



**2015-2016 ADULTSKATE
PRE-EVENT TECHNICAL PACKAGE
Singles, Pair & Ice Dance
Revised August 19, 2015**

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PART A: TECHNICAL PACKAGE INTRODUCTION

Please review the entire Adult Technical Package when developing programs in preparation for the 2015-2016 skating season. Any changes to the well balanced program requirements from last season are indicated with an underline or ~~striketrough~~. The requirements and guidelines in the Technical Package will be used at the 2016 Skate Canada Adult Figure Skating Championships. For all other events, please refer to the appropriate club or section event announcement for any additional information or clarifications.

Program Times: Adult free skating programs have no minimum program time assigned. Adult Interpretive programs will not be penalized for a program time of less than 2:00 minutes. This will allow skaters to meet their various goals for the season whether that is to pass a STARSkate test, compete at an ISU or a USFS event, or compete at the Skate Canada Adult Figure Skating Championships. Officials will not penalize skaters for varying program times.

Well Balanced Program Requirements: Maximum jump and spin requirements have been established for all Adult free skating categories. Note that these are identified as maximum requirements, but there are no minimum requirements. These maximums have been put in place to allow adult skaters to test and compete domestically and internationally with virtually the same program.

CATEGORY REQUIREMENTS - PILOT FOR 2015-2016

For the 2015-2016 season, test pre-requisites will be removed from all Adult categories. Skaters will self-identify their skill level and enter the appropriate category(ies) based on the technical program requirements and any recommendations that may be added to the category descriptions. It is expected that skaters will skate to their ability.

This method is being piloted to alleviate the issues for skaters who took Skate Canada tests in the past but may no longer be able to skate at the level of the test. It also mirrors the entry method of the ISU adult competitions. This method will be piloted for 2015-2016 season. Feedback will be then be collected and analyzed to determine actions for the 2016-2017 skating season.

PART B: SINGLES FREE SKATING

NOTE: Music with vocals will be permitted for Adult free skating categories. Lyrics must be in good taste and appropriate for competition.

ADULT INTRO OPEN FREE SKATING

A maximum program time of 1 min. 40 sec.

Seven elements to be skated:

- 1) Maximum four jump elements:
 - Must include a Waltz jump
 - Must include maximum one jump combination, which must be a single Salchow + single toe-loop combination
 - Two other jumps, no higher than single Lutz loop
- 2) Two spins:
 - Two spins of any nature, one position, and no flying entry. **NOTE for this category only:** A skater will be permitted to do two upright spins if they prefer as long as one spin is a forward entry and the other spin is a back entry (i.e. a back spin). An exception will be made to the regulation requiring spins to be different codes.
- 3) Forward Spiral Sequence:
 - A sequence of two forward spirals; one spiral on each foot, unassisted position; on either inside or outside edge.

Adult Bronze Free Skating

~~Must not have passed the complete Junior Bronze Free Skating test.~~ A maximum program time of 2:40 minutes. Program time may be shorter.

- 1) Maximum four jump elements composed of single jumps
 - a) Axels, double or triple jumps are not permitted
 - b) No jump can be included more than twice and if a jump is repeated it must be in combination or sequence
 - c) Maximum of two jump combinations or sequences included. Jump combinations may contain no more than two jumps
- 2) Maximum of two spins
 - a) One spin must be a one-position spin (i.e. upright spin, sit spin, camel spin)
 - b) One spin of any nature
 - c) Flying spins are not permitted
- 3) Maximum one step or spiral sequence (any pattern)

Adult Silver Free Skating

Must have passed the complete Junior Bronze Free Skating test, but not the complete Senior Bronze Free Skating test.

A maximum program time of 3:10 minutes. Program time may be shorter.

- 1) Maximum five different jump elements
 - a) May include a single Axel jump. No double jumps or triple jumps are permitted
 - b) No jump can be included more than twice and if a jump is repeated it must be in combination or sequence
- 2) Maximum of three combinations and/or sequences. Jump combinations may contain no more than two jumps.
- 3) Maximum three spins of a different nature, one of which must be a combination spin with at least one change of foot
- 4) Maximum one step sequence or spiral sequence or choreographic step sequence. The chosen sequence should fully utilize the ice.

Note: the first step or spiral sequence or choreographic sequence included in the program which meets the minimum requirements to be identified will be counted.

