



leHavre

Coupe des Druides 2013
International Adult Figure Skating Competition
Le Havre



International Adult Figure Skating Competition «Coupe des Druides »
for Men, Ladies, Pairs and Ice Dance
organized by the
«Club de Danse sur Glace du Havre»
Le Havre, france
12 & 13 / 01 / 2013
<http://www.cdgh-danse-sur-glace.com>
<http://www.patinage-adulte.com>

Announcement

Coupe des Druides 2013

an Adult Competition
Men, Ladies, Pairs Skating and Ice Dance

open to Competitors members of Clubs
affiliated to Fédération Française des Sports de Glace
or to Clubs affiliated to other ISU Members

organized by CDGH
«Club de Danse sur Glace du Havre»
Le Havre, France
12 & 13 / 01 / 2013

under the authorization of the
Fédération Française des Sports de Glace
Commission Sportive Nationale de Danse sur Glace



1. GENERAL REGULATIONS

CSNDG (Commission Sportive Nationale de Danse sur Glace) is the body of the Fédération Française des Sports de Glace in charge of regulating Ice Dance in France. A summary in English of major CSNDG Rules and Communications is available on www.csndg.org.

The [Nom de la Compétition Adultes] [année] will be conducted in accordance with the CSNDG Regulations 2011-2012, the ISU Special Regulations & Technical Rules Ice Dance 2010, as well as all pertinent CSNDG Communications and ISU Communications.

Participation in the [Nom de la Compétition Adultes] [année] is open to all Competitors who belong to a Club affiliated to Fédération Française des Sports de Glace or to Clubs affiliated to other ISU Member. Competitors must qualify with regard to eligibility according to CSNDG Rules 2201 to 2204 (ISU Rule 102). According to CSNDG Rule 3362,:

1. Competitors must have reached the age of 18 as of July 1st preceding the Competition,
2. Competitors from a Club affiliated to Fédération Française des Sports de Glace must hold a Competition Membership Ice Dance, and must not have participated after July 1st preceding the competition in a French National Competition or Competition of the French Tournament,
3. Competitors from Clubs affiliated to other ISU Members must not have participated after July 1st preceding the competition in an ISU Championships or a National Championships of an ISU Member (other than an Adult National Championships) or a competition from which a skater qualifies for the National Championships of an ISU Member (other than an Adult National Championships).

2. TECHNICAL DATA

2.1 PLACE

Patinoire Municipale Le Havre

Patinoire couverte avec une piste de glace de 56 mètres x 26 mètres

105 rue Louis Blanc
76600 Le Havre

2.2 EVENT CONTENT ¹

[Couples Compulsory Dances (CSNDG Rule 3367, paragraph 1 and CSNDG Communication 131)

Or (Gold ISU) :

7 Valse Viennoise (2 séquences **au lieu de 3**) et # 20 Silver Samba (2 séquences)

Vermeil :

9 Valse Starlight (2 séquences) et # 24 Blues (3 séquences)

Argent (Silver ISU):

3 Rocker Foxtrot (4 séquences) et # 5 Valse Américaine (2 séquences)

Bronze ISU :

1 Pas de Quatorze (3 Séquences **au lieu de 4**) et # 2 Foxtrot (2 Séquences **au lieu de 4**)

Pré-bronze :

d) Ten Fox (3 séquences) et # f) Tango Fiesta (3 séquences)

Preparatory:

c) Danse Majeure (2 séquences) et # k) Rythmn'Blues (3 séquences)

Preliminary:

b) Canasta Tango (4 séquences) et # h) Valse Hollandaise (3 séquences)

The official ISU Compulsory Dance music will be used for Compulsory Dances # 1 to 25. The official CSNDG Compulsory Dance music will be used for Compulsory Dances a) to k) : this music is available upon request to the CSNDG.]

Adult Couples Short Dance

Technical

Requirements

In accordance with ISU Technical Rules Ice Dance 2012, Rule 609 and all pertinent ISU Communications with **special attention to ISU Communications 1721 and 1738.**

The composition of the Short Dance in the season 2012/13 is as follows:

Blues, or Blues plus one of the following Rhythms: **Swing, Hip Hop.**

Required Pattern Dance Elements: Two (2) sequences of Blues, either skated one after the other or separately. Step #1 of each Sequence must be skated on a different side of the ice surface. The Pattern Dance Elements must be skated on the Blues Rhythm, in any style of the Blues. The tempo of music throughout the Pattern Dance Elements must be constant and in accordance with the required tempo of the Pattern Dance Blues, i.e., 22 measures of four beats or 88 beats per minute, plus or minus 2 beats per minute.

