



Ice Linden Adult Cup

Adult International Competition
single skating, pair skating, ice dance

Mariánské Lázně, Czech Republic
April 14th – 17th, 2022

Resume

RESUME Chyba! Záložka není definována.

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1. GENERAL INFORMATION

1.1. BASIC INFORMATION

Date: April 14th – 17th, 2022

Place: Mariánské Lázně
Zimní stadion Mariánské Lázně (Ice rink Mariánské Lázně)
(surface 60x30 meters)
Tyršova 621/21a,
Mariánské Lázně 353 01
Czech Republic

Contact: icelindenadultcup@email.cz

Website: <https://skkmarianskelazne.cz/>

1.2. CATEGORIES

Competition Adults

- | | |
|--------------------------------------|--|
| • Elements | (Beginner, Basic) – NON ISU SH |
| • Free Skating (Ladies/Men) | (Masters Elite, Masters, Gold, Silver, Bronze) |
| – Age categories Young adult | (Gold, Silver, Bronze) |
| • Artistic Free Skating (Ladies/Men) | (Masters, Gold, Silver, Bronze) |
| • Pair Free Skating | (Masters Elite, Masters, Intermediate, Adult) |
| • Pair Artistic Free Skating | (Masters Elite, Masters, Intermediate, Adult) |
| • Ice Dance - Pattern Dance | (Masters Elite, Masters, Gold, Silver, Bronze) |
| • Ice Dance - Rhythm Dance | (Masters Elite, Masters, Adult) |
| • Ice Dance - Free Dance | (Masters, Gold, Silver, Bronze) |

1.3. AGE CATEGORIES

Participation in the Free Skating, Pair Free Skating, Artistic Free Skating and Ice Dance disciplines at the International Adult Figure Skating Competitions is open only to competitors who have reached at least the age of eighteen (18) before 1 st July 2021.

Young Adults	born between	July 1st, 1993, and June 30th, 2003
Class I	born between	July 1st, 1983, and June 30th, 1993
Class II	born between	July 1st, 1973, and June 30th, 1983
Class III	born between	July 1st, 1963, and June 30th, 1973
Class IV	born between	July 1st, 1953, and June 30th, 1963
Class V	born before	July 1st, 1953

When fewer than 3 skaters register for a singles free skating or artistic free skating event, age categories will be combined wherever possible to ensure competition. All age groups can be further divided or put together, depending on the number of registrations. Proof of age must be presented for all competitions. This can be a copy of a birth certificate, passport or identity card. The organizers reserve the right to cancel the category in case of little interest and other cases.

1.4. REGISTRATION

Registration must be received by **March 28, 2022**

Entries can be made from January 28, 2022 at:

Send the entry form to: icelindenadultcup@email.cz

- Name, surname (and name of dance partner), category, age category, country, club, birthdate

The registration fees are:

- 60 Euros for the first single competition
- 40 Euros for each additional single competition
- 40 Euros for each partner in a pair for the first competition
- 30 Euros for each partner in a pair for each additional pair competition
- **40 Euros for the category Elements**

The fees must be paid at the time of registration. Please transfer the money to the following account:

Bank account:

MONETA Money Bank

Account number: 35-7323240297

Banking code: 0100

IBAN: CZ1301000000357323240297

Purpose of payment: Linden 2022 – „your name“

DOCUMENTS REQUIRED TO PARTICIPATE IN THE RACE:

(send to e-mail: icelindenadultcup@email.cz)

- Copy of the photo page of the participant's passport or government issued photo identification
- Copy of the participant's membership card or license, or approval of the Member Federation as proof of current membership of an ISU Member Federation.
- Planned Program Content Form
- Music
- Music Form
- Declaration Form
- Details of bank transfer (if applicable)

CONDITIONS OF PARTICIPATION

Participation in the international competition Ice Linden Adult Cup is open to all figur skaters who:

- are individual members of an ISU Member, or a member of a club that is itself a member of an ISU Member
- are member of only one ISU Member. In the case of Pair Skating and Ice Dance, both Competitors in a team must enter as members of the same ISU Member
- fit into the age groups in this announcement

- since July 1, 2021, have not participated 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 competitor qualifies for the National Championship of a Member Federation (other than an Adult National Championship).
- the Entry will be confirmed by the competition organizer

IMPORTANT NOTES:

In the event the competition is oversubscribed, the Local Organizing Committee reserves the right to stop accepting further entries even before the closing date for entries. Entry forms will be accepted on a first come, first served basis.

