



**“MKL Lodz” - LODZ FIGURE SKATING CLUB ANNOUNCES
LODZ CUP 2019
ADULT AND RECREATIONAL FIGURE SKATING COMPETITION
MARCH 14-17, 2019
Lodz – Poland**

Facility

All events will take place at the Bombonierka Ice Rink - Stefanowskiego 28, 90-537, Lodz, Poland an indoor ice-rink with the ice surface of 60m x 30m

Competition Secretary

Mrs. Jolanta Baryla
Mobile Phone: +48 608 435 076;

Responsibility/Insurance

In accordance with Rule 119, it is the sole responsibility of each Member participating in the Lodz Cup 2017, to provide medical and accident insurance for their Competitors, Officials and all other Members of the Member's team. Such insurance must assure full medical attendance and also the return to the home country by air transport or by other expeditious means of the ill or injured person. The Organizer assumes no responsibility for or liability with respect to bodily or personal injury or property damage incurred in connection incurred by Competitors and Officials.

Fees and Registration

To register, please send an email to Jolanta Baryla at: entries.lodz@gmail.com

Entries by names must be sent not later than March 3, 2019

Your email should include: the skater's first name and surname, gender, age, name of the membership club (if applicable) and the events entered.

The Program Content Sheet must be send to bartek@viproteam.pl not later than **March 3, 2019** and should be titled as "Lodz Cup 2019".

Events:

The Lodz Cup Adult and Recreational Figure Skating Competition 2017 will include the following disciplines:

- Ladies/Girls and Men/Boys Free Skating (Bronze, Silver, Gold, Masters, Masters Elite)
- Ladies/Girls and Men/Boys Artistic Free Skating
- Pairs Free Skating (Adult, Intermediate, Masters, Masters Elite)
- Pairs Artistic Free Skating (Adult, Intermediate, Masters, Masters Elite)
- Ice Dance - Pattern Dance (Bronze, Silver, Gold, Masters, Masters Elite)
- Ice Dance - Rhythm Dance (Adult, Masters, Masters Elite)
- Ice Dance - Free Dance (Bronze, Silver, Gold, Masters, Masters Elite)
- Ladies/Girls and Men/Boys Solo Pattern Dance
- Ladies and Men Solo Free Dance
- Show Duo
- Beginners Free Skating

Age categories for Ladies/Girls and Men/Boys free skating events:

Class CHILD (Children Amateur) skaters born January 1st, 2008 or later

Class TEENAGER (Teenager Amateur) skaters born between January 1st, 2001 and December 31st, 2007

Class YA (Young Adults) skaters born between July 1st, 1990 and December 31st, 2000

Class I skaters born between July 1st, 1980 and June 30th, 1990

Class II skaters born between July 1st, 1970 and June 30th 1980

Class III skaters born between July 1st, 1960 and June 30th, 1970

Class IV skaters born between July 1st, 1950 and June 30th, 1960

Class V skaters born between July 1st, 1940 and June 30th, 1950

Each competitive category will consist of at least three (3) competitors (or competitive couples). If there are fewer than 3 competitors for a particular category, the organizers reserve the right to combine age groups or skill levels to provide adequate competition.

Entry fee 45.00 EUR per first event, 25.00 EUR per second or third event should be paid by bank

transfer within 5 days after registration to MKL Lodz ul. Stefanowskiego 28, 90-537 Lodz

mBank O/Lodz: PL 54 1140 2004 0000 3102 7551 0576 BIC/SWIFT BREXPLPWMBK

All competitors and coaches will cover their own expenses money transfer.

Entries made after **March 3, 2019** will be charged extra **10.00 EUR** per person. The entry fee will not be refunded in case of withdrawals. Payment must be made by money order right after you received a confirmation about registration from Organizer but not later than **March 3, 2019**.

NB!!! Please write in payment subject:

participant/s name/s and category/s; practice and/or banquet (how many persons) payment.

Please send the confirmation of the bank transfer by e-mail to the organizers.

It is expected that Competitors will enter at a level that is appropriate to their current skating ability.

Competitors are not obliged to enter the same level as in previous years. An entry in an artistic category might be different from the entry in a category of any other discipline. Skaters may compete at only one (1) level within each discipline.

The Masters Elite category is intended for those skaters who competed previously at the junior or senior level in national or international competition, but is not mandatory for such skaters. In Pair Skating and in Ice Dance it is expected that the pair or ice dance couple will enter at the skill level of the more skilled skater.

Music

Vocal music may be used. Music (with the full name of the competitor, club and category) must be send to the organizers by e-mail entries.lodz@gmail.com not later than **March 8, 2019**. MP3/aiff/way format is supported. Please bring along a backup CD.

Practice

One practice **of 5 Euros per 30 minutes**.

Draw

An electronic draw will take place latest on the previous day of the competition, starting orders will be published on the web www.pfsa.com.pl

Tentative Time Schedule

Thursday, 14 March, 2019 - Ice Dance - Pattern Dance, Ice Dance - Short Dance, Ice Dance - Free Dance, Solo Pattern Dance

Saturday, 16 March, 2019 and Sunday, 17 March 2019 - Beginners Free Skating, Ladies/Girls and Men/Boys Free Skating, Ladies/Girls and Men/Boys Artistic Free Skating, Pairs Free Skating, Pairs Artistic Free Skating, Show Duo

This is a TENTATIVE Schedule. Times and dates are subject to change. Please be aware that depending upon the number of entries the competition may start earlier or later.

The Schedule of Events will be posted on the web www.pfsa.com.pl as soon as the entries are completed.

