



EINDHOVEN, THE NETHERLANDS

2 and 3 MAY 2020

Competition under the Authorization of the
FFPA – Fédération Francophone de Patinage Artistique (Belgium)

3rd International Open Adult & Kids Skating Challenge

(a non qualifying event)

For

Men, Ladies, Neutrals, Pairs, Duo's

Ice Dance (Solo and Couples)

Synchronized Skating

Shadow Skating

Theatre on Ice

Closing date for registration : 15th March 2020



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GENERAL

A. OUR GOALS

- to popularize and cultivate amateur/recreational figure skating;
- to draw the public attention and organizations to the amateur level of figure skating;
- to inform all those concerned and interested in the amateur figure skating about the possibility to learn and master your figure skating skills at any age and any level.
- to inform of the possibility for any figure skater to participate in these types of events.
- to stimulate the interest and development of other amateur figure skating clubs,
- to communicate and to know more about figure skating traditions in other countries.

B. RULES

The **International Adult & Kids Open Figure Skating Starlight Challenge 2019** will be held in Eindhoven, The Netherlands, on 2nd and 3rd May, 2020.

This competition will be held under the authorization of the FFPA (Fédération Francophone de Patinage Artistique).

The competition will be conducted in accordance with the ISU Constitution and General Regulations, the latest ISU Special Regulations & Technical Rules Single & Pairs Skating and Ice Dance, the Special Regulations & Technical Rules Synchronized Skating, all pertinent ISU Communications, and this Announcement.

This announcement is compliant with the rules updated by the ISU Adult Working Group following the ISU Congress.

If there is a conflict between pertinent ISU Regulations or Communications and provisions set forth in this Announcement, the provisions set forth in this Announcement shall prevail.

C. ELIGIBILITY

This event is an International non-qualifying Interclub competition for kids, young skaters, young adults and adult categories (single skating, pair skating, duo skating, dance, synchronized skating, shadow skating and Theatre on Ice). Open to everyone, all clubs are invited to take part in this competition.

In case of too many entries the organizing committee reserves the right to limit the number of participants.

Skaters can enter only one (1) Ice Dance level, except for pattern dances (see specifications for pattern dances).

Skaters can enter only one (1) level of free skating event.

In addition, a skater can also enter the Pairs Free skating event, the Theatre on Ice event, the Artistic Free skating event, the Solo dance event, the Rhythm Dance or Variation Dance event, the Free Dance event, the Synchronized Skating event and the Shadow Skating Ice Dance and Free Skating events.

Ladies and Men will be combined in all solo dance events where the steps for lady and men are the same.

The organizing committee invites the participation of ex-elite skaters. A special category called "Elite" will be added to the competition for these skaters. Elite Free Skating according to the rules for Masters Free Skating, and Elite Pair Skating according to the rules for Masters Pair Skating. Elite Ice Dance according to the rules for Gold Dance.

In Pair Skating and in Ice Dance Couple, skaters can compete in the other categories if they are skating with another partner, who is not their former competition partner.

Coaches are authorized to participate.

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 and dance couples enter at the skill level of the more skilled skater, even if that skater is not a coach.

A skater competing after 1st July 2019 in an ISU Championship, International Competition or National Championship of a Member Federation (other than an Adult International Competition or Adult National Championships) or a competition from which a skater qualifies for the National Championship of a Member Federation (other than an Adult National Championship) MAY NOT participate in this competition.



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A skater competing prior to 1st July 2019 in an ISU Championship or National Championship of a Member Federation or a competition from which a skater qualifies for the National Championship of a Member Federation MAY participate in this competition.

A skater meeting the age requirements of this competition, who competes in any adult-only events at a National Championships or competition from which a skater qualifies for the National Championships of a Member Federation MAY compete in this competition.

All other skaters of an ISU Member Federation who meet the age requirements may participate.

A Competitor must be an individual member of an ISU Member, or a member of a club which is itself a member of an ISU Member. Competitors **do not** require any Clearance Certificate or any other permission from their ISU Member for entering the Competition. **Competitors must enter themselves.** A Competitor may enter as a member of only one ISU Member. In the case of pair skating, ice dance couples and teams, competitors may enter as members of different ISU Members. Skaters from a country which is not member of the ISU are also allowed to compete. They must at least be member of an official national club in this country.

D. DISCIPLINES AND LEVELS

The International Adult & Kids Figure Skating competition Starlight Challenge 2020 will include the following disciplines:

- Ice Dance – Pattern Dance : Ladies, Men, Couples
- Ice Dance – Rhythm Dance and Variation Dance : Ladies, Men, Couples
- Ice Dance – Free Dance : Ladies, Men, Couples
- Free Skating : Ladies, Men, Neutrals, Pairs
- Artistic Free Skating : Ladies, Men, Neutrals, Pairs, Duo
- Shadow Skating – Ice Dance : Teams
- Shadow Skating – Free Skating : Teams
- Synchronized Skating : Teams
- Theatre on Ice : Teams

The International Open Adult Skating Starlight Challenge is divided in following levels :

- Pattern Dance Competitions in Solo and Pairs will be held at Tin, Copper, Pre-Bronze, Bronze, Silver, Gold, Masters and Elite levels.
- Variation Dance Competitions in Solo and Pairs will held at Pre-Bronze, Bronze and Silver levels.
- Rhythm Dance Competitions in Solo and Pairs will held at Gold level.
- Free Dance Competitions in Solo and Pairs will be held at Pre-Bronze, Bronze, Silver and Gold levels.
- Free Skating Competitions in Ladies, Men, Neutrals and Pairs will be held at Pre-Bronze, Bronze, Silver, Gold, Masters and Elite levels.
- Free Skating Artistic Competitions in Ladies, Men, Neutrals, Duo and Pair will be held at Bronze, Silver, Gold, Masters and Elite levels.
- Shadow Skating Ice Dance Competitions in teams will be held at Tin, Copper, Pre-Bronze, Bronze, Silver and Gold
- Shadow Skating Free Skating Competitions in teams will be held at Pre-Bronze, Bronze, Silver and Gold levels.
- Synchronized Skating will have no level categories
- Theatre on Ice will have no level categories

- It is expected that Competitors will enter at a level that is appropriate to their current skating ability.
- The Elite category is intended for those skaters who competed previously at the junior or senior level in national or international competition.



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E. CLOTHING

Based on ISU Rule 501(1), competitors should note the following regarding appropriate clothing:

At ISU Championships, the Olympic Winter Games and International Competitions, the clothing and make-up [of the Competitors] for competitions and victory ceremonies 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.

Men **must** wear full length trousers and **may not** wear tights. In addition, in Ice Dance, Ladies must wear a skirt/dress for their free dance

The clothing must not give the effect of excessive nudity inappropriate for the discipline.

Clothing that does not adhere to these guidelines will be penalized by a deduction. 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.

Exception will be granted for Theatre on Ice where clothing must be in accordance with the theme of the performance.

However, this clothing must not give the effect of excessive nudity inappropriate for the discipline.

For the following disciplines, accessories and props are permitted as long as they don't damage the ice or be of any danger for the skaters.

- Artistic Free Skating
- Theatre on Ice
-

It is kindly requested that all competitors wear their competition clothing for the victory ceremonies, which will be held at the end of each day's competition.

F. AGE CATEGORIES

Free Skating, Ice Dance, Artistic Skating Events Age Categories :

Based on the number of entries, age classes may be combined.

- | | |
|---|---|
| • Kids 5 to 10 yrs (Class -3) | Skaters born between July 1 st , 2015 and June 30 th , 2010 |
| • Kids 8 to 15 yrs (Class -2) | Skaters born between July 1 st , 2012 and June 30 th , 2005 |
| • Young Skaters 15 yrs to 18 yrs (Class -1) | Skaters born between July 1 st , 2005 and June 30 th , 2002 |
| • Young Adult 18 yrs to -29 yrs (Class 0) | Skaters born between July 1 st , 2002 and June 30 th , 1991 |
| • Class I 29 yrs to -39 yrs | Skaters born between July 1 st , 1991 and June 30 th , 1981 |
| • Class II 39 yrs to -49 yrs | Skaters born between July 1 st , 1981 and June 30 th , 1971 |
| • Class III 49 yrs to -59 yrs | Skaters born between July 1 st , 1971 and June 30 th , 1961 |
| • Class IV 59 yrs to - 69 yrs | Skaters born between July 1 st , 1961 and June 30 th , 1951 |
| • Class V 69+ | Skaters born before July 1 st , 1951 |

For Kids and Young skaters Pairs Free Skating, Pairs or Duo Artistic Free Skating and all Couples Ice Dance events, the age of the eldest partner will apply for the age category. For all adult Pairs Free Skating, Pairs or Duo Artistic Free Skating and all Couples Ice Dance events, the age of the youngest partner will apply for the age category

Shadow Skating, Synchronized Skating, Theatre on Ice Age Categories

- | | | |
|--------------------|-------------------|---|
| • Kids (K) | 5 to 15 yrs | Skaters born between July 1 st , 2014 and June 30 th , 2005 |
| • Young Adult (YA) | 15 yrs to -29 yrs | Skaters born between July 1 st , 2004 and June 30 th , 1991 |
| • Adult (AS) | 29+ | Skaters born before July 1 st , 1991 |
| • Mixed ages (MX) | | No age restrictions |

For Synchronized Skating, at least three quarters (75%) of team members (not including reserves) must have reached at least the age 18 (Young Adult) or 29 (Adult) by July 1st, preceding the event, the other quarter (25%) may not be younger than 15 (Young Adult) or 18 (Adult), but must not have reached the age of 29 (Young Adult) by July 1st, preceding the event.

Up to 25% of a team may be from a foreign Member.



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G. ENTRIES

Deadline

All Forms must be returned to the Organizing Committee by e-mail no later than March 15th 2020 and preferably at the moment of registration.

The forms must be sent to starlight-challenge@net-c.com

All competitors and Teams (**except for the events Pattern Dance and Artistic**) must turn in the "Planned Program Content Sheet" form together with the entry forms. It is not permitted to hand over the Planned Program Content Sheets directly to the competition Officials during the competition. Changed Program Content Sheets must be turned in **latest** upon registration at the registration desk.

Skaters who would not have sent their PPCS form in due time will get a penalty of -2 on their scores.

The PPCS form attached to these rules is the only form accepted, any other document will not be accepted.

Skaters who would enter for a Variation Dance should send a special Planned Program Content Sheets listing all the steps in a chart.

Entry Fee

With the entry to the competition, the entry fee must be paid as follows:

First Single or Solo Dance event : € 45.00 per person

Second Single or Solo Dance event : € 35.00 per person

Third Single or Solo Dance event : € 30.00 per person

First pair or Dance couple event : € 45.00 per person

Second pair or Dance couple event : € 35.00 per person

Third Pair or Dance couple event : € 30.00 per person

Shadow Dance :
€ 35.00 per person when 2 skaters
€ 25.00 per person when 3 or 4 skaters
€ 20.00 per person when 5 to 8 skaters

Synchronized Skating event : € 250.00 per team

Theatre on Ice event :
€ 125.00 per team when team between 4 and 12 skaters
€ 175.00 per team when team between 13 and 20 skaters
€ 250.00 per team when team between 21 and 30 skaters

Please note that the fees for a "First event" apply separately to each category (single/pair/dance/duo). For example, a Competitor entering two single events and two dance events must pay the entry fees for First and Second single events and also First and Second dance events and a competitor entering with another partner in a same event (pair or dance) must pay another entry fee for First and Second (pair or dance) event.

