



**Technical Requirements for
British Ice Skating
Adult Celebration Event 2021**

1. Entries

Participation in the Free Skating and Ice Dance disciplines at the British Ice Skating Adult Figure Skating Competitions are open only to Competitors who have reached at least the age of Eighteen (18) before 1st July 21.

Age categories for Ladies and Men Singles events:

Young Adults	Must be 18 but not have reached the age of 28 before the 1 st of July 2021
Class I	Must be 28 but not have reached the age of 38 before the 1 st of July 2021
Class II	Must be 38 but not have reached the age of 47 before the 1 st of July 2021
Class III	Must be 47 before the 1 st of July 2021 (no upper age Limit)

A competitor may skate with only one and the same partner in each discipline (i.e. one partner only for all Ice Dance events and one partner only for all Pair Skating events).

BIS Plans to run masterclass sessions for certain events: Masterclasses are happening and are included as part of the entry for skaters in the , Artistic / Exhibition and Pattern Dance events. Entrants into other events can pay to access the Masterclass sessions should there be availability, Masterclasses will be on ice / off ice and a classroom session. Skaters in eligible sections will be scheduled these session automatically.

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.
- Skaters may compete at only one level and one segment. Segments as below
 - ☐ Segment 1 is Free Programme or Artistic or Exhibition
 - ☐ Segment 2 is Pairs Programme or Pairs Artistic
 - ☐ Segment 3 is Ice Dance Couples Pattern Dance or Free Dance
 - ☐ Segment 4 is Solo Ice Dance Pattern Dance or Free Dance
- Skaters who enter the Free Programme / Pairs Programme or Pattern dance events are eligible for the masterclasses at an additional cost, as they are likely to be on a different day.
- 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 a maximum of 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, Ladies 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.
- It is kindly requested that all competitors wear their competition clothing for the victory ceremonies, which will be held at the end of each day's competition.
- All licensed coaches who wish to compete MUST have completed returned an Eligibility 4 form prior to the Closing date.

ADDITIONAL INFORMATION FOR SINGLE SKATERS

- Competitions in Ladies and Men Free Skating and Artistic Free Skating will be held
- An entry in an artistic category may be at the same level or one level higher (not lower) than the entry in an event of any other category.
- Ice dancers or pair skaters who want to enter the artistic free skating category should enter at a level appropriate to their skating skills.
- Skaters may compete at only one level within each segment. (As above)
- When 31 or more skaters register for the same event, the competition will be divided into two groups according to the age of the skaters. In the event that there are an odd number of skaters, the skater of median age will compete with the younger group of skaters.
- When fewer than 3 skaters register for a singles Free Skating or Artistic Free Skating segment, age categories may be combined wherever possible to ensure competition.

ADDITIONAL INFORMATION FOR PAIR SKATERS

- Competitions in Pair Free Skating and Pair Artistic Free Skating will be held
- 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.
- Eligible Coaches and their students are welcome to compete in all events,
- 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.

ADDITIONAL INFORMATION FOR ICE DANCERS

- Competitions in Pattern Dance and Free Dance will be held
- 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.)
- Eligible Coaches and their students are welcome to compete in all events,
- 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. *Technical Requirements – Free Skating*

Free Skating Silver and above

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

Free Skating

Bronze and below

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

3. **Technical Requirements – Pair Free Skating**

Pair Free Skating Adult

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 Groups 3-4-5 are **not** permitted,
 - Twist lifts are **not** permitted.
 - b. A maximum of one (1) single throw jump.
 - Throw double and triple jumps are **not** permitted.
 - Throw single Axel is **not** permitted.
 - c. A maximum of one (1) solo single jump.
 - Double and triple jumps are **not** permitted.
 - Axel type jumps are **not** permitted.
 - d. A maximum of one (1) jump combination with a maximum of two (2) listed jumps.
 - Only single jumps are allowed.
 - 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 and does not require a change of position by one or both partners. Change of positions may be used for a level feature.
 - There must be a minimum of two (2) revolutions in each position or the position will not be counted.
 - f. A maximum of one (1) pivot figure (position of the lady optional).
 - At least one (1) revolution in pivot position by the man is required.
 - g. A maximum of one (1) choreographic sequence that fully utilizes the ice surface.
 - A choreographic sequence consists of any kind of movements like steps, turns, spirals, arabesques, spread eagles, Ina Bauers, hydroblading, transitional (unlisted) jumps, spinning movements etc.
 - The pattern is not restricted.
 - A choreographic sequence has a base value and will be evaluated by the judges in GOE only.
- The program duration is 2 minutes and 20 seconds +/- 10 seconds.
 - The points for each Program Component are multiplied by a factor of 1.2.
 - Only features up to and including Level 1 will be counted for the technical elements. Any additional features will not count for level requirements and will be ignored by the Technical Panel.
 - The warm-up duration is six (6) minutes.
 - Each fall by either partner shall receive a deduction of 0.5

4. *Technical Requirements – Ice Dance Couples*

Pattern Dance

Couples shall provide their own music for all pattern dances. No music for pattern dances will be provided by the Local Organizing Committee. 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.

Each Couple must submit their music no later than the first official practice session for their event at each competition.

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 “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 directed by the Ice Dance Technical Committee in an ISU Communication.”

The Pattern Dances will be judged without Key Points.

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, paragraph 1.n) shall apply.

Silver and above	# 8 European Waltz (2 sequences) #28 Tango (2 sequences)
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Bronze and below	# 1 14 Step (4 sequences) # 4 Swing Dance (2 sequences)
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- The points for each Program Component are multiplied by a factor of 0.7 (Rule 353, paragraph 1.m).
- In Ice Dance, for events with two (2) Pattern Dances, the Total Score for each dance will be multiplied by a factor of 0.5. (Rule 353, paragraph 2.b).
- The warm-up duration is three (3) minutes.

Free Dance

General Requirements for Free Dance

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

The following are the Requirements for Music for Free Dance (Rule 710, paragraph 1.c). 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:

- i) 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.
- ii) 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.
- iii) 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.
- iv) 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).

Silver

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

- a. A maximum of one (1) Short Lift, with a maximum duration of 7 sec.
And only a maximum Level 2 lift will be counted
- b. A maximum of one (1) Circular Step Sequence in Hold - Style B
- c. A maximum of one (1) Set of Synchronized Twizzles with up to three (3) steps between
- d. A maximum of one (1) Dance Spin (Spin or Combination Spin).

VOCAL MUSIC MAY BE USED.

The duration is 2 minutes and 30 seconds, +/- 10 seconds.

The points for each Program Component are multiplied by a factor of 1.2 (Rule 353, paragraph 1.m).

Bronze

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

- a. A maximum of one (1) Short Lift, with a maximum duration of 7 sec.
Note that only a maximum Level 1 lift will be counted
- b. A maximum of one (1) Diagonal Step Sequence in Hold - Style B

- c. A maximum of one (1) Dance Spin (No combination).