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 so that there should not be the feeling that there are just rhythms put together without thought of how they fit together.

Blues and **Swing** are described in the ISU Ice Dance Music Rhythms Booklet 1995. (The description of Swing covers several different Rhythms, which are acceptable.) **Hip Hop** is described in the Additions to the ISU Ice Dance Music Rhythms Booklet 1995 (See ISU Website.)

Specifications:

- Step # 1 of each Pattern Dance Sequence must be skated on a different side of the ice surface.
- The description, chart and diagrams of the Pattern Dances are included in the ISU Handbook Ice Dance 2003.
- Rule 608 paragraph 1 applies with the following alteration to the first sentence of subparagraph d): 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 four measure musical phrase.

Note: as per Communication 1677, paragraph 7.2, a Pattern Dance Element not started on the required beat must be penalized by Judges with a reduction of 0.5 (per Pattern Dance Element) under the mark for Program Components, Composition/choreography.

Requirements:

- **One (1) Short Lift is required.** In addition, one (1) Transitional Dance Lift (up to 6 seconds), but no more, performed optionally after the required Dance Lift is permitted.
- **One (1) not touching mid-line step sequence or not touching circular step sequence:**

Notes for Not Touching Circular Step Sequence:

-In accordance with Rule 603, paragraph 4, this element must be performed in either the clockwise or anticlockwise direction, utilizing the full width of the ice surface on the short axis of the rink.

-Performing this element in the clockwise direction does not constitute a violation of Rule 609, paragraph 1.d) regarding the generally constant direction of the pattern.

- **One (1) set of sequential twizzles.**

The **Dance Spin** is not a Required Element. Nevertheless, a spinning movement skated by the couple together in any hold around 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

The **Dance Spin** is not a Required Element. Nevertheless, a spinning movement skated by the couple together in any hold around 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.

Music for the entire Short Dance (including music for specified Pattern Dance) is provided by the couple and may be vocal.

Duration: maximum two (2) minutes and 50 seconds, but may be less.

Factors in the
Short Dance

The multiplying factors for the Program Components are:

Skating Skills	0.80
Transitions/Linking Footwork/Movements	0.70
Performance/Execution	0.70
Composition/Choreography	0.80
Interpretation/Timing	1.00

Gold Free Dance

In accordance with Rule 610 and all pertinent ISU Communications, especially ISU Communications No. 1721 and 1738.

The requirements for a well-balanced program are:

- A 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.

Duration:

Maximum 3 minutes and 10 seconds, but may be less.

Vocal music is permitted.

Factors in the
Free Dance

The multiplying factors for the Program components for the Free Dance are:

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

Silver Free Dance Free Dance

In accordance with Rule 610 and all pertinent ISU Communications, especially ISU Communication No. 1721 and 1738.

The requirements for a well-balanced program are:

- 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.

Duration: Maximum 2 minutes and 40

Bronze Free Dance Free Dance In accordance with Rule 610 and all pertinent ISU Communications, especially ISU Communication No. 1721 and 1738.

The requirements for a well-balanced program are:

- 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.

Duration: Maximum 2 minutes, but may be less.

Vocal music is permitted.

Factors in the

Free Dance

The multiplying factors for the Program components for the Free Dance are:

Skating Skills 1,25

Transitions/ Linking Footwork/Movements 1,75

Performance, Execution 1,00

Choreography, Composition 1,00

Interpretation/Timing 1,00

[Solos Compulsory Dances (CSNDG Rule 3367, paragraph 2 and CSNDG Communication 131)

Or (Gold ISU) :

7 Valse Viennoise (3 Séquences) et # 20 Silver Samba (2 Séquences)

Vermeil :

9 Valse Starlight (2 Séquences) et # 24 Blues (3 Séquences)

Argent (Silver ISU):

3 Rocker Foxtrot (3 Séquences) et # 5 Valse Américaine (2 Séquences)

Bronze (Bronze ISU) :

1 Pas de Quatorze (3 Séquences) et # 2 Foxtrot (3 Séquences)

Pré-bronze :

d) Ten Fox (3 Séquences) et # f) Tango Fiesta (3 Séquences)

Préparatoire :

c) Danse Majeure (2 Séquences) et # k) Rythmn'Blues (3 Séquences)

Préliminaire :

b) Canasta Tango (4 Séquences) et # h) Valse Hollandaise (3 Séquences)

The official ISU Compulsory Dance music will be used for Compulsory Dances # 1 to 25. The official CSNDG Compulsory Dance music will be used for Compulsory Dances a) to k) : this music is available upon request to the CSNDG.]

