



**RUSSIA**  
Moscow

**OPEN CLUB FIGURE SKATING COMPETITION**  
**MATRYOSHKA CUP**  
**ANNOUNCEMENT**



**APRIL 25—26, 2020**

**MYTISHCHI, MOSCOW REGION, RUSSIA**



# ANNOUNCEMENT / INVITATION

## GENERAL:

Open club competition «Matryoshka Cup» is held to:

- development of figure skating;
- international experience exchange between sportsmen and specialists;
- promotion of healthy lifestyle;
- drawing attention to active lifestyle irrespective of age and level of training.

## ORGANIZER:

Figure Skating Club “Academy of Sport”, Moscow, Russia

E-mail: [welcome@matryoshkacup.com](mailto:welcome@matryoshkacup.com),

web site: [www.MatryoshkaCup.com](http://www.MatryoshkaCup.com),

coordinator: Marina Iordanyan,

phone: +7-916-668-25-72, +7-985-774-778-0

## DATE:

April 25-26, 2020 (2019/20 season)

## PLACE OF COMPETITION:

- *Main Arena:* Arena-Mytishchi Ice Rink,  
Lyotnaya St. 17, Mytishchi, Moscow region, Russia  
(an indoor ice-rink with ice surface of 30×60 m, air-conditioned and heated)
- *Practice Arena:* Arena-Mytishchi Ice Rink,  
Lyotnaya St. 17, Mytishchi, Moscow region, Russia  
(an indoor ice-rink with ice surface of 30×60 m, air-conditioned and heated)

Both rinks are in the same building.

## ENTRIES FOR COMPETITION:

All Clubs are invited to take part in this competition. Clubs can enter any quantity of Skaters into each category.

Everyone is invited to participate in the competition. Organizers have the right to refuse or limit the participation in competition. Entry forms have to be filled in precisely and can be sent on the website [www.MatryoshkaCup.com](http://www.MatryoshkaCup.com) till **April 5, 2020**. Music and planned program content sheet should be sent by e-mail [welcome@matryoshkacup.com](mailto:welcome@matryoshkacup.com) till **April 8, 2020**. Music is sent only once!

**The deadline for entries is April 5th, 2020.**



## **CATEGORIES:**

### **Intermediate Novice Boys and Girls**

In accordance to the ISU Communication 2242

Free program – 3 min., +/- 10 sec.

### **Basic Novice Boys and Girls**

In accordance to the ISU Communication 2242

Free program – 2 min. 30 sec., +/- 10 sec.

### **Non-ISU Youngsters categories for boys and girls**

In accordance to annex 1

### **Hobby Class (Adult Men, Ladies)**

In accordance to annex 1

## **ENTRY FEE:**

- 75 € (EUR) Novice Boys and Girls
- 70 € (EUR) Non-ISU Youngsters, Adult Men, Ladies categories
- 95 € (EUR) Adult with two programs (free skating and artistic programs)

## **ENTRY FEE PAYMENT:**

Entry fees can be paid on the official competition website [www.MatryoshkaCup.com](http://www.MatryoshkaCup.com) after confirmation of member participation. The Organizer will not return entry fee but you can replace one skater for another in any category not later than one week before draw.

## **EXPENSES:**

Competitors and all other Team Members are responsible for their own travel, accommodation and meal expenses.

## **LIABILITY:**

It is the sole responsibility of each Club participating in the Matryoshka Cup, to provide medical and accident insurance for their athletes, officials and all other members of the Club's team. Such insurance must assure full medical attendance and also the return to the home country by air transport or by other expeditious means of the ill or injured person.

The Organizer assumes no responsibility for or liability with respect to bodily or personal injury or property damage incurred in connection with the event mentioned above.



## **MUSIC:**

All competitors shall furnish competition music of excellent quality on CD format – mp3. All discs must have Competitor's name, the nation and the exact running time of the music (not skating time) including any starting signal, and must be submitted at the time of registration. Each program (short program, free skating) must be recorded on a separate disc. If music information is not complete and music not provided, accreditation will not be given.

