



“RUSSIAN WINTER 2014”

*A Non-Qualifying Competition
of Figure Skating for Adults*

REQUIREMENTS TO EVENTS

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SINGLES EVENT – FREE SKATING

Requirements:

- The program should be well-balanced in terms of the skating technique and presentation.
- The length of a music should not exceed the permitted length for the chosen category. **Vocal music may be used.**
- The competition groups are formed according to the entrance application forms - in accordance with the level and the age category.
- The event consists of a program executed with compulsory elements listed for each category.

Notes:

1. The table contains a **maximum possible duration** of a program. A real program may be shorter. A penalty is applied if the program time exceeds the limit.
2. In case of New Judging System, the program component points are multiplied by the factor of 1.6.
3. A **jump sequence** may consist of any number of jumps of any number of revolutions that must be linked by non-listed jumps (e.g. half-loop, Mazurka etc.) and hops immediately following each other; there can be no three-turns/Mohawks during the sequence. Only two jumps with highest values will be counted: the sum or their values is multiplied by the factor of 0.8.

A value of **jump combination** is equal to the sum of values of all its jumps (not more than 3). A jump combination cannot contain non-listed jumps and turns. **The half-loop (Euler) jump** can be used in a **jump combination**, where it is considered as a listed jump and **estimated as the loop jump**. A double three-turn between jumps in a combination is treated as error that implies a negative GOE, but the element remains a jump combination even in this case.

Any jump combination or sequence is counted as one jump element.

4. **Spins are treated as different** if they have different abbreviations in SOV table. For instance, a layback LSp and upright USp spins are different, but upright and back upright spins are not (both have the same notation USp). Any spin combination without change of foot has the name CoSp, with change of foot CCoSp. (A spin is called a **combination** if it includes at least one change of base positions: upright, sit, camel. Layback and Biellmann positions are treated as upright.) Hence, there cannot be two spin combinations with or without change of foot.
5. On **Gold, Silver, and Bronze** levels the **step/spiral sequence** is estimated as the **choreographic** sequence (ChSq) with no levels and the fixed base value 2.0. It is evaluated by the judges in GOE only. **Master** skaters perform the usual step sequence (StSq) evaluated with levels and GOE.
6. A **Choreographic Sequence** (ChSq) 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.
7. If **more than one step or choreographic sequences** are performed, then **only the first** sequence is counted as a program element; all other are treated as transitions and marked as such.
8. Each jump may be performed **not more than 2 times** in the program. If a jump is performed 2 times, then it must be included at least 1 time in a jump combination/sequence. **Solo jumps cannot be repeated.**

ELEMENTS – SINGLE SKATING – FREE PROGRAM

Level, Time	Jump Elements	Spins	Step Sequences/Spirals
<p>Masters 3:10 max</p> <p>* means element is required</p>	<p>Max 7</p> <ul style="list-style-type: none"> • Required: 1 Axel-type jump* • Min 1*, max 3 combos or sequences • One combination may contain 3 jumps, other not more than 2 jumps • Each jump may be performed not more than 2 times and only once as a solo jump • Single, double or triple jumps are permitted 	<p>Max 3</p> <ul style="list-style-type: none"> • Spins must be of different nature (with different abbreviations in the SOV table) • Min 5 revs; 4 revs on each foot if change of foot • Min 2 revs in position • Required: 1) a spin combination with a change of foot*, 2) a flying spin or a spin with flying entrance* 	<p>Max 1</p> <ul style="list-style-type: none"> • A step sequence (StSq)* • A sequence must use the entire ice surface
<p>Gold 2:40 max</p> <p>* means element is required</p>	<p>Max 6</p> <ul style="list-style-type: none"> • Single jumps, Axel-type and double jumps are permitted, excluding double Flip, double Lutz, and double Axel • Min 1*, max 3 combos or sequences • One combination may contain 3 jumps, other not more than 2 jumps • Each jump may be performed not more than 2 times and only once as a solo jump • Double Flip, double Lutz, double Axel and triple jumps are not permitted 	<p>Max 3</p> <ul style="list-style-type: none"> • Spins must be of different nature (with different abbreviations in the SOV table) • Min 4 revs; 4 revs on each foot if change of foot • Min 2 revs in position • Required: 1) a spin combination with a change of foot*, 2) a flying spin or a spin with flying entrance * 	<p>Max 1</p> <ul style="list-style-type: none"> • A choreographic sequence (ChSq)* • A sequence must use the entire ice surface

