



GLISS OPEN 2013

TECHNICAL DATA

Technical Requirements for A class Single Skating

CHICKS Girls and Boys (2004 and younger)

Free Skating only

Duration of the Program: 2 min., +/- 10 sec.

A well balanced Free Skating program must contain:

- a) maximum of four (4) jump elements (one of which must be an Axel type jump);
- b) maximum of two (2) jump combinations or sequences (NB! A jump combination can contain only two (2) jumps. A jump combination containing three (3) jumps is not permitted);
- c) maximum of two (2) spins of a different nature (minimum of 3 revolutions each);
- d) one (1) step sequence.

CUBS Girls and Boys (2002/2003)

Free Skating only

Duration of the Program: 2 min. 30 sec., +/- 10 sec.

A well balanced Free Skating program must contain:

- a) maximum of four (4) jump elements (one of which must be an Axel type jump);
- b) maximum of two (2) jump combinations or sequences (Only one jump combination may consist of three (3) jumps);
- c) maximum of two (2) spins of a different nature, one of which must be a spin combination with one (1) change of foot and at least one (1) change of position (minimum of three (3) revolutions on each foot), one spin is optional (minimum of three (3) revolutions);
- d) one step sequence.

NB! Additional information

1. In all categories listed above the Program Components are only judged in

- **Skating Skills**

- **Transitions**

- **Performance, program composition, music interpretation**

The Factor of the Program Components is

- for boys 2.0

- for girls 1.7

2. In all elements which are subject to Levels, only features up to **Level 2** will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

3. Evaluation is in accordance with ISU Communication No. 1724 (or any update of this Communication).

4. No jump with the same name may be repeated more than twice including Axel type jumps.

5. A jump sequence can contain any number of jumps, but only two (2) most difficult jumps will be counted.

6. Time violation - 0.5 point deduction for every 5 seconds in excess.

7. Falls - 0.5 point deduction for every fall

Basic Novice A – Girls and Boys (ISU communication No. 1760)

Age requirements: (younger subgroup)

- has reached at least the age of ten (10)

- has not reached the age of thirteen (13)

before July 1st preceding the event

Free Skating only

Duration of the program: 2 min. 30 sec., +/- 10 sec.

A well balanced Free Skating program must contain:

a) Maximum of 4 jump elements for Girls and Boys one of which must be an Axel type jump.

b) There may be up to two (2) jump combinations or sequences. Jump combinations can contain only two (2) jumps. A jump sequence can contain any number of jumps, but only two most difficult jumps will be counted.

c) There must be a maximum of two (2) spins of a different nature (abbreviation), one of which must be a spin combination with or without change of foot (minimum of six (6) revolutions in total) and one spin with no change of position and with or without change of foot (minimum of six (6) revolutions in total). Flying entry is allowed.

There must be a maximum:

for Girls one (1) choreographic sequence which includes at least one (1) spiral position at least (3) seconds long. A sequence will have a Base value and evaluated in GOE only.

for Boys maximum of one (1) step sequence without Level value. The sequence will have a fixed Base value and evaluated in GOE only.

The Program Components are only judged in

- Skating Skills
- Performance/Execution

The Factor of the Program Components is 2.5

Levels explanations:

For Basic Novice A Singles, in all elements which are subject to Levels, only features up to **Level 2** will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

Basic Novice B - Girls and Boys (ISU communication No. 1760)

Age requirements: (older subgroup)

- has reached at least the age of thirteen (13)
- has not reached the age of fifteen (15)

before July 1st preceding the event

Free Skating only

Duration of the Program: 3 min., +/- 10 sec.

A well balanced Free Skating program must contain:

a) Maximum of 5 jump elements for Girls and 6 jump elements for Boys one of which must be an Axel type jump.

There may be up to two (2) jump combinations or sequences. A

jump combination can contain only two (2) jumps. A jump sequence can contain any number of jumps, but only two most difficult jumps will be counted.

Only two (2) jumps with two and a half (2 1/2) or more revolutions can be repeated either in a jump combination or in a jump sequence.

b) There must be a maximum of two (2) spins of a different nature, one of which must be a spin combination (minimum of ten (10) revolutions in total) and one a flying spin or a spin with a flying entrance (minimum of six (6) revolutions in total).

c) There must be for Girls and Boys one (1) step sequence fully utilizing the ice surface. The sequence will receive Level features and will also be evaluated in GOE.

