



GLISS EXTRA 2017

Annex 1 TECHNICAL DATA

Single Skating A class

PRE-CHICKS Girls and Boys (2011 and younger)

Free Program: 2:00 minutes/ ± 10 sec.

1. Maximum of four (4) jump elements
 - Maximum two (2) jump combinations or jump sequences. Jump combinations may consist of 2 jumps only. Combinations of 3 jumps are not allowed. A jump sequence may contain any number of jumps, but only the two most difficult jumps will be counted.
2. Max. two (2) spins of different nature.
3. One (1) Step sequence with full utilization of the ice surface. The sequence will receive a Level and will be evaluated in GOE.
 - Axel and double jumps are not allowed

Components:

- skating skills
- performance / execution

The factor for the Program Components is 2,5.

The level of spins and step sequences cannot be higher than 2. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

CHICKS Girls and Boys (2009/2010)

Free Program: 2:00 minutes/ ± 10 sec.

1. Maximum of four (4) jump elements
 - Maximum two (2) jump combinations or jump sequences. Jump combinations may consist of 2 jumps only. Combinations of 3 jumps are not allowed. A jump sequence may contain any number of jumps, but only the two most difficult jumps will be counted.
2. Max. two (2) spins of different nature.
3. One (1) Step sequence with full utilization of the ice surface. The sequence will receive a Level and will be evaluated in GOE.
 - Axel and double jumps are not allowed

Components:

- skating skills
- performance / execution

The factor for the Program Components is 2,5.

The level of spins and step sequences cannot be higher than 2. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

CHICKS „Axel“ Girls and Boys (2009/2010)

Free Program : 2:00 minutes/ ± 10 sec.

1. Maximum of four (4) jump elements, including:
 - at least one (1) Axel-type jump
 - maximum two (2) jump combinations or sequences. Jump combinations may consist of 2 jumps only. Combinations of 3 jumps are not allowed. A jump sequence may contain any number of jumps, but only two most difficult jumps will be counted.
2. Max. two (2) different spins with at least four (4) revolutions.
3. One (1) step sequence with full utilization of the ice surface. The sequence will receive a Level and will be evaluated in GOE.

Components:

- skating skills
- performance / execution

The factor for the Program Components is 2,5.

The level of spins and step sequences cannot be higher than 2. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

CUBS Girls and Boys (2007/2008)

Free Program: 2:30 minutes/ ± 10 sec.

1. Maximum of four (4) jump elements:
 - at least one (1) Axel-type jump
 - maximum two (2) jump combinations or sequences. Jump combinations may consist of 2 jumps only. Combinations of 3 jumps are not allowed. A jump sequence may contain any number of jumps, but only the two higher valued jumps will be counted.
2. Max. two (2) spins of different nature:
 - one (1) spin combination with change of foot (minimum three (3) revolutions on each foot) or without change of foot (min. six (6) revolutions in total);
 - one spin with no change of position and with a change of foot (minimum three (3) revolutions on each foot) or without change of foot (min. six (6) revolutions in total). Flying entry is allowed.
3. One (1) Step sequence with full utilization of the ice surface. The sequence will receive a Level and will be evaluated in GOE

Components that are judged:

- skating skills
- performance / execution

The factor for the Program Components is 2,5.

The level of spins and step sequences cannot be higher than **2**. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

NB! Additional information

1. Judging is carried out in accordance with ISU Comm. 2089 and additions related to these documents.
2. Any single or double jump (including 1A) may be executed only twice (2).
3. Time violation - 0.5 point deduction for every 5 seconds in excess.
4. Falls - 0.5 point deduction for every fall.
5. Interruption – 0,5 point deduction
6. There shall be no bonus for difficult elements in the second half of the program.
7. Protests must be submitted not later than 24 hours after the publication of results. Protest can be filed against the incorrect determination of the executed element or any calculation error. In case of incorrect determination of the executed element, all technical panel members (TC, TS and assistant TS) must agree with the correction. The correction shall be determined on the basis of official recording only. Protest fee is EUR 50. The protest must be submitted to the Referee of the event in writing. In case the Referee cannot be reached, the protest can be submitted to the competition Office (ISU Rule 123).
8. Pre-chicks, Chicks and Chicks Axel category skaters are allowed to participate in a higher category (i.e. up to Cubs) if their skills meet the technical requirements of that category.
9. There can be up to 10 skaters in a warm-up group.
10. Call to start is 30 sec. for all skaters.