The entry fee will not be refunded in case of withdrawals for any possible reason.

The entry fee will be refunded if the competition would be cancelled, other costs involved by the skaters will not be subject to refund.

Entry Payment

Payment per bank transfer must be made to : Starlight Challenge Bank account :

ING BELGIUM IBAN: BE82 3774 4733 8068

SWIFT: BBRUBEBB

Forms, documents and music

Entry forms (including music forms as well as music files in mp3 and planned program content sheet) for participation in the International Adult Starlight Challenge 2020 must be sent simultaneously to :

starlight-challenge@net-c.com



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H. JUDGING

Any program exceeding the maximum time limits set out in this announcement will receive a deduction of 1.0 for every 5 seconds or part thereof in excess of the maximum time. In order to ensure the integrity of this competition, the organizing Committee reserves the right to review entries prior to announcement of the schedule and will contact skaters who appear to be entered at an inappropriate level or to have sent inappropriate music.

I. TECHNICAL DATA

The competition will be held in Eindhoven, The Netherlands at IJSSPORTCENTRUM EINDHOVEN, a skating complex with the ice surface of 60 x 30 m, air-conditioned and heated with a capacity of approximately 1700 seats, covering the events and the practices.

There are several ample heated changing rooms with showers available and off-ice warm-up space.

A self-service restaurant inside the building along the rink will be open from 10am until the end of the competition.



IJssportcentrum Eindhoven
Antoon Coolenlaan 3
5644 RX Eindhoven
The Netherlands
www.ijssportcentrum.nl



There will be a restricted area for officials only.

Spectators or photographers are not allowed at rinkside.

Spectators can watch the competition and support competitors from the comfortable seats surrounding the rink or from the balcony.

Coaches will be allowed along the rink except for the restricted area.

It is not allowed to park in the street along the ice rink, there is a free parking area at 100m



2. Technical Requirements Ice Dance

ICE DANCE in general : When dances are skated in couple, each couple consists of a man and a lady.

A. PATTERN DANCES

The man skates the man's pattern, the lady skates the lady's pattern.

Coaches and students are welcome to compete in all events, however 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.

A dancer can enter any other category with a different partner.

It is not allowed to enter a same category with 2 different partners.

All couples may register in **2 consecutive categories** with the same partner :

Tin+Copper or Copper+Pre-Bronze or Pre-Bronze+Bronze, or Bronze+Pre-Silver, or Pre-Silver+Silver, or Silver+Pre-Gold, or Pre-Gold+Gold.

It is not allowed to register for 2 non-consecutive categories

All pattern dances will be started so that the steps of the first 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. Starting the dance at the wrong side will be judged as illegal (1.0 deduction)

Tempo specification for the Pattern Dance music chosen by the dancers (as per ISU and NISA Rules)

<u>Elite & Masters</u>	- Westminster Waltz 162 BPM (27 measures of 6 beats)	2 sequences
	- Cha Cha Congelado 112 BPM (28 measures of 4 beats)	2 sequences
<u>Gold</u>	- Westminster Waltz 162 BPM (27 measures of 6 beats)	2 sequences
	- Kilian 116BPM (29 measures of 4 beats)	6 sequences
<u>Pre-Gold</u>	- Rocker Foxtrot 104 BPM (26 measures of 4 beats)	4 sequences
	- Starlight Waltz 174 BPM (29 measures of 6 beats)	2 sequences
<u>Silver</u>	- American Waltz 192 BPM (measures of 6 beats)	2 sequences
	- Blues 88 BPM (22 measures of 4 beats)	3 sequences
<u>Pre-Silver</u>	- Foxtrot 100 BPM (25 measures of 4 beats)	3 sequences
	- Willow Waltz 135 BPM (45 measures of 3 beats)	2 sequences
<u>Bronze</u>	- European Waltz 135 BPM (45 measures of 3 beats)	2 sequences
	- Fiesta Tango 108 BPM (27 measures of 4 beats)	3 sequences
<u>Pre-Bronze</u>	- Swing Dance 100 BPM (25 measures of 6 beats)	2 sequences
	- Hickorey Hoedown 112 BPM (28 measures of 4 beats)	3 sequences
<u>Copper</u>	- Riverside Rhumba 104 BPM (26 measures of 4 beats)	3 sequences
	- Golden Skaters Waltz 162 BPM (27 measures of 6 beats)	3 sequences
<u>Tin</u>	- Dutch Waltz 135 BPM (45 measures of 3 beats)	2 sequences
	- Rhythm Blues 88 BPM (22 measures of 4 beats)	3 sequences

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Factors in each dance for Program Components are:

- Skating Skills 0,75
- Performances 0,50
- Interpretation 0,50
- Timing 0,75

Dancers must provide their own music on the following conditions :

- The music and its tempo throughout the required sequences must be constant and chosen in accordance with the required tempo of the Pattern Dance plus or minus 2 beats per minute.
- A violation of tempo specifications will result in a 1.0 point deduction by the Referee.
- The music should fit the execution of the pattern dance and should be properly cut to end when the skaters stop skating.
- If the tune does not fit the execution and that the time limit is exceeded, it will result in a "program time" deduction of 1.0 point by the Referee (Rule 707, paragraph 6)
- Vocal music is allowed.
- The chosen tunes should have a clear and regular beat
- The music MUST reflect the character of the dance
- The 1st step of the 1st pattern of a dance will be started on the 1st strong beat of a musical phrase (Rule 708 paragraph 1.d).
- If a couple for any possible reason hasn't sent any music to skate on, the referee will decide on which tune these skaters will perform.

The Pattern Dances will be judged without Key Points.

After completion of the last step in the Pattern Dance, the couple must reach its final pose **AND** the tune must end within 20 seconds.

If this time limit is exceeded, a "program time" deduction according to Rule 353, para 1.n) shall apply.

VOCAL MUSIC MAY BE USED.

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).

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

Each fall shall receive a deduction of 1.0.

B. RHYTHM DANCE and VARIATION

VOCAL MUSIC MAY BE USED.

The maximum time is 2 minutes and 50 seconds +/- 10 seconds, may be less for Silver, Bronze and Pre-Bronze

The points for each Program component are multiplied by a factor of 0,8

The warm-up duration is five (5) minutes.

Each fall shall receive a deduction of 1.0

Elite & Gold Rhythm Dance

The composition of the Rhythm Dance in the season 2019/2020 is as follows:

Music: Quickstep or Quickstep plus one of the following rhythms: Foxtrot, Swing or Charleston (as described in the Ice Dance Music Rhythms Booklet 1995).



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Specifications Elite & Gold Rhythm 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 Rhythm 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 Rhythm Dance (including music for specified Pattern Dance Elements) is provided by the couple.

Required Gold Rhythm Dance Elements:

- Pattern Dance Elements
- One (1) Step Sequence
- Dance Lift
- Sequential Twizzles

The Pattern Dance Element must be skated to the Quickstep rhythm and must be in the style of the chosen rhythm.

- The Tempo of the music throughout the Pattern Dance Element must be constant and in accordance with the required Tempo and character of the Pattern Dance: Quickstep : i.e. 56 measures of 2 beats or 112 beats per minute, plus or minus 2 beats per minute
- The Pattern Dance Elements must be skated in strict time to the music with the start of the first Step of the Pattern Dance Element on the 1st strong beat of a musical phrase.
- Two (2) Sequences of the Quickstep Two (2) Sequences of Quickstep, either skated one after the other or separately. Step #1 of each Sequence must be skated on a different side of the ice surface. The description, chart and diagrams of the Quickstep Pattern Dance is included in the ISU Handbook Ice Dance 2003. The Quickstep will be judged without key points.

Step Sequence

One (1) Step Sequence Not Touching – 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 2019/2020 :

- 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

Dance Lift : not more than one (1) Short Lift up to 7 seconds

One (1) Combination Set of Sequential Twizzles

- At least two Twizzles for each partner
- Up to 1 step between Twizzles (Each push and/or transfer of weight while on two feet between Twizzles is considered as a step)
- Must NOT be in contact between Twizzles Set of Sequential Twizzles is evaluated as one unit by adding the Base Values of the Lady Set of Twizzles Level and Man Set of Twizzles Level and then applying the GOE



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Special requirements :

- Music
 - Music for Rhythm Dance may be vocal and must be suitable for Ice Dance as a sport discipline.
 - 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 will be allowed
 - Music may be without audible beat up to 10 seconds at beginning only
- Pattern
 - It must proceed in a generally constant direction and must not cross the Long Axis of the ice surface except once at each end of the rink (within no more than 30 meters of the barrier=short axis).
 - 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 the clock is started with the first movement, the Couple must not remain in one place for more than 10 seconds at the beginning and/or end of the program.
 - During the program, either up to two (2) full stops (duration must not exceed 5 seconds each) or up to one full stop (duration must not exceed 10 seconds) are permitted.
 - A Dance Spin or Choreographic spinning movement that does not travel will be considered as a Stop.
- Separations
 - 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. Separations at the beginning and/or end of the program may be up to 10 seconds in duration without restrictions on the distance of separation.
- Touching the ice
 - It is not allowed to touch the ice with hands
- 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 may wear trousers.
 - Accessories and props are not permitted

The maximum time is 2 minutes and 50 seconds +/- 10 seconds.

Silver Variation Dance

In this category it is expected from the dancer to skate a variation based on a pattern dance.

For the Silver level, the pattern dance element is Foxtrot

Specifications Silver Variation 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 and the variation pattern should be skated 2 times:

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 Variation Dance is provided by the couple.



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Required Silver Variation Dance Elements:

- Pattern Dance Elements
 - Start of the dance with #step 1
 - First part of the variation, pattern dance section 1, #step 1 to #step 7
 - Second part of the variation, free pattern executed on 36 beats of the music
 - Third part of the variation , pattern dance section 2, #step 8 to 14
- The description, chart and diagrams of the Pattern Dances are included in the ISU Handbook Ice Dance 2003.
- Timing: The Pattern Dance and Free Pattern Elements must be skated in strict time to the music with the start of the first Step of each Pattern Dance Element on beat 1 of a musical phrase.

Optional elements :

- One (1) Not Touching Midline or Diagonal Step Sequence – maximum level 2
- Dance Lift: not more than one (1) Short Dance Lift – maximum level 2

The Variation must be skated on the Foxtrot Rhythm.

- The Tempo of the music throughout the Variation must be constant and in accordance with the required Tempo and character of the Pattern Dance: Foxtrot: i.e. 25 measures of 4 beats or 100 beats per minute, plus or minus 2 beats per minute
- The Pattern Dance Elements must be skated in strict time to the music with the start of the first Step of the Pattern Dance Element on the 1st strong beat of a musical phrase.
- #Step 1 of the Pattern Dance Elements must be skated on judge's left side.

The Not Touching Step Sequence can be a Midline Step Sequence OR a Diagonal Step Sequence.

It must be skated between the 2 Variation Elements.

Dance Lift : not more than one (1) Short Lift, executed before or after the Step Sequence and between the 2 Variation Elements

Dance Spin

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 a non-permitted stop.

Special requirements :

• The pattern must proceed in a generally constant direction and must not cross the Long Axis of the ice surface except once at each end of the rink (within no more than 20 meters of the barrier). Loops in either direction are permitted provided they do not cross the Long Axis.

