



**Technical Requirements for
ISU Adult Figure Skating Competitions
2019 – 2020 Season**



**International Adult Figure Skating Competitions
For
Men, Ladies, Pairs, Ice Dance and
Synchronized Skating**

**Competitions under the Authorization and Support of the
INTERNATIONAL SKATING UNION**

This document applies to the ISU supported International Adult Figure Skating Competitions in Lake Placid, October 14 – 19, 2019 and in Oberstdorf, Germany, May 17 – 23, 2020. It is also hereby presented to ISU Members as a non-binding ISU recommendation for other International Adult Figure Skating Competitions organized by ISU Members.

1. General

There are two ISU Adult Figure Skating Competitions for the 2019-2020 Season – one in Lake Placid, New York, October 14 – 19, 2019 and one in Oberstdorf, Germany, May 17 – 23, 2020. Also, the Winter World Masters Games in Innsbruck, Austria, January 10 – 19, 2020 will be conducted according to the same technical requirements as two ISU Adult Figure Skating Competitions (mentioned above).

The International Adult Figure Skating Competitions for the 2019-2020 Season will be conducted in accordance with the ISU Constitution and General Regulations 2018, the ISU Special Regulations & Technical Rules Single & Pairs Skating and Ice Dance 2018, the Special Regulations & Technical Rules Synchronized Skating 2018, all pertinent ISU Communications, and this Announcement. **If there is a conflict between pertinent ISU Regulations or Communications and provisions set forth in this Announcement, the provisions set forth in this Announcement shall prevail, provided there is no special comments made for Adult Skating Competitions within such ISU Communications.**

The International Adult Figure Skating Competitions are considered to be an “International Masters/Adult Competition” as per Rule 107(12) of the ISU General Regulations. Participation in this International Adult Figure Skating Competition is open to all skaters who belong to an ISU Member, and qualify with regard to eligibility, according to Rule 102, provided their ages fall within the limits specified in this Announcement and they meet the participation requirements.

A Competitor must be an individual member of an ISU Member, or a member of a club that is itself a member of an ISU Member. Competitors do not require any Clearance Certificate or any other permission from their ISU Member for entering the Competition. Competitors must enter themselves. A Competitor may enter as a member of only one ISU Member. In the case of Pair Skating and Ice Dance, both Competitors in a team must enter as members of the same ISU Member.

The International Adult Figure Skating Competition for the 2019-2020 Season will include the following categories:

- Ladies and Men Free Skating
- Ladies and Men Artistic Free Skating
- Pair Free Skating
- Pair Artistic Free Skating
- Ice Dance - Pattern Dance
- Ice Dance - Rhythm Dance
- Ice Dance - Free Dance
- Synchronized Skating

2. Entries

Participation in the Free Skating, Pair Free Skating and Ice Dance disciplines at the International Adult Figure Skating Competitions are open only to Competitors who have reached at least the age of twenty-eight (28) before 1st July 2019.

Age categories for Ladies and Men Free Skating events:

Class I	skaters born between	1 st July 1981 and 30 th June 1991
Class II	skaters born between	1 st July 1971 and 30 th June 1981
Class III	skaters born between	1 st July 1961 and 30 th June 1971
Class IV	skaters born between	1 st July 1951 and 30 th June 1961
Class V	skaters born on or before	30 th June 1951

A competitor may skate with only one and the same partner in each discipline (i.e. one partner only for all Ice Dance events and one partner only for all Pair Skating events).

For Synchronized Skating, at least three quarters (75%) of team members (not including reserves) must have reached at least the age of twenty-eight (28) before 1st July 2019. A maximum of one quarter (25%) of the members of a team must have reached at least the age of twenty-five (25) before 1st July 2019. A team may include up to one-quarter (25%) team members who are citizens of the country of another ISU Member, on the condition that permission is obtained from the ISU Member of the country of which the team member is a citizen. Such team members may compete under only one ISU Member in the same year.

A skater competing after 1st July 2019 in an ISU Championship, International Competition or National Championship of a Member Federation (other than an Adult International Competition or Adult National Championships) or a competition from which a competitor qualifies for the National Championship of a Member Federation (other than an Adult National Championship) MAY NOT participate in this competition.

A skater competing prior to 1st July 2019 in an ISU Championship or National Championship of a Member Federation or a competition from which a competitor qualifies for the National Championship of a Member Federation MAY participate in this competition.

A skater meeting the age requirements of this competition, who competes in adult-only events (Free Skating, Pairs Free Skating, Ice Dance or Synchronized Skating) at a National Championships or competition from which a competitor qualifies for the National Championships of a Member Federation MAY compete in this competition.

All other members of an ISU Member Federation who meet the age requirements may participate.

Entries are to be **submitted online** directly by the skaters. Details on entry and payment are included in the site specific announcements (for Lake Placid and Oberstdorf) which will be located on the adult section of the www.isu.org.

GENERAL INFORMATION FOR ALL COMPETITORS

- It is expected that competitors will enter at a level appropriate to their current skating ability.
- Entries may be reviewed prior to announcement of the schedule to ensure the integrity of the competition.
- Competitors are not obliged to enter the same level as in previous years.
- The Masters Elite category is intended for those skaters who competed previously at the junior or senior level in national or international competition, but is not mandatory for such skaters.
- Skaters may compete at only one level within each segment.
- Any program violating the time limit set out in this Announcement will receive a deduction of 1.0 for every 5 seconds or part thereof lacking or in excess of the permitted time.
- Skaters have 30 seconds from the time their name is called to take their starting position.
- Please ensure a planned program sheet is submitted for all programs except for the artistic and pattern dance categories.
- Based on ISU Rule 501(1), competitors should note the following regarding appropriate clothing. Clothing and any make-up of the competitors must be modest, dignified and appropriate for athletic competition – not garish or theatrical in design. Clothing may, however, reflect the character of the music chosen. The clothing must not give the effect of excessive nudity inappropriate for the discipline. Men must wear full-length trousers. In addition, in Ice Dance, Ladies must wear a skirt. Accessories and props are not permitted. Clothing that does not adhere to these guidelines will be penalized by a deduction. The deduction for inappropriate clothing, make-up, props and accessories (1.0) will be determined by a majority of the judges and the referee.
- It is kindly requested that all competitors wear their competition clothing for the victory ceremonies, which will be held at the end of each day's competition.
- Entry forms and payment are to be submitted directly by the skaters. Details on entry and payment for the 2019-2020 Season will be included separately in each of the Announcements -- Lake Placid and Oberstdorf.