Adult Gold Free Skating

Must have passed the complete Senior Bronze Free Skating test, but not the complete Junior Silver Free Skating test.

A maximum program time of 3:40 minutes. Program time may be shorter.

- 1) Maximum six jump elements
 - a) May include an Axel jump, single and double jumps
 - ~~b) No jump higher than a double loop is permitted~~ No double flip, double Lutz or double Axels are permitted
 - c) No jump can be included more than twice and if a jump is repeated it must be in combination or sequence.
 - d) Maximum of three combinations and/or sequences. Jump combinations may contain no more than two jumps.
- 2) Maximum three spins of a different nature:
 - a) One spin must be a combination spin with at least one change of foot and two basic positions
 - b) One spin must be a flying spin
 - c) One spin may be of any nature
- 3) Maximum one step sequence or spiral sequence or choreographic step sequence. The chosen sequence must fully utilize the ice.

Note: the first step or spiral sequence or choreographic sequence included in the program which meets the minimum requirements to be identified will be counted.

Adult Masters Free Skating

Must have passed the complete Junior Silver Free Skating test or higher, but no former Competitive Singles test. ~~The Masters Free Skating event may be divided into more than one group if necessary depending on the level of entries received.~~

A maximum program time of 4:10 minutes. Program time may be shorter.

- 1) Maximum seven jump elements
 - a) All jumps are permitted
 - b) One must be an Axel-type take-off
 - c) No jump can be included more than twice and if a jump is repeated it must be in combination or sequence.
 - d) Maximum of three combinations and/or sequences. Jump combinations may contain no more than two jumps.
- 2) Maximum three spins of a different nature:
 - a) One spin must be a combination spin with at least one change of foot and two basic positions
 - b) One spin must be a flying spin
 - c) One spin may be of any nature
- 3) Maximum one step sequence or spiral sequence fully utilizing the ice
- 4) Maximum one choreographic step sequence fully utilizing the ice, to be executed after the step sequence.*

*Pending changes to ISU Adult technical package this may be removed

Adult Competitive Adult Masters Elite Free Skating

Must have passed the complete Senior Silver Free Skating Test or higher or the former Pre-Novice Competitive Singles Free Skate test.

The Adult Competitive Adult Masters Elite category will not be divided by age class unless entry numbers warrant.

A maximum program time of 4:10 minutes. Program time may be shorter.

- 1) Maximum seven jump elements
 - a) All jumps are permitted
 - b) One must be an Axel-type take-off
 - c) No jump can be included more than twice and if a jump is repeated it must be in combination or sequence
 - d) Maximum of three combinations and/or sequences. Jump combinations may contain no more than two jumps.
- 2) Maximum three spins of a different nature:
 - a) One spin must be a combination spin with at least one change of foot and two basic positions
 - b) One spin must be a flying spin
 - c) One spin may be of any nature
- 3) Maximum one step sequence or spiral sequence fully utilizing the ice
- 4) Maximum one choreographic step sequence fully utilizing the ice, to be executed after the step sequence.*

*Pending changes to ISU Adult technical package this may be removed

DESCRIPTIONS OF ELEMENTS:

Jump Elements: a jump element is defined as an individual jump, a combination jump or a jump sequence

- When counting jump elements, a combination jump counts as one jump element and a jump sequence counts as one jump element.
Example: 1A, 2T and 2S+2T combination are three jump elements even though there are four jumps
Example: 1Lz+1A sequence, 1Lo+1Lo combination and 1A are three jump elements even though there are five jumps.

Note:

The half-loop when used in combinations/sequences is considered as a listed jump with the value of a single loop. Example: $\frac{1}{2}$ Lo+2S will be considered a two-jump combination and called as 1Lo+2S+C. Combinations containing more than two jumps are not permitted in Adult categories. 1A+ $\frac{1}{2}$ Lo+2S (called as 1A+1Lo+2S+C) is an example of a combination with three jumps which would receive no value (but still occupy a jump box) if performed in Adult categories. In order to ensure that the $\frac{1}{2}$ loop does not become part of a 3-jump combination (thus invalidating the combination), be sure to include other hops (e.g. Mazurka) to make it a jump sequence. If the intent is for the $\frac{1}{2}$ loop to be a transition, the skater should not connect it to another listed jump.