However, the following do NOT constitute violations of these provisions:

- ♣ crossing the Long Axis while performing the Not Touching Midline or Diagonal Step Sequence,.
- After the clock is started with the first movement, the Couple must not remain in one place for more than 10 seconds. During the program, full stops are not permitted.

Bronze Variation Dance

In this category it is expected from the dancer to skate a variation based on a pattern dance.

For the Bronze level, the pattern dance element is Fiesta Tango

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Specifications Bronze Variation Dance :

- The concept and choreography must produce the feeling of a unified dance.
- The Pattern Dance elements and the variation pattern should be skated 2 times:

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 Variation Dance is provided by the couple.

Required Bronze Variation Dance Elements:

- Pattern Dance Elements
 - Start of the dance with #step 1
 - First part of the variation, pattern dance section 1, #step 1 to #step 7
 - Second part of the variation, free pattern executed on 32 beats of the music
 - Third part of the variation , pattern dance section 2, #step 8 to 16

– Timing: The Pattern Dance and Free Pattern Elements must be skated in strict time to the music with the start of the first Step of each Pattern Dance Element on beat 1 of a musical phrase.

Optional elements :

- One (1) Not Touching Midline or Diagonal – maximum level 1
- Dance Lift: not more than one (1) Short Dance Lift – maximum level 1

The Variation must be skated on the Tango Rhythm.

- The Tempo of the music throughout the Variation must be constant and in accordance with the required Tempo and character of the Pattern Dance: Tango: i.e. 27 measures of 4 beats or 108 beats per minute, plus or minus 2 beats per minute
- The Pattern Dance Elements must be skated in strict time to the music with the start of the first Step of the Pattern Dance Element on the 1st strong beat of a musical phrase.
- #Step 1 of the Pattern Dance Elements must be skated on judge's left side.

The Not Touching Step Sequence can be a Midline Step Sequence OR a Diagonal Step Sequence.

It must be skated between the 2 Variation Elements.

Dance Lift : not more than one (1) Short Lift, executed before or after the Step Sequence and between the 2 Variation Elements

Dance Spin

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.

Special requirements :

- The pattern must proceed in a generally constant direction and must not cross the Long Axis of the ice surface except once at each end of the rink (within no more than 20 meters of the barrier). Loops in either direction are permitted provided they do not cross the Long Axis.

However, the following do NOT constitute violations of these provisions:

- ♣ crossing the Long Axis while performing the Not Touching Midline or Diagonal.
- After the clock is started with the first movement, the Couple must not remain in one place for more than 10 seconds. During the program, full stops are not permitted.

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Pre-Bronze Rhythm Dance (Variation Dance)

In this category it is expected from the dancer to skate a variation based on a pattern dance. For the Pre-Bronze level, the pattern dance element is Dutch Waltz

Specifications Pre-Bronze Variation Dance :

- The concept and choreography must produce the feeling of a unified dance.
- The Pattern Dance elements and the variation pattern should be skated 2 times:
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 Variation Dance is provided by the couple.

Required Pre-Bronze Variation Dance Elements:

- Pattern Dance Elements
 - Start of the dance with #step 1
 - First part of the variation, pattern dance section 1, #step 1 to #step 8
 - Second part of the variation, free pattern executed on 48 beats of the music
 - Third part of the variation , pattern dance section 2, #step 9 to 16
- Timing: The Pattern Dance and Free Pattern Elements must be skated in strict time to the music with the start of the first Step of each Pattern Dance Element on beat 1 of a musical phrase.

The Variation must be skated on the Waltz Rhythm.

- The Tempo of the music throughout the Variation must be constant and in accordance with the required Tempo and character of the Pattern Dance: Waltz: i.e. 35 measures of 3 beats or 135 beats per minute, plus or minus 2 beats per minute
- The Pattern Dance Elements must be skated in strict time to the music with the start of the first Step of the Pattern Dance Element on the 1st strong beat of a musical phrase.
- #Step 1 of the Pattern Dance Elements must be skated on judge's left side.

Special requirements :

- The pattern must proceed in a generally constant direction and must not cross the Long Axis of the ice surface except once at each end of the rink (within no more than 20 meters of the barrier). Loops in either direction are permitted provided they do not cross the Long Axis. However, the following do NOT constitute violations of these provisions:
 - ♣ crossing the Long Axis while performing the Not Touching Midline or Diagonal.
- After the clock is started with the first movement, the Couple must not remain in one place for more than 10 seconds. During the program, full stops are not permitted.

C. FREE DANCE

General Requirements for 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:



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- 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).

VOCAL MUSIC MAY BE USED

The points for each Program Component are multiplied by a factor of 1.2

The warm-up duration is five (5) minutes.

Each fall shall receive a deduction of 1.0.

Elite & Master

Couples entering this category will compete against other Elite Masters Ice Dancers.

The technical requirements are the same as those for the category "Gold Free Dance" (below.)

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

The maximum time is 3 minutes +/- 10 seconds.

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 sec. And only a maximum Level 2 lift will be counted.
- b. A maximum of one (1) Circular 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).

The maximum time is 2 minutes and 30 seconds +/- 10 seconds.

Bronze 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.
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).

The maximum time is 1 minute and 50 seconds +/- 10 seconds.



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D. SOLO PATTERN DANCES

The men skate the men's pattern, the ladies skate the ladies pattern.

All solo dancers may register in **2 consecutive categories** :

Tin+Copper or Copper+Pre-Bronze or Pre-Bronze+Bronze, or Bronze+Pre-Silver, or Pre-Silver+Silver, or Silver-Pre-Gold, or Pre-Gold+Gold.

It is not allowed to register for 2 non-consecutive categories

All pattern dances will be started so that the steps of the first 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. Starting the dance at the wrong side will be judged as illegal (1.0 deduction)

<u>Elite & Masters</u>	- Westminster Waltz 162 BPM (27 measures of 6 beats)	2 sequences
	- Cha Cha Congelado 112 BPM (28 measures of 4 beats)	2 sequences
<u>Gold</u>	- Westminster Waltz 162 BPM (27 measures of 6 beats)	2 sequences
	- Kilian 116BPM (29 measures of 4 beats)	6 sequences
<u>Pre-Gold</u>	- Quickstep 112 BPM (28 measures of 4 beats)	4 sequences
	- Starlight Waltz 174 BPM (29 measures of 6 beats)	2 sequences
<u>Silver</u>	- American Waltz 192 BPM (measures of 6 beats)	2 sequences
	- Blues 88 BPM (22 measures of 4 beats)	3 sequences
<u>Pre-Silver</u>	- Foxtrot 100 BPM (25 measures of 4 beats)	3 sequences
	- European Waltz 135 BPM (45 measures of 3 beats)	2 sequences
<u>Bronze</u>	- Willow Waltz 135 BPM (45 measures of 3 beats)	2 sequences
	- Fourteen Step 112 BPM (28 measures of 4 beats)	4 sequences
<u>Pre-Bronze</u>	- Swing Dance 100 BPM (25 measures of 6 beats)	2 sequences
	- Hickorey Hoedown 112 BPM (28 measures of 4 beats)	3 sequences
<u>Copper</u>	- Riverside Rhumba 104 BPM (26 measures of 4 beats)	3 sequences
	- Golden Skaters Waltz 162 BPM (27 measures of 6 beats)	3 sequences
<u>Tin</u>	- Dutch Waltz 135 BPM (45 measures of 3 beats)	2 sequences
	- Canasta Tang 108 BPM (27 measures of 4 beats)	3 sequences

Factors in each dance for Program Components are:

- Skating Skills 0,75
- Performances 0,50
- Interpretation 0,50
- Timing 0,75

Dancers must provide their own music on the following conditions :

- The music and its tempo throughout the required sequences must be constant and chosen in accordance with the required tempo of the Pattern Dance plus or minus 2 beats per minute.
- A violation of tempo specifications will result in a 1.0 point deduction by the Referee.



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- The chosen tunes should have a clear and regular beat
- The music MUST reflect the character of the dance
- The 1st step of the 1st pattern of a dance will be started on the 1st strong beat of a musical phrase.
- If any dancer for any possible reason doesn't send any music to skate on, the referee will decide on the day of the competition on which tune these skaters will perform.

The Pattern Dances will be judged without Key Points.

VOCAL MUSIC MAY BE USED.

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).

The warm-up duration is five (3) minutes.

Each fall shall receive a deduction of 1.0.

E. SOLO RHYTHM DANCE

VOCAL MUSIC MAY BE USED.

The maximum time is 2 minutes and 50 seconds +/- 10 seconds, may be less for Silver, Bronze and Pre-Bronze

Pattern Dance Element not started on the required beat must be penalized by Judges. Music for the Variation Dance is provided by the skater.

The points for each Program component are multiplied by a factor of 0,8

The warm-up duration is five (5) minutes.

Each fall shall receive a deduction of 1.0

Solo Gold Rhythm Dance

The composition of the Rhythm Dance in the season 2019/2020 is as follows:

Music: Quickstep or Quickstep plus one of the following rhythms: Foxtrot, Swing or Charleston (as described in the Ice Dance Music Rhythms Booklet 1995).

Specifications Rhythm 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 Rhythm 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 Rhythm Dance (including music for specified Pattern Dance Elements) is provided by the couple.

The maximum time is 2 minutes and 50 seconds, +/- 10 seconds.

Required Rhythm Dance Elements:

- Pattern Dance Element must be skated on the Quickstep Rhythm.

Two (2) Sequences of Quickstep, either skated one after the other or separately.

Step #1 of each Sequence must be skated on a different side of the ice surface.

The Quickstep will be judged without key points.

– The description, chart and diagrams of the Pattern Dances are included in the ISU Handbook Ice Dance 2003.

– Timing: The Pattern Dance Elements must be skated in strict time to the music with the start of the first Step of each Pattern Dance Element on beat 1 of a musical phrase.

- One (1) Midline or Diagonal or Circular Step Sequence
- Dance Attitude : not more than one (1) Attitude (Eagle, Ina Bauer, Spiral, etc...)
- Sequential Twizzles



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- Spin (optional)
- The Tempo of the music throughout the Pattern Dance Element must be constant and in accordance with the required Tempo and character of the Pattern Dance: Tango: i.e. 24 measures of 4 beats or 96 beats per minute, plus or minus 2 beats per minute

Step Sequence

One (1) Step Sequence 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 :

- 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**

Dance Attitude : not more than one (1) Attitude, executed before or after the Step Sequence and between the 2 Variation Elements.

The Attitude must be recognizable and held for at least 3 seconds and maximum 7 seconds

One (1) Combination Set of Sequential Twizzles

At least two Twizzles with up to 1 step maximum between Twizzles.

Spin

The Spin is not a Required Element. Nevertheless, a spinning movement skated by the skater on one foot (or two feet) with any number of rotations is permitted. A skater may choose to use this movement as part of her/his choreography. The Technical Panel will ignore these movements and the Judges will not consider these movements as one of the permitted stops.

Special requirements :

- The pattern must proceed in a generally constant direction and must not cross the Long Axis of the ice surface except once at each end of the rink (within no more than 20 meters of the barrier). Loops in either direction are permitted provided they do not cross the Long Axis.

