on the Judges' opposite side. The Pattern Dance Elements must be skated on the Cha Cha Rhythm, in the style of the Cha Cha, with the following range of tempo: 28 to 30 measures of four beats per minute (112-120 beats per minute). The tempo of music throughout the Pattern Dance Elements must be constant.

One (1) Short Dance Lift (maximum 7 seconds) is required. In addition, one (1) Transitional Dance Lift (up to 7 seconds), but no more, performed optionally after the required Dance Lift, is permitted.

One (1) Not Touching Midline Step Sequence OR Not Touching Circular Step Sequence OR Not Touching Diagonal Step Sequence: This step sequence must be skated on one of the other rhythm than the required Pattern Dance Elements

One (1) Set of Sequential Twizzles.

The Dance Spin is not a Required Element. Nevertheless, a spinning movement skated by the couple together in any hold around a common axis on one foot (or two feet) with any number of rotations is permitted. A couple may choose to use this movement as part of their choreography. The Technical Panel will ignore these movements and the Judges will not consider these movements as one of the permitted stops.

Elements should be integrated into the composition of the dance so the concept and choreography must produce the feeling of a unified dance. The description, chart and diagrams of the Pattern Dances are included in the ISU Handbook Ice Dance 2003.

The concept and choreography must produce the feeling of a unified dance. The Pattern Dance elements may be skated anywhere in the Short Dance and should be integrated into the composition of the dance – there should not be the feeling that the rhythms are just put together without thought of how they fit together. Note: as per ISU Communication 1860, paragraph 3, a Pattern Dance Element not started on the required beat must be penalized by Judges.

The maximum time is **2:50 min.**, but may be less. Music for the entire Short Dance (including music for specified Pattern Dance Elements) is provided by the couple. Vocal music may be used.

The points for each Program component are multiplied by a factor of 0,8 (Rule 353, paragraph 1.m).

Short Dance Masters/Masters Elite

Couples entering this category will compete against other Masters Ice Dancers. (Recommended for gold level or above ice dancers). The technical requirements are the same as for the category “Short Dance Adult”.

Short Dance Adult

Couples entering this category will compete against others at the Adult Short Dance level. (Recommended for silver level ice dancers).

Free Dance

General regulations:

General regulations:

See: ISU Special Regulations, Section D. Free Dance, Rule 710 and all pertinent ISU Communications.

The following are the Requirements for Music for Free Dance (Rule 710, paragraph 1.c). Music that does not adhere to these descriptions will be severely penalized. The music for Free

Dance may be vocal and must be suitable for Ice Dance as a sport discipline and must have the following characteristics:

- i) The music must have an audible rhythmic beat and melody, or audible rhythmic beat alone, but not melody alone, and may be vocal. The music may be without an audible rhythmic beat for up to ten (10) seconds at the beginning or end of the program and up to ten (10) seconds during the program.
- ii) The music must have at least one change of tempo and expression. These changes may be gradual or immediate, but in either case they must be obvious.
- iii) All music, including classical music, must be cut/edited, orchestrated or arranged in a way that it creates an interesting, colourful, entertaining dance program with different dance moods or a building effect.
- iv) The music must be suitable for the Couple's skating skills and technical ability. Free Dance music that does not adhere to these requirements will be penalized by a deduction (See Rule 353, paragraph 1.n).

Free Dance Masters

Couples entering this category will compete against other Masters Ice Dancers. The technical requirements are the same as those for the category "Free Dance Gold" (below).

Free Dance Gold

Couples must perform a well-balanced program that may contain:

- a. A maximum of two (2) different Dance Lifts, one (1) Short Lift with a maximum duration of 7 seconds and one (1) Long Lift with a maximum duration of 12 seconds; OR three (3) different types of Short Lifts with a maximum duration of 7 seconds each.
- b. A maximum of one (1) Dance Spin (Spin or Combination Spin).
- c. A maximum of one (1) Step Sequence in Hold (Circular or Diagonal), Style A.
- d. A maximum of one (1) Set of Synchronized Twizzles with up to three (3) steps between.

Vocal music may be used. The maximum time is **3:10 min.**, but may be less. The panel's points for each Program Component are multiplied by a factor of 1.2 (Rule 353, paragraph 1.m).

