



Adult International Competition
single skating, pair skating, ice dance

and

International Intermediate Novice Ice Dance Competition

Prague, Czech Republic
September 7th – 8th, 2019

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1. GENERAL INFORMATION

1.1. BASIC INFORMATION

Date: September 7th – 8th, 2019

Place: Prague - west
Zimní stadion Černošice (Ice rink Cernosice)
(surface 58x29 meters)
Fügnerova 244,
Černošice 252 28
Czech Republic

Contact: ledovy.trojlistek@gmail.com

Website: www.krasobruslecernosice.cz

1.2. REGISTRATION

Registration must be received by **July 31st, 2019**

Entries can be made from 10th June 2019 at:

Adult: <http://www.krasobruslecernosice.cz/events/event/ice-lindent-adult-cup/>

Intermediate Novice: <http://www.krasobruslecernosice.cz/events/event/ice-lindent-dance-cup/>

Participation in the competition is open to all athletes who:

- are members of a regional skating association which belongs to an ISU member federation
- fit into the age groups in this announcement
- since July 1, 2019, have not participated in a national or international competition of the ISU/DEU/National Governing Bodies (exception: adult competitions).

The registration fees are:

- 60 Euros for the first single competition
- 30 Euros for each additional single competition
- 30 Euros for each partner in a pair for the first competition
- 30 Euros for each partner in a pair for each additional pair competition

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

Bank account:

Fio bank

Account number: 2000316231

Banking code: 2010

IBAN: CZ76 2010 0000 0020 0031 6231

BIC/SWIFT: FIOBCZPPXXX.

Purpose of payment: Linden 2019 – „your name“

1.3. OTHER INFORMATION

1.3.1. 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.

1.3.2. Music form

All competitors/teams shall provide competition music of excellent quality on CD (Compact Disc) or flash disc (MP3 format). All discs must show the Event, the Competitor's name, the Country, and the exact running time of the music (not skating time), including any starting signal, which shall be certified by the competitor/team when submitted at the time of registration. Each program (pattern dance/short dance/free dance/ free skating/artistic free) must be recorded on one track and on a separate disc. Competitors must provide a back-up copy of the music for each program.

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.

1.3.3. 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:

<http://www.krasobruslecernosice.cz/events/event/ice-lindent-adult-cup/>

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.

1.4. CATEGORIES

Competition Adults

- | | |
|--------------------------------------|--|
| • Free Skating (Ladies/Men) | (Masters Elite, Masters, 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) |

It is expected that Competitors will enter at a level appropriate to their current skating ability

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.

Competition Intermediate Novice

- Ice Dance - Pattern Dance
- Ice Dance - Free Dance

2. COMPETITION ADULTS

The International Adult Figure Skating Competitions for the 2019/2020 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 2018, 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.**

The content of the program in all adult categories corresponds to the content for the season 2018/2019. Age categories are already for the season 2019/2020.

2.1. CONDITIONS OF PARTICIPATION

Participation in the international competition Ice Linden Adult Cup is open to all figure 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, 2018, have not participated in a national or international competition of the ISU/DEU/National Governing Bodies (except: adult competitions).

2.2. AGE CATEGORIES

The competition is open only to Competitors who have reached at least the age of twenty-eight (28) before 1st July 2019, but who have not reached the age of eighty (80) before 1st July 2019.

Young Adults	born between	July 1st, 1991, and June 30th, 2001
Class I	born between	July 1st, 1981, and June 30th, 1991
Class II	born between	July 1st, 1971, and June 30th, 1981
Class III	born between	July 1st, 1961, and June 30th, 1971
Class IV	born between	July 1st, 1951, and June 30th, 1961
Class V	born before	July 1st, 1951

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.

2.3. 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 Steel to Silver as well as 8 skaters for all Artistic levels. If fewer than 6 skaters are in a category, warm-up groups may be combined (e.g. Steel and Bronze skaters in one warm-up group).

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 und Pairs Free Skating, 5 minutes for Rhythm Dance, Free Dance and Artistic Free Skating, 3 minutes for Pattern Dance.

