

**ANNEX C: TECHNICAL REQUIREMENTS FOR ADULTS**

Adult categories of Easter Skate 2020

will be conducted in accordance with the Lake Placid 2019 and Oberstdorf 2020 rules

<https://isu.org/docman-documents-links/isu-files/event-documents/adult-figure-skating/related-documents-1/21483-technical-requirements-season-2019-20/file>

Age categories for Ladies and Men Free Skating events:

Young Adults	skaters born between	1st July 1991 and 30th June 2001
Class I	skaters born between	1st July 1981 and 30th June 1991
Class II	skaters born between	1st July 1971 and 30th June 1981
Class III	skaters born between	1st July 1961 and 30th June 1971
Class IV	skaters born between	1st July 1951 and 30th June 1961
Class V	skaters born on or before	30 th June 1951

- When 31 or more skaters register for the same event, the competition will be divided into two groups according to the age of the skaters. In the event that there are an odd number of skaters, the skater of median age will compete with the younger group of skaters.
- When fewer than 3 skaters register for a singles Free Skating or Artistic Free Skating segment, age categories maybe be combined wherever possible to ensure competition.
- Any program exceeding the maximum time limits set out in this announcement will receive a deduction of 1.0 for every 5 seconds or part thereof of in excess of the maximum time.



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 listed jumps of any number of revolutions, beginning with any jump, immediately 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 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 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.
 - All spins with change of foot must have at least three (3) revolutions on each foot. If this requirement is not fulfilled, the spin will be marked with a V.
- 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.

VOCAL MUSIC MAY BE USED

The duration is 3 minutes +/- 10 seconds

The points for each Program Component are multiplied by a factor of 1.6.

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 (5) 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 listed single or double jumps, beginning with any jump, immediately 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 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 value, however a spin with less than three rotations is total 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.
 - All spins with change of foot must have at least three (3) revolutions on each foot. If this requirement is not fulfilled, the spin will be marked with a V.
- A maximum of one (1) step sequence, fully utilising the ice surface.

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 1.6.

Only features up to and including Level 3 will be counted for the technical elements. 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 combination may consist of the same or another single 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 steps, turns, crossovers or stroking during the sequence. Only the two (2) listed jumps with the highest value will count towards the technical score.
 - Each listed jump may be performed a maximum of two (2) times.
 - Please note that the half-loop when used in combination/sequence, in between two listed jumps, is considered as a listed jump with the value of a single loop (1Lo).
 - 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 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.
 - All spins with change of foot must have at least three (3) revolutions on each foot. If this requirement is not fulfilled, the spin will be marked with a V.
- c. A maximum of one (1) choreographic sequence, utilising 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 but the sequence must be clearly visible
 - A choreographic sequence has a base value and will be evaluated by the judges in GOE only.

VOCAL MUSIC MAY BE USED

The duration is 2 minutes +/- 10 seconds.

The points for each Program Component are multiplied by a factor of 1.2.

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.



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 or jump sequences 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 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.
 - All spins with change of foot must have at least three (3) revolutions on each foot. If this requirement is not fulfilled, the spin will be marked with a V.
 - 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 utilising 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 but the sequence must be clearly visible.
 - A choreographic sequence has a base value and will be evaluated by the judges in GOE only.

VOCAL MUSIC MAY BE USED

The duration is 1 minute and 40 seconds, +/- 10 seconds

The points for each Program Component are multiplied by a factor of 1.2.

The warm-up duration is six (6) minutes.

Each fall shall receive a deduction of 0.5.



Technical Requirements – 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.

Falls are not subject to a deduction but may have a negative impact on the Program Components.

The artistic free skating competition is an athletic competition which is intended to allow skaters to demonstrate their skating ability as defined by the five program components of the ISU judging system. Credit for the required 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. The skater must not remain in one place for more than five (5) seconds.

Any technical element exceeding the maximum number as set forth below will be judged as an illegal element (1.0 deduction). If the minimum required technical elements are not included, 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. 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.

The decorations on costumes must be non-detachable. Part of the costume or decoration falling on the ice will be penalized by a deduction of 1.0 points per program.



Easter Skate 21-23.2.2020 Riihimäki,

Annex C

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.

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. A Waltz jump is not considered a listed single jump. 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.