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2012 Singapore National Figure Skating & Basic Skills Championships

PRE-ANNOUNCEMENT

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Organized by: Singapore Ice Skating Association
Competition Director: Ms Sherri Fergus

1. GENERAL REGULATIONS

The Singapore National Figure Skating Championships 2012 will be conducted in accordance with the

- ISU Constitution and General Regulations 2010;
- ISU Special Regulations and Technical Rules Single and Pair Skating and Ice Dancing 2008 & 2010;
- All pertinent ISU Communications (eg. 1611, 1619, 1649 & 1672);
- Singapore Ice Skating Association Regulations; and
- Singapore Ice Skating Association Policies and Procedures.

2. ELIGIBILITY

- The Championships are open to competitors from all countries.
- Skaters seeking to compete in the Championships, other than as a Guest skater, must be a financial member of SISA for a period of three months prior to the commencement of the Championships.
- Skaters seeking to compete in the Championships, other than as a Guest skater, must have passed the required SISA qualifying test for the Championship level competing in prior to the commencement of the Championships.

NATIONAL AND DEVELOPMENT SELECTION CRITERIA

1. Skater must be age appropriate for selection as mandated by ISU Communication 1649 and the ISU General constitution (Rule 108 paragraph 2)
2. As per SISA document outlining selection protocol.

3. COACH ACCREDITATION

Only coaches with at least NCAP Level 1 accreditation may obtain championship accreditation.

No unaccredited coaches will be allowed rink side during training session or events.

In the case of an international coach who is assisting skaters only during the Championships, and who has not obtained accreditation from SSC, an application must be made to SISA administration@sisa.org.sg for temporary accreditation.

4. INSURANCE/LIABILITY

Under no circumstances shall the Singapore Ice Skating Association and the organizers of this competition, their employees, agents and/or servants be held responsible or liable for any loss, damages or injuries whatsoever or howsoever caused suffered by the skaters or officials.

As a condition of and in consideration of the acceptance of the entries or participation therein, all entrants, their family members and officials shall be deemed to have agreed to assume all risk of injury to their person and property resulting from, caused by or connected with, the conduct and management of the competition, and to waive and release any and all claims, which they may have against the Singapore Ice Skating Association.

5. ENQUIRIES

Enquiries in the first instance should be directed to the SISA Administration Officer by email administration@sisa.org.sg.

All competitors and coaches should also familiarise themselves with the rules of the International Skating Union. A copy of the ISU rules and the latest communications, may be downloaded from their website www.isu.org.

6. RESULT

The ISU judging system will be used for all events.

7. AWARDS

Gold (Minimum score required for award), Silver and Bronze medals will be presented to the champion, second and third placed competitors respectively.

Invited guest participants who place in the top three will be given appropriate medals, in addition to those awarded to the three highest placed Singaporean competitors.

The title of National Champion can only be held by a non-guest competitor who is a Singapore Citizen or Singapore Permanent Resident.

The Dr Alan Blinn Memorial Trophy

The Dr Alan Blinn Memorial Trophy will be awarded to the first place SISA member skater participating in either the Single Ladies or Single Men's divisions at the Singapore National Figure Skating Championships (Elementary – Senior) with the highest overall total points score margin between first and second place. In the event that two skaters have the same winning margin, then the skater with the highest margin in the free skating event shall be awarded the trophy. If the margin is the same, then the skaters will share the trophy.

The Ice Angels Artistic Trophy

The Ice Angels Artistic Trophy will be awarded to the SISA member competitor in the Singapore National Figure Skating Championships who provided the most artistic presentation in a skating program. Skaters in all divisions will be considered and voted on by the Championships Judges to determine the winner.

8. VIDEO RECORDING AND PHOTOGRAPHY

SISA retains the rights for any video recording of the Singapore National Figure Skating Championships.

The use of FLASH PHOTOGRAPHY or VIDEO LIGHTS is not permitted during warm-ups or events.