Miscellaneous

- Skaters must check in at least one hour prior to their event.
- All events will be judged under the New Judging System (ISU) by a panel of at least three judges.
- Results will be posted on the following: <http://www.pfsa.com.pl>
- Awards will be given to the first three places in each event.

- Enquiries can be made to Jolanta Baryla; phone number +48 608-435-076, email: entries.lodz@gmail.com

Accommodation

All participants have to book and pay for their accommodation by themselves.

Hotel near the ice rink:

- Boutique Hostel, ul. Stefanowskiego 17, Łódź
- Holiday Inn Łódź, ul. Piotrkowska 229/231, Łódź
- Qubus Hotel Łódź, al. Mickiewicza 7, Łódź
- DoubleTree by Hilton Łódź, ul. Łąkowa 29, Łódź
- Hotel Ibis Łódź Centrum, al. Piłsudskiego 11, Łódź
- Novotel Lodz Centrum, al. Piłsudskiego 11A, Łódź
- Boutique Hotel's III, al. Piłsudskiego 10/14, Łódź
- Hotel Światowit, al. Kościuszki 68, Łódź
- Hotel Mazowiecki, ul. 28 Pułku Strzelców Kaniowskich 53/57, Łódź
- Andel's Hotel Łódź, ul. Ogrodowa 17, Łódź

For further information please contact:

Mrs. Jolanta Baryla,
Phone: +48 608 435 076,

We are looking forward to see you in Lodz!

TECHNICAL REQUIREMENTS – FREE SKATING

Free Skating Elite Masters

Skaters entering this category will compete against other Elite Masters Free Skaters. The technical requirements are the same as those for the category "Masters Free Skating".

Free Skating Masters

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

- a. A maximum of six (6) jump elements, one of which must be an Axel type jump. Single, double and triple jumps are permitted. There may be up to three (3) jump combinations or jump sequences in the free program.
 - One (1) jump combination may consist of up to three (3) listed jumps. Two (2) jump combinations may consist of two (2) listed jumps.
 - A jump sequence consists of two (2) listed jumps of any number of revolutions, beginning with any jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump.
 - Each listed jump may be performed a maximum of two (2) times.
 - Please note that the Euler (half-loop) is considered a listed jump only when used in combination in between two other listed jumps.
 - Non-listed jumps may be included in the program as part of connecting footwork.
- b. A maximum of three (3) spins of a different abbreviation, one (1) of which must be a spin combination with a change of foot and one (1) of which must be a flying spin or a spin with a flying entrance.
 - The spins must have a required minimum number of revolutions: five (5) for any spin with no change of foot, and eight (8) for any spin with a change of foot.
 - A spin that has no basic position with 2 revolutions will receive no level and no value, however a spin with less than three rotations in total is considered as a skating movement and not a spin.
 - Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions in each of these positions anywhere within the spin. To receive full value, a spin combination must include all three (3) basic positions.
 - The change of foot in any spin must be preceded and followed by a spin position with at least three (3) revolutions. If this requirement is not fulfilled, the short part of the spin will be ignored including any features.
- c. A maximum of one (1) step sequence, fully utilizing the ice surface.
 - Only the first executed attempt of a step sequence will contribute to the technical score.
 - The program duration is 3 minutes +/- 10 seconds.
 - The points for each Program Component are multiplied by a factor of 1.6.
 - The warm-up duration is six (6) minutes.
 - Each fall shall receive a deduction of 1.0

Free Skating Gold

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

- a. A maximum of six (6) jump elements, consisting of single jumps (including the single Axel) or double jumps. Double flip, double Lutz, double Axel and triple jumps are not permitted. There may be up to three (3) jump combinations or jump sequences in the free program.
 - One (1) jump combination may consist of up to three (3) listed jumps. Two (2) jump combinations may consist of two (2) listed jumps.
 - A jump sequence consists of two (2) listed single or double jumps, beginning with any jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump. The jumps in bold above are not permitted.
 - Each listed jump may be performed a maximum of two (2) times.
 - Please note that the Euler (half-loop) is considered a listed jump only when used in combination in between two other listed jumps.
 - Non-listed jumps may be included in the program as part of connecting footwork.
- b. A maximum of three (3) spins of a different abbreviation, one (1) of which must be a spin combination with a change of foot and one (1) of which must be a flying spin or a spin with a flying entrance.

- The spins must have a required minimum number of revolutions: four (4) for any spin with no change of foot, and eight (8) for any spin with a change of foot.
 - A spin that has no basic position with 2 revolutions will receive no level and no value, however a spin with less than three rotations in total is considered as a skating movement and not a spin.
 - Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions in each of these positions anywhere within the spin. To receive full value, a spin combination must include all three (3) basic positions.
 - The change of foot in any spin must be preceded and followed by a spin position with at least three (3) revolutions. If this requirement is not fulfilled, the short part of the spin will be ignored including any features.
- c. A maximum of one (1) step sequence, fully utilizing the ice surface.
- Only the first executed attempt of a step sequence will contribute to the technical score.
 - The program duration is 2 minutes and 40 seconds +/- 10 seconds.
 - The points for each Program Component are multiplied by a factor of 1.6.
 - Only features up to and including Level 3 will be counted for the spins and step sequence. Any additional features will not count for level requirements and will be ignored by the Technical Panel.
 - The warm-up duration is six (6) minutes.
 - Each fall shall receive a deduction of 1.0