- No three jump combinations are allowed. If a combination containing three jumps is attempted, it will receive no value and take up a jumping box. There are a maximum number of jump elements that may be included in every category. Jump elements (individual, combination or sequences) in excess of this maximum will receive no points in CPC
- No jump may be included more than twice ; if so, the entire jump box will be invalidated and receive no value.
- Jumps with the same name but different rotations will be considered as two different jumps (i.e. 2Lo and 1Lo are considered as different jumps). Further, if a jump is repeated (i.e., included twice in a program) one of the jumps must be in combination or sequence. If both executions of an element are as solo jumps, the second of these solo jumps will receive 70% of its original Base Value. This element will no longer be identified as a "+S" and will not take the box of a jump combination or sequence.
- If a jump is executed that is of a higher level of difficulty than permitted for a given category (i.e. 2Lo executed in an Adult Bronze free skate program) then the jump will receive no points in CPC. If said jump is a part of a combination or sequence then the element will still be counted as a combination or sequence; in CPC the other jumps in the element will be scored as per combination or sequence principles of calculation.

Spin Elements: Spin elements include any spin-like movement that has at least three rotations in total. A spin with less than three revolutions is considered a skating movement and not a spin. An attempted spin that happens to rotate less than three revolutions will be called the

intended spin “no level” in CPC. The minimum required number of revolutions in a basic position is two without interruption. If this is not fulfilled the position is not counted. Spin elements are categorized as spins of one position, combination spins and flying spins. In each case there are a maximum number of spins that may receive credit in any program. In addition, there is some content that is mandatory. Spins in excess of the maximum will receive no points in CPC.

Note: All spins must be of a different character (must have different abbreviations/ codes). With the exception of Adult Intro Open category, any spin with the same abbreviation as one executed before will be invalidated, but will occupy a spin box.

Example: (Adult Gold) 1) CCoSp2
 2) FCSp3
 3) CCoSp4**

Because the first and third spins have the same abbreviation (code), the third spin is invalid and receives no points.

Example 2: (Adult Gold) 1) CCoSp2
 2) FCSp3
 3) FCCoSp3

In this example the abbreviations (codes) for all three spins are different, as such all three spins are valid and count for points.

If a spin does not meet one of the requirements for a program and the maximum number of spins has been executed, then in CPC the spin not meeting requirements will be worth 0.00 points.

Example: Adult Gold free skate: three spins are executed: a combination spin with a change of foot, an upright spin and a camel spin. There is no spin with a flying entry. In CPC, the last executed spin will receive no points.

Step Sequences: Any step sequences beyond the maximum will receive no points in CPC. A good step sequence will fully utilize the ice surface. However in order to be identified as a step sequence it must cover at least half of the ice surface.

Listed jumps may not be included. There is no specified pattern and short stops in accordance with the music are permitted. The step sequence should be executed according to the character of the music.

Attention should be paid to energy and execution of the step sequence with an emphasis on the quality of steps, turns and body movements rather than difficulty and quantity. Judges will reward step sequences that are matched to the musical structure and are effortless throughout.

Spiral: A gliding position executed on one foot with free leg extended (including knee and foot) above hip level.

Forward Spiral Sequence (Adult Intro Open Free Skating): Two forward spirals, one executed on each foot. Spirals must be in an unassisted position. Spirals must be separated by no more than four steps not including the step taken onto the skating foot of the second spiral. (A step in this case applies to any time a change of foot takes place, e.g. Mohawk = 2 steps, 3-turn = 1 step, crosscut = 2 steps). If a skater puts weight on both feet as in a sculling movement or pumping with both feet, the Technical Panel will count these movements as a “step”. If there are more than four steps, not including the step taken into the second spiral, the Spiral Sequence will be given “No Value”.

A spiral position must be achieved with the free leg (including knee and foot) above the hip on both feet to be counted.

Spiral Sequence (Adult Bronze to Adult Elite Free Skating): A collection of at least two spirals executed on different feet, separated by no more than four steps not including the step taken into the skating foot of the second spiral. (A step in this case applies to any time a change of foot takes place, e.g. Mohawk = 2 steps, 3-turn = 1 step, crosscut = 2 steps.)

If a skater puts weight on both feet as in a sculling movement or pumping with both feet, the Technical Panel will count these movements as a “step”. If there are more than four steps, not including the step taken into the second spiral, the Spiral Sequence will be given “No Value”.

