

# Bulles de Troyes

A Multinational Adult **Skating** Challenge

May, 3rd to 5th 2019

Patinoire des 3 Seine,  
Troyes near Paris, France

- Free Skating
- Pair **Skating**
- Dance
- Solo Dance
- Artistic** Free Skating
- Synchronized **team**
- Theater on **Ice**

Find more information on our website  
[bullesdetroyes.com](http://bullesdetroyes.com)



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# 1. GENERAL

## A. OUR GOALS

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

## B. RULES

The **International Adult Open Skating Competition Bulles de Troyes 2019** will be held in Troyes, France, on 4<sup>th</sup> and 5<sup>th</sup> May 2019.

This event is an FSGT "Fédération Sportive Gymnique du Travail" a **non-qualifying Interclub competition for adult categories** (single skating, and dance). Open to everyone, all clubs are invited to take part in this competition. In case of too many entries the organizer reserves the right to limit the number of participants.

## C. ELIGIBILITY

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

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

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

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

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

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

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

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

Coaches are authorized to participate.

Coaches and students are welcome to compete in all events, however, this competition DOES NOT have a PRO-AM category and it is MANDATORY that pair and dance couples enter at the skill level of the more skilled skater, even if that skater is not a coach.

A skater competing after 1st July 2018 in an ISU Championship, International Competition or National Championship of a Member Federation (other than an Adult International Competition or Adult National Championships) or a competition from which a skater qualifies for the National Championship of a Member Federation (other than an Adult National Championship) MAY NOT participate in this competition.

A skater competing prior to 1st July 2018 in a Championship or National Championship of a Member Federation or a competition from which a skater qualifies for the National Championship of a Member Federation MAY participate in this competition.

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

All other members who are not younger than 18 years of age July 1<sup>st</sup> 2018 preceding the event, may participate.



## **D. DISCIPLINES AND LEVELS**

The International Adult & Kids Figure Skating Starlight Challenge 2019 will include the following disciplines:

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

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

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

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

## **E. CLOTHING**

Competitors should note the following regarding appropriate clothing:

The clothing and make-up [of the Competitors] for competitions and victory ceremonies must be modest, dignified and appropriate for athletic competition – not garish or theatrical in design. Clothing may, however, reflect the character of the music chosen.

Men must wear full length trousers and must not wear tights. In addition, in Ice Dance, Ladies must wear a skirt/dress.

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

Clothing that does not adhere to these guidelines will be penalized by a deduction. The deduction for inappropriate clothing or make-up props and accessories (1.0) will be determined by a majority of the judges and the referee.

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

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

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

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



## **F. AGE CATEGORIES**

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

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

- Young Adult 18 yrs to -28 yrs (YA) Skaters born between July 1<sup>st</sup>, 1990 and June 30<sup>th</sup>, 2000
- Class I 29 yrs to -39 yrs Skaters born between July 1<sup>st</sup>, 1980 and June 30<sup>th</sup>, 1990
- Class II 39 yrs to -49 yrs Skaters born between July 1<sup>st</sup>, 1970 and June 30<sup>th</sup>, 1980
- Class III 49 yrs to -59 yrs Skaters born between July 1<sup>st</sup>, 1960 and June 30<sup>th</sup>, 1970
- Class IV 59 yrs to - 69 yrs Skaters born between July 1<sup>st</sup>, 1950 and June 30<sup>th</sup>, 1960
- Class V 69+ Skaters born before July 1<sup>st</sup>, 1950

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

## **G. ENTRIES**

### **Deadline**

All Forms must be returned to the Organizing Committee by e-mail no later than March 31<sup>st</sup> 2019 and preferably at the moment of registration.

The forms must be sent to [bullesdetroyes@bbox.fr](mailto:bullesdetroyes@bbox.fr)

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

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

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

### **Entry Fee**

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

First Single or Solo Dance event :	€ 50.00 per person
Second Single or Solo Dance event :	€ 30.00 per person
Third Single or Solo Dance event :	€ 25.00 per person

First pair or Dance couple event :	€ 35.00 per person
Second pair or Dance couple event :	€ 30.00 per person
Third Pair or Dance couple event :	€ 25.00 per person

Synchronized team	€ 200.00 per team
Shadow Skating team	€ 90.00 per team
Theater on ice team	€ 90.00 per team

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

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

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



### **Entry Payment**

Payment per bank transfer must be made to :

CIC TROYES DUBOIS  
39 RUE PAUL DUBOIS  
BP 403910013 TROYES CEDEX

#### **INTERNATIONAL PAYMENTS**

SWIFT (BIC) CMCIFRPP

IBAN : FR76 3008 7335 0300 0203 5930 238

OWNER : ECOLE DE GLACE DES 3 SEINE (BULLES DE TROYES)

### **Forms, documents and music**

Entry forms (including music forms as well as music files in mp3 and planned program content sheet) for participation in the International Bulles de Troyes Challenge 2019 must be sent simultaneously to :

[bullesdetroyes@bbox.fr](mailto:bullesdetroyes@bbox.fr)

## **H. JUDGING**

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

## **I. TECHNICAL DATA**

Patinoire des 3 Seine is a skating complex with the ice surface of 60 x 30 m, air-conditioned and heated, covering the events and the practices.

Internet Site Rink : <https://www.patinoire-troyes.fr/>

There are ample changing rooms available and off-ice warm-up space.

A self-service inside the building along the rink will be open from beginning till the end of the competition.

Spectators can watch the competition from the comfortable stands along the rink, they are not allowed at rinkside.



## 2. Technical Requirements Free Skating

### A. SINGLE FREE SKATING

#### For all levels

- VOCAL MUSIC MAY BE USED
- The points for each Program Component are multiplied by a factor of 1.6.
- The warm-up duration is six (6) minutes.
- Each fall shall receive a deduction of 1.0 (0.5 in Pre-Bronze)

#### Free Skating Elite

Skaters entering this category will compete against other Elite Free Skaters.

The technical requirements are the same as those for the category "Masters Free Skating".

#### Free Skating Masters

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

- a. A maximum of six (6) jump elements, one of which **must** be an Axel type jump.  
Single jumps are NOT permitted, but any double or even triple jumps should be included in the programme.  
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 combination may consist of the same or another, double or triple jump.
  - 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 half-loop when used in combination/sequence, in between two listed jumps, is considered as a listed jump with the value of a single loop (1Lo).
  - 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 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 maximum time is 3 minutes and 10 seconds.

