



Announcement

FIGURE SKATING COMPETITION FOR RECREATIONAL, YOUNG
ADULT AND ADULT SKATERS

SWAN CHALLENGE 2016

Bled, Slovenia

Event time: **October 22nd -23rd, 2016**
Organized by: **Skating club Labod Bled (Slovenia)**
Venue of competition: Športna dvorana Bled (Ice Rink Bled)
Address: Ljubljanska cesta 5, Bled, Slovenia
<http://www.ledena-dvorana.si/Predstavitev/Opis-dvorane>

General:

SWAN CHALLENGE 2016 will include the following disciplines:

- Ladies and Men Free Skating (Bronze, Silver, Gold, Masters)
- Ladies and Men Artistic Free Skating (Bronze, Silver, Gold, Masters)
- Pairs Free Skating (Masters and Adult)
- Pairs Artistic Free Skating (Masters and Adult)
- Ice Dancing — Pattern Dance, Short Dance, Free Dance (Bronze, Silver, Gold, Masters)

Age categories for ladies and men free skating and artistic events:

Recreational skaters born **after July 1st, 1998**, Bronze, Silver, Gold (skaters who didn't compete at the national or/and international competitions and does not have any records to compete at any national or/and international competitions)

Young adults skaters born between **July 1st, 1988 and June 30th, 1998**, Bronze, Silver, Gold, Masters

Adults:

Class I skaters born between **July 1st, 1978 and June 30th, 1988**, Bronze, Silver, Gold, Masters

Class II skaters born between **July 1st, 1968 and June 30th, 1978**, Bronze, Silver, Gold, Masters

Class III skaters born between **July 1st, 1958 and June 30th, 1968**, Bronze, Silver, Gold, Masters

Class IV skaters born between **July 1st, 1948 and June 30th, 1958**, Bronze, Silver, Gold, Masters

Class V skaters born between **July 1st, 1938 and June 30th, 1948**, Bronze, Silver, Gold, Masters

Single Artistic category divided by level: Bronze, Silver, Gold, Masters.

For **Pairs Free Skating and Ice Dancing** events both partners must have reached the age of 18 by July 1st, preceding the event and must not have reached the age of 71 by July 1st, preceding the event.

The Organizers have the right to combine categories if the number of participants requires. The judging shall be done in new system (according to ISU regulations - IJS).

Registration of entries:

Entries must be registered no later than **21st of September 2016** sent by e-mail on the following address: labodbled@gmail.com

Entry fee:

First Single event — 50 € per person

First Single event + one practice — 60 € per person

Second Single event — 25 € per person

First Pair/Ice Dance event — 60 € per pair

First Pair/Ice Dance event + one practice — 75 € per pair

Second Pair/Ice Dance event — 40 € per pair

Entries made after 21st of September 2016 will be charged extra 10 € per person and 20 € per pair. The entry fee will not be refunded in case of withdrawals.

Payment must be made via bank transfer after receiving registration confirmation, no later than 10th of October 2016.

Payments must be made to:

DRSALNO DRUŠTVO LABOD BLEĐ

Ljubljanska 5, 4260 Bled, Slovenia

Bank account:

IBAN SI56 0313 9100 0428 350 (SKB d.d.)

SWIFT: SKBAS12X

Planned Program Content sheet:

Planned Program Content sheet must be sent no later than 15.09.2016. It is not permitted to hand over the Program Content Sheets directly to the competitions Officials during the competition. Changed Program Content Sheet must be turned in upon registration. Planned Program Content sheet can be sent by e-mail on the following address: labodbled@gmail.com

Music:

Music (equipped with the full name of the competitor, club and category) on CD must be submitted to the announcer's desk before the relevant event and picked up from the same place after the event. We encourage you to send the music in advance to e-mail address: labodbled@gmail.com

Competition schedule:

Provisional:

	Thursday, 20th October	Friday, 21st October	Saturday, 22nd October	Sunday, 23rd October
morning	Practice - all	Practice - all	Ice Dance – Pattern dance	Pairs – Artistic Skating
	Practice - all	Practice - all	Pairs – Free Skating	Single – Artistic Skating
afternoon	Off -ice turistic activities	Off -ice turistic activities	Single – Free Skating	Ice Dance – Free Skating
evening	Off -ice turistic activities	Off –ice turistic activities	Ice Dance – Short Dance	
			Practice – all	
			Banquet	

A detailed time schedule will be available 7 days before the competition at the competition website www.labod-bled.si

Final timetable shall be announced at the opening draw.