1.5. OTHER INFORMATION

1.5.1. Planned Program Content Sheet

Free skaters, Pairs, Dance Couples and Synchronized Teams must forward the “Planned Program Content Sheet” to the Local Organizing Committee following submission of the online entry form. **It is not permitted to hand over the Planned Program Content Sheets directly to the competition Officials during the competition.** Changed Program Content Sheets should be turned in at the registration desk.

1.5.2. Music form

Each competitor will send competition music of excellent quality to icelindenadultcup@email.cz (MP3 format). The file must state the competitor's name, country, category and the exact playing time of the music (not the skating time). Contestants must provide a backup copy of the music for each program in the form of a flash disc.

The titles, composers and performers of the music to be used for the individual programs for Singles and Pairs, and for the Pattern Dance, Short Dance and Free Dance programs for Ice Dance, must be listed for each competitor on the official Competition Music Form and forwarded to the Local Organising Committee following submission of the online entry form.

If music information is not complete and discs not provided, accreditation will not be given.

1.5.3. Result

All results will be calculated according to the ISU Regulations, Rule 353. The special factor of 1.1 for elements starting in the second half, will **NOT** apply.

Results will be posted on:

<https://www.czechskating.org/vysledky-soutezi>

1.5.4. Epidemic measures

We will follow the current measures of the Czech Republic.

LIABILITY

Every competitor participates at his own risk. Please take out accident insurance.

AWARDS

The first three places in each category will receive an award, trophies. Every competitor will receive a diploma.

PHOTO

Pictures will be taken during the event which may be published. In case you don't want your pictures published please indicate during the registration process.

EXPENSES PROVIDED

The organizer will provide travel, accommodation and meals for all Event Referees, the Technical Panel Members, Data and Replay Operators and Judges.

All competitors and coaches will cover their own expenses.

2. COMPETITION ADULTS

The International Adult Figure Skating Competitions for the 2021/2022 Season will be conducted in accordance with the ISU Constitution and General Regulations 2018, the ISU Special Regulations & Technical Rules Single & Pairs Skating and Ice Dance 2021, all pertinent ISU Communications, and this Announcement. **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.**

GENERAL INFORMATION FOR ALL COMPETITORS

- It is expected that competitors will enter at a level appropriate to their current skating ability.
- Entries may be reviewed prior to announcement of the schedule to ensure the integrity of the competition.
- Competitors are not obliged to enter the same level as in previous years.
- The Masters Elite category is intended for those skaters who competed previously at the junior or senior level in national or international competition, but is not mandatory for such skaters.
- Skaters may compete at only one level within each segment.
- Any program violating the time limit set out in this Announcement will receive a deduction of 1.0 for every 5 seconds or part thereof lacking or in excess of the permitted time.
- Skaters have 30 seconds from the time their name is called to take their starting position.
- Please ensure a planned program sheet is submitted for all programs except for the artistic and pattern dance categories.
- Based on ISU Rule 501(1), competitors should note the following regarding appropriate clothing. Clothing and any make-up of the competitors 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. The clothing must not give the effect of excessive nudity inappropriate for the discipline. Men must wear full-length trousers. In addition, in Ice Dance, Women must wear a skirt. Accessories and props are not permitted. Clothing that does not adhere to these guidelines will be penalized by a deduction. The deduction for inappropriate clothing, make-up, props and accessories (1.0) will be determined by a majority of the judges and the referee.
- Medals (or trophies) will be awarded on ice to the top three skaters in each category. It is kindly requested that the top three competitors in these categories wear their competition clothing for the victory ceremonies, which will be held at the end of each day's competition.

ADDITIONAL INFORMATION FOR PAIR SKATERS

- Each pair team must consist of one man and one lady.
- An entry in Pair Artistic Free Skating may be at one level higher (not lower) than an entry in Pair Free Skating.
- Coaches and their students are welcome to compete in all events, however, this competition DOES NOT have a PRO-AM category.
- If a pair team is formed of skaters having different skill levels, it is expected that they will enter at the level of the more skilled skater. Further guidance in this respect can be obtained by contacting the ISU Adult Figure Skating Group (contact information at end of document).