#### Free Skating Gold

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 (may be less), consisting of single jumps (including the single Axel) **and** double jumps, but **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 combination may consist of the same or another single or double jump, with the exception of the jumps in **bold** above.
  - A jump sequence may consist of any number of single and double jumps, with the exception of the jumps in **bold** above.
  - Each listed jump may be performed a maximum of two (2) times.
  - Please note that the half-loop when used in combination/sequence, in between two listed jumps, is considered as a listed jump with the value of a single loop (1Lo).
  - 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 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 duration is 2 minutes and 40 seconds, +/- 10 seconds.

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.

### **Free Skating Silver**

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 combination may consist of the same or another single jump.
  - 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 half-loop when used in combination/sequence, in between two listed jumps, is considered as a listed jump with the value of a single loop (1Lo).
  - 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 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.

The maximum time is 2 minutes and 10 seconds.

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.

### **Free Skating Bronze**

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 or jump sequences in the free program.

- Each jump combination may consist of two (2) listed jumps.
  - A jump combination may consist of the same or another single jump.
  - A jump sequence may consist of any number of single jumps that may be linked by non-listed jumps like mazurkas etc. and/or hops immediately following each other while maintaining the jump rhythm (knee); there can be no steps, turns, crossovers or stroking during the sequence. Only the two (2) listed jumps with the highest value will count towards the technical score.
  - 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 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 duration is 1 minute and 40 seconds, +/- 10 seconds

### **Free Skating Pre-Bronze**

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

- a. A maximum of three (3) jump elements consisting of only half and single jumps.

**Axel type jumps, Lutz and Flip jumps are not permitted.**

There may be only one (1) jump combinations or jump sequences in the Free Program.

- A jump combination could consist of up to two (2) listed jumps.



- A jump combination may consist of the same or another single jump.
  - A jump sequence may consist of any number of single jumps that may be linked by non-listed jumps like mazurkas, etc... and/or hops immediately following each other while maintaining the jump rhythm (knee); there can be no turns/steps, crossovers or stroking during the sequence. However, only the two jumps with the highest value will count.
  - Please note that a half-loop in combination or in a sequence with any other listed jump will be called as a listed jump (1 Lo.).
  - Any solo jump can be repeated only once and this repetition must be done either in a jump combination or in a jump sequence.
  - Non-listed jumps may be included in the program as part of connecting footwork preceding single jumps.
- b. A maximum of one (1) spin.  
The spin must have a required minimum number of revolutions: three (3) .  
**Spin combination with change of foot and Flying spins is not permitted.**
- c. A maximum of one choreographic-sequence (ChSq) covering at least half of the ice surface and **must include at least one (1) spiral position (not a kick).**
- 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.
  - Additional spiral sequences and step sequences will not be counted in the technical score but will be counted as moves-in-the field (transitions) and marked as such.

The maximum time is 1 minute and 40 seconds, but may be less.  
Each fall shall receive a deduction of 0.5.

## **B. PAIR FREE SKATING**

### **For all levels**

- VOCAL MUSIC MAY BE USED
- The points for each Program Component are multiplied by a factor of 1.6.
- The warm-up duration is six (6) minutes.
- Each fall shall receive a deduction of 1.0 (0.5 in Pre-Bronze)

Pair events consist of Free Skating only.

Each pair must consist of a man and a lady.

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

Coaches and students are welcome to compete in all events, however it is MANDATORY that pair couples enter at the skill level of the more skilled skater, even if that skater is not a professional, but simply a higher level skater.

### **Elite Pair**

Pairs entering this category will compete against other Elite Pair Skaters.

The technical requirements are the same as those for the category "Masters Pair Skating".

### **Masters Pair**

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 3–4–5, full extension of the lifting arm(s) is mandatory.
- b. A maximum of two (2) throw jumps (single or double).
- c. A maximum of one (1) solo jump. **Single, double and triple jumps are permitted.**
- 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. A maximum of one (1) pair spin (pair spin or pair spin combination).

- 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, 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

The duration is 3 minutes and 30 seconds, +/- 10 seconds.

### Gold Pair

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

- a. A maximum of two (2) different lifts of Group 1 or Group 2 with a minimum  $\frac{1}{2}$  revolution for the man and 1 revolution for the lady.
  - The man's lifting hand(s) should be above his shoulder line.
  - Variations of the lady's position, no-handed and one-handed lifts, and combination lifts **are not permitted**.
  - Lifts of Groups 3-4-5 **are not permitted**.
  - Twist lifts **are not permitted**.
  - A different take-off counts as a different lift.
- b. A maximum of one (1) single throw jump (including the throw 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.
  - 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.

The duration is 2 minutes and 40 seconds, +/- 10 seconds.

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.

### **Silver Pair**

Silver 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 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 or one (1) jump sequence with any number of jumps (only the two jumps with the highest value will count for points).
  - Only single jumps are allowed.
  - Axel, Double and triple jumps **are not permitted**.
- e. A maximum of one (1) pair spin.
  - A pair spin is any spin 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 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 duration is 2 minutes and 20 seconds, +/- 10 seconds

### **Bronze Pair**

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

- a. A maximum of one (1) lift of Group 1 or Group 2 without any revolution for the man.
  - 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) solo single jump.
  - Axel, Double and triple jumps **are not permitted**.
- c. 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.**
- d. • Jump sequence **is not permitted.**
- e. A maximum of one (1) pair spin
  - A pair spin in a basic position (upright, sit or camel) or even on two feet are allowed, change of foot or change of position by one or both partners **is not permitted.**
  - 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 position or the spin will not be counted.
  - Any additional features will not count for level requirements and will be ignored by the Technical Panel.

The maximum time is 2 minutes, but may be less.

### **C. ARTISTIC SOLO, DUO or PAIR FREE SKATING**

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

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

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

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

The artistic program consists of a variety of skating moves selected for their value in enhancing the skater's interpretation of the music rather than for their technical difficulty. Skaters will be judged on their ability to interpret the music and develop a theme by using their skating skills.

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

- For Ladies and Men, at least one (1) but a maximum of two (2) single jumps **MUST** be included.
- For Ladies and Men at least one (1) but a maximum of two (2) spins **MUST** be included.
- For Pairs/Duo, a maximum of (1) lift of Group 1 or Group 2 is allowed
- For Pairs/Duo at least one (1) but a maximum of two (2) spins **MUST** be included. If only one (1) spin, it should be a pair spin or pair spin combination. If there is a second spin, it should be a solo spin for both skaters.

**Axel jump or double/triple/quad jumps, Combination jumps are NOT permitted.**

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

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

Credit for jumps and spins is based solely on the ability of such movements to enhance the chosen theme and support the music. Credit will not be given for their technical difficulty.

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 reflect the character of the program and to underline the rhythm and nuances of the chosen music. The skater must not remain in one place for more than five (5) seconds. Any element exceeding the maximum number as set forth above 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.