VOCAL MUSIC MAY BE USED

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

The points for each Program Component are multiplied by a factor of 1.2 (Rule 353, paragraph 1.m).

The warm-up duration for all free dances is five (5) minutes.

ADULT SOLO DANCE

2 Categories: Bronze and below, Silver and above

Skaters may enter only 1 category (i.e. Bronze or Silver) within each segment of the Championship. They are however free to choose the level of each segment individually within the standards listed. For example, a skater may choose to enter a category of pattern dance and a different category in free dance, based on their ability.

In case of ties in the Pattern Dance the TES will decide the outcome.

Bronze, Silver and Gold will have key points

Young Adults	Must be 21 but not have reached the age of 28 before 1 st July 2021
Class I	Must be 28 but not have reached the age of 38 before 1 st July 2021
Class II	Must be 38 but not have reached the age of 47 before 1 st July 2021
Class III	Must be 47 before 1 st July 2021 (no upper age limit)

Category	Pattern Dance / Short Dance	Free Dance
Bronze	Willow Waltz (2 seq) Fourteen Step (4 seq)	1 min 30 sec +/- 5 secs
Silver	Foxtrot (4 seq) European Waltz (2 seq)	2 min +/- 10 secs

For Free Dances of 1 minute 30 seconds +/- 5 sec, a change of Tempo and Expression is optional.

For Free Dances of 2 minutes +/- 10 sec duration and greater, a change of Tempo and Expression is required

Bronze and below

Pattern Dances

Willow Waltz: Music - Waltz 3/4; Tempo (the same as “European Waltz”) 45 measures of 3 beats (135 per minute) plus or minus 3 beats per minute; Set Pattern; 2 Sequences to be skated.

Fourteen Step: Music - March 4/8 or 2/4; Tempo – 56 measures of 2 beats per minute or 28 measures of 4 beats per minute (112 beats per minute) plus or minus 2 beats per minute; Set Pattern; 4 Sequences to be skated.

There will be 1 key point described and up to Level 2 will be evaluated.

The Judges evaluate the Pattern Dance with the GOE.

Characteristics of Levels for Bronze Pattern Dances

Basic Level	Level 1	Level 2
50% of Pattern Dance is completed	75% of Pattern Dance is completed	1 Key Point is correctly executed

Key Points and Key Point Features

Willow Waltz

Each Sequence – LADY	Key Point 1 Lady Steps 18-19 (RFI, OpMo, LBI)
Key Point Features	<ol style="list-style-type: none"> 1. Correct Edges 2. Correct Turn 3. Correct Placement of the free foot
Each Sequence – MAN	Key Point 1 Man Steps 5-6 (RFI, OpMo, LBI)
Key Point Features	<ol style="list-style-type: none"> 1. Correct Edges 2. Correct Turn 3. Correct Placement of the free foot

Fourteen Step

Each Sequence – LADY	Key Point 1 Lady Step 1-4 (RBO, LBI-Pr, RBO, LBO SwR)
Key Point Features	<ol style="list-style-type: none"> 1. Correct edges 2. SwR correct swing movement of the free leg 3. Pr not performed as a Chasse
Each Sequence – MAN	Key Point 1 Man Step 1-4 (LFO, RFI-Pr, LFO, RFO-SwR)
Key Point Features	<ol style="list-style-type: none"> 1. Correct edges 2. SwR correct swing movement of the free leg 3. Pr not performed as a Chasse

The Program Components for Pattern Dances are judged in:

- Skating Skills
- Performance
- Timing

The factor of the Components is 0.7.

For events with two (2) Pattern Dances, the Total Score for each dance will be multiplied by a factor of 0.5

Free Dance - 1 min 30 secs +/- 5 secs

Element features up to level 2 will be considered for level

- 1) 1 (one) Single Pose.
- 2) 1 (one) Dance Spin. Spin or Combination Spin permitted
- 3) 1 (one) set of Synchronised Twizzles (FD Variation)
- 4) 1 (one) Choreographic Character Step Sequence
- 5) 1 (one) additional Choreographic element chosen from the following:
 - a) Choreographic Spinning Movement
 - b) Choreographic Sliding Movement

The Program Components are judged in:

- Skating Skills
- Performance
- Interpretation

The factor of the Program Components is 1.0

Silver and above

Pattern Dances

Foxtrot: Music – Foxtrot 4/4; Tempo 25 measures of 4 beats (100 beats per minute) plus or minus 2 beats per minute; Set Pattern; 4 Sequences to be skated.

European Waltz: Music – Waltz 3/4; Tempo 45 measures of 3 beats (135 beats per minute) plus or minus 3 beats per minute; Set Pattern; 2 Sequences to be skated.

There will be 2 key points described and up to Level 3 will be evaluated.

The Judges evaluate the Pattern Dance with the GOE

Basic Level	Level 1	Level 2	Level 3
50% of Pattern Dance is completed by both partners	75% of Pattern Dance is completed by both partners	1 Key Point is correctly executed	2 Key Points are correctly executed

Key Points and Key Point features

European Waltz

Each Sequence – LADY	Key Point 1 Lady Step 6-8 (RBO, LFO, RFO3)	Key Point 2 Lady Steps 13-14 (LFO3, RBO)
Key Point Features	<ol style="list-style-type: none"> 1. Correct Edges 2. Correct Turn 	<ol style="list-style-type: none"> 1. Correct Edges 2. Correct Turn
Each Sequence – MAN	Key Point 1 Man Step 6-8 (LFO, CR-RFO3, LBO)	Key Point 2 Man Steps 12-13 (LFO3, RBO)
Key Point features	<ol style="list-style-type: none"> 1. Correct Edges 2. Correct Turn 3. Correct Cross Roll 	<ol style="list-style-type: none"> 1. Correct Edges 2. Correct turn

Foxtrot

Each Sequence – LADY	Key Point 1 Lady Steps 5-6 (CR-LFO3, RBI)	Key Point 2 Lady Steps 11-12 (LFO, CIMo, RBO)
Key Point Features	<ol style="list-style-type: none"> 1. Correct edges 2. Correct Turn 3. Correct Cross Roll* 	<ol style="list-style-type: none"> 1. Correct Edges 2. Correct Turn 3. CIMo, correct placement of the free foot.
Each Sequence – MAN	Key Point 1 Man Step 3, 4a, 4b (LFO, CR-RFO3, LBO)	Key Point 2 Man Steps 11a-14 (RBO, LBI-Pr, RBO, LFI, RFI)
Key Point features	<ol style="list-style-type: none"> 1. Correct edges 2. Correct turn 3. Correct Cross Roll* 	<ol style="list-style-type: none"> 1. Correct Edges

***Cross Roll (Forward/Backward) – Requirement description: Rolling action of the free leg passing continuously the skating foot to the next outside curve. At the same time, the body weight transfers from one outside curve to the new outside curve to create a rolling movement.**

Note: For Cross Rolls, while the free foot is passing the skating blade/foot, the placement on the ice with the new skating blade/foot is NOT required to be on an outside edge.