ADDITIONAL INFORMATION FOR ICE DANCERS

- Each dance team must consist of one man and one lady. The man must skate the man's steps and the lady must skate the lady's steps.
- Each skater may compete with only one and the same partner in the Ice Dance competitions.
- Entries in the dance segments must be at the same level. (Eg: Bronze Pattern Dance, Bronze Free Dance; Silver Pattern Dance, Silver Free Dance, etc.)

2.1. WARM-UP GROUPS

In the single categories (Free Skating) 6 skaters are permitted in a warm-up group for Gold and master and 8 skaters for Bronze and Silver as well as 8 skaters for all Artistic levels and Elements category. If fewer than 6 skaters are in a category, warm-up groups may be combined.

In the pair categories (ice dance and pairs) there will be a maximum of 5 pairs in a warm-up group. Different categories may be combined (e.g. Bronze and Silver ice dance pairs in one warm-up group).

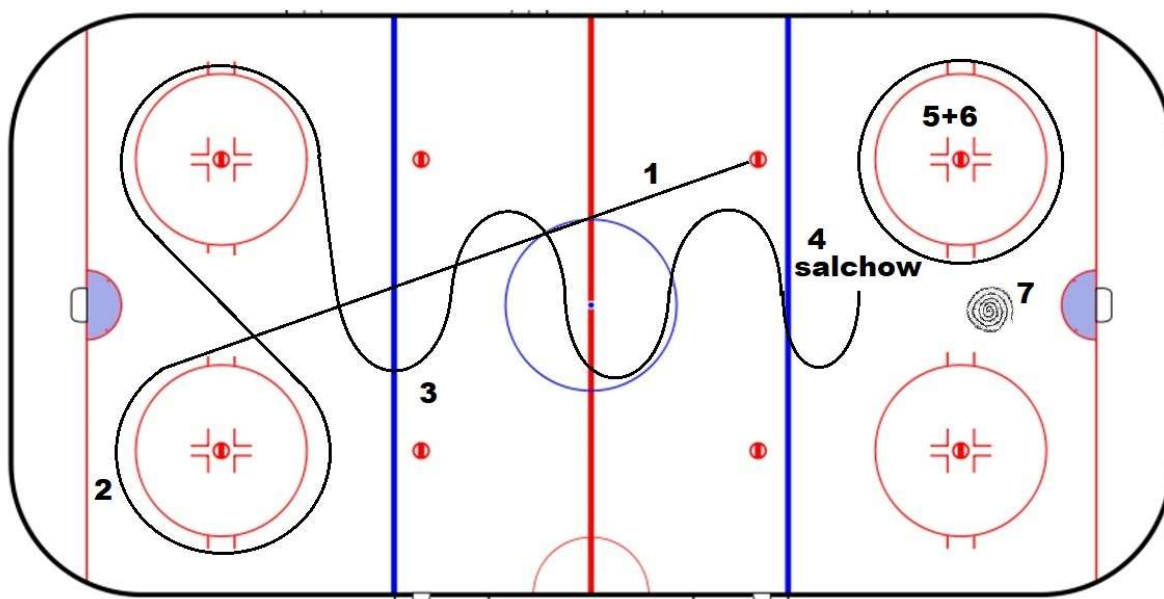
The warm-up duration is 6 minutes for Singles and Pairs Free Skating, 5 minutes for Rhythm Dance, Free Dance and Artistic Free Skating, 3 minutes for Pattern Dance.

2.2. ELEMENTS CATEGORY

- Complete beginners without advanced skating skill compete in this category.
- A competitor in this category must not participate in other categories.
- The "Category Elements" competition will be complemented by a musical accompaniment selected by the organizer.
- Scoring: OBO system
- The order of the individual elements is fixed.
- The transition between the individual elements is optional and gives space for creativity.
- It is not necessary to follow the exact placement of the elements. The skater skates so that the elements follow each other smoothly.