## **PLANNED PROGRAM CONTENT:**

With the entry forms, the "Program Content Sheet" must be sent to the Organizing Committee. It is mandatory that the Program Content Sheet be completed precisely by each skater in English using the proper terminology.

## **AWARDS:**

The top three competitors in each event (Final results) will be honored and awarded by trophies, medals and diplomas.

Others will receive diplomas and memory presents.

## **RESULTS:**

Judging and calculations will be done according to ISU Special Regulations and Technical Rules Single & Pair Skating and Ice Dance 2018. Result information and detailed protocols will be available on the website: [www.MatryoshkaCup.com](http://www.MatryoshkaCup.com)

## **ACCREDITATION / REGISTRATION**

At Arena-Mytishchi Ice Rink (Lyotnaya St. 17, Mytishchi, Moscow region, Russia), OC office during competition days.

## **ACCOMODATION:**

Coaches and other team members should book accommodation themselves.

## **OFFICIAL HOTEL:**

Official hotel for skaters is LECCO (10 min from ice rink by walk)

- Web site: <http://lecco-hotel.ru/>
- phone: **+7 (495) 787-85-45**
- e-mail: [reservations@lecco-hotel.ru](mailto:reservations@lecco-hotel.ru)

Draws and all the information as starting orders, results, protocols will be available there during competitions.

The room reservations for all team members must be done through the Organizing Committee in order to be provided the special room rates.



## **TIMETABLE:**

The competition will start on Saturday, April 25<sup>th</sup>, 2020 and will be finished on Sunday, April 26<sup>th</sup>, 2020. Detailed time schedule will be available after the close of entries on the web-site [www.MatryoshkaCup.com](http://www.MatryoshkaCup.com). After the end of the competition on April 26, a gala performance of the best participants is planned.

**Important!** April 24<sup>th</sup>, 4 p.m. all foreign participants of the competition will have a cultural program in the capital of Russia - Moscow and April 26<sup>th</sup>, 10 p.m. banquet on the occasion of the closing of the competition. Detailed program will be available on the site [www.MatryoshkaCup.com](http://www.MatryoshkaCup.com)

## **MISCELLANIOUS:**

Please note — livestream video and photography are provided during all the event. Organizers have a right to use any photo for commercial purposes.





# Annex 1

## TECHNICAL DATA FOR YOUNGSTERS AND NON-ISU CATEGORIES

(if there are a large number of participants, the age categories can be expanded)

### A class

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#### PRE-CHICKS A

*Free Skating Girls and Boys (2013 and younger) 2 min., +/- 10 sec.*

- a) maximum of four (4) jump elements (one of which must be an Axel type jump);
- b) maximum of two (2) jump combinations or sequences (jump combination can contain only two (2) jumps). A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any listed jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump.
- c) maximum of two (2) spins of a different nature (minimum of 3 revolutions each);
- d) one (1) step sequence.

#### CHICKS A

*Free Skating only Girls and Boys (2011/2012) 2 min., +/- 10 sec.*

- a) maximum of four (4) jump elements (one of which must be an Axel type jump);
- b) maximum of two (2) jump combinations or sequences (jump combination can contain only two (2) jumps). A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any listed jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump.
- c) maximum of two (2) spins of a different nature (minimum of 3 revolutions each);
- d) one (1) step sequence.

#### CUBS A

*Free Skating only Girls and Boys (2009/2010) 2 min. 30 sec., +/- 10 sec.*

- a) maximum of four (4) jump elements (one of which must be an Axel type jump);
- b) maximum of two (2) jump combinations or sequences (Only one jump combination may consist of three (3) jumps); A jump sequence consists of 2 (two) jumps of any number of



- revolutions, beginning with any listed jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump
- c) maximum of two (2) spins of a different nature, one of which must be a spin combination with one (1) change of foot and at least one (1) change of position (minimum of three (3) revolutions on each foot), one spin is optional (minimum of three (3) revolutions);
  - d) one step sequence.