Note: A change of edge within the last beat of the step is permitted to prepare the push/transition to the next step.

The **Program Components for Pattern Dances** are judged in:

- Skating Skills
- Performance
- Timing

The factor of the Components is 0.7.

For events with two (2) Pattern Dances, the Total Score for each dance will be multiplied by a factor of 0.75

Free Dance – 2 mins +/- 10 secs

Element features up to level 3 will be considered for level

- 1) 1 (one) Single Pose.
- 2) 1 (one) Straight Line Step Sequence (Mid Line or Diagonal) skated barrier to barrier, Or, 1 (one) Curved (Circular or Serpentine) Step Sequence utilizing the full width of the ice surface. Style B
- 3) 1 (one) Dance Spin. Spin or Combination spin permitted
- 4) 1 (one) set of Synchronised Twizzles with no more than 3 steps between the twizzles. Minimum 1x clockwise and 1x anti-clockwise Minimum 1 rotation in each twizzle
- 5) 2 (two) Choreographic elements chosen from the following:
 - a) Choreographic Spinning Movement
 - b) Choreographic Sliding Movement
 - c) Choreographic Character Sequence

The Program Components are judged in:

- Skating Skills
- Performance
- Interpretation

The factor of the Program Components is 1.0

MUSIC REQUIREMENTS FOR PATTERN DANCES

Bronze and Silver level Skaters shall provide their own music for all Pattern Dances. After the completion of the last step of the Pattern Dance, the skater must reach their final pose within 20 seconds. If this time limit is exceeded, a “Pattern Dance Program time” deduction according to ISU Rule 353, paragraph 1. n) shall apply.

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 Dancing 2003) plus or minus 2 beats per minute (for dances with 4/4 timing) and plus or minus 3 beats per minute for waltz rhythms.

Notes:

- The chosen music may be a tune from ISU Ice Dance music. In this case, only tunes 1 to 5 can be chosen and the Skater shall provide competition music in accordance with ISU Rule 343, paragraph 1 and 2.
- Violation of the above music requirements or tempo specifications shall be penalized as per ISU Rule 353, paragraph 1.n).
- All music chosen by the Skater must be in accordance to the style/character of the Pattern Dance.
- For the application of ISU Rule 708 paragraph 1.d) with music provided by the skater, 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).

Warm up music - the 6th (last) tune of any ISU Ice Pattern Dance music will be played during each warm up group for categories Pre-Bronze to Gold.

Categories of Poses

The basic categories of poses are listed below.

Difficult \ original \ imaginative variations are encouraged and accepted e.g. a Hydro blade is considered a difficult variation of a Tea Pot / Shoot the Duck, a Beillmann is a difficult variation of an Attitude.

*** To be of a different Type a Pose, the Pose must be from a different category i.e. Attitude, Crouch, Lunge etc. ***

- **ATTITUDE (sAPo)** – A position or stance on 1 leg during which the skater moves either forwards, backwards or on a curve with the supporting leg extended or slightly bent and the free leg either
 - Raised higher than the level of the hip and
 - In front, behind or on the side and
 - Bent or extended and
 - Free or held (by knee or blade) i.e. Biellmann
- **CROUCHING POSE (sCPo)** – A movement on 2 feet during which a skater moves on the ice with both legs bent more than 90°
- **INA BAUER (sIPo)** – A movement on 2 feet during which a skater moves on the ice with 1 foot on a forward edge and the other on the same backward edge, on different but parallel curves.
- **TEA POT/SHOOT THE DUCK (sTPo)** – A movement on 1 foot where the skater moves on the ice with the skating knee bent to 90° and the thigh parallel to the ice, with the other leg extending forwards either parallel to the ice or pulled towards the core with the head and body bent to meet the knee.
- **SPREAD EAGLE (sSPo)** – A movement on 2 feet on an edge during which a skater moves on the ice with 1 foot on a forward edge and the other on the same backward edge, on the same curve.

Please note a lunge/drag movement is no longer accepted as a pose position

Single Pose - Combination Pose

A position or stance attained and held for a minimum of 3 seconds. The maximum duration of a Single Pose is **7 seconds**.

A position or stance composing of 2 different Types of Single Pose combined. Each Pose within the Combination Pose must be attained and held for a minimum of 3 seconds. A maximum of 1 linking step is allowed between the 2 types of pose. The maximum duration of a combination pose is **12 seconds**.
(Exception: a Combination Pose comprising two Attitudes on different edges connected by a change of edge or difficult turn is permitted as a Combination Pose)

Sets of Twizzles

<u>Rhythm Dance</u>	<u>Free Dance</u>
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<u>One (1) Set of Sequential Twizzles</u>	<u>One (1) Set of Synchronized Twizzles (FD variation) Specifications for Season 2019/2020</u>
<ul style="list-style-type: none"> • <u>At least two Twizzles must be completed</u> • <u>Up to 1 step between Twizzles (Each push and/or transfer of weight while on two feet between Twizzles is considered as a step)</u> 	<ul style="list-style-type: none"> • <u>At least two Twizzles must be completed</u> • <u>A minimum of 2 steps and up to 4 steps between 1st and 2nd Twizzles. (Each push and/or transfer of weight while on two feet between Twizzles is considered as a step)</u>

Solo Choreographic Movements

Choreographic movements are elements which must fit the phrasing / rhythm pattern of the music and enhance the choreography of the program.

Choreographic Spinning Movement – Performed anywhere in the program, A continuous spinning (rotating) movement (other than a twizzle or a Dance Spin) on two feet or, alternate feet or, one foot and one knee / boot (but not two knees) with at least 3 full rotations which may be stationary or travelling.

Choreographic Sliding Movement - Performed anywhere in the program, during which the skater performs a controlled sliding movement on the ice. The following requirements apply:

- Continuous controlled sliding movement on any part of the body for at least 2 seconds.
- May also rotate.
- Controlled sliding on 2 knees or any part of the body will not be considered as a Fall/Illegal Element by the Technical Panel during this element.
- Sliding Movement cannot finish as a stop on 2 knees or sitting/lying on the ice, otherwise it will be identified as a Fall/Illegal Element and shall be called accordingly.