ADDITIONAL INFORMATION FOR SINGLE SKATERS

- Competitions in Ladies and Men Free Skating and Artistic Free Skating will be held at Bronze, Silver, Gold, Masters and Masters Elite levels.
- An entry in an artistic category may be at the same level or one level higher (not lower) than the entry in an event of any other category. For example, a skater may enter the Silver Free Skating event and then the Gold Artistic Free Skating event.
- Ice dancers or pair skaters who want to enter the artistic free skating category should enter at a level appropriate to their skating skills. For example, those competing at the Silver Pattern Dance level could enter the Silver or the Gold Artistic Free Skating event.
- Skaters may compete at only one level within each segment.
- When 31 or more skaters register for the same event, the competition will be divided into two groups according to the age of the skaters. In the event that there are an odd number of skaters, the skater of median age will compete with the younger group of skaters.
- When fewer than 3 skaters register for a singles Free Skating or Artistic Free Skating segment, age categories may be combined wherever possible to ensure competition.

ADDITIONAL INFORMATION FOR PAIR SKATERS

- Competitions in Pair Free Skating and Pair Artistic Free Skating will be held at Adult, Intermediate, Masters and Masters Elite levels.
- Each pair team must consist of one man and one lady.
- An entry in Pair Artistic Free Skating may be at one level higher (not lower) than an entry in Pair Free Skating.

- Coaches and their students are welcome to compete in all events, however, this competition DOES NOT have a PRO-AM category.
- If a pair team is formed of skaters having different skill levels, it is expected that they will enter at the level of the more skilled skater. Further guidance in this respect can be obtained by contacting the ISU Adult Figure Skating Group (contact information at end of document).

ADDITIONAL INFORMATION FOR ICE DANCERS

- Competitions in Pattern Dance and Free Dance will be held at Bronze, Silver, Gold, Masters and Masters Elite levels.
- Competitions in Rhythm Dance will be held at Adult, Masters and Masters Elite levels.
- Each dance team must consist of one man and one lady. The man must skate the man's steps and the lady must skate the lady's steps.
- Each skater may compete with only one and the same partner in the Ice Dance competitions.
- Entries in the dance segments must be at the same level. (Eg: Bronze Pattern Dance, Bronze Free Dance; Silver Pattern Dance, Silver Free Dance, etc.)
- The Adult Rhythm Dance category is intended for Silver level ice dancers. Master's Rhythm Dance is intended for those Gold level dancers and Master's Elite is intended for former national and international competitors.
- Coaches and their students are welcome to compete in all events, however, this competition DOES NOT have a PRO-AM category.
- If a dance team is formed of skaters having different skill levels, it is expected that they will enter at the level of the more skilled skater. Further guidance in this respect can be obtained by contacting the ISU Adult Figure Skating Group (contact information at end of document).

ADDITIONAL INFORMATION FOR SYNCHRONIZED SKATERS

- Competitions in Synchronized Skating will be held at the **Adult and Masters Levels**.
- The **Adult category** is for teams whose programs are intended to meet a more basic level of skating and for skaters who have mainly started skating as adults.
- The **Masters category** is for teams formed of former higher level/competitive skaters in any discipline, and for higher-level national test skaters. Further guidance in this respect can be obtained by contacting the ISU Adult Figure Skating Group (contact information at end of document).

3. **Technical Requirements – Free Skating**

Free Skating Elite Masters

Skaters entering this category will compete against other Elite Masters Free Skaters. The technical requirements are the same as those for the category "Masters Free Skating."

Free Skating Masters

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

- a. A maximum of six (6) jump elements, one of which must be an Axel type jump. **Single, double and triple jumps are permitted.** There may be up to three (3) jump combinations or jump sequences in the free program.
 - One (1) jump combination may consist of up to three (3) listed jumps. Two (2) jump combinations may consist of two (2) listed jumps.
 - A jump sequence consists of two (2) listed jumps of any number of revolutions, beginning with any jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump.
 - Each listed jump may be performed a maximum of two (2) times.
 - Please note that the Euler (half-loop) is considered a listed jump only when used in combination in between two other listed jumps.
 - Non-listed jumps may be included in the program as part of connecting footwork.
- b. A maximum of three (3) spins of a different abbreviation, one (1) of which must be a spin combination with a change of foot and one (1) of which must be a flying spin or a spin with a flying entrance.
 - The spins must have a required minimum number of revolutions: five (5) for any spin with no change of foot, and eight (8) for any spin with a change of foot.
 - A spin that has no basic position with 2 revolutions will receive no level and no value, however a spin with less than three rotations in total is considered as a skating movement and not a spin.
 - Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions in each of these positions anywhere within the spin. To receive full value, a spin combination must include all three (3) basic positions.
 - All spins with change of foot must have at least 3 revolutions on each foot. If this requirement is not fulfilled, the spin will be marked with a V.
- c. A maximum of one (1) step sequence, fully utilizing the ice surface.
 - The program duration is 3 minutes +/- 10 seconds.
 - The points for each Program Component are multiplied by a factor of 1.6.
 - The warm-up duration is six (6) minutes.
 - Each fall shall receive a deduction of 1.0.