### **Important!**

1. In all categories listed above the Program Components are only judged in
  - Skating Skills
  - Performance / executionThe Factor of the Program Components is • 2.5
2. In all elements which are subject to Levels, only features up to Level 2 will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.
3. Evaluation is in accordance with ISU Communication No. 2242 (or any update of this Communication).
4. No jump with the same name may be repeated more than twice including Axel type jumps.
5. There shall be no bonus for difficult elements in the second half of the program
6. Time violation — 0.5 point deduction for every 5 seconds in excess
7. Falls — 0.5 point deduction for every fall
8. Interruption — 2.5 (till 3 min.)
9. Warm up group up to 10 skaters
10. Warm up 4 min.

## **B class**

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### **PRE-CHICKS B**

*Free Skating Girls and Boys (2013 and younger) 2 min., +/- 10 sec.*

- a) maximum of four (4) jump elements minimum of two (2) jump elements
- b) maximum of two (2) jump combinations (jump combination can contain only two (2) jumps)
- c) maximum of two (2) spins of a different nature (minimum of 3 revolutions each)
- d) one (1) step sequence.

Axel, Lutz, Flip and double (2) jumps are not allowed in pre-chicks category!



## **CHICKS B**

*Free Skating only Girls and Boys (2011/2012 and younger) 2 min., +/- 10 sec.*

- a) maximum of four (4) jump elements
- b) maximum of two (2) jump combinations (jump combination can contain only two (2) jumps)
- c) maximum of two (2) spins of a different nature (minimum of 3 revolutions each);
- d) one (1) step sequence.

Axel and double (2) jumps are not allowed.

## **CUBS B**

*Free Skating only Girls and Boys (2009/2010) 2 min. 30 sec., +/- 10 sec.*

- a) maximum of four (4) jump elements
- b) maximum of two (2) jump combinations or sequences (Only one jump combination may consist of three (3) jumps). A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any listed jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump
- c) maximum of two (2) spins of a different nature (minimum of three (3) revolutions);
- d) one step sequence.

Axel and one (1) double jump are allowed not more than two (2) times.

2F and 2Lz are not allowed in this category!

## **SPRINGS B**

*Free Skating only Girls and Boys (2007/2008) 2 min. 30 sec., +/- 10 sec.*

- a) maximum of four (4) jump elements (one of which must be an Axel type jump)
- b) maximum of two (2) jump combinations or sequences (Only one jump combination may consist of three (3) jumps). A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any listed jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump
- c) maximum of two (2) spins of a different nature (minimum of three (3) revolutions)
- d) one step sequence.

Maximum 2 (two) different double jumps are allowed and they cannot be repeated more than twice.





2A, 2F and 2Lz are not allowed in this category!

### Important!

1. In all categories listed above the Program Components are only judged in
  - Skating Skills
  - Performance / executionThe Factor of the Program Components is • 2.0
2. In all elements which are subject to Levels, only features up to Level Base and Level 1 for Springs will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel
3. Evaluation is in accordance with ISU Communication No. 2242 (or any update of this Communication)
4. No jump with the same name may be repeated more than twice including Axel type jumps
5. There shall be no bonus for difficult elements in the second half of the program
6. Time violation — 0.5 point deduction for every 5 seconds in excess
7. Interruption — 2.5 (till 3 min.)
8. Warm up group up to 10 skaters
9. Warm up 4 min.
10. Falls Pre-Chicks — 0.25 point deduction for every fall
11. Chicks B, Cubs B, Springs B — 0.5 point deduction for every fall.

## C class

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### PRE-CHICKS C

*Free Skating only Girls and Boys (2013 and younger) 2 min., +/- 10 sec.*

*Please note! "C" category meant for the VERY beginning level skaters!*

- a) maximum of four (4) jump elements minimum of two (2) jump elements
- b) maximum of two (2) jump combinations (jump combination can contain only two (2) jumps)
- c) maximum of two (2) spins, each spin in 1 (one) position will be counted (minimum three (3) revolutions for each spin). All the other spins will be ignored by Technical Panel
- d) one (1) step sequence (2/3 ice covered)

Waltz jump is allowed in Pre Chicks C category and has a value 0.20.

