

# 2014



**TECHNICAL PACKAGE  
FIGURE SKATING**

# FIGURE SKATING

1. **RULES:** This competition will be conducted under the rules of US Figure Skating.

2. **TEAM COMPOSITION:**

Each Games Unit may enter a team comprised of maximum of eight (8) skaters and two (2) coaches. One coach must be female or if none are available a female chaperone must be substituted for one coach. Units may enter a maximum of 3 skaters in any category to the team maximum of 8 skaters.

3. **ENTRIES:**

Each entrant must qualify through the contingent they represent in accordance with the contingent's specific qualification process.

4. **MUSIC:**

Each skater must provide 2 compact discs (CD). Two copies must be provided at the time of registration for their first practice. One for competition (marked as "master") and one for back up (marked "Copy"). The Master copy will be played during practices and competition. Competitors are responsible for collection of their own music at the completion of the competition.

Each CD must be enclosed in its integral container. The container is to be marked in same manner as the CD.

Additionally, in case both CD's malfunction, music available on a smartphone may be used; however, CD's are the preferred method and are required.

Standard Specifications for CD's:

- A. Only one (1) program will be recorded on each CD.
- B. Competitor's name and contingent, followed by music time (not skating time) shall be clearly marked on one side of the CD.
- C. The start of the music shall be recorded on the CD with a minimum 3 second lead but not more than 5 seconds lead on the CD.
- D. Music recording levels shall be a maximum of 0 Volume Units (OVU) and a minimum of -8 Volume Units (-8VU)
- E. Music shall be recorded at equal levels on both left and right channels in stereo.

## 5. MEDALS:

Separate medals will be awarded for the free skate, short program, combined and team compulsory competitions. In the event that only a single skater is registered in a competition category, that skater will be eligible for medals provided they complete the required skating programs.

GOLD 20  
SILVER 20  
BRONZE 20

LADIES 1 – 4 EVENTS	NUMBER OF GOLD MEDALS AWARDED	NUMBER OF SILVER MEDALS AWARDED	NUMBER OF BRONZE MEDALS AWARDED
Short Program	4	4	4
Freestyle Program	4	4	4
Combined (Short and Freestyle)	4	4	4
Team	8	8	8
<b>TOTAL MEDAL COUNT</b>	<b>20</b>	<b>20</b>	<b>20</b>

## 6. SYSTEM OF MARKING:

Events will be judged under the International Judging System (IJS) for all events excluding the team compulsory event. The team compulsory event will be judged using the 6.0 system. The US Figure Skating, Well Balanced Program Criteria in effect as of November 15, 2013 will be used for the Short and Freestyle programs.

The team compulsory event will be based on total points.

## 7. CATEGORIES: The competition is open to female athletes only.

Competitors must have been born between 1996 and 2003. Skaters in the Preliminary events (Ladies 1) must be born 2001 or later. A competitor may register and compete in only one (1) category. (NOTE: The youngest competitor could be 10 years and 2 months as of the AWG competition. The oldest competitor could be 18 years old and 2 months as of the AWG competition.)

and

Competitors must also meet the minimum and maximum test requirements as of November 15, 2013. Test qualification forms must be completed in accordance with Arctic Winter Games rules.

## 8. TEST QUALIFICATIONS

Skaters must meet the following minimum and must not exceed the following maximum qualifications for each competition category as of November 15, 2013. Skaters exceeding the maximum standards after this date are still eligible to compete in the level you register as of November 15, 2013.

- Ladies 1:** Entrants in this category must have passed their:  
Complete Skate Canada Preliminary Free Skate Test but no higher  
Complete US Figure Skating Preliminary Free Skate Test but no higher  
Russian 2<sup>nd</sup> Youth Class but no higher
- Ladies 2:** Entrants in this category must have passed their:  
Complete Skate Canada Junior Bronze Free Skate Test but no higher  
Complete US Figure Skating Pre-Juvenile Free Skate Test but no higher  
Russian 1<sup>st</sup> Youth Class but no higher
- Ladies 3:** Entrants in this category must have passed their:  
Complete Skate Canada Senior Bronze Free Skate Test but no higher  
Complete US Figure Skating Juvenile Free Skate Test but no higher  
Russian 2<sup>nd</sup> Sport Class but no higher
- Ladies 4:** Entrants in these categories must have passed their:  
Complete Skate Canada Junior Silver or Senior Silver Free Skate Tests but no higher  
Complete US Figure Skating Intermediate or Novice Free Skate Tests but no higher  
Russian 1<sup>st</sup> Sport Class but no higher

### Elite Athletes

Canadian athletes who have qualified for Western Challenge or Nationals or higher in 2012-2013 skating season or 2013-2014 skating season are considered elite and therefore not eligible to compete in the Arctic Winter Games.