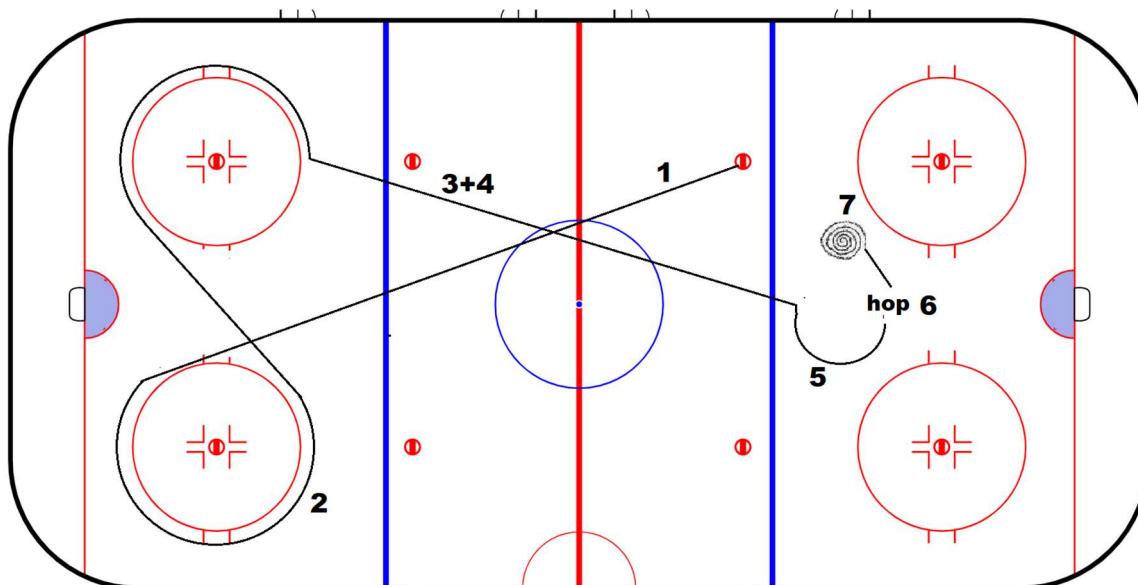
A video with program will be added to the website.

2.2.1. Program for Elements category - Basic



1. Teapot (shoot the duck)
2. Backward crossover
3. Forward outside 3-turn + step on inside edge of second legs + 1 backward crossover on the other hand (= mávátka) – 2x
4. Salchow
5. Forward crossover (at least 4 crossover)
6. Spiral
7. One foot spin

2.2.2. Program for Elements category - Beginner



1. Crossover
2. Forward crossover
3. Forward lunge (drag)
4. Teapot (shoot the duck)
5. Three-turn
6. Waltz jump
7. Spin (can be used both foot)

2.3. FREE SKATING – TECHNICAL REQUIREMENTS

2.3.1. Elite Masters Free Skating

Skaters entering this category will compete against other Elite Masters Free Skaters. The technical requirements are the same as those for the category "Masters Free Skating."

2.3.2. Masters Free Skating

The program duration 3 min +/- 10 seconds. Vocal music is permitted.

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

- a) A maximum of six (6) jump elements, one of which must be an Axel type jump. Single, double and triple jumps are permitted. There may be up to three (3) jump combinations or jump sequences in the free program.
 - One (1) jump combination may consist of up to three (3) listed jumps. Two (2) jump combinations may consist of two (2) listed jumps.
 - A jump 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) 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.
 - A maximum of one (1) step sequence, fully utilizing the ice surface.

The Program Components are multiplied by a factor of 1.6. Each fall shall receive a deduction of 1.0.

2.3.3. Gold Free Skating

The program duration 2 min 50 s +/- 10 seconds. Vocal music is permitted.

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

- a) A maximum of five (5) jump elements, consisting of single jumps (including the single Axel) or double jumps. Double flip, double Lutz, double Axel and triple jumps are not permitted. There may be up to 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 takeoff 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.

Only features up to and including Level 3 will be counted for the spins and step sequence. Any additional features will not count for level requirements and will be ignored by the Technical Panel.

The Program Components are multiplied by a factor of 1.6. Each fall shall receive a deduction of 1.0.

2.3.4. Silver Free Skating

The program duration 2 min +/- 10 seconds. Vocal music is permitted.

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

- a) A maximum of five (5) jump elements, consisting of any single jumps (including the single Axel). Double jumps and triple jumps are not permitted. There may be up to two (2) jump combinations or jump sequences in the free program.
- One (1) jump combination may consist of up to three (3) listed jumps. The other jump combination may consist of two (2) listed jumps.
 - A jump 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 takeoff 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 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.

