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Classification

Single Free Skating

Single Free Skating Pre-Bronze

Duration: The duration is **1 minute and 40 seconds, +/-10 seconds**. Vocal music may be used.

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

The warm-up duration is six (6) minutes.

Each fall shall receive a deduction of 0.5.

A competitor in the 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 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.

Single Free Skating Bronze

Duration: The duration is **1 minute and 40 seconds, +/-10 seconds**. Vocal music may be used.

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

The warm-up duration is six (6) minutes.

Each fall shall receive a deduction of 0.5.

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 up to two (2) jump combinations in the free program.
 - Each jump combination may consist of two (2) listed jumps.
 - A jump combination may consist of the same or another single jump.
 - Each listed jump may be performed a maximum of two (2) times.
- 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 any spin with no change of foot, and six (6) for the spin combination with change of foot or the spin in one position with change of foot.
 - A spin that has no basic position with 2 revolutions will receive no level and no value, however a spin with less than three rotations 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.
 - The change of foot in any spin must be preceded and followed by a spin position with at least three (3) revolutions. If this requirement is not fulfilled, the short part of the spin will be ignored including any features.
 - 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.

Single Free Skating Silver

Duration: The duration is **2 minutes +/- 10 seconds**. Vocal music may be used.

Factor: The panels 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 warm-up duration is six (6) minutes.

Each fall shall receive a deduction of 1.0.

A competitor in the 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 consists of two (2) single listed jumps, beginning with any listed jump, immediately followed by an Axel type jump with direct step from the landing curve of the first jump to the take-off curve of the Axel jump.
 - Each listed jump may be performed a maximum of two (2) times.
 - **Please note that the 1Eu (Euler) when used in combination in between two listed jumps, is considered as a listed jump 1 Eu (Euler) with the value 0,5. (Updated Scale of Valu SOV, communication No. 2186).****updated september 2018*
 - Non-listed jumps may be included in the program as part of connecting footwork.
- b. A maximum of two (2) spins of a different abbreviation, one (1) of which must be a spin combination.
 - 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 level and no value, however a spin with less than three rotations 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.
 - The change of foot in any spin must be preceded and followed by a spin position with at least three (3) revolutions. If this requirement is not fulfilled, the short part of the spin will be ignored including any features.
- 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.

Single Free Skating Gold

Duration: The duration is **2 minutes and 40 seconds, +/- 10 seconds**. Vocal music may be used.

Factor: The panels points for each Program Component are multiplied by a factor of 1.6 Only features up to and including Level 3 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 warm-up duration is six (6) minutes.

Each fall shall receive a deduction of 1.0.

A competitor in the 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 consists of two (2) listed single or double jumps, beginning with any jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump. The jumps in bold above are not permitted.
 - Each listed jump may be performed a maximum of two (2) times.
 - **Please note that the 1Eu (Euler) when used in combination in between two listed jumps, is considered as a listed jump 1 Eu (Euler) with the value 0,5. (Updated Scale of Valu SOV, communication No. 2186).****updated september 2018*
 - 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 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 level and no value, however a spin with less than three rotations 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.
 - The change of foot in any spin must be preceded and followed by a spin position with at least three (3) revolutions. If this requirement is not fulfilled, the short part of the spin will be ignored including any features.
- 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.

Single Free Skating Masters / Elite Masters

Duration: The duration is **3 minutes +/- 10 seconds**. Vocal music may be used.

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

The warm-up duration is six (6) minutes.

Each fall shall receive a deduction of 1.0

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

- a. A maximum of six (6) 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 consists of two (2) listed jumps of any number of revolutions, beginning with any jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump.
 - Each listed jump may be performed a maximum of two (2) times.
 - **Please note that the 1Eu (Euler) when used in combination in between two listed jumps, is considered as a listed jump 1 Eu (Euler) with the value 0,5. (Updated Scale of Valu SOV, communication No. 2186).****updated september 2018*
 - 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 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 level and no value, however a spin with less than three rotations 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.
 - The change of foot in any spin must be preceded and followed by a spin position with at least three (3) revolutions. If this requirement is not fulfilled, the short part of the spin will be ignored including any features.
- 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.