Free Dance Silver

Couples must perform a well-balanced program that may contain:

- a. A maximum of one (1) Short Lift, with a maximum duration of 7 sec.
- b. A maximum of one (1) Step Sequence in Hold (Circular or Diagonal), Style B.
- c. A maximum of one (1) Set of Synchronized Twizzles with up to three (3) steps between.
- d. A maximum of one (1) Dance Spin (Spin or Combination Spin).

Vocal music may be used. The maximum time is **2:40 min.**, but may be less. The panel's points for each Program Component are multiplied by a factor of 1.2 (Rule 353, paragraph 1.m)

Free Dance Bronze

Couples must perform a well-balanced program that may contain:

- a. A maximum of one (1) Short Lift, with a maximum duration of 7 sec.
- b. A maximum of one (1) Step Sequence in Hold (Circular or Diagonal), Style B
- c. A maximum of one (1) Dance Spin (Spin or Combination Spin).

Vocal music may be used. The maximum time is **2 min.**, but may be less. The panel's points for each Program Component are multiplied by a factor of 1.2 (Rule 353, paragraph 1.m)

Artistic Skating

The artistic events will be judged only on the basis of the Program Components:

Skating skills
Transitions
Performance/Execution
Choreography/Composition
Interpretation/Timing

See ISU Special Regulations and Technical Rules 2016, Singles & Pair Skating, Rule 504, paragraph 3 for a detailed description of Program Components. The respective Rules can be found on the ISU website. 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

The artistic program consists of a variety of skating moves selected for their value in enhancing the skater's interpretation of the music rather than for their technical difficulty. Skaters will be judged on their ability to interpret the music and develop a theme by using their skating skills. Credit for technical elements is based solely on the ability of such movements to enhance the chosen theme and support the music. 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, which should be used only to reflect the character of the program and to underline the rhythm and nuances of the chosen music. The skater/pair must not remain in one place for more than five (5) seconds.

Any element exceeding the maximum number as set forth below will be judged as an illegal element (1.0 deduction); if there is no jump or no spin element included or only a jump and no spin or vice versa a deduction for a "missing element" of 1.0 will be made. The Referee is responsible for such deductions.

Costumes should be simple, tasteful and appropriate for sporting competition. Costumes should be selected to enhance the performance by appropriately reflecting the character of the music and theme.

Props may not be used in any part of the artistic programs. 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 Referee is responsible for prop deductions.

Illegal elements:

Somersault type jumps

Lying on the ice and prolonged and/or stationary kneeling on both knees on the ice

Artistic Single Skating

Competitions will be held at the Masters Elite / Masters, Gold, Silver, Bronze and Pre-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. At least one (1) and a maximum of two (2) spins MUST be included. No Axel type jumps, double or triple jumps are allowed. No combination jumps are allowed.

The maximum time for Masters Elite and Masters Artistic Free Skating is **2:10 min.**, but may be less.

The maximum time for Gold, Silver, Bronze and Pre-Bronze Artistic Free Skating is **1:40 min.**, but may be less. Vocal music may be used.

Pair Artistic Free Skating

Each pair artistic team must consist of one man and one lady.

Coaches and students are welcome to compete in all events, however, this competition DOES NOT have a PRO-AM category and it is MANDATORY that pair couples enter at the skill level of the more skilled skater.

Masters /Masters Elite Pair Artistic Skating

Duration: The maximum time is **2:20 min.**, but may be less. Vocal music may be used.

Factor: The panels points for each Program Component are multiplied by a factor of 1.0

The Masters/Masters Elite Pair Artistic Free Skate is a competitive program that must include elements of the sport of pair figure skating. Each pair must include at least three (3) and no more than four (4) elements selected from:

- a. A maximum of one (1) solo jump OR one (1) throw jump. Axel type jumps, double and triple jumps are not permitted. Combination jumps are not permitted.
- b. A maximum of one (1) pair spin (pair spin or pair spin combination) OR one (1) solo spin.

- c. A maximum of one (1) death spiral or pivot figure (position optional).
- d. A maximum of one (1) lift of Group 1 or Group 2. Variations of the lady's position, no-handed and one-handed lifts, and combination lifts are not permitted. Overhead lifts and twist lifts are not permitted.