2.4. FREE SKATING – TECHNICAL REQUIREMENTS

2.4.1. Elite Masters Free Skating

This Level has the same technical requirements as those for the category Masters Free Skating and will be available for skaters who have taken part in national or international championships (non-adult).

2.4.2. 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) 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.
 - The change of foot in any spin must be preceded and followed by a spin position with at least three (3) revolutions. If this requirement is not fulfilled, the short part of the spin will be ignored including any features.
- c) A maximum of one (1) step sequence, fully utilizing the ice surface.
- Only the first executed attempt of a step sequence will contribute to the technical score.

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

2.4.3. Gold Free Skating

The program duration 2 min 40 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 six (6) jump elements, consisting of single jumps (including the single Axel) or double jumps. Double flip, double Lutz, double Axel and triple jumps are not permitted. There may be up to three (3) jump combinations or jump sequences in the free program.
- One (1) jump combination may consist of up to three (3) listed jumps. Two (2) jump combinations may consist of two (2) listed jumps.
 - A jump 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 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.
 - The change of foot in any spin must be preceded and followed by a spin position with at least three (3) revolutions. If this requirement is not fulfilled, the short part of the spin will be ignored including any features.
- c) A maximum of one (1) step sequence, fully utilizing the ice surface.
- Only the first executed attempt of a step sequence will contribute to the technical score.

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.

2.4.4. 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 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 two (2) spins of a different abbreviation, one (1) of which must be a spin combination.
- The spins must have a required minimum number of revolutions: four (4) for any spin with no change of foot, and eight (8) for any spin with a change of foot.
 - A spin that has no basic position with 2 revolutions will receive no level and no value, however a spin with less than three rotations 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.
 - The change of foot in any spin must be preceded and followed by a spin position with at least three (3) revolutions. If this requirement is not fulfilled, the short part of the spin will be ignored including any features.
- c) A maximum of one (1) step sequence, utilizing at least half (1/2) of the ice surface.
- Only the first executed attempt of a step sequence will contribute to the technical score.

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 0.5.

2.4.5. 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) for the spin combination with change of foot or the spin in one position with change of foot.
 - A spin that has no basic position with 2 revolutions will receive no level and no value, however a spin with less than three rotations 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.
 - The change of foot in any spin must be preceded and followed by a spin position with at least three (3) revolutions. If this requirement is not fulfilled, the short part of the spin will be ignored including any features.
 - Only features up to and including Level 1 will be counted. Any additional features will not count for level requirements and will be ignored by the Technical Panel.
- c) A maximum of one (1) choreographic sequence utilizing at least half (1/2) of the ice surface.
 - A choreographic sequence consists of any kind of movements like steps, turns, spirals, arabesques, spread eagles, Ina Bauers, hydroblading, transitional (unlisted) jumps, spinning movements etc.
 - The pattern is not restricted.
 - A choreographic sequence has a base value and will be evaluated by the judges in GOE only.

The Program Components are multiplied by a factor of 1.6. Each fall shall receive a deduction of 0.5.

2.5. PAIR FREE SKATING – TECHNICAL REQUIREMENTS

- Each pair team must consist of one man and one lady.
- Coaches and students are welcome to compete in all events, however, this competition DOES NOT have a PRO-AM category and it is MANDATORY that pair couples enter at the skill level of the more skilled skater, even if that skater is not a professional, but simply a higher level skater

2.5.1. 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”.

2.5.2. 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. If there is no change of foot or no change of position by one or both partners, the spin will be called as a pair spin.
 - There must be a minimum of two (2) revolutions in each position or the position will not be counted.
- f) A maximum of one (1) solo spin.
 - The solo spin must have a required minimum number of revolutions: five (5) for the flying spin with no change of foot after landing, five (5) for the spin with only one position and no change of foot and five (5) for the spin combination with no change of foot and eight (4 + 4) for the spin combination with change of foot or spin in one position with a change of foot.
 - There must be a minimum of two (2) revolutions in each position or the position will not be counted.
 - Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions in each of these positions anywhere within the spin. To receive full value, a spin combination must include all three (3) basic positions
- g) A maximum of one (1) death spiral or pivot figure (position optional).
 - At least $\frac{3}{4}$ revolution in pivot position by the man is required for the death spiral.
 - At least one revolution in pivot position by the man is required for pivot figure
- h) A maximum of one (1) step sequence, fully utilizing the ice surface.
 - Only the first executed attempt of a step sequence will contribute to the technical score