The Program Components are only judged in

- Skating Skills
- Performance/Execution
- Interpretation

The Factor of the Program Components is:

- for boys 2.0
- for girls 1.7

Levels explanations:

For Basic Novice B Singles, in all elements which are subject to Levels, only features up to **Level 2** will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

Single Skating Advanced Novice - Girls and Boys (ISU Comm 1649)

Age requirements:

- has reached at least the age of ten (10)
- has not reached the age of fifteen (15)

Before July 1st preceding the event

NB! No subgroups by age are established for Advanced Novices

Duration of the Programs: Short Program max. 2 min. 30 sec.

Free Skating 3 min., +/- 10 sec for girls

Free skating 3 min. 30 sec., +/- 10 sec for boys

The Short Program for Boys' Singles shall consist of the following elements:

- a) Axel Paulsen or double Axel Paulsen
- b) Double or triple jump immediately proceeded by connecting steps, may not repeat jump in a)
- c) One jump combination consisting of two double jumps or one double and one triple jump, both jumps may not repeat jump in a) or b)

d) Camel or sit spin (minimum of six (6) revolutions) with change of foot and no flying entrance

e) Spin combination with only one change of foot (minimum of five (5) revolutions on each foot). Flying entry is allowed.

f) One step sequence with full utilization of the ice surface.

The Short Program for Girls' Singles shall consist of the following elements:

a) Axel Paulsen or double Axel Paulsen

b) Double or triple jump immediately preceded by connecting steps, may not repeat jump in a)

c) One jump combination consisting of two double jumps or one double and one triple jump, both jumps may not repeat jump in a) or b)

d) Layback or sideways leaning spin (minimum of six (6) revolutions)

e) Spin combination with only one change of foot (minimum of five (5) revolutions on each foot). Flying entry is allowed.

f) One step sequence with full utilization of the ice surface.

Boys and Girls

A well balanced Free Skating program for Singles must contain: a) Maximum 6 jump elements for Girls and 7 jump elements for Boys one of which must be an Axel type jump. There may be up to two (2) jump combinations or sequences.

A jump combination can contain only two (2) jumps. A jump sequence can contain any number of jumps, but only two most difficult jumps will be counted.

Only two (2) jumps with two and a half (2 1/2) revolutions or more can be repeated either in a jump combination or in a jump sequence.

b) There must be a maximum of two (2) spins of a different nature, one of which must be a spin combination (minimum of ten (10) revolutions) and one a flying spin or a spin with a flying entrance (minimum of six (6) revolutions).

c) There must be a maximum of one (1) choreographic sequence, that will have a fixed Base value and evaluated in GOE only.

Levels explanations:

For Advanced Novice Singles, in all elements which are subject to Levels, 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.

The Program Components are only judged in

- **Skating Skills**
- **Transitions**
- **Performance/Execution**
- **Interpretation**

The factor for the Program Components is

a) Short Program

- for boys **0.9.**
- for girls **0.8**

b) Free Skating

- for boys **1.8**
- for girls **1.6**

Junior Ladies/ Men

In accordance with ISU Special Regulations and Technical Rules Single and Pair Skating , Singleskating Short Program Rule 511,Single skating Free program rule 512 and the respective ISU Communication

Judging is based on criteria listed in ISU Comm 1724 and additions related to this document

Senior Ladies

Short Program The prescribed elements to be skated are those listed in ISU Special Regulations & Technical Rules Single & Pair Skating Rule 511, para. 1 and 2 and the respective ISU Communication

Duration: maximum 2 min. 50 sec.

Free Skating In accordance with ISU Special Regulations & Technical Rules Single & Pair Skating and Ice Dance 2012, Rule 512 and the respective ISU Communication

Duration: 4 min., +/- 10 sec.

Technical Requirements for B class Single Skating

PRE CHICKS Girls and Boys (2006 and younger)

Free Skating only

Duration of the Program: 2 min., +/- 10 sec.

A well balanced Free Skating program must contain:

- a) maximum of four (4) jump elements
- b) maximum of two (2) jump combinations or sequences (NB! A jump combination can contain only two (2) jumps. A jump combination containing three (3) jumps is not permitted);
- c) maximum of two (2) spins of a different nature (minimum of 3 revolutions each);
- d) one (1) step sequence.
 - Axel Paulsen and double (2) jumps are not permitted

CHICKS Girls and Boys (2004 and younger)

Free Skating only

Duration of the Program: 2 min., +/- 10 sec.

A well balanced Free Skating program must contain:

- a) maximum of four (4) jump elements
- b) maximum of two (2) jump combinations or sequences (NB! A jump combination can contain only two (2) jumps. A jump combination containing three (3) jumps is not permitted);
- c) maximum of two (2) spins of a different nature (minimum of 3 revolutions each);
- d) one (1) step sequence.
 - Axel Paulsen and double (2) jumps are not permitted

CUBS Girls and Boys (2002/2003)

Free Skating only

Duration of the Program: 2 min. 30 sec., +/- 10 sec.