9. SINGLE SKATING – MENS AND LADIES

9.1 FUTURE STAR EVENTS COMMENTS

The skating order of the elements is optional;

There is no restriction on the number of times an element is executed, length of glide or number of revolutions unless otherwise stated;

Vocal music **is NOT** allowed;

The skater must demonstrate the required elements and **may** use, but is **not** required to use any additional elements from lower levels;

A deduction will be taken for each element performed from a higher level;

Skaters may choose which future stars section they which to compete in. For future competitions they must not compete in a lower section to what they have already competed in.

9.2 FUTURE STARS LEVEL 1

Free Skating Duration: 1 minute and 30 seconds maximum, but may be less
A well balanced program must contain:

- 1 foot spin (min 3 revs);
- Waltz jump;
- Ballet jump;
- Forward inside pivots;
- Forward attitude (right and left feet);

Eligibility.

- No minimum test requirement.
- Must not have passed the SISA Elementary or higher test.
- Must not have competed in a SISA Preliminary or higher singles competition.
- Depending on the number of entries, this event may be split according to age.
- A separate Men's Division may be held if three or more entries are received. If less than three Men's entries are received, the Men's and Ladies Division(s) may be combined.

Additional elements that may be performed for filling purposes of the program

- Bunny Hops;
- Side toe to toe jumps or Tap-Toe Jumps;
- Forward outside spirals;

9.3 FUTURE STARS LEVEL 2

Free Skating Duration: 1 minute and 30 seconds maximum, but may be less
A well balanced program must contain:

- Forward cross leg/scratch spin (min 3 revs);
- Advanced forward stroking (min 4 forward crossovers each direction in a figure 8 pattern);
- Forward Power Three turns (right and left feet) (min 2 each);
- Toe Loop Jump;
- Salchow jump;
- Backward outside spirals (right and left feet);

Eligibility

- No minimum test requirement.
- Must not have passed the SISA Elementary or higher test.
- Must not have competed in a SISA Preliminary or higher singles competition.
- Depending on the number of entries, this event may be split according to age.

A separate Men's Division may be held if three or more entries are received. If less than three Men's entries are received, the Men's and Ladies Division(s) may be combined.

9.4 PRELIMINARY

Free Skating Duration:

1 minute and 30 seconds +/- 10 seconds

A well balanced program must contain:

- Maximum of 4 jump elements
- Only single revolution jumps permitted, no ½ revolution jumps except when executed as part of a jump sequence, e.g.: half loop as a connecting element
- No Axel jump
- Maximum of 2 spins of a different nature (min 4 revs each, no 2 foot spins permitted);
- Spins may change feet or position
- Maximum of 1 step sequence (Men);
- Maximum of 1 spiral or step sequence (Ladies);

Factors

The multiplying factor for the Total Program Components Score is:

Free Skating 2.0

The only Program Components to be judged are:

Skating Skills
Performance / Execution

Where appropriate elements will receive a maximum of Level 1

Eligibility

No minimum test requirement.

- Must not have passed the SISA Elementary or higher test.
- Must not have competed in a SISA Elementary or equivalent higher singles competition.
- Depending on the number of entries, this event may be split according to age.
- A separate Men's Division may be held if three or more entries are received. If less than three Men's entries are received, the Men's and Ladies Division(s) may be combined.

9.5 ELEMENTARY

Free Skating Duration:

Maximum 2 minutes +/- 10 seconds

A well balanced program must contain:

- Maximum of 4 jump elements
- Maximum of 2 spins (min 4 revs each of a different nature);
- Maximum of 1 step sequence (Men);
- Maximum of 1 spiral or step sequence (Ladies);

Factors

The multiplying factor for the Total Program Components Score is:

Free Skating 2.0

The only Program Components to be judged are:

Skating Skills
Performance / Execution

Where appropriate elements will receive a maximum of Level 1

Eligibility

Passed the SISA Elementary Test, but not higher
Not competed in a Pre-Primary or equivalent higher Singles
Competition event.

- Depending on the number of entries, this event may be split according to age.
- A separate Men's Division may be held if three or more entries are received. If less than three Men's entries are received, the Men's and Ladies Division(s) may be combined.