Choreographic Character Step Sequence - The following requirements apply:

- Performed anywhere in the program
- Must be placed around the Short Axis (within 10 meters on either side of the Short Axis) and must proceed from barrier to barrier. The requirement from barrier to barrier is fulfilled when the skater is not more than 2 meters from each barrier.
- Touching the ice with hand(s) is allowed

BASIC PRINCIPLES OF CALLING APPLICABLE TO ALL REQUIRED ELEMENTS

1. The Technical Panel shall identify what is performed despite what is listed on the Program Content Sheet.
2. The Levels shall be determined according to the Basic and Additional Principles of Calling and Characteristics of Levels fulfilled. They shall not result in giving No Level to a Required Element as long as the requirements for Basic Level are met.
3. To be given any Level, a Required Element must meet all the requirements for Basic Level.
4. If a Fall or interruption occurs at the attempt of any Required Element, refer to the Additional Principles of Calling for each Required Element.
5. If a Fall or interruption occurs during a Required Element, the Required Element shall be identified and given a Level according to the requirements met before the Fall or interruption, or No Level if the requirements for Basic Level are not met. This does not apply to Pattern Dance, Pattern Dance Element or Step Sequence (except One Foot Step Sequence).
6. If a Fall or Interruption occurs at any part of the Required Element and the skater tries to continue the same element as a 2nd attempt to fill the time, this part is not identified as an Element. This does not apply to Pattern Dance, Pattern Dance Element, Step Sequence (except One Foot Step Sequence).
7. If a loss of control with additional support (touch down by free leg/foot and/or hand(s)) occurs after a Required Element has commenced and the Element continues without interruption its Level shall be reduced by 1 Level per error - Refer to the Additional Principles of Calling for these elements: Dance Spin, Pose, Set of Twizzles, One Foot Step Sequence. This Basic Principle does not apply to Pattern Dance, Pattern Dance Element, Step Sequence (except One Foot Step Sequence) - Refer to the Additional Principles of Calling for these elements.
8. If a program concludes with the skater starting an element within the required duration of the program (including the additional 10 seconds allowed), the element and its Level shall be identified until the Element stops completely. Elements started after the required duration of the program (including the additional 10 seconds allowed) shall not be identified.
9. If a Spin (FD) or a Pose(RD and FD) is performed in a Step Sequence, such element will receive the abbreviation +ExEl. It indicates that the element receives No Value, the deduction -1 is applied and it will occupy a separate box, and NOT count as a Required Element (i.e. RoLi+ExEl, Sp+ExEl)
10. If a Dance Spin is performed in a Step Sequence in Rhythm Dance, the Dance Spin is not identified (Dance Spin is not a required element and there is no provision to identify it as an extra element)
11. The Technical Panel shall decide whether any feature to fulfill the Characteristics of Levels is given credit, unless this feature is expressly designated as not eligible for Level in the present Communication or in the Q&A for Technical Panels.
12. The definition of “intricate” when referring to technical elements does not necessarily mean difficult.
13. If there is an illegal element(s)/movement(s) during the execution of any element (excluding Choreographic Elements), the deduction for an illegal element(s)/movement(s) will apply and the element will receive Level 1 if the requirements for at least Level 1 are fulfilled. Otherwise the element will be called Basic Level if the element fulfils the requirements for Basic Level, or No Level if the minimum requirement for Basic Level are not fulfilled.
14. If there is a Fall(s) within an element, this is identified by the Technical Specialist as a Fall in Element and Data Operator pushes the respective button “Fall in Element” (F).

ADDITIONAL PRINCIPLES OF CALLING

1. The process used by the Technical Panel to identify Key Points and their correct execution is the same process as for identification of Required Elements and Levels (i.e. by majority). Correct or incorrect execution of Key Points is reported on the Judges Details per Skater chart as:

- **“Yes”**: meaning, “all Key Point Features are met and all Edges/Steps are held for the required number of beats”, or
- **“Timing”**: meaning, “all Key Points Features are met but one or several Edges/Steps are not held for the required number of beats”, or
- **“No”**: meaning, “one or several Key Point Features are not met, whether or not Edges/Steps are held for the correct number of beats”. Or the Key Point is not identified due to a fall or interruption.

2. Evaluating the percentage of steps for Pattern Dances is based on the total number of steps completed.

3. If a Fall or interruption occurs at the attempt to or during a Pattern Dance Element and the element is resumed, the element shall be identified and given a Level according to the requirements met before and after the Fall or interruption, or No Level if the requirements for Basic Level are not met.

4. For Pattern Dance Elements, an interruption may be but is not limited to Fall(s), missing step(s), touchdown(s), etc.

Gold

1. Level 4 shall be considered only when the Pattern Dance Element is not interrupted at all, either through Stumbles, Falls or any other reason
2. If the Pattern Dance is interrupted less than 25% (through stumble, falls, etc), the key points are called as identified and the level will be reduced by 1, adding “downgraded <”. It is reported on the Judges Details per Skater chart as: “<” to indicate an interruption of less than 25%.
Example: Yes, Yes – Level 3 becomes Level 2.
3. If the Pattern Dance is interrupted more than 25% but 50% of the steps are completed by the skater, the key points are called as identified and the level will be reduced to “Basic Level” adding “<<”. It is reported on the Judges Details per Skater chart as: “<<” to indicate an interruption between 25% to 50%. Example: Yes, Yes, – Level 3 becomes Basic Level
4. If a skater completes less than 50% of the steps, the Technical Specialist calls the Key Points as performed, identifies with the Pattern Dance Name and **“NO Level”** adding **“attention”**. It is reported on the Judges Details per Skater chart as: “!” to indicate that less than 50% of the Pattern Dance has been completed. Example: Yes, Yes, – Level 3 becomes No Level

Bronze and below and Silver and above Categories

1. Level 3 For Silver and Level 2 for Bronze shall only be considered when the Pattern Dance is not interrupted at all, either through Stumbles, Falls or any other reason

2. If the Pattern Dance is interrupted less than 25% (through stumble, falls, etc), the key points are called as identified and the level will be reduced by 1, adding “downgraded <”. It is reported on the Judges Details per Skater chart as: “<” to indicate an interruption of less than 25%.
Example: Yes – Level 2 becomes Level 1
3. If the Pattern Dance is interrupted more than 25% but 50% of the steps are completed by the skater, the key points are called as identified and the level will be reduced to “Basic Level” adding “<<”. It is reported on the Judges Details per Skater chart as: “<<” to indicate an interruption between 25% to 50%. Example: Yes, Yes, – Level 3 becomes Basic Level
4. If a skater completes less than 50% of the steps, the Technical Specialist calls the Key Points as performed, identifies with the Pattern Dance Name and “**NO Level**” adding “**attention**”. It is reported on the Judges Details per Skater chart as: “!” to indicate that less than 50% of the Pattern Dance has been completed. Example: Yes, Yes, – Level 3 becomes No Level

DANCE SPINS

ADDITIONAL PRINCIPLES OF CALLING

1. The first performed Dance Spin shall be identified as the required Dance Spin, classified as a Spin or a Combination Spin and given a Level, or No Level if the requirements for Basic Level are not met. However, if a Choreographic Element is required with Choreographic Spinning Movement as an option, this element shall be identified as Choreographic Spinning Movement anywhere in the program where it is first performed. Any subsequent Dance Spin and/or Choreographic Spinning Movement performed after the Required Dance Spin and/or Choreographic Spinning Movement shall not be identified.
2. A change of direction or one foot turns on the spot before resuming the rotations shall not be considered as an “interruption”.
3. If at the change of foot in the Combination Spin the spinning action has been started and the skater is still on two feet after half a rotation, the Level shall be reduced by one Level.
4. If during the dance spin a loss of control occurs resulting in the skater needing additional support (touch down by free leg/foot and or hand(s)) for up to half a rotation the level shall be reduced by 1 Level per occurrence. But if the mistake last for more than half a rotation, this shall be considered as an interruption and additional principles of calling shall apply.
5. In case a Spin is required and a Combination Spin is not permitted, the required Dance Spin performed as a Combination Spin shall be classified as an Extra Element with no value.
6. If a Fall or interruption occurs at the entrance to or during a Dance Spin and is immediately followed by a spinning action (for the purpose of filling time), the element shall be identified and given a Level according to the requirements met before the Fall or interruption, or No Level if the requirements for Level 1 are not met, and the additional part shall not be identified (Note: an interruption in rotations to perform features such as a change of direction or one foot turns on the spot before resuming the rotations shall not be considered as such an interruption).