Accreditation:

All event officials, competitors, coaches etc. are requested to register at the „Information and Registration desk“ at the Ice Rink upon arrival.

Practice:

Practice will take place at the Bled Ice Rink and will be available on Thursday 20th October, Friday 21st October and Saturday evening, 22nd October. Practice fee is 10 € per person/per practice and should be announced with entry and paid in advance via bank transfer or on the spot in cash. Music can be played on CD's. Practice groups will be made by skater's level. There is no guarantee to join the practice without the registration.

Off ice activities:

On Thursday October 20 in the afternoon a trip to Bled island with traditional Pletna boats will be organised. The fee of 22 EUR includes roundtrip to Bled island, entrance fee to the church, museum and the tower plus traditional Slovenian cake »potica« with one warm drink (tee or coffee).

Reception for all on Thursday evening!

Individual travel suggestions can be made according to the participants travel plans. Please contact the organisers if you wish to receive additional tips.

Banquet:

The dinner party for participants and their guests will be held after the competition on Saturday, October 22. Banquet party price is 30 € per person with one drink included.

Expenses:

The organizer does not pay any expenses of the teams. Travel expenses and accommodation will be covered by the participants. Expenses related to the competition's technical management will be covered on account of the entry fees and sponsorship by the Organizer.

Protocol:

Protocol shall be available at the Labod Bled Skating Club www.labod-bled.si. The Organizers shall not provide print-outs or CD-s.

Accommodation:

Recommended hotels with special price for SWAN CHALLENGE participants and guests are:

	single room	double room
Hotel Kompas****	83 EUR BB (100 EUR HB)	100 EUR BB (134 EUR HB)
Hotel Lovec Best Western****	88 EUR BB (105 EUR HB)	105 EUR BB (139 EUR HB)
Hotel Savica***	72 EUR HB	92 EUR HB
Hotel Astoria**	55 EUR BB (60 EUR HB)	70 EUR BB (80 EUR HB)

All four hotels are within 5 minutes walk from the ice rink and Bled lake shore. Bled is a tourist place with many restaurants very close to the Ice Hall, therefore we suggest to leave the lunch options open to individual choices (expected cost is up to 10 EUR per meal).

For booking a room with special price please fill in the hotel registration form and send it to labodbled@gmail.com as soon as possible as the number of hotel rooms is limited. For booking a triple room or an apartment, please contact the organizer at labodbled@gmail.com.

All the hotels offer free parking and Wi-Fi, most of them also free entrance to the Pool/Wellness facilities.

Liability:

In accordance with ISU Rule 119, the Organizer accepts no liability for injury or for property loss or damage incurred by Competitors or Officials. Each club is expected to provide its own insurance protection.

Additional Information and Contact Persons:

Iztok Buršič +386 41 666 116 e-mail: labodbled@gmai.com

Classification

Single Free Skating (recreational, young adults and adults)

Single Bronze

Duration: The maximum time is **1:50** min., but may be less. Vocal music may be used.

Factor: The panels points for each Program Component are multiplied by a factor of 1.6

The Program Components are judged in:

- Skating Skills
- Transitions/Linking Footwork/Movement
- Performance/Execution
- Choreography/Composition
- Interpretation

A competitor in the Adult Bronze Free Skating event must perform a well-balanced program that must 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 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 combination may consist of the same or another single jump. A jump sequence may consist of any number of single jumps that may be linked by non-listed jumps like mazurkas etc. and/or hops immediately following each other while maintaining the jump rhythm (knee); there can be no steps/ turns, crossovers or stroking during the sequence. Only the two (2) listed jumps with the highest value will count towards the technical score. Each listed jump may be repeated only once. Please note that a half-loop in combination or in a sequence with any other listed jump will be called as a listed jump (1 Lo.)
- 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 the spin in one position with no change of foot, four (4) for the spin combination with no change of foot and six (3 + 3) for the spin combination with change of foot or the 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.
- c. A maximum of one (1) choreographic sequence (ChSq), covering at least half of the ice surface. Only the first executed attempt of a choreographic sequence will contribute to the technical score. 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 choreographic sequence commences with the first move and is concluded with the last move of the skater. The pattern is not restricted. A choreographic sequence has a base value and will be evaluated by the judges in GOE only.

Single Silver

Duration: The maximum time is **2:10** min., but may be less. Vocal music may be used.