Costumes should be simple, tasteful and selected to enhance the performance by appropriately reflecting the character of the music and theme. Props 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 Referee is responsible for prop deductions.

Illegal elements:

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

VOCAL MUSIC MAY BE USED

The duration for Elite and Masters is 2 minutes +/- 10 seconds for both Ladies and Men as well as Pairs or Duo's.

The duration for Gold, Silver and Bronze is 1 minute and 30 seconds, +/- 10 seconds for both Ladies and Men

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

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

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

Each fall shall receive a deduction of 1.0.

### 3. Technical Requirements Ice Dance

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

#### A. PATTERN DANCES

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

Coaches and students are welcome to compete in all events, however it is MANDATORY that ice dance couples enter at the skill level of the more skilled skater, even if that skater is not a professional, but simply a higher level skater.

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

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

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

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

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

All pattern dances will be started so that the steps of the first pattern are skated in front of the judges unless otherwise specified by the Referee. If the Referee changes the side to start, the change must be announced at the time of the first draw for starting order. Starting the dance at the wrong side will be judged as illegal (1.0 deduction)

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

<b><u>Elite &amp; Masters</u></b>	- Argentine Tango 96 BPM (24 measures of 4 beats)	2 sequences
	- Rhumba 176 BPM (44 measures of 4 beats)	4 sequences
<b><u>Gold</u></b>	- Viennese Waltz 156 BPM (52 measures of 3 beats)	3 sequences
	- Silver Samba 112 BPM (28 measures of 4 beats)	2 sequences
<b><u>Pre-Gold</u></b>	- Tango 112 BPM (28 measures of 4 beats)	2 sequences
	- Quickstep 112 BPM (56 measures of 2 beats)	4 sequences
<b><u>Silver</u></b>	- Rocker Foxtrot 104 BPM (26 measures of 4 beats)	4 sequences
	- Starlight Waltz 174 BPM (29 measures of 6 beats)	2 sequences





<b><u>Pre-Silver</u></b>	- European Waltz 135 BPM (45 measures of 3 beats)	2 sequences
	- Blues 88 BPM (22 measures of 4 beats)	3 sequences
<b><u>Bronze</u></b>	- Fourteen step 112 BPM (28 measures of 4 beats)	4 sequences
	- Willow Waltz 135 BPM (45 measures of 3 beats)	2 sequences
<b><u>Pre-Bronze</u></b>	- Fiesta Tango 108 BPM (27 measures of 4 beats)	3 sequences
	- Swing Dance 100 BPM (25 measures of 6 beats)	2 sequences
<b><u>Copper</u></b>	- Rhythm Blues 88 BPM (22 measures of 4 beats)	3 sequences
	- Golden Skaters Waltz 162 BPM (27 measures of 6 beats)	3 sequences
<b><u>Tin</u></b>	- Prelim Foxtrot 100 BPM (25 measures of 4 beats)	3 sequences
	- Dutch Waltz 135 BPM (45 measures of 3 beats)	3 sequences

Factors in each dance for Program Components are:

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

Dancers must provide their own music on the following conditions :

- The music and its tempo throughout the required sequences must be constant and chosen in accordance with the required tempo of the Pattern Dance plus or minus 2 beats per minute.
- A violation of tempo specifications will result in a 1.0 point deduction by the Referee.
- Vocal music is allowed.
- The chosen tunes should have a clear and regular beat
- The music MUST reflect the character of the dance
- The 1<sup>st</sup> step of the 1<sup>st</sup> pattern of a dance will be started on the 1<sup>st</sup> strong beat of a musical phrase (Rule 708 paragraph 1.d).
- If a couple for any possible reason hasn't sent any music to skate on, the referee will decide on which tune these skaters will perform.

The Pattern Dances will be judged without Key Points.

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

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

VOCAL MUSIC MAY BE USED.

The points for each Program Component are multiplied by a factor of 0.7 (Rule 353, paragraph 1.m).

The Total Score for each dance will be multiplied by a factor of 0.5 (Rule 353, paragraph 1.b).

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

Each fall shall receive a deduction of 1.0.

## **B. RHYTHM DANCE**

VOCAL MUSIC MAY BE USED.

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

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

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

Each fall shall receive a deduction of 1.0





**Gold Rhythm Dance**

The composition of the Rhythm Dance in the season 2018/2019 is as follows:  
Tango or Tango plus one additional rhythm.

**Specifications Gold Rhythm Dance :**

- The description, chart and diagrams of the Pattern Dances are included in the ISU Handbook Ice Dance 2003.
- The concept and choreography must produce the feeling of a unified dance.
- The Pattern Dance elements may be skated anywhere in the Short Dance and should be integrated into the composition of the dance – there should not be the feeling that the rhythms are just put together without thought of how they fit together.

Note: as per ISU Communication 1860, paragraph 3, a Pattern Dance Element not started on the required beat must be penalized by Judges. Music for the entire Rhythm Dance (including music for specified Pattern Dance Elements) is provided by the couple.

**Required Gold Rhythm Dance Elements:**

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

**The Pattern Dance Element** must be skated on the Argentine Tango Rhythm.

- The Tempo of the music throughout the Pattern Dance Element must be constant and in accordance with the required Tempo and character of the Pattern Dance: Tango: i.e. 24 measures of 4 beats or 96 beats per minute, plus or minus 2 beats per minute
- The Pattern Dance Elements must be skated in strict time to the music with the start of the first Step of the Pattern Dance Element on the 1<sup>st</sup> strong beat of a musical phrase.
- 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 and 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

**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

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

**Transitional Dance Lift** : not more than one (1) Transitional Lift (up to 7 seconds) is permitted, must be performed optionally after the required Dance Lift.