ADDITIONAL DEFINITIONS, SPECIFICATIONS TO DEFINITIONS AND NOTES

Basic Positions in Dance Spins:

1. Upright Position: Performed on one foot with skating leg straight or slightly bent and upper body upright (on a nearly vertical axis), arched back or bent to the side. If the angle between the thigh and shin of the skating leg is less than approximately 120 degrees, the position shall be considered as a Sit Position.

2. Sit Position: Performed on one foot with skating leg bent in a one-legged crouch position and free leg forward, to the side or back. If the angle between the thigh and shin of the skating leg is more than approximately 120 degrees, the position shall be considered as an Upright or Camel Position depending on the other criteria that characterize these positions.

3. Camel Position: Performed on one foot with skating leg straight or slightly bent and body bent forward and free leg extended or bent upward on a horizontal line or higher. If the waist line is not horizontal and/or the core of the body is more than 45 degrees above the horizontal line the position shall be considered as an Upright Position. If the angle between the thigh and shin of the skating leg is less than approximately 120 degrees, the position shall be considered as a Sit Position.

Difficult Variations of Basic Positions (examples): 1. For Upright Position:

- a) “Biellmann” type – body upright with the heel of the boot pulled by the hand behind and above the level of the head;
- b) Full layback with upper body arched back from the waist towards the ice or sideways with upper body bent to the side from the waist towards the ice;
- c) Split with both legs straight and the boot/skate of the free leg held up higher than the head;
- d) Upper body arched back or sideways with free foot almost touching the head in a full circle (doughnut/ring: maximum of half a blade length between head and blade);

Note:

Examples b) and e) performed by the same partner shall be considered as the same Difficult Variation of Upright Position.

2. For Sit Position:

- a) Free leg bent or straight directed forward with thigh of skating leg at least parallel to the ice;
- b) Free leg bent or straight directed backward with thigh of skating leg at least parallel to the ice;
- c) Free leg bent or straight directed to the side with not more than 90 degrees between thigh and shin of skating leg;
- d) Free leg crossed extended behind, and directed to the side, with not more than 90 degrees between thigh and shin of skating leg;
- e) Free leg crossed behind and touching or not touching the skating leg, with thigh of skating leg at least parallel to the ice;
- f) Free leg directed forward, with not more than 90 degrees between thigh and shin of skating leg, and back of upper body almost parallel to the ice.

Note:

- Example e) performed right after any other Difficult Variation of Sit Position shall be considered as the same Difficult Variation of Sit Position.

3. For Camel Position:

- a) Upper body (shoulder and head) turned upwards – facing up so that the line of the shoulders is at least 45 degrees past the vertical point;
- b) Body nearly horizontal or bent sideways horizontally with head and free foot almost touching (doughnut/ring: maximum of half a blade length between head and blade);
- c) Body nearly horizontal with the heel of the boot pulled by the hand above the level of the head;
- d) Body bent forward to the spinning leg and free leg extended backward and upward up to almost a full split (with the angle between thighs about 180 degrees);
- e) Simple Camel Position by the man with the free leg on horizontal line or higher.

Note:

- Simple camel spin by the lady shall not be considered as a Difficult Variation of Camel Position.
- Examples d) for Upright Position (doughnut/ring) and b) for Camel Position (doughnut/ring) shall be considered as the same Difficult Variations.
- Examples a) for Upright Position (Biellmann) and c) for Camel Position (heel of the boot pulled by the hand above the level of the head) shall be considered as the same Difficult Variation.
- Rotations shall be considered for total number of rotations when performed fully, continuously and on one foot.
- Rotations in Difficult Variations shall be considered for Level when performed continuously in a fully established position.

Different Direction of spinning rotation:

- At least 2 rotations in each direction of rotation

Entry/Exit Feature:

- a. Unexpected entry/exit without any evident preparation;
- b. Continuous combination of intricate steps OR a continuous combination of intricate movements, OR a continuous combination of both intricate step(s) and intricate movement(s) immediately before or after the Dance Spin.

Note: The definition of “intricate” when referring to technical elements does not necessarily mean difficult. It can also be creative, interesting, unique.

LEVELS OF DIFFICULTY Characteristics of Levels:

- A Difficult Variation shall be considered for Level when held for at least 3 rotations in a Spin or 3 rotations in a Combination Spin.
- In a Combination Spin, Level 3 or 4 shall be considered only when each part of the Combination Spin includes at least one of the Different Difficult Variations given credit for Level.

Basic Level Sp – 3 rotations CoSp – 3 + more than 1	Level 1 Sp – 3 rotations CoSp – 3 + more than 1	Level 2 Sp – 3 rotations CoSp – 3 + 3	Level 3 Sp – 3 rotations CoSp – 3 + 3	Level 4 Sp – 3 rotations CoSp – 3 + 3
Spin: at least 3 rotations Combination Spin: at least 3 rotations in either part and more than 1 rotation on the other part	1 Difficult Variation from any Basic Positions OR Different direction of spinning rotation	2 different Difficult Variations from 2 different Basic Positions OR 1 Difficult Variation from the same Basic Position AND Different direction of spinning rotation	3 different Difficult Variations from 3 different Basic Positions OR 2 different Difficult Variations from 2 different Basic Positions AND Different direction of spinning rotation	3 different Difficult Variations from 3 different Basic Positions AND Entry feature or Exit Feature OR 2 different Difficult Variations from 2 different Basic Positions AND Different direction of spinning rotation AND Entry feature or Exit Feature

POSE / COMBINATION POSE

Applicable to all Types of Pose:

1. The first performed Poses(s) shall be identified as the required Pose(s) and given a Level, or No Level if the requirements for Level 1 are not met. Subsequent Poses shall be identified as a Pose and classified as an Additional Element with no value and the deduction -1 is applied
2. Any Pose or part of a Combination Pose of a repeated Type shall be classified as an „Additional Element” will receive the abbreviation* (e.g. SPo*). It indicates that the element receives No Value, the deduction -1 is applied, it occupies a box and it will count as a Pose (does not apply to the second part of a Combination Pose composed of two Poses on two curves forming a serpentine pattern.
3. To be considered a different Type, Poses of a similar Category must be skated on different edges.
4. Any Pose of a Type not according to the Required Elements for Short Dance or the Well Balanced Free Dance Program shall be classified as an Extra Element with no value.
5. A **brief movement**, less than 3 seconds, in which a pose position is attained but is not sustained shall not be considered as a Pose.