American athletes who have qualified for Sectionals or higher in 2012-2013 skating season or 2013-2014 skating season are considered elite and therefore not eligible to compete in the Arctic Winter Games.

Russian Athletes who are considered elite by the Federal Law of the Russian Federation are not eligible to compete in the Arctic Winter Games. Russian athletes who have qualified as a Master of Sports International, Master of Sports of Russia or are Candidates for the Master of Sports or higher are also considered elite and therefore are not eligible to compete in the Arctic Winter Games.

## 9. EVENTS:

Each Level and well balanced program requirements are provided in the table(s) below. The level is identified, the type of program (Short or Freeskate), the duration of the program, jump element, spin elements and step sequences with their corresponding maximum (MAX) number of elements for each level. The team compulsory requirements are listed separately.

Short program duration indicates maximum (MAX) timing. This means that a program duration is up to the maximum time indicated for each level.

ISU (International Skating Union) communication #1790 2013-2014 levels of difficulty and scale of values will be linked on the Arctic Winter Games website as additional reference materials.

The US Figure Skating, Well Balanced Program Criteria in effect as of November 15, 2013 will be used for the Short and Freeskate programs.

<b>Level 1</b>		
<b>Short Program (Duration - 1:15 MAX)</b>		
<b>JUMP ELEMENTS</b>	<b>SPINS</b>	<b>STEP SEQUENCES</b>
<b>MAX 3</b>	<b>MAX 2</b>	<b>MAX 1</b>
1 must be an Axel/waltz jump-type jump	Camel Spin (min 3 revolutions)	One choreographic step sequence
1 Solo jump (no higher than a double loop. All single jumps are permitted excluding the axel/waltz jump type jump and single loop. Double Salchow, Double Toe loop and Double Loop permitted.)	Combination Spin (min 5 revolutions), minimum 2 positions (One change of foot optional, no flying entry)	Utilizing 1/2 ice surface
1 jump combination consisting of a single/single or single/double (1 of the jumps in the combination must be a single loop jump. May not repeat Axel type jump or solo jump from above in the combination. No higher than a Double loop is permitted at this level)		

<b>Level 1</b>		
<b>Freestyle Program (Duration - 1:30 +/- 10 sec.)</b>		
<b>JUMP ELEMENTS</b>	<b>SPINS</b>	<b>STEP SEQUENCES</b>
<b>MAX 5</b>	<b>MAX 2</b>	<b>MAX 1</b>
1 must be an Axel/waltz jump-type jump	Spins must be of a different nature	One choreographic step sequence
Max 2 jump combinations or sequences	Min 2 revs for a position to count	Utilizing ½ the ice surface
Jump combinations limited to 2 jumps	Spins may change feet and/or position	
Number of jumps in jump sequence is limited to a maximum of 3 single or double jumps. (Half-loop is not considered a single jump at this level.)	Spins may start with a fly	
Only two different double jumps may be attempted (limited to double Salchow, double toe loop, and double loop only)	Min 3 revs for solo spin.; 6 revs. for combo	
Axel and no more than 2 different double jumps may be repeated as individual jumps, as part of jump combination or jump sequence		
Maximum of 2 Axels or any double jump		
No double flips, double lutzs, double Axels or triple jumps		

<b>Level 2</b>		
<b>Short Program (Duration - 1:45 MAX)</b>		
<b>JUMP ELEMENTS</b>	<b>SPINS</b>	<b>STEP SEQUENCES</b>
<b>MAX 3</b>	<b>MAX 2</b>	<b>MAX 1</b>
1 must be an Axel-type jump	Combination Spin, (min 6 revolutions) minimum 2 positions (One change of foot optional, no flying entry)	One choreographic step sequence
1 Solo jump (no higher than a double loop. All single jumps are permitted excluding the axel/waltz type jump. Double Salchow, Double Toes Loop and Double Loop permitted.)	Flying solo spin (may not change feet, or position) (min 4 revolutions)	Fully utilizing the ice surface
1 jump combination consisting of a single/single, single/double or double/double (May not repeat Axel type jump or solo jump from above in the combination. No higher than a Double Loop is permitted at this level)		