However, the following do NOT constitute violations of these provisions:

- ♣ crossing the Long Axis while performing the Midline, Diagonal or Circular Step Sequence,
- After the clock is started with the first movement, the skater must not remain in one place for more than 10 seconds. During the program, either up to two full stops (duration must not exceed 5 seconds each) or up to one full stop (duration must not exceed 10 seconds) are permitted. Any choreography appropriate to the music selection is permitted.

Solo Silver Rhythm Dance (Variation Dance)

In this category it is expected from the dancer to skate a variation based on a pattern dance.

For the Silver level, the pattern dance element is Foxtrot

Specifications Silver Variation 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.



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- The Pattern Dance elements and the variation pattern should be skated 2 times:

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 Variation Dance is provided by the couple.

Required Silver Variation Dance Elements:

- Pattern Dance Elements

- Start of the dance with #step 1
- First part of the variation, pattern dance section 1, #step 1 to #step 7
- Second part of the variation, free pattern executed on 36 beats of the music
- Third part of the variation, pattern dance section 2, #step 8 to 14

– The description, chart and diagrams of the Pattern Dances are included in the ISU Handbook Ice Dance 2003.

– Timing: The Pattern Dance and Free Pattern Elements must be skated in strict time to the music with the start of the first Step of each Pattern Dance Element on beat 1 of a musical phrase.

Optional elements :

- One (1) step sequence Midline or Diagonal – maximum level 2
- Dance Attitude : not more than one (1) Attitude

The Variation must be skated on the Foxtrot Rhythm.

- The Tempo of the music throughout the Variation must be constant and in accordance with the required Tempo and character of the Pattern Dance: Foxtrot: i.e. 25 measures of 4 beats or 100 beats per minute, plus or minus 2 beats per minute

- The Pattern Dance Elements must be skated in strict time to the music with the start of the first Step of the Pattern Dance Element on the 1st strong beat of a musical phrase.

- #Step 1 of the Pattern Dance Elements must be skated on judge's left side.

The Step Sequence can be a Midline Step Sequence OR a Diagonal Step Sequence.

It must be skated between the 2 Variation Elements.

Dance Attitude : not more than one (1) Attitude, executed before or after the Step Sequence and between the 2 Variation Elements.

The Attitude must be recognizable and held for at least 3 seconds and maximum 7 seconds

Spin

The Spin is not a Required Element. Nevertheless, a spinning movement skated on one foot (or two feet) with any number of rotations is permitted.

A skater may choose to use this movement as part of the choreography. The Technical Panel will ignore these movements and the Judges will not consider these movements as a non-permitted stop.

A spinning movement or a spin will have an influence on the skating skills

Special requirements :

- The pattern must proceed in a generally constant direction and must not cross the Long Axis of the ice surface except once at each end of the rink (within no more than 20 meters of the barrier). Loops in either direction are permitted provided they do not cross the Long Axis.

However, the following do NOT constitute violations of these provisions:

- ♣ crossing the Long Axis while performing the Not Touching Midline or Diagonal Step Sequence,.

- After the clock is started with the first movement, the Couple must not remain in one place for more than 10 seconds. During the program, full stops are not permitted.

Bronze Rhythm Dance (Variation Dance)

In this category it is expected from the dancer to skate a variation based on a pattern dance.



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For the Bronze level, the pattern dance element is Fiesta Tango

Specifications Bronze Variation Dance :

- The concept and choreography must produce the feeling of a unified dance.
- The Pattern Dance elements and the free pattern should be skated 2 times:

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 Variation Dance is provided by the couple.

Required Bronze Variation Dance Elements:

- Pattern Dance Elements
 - Start of the dance with #step 1
 - First part of the variation, pattern dance section 1, #step 1 to #step 7
 - Second part of the variation, free pattern executed on 32 beats of the music
 - Third part of the variation , pattern dance section 2, #step 8 to 16
- Timing: The Pattern Dance and Free Pattern Elements must be skated in strict time to the music with the start of the first Step of each Pattern Dance Element on beat 1 of a musical phrase.

Optional elements :

- One (1) Midline or Diagonal Step Sequence – maximum level 1
- Dance Attitude: not more than one (1)

The Variation must be skated on the Tango Rhythm.

- The Tempo of the music throughout the Variation must be constant and in accordance with the required Tempo and character of the Pattern Dance: Tango: i.e. 27 measures of 4 beats or 108 beats per minute, plus or minus 2 beats per minute
- The Pattern Dance Elements must be skated in strict time to the music with the start of the first Step of the Pattern Dance Element on the 1st strong beat of a musical phrase.
- #Step 1 of the Pattern Dance Elements must be skated on judge's left side.

The Step Sequence can be a Midline Step Sequence OR a Diagonal Step Sequence.

It must be skated between the 2 Variation Elements.

Dance Attitude : not more than one (1) Attitude, executed before or after the Step Sequence and between the 2 Variation Elements.

The Attitude must be recognizable and held for at least 3 seconds and maximum 7 seconds

Spin

The Spin is not a Required Element. Nevertheless, a spinning movement skated on one foot (or two feet) with any number of rotations is permitted.

A dancer may choose to use this movement as part of the choreography. The Technical Panel will ignore these movements and the Judges will not consider these movements as a non-permitted stop.

A spinning movement or a spin will have an influence on the skating skills

Special requirements :

- The pattern must proceed in a generally constant direction and must not cross the Long Axis of the ice surface except once at each end of the rink (within no more than 20 meters of the barrier). Loops in either direction are permitted provided they do not cross the Long Axis.

However, the following do NOT constitute violations of these provisions:

- ♣ crossing the Long Axis while performing the Not Touching Midline or Diagonal.



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- After the clock is started with the first movement, the skater must not remain in one place for more than 10 seconds. During the program, full stops are not permitted.

Pre-Bronze Rhythm Dance (Variation Dance)

In this category it is expected from the dancer to skate a variation based on a pattern dance. For the Pre-Bronze level, the pattern dance element is Dutch Waltz

Specifications Pre-Bronze Variation Dance :

- The concept and choreography must produce the feeling of a unified dance.
- The Pattern Dance elements and the free pattern should be skated 2 times:

Required Pre-Bronze Variation Dance Elements:

- Pattern Dance Elements
 - Start of the dance with #step 1
 - First part of the variation, pattern dance section 1, #step 1 to #step 8
 - Second part of the variation, free pattern executed on 48 beats of the music
 - Third part of the variation , pattern dance section 2, #step 9 to 16
- Timing: The Pattern Dance and Free Pattern Elements must be skated in strict time to the music with the start of the first Step of each Pattern Dance Element on beat 1 of a musical phrase.

The Variation must be skated on the Waltz Rhythm.

- The Tempo of the music throughout the Variation must be constant and in accordance with the required Tempo and character of the Pattern Dance: Waltz: i.e. 35 measures of 3 beats or 135 beats per minute, plus or minus 2 beats per minute
- The Pattern Dance Elements must be skated in strict time to the music with the start of the first Step of the Pattern Dance Element on the 1st strong beat of a musical phrase.
- #Step 1 of the Pattern Dance Elements must be skated on judge's left side.

Special requirements :

- The pattern must proceed in a generally constant direction and must not cross the Long Axis of the ice surface except once at each end of the rink (within no more than 20 meters of the barrier). Loops in either direction are permitted provided they do not cross the Long Axis.

However, the following do NOT constitute violations of these provisions:

- ♣ crossing the Long Axis while performing the Not Touching Midline or Diagonal.
- After the clock is started with the first movement, the Couple must not remain in one place for more than 10 seconds. During the program, full stops are not permitted.

F. SOLO FREE DANCE

General Requirements for Solo Free Dance

The following are the Requirements for Music for Free Dance

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:

- 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.



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- 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 Skater's skating skills and technical ability.

Free Dance music that does not adhere to these requirements will be penalized by a deduction of -1

VOCAL MUSIC MAY BE USED

The panel's points for each Program component are multiplied by a factor of 1,2

The warm-up duration is five (5) minutes.

Each fall shall receive a deduction of 1.0.

Solo Gold Free Dance

The requirements for a well-balanced program are:

- A maximum of two (2) different Attitudes, which must be recognizable and held for at least 3 and maximum 7 seconds
- A maximum of two (2) different Spins, with optional positions. (Spin or combination_Spin)
A simple spin with no change of foot consisting of at least three (3) rotations or a Combination Spin with a change of foot consisting of at least three (3) rotations on each foot is permitted.
- A maximum of one (1) Diagonal Step Sequence.
- A maximum of one (1) set of Twizzles with up to three (3) steps between.

Duration: 3 minutes and 10 seconds +/-10 seconds

Solo Silver Free Dance

The requirements for a well-balanced program are:

- A maximum of one (1) Attitude, which must be recognizable and held for at least 3 and maximum 7 seconds
- A maximum of one (1) set of Twizzles.
- A maximum of one (1) Circular Step Sequence.
- A maximum of one (1) set of Twizzles with up to three (3) steps between.
- A maximum of one (1) Spin with optional positions. (Spin or combination_Spin)

Duration: 2 minutes and 40 seconds +/- 10 seconds.

Solo Bronze Free Dance

The requirements for a well-balanced program are:

- A maximum of one (1) Attitude, which must be recognizable and held for at least 3 and maximum 7 seconds
- A maximum of one (1) set of Twizzles
- A maximum of one (1) Diagonal or Circular Step Sequence.
- A maximum of one (1) Spin or Combination Spin with optional positions.
- A simple spin with no change of foot consisting of at least three (3) revolutions (no Combination).

Duration: 2 minutes and 10 seconds +/- 10 seconds.

Solo Pre-Bronze Free Dance

The requirements for a well-balanced program are:

- A maximum of one (1) Attitude, which must be recognizable and held for at least 3 and maximum 7 seconds
- A maximum of one (1) Straight line Step Sequence.
- A maximum of one (1) Spin with optional positions. A simple with no change of foot consisting of at least two (2) revolutions (no Combination).



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Duration: 2 minutes and 10 seconds, but may be less

VOCAL MUSIC MAY BE USED

The panel's points for each Program Component are multiplied by a factor of 1,2

The warm-up duration is five (5) minutes.

Each fall shall receive a deduction of 1.0.

3. Technical Requirements Free Skating

A. SINGLE FREE SKATING

Elite & Masters

The skaters 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 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 Euler (half-loop) is considered a listed jump only when used in combination in between two other listed jumps.
 - 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 in total is considered as a skating movement and not a spin.
 - Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions in each of these positions anywhere within the spin. To receive full value, a spin combination must include all three (3) basic positions.
 - All spins with change of foot must have at least 3 revolutions on each foot. If this requirement is not fulfilled, the spin will be marked with a V.
- c. A maximum of one (1) step sequence, fully utilizing the ice surface.
 - The program duration is 3 minutes +/- 10 seconds.
 - The points for each Program Component are multiplied by a factor of 1.6.
 - The warm-up duration is six (6) minutes.
 - Each fall shall receive a deduction of 1.0.

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Gold

The skaters must perform a well-balanced program that may contain :

- a. A maximum of five (5) jump elements, consisting of single jumps (including the single Axel) or double jumps. **Double flip, double Lutz, double Axel and triple jumps are not permitted.**
There may be up to 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 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 Euler (half-loop) is considered a listed jump only when used in combination in between two other listed jumps.
 - 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 value, however a spin with less than three rotations in total is considered as a skating movement and not a spin.
 - Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions in each of these positions anywhere within the spin. To receive full value, a spin combination must include all three (3) basic positions.
 - All spins with change of foot must have at least 3 revolutions on each foot. If this requirement is not fulfilled, the spin will be marked with a V.
- c. A maximum of one (1) step sequence, fully utilizing the ice surface.
 - The program duration is 2 minutes and 50 seconds +/- 10 seconds.
 - 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 technical elements. Any additional features will not count for level requirements and will be ignored by the Technical Panel.
 - The warm-up duration is six (6) minutes.
 - Each fall shall receive a deduction of 1.0.