Factor: The panels points for each Program Component are multiplied by a factor of 1.6

The Program Components are judged in:

- Skating Skills
- Transitions/Linking Footwork/Movement
- Performance/Execution
- Choreography/Composition
- Interpretation

A competitor in the Adult 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 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 combination may consist of two (2) listed jumps. A jump combination may consist of the same or another single jump. A jump sequence may consist of any number of single jumps that may be linked by non-listed jumps like mazurkas etc. and/or hops immediately following each other while maintaining the jump rhythm (knee); there can be no steps/ turns, crossovers or stroking during the sequence. Only the two (2) listed jumps with the highest value will count towards the technical score. Each listed jump may be repeated only once. Please note that a half-loop in combination or in a sequence with any other listed jump will be called as a listed jump (1 Lo.) 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 of which must be a spin combination. The spins must have a required minimum number of revolutions: three (3) for the flying spin with no change of foot after landing, three (3) for the spin with only one position and no change of foot and 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 a change of foot. There must be a minimum of two (2) revolutions in each position or the position will not be counted.
- c. A maximum of one (1) choreographic sequence (ChSq), covering at least half of the ice surface. Only the first executed attempt of a choreographic sequence will contribute to the technical score. 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 choreographic sequence commences with the first move and is concluded with the last move of the skater. The pattern is not restricted. A choreographic sequence has a base value and will be evaluated by the judges in GOE only.

Single Gold

Duration: The maximum time is **2:50** min., but may be less. Vocal music may be used.

Factor: The panels points for each Program Component are multiplied by a factor of 1.6

The Program Components are judged in:

- Skating Skills

- Transitions/Linking Footwork/Movement
- Performance/Execution
- Choreography/Composition
- Interpretation

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

- A maximum of six (6) 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) other jump combinations may consist of two (2) listed jumps. A jump combination may consist of the same or another single or double jump, with the exception of the jumps in bold above. A jump sequence may consist of any number of single and double jumps, with the exception of the jumps in bold above, that may be linked by non-listed jumps like mazurkas etc. and/or hops immediately following each other while maintaining the jump rhythm (knee); there can be no steps/ turns, crossovers or stroking during the sequence. Only the two (2) listed jumps with the highest value will count towards the technical score. Each listed jump may be repeated only once. Please note that a half-loop in combination or in a sequence with any other listed jump will be called as a listed jump (1 Lo.) Non-listed jumps may be included in the program as part of connecting footwork.
- A maximum of three (3) spins of a different abbreviation, one of which must be a spin combination with a change of foot and one must be a flying spin. The spins must have a required minimum number of revolutions: four (4) for the flying spin with no change of foot after landing, four (4) for the spin with only one position and no change of foot and 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 a 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) step sequence (StSq), fully utilizing the ice surface. Only the first executed attempt of a step sequence will contribute to the technical score. Only features up to Level 3 will be counted. Any additional features will not count for level requirements and will be ignored by the Technical Panel.

Masters Single

Duration: The maximum time is **3:10** min., but may be less. Vocal music may be used.

Factor: The panels points for each Program Component are multiplied by a factor of 1.6

The Program Components are judged in:

- Skating Skills
- Transitions/Linking Footwork/Movement
- Performance/Execution
- Choreography/Composition
- Interpretation

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

- a. A maximum of seven (7) 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 combination may consist of the same or another single, double or triple jump. A jump sequence may consist of any number of jumps of any number of revolutions that may be linked by non-listed jumps like mazurkas etc. and/or hops immediately following each other while maintaining the jump rhythm (knee); there can be no steps/ turns, crossovers or stroking during the sequence. Only the two (2) listed jumps with the highest value will count towards the technical score. Each listed jump may be repeated only once. Please note that a half-loop in combination or in a sequence with any other listed jump will be called as a listed jump (1 Lo.). 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 must be a flying spin. The spins 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.
- c. A maximum of one (1) step sequence (StSq), fully utilizing the ice surface. Only the first executed attempt of a step sequence will contribute to the technical score.

Pair Free Skating

Each couple consists of a man and a lady.

Masters Pair Skating

Duration: The maximum time is **3:10** min., but may be less. Vocal music may be used.

Factor: The panels points for each Program Component are multiplied by a factor of 1.6

The Program Components are judged in:

- Skating Skills
- Transitions/Linking Footwork/Movement
- Performance/Execution
- Choreography/Composition
- Interpretation

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

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.