[Solos OR Adult Interpretive Dance:

In accordance with CSNDG Rules 1501 to 1504.

Duration: 2 min., +/- 10 sec.

In accordance with CSNDG Rule 1502 paragraph 5, the Required Elements for the Adult Solo Silver Interpretive Dance are:

- a) One (1) Combined Pose including an Attitude,
- b) One (1) Circular Step Sequence including Turns,
- c) One (1) Solo Spin Solo Combined Spin authorized
- d) One (1) Solo Serie of Twizzles.]

Selon les Règles CSNDG 1502 § 7, les Eléments Requis pour la Danse d'Interprétation Solo Adulte Or sont :

Eléments Requis pour la Danse d'Interprétation Solo Adulte Or sont :

- Une (1) Attitude Combinée avec une Attitude ;
- Une (1) Séquence de Pas Circulaire ou Serpentine en S (de deux (2) Lobes) avec retournements ;
- Une (1) Pirouette Solo Combinée de 3 tours sur 1 pied et de 3 tours sur le 2è pied ;
- Une (1) Série de Twizzles Solo ;

Musique vocale autorisée ;

Durée : 2'30 " +/- 10 secondes.]

[Solos Silver Adult Interpretive Dance:

In accordance with CSNDG Rules 1501 to 1504.

Duration: 2 min., +/- 10 sec.

In accordance with CSNDG Rule 1502 paragraph 5, the Required Elements for the Adult Solo Silver Interpretive Dance are:

- a) One (1) Combined Pose including an Attitude,
- b) One (1) Circular Step Sequence including Turns,
- c) One (1) Solo Spin (Solo Combined Spin not authorized),
- d) One (1) Solo Serie of Twizzles.]

[Solos Bronze Adult Interpretive Dance :

In accordance with CSNDG Rules 1501 to 1504.

Duration: 1 min. 30 sec., +/- 10 sec.

In accordance with CSNDG Rule 1502 paragraph 4, the Required Elements for the Adult Solo Bronze Interpretive Dance are :

- e) One (1) Combined Pose,
- f) One (1) Midline Step Sequence including Turns,
- g) One (1) Solo Spin (Solo Combined Spin not authorized).]

[Solos Pre Bronze Adult Interpretive Dance :

In accordance with CSNDG Rules 1501 to 1504.

Duration: 1 min. 30 sec., +/- 10 sec.

In accordance with CSNDG Rule 1502 paragraph 4, the Required Elements for the Adult Solo Bronze Interpretive Dance are :

- e) One (1) Combined Pose,
- f) One (1) Circular Step Sequence including Turns,
- g) One (1) Solo Spin (Solo Combined Spin not authorized).]

2.3 FACTORS

In accordance with ISU Technical Rules Single & Pair Skating and Ice Dance 2010, Rule 353 paragraph 1. n) and all pertinent ISU communications, the multiplying factors for the Program Components are:

Compulsory Dances

- Skating Skills: 0.75
- Performance: 0.50
- Interpretation: 0.50
- Timing: 0.75

The Total Score for each dance will be multiplied by a factor of 0.5.

Short Dance, Free Dance, Solo Interpretive Dance²

	Adult Short Dance	Adult Couple Gold, Silver and Bronze Free Dance	Adult Solo Interpretive Dance Silver and Bronze
Skating Skills	0.80	1.25	1.25
Transitions/Linking Footwork/Movements	0.70	1.75	1.25
Performance/Execution	0.70	1.00	0.80
Composition/Choreography	0.80	1.00	0.80
Interpretation/Timing	1.00	1.00	0.80

² Ne conserver que les colonnes appropriées aux catégories choisies pour la Compétition.

This Regulation for figure skating competition is the adult reference ISU Oberstdorf.

I. ELIGIBILITY ADULT

To participate in a competition for Adults, athletes:

- Must be 18 years or older at July 1 preceding the competition.
- Have a licensed competition in figure skating. The competition license is also required for the passage of any medals (from skid steel slides medals and adults).