Free Skating Silver

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

- a. A maximum of five (5) jump elements, consisting of any single jumps (including the single Axel). Double jumps and triple jumps are not permitted. There may be up to two (2) jump combinations or jump sequences in the free program.
- One (1) jump combination may consist of up to three (3) listed jumps. The other jump combination may consist of two (2) listed jumps.
 - A jump sequence consists of two (2) single listed jumps, beginning with any listed jump, immediately followed by an Axel type jump with direct step from the landing curve of the first jump to the take-off curve of the Axel jump.
 - Each listed jump may be performed a maximum of two (2) times.
 - Please note that the Euler (half-loop) is considered a listed jump only when used in combination in between two other listed jumps.
 - Non-listed jumps may be included in the program as part of connecting footwork.
- b. A maximum of two (2) spins of a different abbreviation, one (1) of which must be a spin combination.
- The spins must have a required minimum number of revolutions: four (4) for any spin with no change of foot, and eight (8) for any spin with a change of foot.
 - A spin that has no basic position with 2 revolutions will receive no level and no value, however a spin with less than three rotations in total is considered as a skating movement and not a spin.
 - Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions in each of these positions anywhere within the spin. To receive full value, a spin combination must include all three (3) basic positions.
 - The change of foot in any spin must be preceded and followed by a spin position with at least three (3) revolutions. If this requirement is not fulfilled, the short part of the spin will be ignored including any features.
- c. A maximum of one (1) step sequence, utilizing at least half (1/2) of the ice surface.
- Only the first executed attempt of a step sequence will contribute to the technical score.
 - The program duration is 2 minutes +/- 10 seconds.
 - The points for each Program Component are multiplied by a factor of 1.6.
 - Only features up to and including Level 2 will be counted for the spins and step sequence. Any additional features will not count for level requirements and will be ignored by the Technical Panel.
 - The warm-up duration is six (6) minutes.
 - Each fall shall receive a deduction of 0.5

Free Skating Bronze

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

- a. A maximum of four (4) jump elements, consisting only of single jumps. Axel type jumps, double jumps and triple jumps are not permitted. There may be up to two (2) jump combinations in the free program.
 - Each jump combination may consist of two (2) listed jumps.
 - Each listed jump may be performed a maximum of two (2) times.

- b. A maximum of two (2) spins of a different abbreviation one of which must be a spin in one position with no change of foot. Flying spins are not permitted.
 - The spins must have a required minimum number of revolutions: three (3) for any spin with no change of foot, and six (6) for the spin combination with change of foot or the spin in one position with change of foot.
 - A spin that has no basic position with 2 revolutions will receive no level and no value, however a spin with less than three rotations in total is considered as a skating movement and not a spin.
 - Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions in each of these positions anywhere within the spin. To receive full value, a spin combination must include all three (3) basic positions.
 - The change of foot in any spin must be preceded and followed by a spin position with at least three (3) revolutions. If this requirement is not fulfilled, the short part of the spin will be ignored including any features.
 - Only features up to and including Level 1 will be counted. Any additional features will not count for level requirements and will be ignored by the Technical Panel.

- c. A maximum of one (1) choreographic sequence utilizing at least half (1/2) of the 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 pattern is not restricted.
 - A choreographic sequence has a base value and will be evaluated by the judges in GOE only.
 - The program duration is 1 minute and 40 seconds, +/- 10 seconds.
 - The points for each Program Component are multiplied by a factor of 1.6.
 - The warm-up duration is six (6) minutes.
 - Each fall shall receive a deduction of 0.5

TECHNICAL REQUIREMENTS – PAIR FREE SKATING

Each pair team must consist of one man and one lady. Coaches and students are welcome to compete in all events, however, this competition DOES NOT have a PRO-AM category and it is MANDATORY that pair couples enter at the skill level of the more skilled skater, even if that skater is not a professional, but simply a higher level skater.

Pair Free Skating Masters Elite

Pairs entering this category will compete against other Elite Masters Pair Skaters. The technical requirements are the same as those for the category “Masters Pair Skating”.

Pair Free Skating Masters

Masters pairs must perform a well-balanced program that may contain:

- a. A maximum of three (3) different lifts, one of which may be a twist lift.
 - In lifts of Group 1 and Group 2, the man’s lifting hand(s) should be above his shoulder line.
 - In lifts of Groups 3–4-5, full extension of the lifting arm(s) is mandatory.

- b. A maximum of two (2) throw jumps (single or double).

- c. A maximum of one (1) solo jump. Single, double and triple jumps are permitted.

- d. A maximum of one (1) jump combination with a maximum of three (3) listed jumps or one (1) jump sequence.
 - A jump sequence consists of two (2) listed jumps of any number of revolutions, beginning with any jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump.
 - Please note that the Euler (half-loop) is considered a listed jump only when used in combination in between two other listed jumps.