- A spiral sequence meeting the definition of the spiral sequence will receive a Base Level call in CPC.
- The first two spirals performed that meet the definition will be identified as a spiral sequence.
- If there is not at least one spiral with a sustained position (i.e., not kicked) on each foot then the element will be called "no level" by the technical panel
- If one or both of the two required spirals is so short that the edge is not well established or the position is not held long enough to be evaluated, the judge may assess a GOE penalty according to "poor position" and/or "poor edge" as applicable

Any spiral sequences beyond the maximum will receive no points (0.00 value)

Note: The first step or spiral sequence to meet the minimum requirement to be identified as an element will be called, independent of what has been indicated on the planned program sheet.

Choreographic Sequence

A Choreographic Sequence consists of any kind of movements like steps, turns, spirals, arabesques, spread eagles, Ina Bauers, hydroblading, any jumps with maximum of two revolutions, spins, etc. Listed elements included in the choreographic sequence will not be called and will not occupy a box. The pattern is not restricted, but the sequence must be clearly visible. The Technical Panel identifies the choreographic sequence which commences with the first skating movement and is concluded with the preparation to the next element (if the choreographic sequence is not the last element of the program).

This element has a fixed base value and will be evaluated by the judges in GOE only.

DEFINITION OF TERMS:

Jump Element: A solo jump, jump combination or jump sequence.

Jump Combination: A jump combination may consist of the same or another single, double, triple or quadruple jump. In a jump combination the landing foot of the first jump is the take-off foot of the second. The element remains a jump combination (with an error) even when there are two 3-turns in between jumps with a slight touch down (without weight transfer).

When a half loop is included before a jump or between two jumps, with no other hops, the element will be considered as a two or three jump combination accordingly. The base value of the 1/2Lo is the same as a 1Lo.

Examples: ½ Lo+2S will be considered a two jump combination and a 1A+1/2Lo+2S will be considered a three jump combination. Note: combinations containing three jumps are not allowed.

Jump Sequence: A jump sequence may consist of any number of jumps of any number of revolutions that may be linked by non-listed jumps and/or hops immediately following each other while maintaining the jump rhythm (knee); there can be no turns/steps* (not even as an entry into a jump), crossovers or stroking during the sequence.

* Turns: 3-turns, twizzles, brackets, loops, counters, rockers.

* Steps: running steps, toe steps, chassés, mohawks, choctaws, curves with change of edge, cross-rolls.

- A jump sequence consisting of only one listed jump together with other non-listed jumps is not considered a jump sequence, but will count as a solo jump.
- Only the two highest listed jumps will count towards the base value of the sequence.
- From the moment the jump sequence does not fulfill the above requirements, the remainder of the jump sequence will be ignored and the element will be called “name of the first jump(s) plus sequence. The judges’ GOE however will refer to the whole element performed.
- In cases of half a revolution (or more) on the ice from the completion of one jump before the commencement of the other jump, the element will not be considered as a jump sequence. The continuation will be ignored by the Technical Panel and called “name of first jump plus sequence”. The Judge’s GOE however will refer to the whole element performed.
- If an Axel type jump immediately follows any other jump (without any steps, turns, hops, mazurkas and unlisted jumps), it is considered as a jump sequence and will be identified as one jump element.



Spin Combination: A spin combination must contain at least one change of position with at least two rotations without interruption in each position. Combination spins with a change of foot must have at least three revolutions on each foot.

Flying Spin: A flying spin is a spin that begins with a flying entry. A flying spin may also be a combination spin (minimum three revolutions).

Spin in One Position: A spin in one position may not contain a change of position. A change of foot is optional. A change of foot does not make the spin a combination (minimum three revolutions).

Illegal Elements /Movements: See page 18.

PART C: INTERPRETIVE EVENTS

Music: Skater’s choice; can be vocal and can be of any nature.

The interpretive 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. Jumps may be included, but credit will not be given for their technical difficulty. Credit for jumps and spins is based solely on the chosen theme, not merely a collection of pleasing or spectacular moves assembled to entertain an audience (exhibition/show program).

Although creative movement usually has a theme as a starting point, each movement need not be part of a coherent “story line”. Movement expresses in aesthetic form the drives, desires, and reactions of live human beings. It does not involve animals, fairies, ghosts or toys coming to life, except as they might exist in the mind of the skater.