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

2.5.3. Pair Free Skating Intermediate

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

- 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. If there is no change of foot or no change of position by one or both partners, the spin will be called as a pair spin.
 - There must be a minimum of two (2) revolutions in each position or the position will not be counted.
- f) A maximum of one (1) death spiral or pivot figure (position optional).
 - At least $\frac{3}{4}$ revolution in pivot position by the man is required for the death spiral.
 - At least one (1) revolution in pivot position by the man is required for the pivot figure.
- g) A maximum of one (1) step sequence, fully utilizing the ice surface.
 - Only the first executed attempt of a step sequence will contribute to the technical score.

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.

2.5.4. 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 $\frac{1}{2}$ 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 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.
 - Pair combination spins (spins with a change of foot and change of position by both partners) are not permitted.
 - There must be a minimum of two (2) revolutions in each position or the position will not be counted.
 - Only features up to and including Level 1 will be counted. Any additional features will not count for level requirements and will be ignored by the Technical Panel
- f) A maximum of one (1) pivot figure (position optional).
- At least 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.

The Program Components are multiplied by a factor of 1.6. Falls by one skater shall receive a deduction of 0.5. Falls by both skaters shall receive a deduction of 1.0.

2.6. PATTERN DANCE – TECHNICAL REQUIREMENTS

- Each couple 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.

Beginning with season 2018/19, couples shall provide their own music for all pattern dances. No music for pattern dances will be provided by the organizers.

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	#11 Viennese Waltz (3 sequences) #25 Silver Samba (2 sequences)
Masters	#11 Viennese Waltz (3 sequences) #25 Silver Samba (2 sequences)
Gold	#11 Viennese Waltz (3 sequences) #19 Quickstep (4 sequences)
Silver	#3 Rocker Foxtrot (4 sequences) #13 Starlight Waltz (2 sequences)
Bronze	#1 Fourteenstep (4 sequences) #7 Willow Waltz (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.

2.7. RHYTHM DANCE – TECHNICAL REQUIREMENTS

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

Rule 709, paragraph 1.a) provides that rhythm(s) and/or theme(s) are selected by the ISU Ice Dance Technical Committee annually for the season. For the season 2018/19, Adults will follow the Rhythm Dance for Juniors (see ISU Communication 2148).

Pattern Dance

Two (2) Sections of Argentine Tango (96 beats per minute +/- 2 beats per minute) to be skated one after the other.

Section 1 steps #1-18 Section 2 steps #19-31

Option 1 - Section 1 followed by Section 2 with step #1 skated on judge's left side

Option 2 - Section 2 followed by Section 1 with step #19 skated on judge's right side

Dance Lift

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

Step Sequence

One (1) Step Sequence in Hold or Not Touching or Combination of both (Style B) chosen from the following Types of Pattern:

- Midline – skated along the full length of the ice surface on the Long Axis.
- Diagonal – skated as fully corner to corner as possible
- Circular – utilizing the full width of the ice surface on the Short Axis

The pattern of the Step Sequence must maintain the integrity or basic shape of the chosen pattern. Some deviations in the chosen pattern are expected in order to complete the required turns. However, if the chosen pattern is not clearly recognizable, there will be a required reduction for incorrect Pattern by the Judges

Specifications to Style B, Rhythm Dance 2018/2019:

- One (1) Stop permitted, up to 5 seconds
- One (1) Retrogression up to two measures is permitted and may start from the permitted Stop.
- Loop(s) NOT permitted
- The Hold requirement is not considered for Level

Sequential Twizzles

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

Music

- The music must be selected in accordance with the designated rhythm(s) and/or theme(s), and with the specific tempo when applicable.
- Music with audible rhythmic beat only; may be without audible beat up to 10 seconds at beginning only

Pattern

- For season 2018/19 the pattern must proceed in a generally constant direction and must cross the Long Axis of the ice surface once at each end of the rink within no more than 30 meters (Short Axis) of the barrier.
- In addition, the couple may also cross the Long Axis once at the entry and/or exit to the Not Touching Step Sequence and/or once at the entry to Pattern Dance Element. While Skate Berlin Adults 2019 <http://www.skate-berlin-adults.de> 13 performing required Step Sequence, the couple may cross the long axis - Loops are permitted provided they do not cross the long axis