**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.

**Special requirements :**

- Music
  - Music for Rhythm Dance may be vocal and must be suitable for Ice Dance as a sport discipline.
  - Music must be selected in accordance with the designated rhythm(s) and/or theme(s), and with the specified tempo when applicable.
  - Music with audible rhythmic beat only will be allowed
  - Music may be without audible beat up to 10 seconds at beginning only
- Pattern
  - It must proceed in a generally constant direction and must not cross the Long Axis of the ice surface except once at each end of the rink (within no more than 30 meters of the barrier=short axis).
  - The couple may also cross the Long Axis once at the entry and/or exit to the Not Touching Step Sequence and/or once at the entry to Pattern Dance Element. While performing required Step Sequence, the couple may cross the long axis
  - Loops in either direction are permitted provided they do not cross the Long Axis.
- Stops
  - After the clock is started with the first movement, the Couple must not remain in one place for more than 10 seconds at the beginning and/or end of the program.
  - During the program, either up to two full stops (duration must not exceed 5 seconds each) or up to one full stop (duration must not exceed 10 seconds) are permitted.
  - A Dance Spin or Choreographic spinning movement that does not travel will be considered as a Stop.
- Separations
  - Partners must not separate except to change Hold or to perform Required Elements requiring a separation.
  - Distance allowed is maximum 2 arms lengths during such separations
  - Change of hold and Turns as transitional elements must not exceed the duration of one measure of music. Separations at the beginning and/or end of the program may be up to 10 seconds in duration without restrictions on the distance of separation.
- Touching the ice
  - It is not allowed to touch the ice with hands
- Costume
  - Must be modest, dignified, not give the effect of excessive nudity and appropriate for athletic competition – not garish or theatrical in design. Clothing however may reflect the character of the chosen music.
  - Man must wear full length trousers. Lady must wear a skirt.
  - Accessories and props are not permitted

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

**Silver Rhythm Dance (Variation Dance)**

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

For the Silver level, the pattern dance element is Foxtrot

**Specifications Silver Variation Dance :**

- The description, chart and diagrams of the Pattern Dances are included in the ISU Handbook Ice Dance 2003.
- The concept and choreography must produce the feeling of a unified dance.
- The Pattern Dance elements and the variation pattern should be skated 2 times:



Note: as per ISU Communication 1860, paragraph 3, a Pattern Dance Element not started on the required beat must be penalized by Judges. Music for the Variation Dance is provided by the couple.

### **Required Silver Variation Dance Elements:**

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

Optional elements :

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

**The Variation** must be skated on the Foxtrot Rhythm.

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

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

It must be skated between the 2 Variation Elements.

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

### **Dance Spin**

The Dance Spin is not a Required Element. Nevertheless, a spinning movement skated by the couple together in any hold around a common axis on one foot (or two feet) with any number of rotations is permitted.

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

### **Special requirements :**

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

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

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

### **Bronze Rhythm Dance (Variation Dance)**

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

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

### **Specifications Bronze Variation Dance :**

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



Note: as per ISU Communication 1860, paragraph 3, a Pattern Dance Element not started on the required beat must be penalized by Judges. Music for the Variation Dance is provided by the couple.

### **Required Bronze Variation Dance Elements:**

#### • Pattern Dance Elements

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

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

Optional elements :

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

**The Variation** must be skated on the Tango Rhythm.

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

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

It must be skated between the 2 Variation Elements.

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

### **Dance Spin**

The Dance Spin is not a Required Element. Nevertheless, a spinning movement skated by the couple together in any hold around a common axis on one foot (or two feet) with any number of rotations is permitted.

A couple may choose to use this movement as part of their choreography. The Technical Panel will ignore these movements and the Judges will not consider these movements as one of the permitted stops.

### **Special requirements :**

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

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

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

### **Pre-Bronze Rhythm Dance (Variation Dance)**

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

For the Pre-Bronze level, the pattern dance element is Dutch Waltz

### **Specifications Pre-Bronze Variation Dance :**

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



Note: as per ISU Communication 1860, paragraph 3, a Pattern Dance Element not started on the required beat must be penalized by Judges. Music for the Variation Dance is provided by the couple.

### **Required Pre-Bronze Variation Dance Elements:**

#### • Pattern Dance Elements

- Start of the dance with #step 1
- First part of the variation, pattern dance section 1, #step 1 to #step 8
- Second part of the variation, free pattern executed on 48 beats of the music
- Third part of the variation, pattern dance section 2, #step 9 to 16

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

**The Variation** must be skated on the Waltz Rhythm.

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

### **Special requirements :**

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

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

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

## **C. FREE DANCE**

### **General Requirements for Free Dance**

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

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

Music that does not adhere to these descriptions will be severely penalized.

The music for Free Dance may be vocal and must be suitable for Ice Dance as a sport discipline and must have the following characteristics:

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

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



**VOCAL MUSIC MAY BE USED**

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

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

Each fall shall receive a deduction of 1.0.

**Elite & Master**

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

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

**Gold Free Dance**

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

- A maximum of two (2) different Dance Lifts, one (1) Short Lift with a maximum duration of 7 seconds and one (1) Combination Lift with a maximum duration of 12 seconds; OR three (3) different types of Short Lifts with a maximum duration of 7 seconds each.
- A maximum of one (1) Dance Spin (Spin or Combination Spin).
- A maximum of one (1) Circular Step Sequence in Hold, Style A.
- A maximum of one (1) Set of Synchronized Twizzles with up to three (3) steps between.

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

**Silver Free Dance**

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

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

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

**Bronze Free Dance**

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

- A maximum of one (1) Short Lift, with a maximum duration of 7 sec.  
Note that only a maximum Level 1 lift will be counted.
- A maximum of one (1) Diagonal Step Sequence in Hold, Style B
- A maximum of one (1) Dance Spin (No combination).

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

**D. SOLO PATTERN DANCES**

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

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

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

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

All pattern dances will be started so that the steps of the first pattern are skated in front of the judges unless otherwise specified by the Referee. If the Referee changes the side to start, the change must be announced at the time of the first draw for starting order. Starting the dance at the wrong side will be judged as illegal ( 1.0 deduction)

**Solo Elite & Masters**

- Argentine Tango 96 BPM (24 measures of 4 beats)

2 sequences

- Rhumba 176 BPM (44 measures of 4 beats)

4 sequences



<b><u>Solo Gold</u></b>	- Viennese Waltz 156 BPM (52 measures of 3 beats)	2 sequences
	- Silver Samba 112 BPM (28 measures of 4 beats)	2 sequences
<b><u>Solo Pre-Gold</u></b>	- Tango 112 BPM (28 measures of 4 beats)	2 sequences
	- Quickstep 112 BPM (56 measures of 2 beats)	3 sequences
<b><u>Solo Silver</u></b>	- Rocker Foxtrot 104 BPM (26 measures of 4 beats)	3 sequences
	- Starlight Waltz 174 BPM (29 measures of 6 beats)	2 sequences
<b><u>Pre-Silver</u></b>	- European Waltz 135 BPM (45 measures of 3 beats)	2 sequences
	- Blues 88 BPM (22 measures of 4 beats)	3 sequences
<b><u>Bronze</u></b>	- Fourteen step 112 BPM (28 measures of 4 beats)	3 sequences
	- Willow Waltz 135 BPM (45 measures of 3 beats)	2 sequences
<b><u>Pre-Bronze</u></b>	- Fiesta Tango 108 BPM (27 measures of 4 beats)	3 sequences
	- Swing Dance 100 BPM (25 measures of 6 beats)	2 sequences
<b><u>Copper</u></b>	- Rhythm Blues 88 BPM (22 measures of 4 beats)	3 sequences
	- Golden Skaters Waltz 162 BPM (27 measures of 6 beats)	3 sequences
<b><u>Tin</u></b>	- Prelim Foxtrot 100 BPM (25 measures of 4 beats)	3 sequences
	- Dutch Waltz 135 BPM (45 measures of 3 beats)	3 sequences

Factors in each dance for Program Components are:

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

Dancers must provide their own music on the following conditions :

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

The Pattern Dances will be judged without Key Points.