Basic Novice A

Basic Novice A category will be held in accordance with ISU Communication 2024 and all respective ISU Communications.

Age requirements:

- has reached at least the age of ten (10)
- has not reached the age of thirteen (13)

before July 1st preceding the event

Free Skating 2:30 min, +/- 10 sec

Basic Novice B

Basic Novice B category will be held in accordance with ISU Communication 2024 and all respective ISU Communications.

Age requirements:

- has reached at least the age of thirteen (13)
- has not reached the age of fifteen (15)

before July 1st preceding the event

Free Skating 3:00 min, +/- 10 sec

Advanced Novice

Advanced Novice category will be held in accordance with ISU Communication 2024 and all respective ISU Communications.

Age requirements:

- has reached at least the age of ten (10)
- has not reached the age of fifteen (15)

before July 1st preceding the event

Short program girls and boys 2:20 +/- 10 sec

Free skating girls 3:00 min, +/- 10 sec

Free skating boys 3:30 min, +/- 10 sec

Junior (Ladies/ Men) and **Senior** (Ladies/Men)

In accordance with ISU Special Regulations and Technical Rules for Single and Pair Skating 2014:

Single Skating Short Program – reg. no 611,

Single Skating Free Program – reg. no 612, and the respective ISU Communication. Special attention should be paid to the “well balanced program” and the element value.

Judging according to ISU Comm. 2089.

Single Skating B class

Minimum requirements

CUBS B **Girls and Boys (born 2007/2008)**

Free program: max 2:30 minutes (+/- 10 sec)

1. Maximum four (4) jump elements

- at least one (1) and maximum two (2) jump combinations or jump sequences
- only one (1) jump combination may consist of three (3) jumps

2. Maximum two (2) spins of different nature, each of them must be minimum of three (3) revolutions

3. One (1) Step sequence with full utilization of the ice surface. The sequence will receive a Level and will be evaluated in GOE

Axel Paulsen and one (1) double jump is allowed and it may be repeated not more than two (2) times.

SPRINGS B **Girls and Boys (born 2005/2006)**

Free program: 2:30 minutes, (+/- 10 sec)

1. Maximum five (5) jump elements, one of which must be Axel type jump

- at least one (1) and maximum two (2) jump combinations or jump sequences
- only one (1) jump combination may consist of three (3) jumps

2. Three (3) spins of different nature minimum of three (3) revolutions.

3. One (1) Step sequence with full utilization of the ice surface. The sequence will receive a Level and will be evaluated in GOE

Maximum 2 (two) double jumps are allowed and they may be repeated two (2) times.

Components that are judged:

- skating skills
- performance, program composition, music interpretation

The factor for the Program Components is

- for boys 2,0
- for girls 1,7

The level of spins and step sequences cannot be higher than **2**. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

Additional Information for Cubs B and Springs B:

1. Any jump with the same name may be repeated only twice including Axel-type jumps.
2. Jump sequence may consist of any number of jumps, but only two (2) most difficult jumps will be counted.
3. Falls: -0.5 point deduction for every fall
4. Time violation: -0.5 point deduction for every 5 seconds in excess
5. Interruption: -0,5 point deduction
6. In the categories Cubs B and Springs B no bonus shall be applied for jumps in the second half of the program.
7. **There can be up to 10 skaters in a warm-up group.**

NOVICE B Girls and Boys

Age requirements:

- has reached at least the age of ten (10)
- has not reached the age of fifteen (15)

before July 1st preceding the event

Free program only: 3 minutes (±10 sec.).

1. **Maximum 5 jump elements for girls and 6 jump elements for boys**, one of which must be Axel type jump
 - There may be up to two (2) jump combinations or sequences. A jump combination can contain only two (2) jumps.
 - A jump sequence can contain any number of jumps, but only two most difficult jumps will be counted.
 - Maximum 2 (two) double jumps are allowed and they may be repeated two (2) times.
 - any jump with the same name cannot be included more than two (2) times in total.
 - 2A and triple jumps are not allowed
2. Maximum three (3) spins of different nature
 - one (1) spin combination (minimum of ten (10) revolutions in total)
 - one (1) flying spin (minimum of 5 revolutions)
 - one (1) spin is optional (minimum of 5 revolutions)
3. There must be
 - One (1) Step sequence with full utilization of the ice surface. The sequence will receive a Level and will be evaluated in GOE

Components:

- Skating skills
- Performance/execution
- Interpretation

The factor for the Program Components is

- For boys 2.0
- For girls 1.7

The level of spins cannot be higher than level 2. Extra features do not increase the level.