- 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 with any number of jumps (only the two jumps with the highest value will count towards the technical score).
- e. 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 combination spin. 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 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.
- g. A maximum of one (1) death spiral or pivot spiral (position optional). At least $\frac{3}{4}$ revolution in pivot position by the man is required.
- h. A maximum of one (1) step sequence (StSq) or choreographic sequence (ChSq) that fully utilizes the ice surface. Only the first executed attempt of a step sequence or choreographic sequence will contribute to the technical score. Only features up to Level 3 will be counted for the step sequence. Any additional features will not count for level requirements and will be ignored by the Technical Panel. 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 choreographic sequence commences with the first move and is concluded with the last move of the skater. The pattern is not restricted. A choreographic sequence has a base value and will be evaluated by the judges in GOE only.

Adult Pair Skating

Duration: The maximum time is **2:50** min., but may be less. Vocal music may be used.

Factor: The panels points for each Program Component are multiplied by a factor of 1.6

The Program Components are judged in:

- Skating Skills
- Transitions/Linking Footwork/Movement
- Performance/Execution
- Choreography/Composition
- Interpretation

Couples must perform a well-balanced program that demonstrates skating skills, timing and unison, and full use of the ice surface. There are no required elements, but couples may choose to include up to eight (8) elements selected from:

- a. 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. Variations of the lady's position, no-handed and one-handed lifts, and combination lifts are not permitted. Overhead lifts and twist lifts are not permitted. A different take-off counts as a different lift.
- b. A maximum of one (1) single throw jump (including the throw axel). Double and triple jumps are not permitted.

- c. A maximum of one (1) solo single jump (including the single axel). Double and triple jumps are not permitted.
- d. A maximum of one (1) jump combination with a maximum of three (3) listed jumps or one (1) jump sequence with any number of jumps (only the two jumps with the highest value will count for points). Only single jumps are allowed (including the single axel). Double and triple jumps are not permitted.
- e. 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 combination spin. 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) death spiral or pivot spiral (position optional). At least $\frac{3}{4}$ revolution in pivot position by the man is required.
- g. A maximum of one (1) choreographic sequence (ChSq) that fully utilizes the ice surface. Only the first executed attempt of a choreographic sequence will contribute to the technical score. 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 choreographic sequence commences with the first move and is concluded with the last move of the skater. The pattern is not restricted. A choreographic sequence has a base value and will be evaluated by the judges in GOE only.

Ice Dance

General Regulations: Each couple consists of a man and a 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.

NOTE: Cuples can perform pattern dances and short dances according to the rules from the previous season 2015/2016 or according to the rules of the current season 2016/2017!

Pattern Dance

Elite/Masters

11 Golden Waltz (2 sequences) #18 Cha Cha Congelado (2 sequences) or
#9 Starlight Waltz (2 sequences) #24 Midnight Blues (2 sequences)

Gold

7 Viennese Waltz (3 sequences) # 18 Cha Cha Congelado (2 sequences) or
#9 Starlight Waltz (2 sequences) #16 Paso Doble (3 sequences)

Silver

3 Rocker Foxtrot (4 sequences) #23 Blues (3 sequences) or
#4 European Waltz (2 sequences) #20 Tango (2 sequences)

Bronze

2 Foxtrot (3 sequences) # 4 European Waltz (2 sequences) or
#1 Fourteen Step (3 sequences) #5 American Waltz (2 sequences)

The panel's points for each Program component are multiplied by a factor of 0.7 (Rule 353, paragraph 1.m). For events with two (2) Pattern Dances, the Total Score for each dance will be multiplied by a factor of 0.5 as per Rule 353, paragraph 1 b.

Couples can provide their own music for each Pattern Dances:

The music must be chosen in accordance with the rhythm of the Pattern Dance. The chosen music may be a tune from ISU Ice Dance music. In this case only tunes 1 to 5 can be chosen and the music must be recorded on the skaters' own disc. A violation of tempo specifications will result in a 1.0 point deduction by the Referee. Vocal music is allowed.

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 the Referee may announce the approximate location at which the Pattern Dances must be started. 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 specified by the Referee. If the Referee changes the side to start, the change must be announced at the time of the first draw for starting order.

The couple shall furnish competition music in accordance with Rule 343, paragraph 1. The Pattern Dances will be judged without Key Points.

References: ISU Handbook Ice Dance 2003

The Referee will indicate the starting point of each dance.

Short Dance

It is accepted to perform short dance according to the rules from the previous or the current season.

