

# Technical Data

## 1. Single Skating

### 1.1 Ladies and Men Free Skating

#### Elite Masters Free Skating Single

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

#### Masters Free Skating Single

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

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

Any jump can be repeated only once and this repetition must be done either in a jump combination or in a jump sequence. A jump combination may consist of the same or another single, double or triple jump. There may be up to three jump combinations or jump sequences in the Free Program. One jump combination could consist of up to three (3) listed jumps, the other two up to two (2) listed jumps.

A jump sequence may consist of any number of jumps of any number of revolutions that may be linked by non-listed jumps like mazurkas, etc. and/or hops immediately following each other while maintaining the jump rhythm (knee); there can be no steps/ turns, crossovers or stroking during the sequence. However, only the two jumps with the highest value will count. **Please note that a half-loop in combination or in a sequence with any other listed jump will be called as a listed jump (1 Lo.)**

Non-listed jumps may be included in the program as part of connecting footwork.

- b) A maximum of three (3) spins of a different abbreviation, one of which must be a spin combination with a change of foot and one must be a flying spin.

The spins must have a required minimum number of revolutions: five (5) for the flying spin with no change of foot after landing, five (5) for the spin with only one position and no change of foot and five (5) for the spin combination with no change of foot and eight (4 + 4) for the spin combination with change of foot or spin in one position with a change of foot.

There must be a minimum of two (2) revolutions in each position or the position will not be counted.

- c) A maximum of one step sequence (StSq), fully utilizing the ice surface.
- d) A Choreographic Sequence which consists of any kind of movements like steps, turns, spirals, arabesques, spread eagles, Ina Bauers, hydroblading, transitional (unlisted) jumps, spinning movements etc. The 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.

**The Choreographic Step Sequence has to be performed later than the step sequence.**

Only the first executed attempt of a step sequence or choreographic sequence will contribute to the technical score.

#### VOCAL MUSIC MAY BE USED

Duration: The maximum time is 3 min. 10 sec., but may be less.

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

#### Adult Single Gold      Free Skating

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

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

Any jump can be repeated only once and this repetition must be done either in a jump combination or in a jump sequence. A jump combination may consist of the same or another single or double jump with the exclusion of the jumps as above. There may be up to three jump combinations or jump sequences in the Free Program. One jump combination could consist of up to three (3) listed jumps, the other two up to two (2) listed jumps. A jump sequence may consist of any number of single and double jumps, excluding a double Flip, a double Lutz, a double Axel and all triple jumps, that may be linked by non-listed jumps like mazurkas, etc. and/or hops immediately following each other while maintaining the jump rhythm (knee); there can be no turns/steps, crossovers or stroking during the sequence. However, only the two jumps with the highest value will count. **Please note that a half-loop in combination or in a sequence with any other listed jump will be called as a listed jump (1 Lo.)** Non-listed jumps may be included in the program as part of connecting footwork, preceding single or double jumps.

- b) A maximum of three (3) spins of a different abbreviation, one of which must be a spin combination with a change of foot and one must be a flying spin. The spins must have a required minimum number of revolutions: four (4) for the flying spin with no change of foot after landing, four (4) for the spin with only one position and no change of foot and four (4) for the



spin combination with no change of foot and eight (4 + 4) for the spin combination with change of foot or spin in one position with a change of foot. There must be a minimum of two (2) revolutions in each position or the position will not be counted.

- c) A maximum of one choreographic step 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 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.

**VOCAL MUSIC MAY BE USED.**

Duration: The maximum time is 2 min 40 sec., but may be less.