Level, Time	Jump Elements	Spins	Step Sequences
<p>Silver 2:10 max</p> <p>* means element is required</p>	<p style="text-align: right;">Max 5</p> <ul style="list-style-type: none"> • All single jumps are permitted, including single Axel-type jumps • Min 1*, max 3 combos or sequences • One combination may contain 3 jumps, other not more than 2 jumps • Each jump may be performed not more than 2 times and only once as a solo jump • No double or triple jumps are permitted 	<p style="text-align: right;">Max 3</p> <ul style="list-style-type: none"> • Spins must be of different nature (with different abbreviations in the SOV table) <ul style="list-style-type: none"> - Min 3 revs; 3 revs on each foot if change of foot • Min 2 revs in position • Flying spins and spins with flying entrance are permitted • Required: a spin combination* (with or without a change of foot) 	<p style="text-align: right;">Max 1</p> <ul style="list-style-type: none"> • A choreographic sequence (ChSq)* • A sequence must use at least 1/2 ice surface
<p>Bronze 1:50 max</p> <p>* means element is required</p>	<p style="text-align: right;">Max 4</p> <ul style="list-style-type: none"> • All single jumps are permitted • Min 1*, max 3 combos or sequences • One combination may contain 3 jumps, other not more than 2 jumps • Each jump may be performed not more than 2 times and only once as a solo jump • No Axel-type jumps, no double or triple jumps are permitted 	<p style="text-align: right;">Max 2</p> <ul style="list-style-type: none"> • Spins must be of different nature (with different abbreviations in the SOV table) • Min 3 revs; 3 revs on each foot if change of foot • Min 2 revs in position • Flying spins and a spins with flying entrance are not permitted 	<p style="text-align: right;">Max 1</p> <ul style="list-style-type: none"> • A choreographic sequence (ChSq)* • A sequence must use at least 1/2 ice surface
<p>Pre-Bronze 1:40 max</p> <p>* means element is required</p>	<p style="text-align: right;">Max 4</p> <ul style="list-style-type: none"> • Half and single jumps are permitted, excluding Lutz and Axel jumps • Max 3 combos or sequences • Axel, Lutz and double jumps are not permitted 	<p style="text-align: right;">Max 2</p> <ul style="list-style-type: none"> • Min 3 revs • Flying spins and spin combinations are not permitted 	<ul style="list-style-type: none"> • Connecting steps and turns throughout the program are required

INTERPRETIVE SKATING EVENT

Levels:

1st level - in accordance with the MASTER and GOLD singles event.

2nd level – in accordance with the SILVER and BRONZE singles event

It can be of 2 kinds:

- *Interpretive Program – Solo*
- *Interpretive Program – Couples*

Interpretive Program – Solo

Requirements:

- The aspects of speed, well-bended knees, deep edges, well-centered spins and graceful glide are taken into consideration by the judges.
- The competition groups should be formed according to the entrance application forms - in accordance with **the level and the age category**.
- The variety of moves and figures should enhance the skaters' **interpretation of music**. The use of such effects as dancing on toes, lying or sitting on ice, singing with the music are not recommended.
- **Costumes** should enhance the character of the music. The costumes with articles that may damage the ice surface are considered to be unsafe and are not allowed.
- The length of the music should not exceed **1 min 40 sec**. **Vocal music is allowed**.
- **Axel, double and triple jumps, jump combinations** are not allowed. The marking of the jumps will be based on their choreographic effect. The complexity of the jumps is not taken into account.
- It is not allowed to deposit objects **on the ice** (this will lead to deductions). Stage decorations on ice are not allowed.
- **The theme and the type of the program** should be mentioned in the application form (in not more than 8 words).
- The event will be judged with the new ISU judging system.

Interpretive Program – Couples/Pairs

Requirements:

- **Maximum program length: 3:10** (no penalty for shorter programmes).
- A couple/pair can consist of a lady and a man or two ladies or two men. The interpretive programme may either be dance-oriented or pair skating-oriented.
- Entrants are asked to mark the respective category on the entry form.
- Vocal music may be used.
- **Axels and double jumps as well as overhead lifts are not permitted**.
- Costumes which enhance the performance by reflecting the character of the music and theme will be considered in the judging.
- **It is not allowed to deposit objects on the ice (this will lead to deductions). Props on the ice will not be permitted.**
- The event will be judged with the new ISU judging system, with the second mark **for the Presentation of the program**.