Free Skating Gold

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

- a. A maximum of five (5) jump elements, consisting of single jumps (including the single Axel) or double jumps. **Double flip, double Lutz, double Axel and triple jumps are not permitted.** There may be up to three (3) jump combinations or jump sequences in the free program.
 - One (1) jump combination may consist of up to three (3) listed jumps. Two (2) jump combinations may consist of two (2) listed jumps.
 - A jump sequence consists of two (2) listed single or double jumps, beginning with any jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump. The jumps in **bold** above are **not** permitted.
 - Each listed jump may be performed a maximum of two (2) times.
 - Please note that the Euler (half-loop) is considered a listed jump only when used in combination in between two other listed jumps.
 - Non-listed jumps may be included in the program as part of connecting footwork.
- b. A maximum of three (3) spins of a different abbreviation, one (1) of which must be a spin combination with a change of foot and one (1) of which must be a flying spin or a spin with a flying entrance.
 - The spins must have a required minimum number of revolutions: four (4) for any spin with no change of foot, and eight (8) for any spin with a change of foot.
 - A spin that has no basic position with 2 revolutions will receive no value, however a spin with less than three rotations in total is considered as a skating movement and not a spin.
 - Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions in each of these positions anywhere within the spin. To receive full value, a spin combination must include all three (3) basic positions.
 - All spins with change of foot must have at least 3 revolutions on each foot. If this requirement is not fulfilled, the spin will be marked with a V.
- c. A maximum of one (1) step sequence, fully utilizing the ice surface.
 - The program duration is 2 minutes and 50 seconds +/- 10 seconds.
 - The points for each Program Component are multiplied by a factor of 1.6.
 - Only features up to and including Level 3 will be counted for the technical elements. Any additional features will not count for level requirements and will be ignored by the Technical Panel.
 - The warm-up duration is six (6) minutes.
 - Each fall shall receive a deduction of 1.0.

Free Skating Silver

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

- a. A maximum of five (5) jump elements, consisting of any single jumps (including the single Axel). **Double jumps and triple jumps are not permitted.** There may be up to two (2) jump combinations or jump sequences in the free program.
 - One (1) jump combination may consist of up to three (3) listed jumps. The other jump combination may consist of two (2) listed jumps.
 - A jump sequence consists of two (2) single listed jumps, beginning with any listed jump, immediately followed by an Axel type jump with direct step from the landing curve of the first jump to the take-off curve of the Axel jump.
 - Each listed jump may be performed a maximum of two (2) times.
 - Please note that the Euler (half-loop) is considered a listed jump only when used in combination in between two other listed jumps.
 - Non-listed jumps may be included in the program as part of connecting footwork.
 - b. A maximum of two (2) spins of a different abbreviation, one (1) of which must be a spin combination.
 - The spins must have a required minimum number of revolutions: four (4) for any spin with no change of foot, and six (6) for any spin with a change of foot.
 - A spin that has no basic position with 2 revolutions will receive no value, however a spin with less than three rotations in total is considered as a skating movement and not a spin.
 - Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions in each of these positions anywhere within the spin. To receive full value, a spin combination must include all three (3) basic positions.
 - All spins with change of foot must have at least 3 revolutions on each foot. If this requirement is not fulfilled, the spin will be marked with a V.
 - c. A maximum of one (1) choreographic sequence, utilizing at least half (1/2) of the ice surface.
 - A choreographic sequence consists of any kind of movements like steps, turns, spirals, arabesques, spread eagles, Ina Bauers, hydroblading, transitional (unlisted) jumps, spinning movements etc.
 - The pattern is not restricted but the sequence must be clearly visible.
 - A choreographic sequence has a base value and will be evaluated by the judges in GOE only.
- The program duration is 2 minutes +/- 10 seconds.
 - The points for each Program Component are multiplied by a factor of 1.2.
 - Only features up to and including Level 2 will be counted for the technical elements. Any additional features will not count for level requirements and will be ignored by the Technical Panel.
 - The warm-up duration is six (6) minutes.
 - Each fall shall receive a deduction of 0.5.

Free Skating Bronze

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

- a. A maximum of four (4) jump elements, consisting only of single jumps. **Axel type jumps, double jumps and triple jumps are not permitted.** There may be up to two (2) jump combinations in the free program.
 - Each jump combination may consist of two (2) listed jumps.
 - Each listed jump may be performed a maximum of two (2) times.
 - b. A maximum of two (2) spins of a different abbreviation one of which must be a spin in one position with no change of foot. **Flying spins are not permitted.**
 - The spins must have a required minimum number of revolutions: three (3) for any spin with no change of foot, and six (6) with a change of foot.
 - A spin that has no basic position with 2 revolutions will receive no value, however a spin with less than three rotations in total is considered as a skating movement and not a spin.
 - Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions in each of these positions anywhere within the spin. To receive full value, a spin combination must include all three (3) basic positions.
 - All spins with change of foot must have at least 3 revolutions on each foot. If this requirement is not fulfilled, the spin will be marked with a V.
 - Only features up to and including Level 1 will be counted. Any additional features will not count for level requirements and will be ignored by the Technical Panel.
 - c. A maximum of one (1) choreographic sequence utilizing at least half (1/2) of the ice surface.
 - A choreographic sequence consists of any kind of movements like steps, turns, spirals, arabesques, spread eagles, Ina Bauers, hydroblading, transitional (unlisted) jumps, spinning movements etc.
 - The pattern is not restricted but the sequence must be clearly visible.
 - A choreographic sequence has a base value and will be evaluated by the judges in GOE only.
- The program duration is 1 minute and 40 seconds, +/- 10 seconds.
 - The points for each Program Component are multiplied by a factor of 1.2.
 - The warm-up duration is six (6) minutes.
 - Each fall shall receive a deduction of 0.5.

4. Technical Requirements – Pair Free Skating

Pair Free Skating Masters Elite

Pairs entering this category will compete against other Elite Masters Pair Skaters. The technical requirements are the same as those for the category “Masters Pair Skating.”

