



ANNEX C: TECHNICAL REQUIREMENTS FOR ADULTS

Adult categories of Easter Skate 2018 will be conducted in accordance with the Oberstdorf 2018 rules as per <http://www.isu.org/docman-documents-links/isu-files/event-documents/adult-figure-skating/related-documents-1/15294-technical-rules-2018/file> with the exception of the Steel category for which the Skate Berlin 2018 rules apply.

Age categories for Ladies and Men Free Skating events:

Young Adults	skaters born between	1st July 1989 and 30th June 1999
Class I	skaters born between	1st July 1979 and 30th June 1989
Class II	skaters born between	1st July 1969 and 30th June 1979
Class III	skaters born between	1st July 1959 and 30th June 1969
Class IV	skaters born between	1st July 1949 and 30th June 1959
Class V	skaters born between	1st July 1937 and 30th June 1949

- When 36 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 event, age categories will 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 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 combination may consist of the same or another single, double or triple jump.
 - 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. 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 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 short part of the spin will be ignored including any features.
- c. A maximum of one (1) step sequence, fully utilizing the ice surface.
 - Only the first executed attempt of a step sequence will contribute to the technical score.
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VOCAL MUSIC MAY BE USED

The maximum time is 3 minutes and 10 seconds, but may be less.

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

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

Free Skating Gold

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

- a. A maximum of six (6) jump elements, consisting of single jumps (including the single Axel) or double jumps. **Double Flip, double Lutz, double Axel and Triple jumps are not permitted.** There may be up to three (3) jump combinations or jump sequences in the free program.
 - One (1) jump combination may consist of up to three (3) listed jumps. Two (2) jump combinations may consist of two (2) listed jumps.
 - A jump combination may consist of the same or another single or double jump, with the exception of the jumps in **bold** above.
 - A jump sequence may consist of any number of single and double jumps, with the exception of the jumps in **bold** above, 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 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, the short part of the spin will be ignored including any features.

- c. A maximum of one (1) step sequence, fully utilising the ice surface.
- Only the first executed attempt of a step sequence will contribute to the technical score.

VOCAL MUSIC MAY BE USED

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

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.

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.
 - The change of foot in any spin must be preceded and followed by a spin position with at least three (3) revolutions. If this requirement is not fulfilled, the short part of the spin will be ignored including any features.
- c. A maximum of one (1) step sequence, utilising at least half (1/2) of the ice surface.
- Only the first executed attempt of a step sequence will contribute to the technical score.

VOCAL MUSIC MAY BE USED

The maximum time is 2 minutes and 10 seconds, but may be less.

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

Only features up to and including Level 2 will be counted for the spins and step sequence. Any additional features will not count for level requirements and will be ignored by the Technical Panel. The warm-up duration is six (6) minutes.

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.
 - 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.
- 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.
 - The change of foot in any spin must be preceded and followed by a spin position with at least three (3) revolutions. If this requirement is not fulfilled, the short part of the spin will be ignored including any features.
 - Only features up to and including Level 1 will be counted. Any additional features will not count for level requirements and will be ignored by the Technical Panel.
- c. A maximum of one (1) choreographic sequence 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.
 - A choreographic sequence has a base value and will be evaluated by the judges in GOE only.

VOCAL MUSIC MAY BE USED

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

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

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

Free Skating Steel

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

- a. **A maximum of three (3) jump elements.** Only Salchow and Toeloop are permitted. Any jump can be repeated only once. There may be one jump combination or jump sequence in the Free Program. A jump combination may consist of the same or another single jump. A jump sequence may consist of any number of 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. Only the two jumps with the highest value will count. If a jump is repeated without combination or sequence the repetition rule will apply, i.e. only 70% of the base value



of the jump element will be counted.

- b. A maximum of two (2) spins; the spins must have a required minimum number of revolutions: two (2) for the spin with only one position and no change of foot and four (2 + 2) for the spin with change of foot. There must be a minimum of two (2) revolutions in each position or the position will not be counted. Combination and Flying spins are not permitted. It is allowed to show two same spins, for example two (2) Uprightspins.

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

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

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

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

Technical Requirements – Artistic Free Skating

Competitions will be held at the Masters Elite, Masters, Gold, Silver, Bronze and Steel 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 **maximum** time for Masters Elite and Masters Artistic Free Skating is 2 minutes and 10 seconds, but may be less.

The **maximum** time for Gold, Silver, Bronze and Steel Artistic Free Skating is 1 minute and 40 seconds but may be less.

VOCAL MUSIC MAY BE USED

General Requirements for Artistic Free Skating

The artistic events consist of 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 skater's 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 recognizable 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
- Lying 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.