



# «Russian winter 2016»

18 – 21, February, 2016

Amateur Adults figure skating competition

## Requirements for Programs

### Contents

- [Single Skating. Free Program](#)
- [Single Skating. Artistic Program](#)
- [Improvisation](#)
- [Compulsory Figures](#)
- [Pair Free Skating](#)
- [Pair Artistic Skating](#)
- [Pattern Dances \(Couples and Solo\)](#)
- [Short Dance \(Couples\)](#)
- [Free Dance \(Couples and Solo\)](#)
- [Group Dance](#)
- [Synchronized Skating](#)

### **Single Skating. Free Program**

The participants are divided in 5 groups according to the level of skating: **Master, Gold, Silver, Bronze, Pre-Bronze.**

Depending on the number of skaters, the following age categories may be used:

**Youth Class:** 14-20 years;

**Class I:** 21-28 years;

**Class II:** 29-38 years;

**Class III:** 39-48 years;

**Class IV:** 49-58 years;

**Class V:** 59 years and more.

In other types of program (Pair skating, Ice dances, Artistic, Improvisation, Compulsory figures) the participants are divided in 2 age categories:

**Youth Class:** 14-38 years;

**Adult Class:** 39 years and more.

The requirements for the programs are the same for men and ladies.

The following tables contain lists of elements for each level. They show the allowed and mandatory elements of well-balanced program and their maximal numbers.

### **Table of Elements**

<b>Master. Max. time 3 min 10 sec</b>				
<b>Elements</b>		<b>Allowed</b>	<b>Mandatory</b>	<b>Forbidden</b>
<b>Jump Elements Max. 7</b>	Jumps	All listed single, double, and triple jumps. Each listed jump may be performed no more than two (2) times ( <u>as a solo jump or in a combo / sequence</u> ).	Axel	—
	Jump combinations / sequences	<b>Maximum 3</b> combinations / sequences, no more than 1 combination with 3 jumps.	—	—
<b>Spins Maximum 3</b>		<b>Maximum 3</b> spins with different abbreviations.	<b>Minimum 2</b> , including: <ul style="list-style-type: none"> <li>• flying spin or spin with a flying</li> </ul>	—

		<p>entrance;</p> <ul style="list-style-type: none"> <li>spin combination with a change of foot.</li> </ul> <p>Required number of revolutions:</p> <ul style="list-style-type: none"> <li>min. 5 revs;</li> <li>4 revs on each foot for the spin with change of foot;</li> <li>2 revs in each position.</li> </ul> <p>Spins must have different abbreviations in the table of elements.</p>	
Step Sequence	<b>Maximum one (1) step sequence (StSq).</b>	Must cover a complete ice surface.	—

**Gold.** Max. time 2 min 50 sec

Elements		Allowed	Mandatory	Forbidden
Jump Elements <b>Max. 6</b>	Jumps	All listed single and double jumps <b>except double flip, double lutz and double axel.</b> Each listed jump may be performed no more than two (2) times ( <u>as a solo jump or in a combo / sequence</u> ).	—	Double flip, double lutz, double axel, jumps with more than 2 revolutions.
	Jump combinations / sequences	<b>Maximum 3</b> combinations / sequences, no more than 1 combination with 3 jumps.	—	
Spins <b>Maximum 3</b>		<b>Maximum 3</b> spins with different abbreviations.	<p><b>Minimum 2</b>, including:</p> <ul style="list-style-type: none"> <li>flying spin or spin with a flying entrance;</li> <li>spin combination with a change of foot.</li> </ul> <p>Required number of revolutions:</p> <ul style="list-style-type: none"> <li>min. 4 revs;</li> <li>4 revs on each foot for the spin with change of foot.</li> </ul> <p>Spins must have different abbreviations in the table of elements.</p>	—
Step Sequence	<b>Maximum one (1) step sequence (StSq).</b>	Must cover a complete ice surface. <u>Only features up to Level 3 will be counted.</u>	—	

**Silver.** Max. time 2 min 10 sec

Elements		Allowed	Mandatory	Forbidden
Jump Elements	Jumps	All listed single jumps and a single axel.	—	Jumps with 2 and more

