

Four Nationals Championships

Czech Republic, Hungary, Slovak Republic, Poland

CIESZYN / POLAND

December 10th -12th, 2020



ANNOUNCEMENT



Four Nationals Championships 2021 (4NC)

National Championships of Czech Republic, Hungary, Poland and Slovak Republic

for the following categories

Senior – Men, Ladies, Pairs and Ice Dance,

Junior – Pairs and Ice Dance,

Advanced Novice – Pairs and Ice Dance.

Organized by the

POLISH FIGURE SKATING ASSOCIATION

**CIESZYN / POLAND
December 10-12, 2020**

4 Nationals Championships 2021 – Organizing Committee

Polish Figure Skating Association
00-449 Warsaw, Str. Lazienkowska 6a
Phone: +48 501288593
E-mail: sarkis@vp.pl
Web: www.pfsa.com.pl

4 NATIONALS CHAMPIONSHIPS 2021

December 10-12, 2020 – Cieszyn/Poland



INTRODUCTION

The **4 Nationals Championships 2020 in Figure Skating and Ice Dance** will be conducted in accordance with the National Regulations.

All participating Nations follow its own valid Regulations for its own National Championships.

GENERAL INFORMATION

All categories according to ISU rules 2018.

Place of competition:	Arena Cieszyn 43-400 Cieszyn, str. Sportowa 1 Rink is indoor, heated ice rink with a surface of 60 x 30 meters, located near the centre of Cieszyn.
Date:	10 th – 12 th December 2020
Organizer:	Polish Figure Skating Association 00-449 Warsaw, str. Lazienkowska 6a E-mail: office@pfsa.com.pl
Categories:	<u>Single Skating</u> - Senior <u>Pair Skating</u> - Senior, Junior, Advance Novice <u>Ice Dance</u> - Senior, Junior

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ENTRIES

PRELIMINARY ENTRY

Entries by number shall be sent to the Organising Committee latest until 10th October 2020. Please send your entries by email to: office@pfsa.com.pl

ENTRIES BY NAME

Entries by name must be forwarded to Organizing Committee using the official entry forms latest by

November 23rd, 2020 - 20:00

The official forms must be sent to:

E-mail: bartek@viproteam.pl

ACCREDITATION

The accreditation will be given at the Hotel desk upon arrival during check-in with all necessary papers to all persons who are entered by their National Federation.

ACCOMMODATION

The official hotel prices are the following:

Hotel Mercure

Str. Motelowa 21

43-00 Cieszyn

rooms/ including breakfast	per room/per day
double room with 2 separate beds	180,00 zł
1 double bed with sofa	180,00 zł
single room	150,00 zł
Apartment for 2 persons	280,00 zł
Lunch - 2 dishes, dessert, water	40,00 zł
Dinner- 2 dishes, dessert, water, tea, coffee	45,00 zł

In order to be able to provide the above-mentioned special room rates at the official hotel, the room reservations for all team members have to be done latest until **November 23rd, 2020**.

After the reservation deadline rooms might be available, however above prices are not guaranteed.

Room reservations have to be sent to:

H3420GL@accor.pl

Password: 4 Nationals

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EXPENSES

Expenses for the ice rink as well as other costs associated with the organization of the Four National Championships shall be divided among the 4 countries. Reimbursement for travel, lodging and meals for Referees, Technical panel, athletes and coaches as well as for a panel of judges shall be determined by each participating country according to their own rules and decisions.

INSURANCE / LIABILITY

In accordance with Rule 119, it is the sole responsibility of each Member participating in the 4 Nationals Championships 2021, to provide medical and accident insurance for their athletes, officials and all other members of the Member's team. Such insurance must assure full medical attendance and also the return of the ill or injured person to the home country by air transport or by other expeditious means. It is an internal matter of each ISU Member to decide the issue who shall pay the premium for such insurance.

The Organizer assumes no responsibility for or liability with respect to bodily or personal injury or property damage in connection incurred by Competitors and Officials.

TRANSPORTATION:

Organizer will provide the shuttle bus between: Hotel - Ice Rink – Hotel

Please indicate that there will be two shuttle buses: one for the Judges and Technical Panel (small) and the second for all the other participants (big) including Team Officials, Skater's, Coaches and Chaperons.

DRAW

Concerning the first segment of the categories the starting order draws will be held on 10th, December 2020 at 18:00 with the respective Referee, Technical Controller and Event Coordinator at the official hotel.

For the second segment reversed orders will be conducted.

PROGRAM SCHEDULE – STARTING TIMES

Detailed daily schedule will be available in due time.

MUSIC / PLANNED PROGRAM CONTENT

All competitors shall furnish competition music of excellent quality on either CD or USB key, in accordance with Rules 343, paragraph 2. Each program (Short Program/Free Skating, Rhythm Dance/Free Dance) must be recorded on one track respectively on separate discs. Discs must show the competition event, competitor's name, nation and the exact running time of the music (not skating time)

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including any starting signal. In the Hotel during the check-in there will be person from the organizing committee who will complete from skater's the CD's or USB keys.

Because of the COVID-19 pandemic and for the safety of all participants we would like to ask you to send the music in format mp3/wav/ not later than 6th of December 2020 to: j.ciuk@bdbevent.pl

Planned Program Content Sheet must be sent to:

E-mail: bartek@viproteam.pl

It is mandatory that the Program Content Sheet must be completed precisely by each skater/couple in English using the terminology listed in the respective ISU Communication.

PRESENTATION OF MEDALS

Judging and calculations will be done according to ISU Special Regulations Single and Pair Skating and Ice Dance 2018, Rule 352 and 353.