- e. A maximum of one (1) pair spin (pair spin or pair spin combination).
 - The spin must have a required minimum number of revolutions: four (4) revolutions for a pair spin and six (6) for a pair spin combination. A pair spin combination must have a change of foot by both partners with at least three (3) revolutions on each foot and at least one (1) change of position by both partners. If there is no change of foot or no change of position by one or both partners, the spin will be called as a pair spin.
 - There must be a minimum of two (2) revolutions in each position or the position will not be counted.
- f. A maximum of one (1) solo spin.
 - The solo spin must have a required minimum number of revolutions: five (5) for the flying spin with no change of foot after landing, five (5) for the spin with only one position and no change of foot and five (5) for the spin combination with no change of foot and eight (4 + 4) for the spin combination with change of foot or spin in one position with a change of foot.
 - There must be a minimum of two (2) revolutions in each position or the position will not be counted.
 - Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions in each of these positions anywhere within the spin. To receive full value, a spin combination must include all three (3) basic positions.
- g. A maximum of one (1) death spiral or pivot figure (position optional).
 - At least $\frac{3}{4}$ revolution in pivot position by the man is required for the death spiral.
 - At least one revolution in pivot position by the man is required for pivot figure.
- h. A maximum of one (1) step sequence, fully utilizing the ice surface.
 - Only the first executed attempt of a step sequence will contribute to the technical score
 - The program duration is 3 minutes and 30 seconds +/- 10 seconds.
 - The points for each Program Component are multiplied by a factor of 1.6.
 - The warm-up duration is six (6) minutes.
 - Each fall shall receive a deduction of 1.0

Pair Free Skating Intermediate

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

- 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.
 - The man's lifting hand(s) should be above his shoulder line.
 - Variations of the lady's position, no-handed and one-handed lifts, and combination lifts are not permitted.
 - Lifts of Groups 3-4-5 are not permitted.
 - Twist lifts are not permitted.
 - A different take-off counts as a different lift.
- b. A maximum of one (1) single throw jump (including the throw Axel).
 - Double and triple jumps are not permitted.
- c. A maximum of one (1) solo single jump (including the single Axel).
 - Double and triple jumps are not permitted.
- d. A maximum of one (1) jump combination with a maximum of three (3) listed jumps or one (1) jump sequence.
 - A jump sequence consists of two (2) listed single jumps, beginning with any jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump.
 - Please note that the Euler (half-loop) is considered a listed jump only when used in combination in between two other listed jumps.
 - Only single jumps are allowed (including the single Axel).
 - Double and triple jumps are not permitted.
- e. A maximum of one (1) pair spin (pair spin or pair combination spin).
 - The spin must have a required minimum number of revolutions: four (4) revolutions for a pair spin and six (6) for a pair spin combination. A pair spin combination must have a change of foot by both partners with at least three (3) revolutions on each foot and at least one (1) change of position by

both partners. If there is no change of foot or no change of position by one or both partners, the spin will be called as a pair spin.

- There must be a minimum of two (2) revolutions in each position or the position will not be counted.
- f. A maximum of one (1) death spiral or pivot figure (position optional).
- At least $\frac{3}{4}$ revolution in pivot position by the man is required for the death spiral.
 - At least one (1) revolution in pivot position by the man is required for the pivot figure.
- g. A maximum of one (1) step sequence, fully utilizing the ice surface.
- Only the first executed attempt of a step sequence will contribute to the technical score.
 - The program duration is 2 minutes and 40 seconds +/- 10 seconds.
 - The points for each Program Component are multiplied by a factor of 1.6.
 - Only features up to and including Level 2 will be counted for the spins and step sequence. Any additional features will not count for level requirements and will be ignored by the Technical Panel.
 - The warm-up duration is six (6) minutes.
 - Each fall shall receive a deduction of 1.0

Pair Free Skating Adult

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

- a. A maximum of one (1) lift of Group 1 or Group 2 with a minimum $\frac{1}{2}$ revolution for the man.
- The man's lifting hand(s) should be above his shoulder line.
 - Variations of the lady's position, no-handed and one-handed lifts, and combination lifts are not permitted.
 - Lifts of Groups 3-4-5 are not permitted,
 - Twist lifts are not permitted.
- b. A maximum of one (1) single throw jump.
- Throw double and triple jumps are not permitted.
 - Throw Axel is not permitted.
- c. A maximum of one (1) solo single jump.
- Double and triple jumps are not permitted.
 - Axel type jumps are not permitted.
- d. A maximum of one (1) jump combination with a maximum of two (2) listed jumps.
- Only single jumps are allowed.
 - Double and triple jumps are not permitted.
 - Axel type jumps are not permitted.
- e. A maximum of one (1) pair spin.
- A pair spin is any spin with no change of foot or no change of position by one or both partners.
 - Pair combination spins (spins with a change of foot and change of position by both partners) are not permitted.
 - There must be a minimum of two (2) revolutions in each position or the position will not be counted.
 - Only features up to and including Level 1 will be counted. Any additional features will not count for level requirements and will be ignored by the Technical Panel.
- f. A maximum of one (1) pivot figure (position optional).
- At least one (1) revolution in pivot position by the man is required.
- g. A maximum of one (1) choreographic sequence that fully utilizes the 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 pattern is not restricted.
 - A choreographic sequence has a base value and will be evaluated by the judges in GOE only.
 - The program duration is 2 minutes and 20 seconds +/- 10 seconds.
 - The points for each Program Component are multiplied by a factor of 1.6.
 - The warm-up duration is six (6) minutes.
 - Falls by one skater shall receive a deduction of 0.5. Falls by both skaters shall receive a deduction of 1.0.

TECHNICAL REQUIREMENTS – ICE DANCE

General requirements for Ice Dance

Each couple must consist of one man and one lady.

The man must skate the man's steps and the lady must skate the lady's steps. Each skater may compete with only one and the same partner in the Ice Dance competitions.

Coaches and students are welcome to compete in all events, however, this competition DOES NOT have a PRO-AM category and it is MANDATORY that ice dance couples enter at the skill level of the more skilled skater, even if that skater is not a professional, but simply a higher level skater.

Pattern Dance

General requirements for Pattern Dance

Beginning with season 2018/19, couples shall provide their own music for all pattern dances. No music for pattern dances will be provided by the LOC.