Stops

- After clock started, couple must not remain in one place for more than 10 seconds at the beginning and/or end of the program.
- During program: 2 full stops of up to 5 seconds or 1 full stop of up to 10 seconds permitted

- A Dance Spin or Choreographic spinning movement that does not travel will be considered as a Stop

Separations

- 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 the separation

Touching ice with hands

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

Costume

- Must be modest, dignified, not give the effect of excessive nudity and appropriate for athletic competition – not garish or theatrical in design. Clothing however may reflect the character of the chosen music.
- Man must wear full length trousers.
- Lady must wear a skirt.
- Accessories and props are not permitted.

The Program Components are multiplied by a factor of 0.8.

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.

2.7.1. 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.

2.7.2. 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.

2.8. 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).

2.8.1. 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.)

2.8.2. Masters Free Dance

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

2.8.3. 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 A
- d) A maximum of one (1) set of Synchronized Twizzles with up to three (3) steps between.

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

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

2.8.5. 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

2.9. 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 2016, Singles & Pair Skating, Rule 504, paragraph 3 for a detailed description of Program Components. The respective Rules can be found on the ISU website.

There will be no technical panel and no technical mark given. The points for each Program Component are multiplied by a factor of 1.0

The Artistic Free Skate is a competitive program that must include elements of the sport of figure skating. At least one (1) and a maximum of two (2) single jumps MUST be included. At least one (1) and a maximum of two (2) spins MUST be included. No Axel type jumps, double or triple jumps are allowed. No combination jumps are allowed.

The artistic event will be judged only on the basis of Program Components. The Program Components are multiplied by a factor of 1.0.

The artistic program consists of a variety of skating moves selected for their value in demonstrative skating ability and enhancing the interpretation of the music. Skaters will be judged on their ability to interpret the music and develop a theme through their skating. Credit for technical elements is based solely on the ability of such movements to enhance the chosen theme and support the music. Credit will not be given for their technical difficulty.

The program must be developed through skating skill and quality rather than through non-skating actions such as sliding on one knee or excessive use of toe steps, which should be used only to reflex the character of the program and to underline the rhythm and nuances of the chosen music. The skater/pair must not remain in one place for more than five (5) seconds.

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

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

Props and accessories may not be used in any part of the artistic programs. Any item that is held in the hand or removed during the performance is considered a prop. Thus, for example, a hat worn throughout the program is not considered to be a prop, but if it is intentionally removed during the performance it is considered a prop. Objects on the ice, thrown in the audience, placed on the boards or on the judges table are not permitted. Costumes that contain particles that may mar or leave anything on the ice surface (feathers, boas, excessive beading) are considered unsafe and are not permitted.

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

Illegal elements:

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

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. 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 and 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.

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

- a) A maximum of one (1) solo jump OR one (1) throw jump. Axel type jumps, double and triple jumps are not permitted. Combination jumps are not permitted.
- b) A maximum of one (1) pair spin (pair spin or pair spin combination) OR one (1) solo spin.
- c) A maximum of one (1) death spiral or pivot figure (position optional).
- d) A maximum of one (1) lift of Group 1 or Group 2.
 - Variations of the lady's position, no-handed and one-handed lifts, and combination lifts are not permitted.
 - Twist lifts are not permitted.
 - Lifts of Groups 3 – 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 Pair Artistic Free Skate is a competitive program that must include elements of the sport of pair figure skating. Each pair must include at least three (3) and no more than four (4) elements selected from:

- a) A maximum of one (1) solo jump OR one (1) throw jump. Axel type jumps, double and triple jumps are not permitted. Combination jumps are not permitted.
- b) A maximum of one (1) pair spin (pair spin or pair spin combination) OR one (1) solo spin.
- c) A maximum of one (1) death spiral or pivot figure (position optional).
- d) A maximum of one (1) lift of Group 1 or Group 2.
 - Variations of the lady's position, no-handed and one-handed lifts, and combination lifts are not permitted.
 - Twist lifts are not permitted.
 - Lifts of Groups 3 – 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 Pair Artistic Free Skate is a competitive program that must include elements of the sport of pair figure skating. Each pair must include at least three (3) and no more than four (4) elements selected from:

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

The Program Components are multiplied by a factor of 1.0

3. INTERMEDIATE NOVICE ICE DANCE COMPETITION

3.1. Pattern Dances

In accordance with ISU Technical Rules Ice Dance 2019, Rule 711, ISU Communication 2172 and all pertinent ISU Communications. One of the two groups announced for the season shall be drawn before the first practice of the competition. Each group contains two (2) Pattern Dances.

Group 2: Fourteenstep and Tango

Group 3: Foxtrot and European Waltz

From season 2019/20, Couples shall provide their own music for all Pattern Dances.

3.2. FREE DANCE

The program duration 2 min 30s +/-10 sec.

Free Dance In accordance with ISU Technical Rules Ice Dance 2018, Rule 710 and all pertinent ISU Communications. The required elements to be performed are those listed in ISU Communication 2172 and subsequent updates.

4. TIPS AND OTHER INFORMATION

4.1. TRAVEL AND PARKING

Černošice (Prague – west) are 25 minutes from the center of Prague. The tip how to reach the rink from the centre of Prague follow:

4.1.1. Taxi (to Černošice)

You can call **Mr. Basica** from Černošice. If you tell him arrival details, Mr. Basica searches the time of your arrival (and delay). You don't have to worry about it.

Mobil: +420 603 414 823

Cost: 600 Kč

4.1.2. Bus from airport (to Hlavní nádraží – Main Railway Station)

Here's the timetable link (you can choose language):

<https://www.letiste-ruzyne-praha.cz/mhd-letiste-praha.htm>

You can buy ticket on this link and pay by card:

<https://www.cd.cz/spojeni-a-jizdenka/#hledej>

4.1.3. Train from Hlavní nádraží – Main Railway Station (to Černošice)

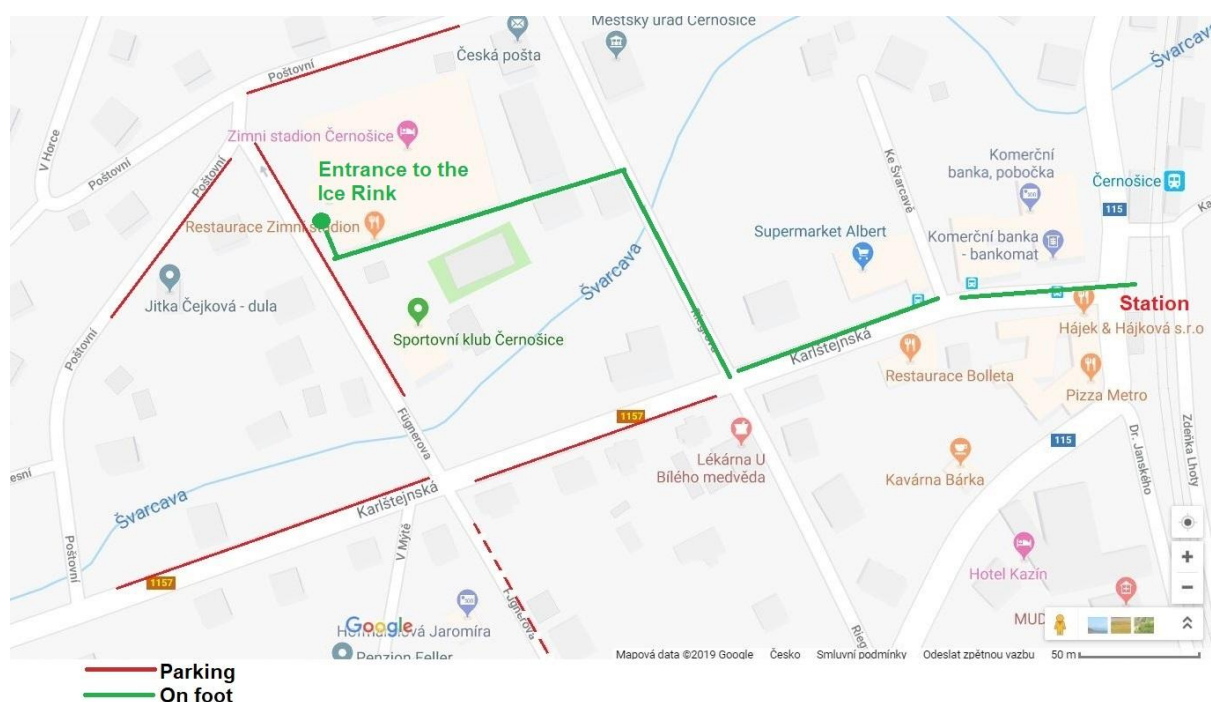
Train come every 30 minutes from Hlavní Nádraží to Černošice (direction Beroun). Ice rink is 8 minutes on foot from station.