The three best - placed skaters/couples in each event will be announced and honoured at the official Victory Ceremony. Gold, silver and bronze medals will be presented to the medallists. The national anthem of the winner will be played.

The Victory Ceremony for the best three placed skaters / couples in each federation national championships will be organized off-ice by federations themselves.

All nations participating in the 4 Nationals Championships will automatically participate in the Team Trophy.

Team Trophy – Result of the Nations' competition.

The result of the Team Trophy will be done as follows.

- a.) All Nations are participating in the 4NC, will participate in the Team Trophy.
- b.) Participating events in the Team Trophy on 4NC-2021 (BUD):
 - a. Men,
 - b. Ladies,
 - c. Ice Dance &
 - d. junior Ice Dance
- c.) The three best final results per Nation will be counted, but the three best final results have to come at least from two different events.
- d.) Each medal and placement in each participating categories has a point value – see the table below. These points will be allocated to the Nation.
- e.) The highest points earned by a Nation will win the first place of the Team Trophy, the second highest points earned by a Nation will win the second place of the Team Trophy and the third highest points earned by a Nation will win the third place of the Team Trophy.
- f.) In case the earned points will match, the skaters'/couples' final points will be added to the Nations' points and who has the highest overall points will win the Team Trophy placement.
- g.) The three best Nations will be announced and honoured at the official Victory Ceremony.

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Categories	Final result	Points allocated to the Nation
Senior MEN	1st. Place	90
	2nd. Place	70
	3rd. Place	50
	4 – 7th. Place	30
	8-12th. Place	20
	+ 12th. Place	10
Senior LADIES	1st. Place	90
	2nd. Place	70
	3rd. Place	50
	4 – 7th. Place	30
	8-12th. Place	20
	+ 12th. Place	10
Senior ICE DANCE	1st. Place	90
	2nd. Place	70
	3rd. Place	50
	4 – 7th. Place	30
	8-12th. Place	20
	+ 12th. Place	10
Junior ICE DANCE	1st. Place	80
	2nd. Place	60
	3rd. Place	40
	4 – 7th. Place	20
	8-12th. Place	10
	+ 12th. Place	5

TECHNICAL DATA

SENIOR CATEGORIES

MEN

Short Program

The required elements to be skated are those listed in ISU Technical Rules Single & Pair Skating 2018, Rule 611, paragraphs 1 and 2.
Duration: 2 min., 40 sec., +/- 10 sec.

Free Skating

In accordance with ISU Technical Rules Single & Pair Skating 2018, Rule 612 and the respective ISU Communication. Special attention should be paid to the “well balanced program” and the element value.
Duration: 4 min., +/- 10 sec.

LADIES

Short Program

The required elements to be skated are those listed in ISU Technical Rules Single & Pair Skating 2018, Rule 611, paragraphs 1 and 2.

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Duration: 2 min., 40 sec., +/- 10 sec.

Free Skating

In accordance with ISU Technical Rules Single & Pair Skating 2018, Rule 612 and the respective ISU Communication. Special attention should be paid to the “well balanced program” and the element value.

Duration: 4 min., +/- 10 sec.

PAIRS

Short Program

The required elements to be skated are those listed in ISU Technical Rules Single & Pair Skating 2018, Rule 620, paragraphs 1 and 2 for 2018/19.

Duration: 2 min., 40 sec., +/- 10 sec.

Free Skating

In accordance with ISU Technical Rules Figure Skating & Pairs Skating 2018, Rule 621 and the respective ISU Communication. Special attention should be paid to the “well balanced program” and the element value.

Duration: 4 min., +/- 10 sec.

ICE DANCE

Rhythm Dance

In accordance with ISU Technical Rules Ice Dance 2018, Rule 709. Rhythms, required elements and guidelines are those listed in ISU Communication 2148, 2164, 2188 and subsequent updates.

Duration: 2 min., 50 sec., +/- 10 sec.

Free Dance

In accordance with ISU Technical Rules Ice Dance 2018, Rule 710. The required elements to be skated are those listed in ISU Communication 2148, 2164, 2188 and subsequent updates.

Duration: 4 min., +/- 10 sec.

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JUNIOR CATEGORIES

ICE DANCE

Rhythm Dance

In accordance with ISU Technical Rules Ice Dance 2018, Rule 709. Rhythms, required elements and guidelines are those listed in ISU Communications 2148, 2164, 2188 and subsequent updates.

Duration: 2 min., 50 sec., +/- 10 sec.

Free Dance

In accordance with ISU Technical Rules Ice Dance 2018, Rule 710. The required elements to be skated are those listed in ISU Communication 2148, 2164, 2188 and subsequent updates.

Duration: 3 min., 30 sec., +/- 10 sec.

We hope to see you in Cieszyn!

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PRELIMINARY PROGRAM SCHEDULE (Subject to change)

Thursday, 10 December, 2020	13:00	Official Practices
	18:00	Draw (Hotel Mercure)
	19:00	Judges Meeting and Draw (Hotel Mercure)
Friday, 11 December, 2020	6:00	Practice
	13:00	Competition
		FS Advanced Novice Pairs Short
		FS Junior Pairs Short
		FS Senior Pairs Short
		FS Senior Men Short
		FS Senior Ladies Short
		ID Junior Rhythm Dance
		ID Senior Rhythm Dance
Saturday, 12 December, 2020	6:00	Practice
	12:00	Competition
		FS Advanced Novice Pairs Free
		FS Junior Pairs Free
		FS Senior Pairs Free
		FS Senior Men Free
		FS Senior Ladies Free
		ID Junior Free Dance
		ID Senior Free Dance
		Victory Ceremony