



Miejski Klub Łyżwiarski
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90-537 ŁÓDŹ, ul. Stefanowskiego 28

PUCHAR ŁODZI AMATORÓW 2017

1. Termin i miejsce zawodów:

10 - 12.03.2017 r.; Łódź, Lodowisko „Bombonierka”, ul. Stefanowskiego 28, tafla o wymiarach 60x30 m

2. Organizator:

Miejski Klub Łyżwiarski w Łodzi, ul. Stefanowskiego 28, tel. 608 43 50 76, e-mail: mkl_lodz@interia.pl

3. Zasady uczestnictwa oraz regulamin Zawodów dla Amatorów:

W zawodach mogą brać udział osoby uprawiająca rekreacyjnie łyżwiarstwo figurowe. Szczegółowy regulamin poszczególnych konkurencji podany jest w wersji angielskiej.

Zostaną przeprowadzone następujące konkurencje:

➤ **Soliści/solistki - program dowolny** – konkurencja zostanie rozegrana w czterech kategoriach:

Bronze, Silver, Gold, Masters/Elite Masters

Ponadto, kategorie zostaną podzielone na grupy wiekowe:

- Klasa CHILD – urodzeni po 01.01.2006
- Klasa TEENAGER – urodzeni pomiędzy 01.01.1999 - 31.12.2005
- Klasa YA (Young Adult) – urodzeni pomiędzy 01.07.1988 - 31.12.1998
- Klasa I – urodzeni pomiędzy 01.07.1978 - 30.06.1988
- Klasa II – urodzeni pomiędzy 01.07.1968 - 30.06.1978
- Klasa III – urodzeni pomiędzy 01.07.1958 - 30.06.1968
- Klasa IV – urodzeni pomiędzy 01.07.1948 - 30.06.1958
- Klasa V – urodzeni pomiędzy 01.07.1938 - 30.06.1948

W przypadku mniejszej ilości zawodników grupy wiekowe mogą być łączone.

➤ **Soliści/solistki - program artystyczny**

➤ **Party sportowe – program dowolny, program artystyczny**

➤ **Pary taneczne – tańce obowiązkowe, short dance, taniec dowolny**

➤ **Tańce obowiązkowe solo**

➤ **Show Duo**

➤ **Beginners** – tylko dla dzieci urodzonych po 01.01.2008

4. Treningi:

- Istnieje możliwość wykupienia treningu, harmonogram treningów zostanie ustalony po opracowaniu programu minutowego.
- Czas trwania 1 treningu to 30 min.
- Koszt 1 treningu to 20 zł

5. Pozostałe informacje związane z uczestnictwem w zawodach:

- Muzykę należy dostarczyć na płycie CD przed rozpoczęciem konkurencji, muzyka z wokalem dozwolona jest we wszystkich kategoriach;
- Zawodnicy muszą posiadać aktualne zaświadczenie lekarskie o zdolności do udziału w zawodach, które należy przekazać do Biura Zawodów;
- Program minutowy zostanie opracowany po otrzymaniu wszystkich zgłoszeń i zostanie opublikowany na stronie www.pfsa.com.pl
- Elektroniczne losowanie kolejności startów odbędzie się przed zawodami, listy startowe zostaną opublikowane na stronie www.pfsa.com.pl

6. Termin przesyłania zgłoszeń: do 12.02.2017 r.

W zgłoszeniu proszę podać imię, nazwisko, klub, datę urodzenia i konkurencję/klasę.

Zawartość programów należy przesłać do Bartka Lewandowskiego: bartek@viproteam.pl

7. Zasady finansowania:

Koszty organizacji zawodów pokrywa MKŁ. Opłata startowa wynosi **150 zł**, w przypadku startu w drugiej lub trzeciej konkurencji opłata wynosi **50 zł**. Opłata płatna przelewem na rachunek MKŁ Łódź w mBank **54 1140 2004 0000 3102 7551 0576** z podaniem nazwiska uczestnika, nazwy klubu oraz konkurencji/klasy.

8. Noclegi i wyżywienie należy zamówić we własnym zakresie.

Serdecznie zapraszamy!

W imieniu organizatorów
Jolanta Baryła
tel. 608 43 5076

TECHNICAL REQUIREMENTS – Free Skating

Ladies/Men Masters/Elite Masters Single – Free Skating

A competitor in the Masters/Elite 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) 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 (1 Lo.)
 - 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.

Duration: The maximum time is 3 minutes 10 seconds, but may be less.

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

Ladies/Girls/Men/Boys Single Gold – Free Skating

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 and 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 (1 Lo.)
 - 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.

Duration: The maximum time is 2 minutes 50 seconds, but may be less.

Factor: The 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.

Ladies/Girls/Men/Boys Single Silver – Free Skating

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 (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 different abbreviations, 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.

Duration: The maximum time is 2 minutes 10 seconds, but may be less.

Factor: 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.