<b>Level 2</b>		
<b>Freestyle Program (Duration - 2:00 +/- 10 sec.)</b>		
<b>JUMP ELEMENTS</b>	<b>SPINS</b>	<b>STEP SEQUENCES</b>
<b>MAX 5</b>	<b>MAX 2</b>	<b>MAX 1</b>
1 must be an Axel-type jump	1 spin combination; w/without change of foot, may fly	One choreographic step sequence
Max 2 jump combinations or sequences	1 spin with only 1 position, may fly, no change of foot	Fully utilizing the ice surface
Jump combinations limited to 2 jumps	Min 3 revs for solo spin.; 6 revs. for combo	
Number of jumps in jump sequence is limited to a maximum of 3 single or double jumps. (Half-loop is not considered a single jump at this level.)	Spins must be of a different nature	
Number of different double jumps is not limited.	Min 2 revs for a position to count	
Axel and no more than 3 different double jumps may be repeated as individual jumps, as part of jump combination or jump sequence.		
Maximum of 2 Axels or any double jump		
No double Axels or triple jumps		

<b>Level 3</b>		
<b>Short Program (Duration - 2:00 MAX)</b>		
<b>JUMP ELEMENTS</b>	<b>SPINS</b>	<b>STEP SEQUENCES</b>
<b>MAX 3</b>	<b>MAX 2</b>	<b>MAX 1</b>
1 must be an Axel-type jump	Combination Spin (min 8 rev), with only 1 change of foot optional and min. 2 change of position, 2 revs. required for position to count. No flying entry. Min. 4 revs. each foot	One choreographic step sequence
1 Solo jump	Flying Camel Spin (minimum 5 revolutions)	Fully utilizing the ice surface
1 jump combination consisting of a single/single, single/double or double/double (May not repeat Axel or solo jump from above in the combination)		

<b>Level 3</b>		
<b>Freeskate Program (Duration - 2:30 +/- 10 sec.)</b>		
<b>JUMP ELEMENTS</b>	<b>SPINS</b>	<b>STEP SEQUENCES</b>
<b>MAX 5</b>	<b>MAX 2</b>	<b>MAX 1</b>
1 must be an Axel-type jump	1 spin combination; w/without change of foot	One choreographic step sequence
Max 2 jump combinations (combos) or sequences	1 spin with only 1 position; no change of foot	Fully utilizing the ice surface
Combos limited to 2 jumps	Both spins may start with a fly	
Number of jumps in jump sequence is not limited	Min 5 revs for solo spin.; 8 revs. for combo	
No more than 3 double jumps may be repeated (1 each), but only as part of combo or sequence. Max 2 of same double jump.	Min 2 revs. in position for position to count	
No triple jumps	Spins must be of a different nature	



<b>Level 4</b>		
<b>Short Program (Duration - 2:30 MAX)</b>		
<b>JUMP ELEMENTS</b>	<b>SPINS</b>	<b>STEP SEQUENCES</b>
<b>MAX 3</b>	<b>MAX 2</b>	<b>MAX 1</b>
1 Axel or Double Axel	Combination Spin (min. 10 rev.), with only 1 change of foot and min. 1 change of position, 2 revs. Required for position to count. No flying entry. Min. 5 revs. each foot	One leveled step sequence
1 Double or Triple Jump (immediately proceeded by connecting steps, may not repeat Double Axel)	1 spin with only 1 position (may fly, no change of foot) (min 5 revolutions)	Fully utilizing the ice surface
1 Jump combination consisting of a single/double, single/triple, double/double or double/triple (May not repeat Axel jump performed or solo jump from above in the combination)		

<b>Level 4</b>		
<b>Freestyle Program (Duration - 3:00 +/- 10 sec.)</b>		
<b>JUMP ELEMENTS</b>	<b>SPINS</b>	<b>STEP SEQUENCES</b>
<b>MAX 6</b>	<b>MAX 3</b>	<b>MAX 1</b>
1 must be an Axel-type jump	Spins must be of a different nature	One leveled step sequence
Max 3 jump combinations (combos) or sequences	1 flying entry w/ no change of foot or position	Fully utilizing the ice surface
Combos limited to 2 jumps, but one 3-jump combo is permitted	1 spin combination; w/without change of foot	
Number of jumps in jump sequence is not limited	3 <sup>rd</sup> spin is option of skater	
No more than 2 jumps that are 2½ or 3 revolutions may be repeated. If double Axel or triple jumps repeated, must be in combo or sequence.	Min 6 revs.; 10 revs. for combo	
No more than two of the same type of double or triple jump may be attempted	Min 2 revs. in position	
	Spins may change feet and start with a fly, except for the flying spin with no change of foot or position	

# TEAM COMPULSORY EVENT

All Teams, including coaches, will be on the ice during the competition.