9.6 PRE-PRIMARY (NOVICE A)

Free Skating Duration: Maximum 2 minutes and 30 seconds, +/- 10 seconds

A well balanced program must contain:

- Maximum of 4 jump elements (one of which must be an Axel type jump); single or double jumps are permitted
- Maximum of 2 spins, one of which must be a spin combination, and one a spin with only one position (either spin may be with or without change of foot);
- Maximum of 1 step sequence (Men);
- Maximum of 1 spiral or step sequence (Ladies);

Factors

The multiplying factor for the Total Program Components Score is:

Free Skating 2.5

The only Program Components to be judged are:

Skating Skills
Performance / Execution

Where appropriate elements will receive a maximum of Level 2

Eligibility

Passed the SISA Pre-Primary Test, but not higher
Not competed in a Primary or equivalent higher Singles
Competition event.

9.7 PRIMARY (NOVICE B)

Free Skating Duration: 3 minutes +/- 10 seconds

A well balanced program must contain:

- Maximum of 5 jump elements (Ladies) or 6 jump elements (Men) (one of which must be an Axel type jump); single or double jumps are permitted
- Maximum of 2 spins, one of which must be a spin combination (10 revs), one a flying spin or spin with a flying entrance (6 revs).
- Maximum of 1 step sequence (Men);

- Maximum of 1 spiral or step sequence (Ladies);

Factors

The multiplying factor of the Total Program Components Score is:

Free Skating	2.0 for boys 1.7 for girls
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The only program Components to be judged are:

Skating Skills
Performance/Execution
Interpretation

Where appropriate elements will receive a maximum of Level 2

Eligibility

- Passed the SISA Primary Test, but not higher
- Not competed in a Novice or equivalent higher Singles Competition event.

9.8 NOVICE (Advanced)

Short Program

Duration: 2 minutes and 30 seconds maximum, but may be less

The required elements to be skated are:

- Single or Double Axel Paulsen
- One double or triple jump immediately preceded by connecting steps and/or other comparable free skating movements.
- One jump combination consisting of two double jumps or triple jump/double jump.
- Spin combination with one change of foot and at least one change of position (sit, camel, upright or any variation thereof, no flying entry, min 5 revs/foot).
- One step sequences (straight line, circular or serpentine) fully utilising the ice surface.

Men:

- Camel or sit spin with change of foot (no flying entry, min 6 revs).

Ladies:

- Layback or sideways leaning spin (min 6 revs)

Free Skating

Duration:

Men:	3 minutes and 30 seconds, +/- 10 seconds
Ladies:	3 minutes, +/- 10 seconds

A well balanced program must contain:

- Maximum of 6 jump elements (Ladies) or 7 jump elements (Men) (one of which must be an Axel type jump);
- Maximum of 2 spins, one of which must be a spin combination, one a flying spin.
- Maximum of 1 step sequence (Ladies and Men);

Factors

The multiplying factors for the Total Program Components Score are:

Short Program	1.0
Free Skating	1.7 for Men 1.5 for Ladies

The program Components are only judged in

- Skating Skills
- Transitions
- Performance/Execution
- Interpretation

Where appropriate elements will receive a maximum Level 3

Eligibility

- Passed the SISA Novice Test, but not higher.
- Not competed in a Junior or equivalent higher Singles Competition event.
- Not won a previous Novice Singles Championship of Singapore, except those skaters who have not reached the age of 16 by 1st July 2011, may defend their titles.

9.9 JUNIOR

Short Program

Duration: 2 minutes and 50 seconds maximum, but may be less

The required elements to be skated are listed in ISU Rule 511 and the respective ISU Communication 1619.

Free Skating

Duration:

Men: 4 minutes, +/- 10 seconds

Ladies: 3 minutes and 30 seconds, +/- 10 seconds

In accordance with ISU Rule 512 and the required amendments in ISU Communication 1619.

Factors

In accordance with ISU Rule 353, paragraph 1, I) the multiplying factors for the Program Components are:

Men

Short Program 1.0

Free Skating 2.0

Ladies

Short Program 0.8

Free Skating 1.6

Eligibility

- Passed the SISA Junior Test, and EITHER has:
- Not exceeded the ISU Junior age of 19 for Ladies and Men by 1st July 2011;
- Not competed in a Senior or equivalent higher Singles Competition event.