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

**Adult Single Free Skating  
Silver**

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

- a) A maximum of five (5) jump elements. **The single Axel and all other single jumps are permitted. No double jumps or triple jumps are permitted.**

Any jump can be repeated only once and this repetition must be done either in a jump combination or in a jump sequence

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

A jump sequence may consist of any number of single jumps that may be linked by non-listed jumps like mazurkas, etc. and/or hops immediately following each other while maintaining the jump rhythm (knee); there can be no turns/steps, crossovers or stroking during the sequence. However, only the two jumps with the highest value will count. **Please note that a half-loop in combination or in a sequence with any other listed jump will be called as a listed jump (1 Lo.)**

- b) A maximum of three (3) spins of different abbreviations, one of which must be a spin combination. The spins must have a required minimum number of revolutions: three (3) for the flying spin with no change of foot after landing, three (3) for the spin with only one position and no change of foot and four (4) for the spin combination with no change of foot and eight (4 + 4) for the spin combination with change of foot or spin in one position with a change of foot.

There must be a minimum of two (2) revolutions in each position or the position will not be counted.

- c) A maximum of one choreographic step 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 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.

**VOCAL MUSIC MAY BE USED.**

Duration: The maximum time is 2 min 10 sec., but may be less.

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

**Adult Single Free Skating  
Bronze**

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

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

Any jump can be repeated only once and this repetition must be done either in a jump combination or in a jump sequence.

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

A jump sequence may consist of any number of single jumps that may be linked by non-listed jumps like mazurkas, etc. and/or hops immediately following each other while maintaining the jump rhythm (knee); there can be no turns/steps, crossovers or stroking during the sequence. However, only the two jumps with the highest value will count. **Please note that a half-loop in combination or in a sequence with any other listed jump will be called as a listed jump (1 Lo.)**

- b) A maximum of two (2) spins of a different abbreviation. The spins must have a required minimum number of revolutions: three (3) for the spin with only one position and no change of foot and four (4) for the spin combination with no change of foot and six (3 + 3) for the spin combination with change of foot. Flying spins are not permitted.

There must be a minimum of two (2) revolutions in each position or the position will not be counted.

- c) A maximum of one choreographic step 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 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.

**VOCAL MUSIC MAY BE USED.**

Duration: The maximum time is 1 min. 50 sec., but may be less.

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

**Adult Single Free Skating  
Copper**

Adult Copper is a division for Australian Adult Skaters to encourage them to compete without requiring a test.

Eligibility to skate in Copper - A skater must NOT have passed the ISA Preliminary Test.

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

- a) A maximum of four (4) jump elements. Only single and half-revolution jumps are permitted, no Lutz jump, no Axel type jump, no double or triple jumps can be included. A jump combination may consist of the same or another single jump. There may be up to two (2) jump combinations or jump sequences in the Free Program. One jump combination could consist of up to three (3) listed jumps, the other one (1) up to two (2) listed jumps. Any solo jump can be repeated only once and this repetition must be done either in a jump combination or in a jump sequence (maximum of 2 of any jump).

A jump sequence may consist of any number of single jumps that may be linked by non-listed jumps like mazurkas, etc. and/or hops immediately following each other while maintaining the jump rhythm (knee); there can be no turns/steps, crossovers or stroking during the sequence. However, only the two jumps with the highest value will count. Please note that a half-loop in combination or in a sequence with any other listed jump will be called as a listed jump (1 Lo.)

- b) A maximum of two (2) spins of a different abbreviation. Flying spins are not permitted. The spins performed must have a minimum of 3 revolutions:
- c) Connecting steps throughout the program are required.

**VOCAL MUSIC MAY BE USED.**

Duration of Free Skate: Max 1:40 mins, but may be less

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

**Adult Single Free Skating  
Proficiency**

Adult Proficiency is a division designed for skaters who do not wish to perform a program of technical elements. However it does have some minimum requirements.

A well-balanced **Proficiency** programme must show the skater's ability to use edges, turns and other skating movements to interpret

music. No specific jumps are required. There are **2 required elements**.