While many programs will, undoubtedly, reflect known themes from past ballet, opera, operetta or musical productions of the stage or screen, skaters should be encouraged to move beyond these themes to explore more original and personal concepts. Skaters choosing an unknown theme shall be rewarded. Programs might explore designs in abstract movement suggested by selected sound patterns, moods or concepts.

An interpretive solo is intended through its process to increase body and choreographic vocabulary and awareness, by meeting specific content criteria. The criteria include:

- Compositional form/development of theme (e.g. a completed idea)
- Dynamics (e.g. sustained, collapse, sharp, smooth)
- Use of space (e.g. planes, directions, indirect, asymmetric shapes)
- Use of full body (e.g. torso, head, hands, legs, feet)
- Use of music (e.g. phrasing, style, awareness and sensitivity to musical elements while performing)

NOTE: In the Open Adult Interpretive Couples category, overhead lifts are not permitted. Small lifts which may be either ascending and descending or rotational in character, in which one partner does not raise their hands higher than the shoulder level, are permitted. Inclusion of any overhead lifts will be considered as an illegal element.

Event	<u>Recommended Skating Level</u>	Program Time
Pre-Introductory Interpretive		One Interpretive program maximum of 2:00 minutes in length
Introductory Interpretive	<u>For skaters approximately at the Intro Open Free Skating category level</u>	
Bronze Interpretive	<u>For skaters approximately at the Bronze Free Skating level</u>	One Interpretive program 2:00 to maximum of 3:00 minutes in length; time
Silver Interpretive	<u>For skaters approximately at the Silver Free Skating level</u>	

Gold Interpretive	<u>For skaters approximately at the Gold and/or Masters Free Skating level</u>	may be shorter
Elite Adult Interpretive	<u>For skaters approximately at the level of former competitive skaters</u>	
Open Adult Couples Interpretive	<u>For skaters approximately at the Bronze to Silver Free Skating level (both skaters)</u>	
Open Adult Masters Couples Interpretive	<u>For skaters approximately at the Gold to Elite Masters Free Skating level (both skaters)</u>	

Skaters must submit, prior to the competition, a brief title of the chosen theme.

Illegal Elements/Movements: See page 18.

PART D: DANCE EVENTS

Dance teams may be composed of one woman and one man, two women or two men.

COUPLES PATTERN DANCE:

CATEGORY REQUIREMENTS - PILOT FOR 2015-2016

For the 2015-2016 season, test pre-requisites will be removed from all Adult categories. Skaters will self-identify their skill level and enter the appropriate category(ies) based on the technical program requirements and any recommendations that may be added to the category descriptions. It is expected that skaters will skate to their ability.

This method is being piloted to alleviate the issues for skaters who took Skate Canada tests in the past but may no longer be able to skate at the level of the test. It also mirrors the entry method of the ISU adult competitions. This method will be piloted for 2015-2016 season. Feedback will be then be collected and analyzed to determine actions for the 2016-2017 skating season.

While there are no test pre-requisites for the following categories, it is expected that ice dancers will skate up to the **current** highest or **best ability** of the couple, **that is both realistic and safe**. E.g: if a skater is skating with their coach or a former competitive skater, then they must skate to the coach's or former competitor's level. As another example, if a skater who is **currently** skating at a Junior Silver level skates with a skater who **is currently** at Gold level dancer they are expected to enter the Gold category.

Event	Test Prerequisite	Dance #1	Dance #2
Junior Bronze Adult Dance	At least one partner must have passed the complete Preliminary Dance test but not the complete Senior Bronze Dance test.	Fiesta Tango (2 sequences)	Ten Fox (2 sequences)
Senior Bronze Adult Dance	At least one partner must have passed the complete Senior Bronze Dance test but not the complete Junior Silver Dance test.	European Waltz (2 sequences)	Keats Foxtrot (2 sequences)
Junior Silver Adult Dance	At least one partner must have passed the complete Junior Silver Dance test but not the complete Senior Silver Dance test.	Rocker Foxtrot (3 sequences)	Blues (2 sequences)

Senior Silver Adult Dance	At least one partner must have passed the complete Senior Silver Dance test but not the complete Gold dance test.	Blues (2 sequences)	Quickstep (3 sequences)
Gold Adult Dance	At least one partner must have passed the complete Gold Dance test or higher.	Viennese Waltz (2 sequences)	Cha Cha Congelado (2 sequences)
<u>Elite Adult Dance</u> (for former competitive skaters or skaters approximately at this level)		Viennese Waltz (2 sequences)	Cha Cha Congelado (2 sequences)