Pair Free Skating Masters

Masters pairs must perform a well-balanced program that may contain:

- a. A maximum of three (3) different lifts, one of which may be a twist lift.
 - In lifts of Group 1 and Group 2, the man’s lifting hand(s) should be above his shoulder line.
 - In lifts of Groups 3–4-5, full extension of the lifting arm(s) is mandatory.
- b. A maximum of two (2) throw jumps (single or double).
- c. A maximum of one (1) solo jump. Single, double and triple jumps are permitted.
- d. A maximum of one (1) jump combination with a maximum of three (3) listed jumps or one (1) jump sequence.
 - A jump sequence consists of two (2) listed jumps of any number of revolutions, beginning with any jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump.
 - Please note that the Euler (half-loop) is considered a listed jump only when used in combination in between two other listed jumps.
- e. A maximum of one (1) pair spin (pair spin or pair spin combination).
 - The spin must have a required minimum number of revolutions: four (4) revolutions for a pair spin and six (6) for a pair spin combination. A pair spin combination must have a change of foot by both partners with at least three (3) revolutions on each foot **and** at least one (1) change of position by both partners. A Pair Combination Spin can be started with a jump. Any flying entry can be considered as a feature by either partner. If there are not 3 revolutions before or after the change of foot executed by both partners, the Pair Spin Combination will be marked with a “V”. If there are less than 3 revolutions on both feet by either partner, the spin will have no value.
 - A pair spin is any spin with no change of foot and does not require a change of position by one or both partners. Change of positions may be used for a level feature.”
 - There must be a minimum of two (2) revolutions in each position or the position will not be counted.
- f. A maximum of one (1) solo spin.
 - The solo spin must have a required minimum number of revolutions: five (5) for the flying spin with no change of foot after landing, five (5) for the spin with only one position and no change of foot and five (5) for the spin combination with no change of foot and eight (4 + 4) for the spin combination with change of foot or spin in one position with a change of foot.
 - There must be a minimum of two (2) revolutions in each position or the position will not be counted.
 - Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions in each of these positions anywhere within the spin. To receive full value, a spin combination must include all three (3) basic positions.
- g. A maximum of one (1) death spiral or pivot figure (position of the lady optional).
 - At least $\frac{3}{4}$ revolution in pivot position by the man is required for the death spiral.
 - At least one revolution in pivot position by the man is required for pivot figure.
- h. A maximum of one (1) step sequence, fully utilizing the ice surface.

- The program duration is 3 minutes and 30 seconds +/- 10 seconds.
- The points for each Program Component are multiplied by a factor of 1.6.
- The warm-up duration is six (6) minutes.
- Each fall by either skater shall receive a deduction of 1.0.

Pair Free Skating Intermediate

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

- A maximum of two (2) different lifts of Group 1 or Group 2 with a minimum $\frac{1}{2}$ revolution for the man and 1 revolution for the lady.
 - The man's lifting hand(s) should be above his shoulder line.
 - Variations of the lady's position, no-handed and one-handed lifts, and combination lifts are **not** permitted.
 - Lifts of Groups 3-4-5 are **not** permitted.
 - Twist lifts are **not** permitted.
 - A different take-off counts as a different lift.
- A maximum of one (1) single throw jump (including the throw single Axel).
 - Double and triple jumps are **not** permitted.
- A maximum of one (1) solo single jump (including the single Axel).
 - Double and triple jumps are **not** permitted.
- A maximum of one (1) jump combination with a maximum of three (3) listed jumps or one (1) jump sequence.
 - A jump sequence consists of two (2) listed single jumps, beginning with any jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump.
 - Please note that the Euler (half-loop) is considered a listed jump only when used in combination in between two other listed jumps.
 - Only single jumps are allowed (including the single Axel).
 - Double and triple jumps are **not** permitted.
- A maximum of one (1) pair spin (pair spin or pair combination spin).
 - The spin must have a required minimum number of revolutions: four (4) revolutions for a pair spin and six (6) for a pair spin combination. A pair spin combination must have a change of foot by both partners with at least three (3) revolutions on each foot **and** at least one (1) change of position by both partners. A Pair Combination Spin can be started with a jump. Any flying entry can be considered as a feature by either partner. If there are not 3 revolutions before or after the change of foot executed by both partners, the Pair Spin Combination will be marked with a "V". If there are less than 3 revolutions on both feet by either partner, the spin will have no value.
 - A pair spin is any spin with no change of foot and does not require a change of position by one or both partners. Change of positions may be used for a level feature."
 - There must be a minimum of two (2) revolutions in each position or the position will not be counted.
- A maximum of one (1) death spiral or pivot figure (position of the lady optional).
 - At least $\frac{3}{4}$ revolution in pivot position by the man is required for the death spiral.
 - At least one (1) revolution in pivot position by the man is required for the pivot figure.
- A maximum of one (1) step sequence, fully utilizing the ice surface.
 - The program duration is 2 minutes and 40 seconds +/- 10 seconds.
 - The points for each Program Component are multiplied by a factor of 1.6.

- Only features up to and including Level 2 will be counted for the technical elements. Any additional features will not count for level requirements and will be ignored by the Technical Panel.
- The warm-up duration is six (6) minutes.
- Each fall by either partner shall receive a deduction of 1.0.