- a) A maximum of one (1) spin element. Only two foot spins are permitted
- b) A maximum of one (1) choreographed sequence. This should cover at least a third of the ice surface. Choreographed spirals must contain at least one spiral position held for 3 seconds
- c) Jumps are optional. These are restricted to ½ revolution jumps. For example Waltz jump, half flip, half loop

**VOCAL MUSIC MAY BE USED.**

Duration of Free Skate: Max 1:40 mins, but may be less

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

Please note: This event will be judged under Program Components only. Inclusion of elements additional to the requirements will incur a 1.0 deduction for each element performed.

## 2.Pairs Free Skating

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

**Elite Masters Free Skating  
Pair Skating**

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

**Masters Pair Free Skating  
Skating**

Couples 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.
- b) A maximum of two (2) throw jumps (single or double).
- c) A maximum of one (1) solo jump. Single, double or triple jumps are permitted. Any triple jump or double Axel cannot be repeated.
- 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 double Axel, already performed under paragraph c) cannot be included.
- 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.
- 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 and 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.

- 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.
- h) A maximum of one step sequence (StSq) and a choreographic sequence (ChSq) 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 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. The choreographic step sequence (ChSq) must be performed after the step sequence (StSq).

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.

VOCAL MUSIC MAY BE USED.

Duration: The maximum time is 3min. 10 sec., but may be less.

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

**Adult Pair Skating**      **Free Skating**

Couples must perform a well-balanced program that demonstrates skating skills, timing and unison, and full use of the ice surface. There are no required elements, but couples may choose to include up to eight (8) elements selected from:

- a) 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.
- b) A maximum of one (1) solo jump. Only single jumps are permitted.
- 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).
- d) A maximum of one (1) throw jump (Only single jumps are 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: 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.
- 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.

- g) A maximum of one choreographic step 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 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. Additional step sequences will be counted as moves-in-the field (transitions) and marked as such.

**VOCAL MUSIC MAY BE USED.**

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

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

### 3. Ice Dance

Each couple consists of a man and a lady. The man skates the pattern of the male steps, the lady skates the lady's pattern.

#### 3.1 Pattern Dance

<b>Elite Masters Dance</b>	<b>Pattern Dance</b>	Skaters signing up for this category will compete against other Elite Masters Ice Dancers. The technical requirements are the same as those for the category "Masters Pattern Dance."
<b>Masters Dance</b>	<b>Pattern Dance</b>	# 11 Golden Waltz (2 sequences) #19 Cha Cha Congelado (2 sequences)
<b>Adult Gold Dance</b>	<b>Pattern Dance</b>	# 7 Viennese Waltz (3 sequences) # 19 Cha Cha Congelado (2 sequences)
<b>Adult Silver Dance</b>	<b>Pattern Dance</b>	# 3 Rocker Foxtrot (4 sequences) #24 Blues (3 sequences)
<b>Adult Bronze Dance</b>	<b>Pattern Dance</b>	# 4 Foxtrot (3 sequences) # 2 European Waltz (2 sequences)
<b>Adult Copper Dance</b>	<b>Pattern Dance</b>	Swing Dance (2 sequences) Canasta Tango (3 sequences)
	<b>Factors</b>	The Referee will indicate the starting point of each dance.  The panel's points for each Program component are multiplied by a factor of 0.7 (Rule 353, paragraph 1.m).
	<b>Determination of results in each Segment of the Competition</b>	In Ice Dance, for events with two (2) Pattern Dances, the Total Score for each dance will be multiplied by a factor of 0.5.





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), and Cha Cha Congelado (Masters/Masters Elite). 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 (see ISU Handbook Ice Dance 2003) **plus or minus 2 beats per minute**. 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. **A violation of tempo specifications will result in a 1.0 point deduction by the Referee.** Vocal music is allowed.

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.