Silver

The skaters 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 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 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 Euler (half-loop) is considered a listed jump only when used in combination in between two other listed jumps.
 - Non-listed jumps may be included in the program as part of the connecting footwork.

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- 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 six (6) for any spin with a change of foot.
 - A spin that has no basic position with 2 revolutions will receive no value, however a spin with less than three rotations in total is considered as a skating movement and not a spin.
 - Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions in each of these positions anywhere within the spin. To receive full value, a spin combination must include all three (3) basic positions.
 - All spins with change of foot must have at least 3 revolutions on each foot. If this requirement is not fulfilled, the spin will be marked with a V
- c. A maximum of one (1) 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 but the sequence must be clearly visible.
 - A choreographic sequence has a base value and will be evaluated by the judges in GOE only..
 - The program duration is 2 minutes +/- 10 seconds.
 - The points for each Program Component are multiplied by a factor of 1.2.
 - Only features up to and including Level 2 will be counted for the technical elements. Any additional features will not count for level requirements and will be ignored by the Technical Panel.
 - The warm-up duration is six (6) minutes.
 - Each fall shall receive a deduction of 0.5.

Bronze

The skater 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 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.
 - 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) with a change of foot.
 - A spin that has no basic position with two (2) revolutions will receive no value, however a spin with less than three rotations in total is considered as a skating movement and not a spin.
 - Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions in each of these positions anywhere within the spin. To receive full value, a spin combination must include all three (3) basic positions.
 - All spins with change of foot must have at least 3 revolutions on each foot. If this requirement is not fulfilled, the spin will be marked with a V.
 - 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 but the sequence must be clearly visible.
 - A choreographic sequence has a base value and will be evaluated by the judges in GOE only.



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- The program duration is 1 minute and 40 seconds, +/- 10 seconds.
- The points for each Program Component are multiplied by a factor of 1.2.
- The warm-up duration is six (6) minutes.
- Each fall shall receive a deduction of 0.5.

Pre-Bronze

The skaters must perform a well-balanced program that must contain :

- a. A maximum of four (4) jump elements. Only single jumps can be included, **Axel type jump, double and triple jumps and Lutz are not permitted.**
 - 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 spins with **NO** change of position and **NO** change of foot. Flying spins are not permitted
 - The spins must have a minimum of 3 revolutions.
 - 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.)
 - In case of a **circular** step sequence a full circle is required covering at least ½ the **width** of the ice surface
 - To be counted a spiral sequence must include at least two (2) spiral positions of not less than 3 seconds each or one (1) spiral position not less than 6 seconds 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.
 - The program duration is 1 minute and 40 seconds, but may be less.
 - The 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.

B. PAIR FREE SKATING

Pair events consist of Free Skating only.

Each pair must consist of a man and a lady.

The man must be the male skater, the lady the female skater.

Coaches and students are welcome to compete in all events, however it is MANDATORY that pair 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.

Master, Elite & Gold

- 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.



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- 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.
 - Please note that the Euler (half-loop) is considered a listed jump only when used in combination in between two other listed jumps.
- 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. A Pair Combination Spin can be started with a jump. Any flying entry can be considered as a feature by either partner. If there are not 3 revolutions before or after the change of foot executed by both partners, the Pair Spin Combination will be marked with a "V". If there are less than 3 revolutions on both feet by either partner, the spin will have no value.
 - A pair spin is any spin with no change of foot and does not require a change of position by one or both partners. Change of positions may be used for a level feature."
 - 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 of the lady 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.
- The program duration is 3 minutes and 30 seconds +/- 10 seconds.
 - The points for each Program Component are multiplied by a factor of 1.6.
 - The warm-up duration is six (6) minutes.
 - Each fall by either skater shall receive a deduction of 1.0

Silver

- 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 single Axel), double and triple throw jumps **are not permitted**.



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- 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.
 - Please note that the Euler (half-loop) is considered a listed jump only when used in combination in between two other listed jumps.
 - 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. A Pair Combination Spin can be started with a jump. Any flying entry can be considered as a feature by either partner. If there are not 3 revolutions before or after the change of foot executed by both partners, the Pair Spin Combination will be marked with a "V". If there are less than 3 revolutions on both feet by either partner, the spin will have no value.
 - A pair spin is any spin with no change of foot and does not require a change of position by one or both partners. Change of positions may be used for a level feature."
 - 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 of the lady 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.
- The program duration is 2 minutes and 40 seconds +/- 10 seconds.
 - 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 technical elements. Any additional features will not count for level requirements and will be ignored by the Technical Panel.
 - The warm-up duration is six (6) minutes.
 - Each fall by either partner shall receive a deduction of 1.0.

Bronze

- 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 single 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, Axel type jumps, and double and triple jumps **are not permitted**.



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- e. A maximum of one (1) pair spin.
 - A pair spin is any spin with no change of foot and does not require a change of position by one or both partners. Change of positions may be used for a level feature.
 - 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) pivot figure (position of the lady 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.
 - The program duration is 2 minutes and 20 seconds +/- 10 seconds.
 - The points for each Program Component are multiplied by a factor of 1.2.
 - Only features up to and including Level 1 will be counted for the technical elements. Any additional features will not count for level requirements and will be ignored by the Technical Panel.
 - The warm-up duration is six (6) minutes.
 - Each fall by either partner shall receive a deduction of 0.5

C. ARTISTIC SOLO, DUO or PAIR FREE SKATING

The competition will be held at the Masters, Gold, Silver and Bronze level for Men, Ladies, Neutral, Duo's (2 men or 2 ladies) and Pairs (1 man, 1 lady).

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

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

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

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.

The artistic free skate is a competitive program which must include elements of the sport of figure skating.

The artistic free skating competition is an athletic competition which is intended to allow skaters to demonstrate their skating ability as defined by the five program components of the ISU judging system. This is not intended to be a Theatre on Ice; Spotlight; or a Showcase event. Credit for the required 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. The skater/pair/duo must not remain in one place for more than five (5) seconds.



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

Clothing and make-up must be modest, dignified and appropriate for athletic competition – not garish or theatrical in design. Clothing may, however, reflect the character of the music chosen. Clothing must not give the effect of excessive nudity. The theme of the program should be clear from the skating movements and choreography – regardless of what the skater is wearing. This is not intended to be a Theatre on Ice; Spotlight; or a Showcase event.

The decorations on costumes must be non-detachable. Part of the costume or decoration falling on the ice will be penalized by a deduction of 1.0 points per program.

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

VOCAL MUSIC MAY BE USED

The duration for Elite and Masters is 2 minutes +/- 10 seconds for all skaters (Ladies, Men, Neutral, Pairs or Duo's).

The duration for Gold, Silver and Bronze is 1 minute and 30 seconds, +/- 10 seconds for Single skaters

The duration for Gold, Silver and Bronze is 1 minute and 40 seconds, +/- 10 seconds for Pairs or Duo's.

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

General Requirements for Single Artistic Free Skating

- At least one (1) but a maximum of two (2) single jumps MUST be included. A Waltz jump is not considered as a listed single jump. **Axel type jumps or double/triple/quad jumps, Combination jumps are NOT permitted.**
- At least one (1) but a maximum of two (2) spins MUST be included.

Credit for jumps and spins 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.

Falls are not subject to a deduction but may have a negative impact on the Program Components.

General Requirements for Pair Artistic Free Skating

- Each pair artistic team must consist of one man and one lady.
- Each duo artistic team must consist of two men or two ladies or two neutrals.
- It is expected that pair couples or duo's will enter at the skill level of the more skilled skater.
- For Pairs/Duo, a maximum of (1) lift of Group 1 or Group 2 is allowed.
- For Pairs/Duo at least one (1) but a maximum of two (2) spins MUST be included. If only one (1) spin, it should be a pair/duo spin or pair/duo spin combination. If there is a second spin, it should be a solo spin for both skaters.

Twist lifts and Lifts of Groups 3-4-5 (pair/duo) are NOT permitted.

Variations of the lady's/lifted partner position, no-handed and one-handed lifts, and combination lifts are NOT permitted.



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Credit for jumps and spins 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.

Falls are not subject to a deduction but may have a negative impact on the Program Components.

	ELITE, MASTERS & GOLD	SILVER	BRONZE	PRE-BRONZE
TIME	2min +/- 10sec	1min30 +/- 10sec	1min30 +/- 10sec	1min30 +/- 10sec
	Each pair/duo program must include at least three (3) and no more than four (4) elements selected from the following	Each pair/duo program must include at least three (3) and no more than four (4) elements selected from the following	Each pair/duo program must include at least three (3) and no more than four (4) elements selected from the following	Each pair/duo program must include at least two (2) and no more than three (3) elements selected from the following
JUMPS	A maximum of one (1) solo jump OR one (1) throw jump. Axel type, double and triple jumps are not permitted. Combination jumps are not permitted. A Waltz jump is not considered a listed single jump.	A maximum of one (1) solo jump OR one (1) throw jump. Axel type, double and triple jumps are not permitted. Combination jumps are not permitted. A Waltz jump is not considered a listed single jump.	A maximum of one (1) solo jump OR one (1) throw jump. Axel type, double and triple jumps are not permitted. Combination jumps are not permitted. A Waltz jump is not considered a listed single jump.	A maximum of one (1) solo jump. Throw jumps, Axel type, double and triple jumps are not permitted. Combination jumps are not permitted. A Waltz jump is not considered a listed single jump.
SPIN	A maximum of one (1) pair/duo spin (or pair/duo combination spin) OR one (1) solo spin	A maximum of one (1) pair/duo spin (or pair/duo spin combination) OR one (1) solo spin	A maximum of one (1) pair/duo spin OR one (1) solo spin. Pair spin combinations and flying spins are not permitted.	A maximum of one (1) solo spin. Pair/duo spin and combination or flying spins are not permitted.
DEATH SPIRAL or PIVOT	A maximum of one (1) death spiral or pivot figure (position of the lady/partner optional).	A maximum of one (1) death spiral or pivot figure (position of the lady/partner optional).	A maximum of one (1) pivot figure (position of the lady/partner optional).	A maximum of one (1) pivot figure (position of the lady/partner optional).
LIFT	A maximum of one (1) lift of Group 1 or Group 2. • Variations of the lady's /lifted partner 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.	A maximum of one (1) lift of Group 1 or Group 2. • Variations of the lady's/lifted partner 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.	A maximum of one (1) lift of Group 1 or Group 2. • Variations of the lady's/lifted partner 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.	Lifts are not permitted

4. Technical Requirements for Shadow Skating

A team shall consist of 2 skaters or 3 to 4 skaters or 5 to 8 skaters

Alternative skaters are allowed as follows :

In a team of 2 skaters and in a team of 3 to 4 skaters, 1 alternative skater allowed

In a team of 5 to 8 skaters, 2 alternative skaters are allowed

Skaters must meet the age requirements as stated in this announcement.