General Regulations: See: ISU Communication No. 1998, Ice Dance Requirements for Technical Rules Season 2016 / 2017. All Key Points & Key Points Features for Pattern Elements are described. The composition of the Short Dance in the season 2016/17 is as follows: Blues plus one or more of the following Rhythms: Swing, Hip Hop. The requirements for the Junior Short Dance described in ISU Communication 1998 are adjusted for the Adult Competition.

See: ISU Communication No. 1932, Ice Dance Requirements for Technical Rules Season 2015 / 2016. All Key Points & Key Points Features for Pattern Elements are described. The composition of the Short Dance in the season 2015/16 is as follows: Waltz plus any number of the following rhythms: Foxtrot, March or Polka. The requirements for the Junior Short Dance described in ISU Communication 1932 are adjusted for the Adult Competition.

Music: Maximum 2:40 min., plus or minus 10 seconds. Music for the entire Short Dance (including music for specified Pattern Dance Elements) is provided by the couple. Vocal

music may be used.

The panel's points for each Program component are multiplied by a factor of 0.8 (Rule 353, § 1.m)

Short Dance 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 "Short Dance".

Short Dance Adult

Couples entering this category will compete against others at the Adult Short Dance level. (Recommended for silver level ice dancers.)

Required Short Dance Elements

Dance: Two (2) Sequences of Blues, either skated one after the other or separately. Step #1 of each Sequence must be Specifications: - The description, chart and diagrams of the Pattern Dances are included in the ISU Handbook Ice Dance 2003. - Rule 708 paragraph 1 applies with the following alterations: - subparagraph d) – Timing: first sentence reads "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 musical phrase. - Step #1 of each Pattern Dance Blues must be skated on a different side of the ice surface. skated on a different side of the ice surface.

or

One (1) sequence of the Starlight Waltz divided into two (2) sections skated one after the other, Section 1 followed by Section 2, with Step # 1 skated on the Judges' left side.

The Pattern Dance Elements must be skated on the Blues or Waltz Rhythm, in any Waltz style. The Tempo of the music throughout the Pattern Dance Element must be constant and in accordance with the required Tempo and character of the Pattern Dance: Blues, i.e. 22 measures of 4 beats or 88 beats per minute, plus or minus 2 beats per minute. The Not Touching Step Sequence must be skated on one of the other rhythms: either Swing or Hip Hop. • Blues and Swing are described in the ISU Ice Dance Music Rhythms Booklet 1995 (Note: 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).

or

The tempo of music throughout the Pattern Dance Elements must be constant and in accordance with the required Tempo of the Pattern Dance Element Starlight Waltz i.e., 58 measures of three beats or 174 beats per minute, plus or minus 3 beats per minute. Waltz Rhythms as well as Foxtrot, March and Polka Rhythms are described in the ISU Ice Dance Music Rhythms Booklet 1995.

One (1) Short Lift is required.

In addition, one (1) Transitional Dance Lift (up to 7.6 seconds), but no more, performed optionally after the required Dance Lift, is permitted.

One (1) Not Touching Midline Step Sequence OR Not Touching Circular Step Sequence OR Not Touching Diagonal Step Sequence: skated to a different rhythm than the Blues?

Notes for Not Touching Circular Step Sequence:-In accordance with Rule 703, 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.

One (1) Set of Sequential Twizzles.

Elements should be integrated into the composition of the dance so the concept and choreography must produce the feeling of a unified dance.

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

Specifications:

The description, chart and diagrams of the Pattern Dances are included in the ISU Handbook Ice Dance 2003.

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 – there should not be the feeling that the rhythms are just put together without thought of how they fit together. *Note:* as per ISU Communication 1860, paragraph 3, a Pattern Dance Element not started on the required beat must be penalized by Judges.

Free Dance

General regulations:

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). Music that does not adhere to these descriptions will be severely penalized. 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).

Free Dance 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).

Free Dance 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 6 seconds and one (1) Long Lift with a maximum duration of 12 seconds; OR three (3) different types of Short Lifts with a maximum duration of 6 seconds each.

b. A maximum of one (1) Dance Spin (Spin or Combination Spin).

c. A maximum of one (1) Circular Step Sequence in Hold, Style A.

d. A maximum of one (1) Set of Synchronized Twizzles with up to three (3) steps between.