In marking the presentation of the program the following aspects should be considered:

- interpretation of the music and rhythm;
- musical timing and understanding of the phrasing of the music;
- use of the entire body to develop the artistic and musical expression, the emotional impact;
- creativity;
- choreography – art of arranging movements;
- variation in tempo;
- suitability of music and program to the skater;
- use of any forbidden element leads to deductions.

IMPROVISATION

Requirements:

- **The length of music should not exceed 1:40** for all categories.
- The competition groups are formed according to the entrance application forms - in accordance with the level and the age category.
- Non-vocal music will be given.
- The dress code should be sober and of a simple nature.
- The technical score is decisive in case of a tie.
- The music on which the skaters will improvise will be played 15 minutes before taking the ice, right after the registration, not less than 30 minutes before the beginning of the event.
- The participants will then have to retire to the locker rooms where they will no longer be able to hear the music or watch other skaters on the ice. Coaches are not allowed to have contact with their students during this time.
- This event consists of a program executed with compulsory elements listed for each category. All additional elements will be penalized.
- The event will be judged with the new ISU judging system, with the second mark **for the Presentation of the program.**

MASTERS 1m 40s	<ul style="list-style-type: none"> - one combination spin with minimum two position changes and one change of foot. (min. 4 revs/foot) - one flying spin (min. 4 revs) - one original spin - the position of the spin is left for the skater's choice and will be judged on its originality (min. 4 revs) - one split jump - sequences of connecting moves which must also include other free skating moves, such as change of direction, spirals, Ina Baur's, spread eagle and flowing moves which use deep edges. The sequences must be skated using the whole ice surface.
GOLD 1m 40s	<ul style="list-style-type: none"> - one combination spin with minimum one position change and one change of foot (min. 3 revs on each foot) - one lay back or sit spin or original spin - the position of the spin is left for the skater's choice and will be judged on its originality (min. 4 revs) - one camel spin (min. 4 revs) - sequences of connecting moves which must also include other free skating moves, such as change of direction, spirals, Ina Bauers, spread eagle and flowing moves which use deep edges. The sequences must be skated using the whole ice surface.
SILVER 1m 40s	<ul style="list-style-type: none"> - one camel spin (min. 3 revs) - one sit spin or original spin - the position of the spin is left for the skater's choice and will be judged on its originality (min. 3 revs) - one combination spin with only one position change and no change of foot (min. 3 revs) - sequences of connecting moves which must also include other free skating moves, such as change of direction, spirals, Ina Bauers, spread eagle and flowing moves which use deep edges. The sequences must be skated using the whole ice surface.
BRONZE 1m 40s	<ul style="list-style-type: none"> - one foot upright spin (min. 4 revs), - one foot back spin, entry optional (min. 3 revs), - one sit spin (min. 3 revs), - steps and moves connecting the different elements of the program, sequences of connecting moves which must also include other free skating moves, such as change of direction, spirals, Ina Bauers, spread eagle and flowing moves which use deep edges. The sequences must be skated using the whole ice surface.

COMPULSORY FIGURES

Requirements:

- **The participant may choose the starting foot** (figures that start from right foot are denoted by the letter “a”, from left foot by “b”).
- Circles and paragraphs should be repeated 3 times, figure eight should be repeated 2 times.
- The competition groups are formed according to the entrance application forms—in accordance with the level.

The following figures will be skated at each level:

Pre-bronze

ISU No	Name of figure
1a/b	Circle Eight / Forward Outside
2a/b	Circle Eight / Forward Inside
3a/b	Circle Eight / Backward Outside

Bronze

3a/b	Circle Eight / Backward Outside
5a/b	Serpentine / Forward Outside - Inside
7a/b	Three / Forward Outside

Silver

4a/b	Circle Eight / Backward Inside
9a/b	Three / Forward Inside – Three Backward Outside
14a/b	Loop / Forward Outside

Gold

6a/b	Serpentine / Backward Outside-Inside
18a/b	Bracket / Forward Outside – Backward Inside
16a/b	Loop / Backward Outside

PAIR EVENT - FREE SKATING

Requirements:

- Each pair should consist of a lady and a man.
- The program should be well-balanced in terms of the skating technique and presentation.
- The length of music should not exceed the permitted length for the chosen category. **Vocal music may be used.**
- The competition groups are formed according to the entrance application forms - in accordance with the level and the age category.
- The age category is fixed according to the age of the elder partner.
- The elements must equal the required level.