The music must be chosen in accordance with the Rhythm of the Pattern Dance and may be vocal. The Tempo throughout the required Sequences must be constant and in accordance with the required Tempo of the Pattern Dance (see ISU Handbook Ice Dance 2003) plus or minus 2 beats per minute.

Each Couple must submit their music no later than the first official practice session for their event at each competition.

Notes:

- The chosen music may be a tune selected from the ISU Ice Dance music. In this case, only tunes 1 to 5 can be chosen and the Couple shall provide competition music in accordance with Rule 343, paragraph 1.
- Violation of the above music requirements or tempo specifications shall be penalized as per Rule 353, paragraph 1.n).
- All music chosen by the couple must be in accordance with the style/character of the Pattern Dance.
- For the application of Rule 708 paragraph 1.d) with music provided by the Couple it is specified that the start of the first Step of the dance must be on beat 1 of a measure (unless otherwise specified in the description of the dance).

Rule 707, paragraph 4 provides that the Referee may announce the approximate location at which the Pattern Dances must be started. All Pattern Dances shall be started so that the steps of the first side of the pattern are skated in front of the Judges unless otherwise specified by the Referee. If the Referee changes the side to start, the change must be announced at the time of the first draw for starting order.

The Pattern Dances will be judged without Key Points.

According to Rule 707, new paragraph 6: After the completion of the last step of the Pattern Dance, the couple must reach their final pose within 20 seconds. If this time limit is exceeded, a Program time deduction according to Rule 353, paragraph 1.n) shall apply.

Elite Masters

Couples entering this category will compete against other Elite Masters Ice Dance Couples. The technical requirements are the same as those for the category "Masters Pattern Dance".

Masters

11 Viennese Waltz (3 sequences)

25 Silver Samba (2 sequences)

Gold

11 Viennese Waltz (3 sequences)

#19 Quickstep (4 sequences)

Silver

3 Rocker Foxtrot (4 sequences)

#13 Starlight Waltz (2 sequences)

Bronze

1 Fourteenstep (4 sequences)

7 Willow Waltz (2 sequences)

- The points for each Program Component are multiplied by a factor of 0.7 (Rule 353, paragraph 1.m).
- The total score for each dance will be multiplied by a factor of 0.5 (Rule 353, paragraph 1.b).
- The warm-up duration is three (3) minutes.

Rhythm Dance

Elite Masters

Couples entering this category will compete against other Elite Masters Ice Dancers. The technical requirements are the same as for the category "Rhythm Dance" see descriptions below.

Masters

Couples entering this category will compete against other Masters Ice Dancers. (Recommended for gold level or above ice dancers.) The technical requirements are the same as for the category "Rhythm Dance" see descriptions below.

Adult

Couples entering this category will compete against others at the Adult Rhythm Dance level. (Recommended for silver level ice dancers.) The technical requirements are the same as for the category "Rhythm Dance" see descriptions below.

General Requirements for Rhythm Dance

This competition will follow the requirements for the Junior Rhythm Dance for the season 2018-19 described in ISU Communication 2148 (listed under Communications on the ISU.org website).

Note: there may be some minor adjustments for the Adult Competition. Where there is a difference, this competition Announcement will take precedence.

Tango and or Tango plus one additional rhythm.

The **Pattern Dance Elements** (Argentine Tango) shall be skated to the Tango rhythm and must be in the style of the chosen rhythm, with the range of tempo: 24 measures of 4 beats per minute (96 beats per minute) plus or minus 2 beats per minute.

The Tempo of the music throughout the Pattern Dance Elements must be constant.

Required Rhythm Dance Elements

RHYTHM DANCE – Required Elements 2018/2019

Rule 709, paragraph 1.a) provides that rhythm(s) and/or theme(s) are selected by the ISU Ice Dance Technical Committee annually for the season. For the season 2018/19, Adults will follow the Rhythm Dance for Juniors (see ISU Communication 2148).

Pattern Dance

Two (2) Sections of Argentine Tango (96 beats per minute +/- 2 beats per minute) to be skated one after the other

Section 1 steps #1-18 Section 2 steps #19-31

Option 1 - Section 1 followed by Section 2 with step #1 skated on judge's left side

Option 2 Section 2 followed by Section 1 with step #19 skated on judge's right side

Dance Lift

Maximum One (1) Short Lift Up to 7 seconds.

Step Sequence

One (1) Step Sequence in Hold or Not Touching or Combination of both (Style B) chosen from the following Types of Pattern:

- Midline – skated along the full length of the ice surface on the Long Axis.
- Diagonal – skated as fully corner to corner as possible
- Circular – utilizing the full width of the ice surface on the Short Axis

The pattern of the Step Sequence must maintain the integrity or basic shape of the chosen pattern. Some deviations in the chosen pattern are expected in order to complete the required turns. However, if the chosen pattern is not clearly recognizable, there will be a required reduction for incorrect Pattern by the Judges

Specifications to Style B, Rhythm Dance 2018/2019: - One (1) Stop permitted, up to 5 seconds - One (1) Retrogression up to two measures is permitted and may start from the permitted Stop. - Loop(s) NOT permitted - The Hold requirement is not considered for Level

Sequential Twizzles

One (1) Combination Set of Sequential Twizzles At least two Twizzles for each partner with up to 1 step maximum between Twizzles Combination Set of Twizzles is evaluated as one unit by adding the Base Values of the Lady Set of Twizzles and Man Set of Twizzles and then applying the GOE. The GOE of the Combination Set of Twizzles is equal to the sum of the numerical values of the corresponding GOE of the Lady Set of Tws and Man Set of Tws.