Tempo specification for the Pattern Dance music chosen by couples:

- (Bronze): Foxtrot Tempo- 25 measures of 4 beats per minute or 100 beats per minute, plus or minus 2 beats per minute

- (Silver): Blues -Tempo- 22 measures of 4 beats per minute – 88 beats per minute, plus or minus 2 beats per minute

- (Gold): Viennese Waltz - 52 measures of 3 beats per minute or 156 beats per minute, plus or minus 2 beats per minute

- (Elite Masters and Masters): Cha Cha Congelado – 29 measures of 4 beats per minute or 116 beats per minute, plus or minus 2 beats per minute.

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.

The couple shall furnish competition music in accordance with Rule 343, paragraph 1.

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

The Pattern Dances will be judged without Key Points.

*References: ISU Handbook Ice Dance 2003  
ISA Rulebook – Appendix D – Introductory Dance Patterns*

### 3.2 Short Dance

<b>Elite Masters</b>	<b>Short Dance</b>	Skaters signing up for this category will compete against other Elite Masters Ice Dancers. The technical requirements are the same as for the category “Short Dance”.
<b>Masters</b>	<b>Short Dance</b>	Skaters signing up for 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 “Short Dance”.
<b>Adult</b>	<b>Short Dance</b>	Skaters signing up for this category will compete against others at the Adult Short Dance level. (Recommended for silver level ice dancers.)
	<b>Technical Requirements</b>	See: ISU Communication No. 1932, Ice Dance Requirements for Technical Rules Season 2015 / 2016. All Key Points & Key Points Features for Pattern Elements are described.

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 Pattern Dance Elements for the Adult Short**

**Dance: Two (2) sequences of Starlight Waltz skated separately.**

**Step #1 of each Pattern Dance Sequence must be skated on a different side of the ice surface.** 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., 66 measures of three beats or 198 beats per minute, plus or minus 2 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** is not a Required Element. 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:**

- Step # 1 of each Pattern Dance Sequence must be skated on a different side of the ice surface.
- 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.

Note: as per 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 and may be vocal.

Duration  
Factors in the  
Short Dance

Maximum two (2) minutes and 50 seconds, but may be less. The panel's points for each Program component are multiplied by a factor of 0,8 (Rule 353, paragraph 1.m)

### 3.3 Free Dance

#### Free Dance Music for Free Dances

**See: ISU Special Regulations, Section D. Free Dance, Rule 710**

The following are the Requirements for Music for Free Dance (Rule 710, paragraph 1.c). Music which does not adhere to these descriptions will be severely penalized.

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).

<b>Elite Masters</b>	<b>Free Dance</b>	Skaters signing up for this category will compete against other Elite Masters Ice Dancers. The technical requirements are the same as those for the category "Gold Free Dance".
<b>Masters</b>	<b>Free Dance</b>	<p>In accordance with Rule 710 and all pertinent ISU Communications. The requirements for a well-balanced program are: Same as Gold Free Dance (below).</p> <p>Duration: Max. 3 Min. 10 seconds, but may be less. <b>Vocal music is permitted.</b></p> <p>Factors in the Free Dance: The panel's points for each Program component are multiplied by a factor of 1,2 (Rule 353, paragraph 1.m)</p>
<b>Gold</b>	<b>Free Dance</b>	<p>The requirements for a well-balanced Gold Free Dance are:</p> <ol style="list-style-type: none"><li>a) 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; <b>OR</b> three (3) different types of Short Lifts.</li><li>b) A maximum of one (1) Dance Spin (Spin or Combination Spin).</li><li>c) A maximum of one (1) Circular Step Sequence in Hold.</li><li>d) A maximum of one (1) Set of Synchronized Twizzles with up to three (3) steps between.</li></ol> <p>Duration: Max. 3 Min. 10 seconds, but may be less.</p>