If a Fall or interruption occurs at the entrance to or during a Pose, the element shall be identified and given a Level according to the requirements met before the Fall or interruption, or No Level if the requirements for Base Level are not met.

Applicable to Combination Poses:

1. A Combination Pose shall be identified with the first two fully established Types of Single Pose performed forming two approximately equal parts or it shall be identified as a Single Pose of the Type forming the larger part. The Level of each of the two Types of Pose shall be given separately.
2. If for any reason one of the parts of a Combination Pose cannot be identified, only the other part shall be identified, as a Single Pose, and given a Level according to the requirements met, or No Level if the requirements for Base Level are not met, and classified as “+Combo”. The subsequent elements shall be identified as if both parts of the Combination Pose had been performed and identified
3. If one of the Single Poses forming the Combination Pose includes an Illegal Movement/Pose, the deduction for Illegal Element/Movement will apply once and the Part of the Combination Pose including the Illegal Movement/Pose will receive Base Level if the requirements for Base Level are met (example of call: “sPoB Illegal Element+ sPo4 Combo”).
4. If both Single Poses forming the Combination Pose include an Illegal Movement/Pose (same or different), the deduction for Illegal Element/Movement will apply twice and both parts of the Combination Pose will receive Base Level if the requirements for Base Level are met (example of call: “sPoB Illegal Element+sPoB Illegal Element Combo”).
5. In a Combination Pose, if a skater performs an Illegal Element/Movement as an Entry Feature (such as a Jump of more than one revolution): the deduction for Illegal Element/Movement will apply and the first part of the Combination Pose will receive Base Level if the requirements for Base Level are met. The second part of the Pose will receive a Level according to the requirements met,
6. In a Combination Pose, if a skater performs an Illegal Element/Movement as an Exit Feature (such as a Jump of more than one revolution): the deduction for Illegal Element/Movement will apply and the second part of the Combination Pose will receive Base Level if the requirements for Base Level are met. The first part of the Pose will receive a Level according to the requirements met.
7. Any Difficult entry feature(s) connected with the 1st Pose and considered for Level for the chosen Type of Pose will also upgrade the 2nd Pose in a combination pose
8. Any Difficult exit feature(s) connected with the 2nd Pose and considered for Level for the chosen Type of Pose will also upgrade the 1st Lift in a combination pose.

ADDITIONAL DEFINITIONS, SPECIFICATIONS OT DEFINITIONS AND NOTES

Difficult Poses

- a) An Attitude with a full split: when the legs of the skater are extended in one line with the angle between thighs about 180 degrees;
- b) A “Biellmann”: body in any orientation (e.g. upright, horizontal etc.) in relation to the vertical line of the body, with the heel of the boot pulled by the hand behind and above the level of the head;
- c) An Attitude comprising a full doughnut/ring: upper body arched back, with one foot almost touching the head in a full circle (maximum of half a blade length between head and blade); d) An Ina Bauer

e) Hydro blade. The core of the body must be clearly positioned away from the vertical axis. f) A Spread Eagle.

g) A Spiral / Simple Camel Position with the free leg in a horizontal position or higher for Men only.

Notes:

- a chosen example of Difficult Pose on skated on the same edge shall be considered for Level only the first time it occurs;
- examples b) (full “Biellmann) and c) (full doughnut/ring) shall be considered as the same

Difficult Turn as a connecting step

A difficult turn as a connecting step between two Single Poses to form a Combined Pose is defined as either, a Rocker, a Counter or a Bracket. No extra steps, pushes or touch downs are allowed.

Change of edge between two Poses

The change of edge connecting two Poses should be a clean change of edge from one definite edge to a different definite edge with the second edge being clearly established within 2 seconds. When the two Poses are Attitudes, the free leg must be held higher than the hip.

Entry Feature

- unexpected entry without any evident preparation;
- difficult/transitional entry (Example; from a twizzle or jump)
- continuous combination of different intricate steps OR a continuous combination of different movements, OR a continuous combination of both intricate step(s) and intricate movement(s) performed immediately before the Pose.

Exit Feature

- continuous combination of different intricate steps OR a continuous combination of different movements, OR a continuous combination of both intricate step(s) and intricate movement(s) performed immediately after the Pose.
- Difficult/transitional exit.

Arm Feature

- Significant and continuous movement of the arm/s. Where one arm is being used to support the free leg in position the free arm should be used in a significant and continuous motion.

Note: Simple use of the hands and/or forearms only is not sufficient to be given credit for the feature

LEVELS OF DIFFICULTY Characteristics of Levels:

Basic Level	Level 1	Level 2	Level 3	Level 4
A Pose position is established for at least 3 seconds	A simple Pose Position is established and held for at least 3 seconds on a definite clean edge	The Pose position is difficult and established for at least 3 seconds on a definite clean edge	<p><u>2 Features out of a)-e);</u></p> <p>a) Ina Bauer on definite opposing edges established for at least 3 seconds and performed in a straight line or on a curve</p> <p>Or</p> <p>b) A Difficult Pose position which is established for at least 3 seconds on a definite clean edge</p> <p>AND</p> <p><u>1 additional feature from</u></p> <p>c) Entry feature</p> <p>d) Exit Feature</p> <p>e) Arm feature</p> <p><u>a) or b) features must be included</u></p>	<p><u>3 Features out of a) to e);</u></p> <p>a) Ina Bauer on definite opposing edges established for at least 3 seconds and performed in a straight line or on a curve</p> <p>Or</p> <p>b) A Difficult Pose position which is established for at least 3 seconds on a definite clean edge</p> <p>AND</p> <p><u>2 additional features from</u></p> <p>c) Entry feature</p> <p>d) Exit Feature</p> <p>e) Arm feature</p> <p><u>a) or b) features must be included</u></p>

Adjustments to level

1. If there is more than one connecting step between the two poses in a combination pose the level of difficulty is reduced by one level.
2. For a change of edge between poses in a combination pose, if the change of edge is not established within 2 seconds the Level shall be reduced by one level.