A well balanced Free Skating program must contain:

- a) maximum of four (4) jump elements;
- b) maximum of two (2) jump combinations or sequences (Only one jump combination may consist of three (3) jumps);
- c) maximum of two (2) spins of a different nature (minimum of three (3) revolutions);
- d) one step sequence.
 - Axel Paulsen and one (1) double jump are permitted no more than two (2) times.

SPRINGS Girls and Boys (2000/2001)

Free Skating only

Duration of the Program: 2 min. 30 sec., +/- 10 sec.

A well balanced Free Skating program must contain:

- a) maximum of five (5) jump elements (one of which must be an Axel type jump;
- b) maximum of two (2) jump combinations or sequences (Only one jump combination may consist of three (3) jumps);
- c) maximum of three (3) spins of a different nature (minimum of three (3) revolutions);
- d) one step sequence.

• Maximum 2 (two) different double jumps are permitted and they cannot be repeated more than twice.

NB! Additional information

1. In all categories listed above the Program Components are only judged in

- **Skating Skills**

- **Transitions**

- **Performance, program composition, music interpretation**

The Factor of the Program Components is

- for boys 2.0

- for girls 1.7

2. In all elements which are subject to Levels, only features up to **Level 2** will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

3. Evaluation is in accordance with ISU Communication No. 1724 (or any update of this Communication).

4. No jump with the same name may be repeated more than twice including Axel type jumps.

5. A jump sequence can contain any number of jumps, but only two (2) most difficult jumps will be counted.

6. Time violation - 0.5 point deduction for every 5 seconds in excess

7. Falls - Chicks, Cubs • 0.25 point deduction for every fall

Springs • 0.5 point deduction for every fall

NOVICE

Age requirements:

- has reached at least the age of ten (10)
- has not reached the age of fifteen (15)

before July 1st preceding the event

Free Skating only

Duration of the Program: 3 min., +/- 10 sec.

A well balanced Free Skating program must contain:

a) Maximum of 5 jump elements for Girls and 6 jump elements for Boys one of which must be an Axel type jump.

There may be up to two (2) jump combinations or sequences. A jump combination can contain only two (2) jumps. A jump sequence can contain any number of jumps, but only two most difficult jumps will be counted.

Any jump with the same name cannot be included more than two (2) times in total.

b) There must be a maximum of three (3) spins of a different nature, one of which must be a spin combination (minimum of ten (10) revolutions in total), one a flying spin or a spin with a flying entrance (minimum of five (5) revolutions in total) and one spin is optional (minimum of five (5) revolutions).

c) There must be a maximum:

(i) **for Girls** one (1) step sequence or one (1) spiral sequence consisting of maximum two (2) spiral positions. The sequence (step or spiral) will have a fixed Base value and evaluated in GOE only.

(ii) **for Boys** maximum of one (1) step sequence with a fixed Base value and evaluated in GOE only.

• Double Axel Paulsen and triple jumps are not permitted.

The Program Components are only judged in

- **Skating Skills**
- **Performance/Execution**
- **Interpretation**

The Factor of the Program Components is

- for boys 2.0
- for girls 1.7

Levels explanations:

In all elements which are subject to Levels, only features up to **Level 2** will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

JUNIOR (age same as Junior A)

Free Skating only

Duration of the Program: 3 min., +/- 10 sec.

A well balanced Free Skating program must contain:

- a) maximum of five (5) jump elements one of which must be an Axel type jump;
- b) maximum of two (2) jump combinations or sequences;
- c) three (3) spins of a different nature, one of which must be a spin combination (minimum of ten (10) revolutions in total), one a flying spin (minimum of six (6) revolutions) and one spin is optional (minimum of six (6) revolutions);
- d) one step sequence.

The Program Components are only judged in

- Skating **Skills**
- Transitions
- Performance/**Execution**
- **Interpretation**

The factor for the Program Components is

- for **boys 2.0**
- for **girls 1.7**

Levels explanations:

In all elements which are subject to Levels, 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.

Single skating for young amateur skaters

Pre-Young Girls and Boys (born 2002 and younger)

Free program 2.00 minutes ± 10 sec.

- 1. Maximum five (5) jump elements**
 - at least two (2) of them are solo jumps
 - at least one (1) and no more than three (3) are jump combinations or sequences
- 2. At least one (1) but not more than two (2) spins min. free (3) revolutions.**
- 3. Step sequence (2/3 cover of the ice), (straight line, circular or serpentine).**

Axel and double jumps are not allowed !