Pair Artistic Free Skating Intermediate

Duration: The maximum time is **1:50** min., but may be less. Vocal music may be used.

Factor: The panels points for each Program Component are multiplied by a factor of 1.0

The Pair Artistic Free Skate is a competitive program that must include elements of the sport of pair figure skating. Each pair must include at least three (3) and no more than four (4) elements selected from:

- a. A maximum of one (1) solo jump OR one (1) throw jump. Axel type jumps, double and triple jumps are not permitted. Combination jumps are not permitted.
- b. A maximum of one (1) pair spin (pair spin or pair spin combination) OR one (1) solo spin.
- c. A maximum of one (1) death spiral or pivot figure (position optional).
- d. A maximum of one (1) lift of Group 1 or Group 2. Variations of the lady's position, no-handed and one-handed lifts, and combination lifts are not permitted. Overhead lifts and twist lifts are not permitted.

Adult Pair Artistic Skating

Duration: The maximum time is **1:50** min., but may be less. Vocal music may be used.

Factor: The panels points for each Program Component are multiplied by a factor of 1.0.

The Pair Artistic Free Skate is a competitive program that must include elements of the sport of pair figure skating. Each pair must include at least three (3) and no more than four (4) elements selected from:

- a. A maximum of one (1) solo jump OR one (1) throw jump. Axel type jumps, double and triple jumps are not permitted. Combination jumps are not permitted.
- b. A maximum of one (1) pair spin OR one (1) solo spin. Pair spin combinations and flying spins are not permitted.
- c. A maximum of one (1) pivot figure (position optional).
- d. A maximum of one (1) lift of Group 1 or Group 2. Variations of the lady's position, no-handed and one-handed lifts, and combination lifts are not permitted. Overhead lifts and twist lifts are not permitted.

Solo Dance

Pattern Solo Dance

Categories: Gold, Silver, Bronze and Pre-Bronze.

NOTE: Solo Dancers can perform pattern dances according to the rules from the previous season 2016/2017 or according to the rules of the current season 2017/2018!

Skaters may enter only 1 category (i.e. Pre-Bronze, Bronze, Silver or Gold) within each segment of the competition. They are however free to choose the level of each segment individually within the standards listed. For example, a skater may choose to enter a category of pattern dance and a different category in free dance, based on their ability.

In case of ties in the Pattern Dance the TTES will decide the outcome. All pattern dances will be judged with Key Points.

Skater MUST provide her/his own music for each Pattern Dance. The music must be chosen in accordance with the rhythm of the Pattern Dance. The chosen music may be a tune from ISU Ice Dance music. In this case only tunes 1 to 5 can be chosen and the music must be recorded on the skaters' own disc or usb. A violation of tempo specifications will result in a 1.0 point deduction by the Referee. Vocal music is allowed.

Young Adults (Y)	Must be 18 but not have reached the age of 28 before 1 st July 2016
Class I (I)	Must be 28 but not have reached the age of 47 before 1 st July 2016
Class II (II)	Must be 47 before 1 st July 2016 (no upper age limit)

Gold

6 Westminster Waltz (2 sequences)

14 Quickstep (2 sequences)

Or

#7 Viennese Waltz and

#16 Paso Doble

Silver

5 American Waltz (2 sequences)

23 Blues (2 sequences)

Or

#9 Starlight Waltz and

#12 Kilian

Bronze

1 Fourteen Step (3 sequences)

Riverside Rhumba (2 sequences)

Or

#4 European Waltz and

Canasta Tango

Pre Bronze

Willow Waltz (2 sequences)

Rhythm Blues (2 sequences)

Or

Dutch Waltz and

Riverside Rumba

Solo Free Dance

Young Adults (Y)	Must be 18 but must not have reached the age of 28 before 1 st July 2016
Class I (I)	Must be 28 but must not have reached the age of 47 before 1 st July 2016
Class II (II)	Must be 47 before 1 st July 2016 (no upper age limit)

General Requirements for the Solo Free Dance

See: ISU Special Regulations, Section D. Free Dance, Rule 710 and all pertinent ISU Communications

The following are the Requirements for Music for Free Dance (Rule 710, paragraph 1.c). Music that does not adhere to these descriptions will be severely penalized.