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

The Program Components are multiplied by a factor of 1.2. Each fall shall receive a deduction of 0.5.

2.3.5. Bronze Free Skating

The program duration 1 min 40 s +/- 10 seconds. Vocal music is permitted.

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

- a) A maximum of four (4) jump elements, consisting only of single jumps. Axel type jumps, double jumps and triple jumps are not permitted. There may be up to two (2) jump combinations in the free program.
- Each jump combination may consist of two (2) listed jumps.
 - 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 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.

The Program Components are multiplied by a factor of 1.2. Each fall shall receive a deduction of 0.5.

2.4. PAIR FREE SKATING – TECHNICAL REQUIREMENTS

- Each pair team must consist of one man and one lady.
- An entry in Pair Artistic Free Skating may be at one level higher (not lower) than an entry in Pair Free Skating.
- Coaches and their students are welcome to compete in all events, however, this competition DOES NOT have a PRO-AM category.
- If a pair team is formed of skaters having different skill levels, it is expected that they will enter at the level of the more skilled skater. Further guidance in this respect can be obtained by contacting the ISU Adult Figure Skating Group (contact information at end of document).

2.4.1. Pair Free Skating Masters Elite

Pairs entering this category will compete against other Elite Masters Pair Skaters. The technical requirements are the same as those for the category “Masters Pair Skating”.

2.4.2. Pair Free Skating Masters

The program duration 3 min 30 s +/- 10 seconds. Vocal music is permitted.

Masters pairs must perform a well-balanced program that may contain:

- a) A maximum of three (3) different lifts, one of which may be a twist lift.
 - In lifts of Group 1 and Group 2, the man’s lifting hand(s) should be above his shoulder line.
 - In lifts of Groups 3 – 5, full extension of the lifting arm(s) is mandatory.
- b) A maximum of two (2) throw jumps (single or double).
- c) A maximum of one (1) solo jump. Single, double and triple jumps are permitted
- d) A maximum of one (1) jump combination with a maximum of three (3) listed jumps or one (1) jump sequence
 - A jump sequence consists of two (2) listed jumps of any number of revolutions, beginning with any jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump.
 - 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 optional).
 - At least $\frac{3}{4}$ revolution in pivot position by the man is required for the death spiral.
 - At least one revolution in pivot position by the man is required for pivot figure
- h) A maximum of one (1) step sequence, fully utilizing the ice surface.
 - Only the first executed attempt of a step sequence will contribute to the technical score

The Program Components are multiplied by a factor of 1.6. Each fall shall receive a deduction of 1.

2.4.3. Pair Free Skating Intermediate

The program duration 2 min 40 s +/- 10 seconds. Vocal music is permitted.

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

- a) A maximum of two (2) different lifts of Group 1 or Group 2 with a minimum $\frac{1}{2}$ revolution for the man and 1 revolution for the lady.
 - The man's lifting hand(s) should be above his shoulder line.
 - Variations of the lady's position, no-handed and one-handed lifts, and combination lifts are **not** permitted.
 - Lifts of Groups 3 – 5 are **not** permitted
 - Twist lifts are **not** permitted.
 - A different take-off counts as a different lift.
- b) A maximum of one (1) single throw jump (including the throw Axel).
 - Double and triple jumps are **not** permitted.
- c) A maximum of one (1) solo single jump (including the single Axel).
 - Double and triple jumps are **not** permitted.
- d) A maximum of one (1) jump combination with a maximum of three (3) listed jumps or one (1) jump sequence.
 - A jump sequence consists of two (2) listed single jumps, beginning with any jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump.
 - 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 optional).
- At least $\frac{3}{4}$ revolution in pivot position by the man is required for the death spiral.
 - At least one (1) revolution in pivot position by the man is required for the pivot figure.
- g) A maximum of one (1) step sequence, fully utilizing the ice surface.
- Only the first executed attempt of a step sequence will contribute to the technical score.

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

The Program Components are multiplied by a factor of 1.6. Each fall shall receive a deduction of 1.

2.4.4. Pair Free Skating Adult

The program duration 2 min 20 s +/- 10 seconds. Vocal music is permitted.