<b>Max. 5</b>		Each listed jump may be performed no more than two (2) times ( <u>as a solo jump or in a combo / sequence</u> ).		revolutions.
	Jump combinations / sequences	<b>Maximum 3</b> combinations / sequences, no more than 1 combination with 3 jumps.	—	
Spins <b>Maximum 3</b>		<b>Maximum 3</b> spins with different abbreviations. A flying entrance and change of foot is allowed in all spins.	<b>Minimum 1</b> , it must be <ul style="list-style-type: none"> <li>• a spin combination (with or without change of foot).</li> </ul> Required number of revolutions: <ul style="list-style-type: none"> <li>• min. 3 revs for a spin without change of position and foot;</li> <li>• min. 3 revs for a flying spin without change of position and foot after landing;</li> <li>• min. 4 revs for a spin combination without change of foot, and 8 (4+4) for a spin combo with change of foot;</li> <li>• min. 3 revs on each foot for spin with change of foot.</li> </ul> Spins must have different abbreviations in the table of elements.	—
Choreographic sequence		<b>Maximum one (1)</b> choreographic sequence (ChSq).	Must cover at least a half of ice surface.	—
<b>Bronze. Max. time 1 min 50 sec</b>				
<b>Elements</b>		<b>Allowed</b>	<b>Mandatory</b>	<b>Forbidden</b>
Jump Elements <b>Max. 4</b>	Jumps	All listed single jumps except a single axel. Each listed jump may be performed no more than two (2) times ( <u>as a solo jump or in a combo / sequence</u> ).	—	Axel, jumps with 2 and more revolutions.
	Jump combinations / sequences	<b>Maximum 2</b> combinations / sequences, no more than 1 combination with 3 jumps.	—	
Spins <b>Maximum 2</b>		<b>Maximum 2</b> spins with different	<b>Minimum 1</b> , it must be	Flying spin and spin with a

	<p>abbreviations. A change of foot is allowed, but a flying entrance is not permitted.</p>	<ul style="list-style-type: none"> <li>• <u>a spin in one position without a change of foot.</u></li> </ul> <p>Required number of revolutions:</p> <ul style="list-style-type: none"> <li>• min. 3 revs for a spin without change of position and foot;</li> <li>• min. 3 revs on each foot for a spin with change of foot;</li> <li>• min. 4 revs for a spin combination without change of foot, and 6 (3+3) for a spin combo with change of foot.</li> </ul> <p>Spins must have different abbreviations in the table of elements.</p>	flying entrance.
--	--	---	------------------

Choreographic sequence	<b>Maximum one (1)</b> choreographic sequence (ChSq).	Must cover at least a half of ice surface.	—
------------------------	---	--	---

**Pre-Bronze. Max. time 1 min 40 sec**

Elements		Allowed	Mandatory	Forbidden																								
Jump elements. <b>Maximum 3</b>	Jumps	<p>All jumps with 1/2 and 1 revolution, except single flip, lutz, and axel. In this category, the <b>Waltz jump</b> is treated as a listed jump with the base value 0.2 and the GOE scale</p> <table border="1" style="margin-left: auto; margin-right: auto;"> <tr> <td></td> <td>+3</td> <td>+2</td> <td>+1</td> <td>BASE</td> <td>-1</td> <td>-2</td> <td>-3</td> </tr> <tr> <td>1W</td> <td>0.1</td> <td>0.1</td> <td>0.1</td> <td><b>0.2</b></td> <td>-</td> <td>-</td> <td>-</td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> <td></td> <td>0.1</td> <td>0.2</td> <td>0.2</td> </tr> </table> <p><b>Jumps may be repeated</b> without any restrictions.</p>		+3	+2	+1	BASE	-1	-2	-3	1W	0.1	0.1	0.1	<b>0.2</b>	-	-	-						0.1	0.2	0.2	—	Single <u>flip</u> , lutz, axel, jumps with 2 and more revolutions. <u>Jump combination of 3 jumps.</u>
		+3	+2	+1	BASE	-1	-2	-3																				
1W	0.1	0.1	0.1	<b>0.2</b>	-	-	-																					
					0.1	0.2	0.2																					
Jump combinations / sequences	<b>Maximum 1</b> jump combination of 2 jumps or jump sequence.	—																										
Spins <b>Maximum 1</b>		<b>Maximum 1</b> spin in one position with no change of foot.	<b>Minimum one (1)</b> spin in one position with no change of foot. Min. 3 revolutions in a spin.	Change of foot, flying entrance, spin combination.																								
Choreographic sequence		<b>Maximum one (1)</b> choreographic sequence (ChSq).	Must cover at least a half of ice surface.	—																								

## **Single Skating. Artistic Program**

### **Levels**

Participants in this type of competition are divided in 4 groups according to their level of skating: Master, Gold, Silver, Bronze.