• must not have participated since July 1st preceding the competition, a competition or * Nationals.

• Athletes foreign federation members must comply with the restrictions defined by The International Federation of the discipline, with the exception of the age limit, which will according to the one defined above.

Example for the UIS have not participated since July 1, 2011 for the 2011/2012 season with a ISU championship or a national championship a member federation of the ISU (other than National Championship adults) or a qualifying competition for a national championship a ISU Member Federation (other than a national championship adult).

Competitors must be in possession of a competition license from the relevant discipline Extension or a valid competition and be eligible.

* Terms competitions or championships:

- Tournament of France all categories all divisions
- France Championships all categories and divisions with the exception of the championship of France Clubs.

- All categories Masters

II. AGE CATEGORIES ADULT SKATING

Figure Skating for Adults is divided into five age categories:

For the 2012-2013 season:

- a) Category "young adults": 18 -28 years born between 1 July 1984 and 30 June 1994
- b) Category "1": 28 years -38 years born between 1 July 1974 and 30 June 1984
- c) Category "2": 38 years -48 years born between 1 July 1964 and 30 June 1974
- d) Type "3" to 48 -58 years born between 1 July 1954 and 30 June 1964
- e) Class "4": 58 to 68 years born between July 1, 1944 and June 30, 1954
- f) Class "5": 69 to 78 years born between 1 July 1934 and 30 June 1944

The cutting age of adult categories will necessarily set up for cutting Adults France.

For other competitions in particular regional competitions and the number of participants is less, this division is at the discretion of the organizing club, keeping in mind the preservation of the idea competition: Get competition categories with only 1 or 2 people do not seem very good and it seems better to have a number of competitors competing together.

A. FREE SKATING PROGRAM INDIVIDUAL

This test consists of running a free program well balanced, the categories below. The duration of programs will be timed.

The ladies are allowed to wear clothing without skirt, by the gentlemen against should wear pants and not tights)

The Amendments are under-reserve for future publications from ISU in particular the next competition program Adult Obertsdorf. Regulation is likely to be adjusted during the season to allow skaters to practice French Adults abroad with minimal adaptation programs.

1. Masters Free Skating Individual: Maximum Time 3mn 10s

A maximum of seven (7) jump elements including an Axel type. Single, double and triple jumps are permitted.

- A jump combination may consist of the same or another simple jump, double or triple. There may be three jump combinations or jump sequences in the Free Program. A jump combinations may be composed of three (3) listed jumps up, the other two combinations can be composed of two (2) listed jumps maximum.
- A jump sequence may consist of any number of hops with any number of rounds interconnected by leaps not listed, as the jump Mazurka, etc.. and / or bonds are immediately following each other while maintaining the jump rhythm (knee); There can not have / reversal, cross or thrust during the sequence. However, only the two jumps with the highest baseline count. Note that the execution of a half-loop (Toren) in combination with any other jump will be considered as a combination of jumps. In this case, the Toren is known as a loop.
- Each jump may be repeated only once. This repetition must be done in combination or sequence.
- Non-listed jumps may be included in the program as part of connecting. A maximum of three (3) spins of different abbreviation, one of which must be a spin combination with change of foot and one must be a flying spin.

A minimum number of rounds required for each type of spin: five (5) for the spin with no change of foot after receiving five (5) for the spin simple without change of position or foot, 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 change of 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) choreographic sequence

- To be recognized, a choreographic sequence must cover the entire surface of the ice and for ladies must include at least one (1) spiral position held.
- Only the first attempt to execute a choreographic sequence contributes to the technical score. The additional sequences do not count in the technical score but will be counted as skating moves (transitions) and marked as such.

3 min. 10 sec. Maximum, but may be less.

Multiplication factor for each program component: 1.6

□ 2. Free Artistic Individual Gold: 2mn 40s Maximum Time

A maximum of six (6) jump elements consist of single or double jumps (including single axel) with the exception of double Flip, double Lutz and double Axel. Triple jumps are not allowed. • One jump combination may consist of the same or another single jump or double exclusions above. There may be three jump combinations or jump sequences in the Free Program. A jump combinations may be composed of three (3) listed jumps up, the other two combinations can be composed of two (2) listed jumps maximum.