TWIZZLES

ADDITIONAL PRINCIPLES OF CALLING

1. The first performed Set of Twizzles shall be identified as the required Set of Twizzles and given a Level, or No Level if the requirements for Basic Level are not met.
2. If a loss of control with additional support (e.g. stumble/touch down by free leg/foot and/or hand(s)) occurs within a set of Twizzles and the set of Twizzles continues without interruption, it's level shall be reduced by 1 per error. If more than two uncontrolled steps are performed during the set of twizzles, this mistake is considered as an interruption.
 - Any loss of control resulting in an error of up to two uncontrolled steps is a stumble/touchdown - reduce one level.
 - More than two uncontrolled steps is an interruption.
3. If a Fall or interruption occurs at the entry edge to the first Twizzle, the element is given No Level.
4. If a Fall or interruption occurs during any part of the Set of Twizzles, the Set of Twizzles shall be identified and given a level according to the requirements met before the Fall or interruption.
5. If any part of first two Twizzles becomes a Pirouette or checked Three Turns, its Level shall be reduced:
 - by one Level if one of the two Twizzles become Pirouettes or checked Three Turns
 - by two Levels if both Twizzles become Pirouettes or checked Three Turns
6. If there is a full stop before the first or the second Twizzle, the Level of the Set of Twizzles shall be reduced by one Level per stop
7. If there is more than the maximum or less than the minimum permitted number of steps between required Set of Twizzles, the Level shall be reduced by 1 Level. Each push and/or transfer of weight while on two feet between Twizzles is considered as a step.

ADDITIONAL DEFINITIONS, SPECIFICATIONS TO DEFINITIONS AND NOTES

Additional Features (Groups of examples):

Group A (upper body and hands):

- elbow(s) at least level with or higher than the level of the shoulders. Elbow(s) could be above the head, same level as the head, or lower than the head. Hand(s) not clasped.
- significant continuous motion of arm(s);
- hands clasped behind back and extended away from the body.
- straight arms clasped in front and extended away from the body.
- core of body is shifted off vertical axis.

Group B (skating leg and free leg):

- Coupé in front or behind with free foot in contact with the skating leg in at least 45 degrees open hip position;
- holding the blade or boot of the free foot;
- free foot crossed behind the skating foot and close to the ice
free leg held out (i.e. extended or bent with an angle of 90 degrees or more between thigh and shin, to the front, to the side or to the back or combination of those) at 45 degrees or more from vertical;
- sit position (at least 90 degrees between the thigh and shin of the skating leg)
- changing the level of the skating leg (knee) with a continuous wave (up/down) motion

Group C (pattern, entry, exit):

- skater performs a third Twizzle of at least 3 rotations, performed correctly, started with different entry edge from the first two Twizzles, and preceded by a maximum of one step for Set of Sequential Twizzles and for Set of Synchronized Twizzles
- entry to the first or second Twizzle from a Dance Jump (the entry edge for the Twizzle will be determined by the landing edge of the Dance Jump)
- Two Twizzles performed on one foot without change of foot, with no limit on turns or movements performed on one foot between Twizzles (option possible in Rhythm Dance between all Twizzles and in the Free Dance only between 2nd and 3rd Twizzles)
- Set of Twizzles performed directly from difficult/creative, intricate or unexpected entry.

Notes for Additional Features:

- A chosen Additional Feature from Groups A and B shall be considered for a Level if it is fully achieved and established:
 - within the first half rotation of the Twizzle, and
 - held until the number of rotations needed for that Level is fully completed (2 rotations for Level 2, 3 rotations for Level 3, 4 rotations for Level 4).
- There is no limit on turns or movements performed on one foot on the change of foot or the steps between Twizzles
- The definition of “intricate” when referring to technical elements does not necessarily mean difficult
- If there is more than one step performed between the 2nd and 3rd Twizzle in a Set of Twizzles, the 3rd Twizzle is no longer considered for Level as a Group C feature.
- In a Set of Twizzles to achieve the ‘C’ Feature of ‘Two twizzles performed on one foot without change of foot, with no limits on turns or movements, performed on one foot between Twizzles (for RD between all Twizzles and in Free Dance only between the 2nd and 3rd Twizzle) The requirement for this feature to be considered is that there are three completed rotations during the Twizzle immediately following this “C” feature This same requirement applies if this “C” feature is performed between the 1st and 2nd Twizzles as well as between the 2nd and the 3rd Twizzles. If, in addition, the 3rd twizzle is performed with at least three rotations AND is executed correctly, then the Technical Panel should consider this as another ‘C’ feature for Level. In this case, the couple will receive two ‘C’ features for Level.

Basic Level	Level 1	Level 2	Level 3	Level 4
At least one rotation in each of the two Twizzles	At least 2 rotations in each of the two Twizzles AND At least 1 Additional Features	Different entry edge and different direction of rotation for the two Twizzles AND At least 2 rotations in each of the two Twizzles AND At least 2 different Additional Features	Different entry edge and different direction of rotation for the two Twizzles AND At least 3 rotations in each of the two Twizzles AND At least 3 different Additional Features from 2 different Groups OR At least 3 different Additional Features from 3 different Groups	Different entry edge and different direction of rotation of the two Twizzles AND At least 4 rotations in each of the two Twizzles AND At least 4 different Additional Features from 3 different Groups

STEP SEQUENCES (including PATTERN DANCE TYPE STEP SEQUENCE and ONE FOOT STEP SEQUENCE)

ADDITIONAL PRINCIPLES OF CALLING

- 1) The first performed Step Sequence of a required Group shall be identified as the required Step Sequence of that Group and given a Level, or No Level if the requirements for Basic Level are not met. Subsequent Step Sequences of that Group and Step Sequences of a Group not according to the Required Elements for Rhythm Dance or the Well Balanced Free Dance Program shall not be identified.
- 2) If a Fall or interruption occurs at the attempt to or during a Step Sequence (excluding One Foot Step Sequence) and the element is immediately resumed, the element shall be identified and given a Level according to the requirements met before and after the Fall or interruption, or No Level if the requirements for Basic Level are not met.
- 3) The percentage of steps for a Step Sequence is evaluated on the overall pattern completed per the prescribed shape, i.e. straight line, circle/s-shape, diagonal, etc. (This does not apply to the One Foot Step Sequence).
- 4) If a loss of control with additional support (touch down by free leg/foot and/or hand(s)) occurs during the One Foot Step Sequence and continues without interruption, its Level shall be reduced by one Level per error.
- 5) If a Fall or interruption occurs at the entry edge to the first difficult turn of the One Foot Step Sequence, the element is given No Level.
- 6) If a Fall or interruption occurs during a One Foot Step Sequence and the element is immediately resumed, the element shall be identified and given a Level according to the requirements met before the fall or interruption, or No Level if the requirements for Basic Level are not met.

ADDITIONAL DEFINITIONS, SPECIFICATIONS TO DEFINITIONS AND NOTES

Types of Difficult Turns: Bracket, Rocker, Counter, Choctaw, Outside Mohawk, Twizzle (Twizzle with one rotation - “Single Twizzle” for Level 1 and 2 or Twizzle with two rotations - “Double Twizzle” for Levels 1 – 4), skated on distinct and recognizable edges and in accordance with the description of Twizzle in Rule 704.