Vocal music may be used. The maximum time is 3 minutes and 10 seconds, but may be less. The panel's points for each Program Component are multiplied by a factor of 1.2 (Rule 353, paragraph 1.m)

Free Dance Silver

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

a. A maximum of one (1) Short Lift, with a maximum duration of 6 sec.

b. A maximum of one (1) Diagonal 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 maximum time is 2 minutes and 40 seconds, but may be less. The panel's points for each Program Component are multiplied by a factor of 1.2 (Rule 353, paragraph 1.m)

Free Dance Bronze

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

a. A maximum of one (1) Short Lift, with a maximum duration of 6 sec.

- b. A maximum of one (1) Diagonal Step Sequence in Hold, Style B
- c. A maximum of one (1) Dance Spin (Spin or Combination Spin).

Vocal music may be used. The maximum time is 2 minutes, but may be less. The panel's points for each Program Component are multiplied by a factor of 1.2 (Rule 353, paragraph 1.m)

Artistic Skating (recreational, young adults and adults)

General Regulations: See ISU Special Regulations and Technical Rules 2012, Singles & Pair Skating, Rule 522, paragraph 2 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 artistic program consists of a variety of skating moves selected for their value in enhancing the skater's interpretation of the music rather than for their technical difficulty. Skaters will be judged on their ability to interpret the music and develop a theme by using their skating skills. Credit for 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, which should be used only to reflect the character of the program and to underline the rhythm and nuances of the chosen music. The skater/pair must not remain in one place for more than five (5) seconds. Any element exceeding the maximum number as set forth below will be judged as an illegal element (1.0 deduction); if there is no jump or no spin element included or only a jump and no spin or vice versa a deduction for a "missing element" of 1.0 will be made. The Referee is responsible for such deductions. Costumes should be simple, tasteful and appropriate for sporting competition. Costumes should be selected to enhance the performance by appropriately reflecting the character of the music and theme. Props 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 Referee is responsible for prop deductions.

Illegal elements:

Somersault type jumps

Lying on the ice and prolonged and/or stationary kneeling on both knees on the ice

Artistic Single Skating

The Artistic Free Skate is a competitive program that must include elements of the sport of figure skating. At least one (1) but a maximum of two (2) single jumps and at least one (1) but a maximum of two (2) spins MUST be included. No axel jump, double or triple jumps are allowed. No combination jumps are allowed. Competition will be held at the Elite/Masters, Gold, Silver and Bronze level for Men and Ladies.

Duration: The maximum time is **1:50** min., but may be less. The maximum time for Elite/Masters Artistic Free Skating will be **2:10** min., but may be less. Vocal music may be used.

Factor: The panels points for each Program Component are multiplied by a factor of 1.0

The artistic event will be judged only on the basis of Presentation Components (program components):

- Skating Skills
- Transitions
- Performance/Execution
- Choreography/Composition
- Interpretation/Timing

Pair Artistic Free Skating

Each couple consists of a man and a lady.

Masters Pair Artistic Skating

Duration: The maximum time is **2:20** min., but may be less. Vocal music may be used.

Factor: The panels points for each Program Component are multiplied by a factor of 1.0

The artistic event will be judged only on the basis of the program components. There will be no technical panel and no technical mark given Program components:

- Skating Skills
- Transitions
- Performance/Execution
- Choreography/Composition
- Interpretation/Timing

The Masters Pair Artistic Free Skate is a competitive program that must include elements of the sport of pair figure skating. Each pair 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 and double jumps are not permitted. Combination jumps are not permitted.
- b. A maximum of one (1) pair spin (pair spin or pair combination spin) OR one (1) solo spin.
- c. A maximum of one (1) death spiral or pivot spiral (position optional).
- d. A maximum of one (1) lift of Group 1 or Group 2. Variations of the lady's position, no-handed and onehanded lifts, and combination lifts are not permitted. Overhead lifts and twist lifts are not permitted.

Adult Pair Artistic Skating

Duration: The maximum time is **1:50** min., but may be less. Vocal music may be used.

Factor: The panels points for each Program Component are multiplied by a factor of 1.0

The artistic event will be judged only on the basis of the program components. There will be

no technical panel and no technical mark given Program components:

The Pair Artistic Free Skate is a competitive program that must include elements of the sport of pair figure skating. Each pair 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 and double jumps are not permitted. Combination jumps are not permitted.
- b. A maximum of one (1) pair spin (pair spin or pair combination spin) OR one (1) solo spin.
- c. A maximum of one (1) death spiral or pivot spiral (position optional).
- d. A maximum of one (1) lift of Group 1 or Group 2. Variations of the lady's position, no-handed and onehanded lifts, and combination lifts are not permitted. Overhead lifts and twist lifts are not permitted.