Pair Free Skating Adult

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

- a. A maximum of one (1) lift of Group 1 or Group 2 with a minimum ½ revolution for the man.
 - The man's lifting hand(s) should be above his shoulder line.
 - Variations of the lady's position, no-handed and one-handed lifts, and combination lifts are **not** permitted.
 - Lifts of Groups 3-4-5 are **not** permitted,
 - Twist lifts are **not** permitted.
 - b. A maximum of one (1) single throw jump.
 - Throw double and triple jumps are **not** permitted.
 - Throw single Axel is **not** permitted.
 - c. A maximum of one (1) solo single jump.
 - Double and triple jumps are **not** permitted.
 - Axel type jumps are **not** permitted.
 - d. A maximum of one (1) jump combination with a maximum of two (2) listed jumps.
 - Only single jumps are allowed.
 - Double and triple jumps are **not** permitted.
 - Axel type jumps are **not** permitted.
 - e. A maximum of one (1) pair spin.
 - A pair spin is any spin with no change of foot and does not require a change of position by one or both partners. Change of positions may be used for a level feature.
 - There must be a minimum of two (2) revolutions in each position or the position will not be counted.
 - f. A maximum of one (1) pivot figure (position of the lady optional).
 - At least one (1) revolution in pivot position by the man is required.
 - g. A maximum of one (1) choreographic sequence that fully utilizes the ice surface.
 - A choreographic sequence consists of any kind of movements like steps, turns, spirals, arabesques, spread eagles, Ina Bauers, hydroblading, transitional (unlisted) jumps, spinning movements etc.
 - The pattern is not restricted.
 - A choreographic sequence has a base value and will be evaluated by the judges in GOE only.
- The program duration is 2 minutes and 20 seconds +/- 10 seconds.
 - The points for each Program Component are multiplied by a factor of 1.2.
 - Only features up to and including Level 1 will be counted for the technical elements. Any additional features will not count for level requirements and will be ignored by the Technical Panel.
 - The warm-up duration is six (6) minutes.
 - Each fall by either partner shall receive a deduction of 0.5

5. *Technical Requirements – Ice Dance*

Pattern Dance

Couples shall provide their own music for all pattern dances. No music for pattern dances will be provided by the Local Organizing Committee. The music must be chosen in accordance with the Rhythm of the Pattern Dance and may be vocal. The Tempo throughout the required Sequences must be constant and in accordance with the required Tempo of the Pattern Dance (see ISU Handbook Ice Dance 2003) plus or minus 2 beats per minute.

Each Couple must submit their music no later than the first official practice session for their event at each competition.

Notes:

- The chosen music may be a tune selected from the ISU Ice Dance music. In this case, only tunes 1 to 5 can be chosen and the Couple shall provide competition music in accordance with Rule 343, paragraph 1.
- Violation of the above music requirements or tempo specifications shall be penalized as per Rule 353, paragraph 1.n).
- All music chosen by the couple must be in accordance with the style/character of the Pattern Dance.
- For the application of Rule 708 paragraph 1.d) with music provided by the Couple it is specified that the start of the first Step of the dance must be on beat 1 of a measure (unless otherwise specified in the description of the dance).

Rule 707, paragraph 4 provides that “All Pattern Dances shall be started so that the steps of the first side of the pattern are skated in front of the Judges unless otherwise directed by the Ice Dance Technical Committee in an ISU Communication.”

The Pattern Dances will be judged without Key Points.

According to Rule 707, new paragraph 6: After the completion of the last step of the Pattern Dance, the couple must reach their final pose within 20 seconds. If this time limit is exceeded, a Program time deduction according to Rule 353, paragraph 1.n) shall apply.

Elite Masters Couples entering this category will compete against other Elite Masters Ice Dance Couples The technical requirements are the same as those for the category “Masters Pattern Dance”.

Masters # 10 Westminster Waltz (2 sequences)
24 Cha Cha Congelado (2 sequences)

Gold # 10 Westminster Waltz (2 sequences)
#16 Killian (6 sequences)

Silver # 9 American Waltz (2 sequences)
#32 Blues (3 sequences)

Bronze # 8 European Waltz (2 sequences)
26 Tango Fiesta (3 sequences)

- The points for each Program Component are multiplied by a factor of 0.7 (Rule 353, paragraph 1.m).
- In Ice Dance, for events with two (2) Pattern Dances, the Total Score for each dance will be multiplied by a factor of 0.5. (Rule 353, paragraph 2.b).
- The warm-up duration is three (3) minutes.

Rhythm Dance

- Elite Masters** Couples entering this category will compete against other Elite Masters Ice Dancers. The technical requirements are the same as for the category "Rhythm Dance" see descriptions below.
- Masters** Couples entering this category will compete against other Masters Ice Dancers. (Recommended for gold level or above ice dancers.) The technical requirements are the same as for the category "Rhythm Dance" see descriptions below.
- Adult** Couples entering this category will compete against others at the Adult Rhythm Dance level. (Recommended for silver level ice dancers.) The technical requirements are the same as for the category "Rhythm Dance" see descriptions below.

General Requirements for Rhythm Dance

For the Season 2019 - 2020, the Rhythm Dance for Adult ISU competitions is the Quickstep.

Music: Quickstep or Quickstep plus one of the following rhythms: Foxtrot, Swing or Charleston (as described in the Ice Dance Music Rhythms Booklet 1995).

The **Pattern Dance Elements** (Quickstep) shall be skated to the Quickstep rhythm and must be in the style of the chosen rhythm. The Tempo of the music throughout the Pattern Dance Elements must be constant and in accordance with the required Tempo of the Pattern Dance Quickstep, i.e. 56 measures of two beats or 112 beats per minute, plus or minus 2 beats per minute.

RHYTHM DANCE – Required Elements 2019/2020

- Pattern Dance** Two (2) Sequences of Quickstep, 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 description, chart and diagrams of the Quickstep Pattern Dance is included in the ISU Handbook Ice Dance 2003.
The Quickstep will be judged without key points.
- Dance Lift** Maximum **One (1) Short Lift** Up to 7 seconds.
- Step Sequence** **One (1) Step Sequence Not Touching – Style B:**
- Midline: skated along the full length of the ice surface on the Long Axis
- Diagonal: skated as fully corner to corner as possible
- Circular: utilizing the full width of the ice surface on Short Axis.
- Sequential Twizzles** **One (1) Set of Sequential Twizzles.** At least two Twizzles for each partner with up to 1 step maximum between Twizzles.