		<p><b>Vocal music is permitted.</b></p> <p>Factors in the Free Dance: The panel's points for each Program Component are multiplied by a factor of 1,2 (Rule 353, paragraph 1.m)</p>
<b>Silver</b>	<b>Free Dance</b>	<p>In accordance with Rule 710 and all pertinent ISU Communications, The requirements for a well-balanced Silver Free Dance are:</p> <ul style="list-style-type: none"><li>a) A maximum of one (1) Short Lift, with a maximum duration of 6 sec.</li><li>b) A maximum of one (1) Diagonal Step Sequence in Hold (clockwise or anti-clockwise.)</li><li>c) A maximum of one (1) Set of Synchronized Twizzles with up to three (3) steps between.</li><li>d) A maximum of one (1) Dance Spin (Spin or Combination Spin).</li></ul> <p>Duration: Maximum 2 minutes and 40 seconds, but may be less.</p> <p><b>Vocal music is permitted.</b></p> <p>Factors in the Free Dance: The panel's points for each Program Component are multiplied by a factor of 1,2 (Rule 353, paragraph 1.m).</p>
<b>Bronze</b>	<b>Free Dance</b>	<p>In accordance with Rule 710 and all pertinent ISU Communications, The requirements for a well-balanced Bronze Free Dance are:</p> <ul style="list-style-type: none"><li>a) A maximum of one (1) Short Lift, with a maximum duration of 6 sec.</li><li>b) A maximum of one (1) Diagonal Step Sequence in Hold.</li><li>c) A maximum of one (1) Dance Spin (Spin or Combination Spin).</li></ul> <p>Duration: Maximum 2 minutes, but may be less.</p> <p><b>Vocal music is permitted.</b></p> <p>Factors in the Free Dance: The panel's points for each Program Component are multiplied by a factor of 1,2 (Rule 353, paragraph 1.m)</p>

## 4. Solo Dance

### 4.1 Solo Dance - Pattern Dance

Australian skaters must have passed the required dance test to compete at their chosen level. For overseas skaters, the dances for each test level are listed to provide an indication of what level you may choose to compete at.

#### **Gold**

Must have passed Novice Dance Test (Tango, Rocker Foxtrot, Starlight Waltz, Cha Cha Congelado)



**Silver**

Must have passed Primary Dance Test (Foxtrot, Fourteenstep, Silver Samba and European Waltz)

**Bronze**

Must have passed Pre-Primary Dance Test (dances tested are Swing Dance and Fiesta Tango)

**Pre-Bronze**

Must have Elementary Dance Test (dances tested are Dutch Waltz and Canasta Tango)

Gold	Solo Pattern Dance (equivalent Open Solo Dance in ISA Rulebook)	Quickstep(4 sequences)
Silver	Solo Pattern Dance (equivalent Primary Solo Dance in ISA Rulebook)	American Waltz (2 sequences)
Bronze	Solo Pattern Dance (equivalent Pre-Primary Solo Dance in ISA Rulebook)	Silver Samba (2 sequences)
Pre-Bronze	Solo Pattern Dance (equivalent Elementary Solo Dance in ISA Rulebook)	Swing Dance (2 sequences)
Copper	Solo Pattern Dance (Must not have completed Preliminary ISA Test – suitable for Aussie Skate participants)	Dutch Waltz (4 sequences)

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

Pattern Dance Music Skaters may choose to use their own music for the pattern dances they perform or use the ISU or USFSA Pattern Dance Music. Vocal music is permitted. If choosing own music, the music must be 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 (see ISU Handbook Ice Dance 2003) **plus or minus 2 beats per minute.**  
References: ISU Handbook Ice Dance 2003  
ISA Rulebook – Appendix D – Introductory Dance  
Patterns

## 4.2 Solo Dance - Free Dance

Solo Free Dance is based on *ISA Communication No 58 - Update to Solo Dance – Free Dance*. Each dance will incorporate a Pattern Dance. The nominated pattern dance will not be judged as an element but will be judged in the skating skills and transitions/linking footwork component mark in regards to their accuracy and edge work. For all free dances vocal music is permitted and have the requirements as Free Dance Couples.