The Chief Referee (or a designated official) and the Chief Accountant will draw for the skating order of the elements and the teams at the pre-competition meeting. This order will be followed for the skating of each element. All teams must execute an element before the competition progresses to the next element.

Each skater will execute one element from the following list. Each element may be executed twice, one immediately after the other. The better of the two executions will be given a score by judges. The individual element scores will be added together to determine a total mark for each team. Team placements will be determined based on the total mark for each team with the highest mark awarded first place, the second highest second place and so on.

Team coaches will determine which element each team member will perform. Lists must be submitted to the referee at the pre-competition meeting.

In the event that a team has less than eight skaters, a member from the same team may complete more than one (1) element to a maximum of four (4) skaters completing two (2) elements each. A team must complete all eight elements.

## **Jumps**

- Axel
- Double Loop
- Double – Double Jump Combination

## **Spins**

- Sit spin
- Layback or Sideways Leaning Spin
- Flying Camel / Back Sit Spin (minimum 5 rotations)

## **Step Sequence**

- Step Sequence (straight line, serpentine, or circular pattern)

## **Spiral Sequence**

- Spiral Sequence

## **10. EXHIBITION:**

A Figure Skating Exhibition will be held on the final day of competition and is open to the 2014 Arctic Winter Games Figure Skating Competitors. Overall gold medal winners (combined results from the short and long programs) will skate an exhibition at the final ceremonies for Figure Skating. Skaters shall choose their Short program, Freeskate program or a prepared exhibition program (the exhibition program cannot exceed the Freeskate times for their respective event).

In order to enhance the cultural experience at the 2014 games, skaters in each competitive level will work with their fellow skaters within their level to develop a group number that will be presented with the exhibition skaters (gold medal winners) that accompany the final ceremonies for Figure Skating. All skaters in all levels will participate in a closing “Finale” to close the Figure Skating events at the 2014 Arctic Winter Games.

Music will be provided by the host society (for group and finale numbers only) and pairs or teams of coaches will be assigned to assist each group in preparing for the final event. The coaches will be assigned at the opening meeting for figure skating. Coaches and athletes are expected to work on choreography during the week of the Games.

A schedule of practices (off ice and on ice) will be provided at the opening meeting for figure skating.

The team outfit (ie: jackets, dresses, team uniform) will be used for the group number unless the skater has been awarded a gold medal (they would use their competition outfit throughout the exhibition).

No medals are awarded for this exhibition.

## 11. ADDITIONAL RESOURCES:

### A. SINGLES CHART TOOL – DIFFICULT VARIATION OPTIONS:

2012-13 Difficult Variation Options Spin feature 1 from ISU  
Communication 1724

Effective July 1, 2012

Sit Positions	Camel Positions	Upright Positions	Other
SF - Sit Forward	CF - Camel forward	UF - Upright Forward	NB - Non-Basic Position
SS - Sit Sideways	CS - Camel Sideways	US - Upright Straight	
SB - Sit Behind	CU - Camel Upward	UB - Upright Beillmann	
		UL - Upright Layback	

- 11 different types of difficult variations from which to choose
- Each difficult variation type can only be used once per program for level feature. First attempt is the only one counted whether or not the difficult variation is achieved.
- A difficult variation in a non-basic position is considered for level feature in spin combination only (first time it is attempted).

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### B. SCALE OF VALUES:

See US Figure Skating Technical Notification 96 revised July 4<sup>th</sup>, 2013. Updates prior to the AWG 2014 competition will be updated by clarifying bulletin if necessary.

Visit: [www.usfigureskating.org](http://www.usfigureskating.org) or link to:

<https://www.usfigureskating.org/content/TN%2096%20Revision%2007-03-13.pdf>

**Additional Scale of Values (SOV)** - See ISU Communication No. 1790. Updates prior to the AWG 2014 competition will be updated by clarifying bulletin if necessary.

Visit:

<http://www.usfigureskating.org/content/ISU%20communication%201790%20Singles%20and%20Pairs%20Scale%20of%20Values.pdf>

C. **SINGLE LEVEL OF DIFFICULTY** – see ISU Communication No. 1741. Updates prior to the AWG 2014 competition will be updated by clarifying bulletin if necessary. Visit: <http://www.usfigureskating.org/content/ISU%20communication%201740%20-%20Singles%20and%20Pairs%20-%20Changes%20in%20Regulations%20following%202012%20ISU%20Congress.pdf>

## **12. COACHING COMPLIANCE:**

Coaching compliance is mandatory at all U.S. Figure Skating sanctioned competitions.