**Specifications/
Restrictions:**

Duration	2 minutes and 50 seconds, +/- 10 seconds.
Music	Music for Rhythm Dance may be vocal and must be suitable for Ice Dance as a sport discipline. The music must be selected in accordance with the designated rhythm(s) and/or theme(s), and with the specified tempo when applicable. Music with audible rhythmic beat only; may be without audible beat up to 10 seconds at beginning only.
Warm up time	The warm-up duration for the Rhythm Dance is five (5) minutes.

Free Dance

General Requirements for Free Dance

See: ISU Special Regulations, Section D. Free Dance, Rule 710 and all pertinent ISU Communications

The following are the Requirements for Music for Free Dance (Rule 710, paragraph 1.c). The music for Free Dance may be vocal and must be suitable for Ice Dance as a sport discipline and must have the following characteristics:

- i) The music must have an audible rhythmic beat and melody, or audible rhythmic beat alone, but not melody alone, and may be vocal. The music may be without an audible rhythmic beat for up to ten (10) seconds at the beginning or end of the program and up to ten (10) seconds during the program.
- ii) The music must have at least one change of tempo and expression. These changes may be gradual or immediate, but in either case they must be obvious.
- iii) All music, including classical music, must be cut/edited, orchestrated or arranged in a way that it creates an interesting, colourful, entertaining dance program with different dance moods or a building effect.
- iv) The music must be suitable for the Couple's skating skills and technical ability.

Free Dance music that does not adhere to these requirements will be penalized by a deduction (See Rule 353, paragraph 1.n).

Masters Elite	Couples entering this category will compete against other Elite Masters Ice Dancers. The technical requirements are the same as those for the category "Gold Free Dance" (below).
Masters	Couples entering this category will compete against other Masters Ice Dancers. The technical requirements are the same as those for the category "Gold Free Dance" (below).

Gold

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

- a. A maximum of two (2) different Dance Lifts, one (1) Short Lift with a maximum duration of 7 seconds and one (1) Combination Lift with a maximum duration of 12 seconds; **OR** three (3) different types of Short Lifts with a maximum duration of 7 seconds each
- b. A maximum of one (1) Dance Spin (Spin or Combination Spin)
- c. A maximum of one (1) Diagonal Step Sequence in Hold – Style B
- d. A maximum of one (1) Set of Synchronized Twizzles with up to three (3) steps between.

VOCAL MUSIC MAY BE USED.

The duration is 3 minutes +/- 10 seconds.

The points for each Program Component are multiplied by a factor of 1.2 (Rule 353, paragraph 1.m).

Silver

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

- a. A maximum of one (1) Short Lift, with a maximum duration of 7 sec. And only a maximum Level 2 lift will be counted
- b. A maximum of one (1) Circular Step Sequence in Hold - Style B
- c. A maximum of one (1) Set of Synchronized Twizzles with up to three (3) steps between
- d. A maximum of one (1) Dance Spin (Spin or Combination Spin).

VOCAL MUSIC MAY BE USED.

The duration is 2 minutes and 30 seconds, +/- 10 seconds.

The points for each Program Component are multiplied by a factor of 1.2 (Rule 353, paragraph 1.m).

Bronze

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

- a. A maximum of one (1) Short Lift, with a maximum duration of 7 sec. Note that only a maximum Level 1 lift will be counted
- b. A maximum of one (1) Diagonal Step Sequence in Hold - Style B
- c. A maximum of one (1) Dance Spin (No combination).

VOCAL MUSIC MAY BE USED

The duration is 1 minute and 50 seconds +/- 10 seconds.

The points for each Program Component are multiplied by a factor of 1.2 (Rule 353, paragraph 1.m).

The warm-up duration for all free dances is five (5) minutes.

6. Technical Requirements – Synchronized Skating

Synchronized Skating Free Skating (Adult category & Masters category)

Team Composition

A team shall consist of 12-16 skaters and may include both ladies and men. Each Team may have up to a maximum of four (4) alternates listed as such on the Team roster. Skaters must meet the age requirements as stated in this announcement.

Adult and Masters competitions will consist of a Free Skating program only.

The Free Program must be skated according to ISU rules 2019 (Special Regulations & Technical Rules Synchronized Skating 2018, ISU Communications No. 2247 and all other pertinent ISU Communications).

Deductions for Interruption(s) in performing the program for ADULT category:

For every Interruption of:

-more than 10 seconds up to 20 seconds: **-0.5**

-more than 20 seconds up to 30 seconds: **-1.0**

-more than 30 seconds up to 40 seconds: **-1.5**

-more than 40 seconds by one or several skaters: **-2.0**

-Interruption of the program with allowance of up to three (3) minutes to resume from the point of interruption: **-2.5** per program

Deductions for Falls* for ADULT category:

*A Fall is defined as loss of control by a Skater with the result that the majority of his/her own body weight is on the ice supported by any other part of the body other than the blades, e.g., hand(s), knee(s), buttock(s), or any part of the arm (Rule 953, paragraph 1).

Fall Rule 953, paragraph 1: -0.5 for every Fall of one (1) skater

-1.0 for every Fall of more than one (1) Skater at one (1) time

-1.5 Maximum Fall deduction per element

As the values of those deductions are not the standard ones provided by Rule 953, paragraph 1. and Rule 843, paragraph 1.n), the Referee must give specific instructions to the system operator and check the correct input in each instance.

Deductions for Interruptions in performing the program and for Falls* for MASTERS category

the standard deductions according to rule 953, paragraph 1. And Rule 843, paragraph 1.n) will Apply.

Duration of Program (Rule 952, paragraph 2)

Adult and Masters: Three (3) minutes +/- 10 seconds. The Team is allowed to finish the Free Skating within ten (10) seconds plus or minus the required time. The timing must be reckoned from the moment that a Skater begins to move (arms, head, etc.) or to skate until arriving at a complete stop at the end of the program.