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

All dances have the following Illegal Elements

1. Jumps of more than one revolution
2. Kneeling on 2 knees on the ice
3. Lying on the ice

<b>Gold</b>	<b>Solo Free Dance</b> (based on ISA Open Solo Dance)	A well balanced Solo Free Dance must contain (elements can be performed in any order): a) Maximum of 1 spin (min 3 revs on 1 foot) b) Maximum of 1 Circular, Midline or Diagonal Step Sequence (must use full ice surface). Serpentine Sequence is not permitted. c) Jumps of more than ½ rotation, stops, dance spins, pirouettes, pattern regression and loops are not to be included in the step sequence d) Maximum of 1 set of Twizzles e) One sequence of the Kilian Pattern Dance <b>Duration:</b> 3:00 mins +/- 10 secs. <b>Nominated Pattern:</b> Kilian
<b>Silver</b>	<b>Solo Free Dance</b> (based on ISA Primary Solo Dance)	A well balanced Solo Free Dance must contain (elements can be performed in any order): a) Maximum of 1 spin (min 3 revs on 1 foot) b) Maximum of 1 Circular, Midline or Diagonal Step Sequence (must use full ice surface). Serpentine Sequence is not permitted. c) Jumps of more than ½ rotation, stops, dance spins, pirouettes, pattern regression and loops are not to be included in the step sequence d) Maximum of 1 set of Twizzles e) One sequence of the Foxtrot Pattern Dance <b>Duration:</b> 2:30 mins +/- 10 secs. <b>Nominated Pattern:</b> Foxtrot
<b>Bronze</b>	<b>Solo Free Dance</b> (based on ISA Pre-Primary Solo Dance)	A well balanced Solo Free Dance must contain (elements can be performed in any order): a) Maximum of 1 spin (min 3 revs on 1 foot) b) Maximum of 1 Circular, Midline or Diagonal Step Sequence (must use full ice surface). Serpentine Sequence is not permitted. c) Jumps of more than ½ rotation, stops, dance spins, pirouettes, pattern regression and loops are not to be included in the step sequence



		d) Maximum of 1 set of Twizzles e) One sequence of the Ten Fox Pattern Dance <b>Duration:</b> 2:00 mins +/- 10 secs. <b>Nominated Pattern:</b> USFSA Ten Fox
<b>Pre-Bronze</b>	<b>Solo Free Dance</b> (based on ISA Elementary Solo Dance)	A well balanced Solo Free Dance must contain (elements can be performed in any order): a) Maximum of 1 spin (min 3 revs on 1 foot) b) Maximum of 1 Circular, Midline or Diagonal Step Sequence (must use full ice surface). Serpentine Sequence is not permitted. c) Jumps of more than ½ rotation, stops, dance spins, pirouettes, pattern regression and loops are not to be included in the step sequence d) Maximum of 1 set of Twizzles e) One sequence of the Cha Cha Pattern Dance <b>Duration:</b> 1:30 mins +/- 10 secs. <b>Nominated Pattern:</b> USFSA Cha Cha

## 5. Synchronized Skating

A team shall consist of 8-16 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. Skaters must meet the age requirements as stated in this announcement.

The Free Program must be skated according to ISA Rule book Section 10 and all other pertinent ISA Communications.

The teams must skate a well balanced Free Skating Program which contains seven (7) elements: five (5) required elements plus one (1) element from each of the groups A & B:

### **MUST INCLUDE THE FOLLOWING FIVE (5) REQUIRED ELEMENTS:**

1. **Intersection** Element
2. **Move** Element
3. **No Hold** Element
4. **Pivoting Element** – Block
5. **Traveling** Element – Circle

### **PLUS a choice of one (1) Element from each of the following Groups**

#### **Group A**

**Rotating Element** – Wheel

OR

**Linear Element** – Line

#### **Group B**

- **Creative** Element

OR

- **Combined** Element





Duration: 3:30 mins +/- 10 secs.