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

### **Requirements for Programs**

- The competition groups are formed according to the level of skating and the age of participants.
- 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.
- Using novelty effects such as excessive use of steps on the picks, lying or sitting on ice or prolonged static posture on both knees is undesirable. The skater should not stay in one place more than five (5) seconds.
- Costumes must correspond to the character of music. Costumes that may leave particles on the ice surface (feathers, boas, excessive beading etc.) are considered unsafe and are not permitted.
- **Duration** of music should not exceed **2 minutes 10 seconds for the Master level** and **1 minute 40 seconds for the Gold, Silver, and Bronze levels.** Vocal music is permitted.
- 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.  
The somersault type jumps are forbidden.
- The use of **large props** is forbidden. Small items (hat, fan, umbrella, cane) can be used. However, putting objects on the ice or on the judges' table, throwing them to the public, etc. is not allowed. (Note: in this point the rules of "Russian Winter" differ from the rules of Oberstdorf, where any props are not permitted.)

## **Improvisation**

### **Requirements for Programs**

- Approximate duration of the program is 1 minute 40 seconds for all categories (the duration of the program may vary slightly from 1:40 depending on the end of a musical phrase; the difference should not be more than 20 sec.).
- The competition groups are formed according to the level of skating and the age of participants.
- The style of costume should be neutral.
- The music for improvisation program will be played during 15 minutes prior to performance at the end of registration and not less than in 30 minutes before the event.
- Participants will return to their dressing rooms, where they can no longer hear the music or see other skaters on the ice. Coaches are not allowed to communicate with their apprentices at that time.
- Only elements listed below for each level may be performed in the program. Any additional elements will be penalized.

### **Elements of Improvisation Program**

<b>Master</b> 1:40	<ul style="list-style-type: none"><li>• <b>one (1) spin combination</b> with a change of foot (min. 4 revs on each foot);</li><li>• <b>one (1) flying spin</b> (min. 4 revs);</li><li>• <b>one (1) original spin</b> in arbitrary position (originality is estimated; min. 4 revs);</li><li>• <b>one (1) split jump</b>;</li><li>• <b>choreographic sequence</b> must include change of direction, arabesques, bauer's, spread eagles, etc. through all ice surface.</li></ul>
-----------------------	--

<b>Gold</b> 1:40	<ul style="list-style-type: none"> <li>• <b>one (1) spin combination</b> with a change of foot (min. 3 revs on each foot);</li> <li>• <b>one (1) layback spin, sit spin, or original spin</b> in arbitrary position (originality is estimated; min. 4 revs);</li> <li>• <b>one (1) camel spin</b> (min. 4 revs);</li> <li>• <b>choreographic sequence</b> must include change of direction, arabesques, bauers, spread eagles, etc. through all ice surface.</li> </ul>
<b>Silver</b> 1:40	<ul style="list-style-type: none"> <li>• <b>one (1) camel spin</b> (min. 3 revs);</li> <li>• <b>one (1) sit spin or original spin</b> in arbitrary position (originality is estimated; min. 3 revs);</li> <li>• <b>one (1) spin combination</b> with only one change of position and without a change of foot (min. 4 revs);</li> <li>• <b>choreographic sequence</b> must include change of direction, arabesques, bauers, spread eagles, etc. through all ice surface.</li> </ul>
<b>Bronze</b> 1:40	<ul style="list-style-type: none"> <li>• <b>one (1) upright spin</b> (min. 4 revs);</li> <li>• <b>one (1) back spin</b> with arbitrary entrance (min. 3 revs);</li> <li>• <b>one (1) sit spin</b> (min. 3 revs);</li> <li>• <b>choreographic sequence</b> must include change of direction, arabesques, bauers, spread eagles, etc. through all ice surface.</li> </ul>

## **Compulsory Figures**

### **Requirements**

- Skater may select the starting foot (figures beginning with the right foot are denoted by the letter "a", with the left foot by the letter "b").
- Circles and Paragraphs/Serpentines are performed 3 times in a sequence, Eights are performed 2 times.
- The following compulsory figures will be performed on each level:

ISU-Nº	Name of figure	ISU-Nº	Name of figure
<b>PRE-BRONZE</b>		<b>SILVER</b>	
1 a/b	Circle Eight Forward-Outside	4 a/b	Circle Eight Back-Inside
2 a/b	Circle Eight Forward-Inside	9 a/b	Three Forward-Inside — Back-Outside
3 a/b	Circle Eight Back-Outside	14 a/b	Loop Forward-Outside
<b>BRONZE</b>		<b>GOLD</b>	
3 a/b	Circle Eight Back-Outside	6 a/b	Serpentine Back-Outside-Inside
5 a/b	Serpentine Forward-Outside-Inside	18 a/b	Bracket Forward-Outside — Back-Inside
7 a/b	Three Forward-Outside	16 a/b	Loop Back-Outside

## Pair Free Skating

### Requirements

- Each pair team must consist of one man and one lady.
- The competition groups are formed according to the level of skating and the age of participants.
- The age category is defined by the elder partner.
- The factor of program components is 1.6.

### Elements of the Pair Free Skating

<p><b><u>MASTER</u></b> 3:10 max.</p>	<p>A. A maximum of three (3) different lifts, one of which may be a twist lift.</p> <p>B. A maximum of two (2) throw jumps (single or double).</p> <p>C. A maximum of one (1) solo jump. Single, double and triple jumps are permitted.</p> <p>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).</p> <p>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) revs for a pair spin and six (6) for a pair combination spin; two (2) revs in each position.</p> <p>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, 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.</p> <p>G. A maximum of one (1) death spiral or pivot spiral (position optional). At least 3/4 revolution in pivot position by the man is required.</p> <p>H. A maximum of one (1) step sequence (StSq) or choreographic sequence (ChSq) that fully utilizes the ice surface. Only features up to Level 3 will be counted for the step sequence.</p>
<p><b><u>ADULT</u></b> 2:50 max.</p>	<p>A. A maximum of two (2) different lifts of Group 1 or Group 2 with a minimum 1/2 revolution for the man and 1 revolution for the lady.</p> <ul style="list-style-type: none"> <li>○ Variations of the lady's position, no-handed and one-handed lifts, and combination lifts are not permitted.</li> <li>○ Overhead lifts and twist lifts are not permitted.</li> <li>○ A different take-off counts as a different lift.</li> </ul> <p>B. A maximum of one (1) single throw jump (<u>including the throw axel</u>).</p> <ul style="list-style-type: none"> <li>○ Double and triple throw jumps are not permitted.</li> </ul> <p>C. A maximum of one (1) solo single jump (<u>including the single axel</u>).</p> <ul style="list-style-type: none"> <li>○ Double and triple throw jumps are not permitted.</li> </ul> <p>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).</p> <ul style="list-style-type: none"> <li>○ Only single jumps are allowed (<u>including the single axel</u>).</li> <li>○ Double and triple throw jumps are not permitted.</li> </ul> <p>E. A maximum of one (1) pair spin (pair spin or pair combination spin).</p> <ul style="list-style-type: none"> <li>○ 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.</li> <li>○ There must be a minimum of two (2) revolutions in each position.</li> </ul> <p>F. A maximum of one (1) death spiral or pivot spiral (position optional).</p> <ul style="list-style-type: none"> <li>○ At least 3/4 revolution in pivot position by the man is required.</li> </ul> <p>G. A maximum of one (1) choreographic sequence (ChSq) that <u>fully utilizes the ice surface</u>.</p>

## **Pair Artistic Skating**

### **Requirements**

Competitions in Pair Artistic Skating will be held at **Master** and **Adult** levels.

Each pair team must consist of one man and one lady.

A program will be judged only on the basis of components; no technical marks will be 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.

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.

Only elements listed below for each level may be performed in the program. Any additional elements will be penalized (1.0 deduction). Also a deduction of 1.0 will be made for each missing mandatory element.

Costumes should be simple and tasteful. They should be selected to enhance the performance by appropriately reflecting the character of the music and theme.

The use of **large props** is forbidden. Small items (hat, fan, umbrella, cane) can be used. However, putting objects on the ice or on the judges' table, throwing them to the public, etc. is not allowed.

(Note: in this point the rules of "Russian Winter" differ from the rules of Oberstdorf, where any props are not permitted.)

### **Master Level**

The Masters Pair Artistic 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.
  - o Variations of the lady's position, no-handed and one-handed lifts, and combination lifts are not permitted.
  - o Overhead lifts and twist lifts are not permitted.

