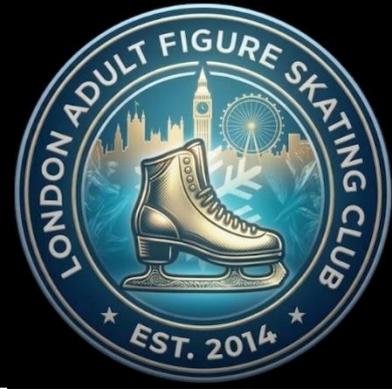


All Level Skating Skills Competition – Technical Requirements



- For reasons of event timing, competitors may enter a maximum of 2 events from Free skate / Artistic /Solo Free Dance/ Exhibition.

Solo Free Dance

Duration 1:50 +/- 10 seconds (Silver) 1:30 +/- 10 seconds

Music: The music must have a rhythmic beat. The music may be without a rhythmic beat for up to 10 seconds at the beginning or end of the program and another 10 seconds during the program. May be vocal and must be suitable for ice dance as a sport discipline.

Edge Element: 2 options:

- 1) One (1) combination Edge Element

OR

- 2) Two (2) different types of short edge elements. (Spiral type may be repeated once with different positions in each)

Combination Edge elements may not exceed 13 seconds in total.

Spin:

One (1) Dance Spin but no more

Min of 3 revolutions on one foot, with or without changes of foot by the skate (Flying spins or flying entries are not allowed).

Step Sequence/One Foot Turn Sequence:

Solo Twizzle series:

Choreographic elements:

Artistic — open to all levels

- A program of 1 minute 30 seconds (+/- 10 seconds)
- Must include at least one (but no more than two) single rotation jumps and at least one (but no more than two) spins
- The category is judged on the basis of program components, there will be no technical score given.
 - Skating Skills
 - Presentation
 - Composition

Solo Exhibition – Open to all levels

A program of no longer than 3 minutes.

- Marking Criteria:
 - 20% Entertainment
 - 20% Costumes and Props
 - 20% Telling a story/Rapport with audience
 - 20% Musical Interpretation
 - 20% Skating Skills

Free Skate

Category 1: Pre- Beginners min 1Min - Open to skaters who are ready to perform a programme for the first time, this is a “Free skate” no criteria other than to have a good time and show off your skills.

Category 2: Beginners : 1Min 30 - Open to skaters who are more confident and have passed Passport and are working on British Ice Skating L1 Skills or Free Skate. This is for anyone who is ready to show off their jumps and spins in a programme. But not quite ready to enter an official Adult comp.

Category 3: ISU Bronze: 1Min 40

As per ISU Adult Bronze Free Skate rules

A PDF will not be made available and scoring will be based upon technical, composition and performance. This is an opportunity to run your programme in a competitive manner.

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 one (1) jump combination in the free program.

- The jump combination may consist of two (2) listed jumps.
- Each listed jump may be performed a maximum of two (2) times.
- Waltz jumps will be ignored.

b.

A maximum of two (2) spins of a different abbreviation, both of which must be a spin in one position

with or without a change of foot. Flying spins are not permitted.

- The spins must have a required minimum number of revolutions: three (3) for any spin with no change of foot, and six (6) with a change of foot.

- A spin that has no basic position with 2 revolutions will receive no value.

- All spins with change of foot must have at least 3 revolutions on each foot. If this requirement is not fulfilled, the spin will be marked with a V.

c.

A maximum of one (1) choreographic sequence utilizing at least half (1/2) of the ice surface.

- The pattern is not restricted but the sequence must be clearly visible.
- A choreographic sequence has a base value and will be evaluated by the judges in GOE only.
- A Choreographic Sequence consists of at least two (2) different skating movements like spirals,

arabesques, spread eagles, Ina Bauers, hydroblading and unlisted jumps.

- The program duration is 1 minute and 40 seconds, +/- 10 seconds.
- 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.
- The warm-up duration is five (5) minutes.
- Each fall outside elements shall receive a deduction of 0.5. Falls in elements will be called by the Technical Panel but with no deduction(s).

Category 4: Skaters will compete together in this category, a PDF will not be made available, and scoring will be based upon technical, composition and performance. This is an opportunity to run your programme in a competitive manner.

Free Skating Silver

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

A maximum of four (4) 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 one (1) jump combination and one (1) jump sequence.

- One (1) jump combination or one (1) jump sequence may consist of up to three (3) listed jumps.

The other may have two (2) listed jumps.

- A jump sequence consists of two (2) or three (3) jumps of any number of revolutions, in which the

second and/or the third jump is an Axel type jump with a direct step from the landing curve of the first/second jump into the take-off curve of the Axel jump.

- 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 or without a change of foot.

- The spins must have a required minimum number of revolutions: four (4) for any spin with no change of foot, and six (6) for any spin with a change of foot.

- A spin that has no basic position with 2 revolutions will receive no value.

- Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions in each of these positions anywhere within the

spin. To receive full value, a spin combination must include all three (3) basic positions.

- All spins with change of foot must have at least 3 revolutions on each foot. If this requirement is not fulfilled, the spin will be marked with a V.

c. A maximum of one (1) choreographic sequence, fully utilizing the ice surface

- The pattern is not restricted but the sequence must be clearly visible.

- A choreographic sequence has a base value and will be evaluated by the judges in GOE only.

- A Choreographic Sequence consists of at least two (2) different skating movements like spirals, arabesques, spread eagles, Ina Bauers, hydroblading and unlisted jumps.

- The program duration is 2 minutes +/- 10 seconds.

- Only features up to and including Level 2 will be counted. Any additional features will not count for level requirements and will be ignored by the Technical Panel.

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

- Each fall outside elements shall receive a deduction of 0.5. Falls in elements will be called by the Technical Panel but with no deduction(s).

Free Skating Gold

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

a.

A maximum of five (5) jump elements, consisting of single jumps (including the single Axel) or double jumps. Double flip, double Lutz, double Axel and triple jumps are not permitted.

There may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence in the free program.

- One (1) jump combination or one (1) jump sequence may consist of up to three (3) listed jumps. The other may have two (2) listed jumps.

- A jump sequence consists of two (2) or three (3) listed jumps of any number of revolutions, in which the second and/or the third listed jump is an Axel type jump with a direct step from the landing curve of the first/second jump into the take-off curve of the Axel jump.

- Each listed jump may be performed a maximum of two (2) times.

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 value.

- Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions in each of these positions anywhere within the spin. To receive full value, a spin combination must include all three (3) basic positions.

- All spins with change of foot must have at least 3 revolutions on each foot. If this requirement is not fulfilled, the spin will be marked with a V.

c.

A maximum of one (1) step sequence, fully utilizing the ice surface.

- The program duration is 2 minutes and 50 seconds +/- 10 seconds.

- The points for each Program Component are multiplied by a factor of 2.67.

- Only features up to and including Level 3 will be counted for the technical elements. Any additional features will not count for level requirements and will be ignored by the Technical Panel.

- The warm-up duration will be 5 minutes.

- Each fall shall receive a deduction of 1.0.