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.

## 6. Artistic Ladies and Men Free Skating

<b>Artistic</b>	<b>Single Free Skating</b>	<p>Competition will be held at the Elite Masters, Masters, Gold, Silver, Bronze, Copper and Proficiency level for Men and Ladies.</p>
	<b>Duration:</b>	<p>The maximum time is 1 minute and 40 seconds but may be less.</p> <p>The maximum time for Elite Masters and Masters Artistic Free Skating will be 2 minutes and 10 seconds, but may be less.</p> <p>The Elite Masters 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. Vocal music is permitted.</p> <p>The artistic event will be judged only on the basis of Presentation</p> <p>Components (program components):</p> <ul style="list-style-type: none"> <li>• Skating skills</li> <li>• Transitions</li> <li>• Performance/Execution</li> <li>• Choreography/Composition</li> <li>• Interpretation/Timing</li> </ul> <p>There will be no technical panel and no technical mark given. (See ISU Special Regulations and Technical Rules 2012, Singles &amp; Pair Skating, Rule 522, paragraph 2 for a detailed description of Program Components.) The respective Rules can be found on the ISU website.</p> <p>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.</p> <p>The artistic free skate is a competitive program which must include elements of the sport of figure skating. At least one (1) but a maximum of two (2) single jumps and at least one (1) but a maximum of two (2) spins <b>MUST</b> be included. <b>No axel jump or double jumps are allowed. No combination jumps are allowed.</b> Credit for jumps and spins is based solely on the ability of such movements to enhance the chosen theme and support the music. Credit will not be given for their technical</p>

difficulty.

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

Any element exceeding the maximum number as set forth above will be judged as an illegal element ( 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.

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

Props may not be used in any part of the artistic programs. Any item that is held in the hand or removed during the performance is considered a prop. Thus, for example, a hat worn throughout the program is not considered to be a prop, but if it is intentionally removed during the performance it is considered a prop. Objects on the ice, thrown in the audience, placed on the boards or on the judges table are not permitted. Costumes that contain particles that may mar or leave anything on the ice surface (feathers, boas, excessive beading) are considered unsafe and are not permitted. The Referee is responsible for prop deductions.

Illegal elements:

- Somersault type jumps
- lying on the ice and prolonged and/or stationary kneeling on both knees on the ice

## 7. Artistic Pairs Skating

Competition will be held at the Elite Masters, Masters and Adult Level.

<b>ARTISTIC</b>	<b>Elite Masters Pair Artistic Skating</b>	Skaters signing up for this category will compete against other Elite Masters Pair Skaters. The technical requirements are the same as those for the category “Masters Pair Skating.”
	<b>Masters Pair Artistic Skating</b>	The artistic event will be judged only on the basis of the program components. There will be no technical panel and no technical mark given  Program components:



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

The artistic program consists of a variety of skating moves selected for their value in enhancing the pair's interpretation of the music rather than for their technical difficulty. Pairs will be judged on their ability to interpret the music and develop a theme by using their skating skills.

The pair artistic free skate is a competitive program which 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. 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.

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 pair must not remain in one place for more than five (5) seconds.

Any element exceeding the maximum number as set forth above will be judged as an illegal element (1.0 deduction). If the required number of elements is not included, a deduction for of 1.0 will be made for each missing element. The Referee is responsible for such deductions.

Costumes should be simple, tasteful and selected to enhance the performance by appropriately reflecting the character of the music and theme. Theatrical costumes and make-up are not allowed.

Props may not be used in any part of the artistic programs. Any item that is held in the hand or removed during the performance



is considered a prop. Thus, for example, a hat worn throughout the program is not considered to be a prop, but if it is intentionally removed during the performance it is considered a prop. Objects on the ice, thrown in the audience, placed on the boards or on the judges table are not permitted. Costumes that may mar or leave anything on the ice surface (feathers, boas, excessive beading) are considered unsafe and are not permitted. The Referee is responsible for prop deductions.