The music for Free Dance may be vocal and must be suitable for Ice Dance as a sport discipline and must have the following characteristics:

i) The music must have an audible rhythmic beat and melody, or audible rhythmic beat alone, but not melody alone, and may be vocal. The music may be without an audible rhythmic beat for up to ten (10) seconds at the beginning or end of the program and up to ten (10) seconds during the program.

ii) The music must have at least one change of tempo and expression. These changes may be gradual or immediate, but in either case they must be obvious.

iii) All music, including classical music, must be cut/edited, orchestrated or arranged in a way that it creates an interesting, colourful, entertaining dance program with different dance moods or a building effect.

iv) The music must be suitable for the Skaters skating skills and technical ability.

Free Dance music that does not adhere to these requirements will be penalized by a deduction (See Rule 353, paragraph 1.n).

Costume

LADIES Must wear a full skirt. Must not give the effect of excessive nudity – majority of upper body must be covered

MEN Must wear full length trousers - No tights allowed.

The Costumes should not hide the bodyline of either skater.

Accessories and Props

Accessories and props not permitted. Costume decorations must be non-detachable

Factors in the Solo Free Dance

The multiplying factors for the Program components for the Free Dance are:

Skating Skills	1.20
Transitions, Linking Footwork, Movements	1.20
Performance, Execution	1.20
Choreography, Composition	1.20
Interpretation, Timing	1.20

Free dance

4 categories: Gold, Silver, Bronze and Pre Bronze

Gold Solo Free Dance

1. 1 (one) Combination Pose **or** 2 Single Poses. No Pose of the same type may be repeated. If performed the Single Pose(s) must be separated by more than 3 steps between them.
2. 1 (one) Straight Line Step Sequence (Mid Line or Diagonal) skated barrier to barrier.
3. 1 (one) Curved (Circular or Serpentine) Step Sequence utilizing the full width of the ice surface.
4. 1 (one) Dance Spin only
5. 1 (one) set of Sequential Twizzles with no more than 3 steps between the twizzles.
Minimum 1x clockwise and 1x anti-clockwise
Minimum 1 rotation in each twizzle

Additional sets of twizzles are permitted, but only the 1st attempted set (outwith the step sequence) will count within the technical score. Others will be considered within the choreography mark.

In programs requiring two Step Sequences the Level of the first performed Step Sequence shall be given using the Characteristics of Levels Style A **and the second Step Sequence evaluated using the Characteristics of Levels Style B.**

Duration: max. **3:10 min.**, but may be less

Silver Solo Free Dance

1. 1 (one) Combination Pose or 2 (two) Single Poses. No Pose of the same type may be repeated. If performed the Single Poses must be separated by more than 3 steps between them.

2. 1 (one) Straight line Step Sequence (barrier to barrier) or 1 (one) Curved Step Sequence covering the full width of the ice. The Level of the Step Sequence shall be given using the Characteristics of Levels Style B
3. 1 (one) Dance Spin with a minimum of 3 revolutions. Combination spins are not permitted
4. 1 (one) set of Sequential Twizzles with no more than 3 steps between the twizzles
Minimum 1x clockwise and 1x anti-clockwise
Minimum 1 rotation in each twizzle

Additional sets of twizzles are permitted, but only the 1st attempted set (outwith the step sequence) will count within the technical score. Others will be considered within the choreography mark.

Duration: max. **1:40 min.**, but may be less

Bronze Solo Free Dance

1. 1 (one) Single Pose.
2. 1 (one) Straight line Step Sequence (barrier to barrier) or 1 (one) Curved Step Sequence covering the full width of the ice. The Level of the Step Sequence shall be given using the Characteristics of Levels Style B
3. 1 (one) Dance Spin with a minimum of 3 revolutions. Combination spins are not permitted
4. 1 (one) set of Sequential Twizzles with no more than 3 steps between the twizzles
Minimum 1x clockwise and 1x anti-clockwise
Minimum 1 rotation in each twizzle

Additional sets of twizzles are permitted, but only the 1st attempted set (outwith the step sequence) will count within the technical score. Others will be considered within the choreography mark

Duration: max. **1:40 min.**, but may be less

Pre Bronze Solo Free Dance

1. 1 (one) Single Pose.
2. 1 (one) Straight Line Step Sequence skated barrier to barrier. The Level of the Step Sequence shall be given using the Characteristics of Levels Style B
3. 1 (one) Dance Spin with a minimum of 3 revolutions. Combination spins are not permitted
4. 1 (one) set of Sequential Twizzles with no more than 3 steps between the twizzles
Minimum 1x clockwise and 1x anti-clockwise
Minimum 1 rotation in each twizzle.