VOCAL MUSIC MAY BE USED.

The points for each Program Component are multiplied by a factor of 0.7 (Rule 353, paragraph 1.m).

The Total Score for each dance will be multiplied by a factor of 0.5 (Rule 353, paragraph 1.b).

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

Each fall shall receive a deduction of 1.0.

## **E. SOLO RHYTHM DANCE**

VOCAL MUSIC MAY BE USED.

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

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

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

Each fall shall receive a deduction of 1.0





**Solo Gold Rhythm Dance**

The composition of the Short Dance in the season 2018/2019 is as follows:

Argentine Tango plus any number of the following rhythms: Tango, and any closely related Spanish rhythm

**Specifications Rhythm Dance :**

- The description, chart and diagrams of the Pattern Dances are included in the ISU Handbook Ice Dance 2003.
- The concept and choreography must produce the feeling of a unified dance.
- The Pattern Dance elements may be skated anywhere in the Short Dance and should be integrated into the composition of the dance – there should not be the feeling that the rhythms are just put together without thought of how they fit together.

Note: as per ISU Communication 1860, paragraph 3, a Pattern Dance Element not started on the required beat must be penalized by Judges. Music for the entire Rhythm Dance (including music for specified Pattern Dance Elements) is provided by the couple.

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

**Required Rhythm Dance Elements:**

- Pattern Dance Elements

One sequence of the Argentine Tango. Each section of the Argentine Tango must be skated one after the other.

Section 1 (steps # 1-18) followed by Section 2 (steps # 19-31) with Step #1 skated on the judges opposite side.

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

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

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

**The Pattern Dance Element** must be skated on the Argentine Tango Rhythm.

- The Tempo of the music throughout the Pattern Dance Element must be constant and in accordance with the required Tempo and character of the Pattern Dance: Tango: i.e. 24 measures of 4 beats or 96 beats per minute, plus or minus 2 beats per minute
- The Pattern Dance Elements must be skated in strict time to the music with the start of the first Step of the Pattern Dance Element on the 1<sup>st</sup> strong beat of a musical phrase.
- 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 and 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

**Step Sequence**

One (1) Step Sequence chosen from the following Types of Pattern:

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

The pattern of the Step Sequence must maintain the integrity or basic shape of the chosen pattern.

Some deviations in the chosen pattern are expected in order to complete the required turns.

However, if the chosen pattern is not clearly recognizable, there will be a required reduction for incorrect Pattern by the Judges

Specifications :

- One (1) Stop permitted, up to 5 seconds
- One (1) Retrogression up to two measures is permitted and may start from the permitted Stop.
- Loop(s) **NOT permitted**



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

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

### **One (1) Combination Set of Sequential Twizzles**

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

### **Spin**

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

### **Special requirements :**

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

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

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

### **Solo Silver Rhythm Dance (Variation Dance)**

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

For the Silver level, the pattern dance element is Foxtrot

### **Specifications Silver Variation Dance :**

- The description, chart and diagrams of the Pattern Dances are included in the ISU Handbook Ice Dance 2003.
- The concept and choreography must produce the feeling of a unified dance.
- The Pattern Dance elements and the variation pattern should be skated 2 times:

Note: as per ISU Communication 1860, paragraph 3, a Pattern Dance Element not started on the required beat must be penalized by Judges. Music for the Variation Dance is provided by the couple.

### **Required Silver Variation Dance Elements:**

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

Optional elements :

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

**The Variation** must be skated on the Foxtrot Rhythm.

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



- The Pattern Dance Elements must be skated in strict time to the music with the start of the first Step of the Pattern Dance Element on the 1<sup>st</sup> strong beat of a musical phrase.
- #Step 1 of the Pattern Dance Elements must be skated on judge's left side.

**The Step Sequence** can be a Midline Step Sequence OR a Diagonal Step Sequence.  
It must be skated between the 2 Variation Elements.

**Dance Attitude**: not more than one (1) Attitude, executed before or after the Step Sequence and between the 2 Variation Elements.  
The Attitude must be recognizable and held for at least 3 seconds and maximum 7 seconds

### **Spin**

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

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

### **Special requirements :**

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

### **Bronze Rhythm Dance (Variation Dance)**

In this category it is expected from the dancer to skate a variation based on a pattern dance.  
For the Silver level, the pattern dance element is Fiesta Tango

### **Specifications Bronze Variation Dance :**

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

Note: as per ISU Communication 1860, paragraph 3, a Pattern Dance Element not started on the required beat must be penalized by Judges. Music for the Variation Dance is provided by the couple.

### **Required Bronze Variation Dance Elements:**

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

Optional elements :

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

**The Variation** must be skated on the Tango Rhythm.

- The Tempo of the music throughout the Variation must be constant and in accordance with the required Tempo and character of the Pattern Dance: Tango: i.e. 27 measures of 4 beats or 108 beats per minute, plus or minus 2 beats per minute



- The Pattern Dance Elements must be skated in strict time to the music with the start of the first Step of the Pattern Dance Element on the 1<sup>st</sup> strong beat of a musical phrase.
- #Step 1 of the Pattern Dance Elements must be skated on judge's left side.

**The Step Sequence** can be a Midline Step Sequence OR a Diagonal Step Sequence.  
It must be skated between the 2 Variation Elements.

**Dance Attitude**: not more than one (1) Attitude, executed before or after the Step Sequence and between the 2 Variation Elements.  
The Attitude must be recognizable and held for at least 3 seconds and maximum 7 seconds

### **Spin**

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

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

### **Special requirements :**

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

### **Pre-Bronze Rhythm Dance (Variation Dance)**

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

### **Specifications Pre-Bronze Variation Dance :**

- The concept and choreography must produce the feeling of a unified dance.
- The Pattern Dance elements and the free pattern should be skated 2 times:  
**Note:** as per ISU Communication 1860, paragraph 3, a Pattern Dance Element not started on the required beat must be penalized by Judges.  
Music for the Variation Dance is provided by the couple.

### **Required Pre-Bronze Variation Dance Elements:**

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

**The Variation** must be skated on the Waltz Rhythm.

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



**Special requirements :**

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

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

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

**F. SOLO FREE DANCE****General Requirements for Solo Free Dance**

The following are the Requirements for Music for Free Dance

Music that does not adhere to these descriptions will be severely penalized.