<p>MASTER</p> <p>3 min 10 sec 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 or triple jumps are permitted. Any triple jump or 2A cannot be repeated.</p> <p>d. A maximum of one (1) jump combination with a maximum of three listed jumps included or one (1) jump sequence (the two jumps with the highest value will count for points). Any triple jump or 2A, already performed as th solo jump cannot be included.</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) revolutions for a pair spin and a minimum of 3 revolutions on each foot for a pair combination spin. There must be a minimum of two (2) revolutions in each position or the position will not be counted.</p> <p>f. A maximum of one solo spin or solo spin combination. The spin must have a required minimum number of revolutions: five (5) for the flying spin, five (5) for the spin with only one position, and four (4) on each foot for the spin combination with change of foot. There must be a minimum of two (2) revolutions in each position or the position will not be counted.</p> <p>g. 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.</p> <p>h. A maximum of one step sequence (StSq) fully utilizing the ice surface. The pattern is not restricted. Only the first executed attempt of a step sequence will contribute to the technical score. Additional choreographic 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.</p>
<p>ADULT</p> <p>2 min 50 sec max.</p>	<p>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.</p> <p>b. A maximum of one (1) solo jump. Only single jumps are permitted.</p> <p>c. 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).</p> <p>d. A maximum of one (1) throw jump (Only single jumps are permitted).</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: 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.</p> <p>f. 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.</p> <p>g. A maximum of one Choreographic Sequence (ChSq), covering the full ice surface. A Choreographic Sequence consists of any kind of movements like steps, turns, spirals, arabesques, spread eagles, Ina Bauers, hydroblading, transitional (unlisted) jumps, spinning movements etc. The 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. Only the first executed attempt of a step sequence or choreographic sequence will contribute to the technical score. Additional choreographic 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.</p>

DANCES: COUPLES – PATTERN DANCES

Requirements:

- The couple consists of a man and a woman.
- The competition groups are formed according to the entrance application forms - in accordance with the level and the age category.
- The age category is fixed according to the age of the elder partner.
- **The warm-up groups** are formed on the basis of the levels. The warm-up time is 3 minutes before each compulsory dance with the music of this dance.
- The Organizing Committee reserves **the right to unit** the warm up groups if needed.
- The following pattern dances are offered:

MASTER	#10 Ravensburger Waltz (2 sequences) #21 Argentine Tango (2 sequences)
GOLD	#14 Quickstep (4 sequences) #21 Argentine Tango (2 sequences)
SILVER	#20 Tango (2 sequences) #9 Starlight Waltz (2 sequences)
BRONZE	#1 14-Step (3 sequences) #4 European Waltz (2 sequences)
PRE-BRONZE	Golden Skaters' Waltz (3 sequences) Fiesta Tango (3 sequences)

DANCES: SOLO – PATTERN DANCES

Requirements:

- The competition groups are formed according to the entrance application forms - in accordance with the level and the age category.
- **The warm-up groups** are formed on the basis of the levels. The warm-up time is 3 minutes before each compulsory dance with the music of this dance.
- The Organizing Committee reserves **the right to unit** the warm up groups if needed.
- Skaters perform the same pattern dances as couples (see the table above).

DANCES – SOLO – FREE DANCES

Open to ice dancers of either gender.

Gold Solo Free Dance

Duration: **2 min 10 seconds** maximum (no penalty for shorter programs)

Requirements: The Free Dance must contain one but no more than two spins (min 3 revs on one foot) and must contain one step sequence of any type.

Silver Solo Free Dance

Duration: **1 min 40 seconds** maximum (no penalty for shorter programs)

Requirements: The Free Dance must contain one but no more than two spins (min 3 revs on one foot) and must contain one step sequence of any type.

Bronze Solo Free Dance

Duration: **1 min 40 seconds** maximum (no penalty for shorter programs)

Requirements: The Free Dance must contain one but no more than two spins (min 3 revs on one foot) and must contain one step sequence of any type.