9.10 SENIOR

Short Program

Duration: 2 minutes and 50 seconds maximum, but may be less

The required elements to be skated are listed in ISU Rule 511 and the respective ISU Communication 1619.

Free Skating

Duration:

Men: 4 minutes and 30 seconds, +/- 10 seconds

Ladies: 4 minutes, +/- 10 seconds

In accordance with ISU Rule 512 and the required amendments in ISU Communication 1619.

Factors

In accordance with ISU Rule 353, paragraph 1, the multiplying factors for the Program Components are:

Men

Short Program 1.0

Free Skating 2.0

Ladies

Short Program 0.8

Free Skating 1.6

Eligibility

- Passed the SISA Senior Test

10. REMARKS ON SHORT PROGRAM ELEMENTS

10.1 NOVICE

No extra marks are obtained by extending the program to the maximum time allowed if this is unnecessary. The music is chosen by each Competitor, but vocal music with lyrics is not permitted.

Unprescribed or additional elements such as jumps, spins, steps or repetitions, even of elements which have failed, are not marked and consequently do not block a "box" (spot) of another type of element.

If, however, such an unprescribed or additional element (performed) substitutes a required element (not performed), the respective box will be blocked and this performed element will be considered as not according to the requirements (no value).

If a skater falls when entering a spin, a spin or a spinning movement is allowed immediately after this fall (for filling time purpose) with this spin/movement not being marked.

10.1.1 Jumps (Please refer to ISU Communication 1611)

A single spreadeagle, spiral or free skating movement cannot be considered as meeting the requirements of connecting steps and/or other comparable free skating movements and must be considered by the Judges in the Grade of Execution (GOE).

10.1.2 Jump Combinations

No change of foot or turn is allowed at any time between the two jumps which must directly follow one another (except for touching down the non-tracing foot in toe jumps). In the case of jumps (including toe jumps) special attention must be paid to a clean spring from a true edge and to a clean landing. In Jump Combinations/Sequences a "Half Loop" (Euler) will be a listed jump; consequently it will take on the base value of a single loop jump and be identified as a part of a jump combination. Any jump commenced or landed on two feet must be considered by the judge in the Grade of Execution (GOE).

Novice: Please refer to ISU Communication 1649

The jump combination may consist of the same jump or another double jump. However, the jumps included must be different from the solo jump and the axel type jump.

If the same jump is executed as a solo jump and as part of the jump combination, the last performed of these jump elements will not be counted, but will occupy a jumping box (if this element is a jump combination, the whole jump combination will not be counted).

10.1.3 Spins

Refer ISU Rule 510, page 91-92, Requirements to elements of single and Pair Skating, Spins.

Spin in one position

The competitor is free to choose either the camel position, sit position or upright position to be executed. The spin must not change foot and shall have a minimum of six (6) revolutions.

Flying spin

Any type of flying spin is permitted. A step over will be considered by the Judges in the Grade of Execution. In the flying sit spin changing foot on landing is permitted. No previous rotation on the ice before the take-off is permitted.

The spin shall have a minimum of eight (8) revolutions in the landing position.

e) Ladies - Layback or sideways leaning spin:

Refer to ISU Rule 511, Page 96, Remarks Single Skating, e) Ladies – layback or sideways leaning spin.

10.1.4 Spin Combinations

The change of foot may be executed in the form of a step over or a jump. The change of foot and the change of position may be made either at the same time or separately. During a change of position, a difficult variation of position can be executed. The minimum number of revolutions required in each position is two (2) without interruption. In case this requirement is not fulfilled, the position is not counted.

The change of foot in the spin combination must be followed by any spin position with at least two (2) revolutions. If there is no spin position after the change of foot with at least two (2) revolutions, the spin combination is not according to the requirements and no value will be given.

A spin combination executed with less than 2 revolutions in all executed positions is considered as a "Spin combination not according to the requirements", receives no Level and therefore no value. A spin combination executed with only 1 position with at least 2 revolutions (as to requirements) and in all other positions less than 2 revolutions (not to the requirements) receives Level 1 and the Judges will also reduce the GOE.

Novice (Advanced):

The spin combination must consist of only one change of foot and at least one change of position (sit, camel, upright or any variation thereof) with not less than five revolutions on each foot. Any spin combination must include all three basic positions or their variations and no flying entry.