JUNIOR B Girls and Boys (Age same as Junior A)

Free Skating only: 3:00 minutes (±10 sec.)

1. Maximum 5 jump elements,
 - one of which must be Axel type jump
 - There should be at least one (1) and may be up to two (2) jump combinations or sequences.
2. There must be (3) spins of different nature
 - one (1) spin combination (minimum of ten (10) revolutions in total)
 - one (1) flying spin (minimum of 6 revolutions)
 - one (1) spin is optional (minimum of 6 revolutions)
3. There must be

- One (1) Step sequence with full utilization of the ice surface. The sequence will receive a Level and will be evaluated in GOE

Components:

- Skating skills
- Transitions
- Performance/execution
- Interpretation

The factor for the Program Components is

- For boys 1.7
- For girls 1.5

The level of spins and step sequences cannot be higher than level 3. Extra features do not increase the level.

Additional Information for Novice B and Junior B:

1. Any jump with the same name may be executed only twice including Axel-type jumps.
2. Jump sequence may consist of any number of jumps, but only two (2) most difficult jumps will be counted.
3. Falls: -1 point deduction for every fall
4. Time violation: -0.5 point deduction for every 5 seconds in excess
5. Interruption: – 0,5 point deduction
6. Vocal music is allowed.
7. In the categories Novice B and Junior B no bonus shall be applied for jumps in the second half of the program.
8. There can be up to 9 skaters in a warm-up group.

Single skating for young amateur skaters

Pre-Young Girls and Boys (born 2007/2008)

Free program 2:00 min

± 10 sec

1. Maximum five (5) jump elements

- at least two (2) of them are solo jumps
- at least one (1) and no more than three (3) are jump combinations or sequences
- only one jump combination may consist of three (3) jumps

2. At least one (1) but not more than two (2) spins of different nature min. three (3) revolutions.

3. Step sequence (2/3 cover of the ice), (straight line, circular or serpentine).

Axel and double jumps are not allowed!

Any jump with the same name may be executed only twice including Axel -type jumps.

Pre-Young Girls and Boys (born 2005/2006)

Free program 2:00 min± 10 sec

1. Maximum five (5) jump elements

- at least two (2) of them are solo jumps
- at least one (1) and no more than three (3) are jump combinations or sequences
- only one jump combination may consist of three (3) jumps

2. At least one (1) but not more than two (2) spins of different nature min. three (3) revolutions.

3. Step sequence (2/3 cover of the ice), (straight line, circular or serpentine).

Axel and double jumps are not allowed!

Any jump with the same name may be executed only twice including Axel- type jumps.

Young Girls and Boys (born 2002-2004)

Free program 2:30 min ± 10 sec

1. Maximum five (5) jump elements

- at least two (2) of them are solo jumps
- at least one (1) and no more than three (3) are jump combinations or sequences
- only one jump combination may consist of three (3) jumps

2. At least one (1) but not more than two (2) spins of different nature min. four (4) revolutions.

3. Step sequence (2/3 cover of the ice), (straight line, circular or serpentine).

Maximum one (1) Axel and one (1) double jump are allowed, which may be repeated only once in a jump combination/sequence!

Any jump with the same name may be executed only twice including Axel-type jumps.

Young Girls and Boys (1998 - 2001)

Free program 2:30 min ± 10 sec

1. Maximum five (5) jump elements

- at least two (2) of them are solo jumps
- at least one (1) and no more than three (3) are jump combinations or sequences
- only one jump combination may consist of three (3) jumps

2. At least one (1) but not more than two (2) spins of different nature min. four (4) revolutions.

3. Step sequence (2/3 cover of the ice), (straight line, circular or serpentine).

Maximum one (1) Axel and one (1) double jump are allowed, which may be repeated only once in a jump combination/sequence!

Any jump with the same name may be executed only twice including Axel-type jumps.

NB! Additional information

1. In all beginners' categories listed above, the following two (2) components are judged in the second mark:

- skating skills
- performance, program composition, music interpretation

The factor for the Program Components is

- for boys 1.8
- for girls 1.6

2. The level of spins and step sequences cannot be higher than Level Base. Any additional features will not count for Level features and will be ignored by the Technical Panel.