Specifications/Restrictions:

Duration

2 minutes and 50 seconds, +/- 10 seconds.

Music

- Music for Rhythm Dance may be vocal and must be suitable for Ice Dance as a sport discipline. - The music must be selected in accordance with the designated rhythm(s) and/or theme(s), and with the specified tempo when applicable. - Music with audible rhythmic beat only; may be without audible beat up to 10 seconds at beginning only

Pattern

- For season 2018/19 the pattern must proceed in a generally constant direction and must cross the Long Axis of the ice surface once at each end of the rink within no more than 30 meters (Short Axis) of the barrier. - In addition, the couple may also cross the Long Axis once at the entry and/or exit to the Not Touching Step Sequence and/or once at the entry to Pattern Dance Element. While performing required Step Sequence, the couple may cross the long axis - Loops are permitted provided they do not cross the long axis

Stops

- After clock started, couple must not remain in one place for more than 10 seconds at the beginning and/or end of the program. - During program: 2 full stops of up to 5 seconds or 1 full stop of up to 10 seconds permitted - A Dance Spin or Choreographic spinning movement that does not travel will be considered as a Stop

Separations

- Partners must not separate except to change Hold or to perform Required Elements requiring a separation. - Distance allowed is maximum 2 arms lengths during such separations - Change of hold and turns as transitional elements must not exceed the duration of one measure of music. - Separations at the beginning and/or end of the program may be up to 10 seconds in duration without restrictions on the distance of the separation

Touching ice with hands

Touching the ice with the hand(s) is not permitted.

Costume

- Must be modest, dignified, not give the effect of excessive nudity and appropriate for athletic competition – not garish or theatrical in design. Clothing however may reflect the character of the chosen music. - Man must wear full length trousers. - Lady must wear a skirt. - Accessories and props are not permitted.

Warm up time

The warm-up duration for the Rhythm Dance is five (5) minutes.

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

Free Dance

General Requirements for Free Dance

See: ISU Special Regulations, Section D. Free Dance, Rule 710 and all pertinent ISU Communications

The following are the Requirements for Music for Free Dance (Rule 710, paragraph 1.c). . The music for Free Dance may be vocal and must be suitable for Ice Dance as a sport discipline and must have the following characteristics:

- i) The music must have an audible rhythmic beat and melody, or audible rhythmic beat alone, but not melody alone, and may be vocal. The music may be without an audible rhythmic beat for up to ten (10) seconds at the beginning or end of the program and up to ten (10) seconds during the program.
- ii) The music must have at least one change of tempo and expression. These changes may be gradual or immediate, but in either case they must be obvious.
- iii) All music, including classical music, must be cut/edited, orchestrated or arranged in a way that it creates an interesting, colourful, entertaining dance program with different dance moods or a building effect.
- iv) The music must be suitable for the Couple's skating skills and technical ability.

Free Dance music that does not adhere to these requirements will be penalized by a deduction (See Rule 353, paragraph 1.n).

Masters Elite

Couples entering this category will compete against other Elite Masters Ice Dancers. The technical requirements are the same as those for the category "Gold Free Dance" (below.)

Masters

Couples entering this category will compete against other Masters Ice Dancers. The technical requirements are the same as those for the category "Gold Free Dance" (below).

Gold

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

- a. A maximum of two (2) different Dance Lifts, one (1) Short Lift with a maximum duration of 7 seconds and one (1) Combination Lift with a maximum duration of 12 seconds; OR three (3) different types of Short Lifts with a maximum duration of 7 seconds each.
- b. A maximum of one (1) Dance Spin (Spin or Combination Spin).
- c. A maximum of one (1) Circular Step Sequence in Hold, Style A.
- d. A maximum of one (1) Set of Synchronized Twizzles with up to three (3) steps between.

VOCAL MUSIC MAY BE USED.

The duration is 3 minutes +/- 10 seconds.

The points for each Program Component are multiplied by a factor of 1.2 (Rule 353, paragraph 1.m).

Silver

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

- a. A maximum of one (1) Short Lift, with a maximum duration of 7 sec.
And only a maximum Level 2 lift will be counted.
- b. A maximum of one (1) Diagonal Step Sequence in Hold, Style B.
- c. A maximum of one (1) Set of Synchronized Twizzles with up to three (3) steps between.

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

VOCAL MUSIC MAY BE USED.

The duration is 2 minutes and 30 seconds, +/- 10 seconds.

The points for each Program Component are multiplied by a factor of 1.2 (Rule 353, paragraph 1.m).

Bronze

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

- a. A maximum of one (1) Short Lift, with a maximum duration of 7 sec.
Note that only a maximum Level 1 lift will be counted.
- b. A maximum of one (1) Diagonal Step Sequence in Hold, Style B
- c. A maximum of one (1) Dance Spin (No combination).

VOCAL MUSIC MAY BE USED

The duration is 1 minute and 50 seconds +/- 10 seconds.

The points for each Program Component are multiplied by a factor of 1.2 (Rule 353, paragraph 1.m).

The warm-up duration for all free dances is five (5) minutes.

TECHNICAL REQUIREMENTS – ARTISTIC FREE SKATING

General Requirements for Artistic Free Skating

The artistic events consist of free skating and pair free skating programs judged only on the basis of the Program Components:

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

See ISU Special Regulations and Technical Rules 2016, Singles & Pair Skating, Rule 504, paragraph 3 for a detailed description of Program Components. The respective Rules can be found on the ISU website.