10.1.5 Step and Spiral Sequences

Refer ISU Rule 510, Page 92, and amendments from ISU Communication 1619. Remarks Single Skating, Step sequences.

11 REMARKS ON FREE SKATING ELEMENTS

11.1 PRELIMINARY, ELEMENTARY, PRE-PRIMARY (Novice A), PRIMARY (Novice B) AND NOVICE (Advanced)

Refer to ISU Rule 512, Paragraph 2, General.

No extra marks are obtained by extending the program to the maximum time allowed if this is unnecessary. The music is chosen by each Competitor, but vocal music with lyrics is not permitted.

Unprescribed or additional elements such as jumps, spins, steps or repetitions, even of elements which have failed, are not marked and consequently do not block a "box" (spot) of another type of element.

If, however, such an Unprescribed or additional element (performed) substitutes a required element (not performed), the respective box will be blocked and this performed element will be considered as not according to the requirements (no value).

If a skater falls when entering a spin, a spin or a spinning movement is allowed immediately after this fall (for filling time purpose) with this spin/movement not being marked.

Pre-primary and Primary elements will only be given a maximum of Level 2.

For Novice, all elements will only be given a maximum of Level 3.

Junior and Senior: A Double axel cannot be included more than two times in total.

11.1.1 Jumps (Please refer to ISU Communication 1611)

All categories can perform a maximum of 2 jump combinations/sequences.

A single spreadeagle, spiral or free skating movement cannot be considered as meeting the requirements of connecting steps and/or other comparable free skating movements and must be considered by the Judges in the Grade of Execution (GOE).

Primary (Novice B)

Only two jumps with two and a half or more revolutions can be repeated either in a jump combination or in a jump sequence.

Novice (Advanced)

Only two jumps with two and a half revolutions or more can be repeated either in a jump combination or in a jump sequence.

11.1.2 Jump Combinations

No change of foot or turn is allowed at any time between the two jumps, which must directly follow one another (except for touching down the non-tracing foot in toe jumps). In the case of jumps (including toe jumps) special attention must be paid to a clean spring from a true edge and to a clean landing. In Jump Combinations/Sequences a "Half Loop" (Euler) will be a listed jump; consequently it will take on the base value of a single loop jump and be identified as a part of a jump combination. Any jump commenced or landed on two feet will be considered by the judge in the Grade of Execution (GOE).

Pre-Primary (Novice A), Primary (Novice B) and Novice (Advanced):

A jump combination can contain only 2 jumps. A jump sequence can contain any number of jumps, but only the two most difficult jumps will be counted.

11.1.3 Spins

Refer ISU Rule 510, Page 91, Remarks Single Skating, Spins.

Spin in one position

The competitor is free to choose either the camel position, sit position or upright position to be executed. The spin must not change foot and shall have a minimum of six (6) revolutions.

Flying spin

Any type of flying spin is permitted. A step over will be considered by the Judges in the Grade of Execution. In the flying sit spin changing foot on landing is permitted. No previous rotation on the ice before the take-off is permitted.

The spin shall have a minimum of eight (8) revolutions in the landing position. Novice (advanced) minimum of 6 Revolutions

e) Ladies - Layback or sideways leaning spin:

Refer ISU Rule 511, Page 96, Remarks Single Skating, e) Ladies – layback or sideways leaning spin.

11.1.4 Spin Combinations

The change of foot may be executed in the form of a step over or a jump. The change of foot and the change of position may be made either at the same time or separately. During a change of position, a difficult variation of position can be executed. The minimum number of revolutions required in each position is two (2) without interruption. In case this requirement is not fulfilled, the position is not counted.

The change of foot in the spin combination must be followed by any spin position with at least two (2) revolutions. If there is no spin position after the change of foot with at least two (2) revolutions, the spin combination is not according to the requirements and no value will be given.

A spin combination executed with less than 2 revolutions in all executed positions is considered as a “Spin combination not according to the requirements”, receives no Level and therefore no value. A spin combination executed with only 1 position with at least 2 revolutions (as to requirements) and in all other positions less than 2 revolutions (not to the requirements) receives Level 1 and the Judges will also reduce the GOE.

