Technical Requirements to Artistic Dance's Content

The participant can take part in Artistic Dance only in accordance with his level in a Free program.

In the group "Amateurs":

1st level corresponds **to 2nd, 3rd and 4th stages;**

2nd level corresponds to **5th, 6th and 7th stages;**

3rd level corresponds to **8th, 9th, 10th and 11th stages.**

In the group "Sportsmen":

1st level corresponds to **Young Skater and 3rd Junior category;**

2nd level corresponds to **2nd and 1st Junior categories;**

3rd level corresponds to **2nd and 1st Sport categories.**

Requirements

- Competitive groups are formed in accordance with submitted applications – in accordance with **level** and **age**.

- Vocal music is allowed. The duration of music should not exceed
  – for **1st levels (2-5 Stages** and **Young Skater, 3rd Junior category**): **1 min 40 sec $\pm$ 20 sec (new!);**
  – for **2nd and 3rd levels (6-11 Stages and 2nd-1st Junior cat, 2nd-1st Sport cat)**: **2 min 00 sec.**

- At the evaluation of a program, credit will be given for the speed, well bent knees, good arcs, centered spins and graceful moves.

- The variety of steps and elements are estimated in terms of **correspondence to music**.

- The use of such effects as dancing on toes, lying or sitting on the ice, singing to the music is undesirable.

- Use of props that are secure for ice and audience is allowed, but scenery is not permitted.

- **Costumes** must match the nature of music. Costumes that may leave particles on the ice surface (feathers, boas, excessive beading etc.) are considered unsafe and not allowed.

- Axel and double jumps are not permitted; the evaluation of jumps will be done based on their choreographic effect and not on their difficulty; performance of any forbidden element will be penalized by judges.

- Scenery is not allowed.

- **The Theme of** the program must be declared in the application form (not more than 8 words).

WE WISH YOU GOOD STARTS!