SOLO DANCE:

Event	Test Prerequisite	Dance #1	Dance #2
Bronze Adult Solo Dance	Must have passed the complete Senior Bronze Dance test but no higher complete dance test	European Waltz (2 sequences)	Keats Foxtrot (2 sequences)
Silver Adult Solo Dance	Must have passed the complete Junior Silver Dance test but no higher complete dance test	Rocker Foxtrot (3 sequences)	Blues (2 sequences)
Gold Adult Solo Dance	Must have passed the complete Gold Dance test or higher	Viennese Waltz (2 sequences)	Quickstep (3 sequences)
<u>Elite Adult Solo Dance</u>		Viennese Waltz (2 sequences)	Quickstep (3 sequences)
Open Solo Short Dance		Starlight Waltz	

Note: The number of dance sequences (patterns) to be completed at the Adult Championships is consistent with the evaluated test requirements.

ADULT FREE DANCE:

Adult Silver Free Dance

A maximum program time of 2:40 minutes. Program time may be shorter. Vocal music is permitted.

- 1) Maximum of one dance lift with a maximum duration of six seconds
- 2) Maximum of one dance spin with optional positions. A simple spin with no change of foot consisting of at least three revolutions for each partner or a combination spin with change of foot consisting of at least three rotations on each foot is permitted.
- 3) Maximum of one set of synchronized twizzles with up to three steps between
- 4) Maximum of one circular OR diagonal step sequence

Adult Gold Free Dance

A maximum program time of 3:10 minutes. Program time may be shorter. Vocal music is permitted.

- 1) Maximum of two different dance lifts, one short lift with a maximum duration of six seconds and one long lift with a maximum duration of 12 seconds OR three (3) different types of short lifts
- 2) Maximum of one dance spin with optional positions. A simple spin with no change of foot consisting of at least three revolutions for each partner or a combination spin with change of foot consisting of at least three rotations on each foot is permitted.
- 3) Maximum of one set of synchronized twizzles with up to three steps between
- 4) Maximum of one circular OR diagonal step sequence

Illegal Elements/Movements: See page 18

PART E: ADULT PAIR EVENTS

Pair events must be comprised of one woman and one man.

NOTE: Music with vocals will be permitted for Adult Pair categories. Lyrics must be in good taste and appropriate for competition.

Adult Pair

A maximum program time of 3:10 minutes. Program time may be shorter. ~~Each partner must have passed at least the Preliminary Free Skating Test.~~ For skaters approximately at the Bronze to Silver Free Skating level

- 1) Maximum of two different lifts from Group 1 or Group 2 with a minimum half revolution for the man and one revolution for the woman. Variations of the woman'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. All lifts will be called at Base Level regardless of content.
- 2) Maximum of one throw jump (single only)
- 3) Maximum of one solo jump (single only)
- 4) Maximum of one solo jump combination or sequence
- 5) Maximum of one pair spin (may be in combination)
- 6) Maximum of one spiral figure or death spiral
- 7) Maximum of one spiral sequence

Adult Masters Pair

A maximum program time of 3:10 minutes. Program time may be shorter. ~~Each partner must have passed at least the Junior Bronze Free Skating Test.~~ For skaters approximately at the Gold to Elite Masters Free Skating level

- 1) Maximum of three different lifts, one of which may be a twist lift. All lifts will be called at Base Level regardless of content.
- 2) Maximum of two throw jumps (single or double)
- 3) Maximum of one solo jump. Single, double or triple jumps are permitted. Any solo jump can be repeated only once and this repetition must be done either in a jump combination or in a jump sequence.
- 4) Maximum of one solo jump combination or sequence
- 5) Maximum of one pair spin (may be in combination)
- 6) Maximum of one solo spin (may be in combination).
- 7) Maximum of one spiral figure or death spiral.
- 8) Maximum of one step or spiral sequence or choreographic step sequence (any pattern)



Please refer to page two of this document for clarification regarding the maximum number of elements in the well balanced program.

Illegal Elements/Movements: See page 18

PART F: ILLEGAL ELEMENTS/MOVEMENTS IN ANY ADULTSKATE PROGRAM

- Somersault type elements including cartwheels, back flips and rolling on the ice.
- Lying and/or prolonged stationary kneeling on both knees on the ice at any moment including the splits on the ice.
- Kneeling or sliding (two knees, legs or combination of body parts) or supporting oneself on the ice with a hand(s).