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

- a) A maximum of one (1) lift of Group 1 or Group 2 with a minimum 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 Group 3 – 5 are not permitted.
 - Twist lifts are not permitted.
- b) A maximum of one (1) single throw jump
- Throw double and triple jumps are **not** permitted.
 - Throw Axel is **not** permitted.
- c) A maximum of one (1) solo 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 permitted.
 - Double and triple jumps are **not** permitted
 - Axel type jumps are **not** permitted
- e) A maximum of one (1) pair spin.
- A pair spin is any spin with no change of foot or no change of position by one or both partners. 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 optional).
 - At least a 1 revolution in pivot position by the man is required.
- g) A maximum of one Choreographic Sequence (ChSq) 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.

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 Program Components are multiplied by a factor of 1.2. Falls by one skater shall receive a deduction of 0.5.

2.5. PATTERN DANCE – TECHNICAL REQUIREMENTS

Couples shall provide their own music for all pattern dances. The music must be chosen in accordance with the Rhythm of the Pattern Dance and may be vocal. The Tempo throughout the required Sequences must be constant and in accordance with the required Tempo of the Pattern Dance (see ISU Handbook Ice Dance 2003) plus or minus 2 beats per minute.

Notes:

- The chosen music may be a tune selected from the ISU Ice Dance music. In this case, only tunes 1 to 5 can be chosen and the Couple shall provide competition music in accordance with Rule 343, paragraph 1.
- Violation of the above music requirements or tempo specifications shall be penalized as per Rule 353, paragraph 1.n).
- All music chosen by the couple must be in accordance with the style/character of the Pattern Dance.
- For the application of Rule 708 paragraph 1.d) with music provided by the Couple it is specified that the start of the first Step of the dance must be on beat 1 of a measure (unless otherwise specified in the description of the dance).

Rule 707, paragraph 4 provides that the Referee may announce the approximate location at which the Pattern Dances must be started. All Pattern Dances shall be started so that the steps of the first side of the pattern are skated in front of the Judges unless otherwise specified by the Referee. If the Referee changes the side to start, the change must be announced at the time of the first draw for starting order.

According to Rule 707, new paragraph 6: After the completion of the last step of the Pattern Dance, the couple must reach their final pose within 20 seconds. If this time limit is exceeded, a Program time deduction according to Rule 353 shall apply.

Masters Elite	#13 Starlight Waltz (2 sequences) #22 Rhumba (4 sequences)
Masters	#13 Starlight Waltz (2 sequences) #22 Rhumba (4 sequences)
Gold	#13 Starlight Waltz (2 sequences) #25 Silver Samba (2 sequences)
Silver	#8 European Waltz (2 sequences) #28 Tango (2 sequences)
Bronze	#1 14-Step (4 sequences) #5 Swing dance (2 sequences)

The Program Components are multiplied by a factor of 0.7. The total score for each dance will be multiplied by a factor of 0.5. The Pattern Dances will be judged without Key Points.

2.6. RHYTHM DANCE – TECHNICAL REQUIREMENTS

The program duration 2 min 50s +/-10 sec. Vocal music is permitted.

- The Adult Rhythm Dance category is intended for Silver level ice dancers. Master's Rhythm Dance is intended for those Gold level dancers and Master's Elite is intended for former national and international competitors.

For the Season 2021-2022, the Pattern Dance Element for the Rhythm Dance for Adult ISU competitions is the Blues.

Music: At least two different Rhythms from the following: "Street Dance Rhythms" (such as hip hop, disco, swing, krump, popping, funk, etc), jazz, reggae (reggaeton) and blues. Note: To comply with the ethical values of sports, any music chosen for Ice Dance competitions must not include aggressive and/or offending lyrics. The Pattern Dance Element, Blues may be skated to any of the announced Rhythms.

The Tempo of the music throughout the Pattern Dance elements must be constant and in accordance with the required Tempo and character of the chosen Rhythm Pattern Dance element: Blues, range 86-90 beats per minute.