Ladies/Girls/Men/Boys Single Bronze – Free Skating

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 jump, double jumps or triple jumps are not permitted.** There may be up to two (2) jumps combinations or jump sequence 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 (1 Lo.)
- 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.

Duration: The maximum time is 1 minute 50 seconds, but may be less.

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

TECHNICAL REQUIREMENTS – Pair Free Skating

Each pair 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 Free Skating

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.
- b. A maximum of two (2) throw jumps (single or double).
- c. A maximum of one (1) solo jump. Single, double or 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 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) 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 ¾ revolution in pivot position by the man is required.
- h. A maximum of one (1) step sequence, fully utilizes the ice surface.
 - Only the first executed attempt of a step sequence will contribute to the technical score

Duration: The maximum time is 3 minutes 10 seconds, but may be less.

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

Intermediate Pair Free Skating

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 ½ 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 spiral (position optional).
 - At least $\frac{3}{4}$ revolution in pivot position by the man is required.
- g. 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.

Duration: The maximum time is 2 minutes 50 seconds, but may be less.

Factor: 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.

Adult Pair Free Skating

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 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.

Duration: The maximum time is 2 minutes 30 seconds, but may be less.

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

TECHNICAL REQUIREMENTS – Ice Dance

Ice Dance – General

Each couple must consists of one man and one 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.

Dance couples may compete in two or three disciplines, the Pattern Dance, Short Dance and Free Dance, but each will be judged separately.

Ice Dance - Pattern Dance

In accordance with ISU Rules 707, 708, Rule 353, paragraph 1.n) and ISU Communication No.1857 and No.1860, official ISU Pattern Dance music will be used, except that couples shall provide their own music for the following Pattern Dances:

- Fourteenstep (Bronze)
- Tango (Silver)
- Paso Doble (Gold)
- Midnight Blues (Masters/Masters Elite)

The music must be chosen in accordance with the rhythm of the Pattern Dance. The chosen music may also 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. A violation of tempo specifications will result in a 1.0 point deduction by the Referee. **Vocal music may be used.**

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.

Tempo specification for the Pattern Dance music chosen by couples:

- (Bronze) Fourteenstep: 56 measures of 2 beats per minute or 112 beats per minute, plus or minus 2 beats per minute
- (Silver): Tango - 27 measures of 4 beats per minute or 108 beats per minute, plus or minus 2 beats per minute
- (Gold): Paso Doble - 56 measures of 2 beats per minute or 112 beats per minute, plus or minus 2 beats per minute
- (Elite Masters and Masters): Midnight Blues – 22 measures of 4 beats per minute or 88 beats per minute, plus or minus 2 beats per minute.

The Tempo throughout the required Sequences must be constant and in accordance with the required Tempo of the Pattern Dance (see ISU Handbook Ice Dance 2003) plus or minus 2 beats per minute.

The couple shall furnish competition music in accordance with Rule 343, paragraph 1.

The second Pattern Dance in each category will use ISU Ice Dance music that will be provided by the organizers.

The Pattern Dances will be judged without Key Points.

References: ISU Handbook Ice Dance 2003

Elite Masters

Couples entering this category will compete against other Elite Masters Ice Dance Couples. The technical requirements are the same as those for the category "Masters Pattern Dance".

Masters

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

Gold

9 Starlight Waltz (2 sequences)
16 Paso Doble (3 sequences)

Silver

4 European Waltz (2 sequences)
20 Tango (2 sequences)

Bronze

1 Fourteen Step (3 sequences)
5 American Waltz (2 sequences)

The points for each Program Component are multiplied by a factor of 0.7 (Rule 353, paragraph 1.m).

The Total Score for each dance will be multiplied by a factor of 0.5 (Rule 353, paragraph 1.b).

Solo Pattern Dance

Any Pattern Dance (two sequences) chosen by skater. Skater provides her/his music. Pattern Dances. Official ISU Pattern Dance music will be used or the music must be chosen in accordance with the Rhythm of the Pattern Dance. The tempo throughout the required sequences must be constant and in accordance with the required tempo of the Pattern Dance. There is only one category.

Pattern Dance for Program Components

- Skating Skills
- Performances
- Interpretation
- Timing

Factor: The panel's points for each Program Component are multiplied by a factor of 0.7 (Rule 353, paragraph 1.m).

Adult Short Dance

See: ISU Communication No. 1998, Ice Dance Requirements for Technical Rules Season 2016 / 2017. All Key Points & Key Points Features for Pattern Elements are described.

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.

Blues and Swing are described in the ISU Ice Dance Music Rhythms Booklet 1995. (Note; the description of Swing covers several different Rhythms, which are acceptable).

Hip Hop is described in the Additions to the ISU Ice Dance Music Rhythms Booklet 1995 (see ISU Website).

Note: To comply with the ethical values of sports, Hip-Hop music chosen for Ice Dance competitions must not include aggressive and/or offending lyrics.