Music

Vocal music using lyrics is permitted.

The Program Components will be judged as follows:

- Skating Skills
- Transitions
- Performance
- Interpretation
- Composition

The factor of the Program Components for the Adult category is 1.0.

The factor of the Program Components for the Masters category is 1.2.

The factored results are rounded to two (2) decimal places and added.

The sum is the program Component Score.

The **ADULT** teams must skate a well-balanced Free Skating Program of **Five (5) elements**, which must include the following four (4) required elements:

1. **Intersection** Element
 - Additional Feature (Point of Intersection) is optional and will be counted if executed correctly
2. **Pivoting** Element – **Block**
3. **Traveling** Element – **Circle**
4. **Rotating** Element – **Wheel**

PLUS A choice of one (1) Element

5. **Creative** Element – **Intersection**
OR
Mixed Element

The **MASTERS** teams must skate a well-balanced Free Skating Program of **Six (6) elements**, which must include the following five (5) required elements:

Must include the following five (5) Required Elements:

1. **Intersection** Element
 - Additional Feature (Point of Intersection) is optional and will be counted if executed correctly
2. **Pivoting** Element – **Block**
3. **Traveling** Element – **Circle**
4. **Rotating** Element – **Wheel**
5. **No Hold** Element
 - Additional Feature (Step Sequence) up to level one (1) is optional and will be counted if executed correctly

PLUS A choice of one (1) Element

6. **Creative** Element – **Intersection**
OR
Mixed Element

The NHE and the PB Element must not be executed one after the other.

NOTES:

Maximum Element levels can be skated, and the level will be called as executed.

Maximum levels of Additional Features (except Step Sequence) can be skated and will be rewarded according to the execution of the team.

Other Elements may be incorporated into the Free Skating program.

The program content sheet should indicate which extra Elements are transition Elements.

- Definition/criteria of recommended Elements and Additional Features are in accordance with Rule 990, paragraphs 3 and 4.
- Difficulty Groups of Elements and Additional Features and the description of their requirements are in accordance with the valid (corresponding) ISU Communication.

Illegal and non-permitted Elements

Illegal and non-permitted Elements are following the restrictions of Rule 992, paragraphs 2 and 3.

- Adults are not permitted to include Vaults, Group Lifts or un-sustained lifts.
- Masters are not permitted to include Vaults and Group Lifts.
- Un-sustained lifts are authorized for Masters ONLY.

Official competition practice ice will be offered on the day of the SYS competition.

Extra Practice time will be available and can be booked through the competition organizing committee. Extra practice cannot be booked for the day of the competition.

7. Technical Requirements – Artistic Free Skating

General Requirements for Artistic Free Skating

The artistic events consist of free skating and pair free skating programs judged only on the basis of the Program Components:

- Skating skills
- Transitions
- Performance
- Composition
- Interpretation/Timing

See ISU Special Regulations and Technical Rules 2016, Singles & Pair Skating, Rule 504, paragraph 3 for a detailed description of Program Components. The respective Rules can be found on the ISU website.

There will be no technical panel and no technical mark given. The points for each Program Component are multiplied by a factor of 1.0.

Falls are not subject to a deduction but may have a negative impact on the Program Components.

The artistic free skating competition is an athletic competition which is intended to allow skaters to demonstrate their skating ability as defined by the five program components of the ISU judging system. This is not intended to be a Theatre on Ice; Spotlight; or a Showcase event. Credit for the required technical elements is based solely on the ability of such movements to enhance the chosen theme and support the music. Credit will not be given for their technical difficulty.

The program must be developed through skating skill and quality rather than through non-skating actions such as sliding on one knee or excessive use of toe steps. The skater/pair must not remain in one place for more than five (5) seconds.

Any technical element exceeding the maximum number as set forth below will be judged as an illegal element (1.0 deduction). If the minimum required technical elements are not included, a deduction for a “missing element” of 1.0 will be made. The Referee is responsible for such deductions.

Clothing and make-up must be modest, dignified and appropriate for athletic competition – not garish or theatrical in design. Clothing may, however, reflect the character of the music chosen. Clothing must not give the effect of excessive nudity. The theme of the program should be clear from the skating movements and choreography – regardless of what the skater is wearing. This is not intended to be a Theatre on Ice; Spotlight; or a Showcase event.

The decorations on costumes must be non-detachable. Part of the costume or decoration falling on the ice will be penalized by a deduction of 1.0 points per program.

Props and accessories may not be used in any part of the artistic programs. Any item that is held in the hand or removed during the performance is considered a prop. Thus, for example, a hat worn throughout the program is not considered to be a prop, but if it is intentionally removed during the performance it is considered a prop. Objects on the ice, thrown in the audience, placed on the boards or on the judges table are not permitted. Costumes that contain particles that may mar or leave anything on the ice surface (feathers, boas, excessive beading) are considered unsafe and are not permitted.

The deduction for inappropriate clothing or make-up props and accessories (1.0) will be determined by a majority of the judges and the referee.

Illegal elements:

- Somersault type jumps
- Laying on the ice and prolonged and/or stationary kneeling on both knees on the ice.

The warm-up duration is five (5) minutes for all artistic free skating events.

Artistic Free Skating

Competitions will be held at the Masters Elite, Masters, Gold, Silver and Bronze levels.

The Artistic Free Skate is a competitive program that must include elements of the sport of figure skating. At least one (1) and a maximum of two (2) single jumps MUST be included. A Waltz jump is not considered a listed single jump. At least one (1) and a maximum of two (2) spins MUST be included. No Axel type jumps, double or triple jumps are allowed. No combination jumps are allowed.

The program duration for Masters Elite and Masters Artistic Free Skating is 2 minutes +/- 10 seconds.

The program duration for Gold, Silver and Bronze Artistic Free Skating is 1 minute and 30 seconds, +/- 10 seconds.