Axel, Lutz, Flip and double jumps are not allowed.



## CHICKS C

*Free Skating only Girls and Boys (2011/2012 and younger) 2 min., +/- 10 sec.*

*Please note! "C" category meant for the VERY beginning level skaters!*

- a) maximum of four (4) jump elements
- b) maximum of two (2) jump combinations (jump combination can contain only two (2) jumps)
- c) maximum of two (2) spins, each spin in 1 (one) position will be counted (minimum three (3) revolutions for each spin). All the other spins will be ignored by Technical Panel
- d) one (1) step sequence

Waltz jump is allowed in Chicks C category and has a value 0.20.

Axel, Lutz, Flip and double jumps are not allowed.

### Important!

1. In all categories listed above the Program Components are only judged in
  - Skating Skills
  - Performance / execution

The Factor of the Program Components is • 2.0

2. In all elements which are subject to Levels, only features up to Level Base will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel
3. Evaluation is in accordance with ISU Communication No. 2242 (or any update of this Communication)
4. No jump with the same name may be repeated more than twice including Axel type jumps
5. There shall be no bonus for difficult elements in the second half of the program
6. Time violation — 0.5 point deduction for every 5 seconds in excess
7. Falls — 0.25 point deduction for every fall
8. Interruption — 0.5
9. Warm up group up to 10 skaters
10. Warm up 4 min.

## D class

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## CHICKS D

*Free Skating only Girls and Boys (2011/2012 and younger) 2 min. 30 sec., +/- 10 sec.*

- a) maximum of four (4) jump elements



- b) maximum of two (2) jump combinations or sequences (Only one (1) jump combination may consist of three (3) jumps). A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any listed jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump
- c) maximum of two (2) spins of different (minimum three (3) revolutions)
- d) one (1) step sequence

Axel and one (1) double jump are allowed not more than two (2) times.  
2F and 2Lz are not allowed in this category!

## **BEGINNERS ISU Judging system**

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### **Beginners born 2008-2010 and younger**

*Girls, Boys Free Program: max. 2 min. (+/- 10 sec) (axel and double jumps are forbidden)*

- a) Maximum four (4) jump elements
  - at least two (2) of them are solo jumps
  - at least one (1) and no more than two (2) are jump combinations (jump combination can contain only two (2) jumps)
- b) At least one (1) but not more than two (2) spins min. three (3) revolutions
- c) Step sequence (2/3 cover of the ice, straight line, circular or serpentine)

Axel and double jumps are not allowed!

In occasion of much entries the category may be divided.

### **Beginners born 1999-2003 and 2004-2007**

*Girls, Boys Free Program: max. 2 min. 30 sec. (+/-10 sec)*

- a) Maximum five (5) jump elements
  - at least two (2) of them are solo jumps
  - at least one (1) and no more than three (3) are jump combinations or sequences (Only one jump combination may consist of two (2) jumps). A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any listed jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump.
- b) At least one (1) but not more than two (2) spins min. four (4) revolutions
- c) Step sequence (2/3 cover of the ice, straight line, circular or serpentine).



Maximum one (1) Axel and one (1) double jump are allowed.

### **Beginners born 1988-1998**

*Girls, Boys Free Program: 2 min. 30 sec. (+/-10 sec)*

- a) Maximum five (5) jump elements
  - at least two (2) of them are solo jumps
  - at least one (1) and no more than three (3) are jump combinations or sequences (Only one jump combination may consist of three (3) jumps). A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any listed jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump
- b) At least one (1) but not more than two (2) spins min. four (4) revolutions
- c) Step sequence (2/3 cover of the ice, straight line, circular or serpentine)

Maximum one (1) Axel and one (1) double jump are allowed.