Duration of the program: maximum 2 minutes and 20 seconds, but may be less.

### **Adult Level**

The Pair Artistic 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.
  - o Variations of the lady's position, no-handed and one-handed lifts, and combination lifts are not permitted.
  - o Overhead lifts and twist lifts are not permitted.

Duration of the program: maximum 1 minute and 50 seconds, but may be less.



## **Pattern Dances — Couples**

### **Requirements**

- Each couple must consist of a man and a lady.
- The competition groups are formed according to the level of skating and the age of participants.
- The age category is defined by the elder partner.
- Warm-up groups are formed according to the level of skating. The duration of warm-up is not more than 3 minutes before each pattern dance; it is performed to the music of the dance.
- The organizing committee may unite the warm-up groups, if necessary.

**The following pattern dances are performed on different levels:**

<b>Master</b>	#11 <b>Golden Waltz</b> (2 sequences) #18 <b>Cha Cha Congelado</b> (2 sequences)
<b>Gold</b>	#7 <b>Viennese Waltz</b> (3 sequences) #18 <b>Cha Cha Congelado</b> (2 sequences)
<b>Silver</b>	#3 <b>Rocker Foxtrot</b> (4 sequences) #23 <b>Blues</b> (3 sequences)
<b>Bronze</b>	#2 <b>Foxtrot</b> (3 sequences) #4 <b>European Waltz</b> (2 sequences)
<b>Pre-Bronze</b>	<b>Willow Waltz</b> (3 sequences) <b>Fiesta Tango</b> (3 sequences)

In accordance with ISU Rules 707, 708, Rule 353, paragraph 1.n) and ISU Communication No.1857 and No.1860, official ISU Pattern Dance music will be used, except that couples shall provide their own music for the following Pattern Dances:

- Foxtrot (Bronze);
- Blues (Silver);
- Viennese Waltz (Gold);
- Cha Cha Congelado (Masters).

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.

Tempo specification for the Pattern Dance music:

- (Pre-Bronze) Willow Waltz — 46 measures of 3 beats (138 beats) per minute plus or minus 2 beats;
- (Pre-Bronze) Fiesta Tango — 27 measures of 4 beats (108 beats) per minute plus or minus 2 beats;
- (Bronze) Foxtrot — 25 measures of 4 beats (100 beats) per minute plus or minus 2 beats;
- (Silver) Blues — 22 measures of 4 beats (88 beats) per minute plus or minus 2 beats;
- (Gold) Viennese Waltz — 52 measures of 3 beats (156 beats) per minute plus or minus 3 beats;
- (Master) Cha Cha Congelado — 29 measures of 4 beats (116 beats) per minute plus or minus 2 beats.

The second Pattern Dance in each category will use ISU Ice Dance music that will be provided by the organizers.

## **Pattern Dances — Solo**

### **Requirements**

- The competition groups are formed according to the level of skating and the age of participants.
- Warm-up groups are formed according to the level of skating. The duration of warm-up is not more than 3 minutes before each pattern dance; it is performed to the music of the dance.
- The organizing committee may unite the warm-up groups, if necessary.

On each level, the participants of solo-competitions perform the same pattern dances as couples (see the table above).

All other requirements are the same like in Pattern Dances – Couples.

## **Short Dance — Couples**

Each couple must consist of a man and a lady.

Competitions are held in two level groups: Master and Adults. The technical requirements are the same for both categories.

The requirements for the Junior Short Dance described in ISU Communication 1932 are adjusted for the Adult Competition.

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.

### **Required Short Dance Elements**

- **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 Waltz Rhythm, in any Waltz style. 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.
- **One (1) Short Lift is required.** In addition, one (1) Transitional Dance Lift (up to 6 seconds), but no more, performed optionally after the required Dance Lift, is permitted.
- **One (1) Not Touching Midline Step Sequence OR Not Touching Circular Step Sequence OR Not Touching Diagonal Step Sequence.**
  - 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** 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.

Waltz Rhythms as well as Foxtrot, March and Polka Rhythms are described in the ISU Ice Dance Music Rhythms Booklet 1995.

### **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.
- According to ISU Communication 1860, paragraph 3, a Pattern Dance Element not started on the required beat must be penalized by Judges.

Music for the entire Short Dance (including music for specified Pattern Dance Elements) is provided by the couple. Vocal music may be used.