Pair Free Skating Adult

Duration: The duration is **2 minutes and 20 seconds, +/- 10 seconds**. Vocal music may be used.

Factor: The panels points for each Program Component are multiplied by a factor of 1.6. The warm-up duration is six (6) minutes.

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

- a. A maximum of one (1) lift of Group 1 or Group 2 with a minimum $\frac{1}{2}$ revolution for the man.
 - The man's lifting hand(s) should be above his shoulder line.
 - Variations of the lady's position, no-handed and one-handed lifts, and combination lifts are not permitted.
 - Lifts of Groups 3-4-5 are not permitted
 - Twist lifts are not permitted.
- b. A maximum of one (1) single throw jump.
 - Throw double and triple jumps are not permitted.
 - Throw Axel is not permitted.
- c. A maximum of one (1) solo single jump.
 - Double and triple jumps are not permitted.
 - Axel type jumps are not permitted.
- d. A maximum of one (1) jump combination with a maximum of two (2) listed jumps.
 - Only single jumps are allowed.
 - Double and triple jumps are not permitted.
 - Axel type jumps are not permitted.
- e. A maximum of one (1) pair spin.
 - A pair spin is any spin with no change of foot or no change of position by one or both partners.
 - Pair combination spins (spins with a change of foot and change of position by both partners) 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.
- f. A maximum of one (1) pivot figure (position optional).
 - At least one (1) revolution in pivot position by the man is required.
- g. 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.

Pair Free Skating Intermediate

Duration: The duration is **2 minutes and 40 seconds, +/- 10 seconds**. 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 warm-up duration is six (6) minutes.

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.
 - The man's lifting hand(s) should be above his shoulder line.
 - Variations of the lady's position, no-handed and one-handed lifts, and combination lifts are not permitted.
 - Lifts of Groups 3-4-5 are not permitted.
 - 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. A jump sequence consists of two (2) listed single jumps, beginning with any jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump.
 - 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 a change of foot by both partners with at least three (3) revolutions on each foot and at least one (1) change of position by both partners. If there is no change of foot or no change of position by one or both partners, the spin will be called as a pair spin.
 - 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 for the death spiral.
 - At least one (1) revolution in pivot position by the man is required for the pivot figure.
- 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.

Pair Free Skating Masters / Masters Elite

Duration: The duration is **3 minutes and 30 seconds, +/- 10 seconds**. Vocal music may be used.

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

The warm-up duration is six (6) minutes.

Pairs 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.
 - In lifts of Group 1 and Group 2, the man's lifting hand(s) should be above his shoulder line.
 - In lifts of Groups 3–4-5, full extension of the lifting arm(s) is mandatory.
- 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. A jump sequence consists of two (2) listed jumps of any number of revolutions, beginning with any jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump.
- 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 a change of foot by both partners with at least three (3) revolutions on each foot and at least one (1) change of position by both partners. If there is no change of foot or no change of position by one or both partners, the spin will be called as a pair spin.
 - 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 for the death spiral.
 - At least one revolution in pivot position by the man is required for pivot figure.
- h. 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.

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.

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 ice dance couples enter at the skill level of the more skilled skater, even if that skater is not a professional, but simply a higher level skater.

Pattern Dance

Couples should perform Pattern dances and Rhythm dances according to the rules from season 2018/2019.

Ice Dance Pre-Bronze Pattern Dance:

Rhythm Blues (2 Sequences)

Golden Skaters Waltz (2 Sequences)

Ice Dance Bronze Pattern Dance:

#1 Fourteenstep (4 sequences)

#7 Willow Waltz (2 sequences)

Ice Dance Silver Pattern Dance:

#3 Rocker Foxtrot (4 sequences)

#13 Starlight Waltz (2 sequences)

Ice Dance Gold Pattern Dance:

11 Viennese Waltz (3 sequences)

#19 Quickstep (4 sequences)

Ice Dance Masters / Elite Masters Pattern Dance:

#11 Viennese Waltz (3 sequences)

#25 Silver Samba (2 sequences)

Couples SHOULD provide their own music for all 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. 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).