Types of One Foot Step Sequence Difficult Turns: Bracket, Rocker, Counter, Twizzle (Twizzle with one rotation - “Single Twizzle” for Level 1 and 2 or Twizzle with two rotations - “Double Twizzle” for Levels 1 – 4), skated on distinct and recognizable edges and in accordance with the description of Twizzle in Rule 704

Note: An error in any part of a turn will result in the turn not being considered for the Level. This also applies to an error in any part of a Twizzle or “Double Twizzle”, the entire Twizzle is not considered towards the Level. As an example - If the couple includes a “Double Twizzle” as a Difficult Turn and there is a mistake in the execution within any part of the Turn, it is not considered even as a “Single Twizzle”.

Style of Step Sequences: the Level of Difficulty of the Step Sequences shall be determined as per the following Characteristics of Levels:

- Silver and Gold Free Dance (Straight Line or Curved Step Sequence): Style B

- Rhythm Dance (One (1) Step Sequence: Style B

Characteristics of Level Style B

Basic Level	Level 1	Level 2	Level 3	Level 4
Step Sequence is not interrupted more than 50% of the pattern in total, either through Stumbles, Falls or any other reason	Step Sequence is not interrupted more than 50% of the pattern in total, either through Stumbles, Falls or any other reason AND Footwork includes at least 1 Type of Difficult Turn (Only the first attempt of the Difficult Turn is considered for level)	Step Sequence is not interrupted more than 25% of the pattern in total, either through Stumbles, Falls or any other reason AND Footwork includes at least 3 different Types of Difficult Turns (Only the first attempt of the Difficult Turn is considered for level)	Step Sequence is not interrupted more than 10% of the pattern in total, either through Stumbles, Falls or any other reason AND Footwork includes at least 4 different Types of Difficult Turns (if Twizzle is included it must be done with at least two rotations – “Double Twizzle”) (Only the first attempt of the Difficult Turn is considered for level) AND Turns are multidirectional	Step Sequence is not interrupted at all, either through Stumbles, Falls or any other reason AND Footwork includes at least 5 different Types of Difficult Turns (if Twizzle is included it must be done with at least two rotations – “Double Twizzle”) (Only the first attempt of the Difficult Turn is considered for level) AND Turns are multidirectional AND All Steps/Turns are 100% clean

CHOREOGRAPHIC ELEMENTS

ADDITIONAL PRINCIPLES OF CALLING

1. If a Choreographic Element is required:
 - a) Choreographic Spinning Movement / Sliding Movement / Character Step Sequence can be performed anywhere in the program.
 - b) Subsequent Choreographic Spinning Movements and Choreographic Character Step Sequence shall not be identified.
 - c) Subsequent sliding movements, which are identified as Illegal Element/Movement and/or a Fall shall be called as Illegal Element/Movement and/or a Fall but not considered as an Additional Element (not considered as a Choreographic Sliding Movement).
2. A Choreographic Spinning Movement shall be identified at the attempt to the element and confirmed when two or more rotations are performed.
3. Choreographic Character Step Sequence shall be identified at the attempt to the element and confirmed when the skater performs steps around the short axis from barrier to barrier.
4. Any Choreographic Element/Movement combined with another Required Element as an ‘Entry’ or ‘Exit’ feature will not be considered by the Technical Panel as a required

Choreographic Element/Movement. It will only be considered by the Technical Panel as an 'entry' and/or 'exit' feature.

5. Only the first performed required number of different Choreographic Elements shall be identified as the required Choreographic Elements.
6. For Gold, Bronze and Pre-Bronze FD, if a Choreographic Character Step Sequence is not performed within the first two Choreographic Elements, the second performed Choreographic Element is identified but shall not be confirmed (No Value). The Choreographic Character Step Sequence performed as a subsequent Choreographic Element shall not be identified.
7. If there is an illegal element(s)/movement(s) during the execution of any Choreographic Element, the deduction for an illegal element(s)/movements) will apply and the element will receive No Value.

NOTE: The Base Value is the same for all Choreographic Elements

1. Technical Requirements – Artistic Free Skating

General Requirements for Artistic Free Skating

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.

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 which is intended to allow skaters to demonstrate their skating ability as defined by the five program components of the ISU judging system. This is not intended to be a Theatre on Ice; Spotlight; or a Showcase event. Credit for the required technical elements is based solely on the ability of such movements to enhance the chosen theme and support the music. Credit will not be given for their technical difficulty.

The program must be developed through skating skill and quality rather than through non-skating actions such as sliding on one knee or excessive use of toe steps. The skater/pair 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 and will be identified through the pdf

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

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

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

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

Illegal elements:

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

The warm-up duration is five (5) minutes for all artistic free skating events.

Artistic Free Skating

Competitions will be held at the Bronze and Below / Silver and Above .

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.

The program duration for Artistic Free Skating categories is 1 minute and 30 seconds, +/- 10 seconds.

General Requirements for Pair Artistic Free Skating

- 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.

Pair Artistic Free Skating Adult

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 3-4-5 are **not** permitted.
- The duration is 1 minute and 40 seconds, +/- 10 seconds.

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

EXHIBITION COMPETITION

Class EX1(G)

GENERAL

The purpose of this event is **ENTERTAINMENT**.

There is only one category. Ladies and Men will therefore skate in the same category. This will consist of a programme of 2 minutes 05 secs max but may be less. (Preferred programme length is 2 mins)

Requirements:

A well balanced programme concentrating on musical interpretation.

Any props must be small and hand held.

THIS CLASS WILL NOT BE SUBJECT TO ISU RULES

EXHIBITION SKATING JUDGING.

The exhibition program consists of a variety of skating moves selected for their value in enhancing the skater's interpretation of the music. Skaters will be judged on their ability to entertain through the use of music, choreography and costume.

Judged component 1	Precision & Difficulty	Difficulty of the steps and other skating movements involved, including steps, jumps, and spins, and how well they are performed. Additional marks for double or other complex jump sequences will not be given unless they greatly enhance the performance.
Judged component 2	Costume & Design	Suitability of the costume in relation to the music and illustration of the theme (if any), continuity and linking of sections within the performance.
Judged component 3	Choreography & Presentation	The interpretation of the music into skating movement, the interpretation of the rhythm and the balance of movements, steps, jumps and spins.
Judged component 4	Music	Suitability of the music used in relation to the performance and the composition of the performance in relation to the harmony of the music.
Judged component 5	Innovation & Entertainment	Originality of performance, general entertainment value, appeal of the performance.

DEDUCTIONS

All Deductions are as per ISU.

The Results will be calculated using the same method of calculation as specified in the current ISU Regulations with the following additional regulation being used in the event of a tie

In the event of a Tie, the Precision & Difficulty Judge's place will be ignored. If this still results in a tie, the total from the other judges will be calculated and the highest points will take the place. In the event of this being the same, the places will be tied.

Vocal music is allowed. Warm up duration is five (5) minutes