General Requirements for Pair Artistic Free Skating

- Each pair artistic team must consist of one man and one lady.
- Coaches and students are welcome to compete in all events. However, this competition DOES NOT have a PRO-AM category.
- It is expected that pair couples will enter at the skill level of the more skilled skater.

Pair Artistic Free Skating Masters Elite

Pairs entering this category will compete against other Elite Masters Pair Skaters. The technical requirements are the same as those for the category "Masters Pair Artistic Free Skating."

Pair Artistic Free Skating Masters

The Masters Pair Artistic Free Skate is a competitive program that must include elements of the sport of pair figure skating. Each pair program must include at least three (3) and no more than four (4) elements selected from:

- a. A maximum of one (1) solo jump OR one (1) throw jump. Axels, double and triple jumps are not permitted. Combination jumps are not permitted. A Waltz jump is not considered a listed single jump.
- b. A maximum of one (1) pair spin (or pair combination spin) OR one (1) solo spin.
- c. A maximum of one (1) death spiral or pivot figure (position of the lady optional).
- d. A maximum of one (1) lift of Group 1 or Group 2.
 - Variations of the lady's position, no-handed and one-handed lifts and combination lifts are not permitted.
 - Twist lifts are not permitted.
 - Lifts of Groups 3-4-5 are not permitted.

The program duration is 2 minutes and 10 seconds, +/- 10 seconds.
The points for each Program Component are multiplied by a factor of 1.0.

Pair Artistic Free Skating Intermediate

The program must include at least three (3) and no more than four (4) elements selected from:

- a. A maximum of one (1) solo jump OR one (1) throw jump. Axel type jumps, double and triple jumps are not permitted. Combination jumps are not permitted.
 - b. A maximum of one (1) pair spin (pair spin or pair spin combination) OR one (1) solo spin.
 - c. A maximum of one (1) death spiral or pivot figure (position of the lady optional).
 - d. A maximum of one (1) lift of Group 1 or Group 2.
 - Variations of the lady's position, no-handed and one-handed lifts, and combination lifts are not permitted.
 - Twist lifts are not permitted.
 - Lifts of Groups 3-4-5 are **not** permitted.
- The duration is 1 minute and 40 seconds, +/- 10 seconds.
 - The points for each Program Component are multiplied by a factor of 1.0.

Pair Artistic Free Skating Adult

The program must include at least three (3) and no more than four (4) elements selected from:

- a. A maximum of one (1) solo jump OR one (1) throw jump. Axel type jumps, double and triple jumps are not permitted. Combination jumps are not permitted.
 - b. A maximum of one (1) pair spin OR one (1) solo spin. Pair spin combinations and flying spins are not permitted.
 - c. A maximum of one (1) pivot figure (position of the lady optional).
 - d. A maximum of one (1) lift of Group 1 or Group 2.
 - Variations of the lady's position, no-handed and one-handed lifts, and combination lifts are not permitted.
 - Twist lifts are not permitted.
 - Lifts of Groups 3-4-5 are **not** permitted.
- The duration is 1 minute and 40 seconds, +/- 10 seconds.
 - The points for each Program Component are multiplied by a factor of 1.0.

8. Music

All competitors/teams shall provide competition music of excellent quality on CD (Compact Disc) or any other approved format (uploaded music).

In accordance with Rule 343, paragraph 1, all discs (or uploaded music) must show the Event, the Competitor's name, the Country, and the exact running time of the music (not skating time), including any starting signal, which shall be certified by the competitor/team when submitted at the time of registration. Each program (pattern dance/rhythm dance/free dance/ free skating/artistic free) must be recorded on one track and on a separate disc. Competitors must provide a back-up copy of the music for each program.

The titles, composers and performers of the music to be used for the individual programs for Singles and Pairs, and for the Pattern Dance, Short Dance and Free Dance programs for Ice Dance, must be listed for each competitor on the official Competition Music Form and forwarded to the Local Organising Committee following submission of the online entry form.

If music information is not complete and discs not provided, accreditation will not be given.

9. Planned Program Content Sheet

Free skaters, Pairs, Dance Couples and Synchronized Teams must submit the "Planned Program Content Sheet" online. The link will be posted on the organizer's competition webpage.

It is not permitted to hand over the Planned Program Content Sheets directly to the competition Officials during the competition. Changed Program Content Sheets should be turned in at the registration desk upon registration.

10. Results

All results will be calculated according to the ISU Regulations, Rule 353. The special factor of 1.1 for elements starting in the second half, will **NOT** apply.

11. Expenses Provided

The organizer will provide travel, accommodation and meals for all Event Referees, the Technical Panel Members, Data- and Replay Operators and Judges.

All competitors and coaches will cover their own expenses.

12. Liability

In accordance with Rule 119, it is the sole obligation of each participant, as defined in Rule 107, to provide medical and accident insurance. Such insurance must assure full medical assistance and also the return of the ill or injured person to the home country by air transport or by other expeditious means.

The organizing committees will provide medical services for all competitors and officials during practice and competition.

13. Training Packages

The Organizing Committee/s will be offering a training package for singles skaters prior to the Adult competition. More information will be posted in the site-specific announcement.

14. Seminar for Program Components

The Organizing Committee/s offers a seminar (approx. 3 hours) for the Program Components, conducted by an ISU Technical Controller/ISU Judge. The topic of the seminar will be: **Criteria and Judging of Program Components**.

15. Technical Seminars

The Organizing Committee will offer Technical Seminars, divided into groups. The content of the seminars is: **Technical Rules and Judging of Technical Elements**. The moderators are ISU Judges and/or ISU Technical Controllers (and/or Specialists)

16. Miscellaneous

Please address all enquiries relating to the competition rules and program content to the ISU Adult Figure Skating Group Members:

GENERAL ENQUIRIES AND ICE DANCE

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