3. Any jump with the same name may be repeated only twice including Axel-type jumps.

4. Time violation - 0.5 point deduction for every 5 seconds in excess.

5. Falls - 0.5 point deduction for every fall.

6. Interruption – 0,5 point deduction

7. No bonus shall be applied for jumps in the second half of the program.

8. Vocal music is allowed.

Single skating for adult amateur skaters

Age categories for ladies and men free skating events:

Young adults skaters born between **July 1st, 1988 and June 30th, 1998**, Bronze, Silver, Gold, Masters

Class I skaters born between **July 1st, 1978 and June 30th, 1988**, Bronze, Silver, Gold, Masters

Class II skaters born between **July 1st, 1968 and June 30th, 1978**, Bronze, Silver, Gold, Masters

Class III skaters born between **July 1st, 1958 and June 30th, 1968**, Bronze, Silver, Gold, Masters

Class IV skaters born between **July 1st, 1948 and June 30th, 1958**, Bronze, Silver, Gold, Masters

Class V skaters born between **July 1st, 1938 and June 30th, 1948**, Bronze, Silver, Gold, Masters

Masters Free Skating Duration: the maximum time is 3 min. 10 sec., but may be less.

a) A maximum of **seven (7) jump elements**, one of which **must be an Axel jump**. Single, double and triple jumps are permitted.

A jump combination may consist of the same or another single, double or triple jump. There may be up to three jump combinations or jump sequences in the Free Program. One jump combination could consist of up to three (3) listed jumps, the other two up to two (2) listed jumps.

A jump sequence may consist of any number of jumps of any number of revolutions 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. 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 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.

b) A maximum of three (3) spins of a different abbreviation, **one of which must be a spin combination with a change of foot and one must be a flying spin.**

The spins 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.

c) A maximum of one step sequence (StSq), fully utilizing the ice surface.

d) A Choreographic Sequence which consists of any kind of movements like steps, turns, spirals, arabesques, spread eagles, Ina Bauers, hydroblading, transitional (unlisted) jumps, spinning movements etc. The Sequence commences with the first move and is concluded with the last move of the Skater. The pattern is not restricted. A Choreographic Sequence has a base value and will be evaluated by the judges in GOE only.

The Choreographic Step Sequence has to be performed later than the step sequence.

Only the first executed attempt of a step sequence or choreographic sequence will contribute to the technical score.

Program Component factor is 1.6

Gold Free Skating Duration The maximum time is 2 min 40 sec., but may be less.

a) A maximum of six (6) jump elements, consisting of any single or double jumps (including a single Axel) **except double Flip, double Lutz and double Axel. No triple jumps are permitted.**

A jump combination may consist of the same or another single or double jump with the exclusion of the jumps as above. There may be up to three jump combinations or jump sequences in the Free Program. One jump combination could consist of up to three (3) listed jumps, the other two up to two (2) listed jumps. A jump sequence may consist of any number of single and double jumps, excluding a double Flip, a double Lutz, a double Axel and all triple 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 or double jumps.

b) A maximum of three (3) spins of a different abbreviation, **one of which must be a spin combination with a change of foot and one must be a flying spin.** The spins must have a required minimum number of revolutions:

four (4) for the flying spin with no change of foot after landing,

four (4) for the spin with only one position and no change of foot and

four (4) 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.

c) A maximum of one choreographic step sequence (ChSq), covering the full 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 Sequence commences with the first move and is concluded with the last move of the Skater. The pattern is not restricted. A Choreographic Sequence has a base value and will be evaluated by the judges in GOE only.

Program Component factor is 1.6

Silver Free Skating Duration: the maximum time is 2 min. 10 sec., but may be less.

a) A maximum of five (5) jump elements. **The single Axel or any other single Axel type jump and all other single jumps are permitted. No double jumps or triple jumps are permitted.**

A jump combination may consist of the same or another single jump. There may be up to three jump combinations or jump sequences in the Free Program. One jump combination could consist of up to three (3) listed jumps, the other two up to two (2) listed jumps.