• A jump sequence may consist of any number of single or double jumps excluding Flip double, double Lutz, double Axel and all interconnected by triple jumps are not listed, as the break Mazurka, etc.. and / or bonds are immediately following each other while maintaining the jump rhythm (knee); There can not have / reversal, cross or thrust during the sequence. However, only the two jumps with the highest baseline count. Note that the execution of a half-loop (Toren) in combination with any other jump will be seen as a combination of jumps. In this case, the Toren is known as a loop.

□ Each jump may be repeated only once. This repetition must be done in combination or sequence. Non-listed jumps may be included in the program as part of connecting. A maximum of three (3) spins of different abbreviation, one of which must be a spin combination with change of foot and one must be a flying spin.

A minimum number of rounds required for each type of spin: four (4) for the spin with no change of foot after receiving four (4) for the spin simple without change of position or foot and eight (4 + 4) for the spin combination with change of foot or spin in one position with change of 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) choreographic sequence.

• To be recognized, a choreographic sequence must cover the entire surface of the ice and for ladies must include at least one (1) spiral position held. Only the first attempt to execute a choreographic sequence contributes to the technical score.

The additional sequences do not count in the technical score but will be counted as skating moves (transitions) and marked as such.

Period of 2 min. 40 sec. maximum, but may be less.

Multiplication factor for each program component: 1.6

3. Individual Silver Free Skating: 2mn 10s Maximum Time

A maximum of five (5) jump elements. The single Axel or any other single jump are permitted. Double or triple jumps are not permits. One jump combination may consist of the same or another single jump or double exclusions above. There may be three jump combinations or jump sequences in the Free Program. A jump combinations may be composed of three (3) listed jumps up, the other two combinations can be composed of two (2) listed jumps maximum.

• A jump sequence may consist of any number of single jumps interconnected by leaps not listed, as the jump Mazurka, etc.. and / or bonds are immediately following each other while maintaining the jump rhythm (knee); There can not have / reversal, cross or thrust during the sequence. However, only the two jumps with the highest baseline count. Note that the execution of a half-loop (torrent) in combination with any other jump will be seen as a combination of jumps. In this case, the torrent be called as a loop.

• Each jump may be repeated only once. This repetition must be done in combination or sequence.

□ Non-listed jumps may be included in the program as part of connecting.

A maximum of three (3) spins of different abbreviation, one of which must be a spin combination.

• A minimum number of rounds required for each type of spin: three (3) for the spin with no change of foot after receiving three (3) for the spin simple without change of position or foot, 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 change of 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) sequence choreographic covering at least half of the surface of the lens (half-circle or a straight line that covers half of the width)

- To be recognized, a choreographic sequence must cover at least 50% of the entire ice surface and for ladies must include at least one (1) spiral position held.

- Only the first attempt to execute a choreographic sequence contributes to the technical score.

The additional sequences do not count in the technical score but will be counted as skating moves (transitions) and marked as such.

Period of 2 min. 10 sec. maximum, but may be less.

Multiplication factor for each program component: 1.6

. Individual Bronze Free Skating: 1mn 50s Maximum Time

A maximum of four (4) jump elements. Only single jumps are permitted. Axel or double or triple jumps are not allowed.

- A jump combination may consist of the same or another single jump or double exclusions above.

There may be three jump combinations or jump sequences in the Free Program. A jump combinations may be composed of three (3) listed jumps up, the other two combinations can be composed of two (2) listed jumps maximum.

- A jump sequence may consist of any number of single jumps interconnected by leaps not listed, as the jump Mazurka, etc.. and / or bonds are immediately following each other while maintaining the jump rhythm (knee); There can not have / reversal, cross or thrust during the sequence. However, only the two jumps with the highest baseline count. Note that the execution of a half-loop (thorren) in combination with any other jump will be considered as a combination of jumps. In this case, the thorren be called as a loop.

- Each jump may be repeated only once. This repetition must be done in combination or sequence.

- Non-listed jumps may be included in the program as part of connecting.

A maximum of two (2) spins of a different abbreviation is.

- A minimum number of rounds required for each type of spin: three (3) for the spin simple without change of position or foot, four (4) for the spin combination with no change of foot and eight (4 +4) for the spin combination with change of foot.

- The flying spins are not permitted.

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

A maximum of one (1) sequence choreographic covering at least half of the surface of the lens (half circle or a straight line that covers half of the width)

- To be recognized, a choreographic sequence must cover at least 50% of the entire ice surface and for ladies must include at least one (1) spiral position held.

- Only the first attempt to execute a choreographic sequence contributes to the technical score.