A violation of tempo specifications will result in a 1.0 point deduction by the Referee. Vocal music is allowed.

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.

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 Pattern Dances will be judged without Key Points.

The warm-up duration for Pattern Dances is three (3) minutes.

Rhythm Dance (former Short Dance)

Ice Dance Adult Rhythm Dance

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

Ice Dance Masters/Masters Elite Rhythm Dance

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 "Adult Rhythm Dance".

Specifications/Restrictions for Rhythm Dance

The warm-up duration for the Rhythm Dance is five (5) minutes.

Duration: **2 minutes and 50 seconds, +/- 10 seconds.**

Music:

- Music for Rhythm Dance may be vocal and must be suitable for Ice Dance as a sport discipline.
- The music must be selected in accordance with the designated rhythm(s) and/or theme(s), and with the specified tempo when applicable.
- Music with audible rhythmic beat only; may be without audible beat up to 10 seconds at beginning only.

Pattern:

- For season 2018/19 the pattern must proceed in a generally constant direction and must cross the Long Axis of the ice surface once at each end of the rink within no more than 30 meters (Short Axis) of the barrier.
- In addition, the couple may also cross the Long Axis once at the entry and/or exit to the Not Touching Step Sequence and/or once at the entry to Pattern Dance Element. While performing required Step Sequence, the couple may cross the long axis - Loops are permitted provided they do not cross the long axis.

Stops:

- After clock started, couple must not remain in one place for more than 10 seconds at the beginning and/or end of the program.

- During program: 2 full stops of up to 5 seconds or 1 full stop of up to 10 seconds permitted.
- A Dance Spin or Choreographic spinning movement that does not travel will be considered as a Stop.

Separations: Separations at the beginning and/or end of the program may be up to 10 seconds in duration without restrictions on the distance of the separation.

- Partners must not separate except to change Hold or to perform Required Elements requiring a separation.
- Distance allowed is maximum 2 arms lengths during such separations.
- Change of hold and Turns as transitional elements must not exceed the duration of one measure of music.

Touching ice with hands: Touching the ice with the hand(s) is not permitted.

Costume: Must be modest, dignified, not give the effect of excessive nudity and appropriate for athletic competition.

- Not garish or theatrical in design. Clothing however may reflect the character of the chosen music.
- Man must wear full length trousers. Lady must wear a skirt.
- Accessories and props are not permitted.

Required Rhythm Dance Elements:

For the season 2018/2019, Adults will follow the Rhythm Dance for Juniors (see ISU Communication 2148). The Pattern Dance Elements (Argentine Tango) shall be skated to the Tango rhythm and must be in the style of the chosen rhythm, with the range of tempo: 24 measures of 4 beats per minute (96 beats per minute) plus or minus 2 beats per minute. The Tempo of the music throughout the Pattern Dance Elements must be constant.

Pattern Dance:

- Two (2) Sections of Argentine Tango (96 beats per minute +/- 2 beats per minute) to be skated one after the other.
- *Section 1 steps #1-18 Section 2 steps #19-31*
 - Option 1 - Section 1 followed by Section 2 with step #1 skated on judge's left side
 - Option 2 Section 2 followed by Section 1 with step #19 skated on judge's right side.

Dance Lift: Maximum One (1) Short Lift Up to 7 seconds.