DANCES – COUPLES – FREE DANCES

The requirements for a well balanced program is:

Music: vocal music is permitted in this competition. However the following rule denotes beat and melody to be applied.

“The music may be vocal and must have audible beat and melody, or audible rhythmic beat alone, but not melody alone. The couples should skate to the rhythmic beat and not to the melody alone. A program that displays a change of tempo and a well balanced use of melody, rhythmic beat and musical accents and not melody alone is considered to be of higher quality because it shows a greater variety of dancing skills and reflects the concept of ice dancing as a competitive sport.”

Factors in the Free Dance The multiplying factors for the Program components for the Free Dance are:
 Skating Skills 1.25
 Transitions, Linking Footwork, Movements 1.75
 Performance, Execution 1.00
 Choreography, Composition 1.00
 Interpretation, Timing 1.00

Level, Duration	Dance Lifts	Dance Spin	Step Sequences	Synchronized Twizzles
<p>MASTERS and GOLD 3 min 10 sec max.</p> <p>(requirements for the Masters and Gold levels are the same)</p>	<p>A maximum of two (2) different dance lifts, 1 short lift with a maximum duration of 6 sec. and 1 long lift with a maximum duration of 12 seconds; OR three (3) different types of short lifts.</p>	<p>A maximum of one (1) Dance Spin, with optional positions. A simple spin with no change of foot consisting of at least three (3) rotations for each partner or a Combination Spin with a change of foot consisting of at least three (3) rotations on each foot is permitted.</p>	<p>A maximum of one (1) Circular in hold Step Sequence (clockwise or anti-clockwise.)</p>	<p>A maximum of one (1) set of Synchronized Twizzles with up to three (3) steps between.</p>
<p>SILVER 2 min 40 sec max.</p>	<p>A maximum of one (1) dance lift, with a maximum duration of 6 sec.</p>	<p>A maximum of one (1) Dance Spin with optional positions. A simple spin with no change of foot consisting of at least three (3) revolutions for each partner or a Combination Spin with a change of foot consisting of at least three (3) rotations on each foot is permitted.</p>	<p>A maximum of one (1) Diagonal in hold Step Sequence.</p>	<p>A maximum of one (1) set of Synchronized Twizzles with up to three (3) steps between.</p>

<p>BRONZE 2 min max.</p>	<p>A maximum of one (1) dance lift, with a maximum duration of 6 sec.</p>	<p>A maximum of one (1) Dance Spin with optional positions. A simple spin with no change of foot consisting of at least three (3) revolutions for each partner or a Combination Spin with a change of foot consisting of at least three (3) rotations on each foot is permitted.</p>	<p>A maximum of one (1) Diagonal in hold Step Sequence.</p>	<p>---</p>
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GROUP DANCE

Maximal duration: 3 min 10 sec.

A team should consist of 4–16 skaters of any gender. Elements of ice dances and synchronized skating can be performed in the program. Vocal music is permitted. Theme of program should be specified in the application form (not more than 8 words).

Using of **BIG** props is forbidden. Small items (hat, fan, umbrella, walking stick, etc.) can be used, but it is not allowed to put them on the judges' table, throw into the public, etc.

SYNCHRONIZED SKATING

A team shall consist of 8-16 skaters with a maximum number of four (4) alternate skaters, and may include both ladies and men.

The Free Program must be skated according to ISU Rules 2012 (Special Regulations & Technical Rules Synchronized Skating 2012, ISU Communications No.1798 and all other pertinent ISU Communications).

The teams must skate a well balanced Free Skating Program which contains the following six (6) elements:

- a.** one (1) block (B);
- b.** one (1) circle (C);
- c.** one (1) creative element (Cr)
- d.** one (1) intersection (I)
- e.** one (1) line (L)
- f.** one (1) wheel (W)

Wheel Element – Junior and Senior **SHORT PROGRAM** and Novice **FREE SKATING** definition and requirements (see regulations for details.)

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 also illegal.

Holds: Minimum of three (3) different recognizable holds are required. A deduction will be made by the Referee if the required number of holds is not in the program.

Duration: maximum **three (3) minutes and 10 seconds**, but may be less.

The time must be reckoned from the moment that the Team begins a skating movement (glide) until arriving at a complete stop at the end of the program.

VOCAL MUSIC MAY BE USED.

Rule 911, paragraph 1 i) shall apply.

Factors for program components: 1.00