Additional sets of twizzles are permitted, but only the 1st attempted set (outwith the step sequence) will count within the technical score. Others will be considered within the choreography mark.

Duration: max. **1:40 min.**, but may be less

CATEGORIES OF POSE

The basic categories of poses are listed below.

Difficult\ original\ imaginative variations are encouraged and accepted e.g. a hydroblade is considered a difficult variation of a Tea Pot / Shoot the Duck, a Beilmann is a difficult variation of an Attitude.

To be of a different Type a Pose must be skated on a different edge to the earlier Pose.

- **ATTITUDE** – A position or stance on 1 leg during which the skater moves either forwards, backwards or on a curve with the supporting leg extended or slightly bent and the free leg either
 - Raised higher than the level of the hip and
 - In front, behind or on the side and
 - Bent or extended and
 - Free or held (by knee or blade) ie Biellmann
- **CROUCHING POSE** – A movement on 2 feet during which a skater moves on the ice with both legs bent more than 90°
- **INA BAUER** – A movement on 2 feet during which a skater moves on the ice with 1 foot on a forward edge and the other on the same backward edge, on different but parallel curves.
- **LUNGE/DRAG** – A movement during which the skater moves on the ice with the skating knee bent more than 90° with the other leg extended behind and touching the ice.
- **TEA POT/SHOOT THE DUCK** – A movement on 1 foot where the skater moves on the ice with the skating knee bent to 90° and the thigh parallel to the ice, with the other leg extending forwards either parallel to the ice or pulled towards the core with the head and body bent to meet the knee.
- **SPREAD EAGLE** – A movement on 2 feet on an edge during which a skater moves on the ice with 1 foot on a forward edge and the other on the same backward edge, on the same curve.

Single Pose A position or stance attained and held for a minimum of 3 seconds. The maximum duration of a Single Pose is 7 seconds.

Combination Pose - A position or stance composing of 2 different types of Single Pose combined and each attained and held for a minimum of 3 seconds. A maximum of 1 linking

step is allowed between the 2 types of pose. The maximum duration of a combination pose is 12

The basic categories of poses are listed below.

Difficult\ original\ imaginative variations are encouraged and accepted e.g. a hydroblade is considered a difficult variation of a Tea Pot / Shoot the Duck, a Beilmann is a difficult variation of an Attitude.

To be of a different Type a Pose must be skated on a different edge to the earlier Pose.

- ATTITUDE – A position or stance on 1 leg during which the skater moves either forwards, backwards or on a curve with the supporting leg extended or slightly bent and the free leg either
 - Raised higher than the level of the hip and
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 - Bent or extended and
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- CROUCHING POSE – A movement on 2 feet during which a skater moves on the ice with both legs bent more than 90°
- INA BAUER – A movement on 2 feet during which a skater moves on the ice with 1 foot on a forward edge and the other on the same backward edge, on different but parallel curves.
- LUNGE/DRAW – A movement during which the skater moves on the ice with the skating knee bent more than 90° with the other leg extended behind and touching the ice.
- TEA POT/SHOOT THE DUCK – A movement on 1 foot where the skater moves on the ice with the skating knee bent to 90° and the thigh parallel to the ice, with the other leg extending forwards either parallel to the ice or pulled towards the core with the head and body bent to meet the knee.
- SPREAD EAGLE – A movement on 2 feet on an edge during which a skater moves on the ice with 1 foot on a forward edge and the other on the same backward edge, on the same curve.

Single Pose A position or stance attained and held for a minimum of 3 seconds. The maximum duration of a Single Pose is 7 seconds.

Combination Pose - A position or stance composing of 2 different types of Single Pose combined and each attained and held for a minimum of 3 seconds. A maximum of 1 linking step is allowed between the 2 types of pose. The maximum duration of a combination pose is 12