Step Sequence:

- One (1) Step Sequence in Hold OR Not Touching or Combination of both (Style B) chosen from the following Types of Pattern:
 - Midline – skated along the full length of the ice surface on the Long Axis. –
 - Diagonal – skated as fully corner to corner as possible –
 - Circular – utilizing the full width of the ice surface on the Short Axis
- The pattern of the Step Sequence must maintain the integrity or basic shape of the chosen pattern. Some deviations in the chosen pattern are expected in order to complete the required turns. However, if the chosen pattern is not clearly recognizable, there will be a required reduction for incorrect Pattern by the Judges.
- Specifications to Style B, Rhythm Dance 2018/2019:
 - One (1) Stop permitted, up to 5 seconds

- One (1) Retrogression up to two measures is permitted and may start from the permitted Stop. Loop(s) NOT permitted
- The Hold requirement is not considered for Level

Sequential Twizzles: One (1) Combination Set of Sequential Twizzles:

At least two Twizzles for each partner with up to 1 step maximum between Twizzles Combination. Set of Twizzles is evaluated as one unit by adding the Base Values of the Lady Set of Twizzles and Man Set of Twizzles and then applying the GOE. The GOE of the Combination Set of Twizzles is equal to the sum of the numerical values of the corresponding GOE of the Lady Set of Tws and Man Set of Tws.

Free Dance

General regulations:

The warm-up duration for all free dances is five (5) minutes.

Music:

- 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:
- 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.
- 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.
- 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.
- 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).

Ice Dance Bronze Free Dance

Duration: The duration is **1 minute and 50 seconds +/- 10 seconds**.

The points for each Program Component are multiplied by a factor of 1.2 (Rule 353, paragraph 1.m).

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. Note that only a maximum Level 1 lift will be counted.
- b. A maximum of one (1) Diagonal Step Sequence in Hold, Style B
- c. A maximum of one (1) Dance Spin (No combination).

Ice Dance Silver Free Dance

Duration: The duration is **2 minutes and 30 seconds, +/- 10 seconds**.

The points for each Program Component are multiplied by a factor of 1.2 (Rule 353, paragraph 1.m).

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. And only a maximum Level 2 lift will be counted.
- b. A maximum of one (1) Diagonal Step Sequence in Hold, 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)

Ice Dance Gold Free Dance

Duration: The duration is **3 minutes +/- 10 seconds**.

The points for each Program Component are multiplied by a factor of 1.2 (Rule 353, paragraph 1.m).

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) Combination 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) Circular Step Sequence in Hold, Style A.
- d. A maximum of one (1) Set of Synchronized Twizzles with up to three (3) steps between.

Ice Dance Masters /Masters Elite Free Dance

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

Artistic Free 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.

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. The theme of the program should be clear from the skating movements and choreography – regardless of what the skater is wearing.

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

The warm-up duration is five (5) minutes for all artistic free skating events.

Vocal music may be used.

Single Artistic Free Skating

Competitions will be held at the Pre-Bronze, Bronze, Silver, Gold and Masters /Masters Elite 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 program duration for **Masters Elite and Masters** Artistic Free Skating is **2 minutes +/- 10 seconds**.

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

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.

Pair Artistic Free Skating Adult

Duration: The duration is **1 minute and 40 seconds, +/- 10 seconds**.

Factor: The 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.
 - Twist lifts are not permitted.
 - Lifts of Groups 3-4-5 are not permitted.

Pair Artistic Free Skating Intermediate

Duration: The duration is **1 minute and 40 seconds, +/- 10 seconds**.

Factor: The 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.
 - Twist lifts are not permitted.
 - Lifts of Groups 3-4-5 are not permitted

Pair Artistic Free Skating Masters/Masters Elite

Duration: The duration is **2 minute2 and 10 seconds, +/- 10 seconds**.

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

The Masters 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.
 - Twist lifts are not permitted.
 - Lifts of Groups 3-4-5 are not permitted.

Solo Dance

Solo Dance Pattern Dance

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

NOTE: Solo Dancers can perform pattern dances according to the rules from the current season 2018/2019!

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 without 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.

Pre-bronze

Golden skaters waltz 2 sequences
Rhythm blues 2 sequences

Bronze

Willow waltz 2 sequences
14 step 4 sequences

Silver

American Waltz 2 sequences
Tango 2 sequences

Gold

Starlight waltz 2 sequences
Samba 2 sequences

Solo Dance Free Dance

General Requirements for the Solo Dance 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 Dance 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

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.

*No change in music tempo is required for this level.

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

**Upadted in August 2018*

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

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 seperated 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

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 seperated 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

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/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

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