Required Elements 2021-2022

- Pattern Dance:** Two (2) Sequences of the Blues, 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 Blues Pattern Dance is included in the ISU Handbook Ice Dance 2003. The Blues will be judged with key points.
- Dance Lift:** Maximum One (1) Short Lift Up to 7 seconds.
- Step Sequence:** One (1) Step Sequence Style B Midline/Diagonal, skated to a different Rhythm than the PDE (Blues). Step sequence can be in hold, side by step or a combination.
- Sequential Twizzles:** One (1) Set of Sequential Twizzles. At least two Twizzles for each partner and MUST NOT be in contact between Twizzles. Up to 1 step between Twizzles (Each push and/or transfer of weight while on two feet between Twizzles is considered as a step).

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

2.6.1. Rhythm Dance Elite Masters

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

2.6.2. Rhythm Dance Masters

Couples entering this category will compete against other Masters Ice Dancers. (Recommended for gold level or above ice dancers.) The technical requirements are the same as for the category "Rhythm Dance" see descriptions below.

2.6.3. Rhythm Dance Adult

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

2.7. FREE DANCE – TECHNICAL REQUIREMENTS

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

The following are the Requirements for Music for Free Dance (Rule 710, paragraph 1.c). Music that does not adhere to these descriptions will be severely penalized. The music for Free Dance may be vocal and must be suitable for Ice Dance as a sport discipline and must have the following characteristics:

- a) The music must have an audible rhythmic beat and melody, or audible rhythmic beat alone, but not melody alone, and may be vocal. The music may be without an audible rhythmic beat for up to ten (10) seconds at the beginning or end of the program and up to ten (10) seconds during the program.
- b) The music must have at least one change of tempo and expression. These changes may be gradual or immediate, but in either case they must be obvious.
- c) All music, including classical music, must be cut/edited, orchestrated or arranged in a way that it creates an interesting, colourful, entertaining dance program with different dance moods or a building effect.
- d) The music must be suitable for the Couple's skating skills and technical ability.

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

2.7.1. Masters Elite Free Dance

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.)

2.7.2. Masters Free Dance

The technical requirements are the same as those for the category Gold Free Dance.

2.7.3. Gold Free Dance

The program duration 3 min +/-10 sec. Vocal music is permitted.

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

- a) maximum of two (2) different dance lifts, 1 short lift with a maximum duration of 7 sec. And 1 combination lift with a maximum duration of 12 seconds; OR three (3) different types of short lifts with a max. of 7 sec..
- b) A maximum of one (1) Dance Spin (Spin or Combination Spin).
- c) A maximum of one (1) Circular Step Sequence in hold, Style B
A maximum of one (1) Set of Synchronized Twizzles (FD variation). At least two Twizzles for each partner, with a minimum 2 steps and up to 4 steps between 1 st and 2 nd Twizzles. (Each push and/or transfer of weight while on two feet between Twizzles is considered as a step). Partners MUST be in contact at some point between the 1 st and 2 nd Twizzles.

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

2.7.4. Silver Free Dance

The program duration 2 min 30s +/-10 sec. Vocal music is permitted.

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 (FD variation). At least two Twizzles for each partner, with a minimum 2 steps and up to 4 steps between 1 st and 2 nd Twizzles. (Each push and/or transfer of weight while on two feet between Twizzles is considered as a step). Partners MUST be in contact at some point between the 1 st and 2 nd TwizA maximum of one (1) Dance Spin (Spin or Combination Spin).
- d) A maximum of one (1) Dance Spin (Spin or Combination Spin).

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

2.7.5. Bronze Free Dance

The program duration 1 min 50s +/-10 sec. Vocal music is permitted.

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

2.8. ADDITIONAL INFORMATION FOR PAIR SKATEM

- Each dance team must consist of one man and one lady. The man must skate the man's steps and the lady must skate the lady's steps.
- Each skater may compete with only one and the same partner in the Ice Dance competitions.
- Entries in the dance segments must be at the same level. (Eg: Bronze Pattern Dance, Bronze Free Dance; Silver Pattern Dance, Silver Free Dance, etc.)
- The Adult Rhythm Dance category is intended for Silver level ice dancers. Master's Rhythm Dance is intended for those Gold level dancers and Master's Elite is intended for former national and international competitors.
- Coaches and their students are welcome to compete in all events, however, this competition DOES NOT have a PRO-AM category.
- If a dance team is formed of skaters having different skill levels, it is expected that they will enter at the level of the more skilled skater.