The teams must skate a well-balanced Program.



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A. SHADOW DANCE

The Shadow Ice Dance program mainly consists of pattern dances.

It will be judged for its value in enhancing the skater's interpretation of the music and the shadow effect of skating in a team. Skaters will be judged on their ability to dance in rhythm to the music by using their skating skills.

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

- Skating skills (Quality and depth of the edges, flow, ease, speed, ice surface coverage, etc...)
- Performance (Execution of the shadow or mirror effect, synchronization of skaters, respect of the pattern)
- Interpretation (Respect of the character of the music and Composition of the team on the ice surface)
- Timing (Respect of the music, the beat and the rhythm throughout the entire dance)

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

Both dances should be skated with the required sequences.

The dances can be skated in solo or in couple.

At least one of the skaters/couples of the team should skate the first sequence of the pattern dance on the judge's side.

– The description, chart and diagrams of the Pattern Dances are included in the ISU Handbook Ice Dance 2003.

– Timing: The Pattern Dance Elements must be skated in strict time to the music with the start of the first Step of the 1st sequence of the Pattern Dance on beat 1 of a musical phrase. The tempo of the music throughout the Pattern Dance Element must be constant and in accordance with the required tempo and character of the Pattern Dance.

Special requirements :

- The pattern must proceed in a generally constant direction and must not cross the Long Axis of the ice surface except once at each end of the rink (within no more than 20 meters of the barrier).
- After the clock is started with the first movement, the skaters must not remain in one place, during the program full stops are NOT permitted.
- The skaters of the team can skate all together in formation, or equally cover the entire ice surface as long as they respect the steps of the required pattern dance for their level.
- The skaters must respect the pattern of each dance. Inside the team, they can skate their pattern side by side or following each other. Pattern from the different skaters of the team may cross each other and overlap.
- It is permitted to skate the pattern in opposite direction (anti-clock) but then it has also to be skated reversed (in mirror).
- The aim of Shadow Ice Dance is to perform in a complete synchronized team with respect for the pattern dances

<u>Shadow Elite & Masters</u>	- Westminster Waltz 162 BPM (27 measures of 6 beats)	2 sequences
	- Cha Cha Congelado 112 BPM (28 measures of 4 beats)	2 sequences
<u>Shadow Gold</u>	- Westminster Waltz 162 BPM (27 measures of 6 beats)	2 sequences
	- Kilian 116BPM (29 measures of 4 beats)	6 sequences
<u>Shadow Pre-Gold</u>	- Rocker Foxtrot 104 BPM (26 measures of 4 beats)	4 sequences
	- Starlight Waltz 174 BPM (29 measures of 6 beats)	2 sequences
<u>Shadow Silver</u>	- American Waltz 192 BPM (measures of 6 beats)	2 sequences
	- Blues 88 BPM (22 measures of 4 beats)	3 sequences



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<u>Shadow Pre-Silver</u>	- Foxtrot 100 BPM (25 measures of 4 beats) - Willow Waltz 135 BPM (45 measures of 3 beats)	3 sequences 2 sequences
<u>Shadow Bronze</u>	- European Waltz 135 BPM (45 measures of 3 beats) - Fiesta Tango 108 BPM (27 measures of 4 beats)	2 sequences 3 sequences
<u>Shadow Pre-Bronze</u>	- Swing Dance 100 BPM (25 measures of 6 beats) - Hickorey Hoedown 112 BPM (28 measures of 4 beats)	2 sequences 3 sequences
<u>Shadow Copper</u>	- Riverside Rhumba 104 BPM (26 measures of 4 beats) - Golden Skaters Waltz 162 BPM (27 measures of 6 beats)	3 sequences 3 sequences
<u>Shadow Tin</u>	- Dutch Waltz 135 BPM (45 measures of 3 beats) - Canasta Tango 108 BPM (27 measures of 4 beats)	2 sequences 3 sequences

Factors in each dance for Program Components are:

- Skating Skills 0,75
- Performances 0,50
- Interpretation 0,50
- Timing 0,75

Dancers must provide their own music on the following conditions :

- The music and its tempo throughout the required sequences must be constant and chosen in accordance with the required tempo of the Pattern Dance plus or minus 2 beats per minute.
- A violation of tempo specifications will result in a 1.0 point deduction by the Referee.
- The chosen tunes should have a clear and regular beat
- The music MUST reflect the character of the dance
- The 1st step of the 1st pattern of a dance will be started on the 1st strong beat of a musical phrase.
- If any dancer for any possible reason doesn't send any music to skate on, the referee will decide on the day of the competition on which tune these skaters will perform.

The Pattern Dances will be judged without Key Points.

VOCAL MUSIC MAY BE USED.

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).

The warm-up duration is five (3) minutes.

Each fall shall receive a deduction of 1.0.

B. SHADOW FREE SKATING

The Shadow Free Skating program mainly consists of a team free skating program.

It will be judged for its value in enhancing the skater's interpretation of the music and the shadow effect of skating in a team. Skaters will be judged on their ability to skate in shadow and/or mirror to the music by using their skating skills.

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

- Skating skills
- Performance (Execution of the shadow or mirror effect)
- Interpretation (Respect of the character of the music and Composition of the team on the ice surface)
- Timing

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



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The skaters are allowed inside their team to skate solo or pairs. In a same team, solo and pairs can be mixed as long as the requirements are followed.

Required and optional Shadow Free Skating Elements

	GOLD	SILVER	BRONZE	PRE-BRONZE
TIME	3min 10sec +/- 10sec	2min 40sec +/- 10sec	2min 10sec +/- 10sec	1min 40sec +/-10sec
JUMPS	Minimum 3 and maximum 6 jump elements	Minimum 3 and maximum 5 jump elements	Minimum 2 and maximum 4 jump elements	Minimum 1 and maximum 3 jump elements
SPINS	2 spins are required, one must be a spin combination with a change of foot	1 spin combination with or without change of foot	1 spin combination without change of foot (at least 2 revolutions in each position)	1 spin in a basic position (at least 4 revolutions)
LIFTS (pairs/duo's only)	1 lift of group 1 and 1 lift of group 2	1 lift of group 1 OR group 2	Optional	Optional
ATTITUDES (solo only)	2 different attitudes	1 attitude	1 attitude	Optional
STEP SEQUENCE	Can be chosen out of -circular -diagonal -midline	Can be chosen out of -circular -diagonal -midline	Can be chosen out of -diagonal -midline	Midline

5. Technical Requirements Synchronized Skating

The Synchronized Skating competition will not be held unless at least two (2) teams are entered.

A team shall consist of 12 to 20 skaters and may include both ladies and men.

Each Team may have up to a maximum of four (4) alternates listed as such on the Team roster.

Skaters must meet the age requirements as stated in this announcement.

The Free Program must be skated according to ISU rules 2019.

Deductions for Interruption(s) in performing the program :

For every Interruption of :

- more than 10 seconds up to 20 seconds : -0.5
- more than 20 seconds up to 30 seconds : -1.0
- more than 30 seconds up to 40 seconds : -1.5
- more than 40 seconds by one or several skaters : -2.0
- Interruption of the program with allowance of up to three (3) minutes to resume from the point of interruption : -2.5 per program

Deductions for Falls :

A Fall is defined as loss of control by a Skater with the result that the majority of his/her own body weight is on the ice supported by any other part of the body other than the blades, e.g., hand(s), knee(s), buttock(s), or any part of the arm (Rule 953, paragraph 1).

- Fall Rule 953, paragraph 1 :
- 0.5 for every Fall of one (1) skater
 - 1.0 for every Fall of more than one (1) Skater at one (1) time
 - 1.5 Maximum Fall deduction per element

As the values of those deductions are not the standard ones provided by Rule 953, paragraph 1. and Rule 843, paragraph 1.n), the Referee must give specific instructions to the system operator and check the correct input in each instance.



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Duration of Program : Three (3) minutes +/- 10 seconds, but may be less

The Team is allowed to finish the Free Skating within ten (10) seconds plus or minus the required time.

The timing must be reckoned from the moment that a Skater begins to move (arms, head, etc.) or to skate until arriving at a complete stop at the end of the program.

Music Vocal music using lyrics is permitted

The Program Components will be judged as follows:

Bronze	Silver	Gold
<ul style="list-style-type: none"> • Skating Skills • Performance • Interpretation 	<ul style="list-style-type: none"> • Skating Skills • Transitions • Performance • Interpretation • Composition 	<ul style="list-style-type: none"> • Skating Skills • Transitions • Performance • Interpretation • Composition

The factor of the Program Components for the Adult category is 1.0.

Program requirements

Bronze	Silver	Gold
<p>The BRONZE teams must skate a well-balanced Free Skating Program of Four (4) elements, which must include the following three (3) required elements:</p> <ol style="list-style-type: none"> 1. Intersection Element Additional Feature (Point of Intersection) is optional and will be counted if executed correctly 2. Pivoting Element – Block 3. Traveling Element – Circle <p>PLUS A choice of one (1) Element</p> <ol style="list-style-type: none"> 4. Creative Element – Intersection OR Mixed Element 	<p>The SILVER teams must skate a well-balanced Free Skating Program of Five (5) elements, which must include the following four (4) required elements:</p> <ol style="list-style-type: none"> 1. Intersection Element Additional Feature (Point of Intersection) is optional and will be counted if executed correctly 2. Pivoting Element – Block 3. Traveling Element – Circle 4. Rotating Element – Wheel <p>PLUS A choice of one (1) Element</p> <ol style="list-style-type: none"> 5. Creative Element – Intersection OR Mixed Element 	<p>The GOLD teams must skate a well-balanced Free Skating Program of Six (6) elements, which must include the following five (5) required éléments :</p> <ol style="list-style-type: none"> 1. Intersection Element Additional Feature (Point of Intersection) is optional and will be counted if executed correctly 2. Pivoting Element – Block 3. Traveling Element – Circle 4. Rotating Element – Wheel 5. No Hold Element - Additional Feature (Step Sequence) up to level one (1) is optional And will be counted if executed correctly <p>PLUS A choice of one (1) Element</p> <ol style="list-style-type: none"> 6. Creative Element – Intersection OR Mixed Element <p>The NHE and the PB Element must not be executed one after the other.</p>

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NOTES :

Maximum Element levels can be skated, and the level will be called as executed.

Maximum levels of Additional Features (except Step Sequence) can be skated and will be rewarded according to the execution of the team.

Other Elements may be incorporated into the Free Skating program.

The program content sheet should indicate which extra Elements are transition Elements.

- Definition/criteria of recommended Elements and Additional Features are in accordance with Rule 990, paragraphs 3 and 4.
- Difficulty Groups of Elements and Additional Features and the description of their requirements are in accordance with the valid (corresponding) ISU Communication.

Illegal and non-permitted Elements

Illegal and non-permitted Elements are following the restrictions of Rule 992, paragraphs 2 and 3.

- Adults are not permitted to include Vaults, Group Lifts or un-sustained lifts.
- Masters are not permitted to include Vaults and Group Lifts.
- Un-sustained lifts are authorized for Masters ONLY.
-

VOCAL MUSIC MAY BE USED.