The additional sequences do not count in the technical score but will be counted as skating moves (transitions) and marked as such.

□ Period of 1 min. 50 sec. Maximum, but may be less.

Multiplication factor for each program component: 1.6

5. Free Artistic Individual Steel: 1mn 40s Maximum Time

A maximum of three (3) jump elements. Only simple single salchow or toes are allowed.

Other single jumps or double or triple jumps are not allowed.

- Combinations or sequences are prohibited.

- Each jump may be repeated only once.

- Non-listed jumps may be included in the program as part of connecting.

A maximum of one (1) spins.

- A minimum number of rounds required for each type of spin: three (3) for the spin simple without changing position or walking.

Spins with change of foot or combined or skipped are not permitted.

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

A maximum of one (1) sequence choreographic covering at least half of the surface of the lens (half circle or a straight line that covers half of the width)

- To be recognized, a choreographic sequence must cover at least 50% of the entire ice surface and for ladies must include at least one (1) spiral position held.

- Only the first attempt to execute a choreographic sequence contributes to the technical score.

The additional sequences do not count in the technical score but will be counted as skating moves (transitions) and marked as such.

Period of 1 min. 40 sec. maximum, but may be less.

Facteur de multiplication pour chaque composante de programme: 1.6

6. Tin Free Artistic Individual: Maximum Time 1mn 30s

Accuracy: The Tin category is intended to allow adults beginning to learn about the competition and to promote the transition from practice to practice pure leisure more competitive. The idea is to enable this transition without waiting for a certain level to encourage vocations rather than the brake.

This category is intended to be held only at regional competitions and WILL NOT organized on the Coupe de France Adults.

No jump.

- Non-listed jumps may be included in the program as part of connecting.
- A maximum of one (1) upright spin. A minimum number of rounds required for each type of spin: three (3) for the spin simple without changing position or walking. Spins with change of foot or combined or skipped are not permitted. There must be a minimum of two (2) revolutions in each position or the position will not be counted.

maximum of one (1) step sequence covering at least half of the surface of the lens (half-circle or a straight line that covers half of the width)

- To be recognized, a sequence of steps must cover at least 50% of the entire surface of the ice.

- Only the first attempt to execute a sequence of steps will contribute to the technical score. The additional sequences do not count in the technical score but will be counted as skating moves (transitions) and marked as such.

- A maximum of one (1) sequence choreographic covering at least half of the surface of the lens (half-circle or a straight line that covers half of the width)

- To be recognized, a choreographic sequence must cover at least 50% of the entire ice surface and for ladies must include at least one (1) spiral position held.

- Only the first attempt to perform a choreographic sequence contributes to the technical score.

The additional sequences do not count in the technical score but will be counted as skating moves (transitions) and marked as such.

Period of 1 min. 30 sec. maximum, but may be less.

Multiplication factor for each of the two program components: 2.5 Will be evaluated only components:

- "Skating Skills"
- "Performance / Execution."

.B/ FREE PROGRAM SKATING COUPLE

This test consists of running a free program. Each pair will consist of a gentleman and a lady. The gentleman skate as a man and woman skate as a woman.

The ladies are allowed to wear skirts held without by against the men should wear pants and not tights.

1. Masters artistic couple:

The music does not exceed 3mn 10s A well balanced Masters artistic couple can 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 allowed. A solo jump can be repeated only once and this repetition must be done in combination or sequence.
 - A maximum of one (1) jump combination, which may be composed of three (3) jumps
 - maximum or one (1) jump sequence (in sequence, only the two jumps with the core values of the highest value will count).
 - A maximum of one (1) pair spin (pair spin or pair spin combination). A minimum number of turns required for each type of spin: four (4) for a pair spin with no change of foot and three (3) revolutions on each foot for a pair spin combination. There must be a minimum of two (2) revolutions in each position or the position will not be counted.
 - A maximum of one (1) solo spin or solo spin combination. A minimum number of rounds required for each type of spin: five (5) for the spin skipped five (5) for the spin with a simple position and four (4) revolutions on each foot for a spin combination with change 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 one (1) pivot spiral (position optional). At least $\frac{3}{4}$ of a turn pivot position for humans is required.
 - A maximum of one (1) choreographic sequence using the full ice surface.
 - To be recognized, a choreographic sequence must include at least one (1) spiral position tenue. Seule the first attempt to perform a choreographic sequence contribute to the technical score.