TICKET

You can buy the ticket for 40 Kč/120 minute in an automat or by SMS and travel by bus, train and tram. Other way is to buy a ticket for the train directly on the railway station.

4.1.4. Parking in Černošice

There is a limited number of parking places around ice rink. Parking is free. Parking places are showed on the map below.



4.2. ACCOMMODATION

Zimní stadion Černošice

<http://hokej.sk-ernosice.cz/statictext/detail/id/19>

SLAPNÍČKA Miroslav
+420 732 950 522 (+420 603 514 666)
zimni.stadion@sk-ernosice.cz

Hotel penzion Starý dům Černošice

<http://www.stary-dum.cz/ubytovani>

+420 774 718 889
koubkovajana@centrum.cz

Sportovní hala Radotín

<http://halaradotin.cz/ubytovani/>

+420 608 262 805
info@halaradotin.cz

Sport club Smaltovna Radotín

<http://www.ubytovani-radotin.cz/>

+420 222 539 539
rezervace@hotel.cz

Hotel MMX Dobřichovice

<https://mmxpivo.com/ubytovani/>

+420 257 711 296
pivotelmmx@seznam.cz

Panský dvůr Dobřichovice

<https://panskazahrada.cz/index.php?route=page/page&slug=o-na-em-hotelu>

+420 226 230 900
hotel@panskazahrada.cz

Sokol Dobřichovice

<http://www.sokol-dobrichovice.cz/index.php/ubytovani/>

+420 604 736 084
sokoldob@post.cz

4.3. PROVISIONAL SCHEDULE

The final schedule will be published after the entry deadline. Provisional schedule is below.

Saturday, September 7th, 2019

Free Skating (Ladies/Men)

Artistic Free Skating (Ladies/Men)

Sunday, September 8th, 2019

Intermediate Novice

Pair Free Skating

Pair Artistic Free Skating

Ice Dance - Pattern Dance

Ice Dance - Rythm Dance

Ice Dance - Free Dance

4.4. SHOP AND FOOD

SHOP

- *Albert* – 3 minutes from Ice Rink on foot
- *Penny* – 5 minutes by car
- *Tesco expres* – 5 minutes by car (20 minutes on foot) from Ice Rink

RESTAURANT,...

- Restaurant in the Ice Rink – *Restaurace Zimni Stadion*
(www.zomato.com/cs/praha/zimni-stadion-černošice-praha-západ/info)
- Next Restaurant
 - *Boleta* (www.bolleta.cz)
 - *Starý Dům* (www.stary-dum.cz/)
 - *Pod Lípou* (<http://www.restaurace-pod-lipou.cz/>)
 - *Steak Bar a GrillFish* (www.grillfish.cz)
- *Club Kino* – Next to the Ice Rink
- Centrum Vráž (Center Vráž)
 - 5 minutes by car (20 minutes on foot) from the Ice Rink
 - Tesco expres, Cafe, Vine shop, Bambule (for children),...

4.5. TIPS FOR TRIPS

- <https://www.turistika.cz/mapy>
- <https://www.kudyznudy.cz/aktuality/ma-me-pro-vys-tipy-na-vylet,-kde-se-v-praze-nebudet.aspx>

KARLŠTEJN



HISTORICAL CENTER OF PRAGUE



VELKÁ AMERIKA (by car)



KŘIVOKLÁT (by car)