PART G: DEDUCTIONS

In **Cumulative Points Calculation (CPC)** judging, the following deductions apply:
AdultSkate Free Skating or Pair:

Violation	Level	Deduction
Time Violation (up to every five seconds lacking or in excess)	All levels	0.50
Costume and Prop Violation	All levels	0.50
Part of the costume/decoration falls on the ice	All levels	0.50
Falls	All levels	0.50 (in pair skating -0.5 for a fall of one partner and -1.0 for a fall of both partners)
Illegal Element	All levels	1.00
Choreography Restrictions (Pair)	All levels	0.50
Interruptions	See 105 1. V)j.iv	See 105 1. V)j.iv
Three minute break because of adverse conditions related to skater or equipment	All levels	2.50
Late start - 1 to 30 seconds late	All levels	0.50
31 or more seconds late	All levels	Withdrawn

Interruption deduction: additional deductions will be taken for an interruption in the program according to the following table:

LEVEL	Deduction
STARSkate/Adult – all levels	-0.5 for 11-20 seconds interruption -1.0 for 21-30 seconds interruption -1.5 for 31-40 seconds interruption -2.5 for 3-minute break

Ice dance:

Violation	Level	Deduction
Falls	All levels	-0.5 point for a fall of one partner, -1.0 for a fall of both partners
Music Violation	All levels	0.50
Lifts exceeding permitted duration	Free dance – all levels	0.50
Three-minute break because of adverse conditions related to skater or equipment	All levels	2.50
Late start: 1 to 30 seconds late	All levels	0.50
31 or more seconds late	All levels	Withdrawn

AdultSkate Interpretive skating:

Violation	Level	Deduction
Time Violation (up to every five seconds lacking or in excess)	<u>Introductory</u>	0.20
	<u>Bronze/Silver/Gold/Elite</u>	0.50
Costume and Prop Violation	<u>Introductory</u>	0.20
	<u>Bronze/Silver/Gold/Elite</u>	0.50
Falls	<u>Introductory</u>	0.20
	<u>Bronze/Silver/Gold/Elite</u>	0.50
	<u>Couples</u>	0.50 for a fall of one partner, 1.0 for a fall of both partners
Illegal Element	<u>Introductory</u>	0.40
	<u>Bronze/Silver/Gold/Elite</u>	1.00
Interruptions	See 105 1. V)j.iv	
Three-minute break because of adverse conditions related to skater or equipment	<u>Introductory</u>	1.00
	<u>Bronze/Silver/Gold/Elite</u>	2.50
Late start - 1 to 30 seconds late	<u>Introductory</u>	0.20
	<u>Bronze/Silver/Gold /Elite</u>	0.50
31 or more seconds late	All levels	Withdrawn

Timing

- The time of a free skating, interpretive or free dance program must begin from the moment the skater begins to move or to skate until arriving at a complete stop at the end of the program.

- Each skater must take the starting position of each segment of the competition at the latest thirty seconds after he/she is called to the start. If the time has expired and the skater has not yet taken the starting position, the referee shall apply a deduction of 1.0 point (deducted from the final score). If sixty seconds started from the call to the start have expired and the skater has not yet taken the starting position, he/she will be considered as withdrawn. The first competitor in a warm-up group will be granted an extra time of 30 seconds after he/she is called to the start. The timing procedure as described above will start after that 30-second extra time period.

Interruptions

- In case of an interruption in the program, the allowed three-minute period before the continuation commences immediately after the referee has stopped the performance with a loud signal.

Costumes

- Clothing worn in competitions must be modest, dignified and appropriate for athletic competition and must not give the effect of excessive nudity for athletic sport. No tights for men are permitted; women may wear skirts, trousers or tights. Sleeveless costumes are permitted. Clothing may reflect the character of the music. The safety of the skater must be a major consideration in the selection of clothing. Tails, boot covers, and trailing fabric that could trip the skater should be avoided.

Props

- Props may not be used. Any item that is held in the hand or removed during the performance is considered to be a prop. Thus, for example, a hat worn throughout the program is not considered to be a prop, but becomes one if it is intentionally removed during the performance. If an item falls off on its own, it is not a prop.