There will be no technical panel and no technical mark given. The points for each Program Component are multiplied by a factor of 1.0

The artistic program consists of a variety of skating moves selected for their value in demonstrating skating ability and enhancing the interpretation of the music. Skaters will be judged on their ability to interpret the music and develop a theme through their skating. Credit for technical elements is based solely on the ability of such movements to enhance the chosen theme and support the music. Credit will not be given for their technical difficulty.

The program must be developed through skating skill and quality rather than through non-skating actions such as sliding on one knee or excessive use of toe steps, which should be used only to reflect the character of the program and to underline the rhythm and nuances of the chosen music. The skater/pair must not remain in one place for more than five (5) seconds.

Any element exceeding the maximum number as set forth below will be judged as an illegal element (1.0 deduction). If there is no jump or no spin element included or only a jump and no spin or vice versa a deduction for a “missing element” of 1.0 will be made. The Referee is responsible for such deductions.

Clothing and make-up must be modest, dignified and appropriate for athletic competition – not garish or theatrical in design. Clothing may, however, reflect the character of the music chosen. Clothing must not give the effect of excessive nudity. The theme of the program should be clear from the skating movements and choreography – regardless of what the skater is wearing.

Props and accessories 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 deduction for inappropriate clothing or make-up props and accessories (1.0) will be determined by a majority of the judges and the referee.

Illegal elements:

- Somersault type jumps

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

The warm-up duration is five (5) minutes for all artistic free skating events.

Artistic Free Skating

Competitions will be held at the Masters Elite, Masters, Gold, Silver and Bronze levels.

The Artistic Free Skate is a competitive program that must include elements of the sport of figure skating. At least one (1) and a maximum of two (2) single jumps MUST be included. At least one (1) and a maximum of two (2) spins MUST be included. No Axel type jumps, double or triple jumps are allowed. No combination jumps are allowed.

The program duration for Masters Elite and Masters Artistic Free Skating is 2 minutes +/- 10 seconds.

The program duration for Gold, Silver and Bronze Artistic Free Skating is 1 minute and 30 seconds, +/- 10 seconds.

General Requirements for Pair Artistic Free Skating

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

Coaches and students are welcome to compete in all events, however, this competition DOES NOT have a PRO-AM category and it is MANDATORY that pair couples enter at the skill level of the more skilled skater, even if that skater is not a professional, but simply a higher level skater.

Pair Artistic Free Skating Masters Elite

Pairs entering this category will compete against other Elite Masters Pair Skaters. The technical requirements are the same as those for the category "Masters Pair Artistic Free Skating"

Pair Artistic Free Skating Masters

The Masters Pair Artistic Free Skate is a competitive program that must include elements of the sport of pair figure skating. Each pair must include at least three (3) and no more than four (4) elements selected from:

- a. A maximum of one (1) solo jump OR one (1) throw jump. Axel type jumps, double and triple jumps are not permitted. Combination jumps are not permitted.
- b. A maximum of one (1) pair spin (pair spin or pair spin combination) OR one (1) solo spin.
- c. A maximum of one (1) death spiral or pivot figure (position optional).
- d. A maximum of one (1) lift of Group 1 or Group 2.
 - Variations of the lady's position, no-handed and one-handed lifts, and combination lifts are not permitted.
 - Twist lifts are not permitted.
 - Lifts of Groups 3-4-5 are not permitted.

The program duration is 2 minutes and 10 seconds, +/- 10 seconds.

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

Pair Artistic Free Skating Intermediate

The Pair Artistic Free Skate is a competitive program that must include elements of the sport of pair figure skating. Each pair must include at least three (3) and no more than four (4) elements selected from:

- a. A maximum of one (1) solo jump OR one (1) throw jump. Axel type jumps, double and triple jumps are not permitted. Combination jumps are not permitted.
- b. A maximum of one (1) pair spin (pair spin or pair spin combination) OR one (1) solo spin.
- c. A maximum of one (1) death spiral or pivot figure (position optional).
- d. A maximum of one (1) lift of Group 1 or Group 2.
 - Variations of the lady's position, no-handed and one-handed lifts, and combination lifts are not permitted.
 - Twist lifts are not permitted.
 - Lifts of Groups 3-4-5 are not permitted.
 - The duration is 1 minute and 40 seconds, +/- 10 seconds.
 - The points for each Program Component are multiplied by a factor of 1.0

Pair Artistic Free Skating Adult

The Pair Artistic Free Skate is a competitive program that must include elements of the sport of pair figure skating. Each pair must include at least three (3) and no more than four (4) elements selected from:

- a. A maximum of one (1) solo jump OR one (1) throw jump. Axel type jumps, double and triple jumps are not permitted. Combination jumps are not permitted.
- b. A maximum of one (1) pair spin OR one (1) solo spin. Pair spin combinations and flying spins are not permitted.
- c. A maximum of one (1) pivot figure (position optional).
- d. A maximum of one (1) lift of Group 1 or Group 2.
 - Variations of the lady's position, no-handed and one-handed lifts, and combination lifts are not permitted.
 - Twist lifts are not permitted.
 - Lifts of Groups 3-4-5 are not permitted.
 - The duration is 1 minute and 40 seconds, +/- 10 seconds.
 - The points for each Program Component are multiplied by a factor of 1.0

Solo Pattern Dance

Any Pattern Dance (two sequences) chosen by skater. Skater provides her/his music Pattern Dances. Official ISU Pattern Dance music will be used or the music must be chosen in accordance with the Rhythm of the Pattern Dance. The tempo throughout the required sequences must be constant and in accordance with the required tempo of the Pattern Dance. There is only one category.