Primary (Novice B):

The spin combination must consist of one change of foot and at least one change of position (sit, camel, upright or any variation thereof) with not less than five revolutions on each foot.

Novice (Advanced):

Any spin combination must include all three basic positions or their variations and with or without change of foot (minimum **10** revs in total).

11.1.5 Step and Spiral Sequences

Refer ISU Rule 510, page 92, Remarks Single Skating, Step sequences.

With respect to ISU Communication 1619 the second step sequence will always be awarded a fixed base Value and be evaluated by judges in GOE only.

Spiral sequence (Ladies): With respect to ISU Communication 1619 the spiral sequence will always be awarded a fixed base Value and be evaluated by judges in GOE only. In this sequence there must be at least two spiral positions not less than three seconds long each or only one spiral position not less than six seconds long.

12 ADULT SKATING – MEN AND LADIES

Eligibility

Men and women will compete separately. The competition convenor reserves the right to combine sections should there be fewer than two entries in any section.

Eligible skaters are those skaters who are aged sixteen (16) years or older before July 1st preceding the event but have not reached the age of seventy-one (71) before July 1st, preceding the competition.

A skater competing after July 1, 2010 in a Junior or Senior event either locally or internationally may NOT participate in this event.

12.1 ADULT MASTER

Free Skating

Duration: 3 minutes and 10 seconds, but may be less

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.

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 with any other listed jump will result in a jump combination. Any solo jump can be repeated only once and this repetition must be done either in a jump combination or in a jump sequence. 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 choreo-step sequence (i.e, circular, straight line, serpentine, etc.) or choreo-spiral sequence. To be counted a spiral sequence must include at least two (2) spiral positions not less than three (3) seconds long each or only one (1) spiral position not less than six (6) seconds long.
Only the first executed attempt of a choreo-step sequence or choreo-spiral sequence will contribute to the technical score.

Additional spiral 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.

Factors The multiplying factors for the Program Components are:
Free Skating 1.6

12.2 ADULT GOLD

Free Skating Duration: 2 minutes and 40 seconds, but may be less

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.**

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 with any other listed jump will result in a jump combination.

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

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 choreo-step sequence (i.e., circular, straight line, serpentine, etc) or choreo-spiral sequence. To be counted a spiral sequence must include at least two (2) spiral positions not less than three (3) seconds long each or only one (1) spiral position not less than six (6) seconds long.

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

Additional spiral 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.

Factors The multiplying factors for the Program Components are:

Free Skating 1.6

12.3 ADULT SILVER

Free Skating Duration: 2 minutes and 10 seconds, but may be less

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 or any other single Axel type jump and all other single jumps are permitted. No double jumps or triple jumps are permitted.**

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 with any other listed jump will result in a jump combination.

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

Non-listed jumps may be included in the program as part of connecting footwork, preceding single jumps or an axel type jump.

- 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 choreo-step sequence (i.e., circular, straight line, serpentine) or choreo-spiral sequence covering at least 50% of the usual pattern (e.g., half a serpentine, half of a straight line etc.) In the case of a **circular** step sequence a full circle is required covering 1/2 the ice surface. To be counted a spiral sequence must include at least two (2) spiral positions not less than three (3) seconds long each or only one (1) spiral position not less than six (6) seconds long.

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

Additional spiral 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.

Factors

The multiplying factors for the Program Components are:

Free Skating 1.6

12.4 ADULT BRONZE

Free Skating

Duration: 1 minutes and 40 seconds, but may be less

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.

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 with any other listed jump will result in a jump combination.

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

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

- 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 eight (4 + 4) 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 choreo-step sequence (i.e., circular, straight line, serpentine) or choreo-spiral sequence covering at least 50% of the usual pattern (e.g. half a serpentine, half of a straight line etc.). In case of a **circular** step sequence a full circle is required covering 1/2 the ice surface. To be counted a spiral sequence must include at least two (2) spiral positions not less than three (3) seconds long each or only one (1) spiral position not less than six (6) seconds long.

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

Additional spiral 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.

Factors

The multiplying factors for the Program Components are:

Free Skating 1.6