## Duration of Short Dance

The maximum time is 2 minutes and 50 seconds, but may be less.

## Factor of Components

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

## Free Dance — Couples

Each couple must consist of a man and a lady.

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:

- 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.
- 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.
- All music, including classical, 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.
- 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.

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

Level, Duration	Dance Lifts	Dance Spins	Step Sequence	Synchronized Twizzles
<b>Gold</b> 3:10 max. (requirements for Master and Gold levels are the same)	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; <b>OR</b> three (3) different types of Short Lifts with a maximum duration of 6 seconds each.	A maximum of one (1) Dance Spin (Spin or Combination Spin).	A maximum of one (1) Circular Step Sequence in Hold, Style A.	A maximum of one (1) Set of Synchronized Twizzles with up to three (3) steps between.
<b>Silver</b> 2:40 max.	A maximum of one (1) Short Lift, with a maximum duration of 6 sec.	A maximum of one (1) Dance Spin (Spin or Combination Spin).	A maximum of one (1) Diagonal Step Sequence in Hold, Style B.	A maximum of one (1) Set of Synchronized Twizzles with up to three (3) steps between.
<b>Bronze</b> 2:00 max.	A maximum of one (1) Short Lift, with a maximum duration of 6 sec.	A maximum of one (1) Dance Spin (Spin or Combination Spin).	A maximum of one (1) Diagonal Step Sequence in Hold, Style B.	—

## **Free Dance — Solo**

Both men and women may participate.

### **Requirements for Levels**

#### **Gold**

**Duration:** maximum 2 min. 10 sec. (may be less).

Solo Free Dance must include at least one (1) and no more than two (2) spins (minimum 3 revs on each foot) and a step sequence.

#### **Silver**

**Duration:** maximum 1 min. 40 sec. (may be less).

Solo Free Dance must include at least one (1) and no more than two (2) spins (minimum 3 revs on each foot) and a step sequence.

#### **Bronze**

**Duration:** maximum 1 min. 40 sec. (may be less).

Solo Free Dance must include at least one (1) and no more than two (2) spins (minimum 3 revs on each foot) and a step sequence.

## **Group Dance**

**Duration:** maximum 3 min. 10 sec. (may be less).

A dance team may consist of minimum 2 and maximum 16 skaters of any gender.

A program may include both elements of ice dances and synchronized skating. Vocal music is permitted. The theme and the type of program should be specified in the application (no more than 8 words).

The use of **large props** is forbidden. Small items (hat, fan, umbrella, cane, etc.) can be used. However, putting objects on the ice or on the judges' table, throwing them to the public, etc. is not allowed.

## **Synchronized Skating**

**Duration:** maximum 3 min. 10 sec. (may be less).

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.

The Free Program must be skated according to ISU Rules for 2015-2016 (see [Special Regulations & Technical rules. Synchronized Skating 2014](#), ISU Communications No.1942 and other pertinent ISU Communications).

The teams must skate a well-balanced Free Skating Program which must contain the following (6) required elements:

1. **Intersection** Element (I).
2. Linear Element — **Line** (L).
3. Pivoting Element — **Block** (PB).
4. Rotating Element — **Wheel** (W).
5. Traveling Element — **Circle** (TC).
6. **A choice of one (1) of the following elements:**
  - **Creative Element** (Cr)
  - OR**
  - **Combined Element** (Co).

Additional elements may be incorporated into the Free Skating Program and will be judged as transitions and/or choreography components. The Planned Program Content sheet should indicate which elements are transition/choreography elements. Definitions of recommended elements are in accordance with ISU Rules 905 and 911, paragraph 2. Difficulty Groups of Elements and Features and the description of their requirements are in accordance with the pertinent ISU Communications.

**Illegal Elements:** The illegal elements are those applicable to Junior Free Skating, Rule 912, paragraph 10 b. In addition, "vaults" are illegal.

**Holds:** the Team must use a variety of holds. A minimum of three (3) different clearly recognizable holds is required. The holds may be done either in Elements or transitions.

**Duration of the program:** the maximum time is 3 minutes and 10 seconds, but may be less.

The time must be reckoned from the moment a skater begins to move (arm, head etc.) or to skate until arriving at a complete stop at the end of the program.

Any music including vocal music using lyrics is permitted. However, the Teams must skate the program in time to the music.

**Factor for the Program Components: 1.0**