The music for Free Dance may be vocal and must be suitable for Ice Dance as a sport discipline and must have the following characteristics:

- The music must have an audible rhythmic beat and melody, or audible rhythmic beat alone, but not melody alone, and may be vocal.  
The music may be without an audible rhythmic beat for up to ten (10) seconds at the beginning or end of the program and up to ten (10) seconds during the program.
- The music must have at least one change of tempo and expression. These changes may be gradual or immediate, but in either case they must be obvious.
- All music, including classical music, must be cut/edited, orchestrated or arranged in a way that it creates an interesting, colourful, entertaining dance program with different dance moods or a building effect.
- The music must be suitable for the Skater's skating skills and technical ability.  
Free Dance music that does not adhere to these requirements will be penalized by a deduction of -1

**VOCAL MUSIC MAY BE USED**

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

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

Each fall shall receive a deduction of 1.0.

**Solo Gold Free Dance**

The requirements for a well-balanced program are:

- A maximum of two (2) different Attitudes,
- A maximum of two (2) Spins, with optional positions.

A simple spin with no change of foot consisting of at least three (3) rotations or a Combination Spin with a change of foot consisting of at least three (3) rotations on each foot is permitted.

- A maximum of one (1) Circular Step Sequence.
- A maximum of one (1) set of Synchronized Twizzles with up to three (3) steps between.

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

**Solo Silver Free Dance**

The requirements for a well-balanced program are:

- A maximum of one (1) Attitude.
- A maximum of one (1) Diagonal Step Sequence.
- A maximum of one (1) set of Synchronized Twizzles with up to three (3) steps between.
- A maximum of one (1) Spin with optional positions. (Spin or combination\_Spin)

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



**Solo Bronze Free Dance**

The requirements for a well-balanced program are:

- A maximum of one (1) Attitude.
- A maximum of one (1) Diagonal Step Sequence.
- A maximum of one (1) Spin with optional positions.
- A simple spin with no change of foot consisting of at least three (3) revolutions (no Combination).

VOCAL MUSIC MAY BE USED

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

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

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

Each fall shall receive a deduction of 1.0.

**4. Technical Requirements for Shadow Skating**

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

Alternative skaters are allowed as follows :

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

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

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

The teams must skate a well-balanced Program.

**A. SHADOW DANCE**

The Shadow Ice Dance program mainly consists of a pattern dance.

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

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

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

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

**Required and optional Shadow Dance Elements** (depending on the level – see chart) :

- Pattern Dance Elements (required)

Sequences of the Pattern Dance can be skated one after the other, but can be separated by other listed elements.

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

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

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

All other elements are optional

- Dance Attitude : not more than one (1) Attitude (Eagle, Ina Bauer, Spiral, etc...)





The Attitude can be skated in solo or in pair/duo. The Attitude must be clearly recognizable and held for at least 4 seconds and maximum 7 seconds.

- Dance Lift : not more than one (1) Short Lift

Or

- Dance Attitude & Dance Lift (synchronized) : not more than one (1) Attitude and not more than one (1) Short Lift. When the team is a combination of solo/duo and pairs, the solo/duo will perform an Attitude and the pairs will perform a short lift, these elements must be skated at the same time.

This is the only moment allowed in the program not to skate in shadow

- One Set of Sequential Twizzles
- Spin

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

Skaters may choose to use the optional elements as part of their choreography.

### **Special requirements :**

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

Dancers must provide their own music on the following conditions :

- The music must be chosen in accordance with the required tempo of Pattern Dances plus or minus 2 beats per minute.
- A violation of tempo specifications will result in a 1.0 point deduction by the Referee.
- Vocal music is allowed.
- The chosen tunes should have a clear and regular beat
- The chosen music may be a tune from the ISU official Ice Dance music.

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

<b><u>Shadow Gold :</u></b>	- Tango 112 BPM (28 measures of 4 beats)	3 sequences
	- Quickstep 112 BPM (28 measures of 4 beats)	3 sequences
<b><u>Shadow Silver :</u></b>	- Rocker Foxtrot 104 BPM (26 measures of 4 beats)	3 sequences
	- Starlight Waltz 174 BPM (29 measures of 6 beats)	2 sequences
<b><u>Shadow Bronze :</u></b>	- Fourteen step 112 BPM (28 measures of 4 beats)	3 sequences
	- Willow Waltz 135 BPM (45 measures of 3 beats)	3 sequences
<b><u>Shadow Pre-Bronze :</u></b>	- Fiesta Tango 108 BPM (27 measures of 4 beats)	3 sequences
	- Swing Dance 100 BPM (25 measures of 6 beats)	2 sequences
<b><u>Shadow Copper :</u></b>	- Golden Skaters Waltz 162 BPM (27 measures of 6 beats)	3 sequences
	- Riverside Rhumba 104 BPM (26 measures of 4 beats)	3 sequences
<b><u>Shadow Tin :</u></b>	- Canasta Tango 108 BPM (27 measures of 4 beats)	3 sequences
	- Dutch Waltz 135 BPM (45 measures of 3 beats)	3 sequences





The Tempo throughout the required sequences must be constant and in accordance with the required tempo of the Pattern Dance plus or minus 2 beats per minute.

The 1<sup>st</sup> step of the 1<sup>st</sup> pattern of a dance will be started on the 1<sup>st</sup> strong beat of a musical phrase.

VOCAL MUSIC MAY BE USED.

The maximum time is 2 minutes and 50 seconds, but may be less.

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

Each fall shall receive a deduction of 1.0.

**B. SHADOW FREE SKATING**

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

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

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

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

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

**Required and optional Shadow Free Skating Elements**

	GOLD	SILVER	BRONZE	PRE-BRONZE
JUMPS	Minimum 3 and maximum 6 jump elements	Minimum 3 and maximum 5 jump elements	Minimum 2 and maximum 4 jump elements	Minimum 1 and maximum 3 jump elements
SPINS	2 spins are required, one must be a spin combination with a change of foot	1 spin combination with or without change of foot	1 spin combination without change of foot (at least 2 revolutions in each position)	1 spin in a basic position (at least 4 revolutions)
LIFTS	1 lift of group 1 and 1 lift of group 2	1 lift of group 1 OR group 2	Optional	Optional
ATTITUDES	Optional	Optional	2 different attitudes	1 attitude
STEP SEQUENCE	Can be chosen out of -circular -diagonal -midline	Can be chosen out of -circular -diagonal -midline	Can be chosen out of -diagonal -midline	Midline
PIVOT	Combination backward and forwards and also left and right	Combination backwards and forwards	Backwards only	Optional

**5. Technical Requirements Synchronized Skating**

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

A team shall consist of 8-16 skaters with a maximum number of four (4) alternate skaters, and may include both ladies and men. Skaters must meet the age requirements as stated in this announcement.