The additional sequences do not count in the technical score but will be counted as skating moves (transitions) and marked as such.

3 min. 10 sec. maximum, but may be less.

Multiplication factor for each program component: 1.6

1. Artistic couple Adults:

The music does not exceed 2mn 50s

Couples will skate a well balanced program which focuses on skating ability, timing, unison with full utilization of the ice surface. There is no mandatory element but couples can include up to eight (8) items from:

- A maximum of two (2) different lifts, Group 1 or Group 2 with a minimum of one-half turn to the man and a turn for the lady. Variations in the position of the lady, taken in hand or no hand and brought the handsets are not allowed. Worn over the head twists and lifts are not allowed.
- A maximum of one (1) solo jump. Only single jumps are permitted.
- A maximum of one (1) jump combination, which may be composed of three (3) jumps
- maximum or one (1) jump sequence (in sequence, only the two jumps with the core values of the highest value will count).
- A maximum of one (1) jump start (Only single jumps are permitted).
- A maximum of one (1) pair spin (pair spin or pair spin combination). A minimum number of turns required for each type of spin three (3) for a pair spin and six (6) for a pair spin combination. 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 one (1) pivot spiral (position optional). At least $\frac{3}{4}$ of a turn pivot position for humans is required.
- A maximum of one (1) choreographic sequence.

- To be recognized, a choreographic sequence must include at least one (1) spiral position held.
Only the first attempt to execute a choreographic sequence contributes to the technical score.

<p>Libre Artistique</p> <p>Solo</p> <p>Masters Gold Silver Bronze Pre-Bronze</p> <p>Pairs</p> <p>Masters Ault Gold Ault Silver Ault Bronze</p>	<p>CreativeSkating Skills</p> <p>Solo</p> <p>Masters Gold/Silver Bronze</p>		
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- The additional sequences will not be counted in the technical score but will be counted as

skating moves (transitions) and marked as such.

Period of 2 min. 50 sec. maximum, but may be less.

Multiplication factor for each program component: 1.6

Check the events that you want to participate:


3. ENTRIES

3.1 ENTRIES OF COMPETITORS

In accordance with CSNDG Rule 3214 paragraph 1. a), the Entry Form (see attachment)³ must be filled out by the Club of the Competitors, or by the Competitors themselves, and sent with entry payment to the Organizer not later than [date].

3.2 ENTRY FEES

The entry fee is [.] euros per Competitor, by check to the order of the Organizer. For Competitors from Clubs affiliated to foreign ISU Members, payment must be settled by transfer to the following account:

	SOCIETE GENERALE		
<hr/>			
RELEVÉ D'IDENTITÉ BANCAIRE			
<hr/>			
TITULAIRE DU COMPTE			
CLUB DE DANSE SUR GLACE DU HAVRE			
CHEZ MADAME LYDIE COUSIN			
2 CHEMIN DU FOND DES VALLEES			
76930 OCTEVILLE SUR MER			
DOMICILIATION : LE HAVRE JENNER (01022)			
Banque	Guichet	N° de compte	Clé RIB
30003	01022	00037265648	60
Identification Internationale (IBAN)			
IBAN FR76 3000 3010 2200 0372 6564 860			
Identification internationale de la Banque (BIC)			
SOGEFRPP			

Fees are not reimbursable, unless a Competitor cannot compete in the event due to illness or injury. In that case, a medical certificate must be provided.

³ A préparer par l'Organisateur.

3.3 ENTRIES OF OFFICIALS

Referees (one of them being appointed Chief Referee), Technical Controllers, Technical Specialists and Judges are appointed and entered by the Officials Head of the Regional League of the Organizer.

Data/Video Replay Operators are appointed and entered by the Competition Officials Head of the Regional League of the Organizer.

The Officials Head of the Regional League of the Organizer may invite Officials from foreign ISU Members with the approval of the Organizer and the Officials National Commission and with information to the ISU Members concerned.

The date and place of meetings for Officials are scheduled as outlined in the event schedule in paragraph 15.

The composition of the panels of Officials for the different categories and parts of the Competition will be determined by the Chief Referee.

4. MEALS, LODGING AND TRAVEL EXPENSES (CSNDG COMMUNICATION [.]⁴)

Travel expenses, lodging and meals for Judges, Referees, Technical Controllers, Technical Specialists, Data/Video Replay Operators, and Technical Staff will be covered by the Organizer.