2.9. ARTISTIC FREE SKATING – TECHNICAL REQUIREMENTS

The artistic events consist of free skating and pair free skating programs judged only on the basis of the Program Components:

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

See ISU Special Regulations and Technical Rules 2018, Singles & Pair Skating, Rule 504, paragraph 3 for a detailed description of Program Components. The respective Rules can be found on the ISU website.

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

The Artistic Free Skating competition is an athletic competition that is intended to allow skaters to demonstrate their skating ability as defined by the five program components of the ISU judging system. Credit for the required technical elements is based solely on the ability of such movements to enhance the 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 must not remain in one place for more than five (5) seconds.

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

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

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 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 point per program. The deduction for inappropriate clothing or make-up props and accessories (1.0) will be determined by a majority of the judges and the referee.

Illegal elements:

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

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

2.9.1. Artistic Free Skating

- Competitions will be held at the **Masters, Gold, Silver** and **Bronze** levels.
- The program duration for Masters Artistic Free Skating is 2 minutes +/- 10 seconds.
- The program duration for Gold, Silver and Bronze Artistic Free Skating is 1 minute and 30 seconds, +/- 10 seconds
- Vocal music is permitted.

The Artistic Free Skate is a competitive program that must include elements of the sport of figure skating. At least one (1) and a maximum of two (2) single jumps **MUST** be included. A Waltz jump is not considered a listed single jump. At least one (1) and a maximum of two (2) spins **MUST** be included. No Axel type jumps, double or triple jumps are allowed. No combination jumps are allowed.

Pair Artistic Free Skating – General Requirements

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

Coaches and students are welcome to compete in all events. However, this competition **DOES NOT** have a PRO-AM category.

It is expected that pair couples will enter at the skill level of the more skilled skater.

2.9.2. Pair Artistic Free Skating Masters Elite

Pairs entering this category will compete against other Elite Masters Pair Skaters. The technical requirements are the same as those for the category “Masters Pair Artistic Free Skating”

2.9.3. Pair Artistic Free Skating Master

The program duration 2 min 10 s +/- 10 seconds. Vocal music is permitted.

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

- a) A maximum of one (1) solo jump OR one (1) throw jump. Axels, double and triple jumps are not permitted. Combination jumps are not permitted. A Waltz jump is not considered a listed single jump.
- b) A maximum of one (1) death spiral or pivot figure (position optional).
- c) A maximum of one (1) lift of Group 1 or Group 2.
 - Variations of the lady's position, no-handed and one-handed lifts, and combination lifts are not permitted.
 - Twist lifts are not permitted.
 - Lifts of Groups 3 – 5 are **not** permitted.

The Program Components are multiplied by a factor of 1.0.

2.9.4. Pair Artistic Free Skating Intermediate

The program duration 1 min 40 s +/- 10 seconds. Vocal music is permitted.

The program must include at least three (3) and no more than four (4) elements selected from:

- a) A maximum of one (1) solo jump OR one (1) throw jump. Axel type jumps, double and triple jumps are not permitted. Combination jumps are not permitted.
- b) A maximum of one (1) pair spin (pair spin or pair spin combination) OR one (1) solo spin.
- c) A maximum of one (1) death spiral or pivot figure ((position of the lady optional).
- d) A maximum of one (1) lift of Group 1 or Group 2.
 - Variations of the lady's position, no-handed and one-handed lifts, and combination lifts are not permitted.
 - Twist lifts are not permitted.
 - Lifts of Groups 3 – 5 are **not** permitted.

The Program Components are multiplied by a factor of 1.0.

2.9.5. Pair Artistic Free Skating Adult

The program duration 1 min 40 s +/- 10 seconds. Vocal music is permitted.

The program must include at least three (3) and no more than four (4) elements selected from:

- a) A maximum of one (1) solo jump OR one (1) throw jump. Axel type jumps, double and triple jumps are not permitted. Combination jumps are not permitted.
- b) A maximum of one (1) pair spin OR one (1) solo spin. Pair spin combinations and flying spins are not permitted.
- c) A maximum of one (1) pivot figure ((position of the lady optional).
- d) A maximum of one (1) lift of Group 1 or Group 2.
 - Variations of the lady's position, no-handed and one-handed lifts, and combination lifts are not permitted.
 - Twist lifts are not permitted.
 - Lifts of Groups 3 – 5 are not permitted.

The Program Components are multiplied by a factor of 1.0