### **Important!**

1. In all categories listed above the Program Components are only judged in
  - Skating Skills
  - Performance/executionThe Factor of the Program Components is • 1.8
2. In all elements which are subject to Levels, only features up to Level Base will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel
3. Evaluation is in accordance with ISU Communication No. 2242 (or any update of this Communication)
4. No jump with the same name may be repeated more than twice including Axel type jumps
5. There shall be no bonus for difficult elements in the second half of the program
6. Time violation - 1.0 point deduction for every 5 seconds in excess
7. Falls — 1.0 point deduction for every fall
8. Interruption — 0.5
9. Warm up group up to 10 skaters
10. Warm up 4 min.

## **HOBBY CLASS (Adult Figure Skating)**

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ISU Judging system



AGE GROUP NAME	AGE (YEARS)	BIRTH DATE
Youth class	13 – 18	from 01.07.2001 to 30.06.2006
I Class	18 – 28	from 01.07.1991 to 30.06.2001
II Class	28 – 38	from 01.07.1981 to 30.06.1991
III Class	38 – 48	from 01.07.1971 to 30.06.1981
IV Class	48 – 58	from 01.07.1961 to 30.06.1971
V Class	58 – 68	from 01.07.1951 to 30.06.1961
VI Class	68+	to 30.06.1951

## 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 may consist of two (2) jumps of any number of revolutions beginning with any listed jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump.
  - Each listed jump may be performed a maximum of two (2) times.
  - Please note that the half-loop when only used in combination/sequence, in between two listed jumps, is considered as a listed jump.
  - 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.
  - The change of foot in any spin must be preceded and followed by a spin position with at least three (3) revolutions. If this requirement is not fulfilled, the spin will be marked with V symbol.





- c) A maximum of one (1) step sequence, fully utilizing the ice surface.

The maximum time 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 five (5) jump elements, consisting of single jumps (including the single Axel). Double Flip, double Lutz, double Axel and Triple jumps are not permitted. There may be up to three (3) jump combinations or jump sequences in the free program.
- One (1) jump combination may consist of up to three (3) listed jumps. Two (2) jump combinations may consist of two (2) listed jumps.
  - A jump sequence consists of two (2) listed jumps of one or two revolutions, beginning with any listed jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump. Jumps which are highlighted in bold above are forbidden.
  - Each listed jump may be performed a maximum of two (2) times.
  - Please note that the half-loop when only used in combination/sequence, in between two listed jumps, is considered as a listed jump.
  - Non-listed jumps may be included in the program as part of connecting footwork.
- b) A maximum of three (3) spins of a different abbreviation, one (1) of which must be a spin combination with a change of foot and one (1) of which must be a flying spin or a spin with a flying entrance.
- The spins must have a required minimum number of revolutions: four (4) for any spin with no change of foot, and eight (8) for any spin with a change of foot.
  - A spin that has no basic position with 2 revolutions will receive no level and no value, however a spin with less than three rotations is considered as a skating movement and not a spin.
  - Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions in each of these positions anywhere within the spin. To receive full value, a spin combination must include all three (3) basic positions.
  - The change of foot in any spin must be preceded and followed by a spin position with at least three (3) revolutions. If this requirement is not fulfilled, spin will be marked with V symbol.
- c) A maximum of one (1) step sequence, fully utilizing the ice surface.

The maximum time 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 spins and step sequence. Any additional features will not count for level requirements and will be ignored by the Technical Panel.

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

Each fall shall receive a deduction of 1.0

## Free Skating Silver

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

- a) A maximum of five (5) jump elements, consisting of any single jumps (including the single Axel). Double jumps and triple jumps are not permitted. There may be up to two (2) jump combinations or jump sequences in the free program.
  - One (1) jump combination may consist of up to three (3) listed jumps. The other jump combination may consist of two (2) listed jumps.
  - A jump sequence may consist of two (2) listed jumps of one revolution, beginning with any listed jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump.
  - Each listed jump may be performed a maximum of two (2) times.
  - Please note that the half-loop when only used in combination/sequence in between two listed jumps, is considered as a listed jump.
  - 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 six (6) 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.
  - The change of foot in any spin must be preceded and followed by a spin position with at least three (3) revolutions. If this requirement is not fulfilled, the spin will be marked with V symbol.
- c) A maximum of one (1) choreographic sequence, utilizing at least half (1/2) of the ice surface.
  - A choreographic sequence consists of any kind of movements like steps, turns, spirals, arabesques, spread eagles, Ina Bauers, hydroblading, transitional (unlisted) jumps, spinning movements, etc.