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 or an axel type jump.

b) A maximum of three (3) spins of different abbreviations, **one of which must be a spin combination.**
The spins must have a required minimum number of revolutions:
three (3) for the flying spin with no change of foot after landing,
three (3) for the spin with only one position and no change of foot and
four (4) 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.

c) A maximum of one (1) choreographic- sequence (ChSq). 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. A Choreographic Sequence for Ladies must include at least one spiral (not a kick) of any length. The Sequence commences with the first move and is concluded with the last move of the Skater. The pattern is not restricted, but must fully utilize the ice surface. A choreographic Sequence has to be skated to the music. A Choreographic Sequence has a base value and will be evaluated by the judges in GOE only.

Program Component factor is 1.6

Bronze Free Skating Duration: the maximum time is 1 min. 50 sec., but may be less.

a) A maximum of four (4) jump elements. **Only single jumps are permitted**, no Axel type jump, no double or triple jumps can be included.

A jump combination may consist of the same or another single jump. There may be up to three jump combinations or jump sequences in the Free Program. One jump combination could consist of up to three (3) listed jumps, the other two up to two (2) listed jumps.

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 two (2) spins of a different abbreviation;
The spins must have a required minimum number of revolutions:
three (3) for the spin with only one position and no change of foot and
four (4) for the spin combination with no change of foot and
six (3 + 3) for the spin combination with change of foot.

Flying spins are not permitted.

There must be a minimum of two (2) revolutions in each position or the position will not be counted.

c) A maximum of one choreographic step sequence (ChSq), covering the full 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 Sequence commences with the first move and is concluded with the last move of the Skater. The pattern is not restricted. A Choreographic Sequence has a base value and will be evaluated by the judges in GOE only.

Program Component factor is 1.6

Pre-Bronze Free Skating Duration: the maximum time is 1 min. 50 sec., but may be less.

a) A maximum of two (2) jump elements. **Only single jumps are permitted**, no Axel type jump, no double or triple jumps can be included.

A jump combination may consist of the same or another single jump. There may be up to one jump combination or jump sequences in the Free Program.

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) for the spin with only one position and no change of foot and
four (4) for the spin combination with no change of foot and
six(3 + 3) for the spin combination with change of foot.

Flying spins are not permitted.

There must be a minimum of two (2) revolutions in each position or the position will not be counted.

c) A maximum of one choreographic step sequence (ChSq), covering the full 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 Sequence commences with the first move and is concluded with the last move of the Skater. The pattern is not restricted. A Choreographic Sequence has a base value and will be evaluated by the judges in GOE only.

Program Component factor is 1.6

Artistic Free Skating (Bronze, Silver, Gold, Masters)

Duration: Music not to exceed **1:40**, but may be less. Vocal music is permitted.

Axels, double jumps and combination jumps will not be permitted.

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. (See ISU Special Regulations and Technical Rules 2008, Singles & Pair Skating, Rule 522, paragraph 2 for a detailed description of Program Components.) The respective Rules can be found on the ISU website.

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.

At least one (1) but a maximum of two (2) single jumps

At least one (1) but a maximum of two (2) spins **MUST** be included.

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 (2.0 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 2.0 will be made. The Referee is responsible for such deductions. Costumes should be 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

Adult Pair Skating

Pair events consist of Free Skating only. Each pair must consist of a man and a lady. The man must be a male skater, the lady a female skater.

Both partners must have reached the age of 18 by July 1st , preceding the event and must not have reached the age of 71 by July 1st, preceding the event.

Masters Pair Skating

Duration: the maximum time is 3min. 10 sec., but may be less.

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

- **A maximum of three (3) different lifts, one of which may be a twist lift.**
- **A maximum of two (2) throw jumps (single or double);**
- A maximum of one (1) solo jump. Single, double or triple jumps are permitted. Any solo jump with more than 2 revolutions must be of a different name. However, the jump combination or sequence can include two same such jumps.
- A maximum of one (1) jump combination with a maximum of three listed jumps included or one (1) jump sequence (the two jumps with the highest value will count for points).
- A maximum of one (1) pair spin or pair combination spin. The pair spin must have a required minimum number of: four (4) revolutions and the pair combination spin a minimum of 3 revolutions on each foot. There must be a minimum of two (2) revolutions in each position or the position will not be counted.