Pre-Young Girls and Boys (born 2000/2001)

Free program 2.00 minutes ± 10 sec.

- 1. Maximum five (5) jump elements**
 - at least two (2) of them are solo jumps
 - at least one (1) and no more than three (3) are jump combinations or sequences
- 2. At least one (1) but not more than two (2) spins min. free (3) revolutions.**
- 3. Step sequence (2/3 cover of the ice), (straight line, circular or serpentine).**

Axel and double jumps are not allowed !

Young Girls and Boys (born 1997-1999)

Free program 2.30 minutes ± 10 sec.

- 1. Maximum five (5) jump elements**
 - at least two (2) of them are solo jumps
 - at least one (1) and no more than three (3) are jump combinations or sequences
- 2. At least one (1) but not more than two (2) spins min. four (4) revolutions.**
- 3. Step sequence (2/3 cover of the ice), (straight line, circular or serpentine).**

Maximum one (1) Axel and one (1) double jump are allowed, which may be repeated only once in a jump combination/sequence !

Young adults Girls and Boys (born 1987-1996)

Free program max. 2:00 min

- 1. Maximum four (4) jump elements**
 - at least two (2) of them are solo jumps
 - at least one (1) and no more than three (3) are jump combinations or sequences
- 2. At least one (1) but not more than two (2) spins min. free (3) revolutions.**

3. Step sequence (2/3 cover of the ice), (straight line, circular or serpentine).

Axel and double jumps are not allowed !

Single skating for adult amateur skaters (1986 and elder)

Masters Free Skating Duration The maximum time is 3 min. 10 sec., but may be less.

a) A maximum of seven (7) jump elements, one of which must be an Axel jump. Single, double and triple jumps are permitted.

A jump combination may consist of the same or another single, double or triple jump. There may be up to three jump combinations or jump sequences in the Free Program. One jump combination could consist of up to three (3) listed jumps, the other two up to two (2) listed jumps.

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. However, only the two jumps with the highest value will count. **Please note that a halfloop in combination or in a sequence with any other listed jump will be called as a listed jump (1 Lo.)**

Any jump can be repeated only once and this repetition must be done either in a jump combination or in a jump sequence. 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 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) choreographic- sequence (ChSq). 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. A Choreographic Sequence for Ladies must include at least one spiral (not a kick) of any length. The Sequence commences with the first move and is concluded with the last move of the Skater. The pattern is not restricted, but must fully utilize the ice surface. A choreographic Sequence has to be skated to the music.. A Choreographic Sequence has a base value and will be evaluated by the judges in GOE only

The first visible attempt to execute a choreographic sequence will contribute to the technical score.

Additional spiral sequences and step sequences will not be counted in the technical score but will be counted as moves-in-the field (transitions) and marked as such.

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

Gold Free Skating Duration The maximum time is 2 min 40 sec., but may be less.

a) A maximum of six (6) jump elements, consisting of any single or double jumps (including a single Axel) **except double Flip, double Lutz and double Axel. No triple jumps are permitted.**

A jump combination may consist of the same or another single or double jump with the exclusion of the jumps as above. There may be up to three jump combinations or jump sequences in the Free Program. One jump combination could consist of up to three (3) listed jumps, the other two up to two (2) listed jumps. A jump sequence may consist of any number of single and double jumps, excluding a double Flip, a double Lutz, a double Axel and all triple 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 turns/steps, crossovers or stroking during the sequence. However, only the two jumps with the highest value will count.

Please note that a **half-loop** in combination with any other listed jump will result in a jump combination.

Any solo jump can be repeated only once and this repetition must be done either in a jump combination or in a jump sequence. Non-listed jumps may be included in the program as part of connecting footwork, preceding single or double jumps.

b) 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.

c) A maximum of one (1) choreographic- sequence (ChSq). 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. A Choreographic Sequence for Ladies must include at least one spiral (not a kick) of any length. The Sequence commences with the first move and is concluded with the last move of the Skater. The pattern is not restricted, but must fully utilize the ice surface. A choreographic Sequence has to be skated to the music.. A Choreographic Sequence has a base value and will be evaluated by the judges in GOE only

The first visible attempt to execute a choreographic sequence will contribute to the technical score.