- The pattern is not restricted.
- A choreographic sequence has a base value and will be evaluated by the judges in GOE only.

The maximum time is 2 minutes +/-10 seconds, but may be less.

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 0.5

### **Free Skating Bronze**

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

- 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.
- 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.
  - The change of foot in any spin must be preceded and followed by a spin position with at least three (3) revolutions. If this requirement is not fulfilled, the short part of the spin will be ignored including any features.
  - Only features up to and including Level 1 will be counted. Any additional features will not count for level requirements and will be ignored by the Technical Panel.
- A maximum of one (1) choreographic sequence utilizing at least half (1/2) of the ice surface.
  - A choreographic sequence consists of any kind of movements like steps, turns, spirals, arabesques, spread eagles, Ina Bauers, hydroblading, transitional (unlisted) jumps, spinning movements etc.



- The pattern is not restricted.
- A choreographic sequence has a base value and will be evaluated by the judges in GOE only.

The maximum time 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 point.

### **Free Skating Pre-Bronze**

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

- a) A maximum of three (3) jump elements, consisting only of half-jumps and single jumps. Single Flip, single Lutz and Waltz-jump, double jumps and triple jumps are not permitted. There may be only one (1) jump combinations or jump sequences in the free program.
  - There is no restriction on repetitions of jumps.
- b) A maximum of one (1) spin, which must be a spin in one position with no change of foot.
  - The spin must have minimum of three (3) revolutions
  - Level Base is the maximum
- c) A maximum of one (1) choreographic sequence utilizing at least half (1/2) of the ice surface.
  - A choreographic sequence consists of any kind of movements like steps, turns, spirals, arabesques, spread eagles, Ina Bauers, hydroblading, transitional (unlisted) jumps, spinning movements etc.
  - The pattern is not restricted.
  - A choreographic sequence has a base value and will be evaluated by the judges in GOE only.

The maximum time 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 point.

### **Free Skating Adult Beginners**

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

- a) Jump elements



- One jump should be Waltz-jump or jump from two legs with landing on two legs.
- Jumps more than single are forbidden.
- b) Spins
  - One spin in two legs (minimum of two (2) revolutions).
- c) One choreographic sequence.
  - Swizzle, scissors, fishes, sculling, Wiggle, Arabesque spiral and others (in any order of your choice).

Vocal music can be used.

The maximum time is 1 minute.

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

The warm-up duration is five (5) minutes.

Each fall shall receive a deduction of 0.5 point.





# Technical Requirements – Artistic Free Skating

## General Requirements for Artistic Free Skating

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

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

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

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

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

The program must be developed through skating skill and quality rather than through non-skating actions such as sliding on one knee or excessive use of toe steps, which should be used only to reflect the character of the program and to underline the rhythm and nuances of the chosen music. The skater/pair must not remain in one place for more than five (5) seconds. Any element exceeding the maximum number as set forth below will be judged as an illegal element (1.0 deduction). If there is no jump or no spin element included or only a jump and no spin or vice versa a deduction for a “missing element” of 1.0 will be made. The Referee is responsible for such deductions.

Clothing and make-up must be modest, dignified and appropriate for athletic competition – not garish or theatrical in design. Clothing may, however, reflect the character of the music chosen. Clothing must not give the effect of excessive nudity. The theme of the program should be clear from the skating movements and choreography – regardless of what the skater is wearing. Props and accessories may not be used in any part of the artistic programs. Any item that is held in the hand or removed during the performance is considered a prop. Thus, for example, a



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

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

Illegal elements:

- Somersault type jumps Composition
- Laying on the ice and prolonged and/or stationary kneeling on both knees on the ice.

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

## **Artistic Free Skating**

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

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

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

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