- A maximum of one solo spin or solo spin combination. The required minimum number of revolutions: for the flying spin and for the spin with only one position and no change of foot is five (5) and for the spin in one position or spin combination with change of foot there have to be a minimum of four (4) revolutions on each foot. There must be a minimum of two (2) revolutions in each position or the position will not be counted.
- A maximum of one (1) death spiral or pivot figure (position optional). At least a $\frac{3}{4}$ revolution in pivot position by the man is required.
- A maximum of one (1) choreographic sequence (ChSq). 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. A Choreographic Sequence must include at least one spiral (not a kick) of any length for both partners. The Sequence commences with the first move and is concluded with the last move of the Skater. The pattern is not restricted, but must fully utilize the ice surface. A Choreographic Sequence has to be skated to the music. A Choreographic Sequence has a base value and will be evaluated by the judges in GOE only.

The first visible attempt to execute a choreographic sequence will contribute to the technical score. Additional choreographic 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.

Adult Pair Skating

Duration The maximum time is 2 min. 50 sec., but may be less.

Couples must perform a well-balanced program that demonstrates skating skills, timing and unison, and full use of the ice surface. There are no required elements, but couples may choose to include up to eight (8) elements selected from:

- 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.

Variations of the lady's position, no-handed and one-handed lifts, and combination lifts are **not permitted**. Overhead lifts and twist lifts are **not permitted**. A different take-off counts as a different lift.

- A maximum of one (1) solo jump. Only single jumps are permitted.
- A maximum of one (1) jump combination with a maximum of three jumps included or one (1) jump sequence (the two jumps with the highest value will count for points).
- A maximum of one (1) throw jump (Only single jumps are permitted);
- A maximum of one (1) pair spin (pair spin or pair combination spin).

The spin must have a required minimum number of revolutions: three (3) revolutions for a pair spin and six (6) for a pair combination spin. There must be a minimum of two (2) revolutions in each position or the position will not be counted.

- A maximum of one death spiral or pivot spiral (position optional). At least $\frac{3}{4}$ revolution in pivot position by the man is required.
- A maximum of one (1) choreographic sequence (ChSq). 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. A Choreo Sequence must include at least one spiral (not a kick) of any length for each partner. The Sequence commences with the first move and is concluded with the last move of the Skater. The pattern is not restricted, but must utilize at least half of the ice surface. A Choreo Sequence has to be skated to the music. A Choreo Sequence has a base value and will be evaluated by the judges in GOE.

Program Component factor is 1.6

Adult Ice Dance

both partners must have reached the age of 18 by July 1st , preceding the event and must not have reached the age of 71 by July 1st, preceding the event.

Gold Free Dance

Duration: Max. 3 min. and 10 seconds, but may be less. Vocal music is permitted.

- maximum of two (2) different dance lifts, 1 short lift with a maximum duration of 6 sec. and 1 long lift with a maximum duration of 12 seconds; **OR** three (3) different types of short lifts.
- A maximum of one (1) Dance Spin, with optional positions. A simple spin with no change of foot consisting of at least three (3) rotations for each partner 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) Diagonal in hold Step Sequence.
- A maximum of one (1) set of Synchronized Twizzles with up to three (3) steps between.

Silver Free Dance

Duration: Max. 2 min. and 40 seconds, but may be less. Vocal music is permitted.

- A maximum of one (1) dance lift, with a maximum duration of 6 sec.
- A maximum of one (1) Circular in hold Step Sequence (clockwise or anti clockwise).
- A maximum of one (1) set of Synchronized Twizzles with up to three (3) steps between.
- A maximum of one (1) Dance Spin with optional positions. A simple spin with no change of foot consisting of at least three (3) revolutions for each partner or a Combination Spin with a change of foot consisting of at least three (3) rotations on each foot is permitted.

Bronze Free Dance

Duration: Max. 2 minutes, but may be less. Vocal music is permitted.

- A maximum of one (1) dance lift, with a maximum duration of 6 sec.
- A maximum of one (1) Circular in hold Step Sequence (clockwise or anti clockwise).
- A maximum of one (1) Dance Spin with optional positions. A simple spin with no change of foot consisting of at least three (3) revolutions for each partner or a Combination Spin with a change of foot consisting of at least three (3) rotations on each foot is permitted.

The multiplying factors for the Program components for the Free Dance are (Gold, Silver, Bronze):

Skating Skills	1,25
Transitions/Linking Footwork/ Movements	1,75
Performance, Execution	1,00
Choreography, Composition	1,00
Interpretation/Timing	1,00