The teams must skate a well balanced Free Skating Program which contains the following six (6) elements:

1. **Pivoting** Element- Block
2. **Rotating** Element- Circle
3. **Intersection** Element
4. **Linear** Element- line
5. **Traveling** Element- wheel
6. **Choice of one of the following Elements: Creative** element or **Combined** Element

Additional elements may be incorporated into the Free Skating Program and will be judged as transitions and/or choreography components. The Planned Program Content sheet should indicate which elements are transition/choreography elements

**Holds:** Minimum of three (3) different recognizable holds are required.

Duration: maximum of 3 min.30 sec. but may be less

The time must be reckoned from the moment that the Team begins a skating movement (glide) until arriving at a complete stop at the end of the program

Factors Free Skating: for Program Components 1.0 Music

Vocal music using lyrics is permitted.

Official Practice ice will be offered on the day of the SYS competition.

Additional Practice time will be available and can be booked through the ice arena management.

## ***6. Technical Requirements Theatre on Ice***

**Adult** - 100% of the team must have reached the age of 18 years as of the December 1st preceding the competition. Teams consist of a minimum of 4 skaters and a maximum of 16 skaters.

**Program Length** - FS: 3 minutes plus or minus 10 seconds

### **Definition of Chorus**

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

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

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

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

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

**The quality of skating movements, speed and skating skills will be evaluated in the mark for Skating Skills.**

**The Artistic relevance will be reflected in the mark for Choreography.**

### **Costumes and Props**



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

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

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

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

An audio description of the program (or other verbal text) may be part of the CD/tape and precede the commencement of the program. The audio reading should not exceed 30 seconds. (See competition section in this guidebook for more information on audio descriptions.)

Coaches may not direct, prompt, or otherwise communicate with the skaters during the performance. If the tempo or quality of the music is deficient, no restart may be made if a team member fails to inform the referee within 30 seconds after the start. No restarts of the whole program are allowed, except for deficient music.

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

All scenery and props must be present on the ice during the 2 minute warm up and remain on the ice for the duration of the program. No scenery or props may be handed to a skater by coaches, parents or spectators during the performance. □

#### **Deductions (Referee)**

- Falls will be penalized on the total score by the referee. There will be a deduction of one (1) point for each fall of one skater and 2 points for a fall involving two or more skaters.
- Time violation(s) : a one (1) point deduction will be taken by referee for programs exceeding the maximum time limit for each 15 seconds over the maximum program blength.
- Failure to be ready to start once the narrative is read and team has been announced. A one (1) point deduction will be made by the referee.
- Failure to report to the referee in the case of a defective music incident or problem outside the allowed 30 seconds

## **6. Music**

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

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

Please send your music to [bullesdetroyes@bbox.fr](mailto:bullesdetroyes@bbox.fr)

The music file name must include following information

- Discipline (Free, Artistic, Dance, TOI, Synchro, Shadow)
- Name of the skater or couple/pair/duo or team



- Category (Level and Age : Bronze L3, Silver M2, Gold C or P1, etc...)

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

The titles, composers and performers of the music to be used, must be listed for each competitor on the official Competition Music Form and attached to the official Entry Form for Competitors.

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

**Music on cd's WILL NOT BE ACCEPTED**

## **7. Planned Program Content Sheet**

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

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

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

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

## **8. Expenses Provided**

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

All competitors and coaches will cover their own expenses.



## **9. Accommodation**

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

**Very close to the rink, you will find:**

Hotel IBIS Rue Camille Claudel, 10000 Troyes

[Téléphone : 03 25 75 99 99](tel:0325759999)

Web site : <https://www.accorhotels.com/fr/hotel-5546-ibis-troyes-centre/index.shtml>

Hotel IBIS Style : Rue Camille Claudel, 10000 Troyes

[Téléphone : 03 25 43 24 24](tel:0325432424)

Web site : <https://www.accorhotels.com/fr/hotel-7496-ibis-styles-troyes-centre/index.shtml>

Hotel Mercure : 11 Rue des Bas Trevois, 10000 Troyes

[Téléphone : 03 25 46 28 28](tel:0325462828)

Web site : <https://www.accorhotels.com/fr/hotel-3168-hotel-mercure-troyes-centre/index.shtml>

For another accommodation, please check on [www.booking.com](http://www.booking.com) or similar sites.

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

## **10. Registration**

All Office Holders, Event Officials, Competitors, Coaches etc. are requested to register at the "Information and Registration Counter" – of the ice rink Patinoire des 3 Seine- 12 Boulevard Jules Guesde, 10000 Troyes.

## **11. Results**

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

Results and scores can be found on the official event site [www.bullesdetroyes.com](http://www.bullesdetroyes.com)

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

## **12. Draws – Order of skating**

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

## **13. Insurance / Liability**

It is the sole obligation of each participant to provide medical and accident insurance. Such insurance must assure full medical attendance and also the return of the ill or injured person to the home country by air transport or by other expeditious means.

Competitors, officials and supporters participate at their own risks.



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

## 14. Travel

**Troyes** (French pronunciation: [tʁwa]) is a commune and the capital of the department of Aube in north-central France. It is located on the Seine river about 150 km (93 mi) southeast of Paris. This area is known as the Champagne region of Northern France. Many half-timbered houses (mainly of the 16th century) survive in the old town. Troyes has been in existence since the Roman era, as **Augustobona Tricassium**, which stood at the hub of numerous highways, primarily the Via Agrippa.

Troyes is home to the Lacoste company production headquarters, a popular clothing brand. It is also home of prize-winning chocolatier Pascal Caffet

The train station Gare de Troyes offers connections to Paris, Dijon, Mulhouse and several regional destinations. Troyes is at the junction of the motorways A5 (Paris – Troyes – Langres) and A26 (Calais – Reims – Troyes). Troyes – Barberey Airport is a small regional airport.

## 15. Miscellaneous

- An Opening Reception for all participants and officials will be held on Friday 3rd May 2019.
- A Gala Dinner (buffet) will be held on Saturday 4<sup>th</sup> May 2019.  
Further information will follow later to all participants of this event.
- Practice Ice : sessions will be available on 3<sup>rd</sup> and 4<sup>th</sup> May, late evening on Friday and early morning before the competition and need to be booked and paid in advance.
- Special course : A special practice course will be organized during the week before the competition and needs to be booked and paid in advance before closing date of entries.