Illegal elements:

- Somersault type jumps
- Lying on the ice and prolonged and/or stationary kneeling on both knees on the ice

Duration: The maximum time is 2 min, 40 sec, but may be less

#### VOCAL MUSIC MAY BE USED

#### ARTISTIC

#### Adult Pair Artistic Skating

The artistic event will be judged only on the basis of the program components. There will be no technical panel and no technical mark given

Program components:

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

(See ISU Special Regulations and Technical Rules 2014, Singles & Pair Skating, Rule 522, paragraph 2 for a detailed description of Program Components.) The respective Rules can be found on the ISU website.

The artistic program consists of a variety of skating moves selected for their value in enhancing the pair's interpretation of the music rather than for their technical difficulty. Pairs will be judged on their ability to interpret the music and develop a theme by using their skating skills.

The pair artistic free skate is a competitive program which must include elements of the sport of pair figure skating. Each Adult Pair must include any three (3) of the four (4) elements listed below:

- 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.

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 pair must not remain in one place for more than five (5) seconds.

Any element exceeding the maximum number as set forth above will be judged as an illegal element (1.0 deduction). If the required number of elements is not included, a deduction of 1.0 will be made for each missing element. The Referee is responsible for such deductions.

Costumes should be simple, tasteful and selected to enhance the performance by appropriately reflecting the character of the music and theme. Theatrical costumes and make-up are not allowed.

Props may not be used in any part of the artistic programs. Any item that is held in the hand or removed during the performance is considered a prop. Thus, for example, a hat worn throughout the program is not considered to be a prop, but if it is intentionally removed during the performance it is considered a prop. Objects on the ice, thrown in the audience, placed on the boards or on the judges table are not permitted. Costumes that may mar or leave anything on the ice surface (feathers, boas, excessive beading) are considered unsafe and are not permitted. The Referee is responsible for prop deductions.

Illegal elements:

- Somersault type jumps
- Lying on the ice and prolonged and/or stationary kneeling on both knees on the ice

Duration: The maximum time is 2 min, 40 sec, but may be less

**VOCAL MUSIC MAY BE USED**

## 8. Artistic Duos

### ARTISTIC Artistic Duos

Artistic Duos is a division that enables either a male or female, or two males, or two females to perform a creative number together.

Competition will be held at the Elite Masters, Masters, Gold,



	Silver , Bronze , Copper and Proficiency level for Men and Ladies.
Duration	The maximum time is 2 minute and 40 seconds but may be less.
	<b>VOCAL MUSIC MAY BE USED</b>
Requirements	Requirements: The artistic Duos is a competitive program which must include elements of the sport of figure skating. At least one (1) but a maximum of two (2) single jumps and at least one (1) but a maximum of two (2) spins <b>MUST</b> be included. No axel or double jumps are allowed. Credit for jumps and spins is based solely on the ability of such movements to enhance the chosen music. Credit will not be given for their technical difficulty.

### 8.1 Artistic Ensembles

<b>ARTISTIC</b>	<b>Artistic Ensemble</b> (Minimum 3 in a group)	Artistic Ensemble is a division that enables a group of people (minimum 3 skaters) to perform a creative number together. Competition will be held at the Elite Masters, Masters, Gold, Silver , Bronze , Copper and Proficiency level for Men and Ladies.
	Duration	The maximum time is 2 minute and 40 seconds but may be less.
		<b>VOCAL MUSIC MAY BE USED</b>
	Requirements	Requirements: The artistic Ensemble is a competitive program which must include elements of the sport of figure skating. At least one (1) but a maximum of two (2) single jumps and at least one (1) but a maximum of two (2) spins <b>MUST</b> be included. No axel or double jumps are allowed. Credit for jumps and spins is based solely on the ability of such movements to enhance the chosen music. Credit will not be given for their technical difficulty.