Elite Masters

Couples entering this category will compete against other Elite Masters Ice Dancers. The technical requirements are the same as for the category "Short Dance".

Masters

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

Couples entering this category will compete against others at the Adult Short Dance level. (Recommended for silver level ice dancers.) The technical requirements are the same as for the category "Short Dance".

Required Short Dance Elements

Dance: 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 Pattern Dance Elements must be skated on the Blues Rhythm. 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.

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 rhythms: either Swing or Hip Hop.

One (1) Set of Sequential Twizzles.

Elements should be integrated into the composition of the dance so the concept and choreography must produce the feeling of a unified dance.

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.

Specifications:

- 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.

Music for the entire Short Dance (including music for specified Pattern Dance Elements) is provided by the couple.

Duration: 2 minutes 50 seconds maximum time, but may be less.

Factor: The panel's points for each Program Component are multiplied by a factor of 0.8 (Rule 353, paragraph 1.m).

Adult 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:

- a) 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.
- b) 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.
- c) 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.
- d) 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).

Gold/Masters/Masters Elite Free Dance

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

Duration: Maximum 3 minutes and 10 seconds, but may be less.

Factor: The panel's points for each Program Component are multiplied by a factor of 1,2 (Rule 353, paragraph 1.m)

Silver Free Dance

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

- a. A maximum of one (1) Short Lift, with a maximum duration of 7 seconds.
- b. A maximum of one (1) Circular Step Sequence in Hold, Style A.
- 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).

Duration: Maximum 2 minutes and 40 seconds, but may be less.

Factor: The panel's points for each Program Component are multiplied by a factor of 1,2 (Rule 353, paragraph 1.m).

Bronze Free Dance

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

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

Duration: Maximum 2 minutes, but may be less.

Factor: The panel's points for each Program Component are multiplied by a factor of 1,2 (Rule 353, paragraph 1.m).

TECHNICAL REQUIREMENTS – Artistic Skating

Artistic Skating – General

The artistic event will be judged only on the basis of Presentation Components (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

Men/Ladies Artistic Skating

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.

Duration: The maximum time for Masters Elite and Masters Artistic Skating is 2 minutes and 10 seconds, but may be less. The maximum time for Gold, Silver and Bronze Artistic Skating is 1 minute 40 seconds, but may be less.

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

Pair Artistic Free Skating – General

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 Elite/Masters Pairs Artistic Skating

The Masters Elite/Masters Pair Artistic Free Skating is 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 combination spin) OR one (1) solo spin.
- c. A maximum of one (1) death spiral or pivot spiral (position optional).
- d. A maximum of one (1) lift of Group 1 or Group 2.
 - Variations of the lady's positions, no-handed and one-handed lifts, and combination lifts are not permitted.
 - Overhead lifts and twist lifts are not permitted.

Duration: The maximum time is 2 minutes and 20 seconds, but may be less.

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

Intermediate Pairs Artistic Free Skating

The Pair Artistic Free Skating is 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 positions, no-handed and one-handed lifts, and combination lifts are not permitted.
 - Overhead lifts and twist lifts are not permitted.

Duration: The maximum time is 1 minute and 50 seconds, but may be less.

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

Adult Pairs Artistic Free Skating

The Pair Artistic Free Skating is 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 positions, no-handed and one-handed lifts, and combination lifts are not permitted.
 - Overhead lifts and twist lifts are not permitted.

Duration: The maximum time is 1 minute and 50 seconds, but may be less.

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

TECHNICAL REQUIREMENTS – Show Duo

Adult Show Duo

There is no division by age or level.

- Show duo program should be an interpretation of the chosen music in an individual, original and creative manner by two persons.
- The costume as well as make-up, accessories and props are allowed to be used for this purpose. But they should not be given priority.
- Elements permitted without limitations: jumps, steps, spirals and spins.
- The use of vocal music is permitted.
- There is no deductions for falls.

The Show duo event will be judged only on the basis of Presentation Components (program components):

- Skating skills – **factor 1,0**
- Transitions – **factor 1,0**
- Performance/Execution – **factor 2,0**
- Choreography/Composition – **factor 2,0**
- Interpretation/Timing – **factor 2,0**

There will be no technical panel and no technical score given.

Duration: The maximum time is 2 minutes 50 seconds, but may be less.

TECHNICAL REQUIREMENTS – Beginners Free Skating

Beginners - Free Skating

There is a category for children with basic skating skills who have small experience in participation in competitions or have never taken part in competition. It is reserved for skaters who were born on 1st of January, 2008 or later. There is no division by gender and level.

Elements permitted: jumps, steps, spirals and spins.

The Beginners event will be judged only on the basis of Presentation Components (program components):

- Skating skills
- Performance/Execution

There will be no technical panel and no technical score given.

Duration: The maximum time is 1 minute 50 seconds, but may be less.

Factor: The panels points for each Program Component are multiplied by a factor of 2.5.

Deduction: for falls deduction of 0,5 points will be made.