. MUSIC / PLANNED PROGRAM CONTENT

For categories Couples Free Dance, Couples Original Dance and Solos Interpretive Dance, all Competitors shall furnish competition music of excellent quality on CD or MD format, in accordance with CSNDG Rule 3217, paragraph 3 (ISU Rule 343, paragraph 1). A list of titles, composers and orchestras of the music to be used in the Short Dance, Free Dance or Solo Interpretive Dance must be listed for each Competitor on the official Music Selection Form⁵ and attached to the official Entry Form for Competitors.

All discs must show the Competition event, Competitor's name and the exact running time of the music (not skating time) including any starting signal and must be submitted at the time of registration. Each program (Short Dance, Free Dance, Solo Interpretive Dance) must be recorded on a separate disc. In addition Competitors must provide a back-up drive for each program.

If music information is not complete and CDs or MDs not provided, accreditation will not be given.

The Program Content Sheet must be returned 10 days before the Competition, i.e. on le 2 Janvier 2013at the latest to cdgh.lcousin@hotmail.fr.It is mandatory that the Program Content Sheet must be filled in precisely by each Competitor on the model available on www.csndg.org (section "téléchargements"), using the terminology for the elements listed in CSNDG Rule 1404 (ISU terminology for Adult Short Dance and Adult Couple Gold, Silver and Bronze Free Dance / CSNDG terminology for Adult Silver and Bronze Solo Interpretive Dance).

⁴ Numéro de la Communication sur les prises en charge.

⁵ A préparer

6. OFFICIAL HOTEL

The official hotel for Officials will be:

Hôtel Ibis Centre
Rue du 129^{ème} Régiment d'Infanterie
76600 LE HAVRE
02 35 22 29 29

Hotel information for Competitors, Coaches and accompanying persons can be provided by the tourism office of the city.

Office de Tourisme du Havre
186, Boulevard Clémenceau
76600 LE HAVRE
02 32 74 04 04

7. ACCREDITATION

The official accreditation is planned at the ice rink upon arrival.

According to CSNDG Rule 3217, paragraph 9, accreditation and welcome package will be given to all entered Competitors and Coaches (2 maximum per Competitor), Judges, Referees, Technical Controllers, Technical Specialists, Data/Video Replay Operators, Technical Staff and Guests.

Accreditation for Competitors can only be provided in exchange of:

3. musics
4. Program Content Sheet, if not yet provided,
5. for Competitors from Clubs affiliated to Fédération Française des Sports de Glace : valid Competition Membership,
6. for Competitors from Clubs affiliated to a foreign ISU Member : ID card or passport showing valid age,
7. settlement of due fees, if any.

8. TIRAGE AU SORT - ORDRE DE PASSAGE

Les ordres de passage seront déterminés par tirage au sort method électronique

10. AWARD CEREMONY

All the Competitors will be announced and honoured. According to ISU Rule 107, paragraph 12 (CSNDG Rule 3219), Competitors from Clubs affiliated to a foreign ISU Member will be announced with the name of their Club and not the name of their country.

11. PROTOCOLS

According to CSNDG Rule 3551, paragraph 2. a), no protocol will be provided. Results will be made available on www.csndg.org.

12. INSURANCE / LIABILITY

For Competitors from Clubs affiliated to foreign ISU Members, in accordance with ISU Rule 119, it is the sole obligation of those Clubs to provide medical and accident insurance for their athletes, officials and all other members of the Club's team. If this is not the case, Competitors shall be insured personally. 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. It is an internal matter of each Club to decide the issue who shall pay the premium for such insurance.

The Organizer and the Fédération Française des Sports de Glace assume no responsibility for or liability with respect to bodily or personal injury or property damage incurred in connection incurred by Competitors and officials.

13. ROUND TABLE DISCUSSION

If possible, a Round Table Discussion for Judges will be held after the events, as outlined in the event schedule in paragraph 15.

14. INFORMATION

For further information, please contact:

Organizer

cdgh.lcousin@hotmail.fr or lambert.setzkorn@laposte.net

15. PRELIMINARY SCHEDULE

Initial Judges Meeting: Samedi 12 Janvier 2013

Initial Technical Panel Meeting: Samedi 12 Janvier et Dimanche 13 Janvier 2013

Round Table Discussion : Dimanche 13 Janvier - Patinoire du Havre

This schedule is subject to changes in accordance with the number of entries. The final schedule of Competition will be published on www.csndg.org.