Pattern Dance for Program Components

- Skating Skills
- Performances
- Interpretation
- Timing

Factor: The panel's points for each Program Component are multiplied by a factor of 0.7 (Rule 353, paragraph 1.m).

Adult Solo Free Dance

General requirements for Ice Dance

There is no division by age or level.

Additional sets of twizzles are permitted, but only the 1st attempted set (outwith the step sequence) will count within the technical score. Others will be considered within the choreography mark.

Choreographic Dance Spin – a dance spin on 1 foot in a position that enhances the music and choreography. This element is judged on how the spin relates to the music and the quality of the spin. Variations in position will only be rewarded if they enhance the character of the music.

Gold

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

- a. Edge elements – max. 4:
 - 2 different combination edge elements (12 sec max)
 - 2 different short edge elements (6 sec max)
 - Each edge must be held for a minimum of 3 seconds.
 - Edge elements must have different positions
- b. Spin – max. 1:
 - Choreographic dance spin – min 3 revs on 1 foot
 - May change feet
 - Flying spins not permitted
- c. Step sequences – max. 2:
 - 2 different step sequences, 1 from Group A and 1 from Group B
Group A – Straight line (midline or diagonal) Group B – Curved (circular or serpentine)
 - Must use full ice surface
 - Should include a variety of steps and turns and must include brackets, counters, rockers, choctaws and twizzles
 - Not Permitted: Stops, pattern regressions, loops, jumps of more than ½ revolution, dance spins and pirouettes
- d. Twizzles – max. 2:
 - Twizzle Series A - Must have a different entry edge and different direction for the 2 twizzles. Minimum of 2 revolutions is required on each twizzle. No more than 3 steps are allowed between twizzles. Twizzles must be different than those used in
 - Twizzle Series B. Twizzle Series B - Must have 2 twizzles. Minimum of 2 revolutions is required on each twizzle. No more than 1 step is allowed between twizzles. Twizzles must be different than those used in Twizzle Series A.

VOCAL MUSIC MAY BE USED.

The duration is 2 minutes and 50 seconds +/- 10 seconds.

The points for each Program Component are multiplied by a factor of 1.2 (Rule 353, paragraph 1.m).

Silver

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

- a. Edge elements – max. 2:
 - 1 combination edge element (12 sec max) AND 1 short edge element (6 sec max)
 - Each edge must be held for a minimum of 3 seconds.
 - Edge elements must have different positions
- b. Spin – max. 1:
 - Choreographic dance spin – min 3 revs on 1 foot
 - May change feet
 - Flying spins not permitted
- c. Step sequences – max. 1:
 - Midline, circular, or diagonal step sequence Must use full ice surface

- Should include a variety of steps and turns and must include three-turns, mohawks, brackets and counters.
 - Not Permitted: Stops, pattern regressions, loops, jumps of more than ½ revolution, dance spins and pirouettes
- d. Twizzles – max. 1:
- Twizzle series - min 2 revs each twizzle
 - No more than 3 steps between twizzles

VOCAL MUSIC MAY BE USED.

The duration is 2 minutes and 10 seconds +/- 10 seconds.

The points for each Program Component are multiplied by a factor of 1.2 (Rule 353,paragraph 1.m).

Bronze

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

- a. Edge elements – max. 1:
- 1 short edge element (6 sec max)
 - Edge must be held for a minimum of 3 seconds
- b. Spin – max. 1:
- Choreographic dance spin – min 3 revs on 1 foot
 - Spin combinations and flying spins not permitted.
- c. Step sequences – max. 1:
- Midline, circular, or diagonal step sequence
 - Must use full ice surface
 - Should include a variety of steps and turns and must include three-turns and mohawks.
 - Not Permitted: Stops, pattern regressions, loops, jumps of more than ½ revolution, dance spins and pirouettes
- d. Twizzles – max. 1:
- Twizzle - min 1 rev

VOCAL MUSIC MAY BE USED.

The duration is 1 minutes and 40 seconds +/- 10 seconds.

The points for each Program Component are multiplied by a factor of 1.2 (Rule 353,paragraph 1.m).

TECHNICAL REQUIREMENTS – Show Duo

Adult Show Duo

There is no division by age or level.

- Show duo program should be an interpretation of the chosen music in an individual, original andcreative manner by two persons.
- The costume as well as make-up, accessories and props are allowed to be used for this purpose. But they should not be given priority.
- Elements permitted without limitations: jumps, steps, spirals and spins.
- The use of vocal music is permitted.
- There is no deductions for falls.

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

- Skating skills – factor 1,0
- Transitions – factor 1,0
- Performance/Execution – factor 2,0

- Choreography/Composition – factor 2,0
- Interpretation/Timing – factor 2,0

There will be no technical panel and no technical score given.

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

TECHNICAL REQUIREMENTS – Beginners Free Skating

Beginners - Free Skating

There is a category for children with basic skating skills who have small experience in participation in competitions or have never taken part in competition. It is reserved for skaters who were born on 1st of January, 2010 or later. There is no division by gender and level.

Elements permitted: jumps, steps, spirals and spins.

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

- Skating skills
- Performance/Execution

There will be no technical panel and no technical score given.

Duration: The maximum time is 1 minute 50 seconds, but may be less.

Factor: The panels points for each Program Component are multiplied by a factor of 2.5.

Deduction: for falls deduction of 0,5 points will be made.