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

The duration is 3 minutes +/- 10 seconds., but may be less

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

Each fall shall receive a deduction of

- 0.5 for every Fall of one (1) Skater
- 1.0 for every Fall of more than one (1) Skater at one (1) time
- 1.5 Maximum Fall Deduction per element

6. Technical Requirements Theatre on Ice

TOI is a Ballet event with participating teams consisting of a minimum of four (4) and maximum thirty (30) skaters. It combines the grace and skill of figure skating with the drama and excitement of theatre and dance using musical themes which are chosen by the choreographer.

TOI positions the concepts of fun, creativity, family, and the focus of skating at the core of the discipline. This core composition improves the overall quality of skating for participants as the members involved work conscientiously on edge quality, skating skills and expression.

The main focus is the relationship to the chosen music, the theme and delivery of the choreography. This must be achieved while maintaining good flow, sureness and speed combined with ease and aesthetically pleasing movements.

The choreography must use the whole ice stage, incorporating a variety of group elements and formations, while projecting to the audience.

There is no restriction to the number of skating elements included in the choreography as long as the relevance to the musical structure and theme is maintained. Judges will be responsible for the appreciation and evaluation of the criteria.

The Judges' main focus will be to reward creativity, originality and innovation within the choreography as well as public appeal. The Chorus discipline encourages a theatrical approach towards the choreographic content whose goal is to engage and win the audience. Attention to the use of the skating surface, personal and public space must be achieved through the varied movements of the skaters; physically, emotionally and intellectually.



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The quality of skating movements, speed and skating skills will be evaluated in the mark for Skating Skills.
The Artistic relevance will be reflected in the mark for Choreography.

Costumes and Props

Costumes may be theatrical. However, they must be without excessive nudity. All decorative costume adornments and hair attachments must be well fixed and secured to avoid falling off, as this could cause a safety hazard and disruption to the team's performance. Costumes may not be changed or removed during the course of the program however a quick modification for effect is permitted.

Costumes should reflect the program's theme. Props are permitted. If a prop is to be placed on the skating surface, a permanent link with *at least* 1 moving skater must be established. The prop must have an obvious purpose within the chorus theme and must be clearly integrated within the choreography. Scenery (one structure) in keeping with the chorus theme and used to enhance the choreography is permitted. The scenery must be placed on the skating surface and may only be installed by skaters of the team during the warm-up period prior to the start of their performance.

Before the music is started the team must take a stationary position on the ice and a skater must give a hand signal.

The team MUST provide a written description of the performance. The description should be **no more than 40 words in length** and MUST be provided to the competition organizing committee in English or French.

An audio description of the program (or other verbal text) in English may be part of the CD and precede the commencement of the program. The audio reading should not exceed 30 seconds.

Coaches may not direct, prompt, or otherwise communicate with the skaters during the performance.

If the tempo or quality of the music is deficient, no restart may be made if a team member fails to inform the referee within 30 seconds after the start. No restarts of the whole program are allowed, except for deficient music.

No substitution of skaters will be permitted once the program has started. However, registered team alternates may be substituted if the referee stops the teams program due to injury or equipment problems.

All scenery and props must be present on the ice during the first two (2) minutes warm up and remain on the ice for the duration of the program. No scenery or props may be handed to a skater by coaches, parents or spectators during the performance. All scenery may be intalled and uninstalled ONLY by the skaters themselves, coaches, parents or spectators are not allowed to help.

Deductions (Referee)

- Falls will be penalized on the total score by the referee. There will be a deduction of one (1) point for each fall of one skater and 2 points for a fall involving two or more skaters.
- Time violation(s) : a one (1) point deduction will be taken by referee for programs exceeding the maximum time limit for each 15 seconds over the maximum program length.
- Failure to be ready to start once the narrative is read and team has been announced. A one (1) point deduction will be made by the referee.

Failure to report to the referee in the case of a defective music incident or problem outside the allowed 30 seconds

VOCAL MUSIC MAY BE USED.

The maximum time is 3 minutes and 30 seconds, but may be less.

The warm-up duration is five (5) minutes (including a maximum time of two (2) minutes to install scenery).



7. Music

All competitors/teams shall furnish competition music of excellent quality.

Competitors should send their music through email in Mp3/WMA/WAV format to the organizing committee (please always bring a backup copy on a USB stick).

Please send your music to starlight-challenge@net-c.com

Please see that you'll send your tunes per category, each per separate email message

The music file name **must** include following information

- Discipline (Free, Artistic, Dance (PD1&2, RD or VD, FD), TOI, Synchro, Shadow)
- Name of the skater or couple/pair/duo or team
- Category (Level and Age : Bronze L3, Silver M2, Pre-Bronze N1, Gold C or P1, etc...)

Examples : Dance PD 1 – Pre-Silver – Lady II – Name Skater

Artistic – Gold – Men III – Name Skater

Free – Silver – Pairs I – Name Lady/Name Man

The music files be **must** be submitted **latest** at closing time for entries.

The titles, composers and performers of the music to be used, must be listed for each competitor on the official Competition Music Form (be careful to take the correct form for your discipline) and attached to the official Entry Form for Competitors.

If music information is not complete and files are not provided as requested in the rules, accreditation will not be given.

Music on cd's WILL NOT BE ACCEPTED

Back-up music **only** on USB-stick(s)

8. Planned Program Content Sheet

Free skaters, Pairs, Dance Solo's and Couples and Shadow as well as Synchronized Teams must turn in to the Organizing Committee together with the entry forms the "Planned Program Content Sheet".

It is not permitted to hand over the Planned Program Content Sheets directly to the competition Officials during the competition.

It is not permitted to use any other document, only the official form as per these rules will be accepted.

Changed Program Content Sheets should be turned in at the registration desk.

9. Expenses Provided

The organizing committee will provide travel expenses, accommodation and meals for all Event Officials, Referees, the Technical Panel Members and Judges.

All competitors and coaches will cover their own expenses.

10. Accommodation

Participants have to book their hotel accommodation individually. The Organizing Committee will take care of the accommodation of the Officials, the Technical Panel members, the Referees and all Judges.

Hotel van der Valk

Aalsterweg 322
5644 RL Eindhoven, Pays-Bas
Phone +31 40 211 6033

Housed in a contemporary building, this is a very classy hotel

It is at a 15-minute walk from De Tongelreep Golf & Country Club and 3.5 km from the Van Abbe museum Modern Art Museum.

The warmly decorated rooms and suites offer free Wi-Fi, flat-screen TVs and tea and coffee making facilities.

Some have a terrace or balcony. Suites add separate sitting areas and / or whirlpool tubs. The hotel also offers duplex penthouse suites with white or black décor.

There's a chic restaurant with a terrace, a sushi bar and a buffet restaurant with show cooking. It also features a casino, a wellness center and an indoor pool.

Hotel Bastion Eindhoven

Laan van Diepenvoorde 30,
5582 LA Waalre, Pays-Bas
Phone +31 40 209 2055

A brand new 4 stars hotel with an ideal location along the motorway A2 / A67. The hotel opened in July 2017 and has 156 Deluxe rooms of each 30 m2. A large restaurant (350 m2) will offer you very nice dishes. Easy to reach from the airport, the hotel has its own parking area. The hotel offers free access to a fitness area. You'll get the opportunity to relax in a beautiful lounge with an open fire place or at the bar.

For another accommodation, please check on www.booking.com or similar sites.

You can find interesting prices, don't miss an opportunity, early-booking gives you an advantage, don't wait !

11. Registration

All Members of the organizing committee, Event Officials, Competitors, Coaches, are requested to register at the entry desk.

12. Results

All results will be computer calculated and communicated immediately after each performance.

Results and scores can be found on the official event site www.starlight-challenge.com/2019/results.

The special factor of 1.1 for elements starting in the second half, will NOT apply.

13. Draws – Order of skating

The draw for all competitors will be done in advance by the organizing committee and will be announced per email 1 week before the start of the competition.

The skating order on official practice ice (to be booked and paid for in advance, limited places) will be announced per email 1 week before the start of the competition.

14. Insurance / Liability

In accordance with rule 119, it is the sole obligation of each participant, as defined in Rule 107, to provide medical and accident insurance. Such insurance must assure full medical attendance and also the return of the ill or injured person to the home country by air transport or by other means.

Competitors, officials and supporters participate at their own risks.

The organizing committee nor the direction/employees of the ice rink can be held responsible for any accident/damage or its consequences occurring during the competition days.

15. Travel

Eindhoven has an airport at only 10km from the ice rink and the hotels van der Valk and Bastion

Eindhoven has a train station in the city centre at only 9km from the ice rink.

There is a bus connection between the station and the rink (25min travel time)

16. Miscellaneous

- An Opening Reception for all participants and officials will be held on Friday 1st May 2020.
- A Gala Dinner (buffet) will be held on Saturday 2nd May 2020.
Further information will follow later to all participants of this event.
- Practice Ice : sessions will be available on 2nd and 3rd May early morning before the competition and need to be booked and paid for in advance (limited places)
- Special course : A special practice course could be organized (depending on how many skaters would be interested) during the week before the
Competition and practice ice to be booked and paid for in advance before closing date of entries.

Please address all requests for information related to the competition, patches/additional training, others to starlight-challenge@net-c.com

17. Tentative Event Schedule

The tentative schedule will be send out 3 weeks after closing date, but plan (subject to changes) is as follows :

- Thursday 30/04 : 1.00pm till 4.30pm Practice ice (Patch system) with private lessons possibilities
- Friday 1/05 : 1.00pm till 4.30pm Practice ice (Patch system) – no private lessons available
- Friday 1/05 : 6 till 7.30pm : Opening reception
- Saturday 01/06 : 7.30 till 9.30am : Official Practice
- Saturday 01/06 : 10am till 4.30pm : Competition
- Saturday 01/06 : 5.00pm : Podium of the day
- Saturday 01/06 : 6.30pm : Gala Buffet Dinner
- Sunday 02/06 : 7.30 till 9.30am : Official Practice
- Sunday 02/06 - 10am till 4.30pm : Competition

18. Registration and Forms

- Hereafter you'll find all necessary forms :
- Registration forms
 - * solo skating (Free & Artistic)
 - * solo skating (Dance)
 - * pair/duo skating (Free & Artistic)
 - * pair/duo skating (Dance)
 - * team skating (Synchronized Skating)
 - * team skating (Theatre on Ice)
 - * team skating (Shadow Skating Free & Dance)
 - Music form
 - Planned Program Content sheet (Free)
 - Planned Program Content Sheet (Dance)
 - Planned Program Content Sheet (Shadow)
 - Planned Program Content Sheet (Synchro)
 - Practice ice booking form (Free & Artistic)
 - Practice ice booking form (Dance)
 - Practice ice booking form (Synchro)
 - Practice ice booking form (Theatre on Ice)
 - Course and or Private Lessons booking form
 - Sharpening request - booking
 - Opening Reception and Gala Dinner registration form

Registration Form for solo Dance

Name : _____ I am a Lady _____ I am a Man _____
(please specify)

Address : _____ I am Neutral _____

City : _____

Country : _____

Email : _____

Would like to register in Age Category : Kids 8 to 15 yrs _____
(Please tick your age category) Young Skaters 15 yrs to 18 yrs _____
 Young Adult 18 yrs to -29 yrs _____
 Class I 29 yrs to -39 yrs _____
 Class II 39 yrs to -49 yrs _____
 Class III 49 yrs to -59 yrs _____
 Class IV 59 yrs to - 69 yrs _____
 Class V 69+ _____

I'll skate **solo** in following discipline and level :
(Please tick your discipline and level)