Please address all requests for information related to the competition, patches/additional training, others to [bullesdetroyes@bbox.fr](mailto:bullesdetroyes@bbox.fr)

## 16. Tentative Event Schedule

The tentative schedule will be send out 2 weeks after closing date.

## 17. Registration and Forms

Hereafter you'll find all necessary forms :

- Registration forms
  - \* solo skating (Free, Artistic, Dance)
  - \* pair/duo skating (Free, Artistic, Dance)
  - \* team skating (Synchronized Skating)
  - \* team skating (Theatre on Ice)
  - \* team skating (Shadow Skating)
- Music form
- Planned Program Content sheet
- Practice ice booking form
- Sharpening request
- Gala Dinner registration form



# Registration Form for solo skating

Name : \_\_\_\_\_ I am a Lady \_\_\_ (please specify) I am a Man \_\_\_

Address : \_\_\_\_\_

City : \_\_\_\_\_

Country : \_\_\_\_\_

Email : \_\_\_\_\_

Would like to register in Age Category :   
 (Please tick your age category)

Young Adult 18 yrs to -29 yrs	___
Class I 29 yrs to -39 yrs	___
Class II 39 yrs to -49 yrs	___
Class III 49 yrs to -59 yrs	___
Class IV 59 yrs to - 69 yrs	___
Class V 69+	___

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

Free Skating	___	Free Artistic	___	Pattern	___	Dance	___	Rhythm	___	Free	___
Pre-Bronze	___			Tin	___						
Bronze	___	Bronze	___	Copper	___						
Silver	___	Silver	___	Pre-Bronze	___	Pre-Bronze	___				
Gold	___	Gold	___	Bronze	___	Bronze	___			Bronze	___
Masters	___	Masters	___	Pre-Silver	___	Silver	___			Silver	___
Elite	___	Elite	___	Silver	___	Gold	___			Gold	___
				Pre-Gold	___						
				Gold	___						
				Masters	___						
				Elite	___						

I have to pay :

Solo Free Skating	1 <sup>st</sup> event	___	Solo Ice Dance	1 <sup>st</sup> event	___
	2 <sup>nd</sup> event	___		2 <sup>nd</sup> event	___
				3 <sup>rd</sup> event	___
TOTAL SOLO FREE SKATING		___	TOTAL SOLO ICE DANCE		___





# Registration Form for pair/duo skating

Name : \_\_\_\_\_

Partner's name : \_\_\_\_\_

Address : \_\_\_\_\_

Partner's address : \_\_\_\_\_

City : \_\_\_\_\_ City : \_\_\_\_\_

Country : \_\_\_\_\_ Country : \_\_\_\_\_

Email : \_\_\_\_\_ Email : \_\_\_\_\_

Would like to register in Age Category :   
 (Please tick your age category)

Young Adult 18 yrs to -29 yrs	___
Class I 29 yrs to -39 yrs	___
Class II 39 yrs to -49 yrs	___
Class III 49 yrs to -59 yrs	___
Class IV 59 yrs to - 69 yrs	___
Class V 69+	___

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

Free Skating	___	Free Artistic	___	Pattern	___	Dance	___	Rhythm	___	Free	___
Pre-Bronze	___	Bronze	___	Tin	___						
Bronze	___	Silver	___	Copper	___						
Silver	___	Gold	___	Pre-Bronze	___	Pre-Bronze	___				
Gold	___	Masters	___	Bronze	___	Bronze	___			Bronze	___
Masters	___	Elite	___	Pre-Silver	___	Silver	___			Silver	___
Elite	___			Silver	___	Gold	___			Gold	___
				Pre-Gold	___						
				Gold	___						
				Masters	___						
				Elite	___						

We have to pay :

Pair/Duo Free Skating	1 <sup>st</sup> event	___	Pair Ice Dance	1 <sup>st</sup> event	___
	2 <sup>nd</sup> event	___		2 <sup>nd</sup> event	___
				3 <sup>rd</sup> event	___

TOTAL PAIR/DUO FREE SKATING \_\_\_

TOTAL PAIR/DUO ICE DANCE \_\_\_







## Competition Music Information

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

Please fill in with type or write in capital letters

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

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

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

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

FP / FD / Artistic / Theatre / Shadow Free / Synchro (please specify)	
1	Name of Music Duration of Music Composer Orchestra
2	Name of Music Duration of Music Composer Orchestra
3	Name of Music Duration of Music Composer Orchestra
4	Name of Music Duration of Music Composer Orchestra



## Official Practice Ice booking form

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

Sessions will be separated as follows :

- Free Skating and Artistic for Solo and Pair/Duo skaters maximum 10 skaters/session of 30 minutes
- Ice Dance for Solo/Pair maximum 10 skaters/session of 30 minutes

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

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

Sessions of 20minutes each can be booked at the price of € 60 for teams synchro/TOI skaters

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

### For solo skaters and pairs/duo

Name : \_\_\_\_\_  
(Solo skater)

Name : \_\_\_\_\_  
(Both names when  
booking for pair or duo)

\_\_\_\_\_

Would like to book one session Practice Ice **Free Skating**

Would like to book one session Practice Ice **Free Artistic** and will have to pay a total price of : \_\_\_\_\_ €

Would like to book one session Practice **Pattern Dance**

Would like to book one session Practice **Rhythm Dance and/or Free Dance**

and will have to pay a total price of : \_\_\_\_\_ €

### For teams

Name team: \_\_\_\_\_

Would like to book one session Practice **Shadow** (Dance or Free) and will have to pay a total price of : \_\_\_\_\_ €

Name team: \_\_\_\_\_

Would like to book one session Practice **TOI**

Would like to book one session Practice **Synchro**

(only 1 session per team available)

and will have to pay a total price of : \_\_\_\_\_ €

We will be on a session for

- Theatre on Ice \_\_\_\_\_
- Synchronized skating \_\_\_\_\_



## Sharpening booking form

Name skater or team : \_\_\_\_\_

Email : \_\_\_\_\_

Would like to book \_\_\_\_\_ \* sharpening for me

I have \*\* free skates \*\* dance skates

Would like to book \_\_\_\_\_ \* for skaters from my team

We have \_\_\_\_\_ \*\* free skates

\_\_\_\_\_ \*\* dance skates

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



## Gala Dinner booking form

Name skater: \_\_\_\_\_

Name team : \_\_\_\_\_

Email : \_\_\_\_\_

Would like to book \_\_\_\_\_ \* gala dinner

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

Payment is not requested.

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

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

## Opening Reception booking form

Name skater: \_\_\_\_\_

Name team : \_\_\_\_\_

Email : \_\_\_\_\_

Would like to attend with \_\_\_\_\_ \* persons to the opening reception

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