Additional spiral sequences and step sequences will not be counted in the technical

score but will be counted as moves-in-the field (transitions) and marked as such. The panels points for each Program Component are multiplied by a factor of 1.6

Silver Free Skating Duration The maximum time is 2 min. 10 sec., but may be less.

a) A maximum of five (5) jump elements. **The single Axel or any other single Axel type jump and all other single jumps are permitted. No double jumps or triple jumps are permitted.** A jump combination may consist of the same or another single jump. There may be up to three jump combinations or jump sequences in the Free Program. One jump combination could consist of up to three (3) listed jumps, the other two up to two (2) listed jumps. 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 turns/steps, crossovers or stroking during the sequence. However, only the two jumps with the highest value will count. Please note that a **half-loop** in combination with any other listed jump will result in a jump combination. **Any solo jump can be repeated only once and this repetition must be done either in a jump combination or in a jump sequence.**

Non-listed jumps may be included in the program as part of connecting footwork, preceding single jumps or an axel type jump.

b) A maximum of three (3) spins of different abbreviations, **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). 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. A Choreographic Sequence for Ladies must include at least one spiral (not a kick) of any length. The Sequence commences with the first move and is concluded with the last move of the Skater. The pattern is not restricted, but must fully utilize the ice surface. A choreographic Sequence has to be skated to the music.. A Choreographic Sequence has a base value and will be evaluated by the judges in GOE only

The first visible attempt to execute a choreographic sequence will contribute to the technical score.

Additional spiral sequences and step sequences will not be counted in the technical score but will be counted as moves-in-the field (transitions) and marked as such.

The panels points for each Program Component are multiplied by a

factor of 1.6

Bronze Free Skating Duration The maximum time is 1 min. 50 sec., but may be less.

a) A maximum of four (4) jump elements. **Only single jumps are permitted**, no Axel type jump, no double or triple jumps can be included.

A jump combination may consist of the same or another single jump. There may be up to three jump combinations or jump sequences in the Free Program. One jump combination could consist of up to three (3) listed jumps, the other two up to two (2) listed jumps.

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 turns/steps, crossovers or stroking during the sequence. However, only the two jumps with the highest value will count. Please note that a half-loop in combination with any other listed jump will result in a jump combination.

Any solo jump can be repeated only once and this repetition must be done either in a jump combination or in a jump sequence. Non-listed jumps may be included in the program as part of connecting footwork preceding single jumps.

b) A maximum of two (2) spins of a different abbreviation;

The spins must have a required minimum number of revolutions:

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.

Flying spins are not permitted.

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). 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. A Choreographic Sequence for Ladies must include at least one spiral (not a kick) of any length. The Sequence commences with the first move and is concluded with the last move of the Skater. The pattern is not restricted, but must fully utilize the ice surface. A choreographic Sequence has to be skated to the music.. A Choreographic Sequence has a base value and will be evaluated by the judges in GOE only

The first visible attempt to execute a choreographic sequence will contribute to the technical score.

Additional spiral sequences and step sequences will not be counted in the technical score but will be counted as moves-in-the field (transitions) and marked as such.

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

Artistic Free Skating

Vocal music is permitted.

Axels, double jumps and combination jumps will not be permitted.

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

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

There will be no technical panel and no technical mark given. (See ISU Special Regulations and Technical Rules 2008, Singles & Pair Skating, Rule 522, paragraph 2 for a detailed description of Program Components.) The respective Rules can be found on the ISU website.

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.

The artistic free skate is a competitive program which must include elements of the sport of figure skating.

At least one (1) but a maximum of two (2) single jumps

At least one (1) but a maximum of two (2) spins **MUST** be included.

Credit for jumps and spins 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 must not remain in one place for more than five (5) seconds. Any element exceeding the maximum number as set forth above will be judged as an illegal element (2.0 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 2.0 will be made. The Referee is responsible for such deductions.

Costumes should be tasteful and 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.

Music not to exceed **1:40**, but may be less.

Adults Pair Skating Pair events consist of Free Skating only. Each pair must consist of a man and a lady. The man must be the male skater, the lady the female skater.

Free Skating 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 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.

- A maximum of one (1) solo jump. Only single jumps are permitted.
- A maximum of one (1) jump combination with a maximum of three jumps included or one (1) jump sequence (the two jumps with the highest value will count for points).
- A maximum of one (1) throw jump (Only single jumps are permitted);
- A maximum of one (1) pair spin (pair spin or pair combination spin).

The spin must have a required minimum number of revolutions: three (3) 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.

- A maximum of one 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 choreo spiral sequence (ChSp.) To be confirmed, a spiral sequence must include at least two (2) spiral positions not less than three (3) seconds long each or only one (1) spiral position not less than six (6) seconds long. Only the first executed spiral sequence performed will contribute to the technical score. Additional spiral sequences will be counted as moves-in-the field (transitions) and marked as such.

Duration The maximum time is 2 min. 50 sec., but may be less.

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