Pattern Dance _____	Rhythm/Variation _____	Free Dance _____
Tin _____		
Copper _____		
Pre-Bronze _____	Pre-Bronze _____	Pre-Bronze _____
Bronze _____	Bronze _____	Bronze _____
Pre-Silver _____	Silver _____	Silver _____
Silver _____	Gold _____	Gold _____
Pre-Gold _____		
Gold _____		
Masters _____		
Elite _____		

I have to pay :

Solo Ice Dance 1st event (45) _____

2nd event (35) _____

3rd event (30) _____

TOTAL SOLO ICE DANCE _____



Registration Form for solo - Free and/or Artistic Skating

Name : _____ I am a Lady ____ I am a Man ____
(please specify)

Address : _____ I am Neutral ____

City : _____

Country : _____

Email : _____

Would like to register in Age Category : Kids 8 to 15 yrs _____
(Please tick your age category) Young Skaters 15 yrs to 18 yrs _____
Young Adult 18 yrs to -29 yrs _____
Class I 29 yrs to -39 yrs _____
Class II 39 yrs to -49 yrs _____
Class III 49 yrs to -59 yrs _____
Class IV 59 yrs to - 69 yrs _____
Class V 69+ _____

I'll skate **solo** in following discipline and level :
(Please tick your discipline and level)

Free Skating	___	Free Artistic	___
Pre-Bronze	___		
Bronze	___	Bronze	___
Silver	___	Silver	___
Gold	___	Gold	___
Masters	___	Masters	___
Elite	___	Elite	___

I have to pay : Solo Free Skating 1st event (45) ___
2nd event (35) ___

TOTAL SOLO FREE SKATING _____

Registration Form for couple Dance

Name : _____

Partner's name : _____

Address : _____

Partner's address : _____

City : _____ City : _____

Country : _____ Country : _____

Email : _____ Email : _____

Would like to register in Age Category : Kids 8 to 15 yrs _____
 (Please tick your age category) Young Skaters 15 yrs to 18 yrs _____
 Young Adult 18 yrs to -29 yrs _____
 Class I 29 yrs to -39 yrs _____
 Class II 39 yrs to -49 yrs _____
 Class III 49 yrs to -59 yrs _____
 Class IV 59 yrs to - 69 yrs _____
 Class V 69+ _____

We'll skate **couple** in following discipline and level :
 (Please tick your discipline and level)

Pattern	_____	Rhythm Dance or Variation	_____	Free Dance	_____
Tin	_____				
Copper	_____				
Pre-Bronze	_____	Pre-Bronze	_____	Pre-Bronze	_____
Bronze	_____	Bronze	_____	Bronze	_____
Pre-Silver	_____	Silver	_____	Silver	_____
Silver	_____	Gold	_____	Gold	_____
Pre-Gold	_____				
Gold	_____				
Masters	_____				
Elitee	_____				

We have to pay : Couple Ice Dance 1st event (90) _____
 2nd event (70) _____
 3rd event (50) _____

TOTAL COUPLE ICE DANCE _____



Registration Form for pair/duo Free and/or Artistic

Name : _____

Partner's name : _____

Address : _____

Partner's address : _____

City : _____ City : _____

Country : _____ Country : _____

Email : _____ Email : _____

Would like to register in Age Category : Kids 8 to 15 yrs _____
(Please tick your age category) Young Skaters 15 yrs to 18 yrs _____
Young Adult 18 yrs to -29 yrs _____
Class I 29 yrs to -39 yrs _____
Class II 39 yrs to -49 yrs _____
Class III 49 yrs to -59 yrs _____
Class IV 59 yrs to - 69 yrs _____
Class V 69+ _____

We'll skate **pair/duo** in following discipline and level :

(Please tick your discipline and level)

Free Skating	_____	Free Artistic	_____
Pre-Bronze	_____	Bronze	_____
Bronze	_____	Silver	_____
Silver	_____	Gold	_____
Gold	_____	Masters	_____
Masters	_____	Elite	_____
Elite	_____		

We have to pay : Pair/Duo Free Skating 1st event (90) _____
2nd event (70) _____
TOTAL PAIR/DUO FREE SKATING _____



Registration Form for Synchronized skating

Name team: _____

Club : _____

City : _____

Country : _____

Email : _____

Would like to register in Age Category : Young Adult 15 yrs to -29 yrs _____ Adult _____
(Please tick your age category) Adult: 29+ _____ Master _____
Mixed Age _____

NAMES OF THE SKATERS

- | | |
|-----------|-----------|
| 1. _____ | 11. _____ |
| 2. _____ | 12. _____ |
| 3. _____ | 13. _____ |
| 4. _____ | 14. _____ |
| 5. _____ | 15. _____ |
| 6. _____ | 16. _____ |
| 7. _____ | 17. _____ |
| 8. _____ | 18. _____ |
| 9. _____ | 19. _____ |
| 10. _____ | 20. _____ |

NAMES OF ALTERNATE SKATERS

- | | |
|----------|----------|
| 1. _____ | 3. _____ |
| 2. _____ | 4. _____ |

We have to pay : € 250.00

Competition Music Information DANCE

This form must be send together with the Registration Form(s) and the Planned Program Content Sheet.

Please fill in with type or write in capital letters

For pairs and dance couples it is sufficient if one partner fills in the following form

ISU Member Federation :
Discipline <u>AND</u> Level : (please complete a different sheet per discipline AND level – Free or Artistic or Dance or Shadow or Synchro or TOI)
Name of Competitor(s) / Team :

Pattern Dance / Shadow Pattern Dance (please specify)	
1	Name of Music Duration of Music Composer Orchestra
2	Name of Music Duration of Music Composer Orchestra

Rhythm Dance OR Variation Dance	
1	Name of Music Duration of Music Composer Orchestra
2	Name of Music Duration of Music Composer Orchestra
3	Name of Music Duration of Music Composer Orchestra

FD	
1	Name of Music Duration of Music Composer Orchestra
2	Name of Music Duration of Music Composer Orchestra
3	Name of Music Duration of Music Composer Orchestra
4	Name of Music Duration of Music Composer Orchestra

Competition Music Information FREE and ARTISTIC

This form must be send together with the Registration Form(s) and the Planned Program Content Sheet.

Please fill in with type or write in capital letters

For pairs and dance couples it is sufficient if one partner fills in the following form

ISU Member Federation :
Discipline <u>AND</u> Level : (please complete a different sheet per discipline AND level – Free or Artistic or Dance or Shadow or Synchro or TOI)
Name of Competitor(s) / Team :

FREE SKATING		
1	Name of Music Composer	Duration of Music Orchestra
2	Name of Music Composer	Duration of Music Orchestra
3	Name of Music Composer	Duration of Music Orchestra
4	Name of Music Composer	Duration of Music Orchestra

ARTISTIC SKATING		
1	Name of Music Composer	Duration of Music Orchestra
2	Name of Music Composer	Duration of Music Orchestra
3	Name of Music Composer	Duration of Music Orchestra
4	Name of Music Composer	Duration of Music Orchestra

Competition Music Information TEAMS

This form must be send together with the Registration Form(s) and the Planned Program Content Sheet.

Please fill in with type or write in capital letters

For pairs and dance couples it is sufficient if one partner fills in the following form

ISU Member Federation :
Discipline <u>AND</u> Level : (please complete a different sheet per discipline AND level – Free or Artistic or Dance or Shadow or Synchro or TOI)
Name of Competitor(s) / Team :

Shadow Free or Dance		
1	Name of Music	Duration of Music
	Composer	Orchestra
2	Name of Music	Duration of Music
	Composer	Orchestra
3	Name of Music	Duration of Music
	Composer	Orchestra

Synchro		
1	Name of Music	Duration of Music
	Composer	Orchestra
2	Name of Music	Duration of Music
	Composer	Orchestra
3	Name of Music	Duration of Music
	Composer	Orchestra

Theatre On Ice		
1	Name of Music	Duration of Music
	Composer	Orchestra
2	Name of Music	Duration of Music
	Composer	Orchestra
3	Name of Music	Duration of Music
	Composer	Orchestra

Official Practice Ice booking form

Official Practice ice time can **only** be booked in advance.

Sessions will be separated as follows :

- Free Skating for Solo, Pair/Duo & Shadow skaters (max 4) maximum 12 skaters/session of 30 minutes
- Artistic Skating for Solo and Pair/Duo skaters maximum 12 skaters/session of 30 minutes
- Ice Dance for Solo/Couples & Shadow (small teams) maximum 16 skaters/session of 30 minutes
- Dance for Shadow skaters (large teams) maximum 2 teams of 5 to 8 skaters/session of 20 min
- Free Skating for Shadow skaters (large teams) maximum 2 teams of 5 to 8 skaters/session of 20 min
- Theatre on Ice maximum 1 team/session of 20 minutes
- Synchronized skating maximum 1 team/session of 20 minutes

Sessions of 30minutes each, can be booked at the price of € 10/pp for solo and pair/duo (free or dance)

Sessions of 30minutes each, can be booked at the price of € 10/pp for shadow teams (maximum 16 skaters/session)

Sessions of 20minutes each, can be booked at the price of € 60 for teams synchro/TOI/Shadow skaters (free or dance)

Schedule will be decided by the organizing committee and communicated on due time to all competitors after closing date of registrations.

Free Skating for Solo, Pair/Duo & Shadow skaters (max 4)

Name : _____
(Solo skater)

Names : _____
(Both names when
booking for pair/duo or Shadow)

Would like to book one session Practice Ice **Free Skating** ___ and will have to pay : _____ € for 30 minutes

Would like to book one session Practice Ice **Free Artistic** ___ and will have to pay : _____ € for 30 minutes

Would like to book one session Practice Ice **Dance** ___ and will have to pay : _____ € for 30 minutes

For teams

Name team : _____

Would like to book one session Practice **Shadow** (Dance or Free) and will have to pay : _____ € for 20 minutes
(Only for large teams from 5 to 8 skaters)

Name team : _____

Would like to book one session Practice **TOI** and will have to pay : _____ € for 20 minutes

Name team : _____

Would like to book one session Practice **Synchro** and will have to pay : _____ € for 20 minutes



Sharpening booking form

Name skater or team : _____

Email : _____

Would like to book _____ * sharpening for me

I have ** free skates ** dance skates

Would like to book _____ * for skaters from my team

We have _____ ** free skates

_____ ** dance skates

_____ ** synchro skates

- * Please specify how many pairs of skates should be sharpened
- ** Please specify your kind of skates and the quantity for each kind

Opening Reception booking form

The opening reception will take place at Restaurant Golden Garden
88 Kastelenplein
Eindhoven

Name skater: _____

Name team : _____

Email : _____

Would like to attend with _____* persons to the opening reception

* Please specify with how many people (you included) you would like to attend the reception

Offered by the organization :

- 2 drinks (soft, beer, wine or water)
- Snacks

Each participant will pay for her/his additional drink(s) if more then the 2 offered

Budget = about 3,-€ per extra drink

Gala Dinner booking form

The Gala Dinner will take place at Hotel van der Valk
Aalsterweg
Eindhoven

Name skater: _____

Name team : _____

Email : _____

Would like to book _____* gala dinner

- * Please specify with how many people (you included) you would like to attend the dinner

Payment in advance is not requested.

Each participant will pay for his own dinner at the reception desk of the competition upon arrival

Budget = 35 to 40,-€ all in (food and drinks)

