



2017 - 2018 ADULTSKATE TECHNICAL PROGRAM REQUIREMENTS Singles, Pair & Ice Dance

July 18, 2017

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PART A: TECHNICAL PROGRAM REQUIREMENTS INTRODUCTION

Please review the entire Adult Technical Program Requirements when developing programs in preparation for the 2017-2018 skating season. Any changes to the well-balanced program requirements from last season are indicated with an underline or ~~strikethrough~~.

Program Times:

Adult programs have no minimum program time assigned. This will allow skaters to meet their various goals for the season whether that is to pass a STAR test, compete at an ISU or a USFS event, or compete at a Skate Canada Adult Figure Skating event.

Music Requirements:

Vocal music is permitted in all events. If vocal music is chosen, the piece(s) must contain lyrics in good taste and appropriate for competition.

Falls:

All falls on elements or in isolation will be called.

Well Balanced Program Requirements:

Maximum element requirements have been established for all Adult Free Skating, Adult Free Dance, and Adult Pair events. Note that these are identified as only maximum requirements, but there are no minimum requirements.

Elements that may be assigned a level of difficulty (i.e. spins, step sequences, lifts, etc.), they may be called up to a Level 4 for all categories.

Category Requirements

Skaters are expected to enter the appropriate category(ies) based on the technical program requirements. It is expected that skaters will skate to their ability.

Age Categories:

The following age categories apply to Singles Free Skating and Interpretive events:

Young Adult	18 – 24 years
Class I	25 – 35 years
Class II	36 – 45 years
Class III	46 – 55 years
Class IV	56 years & over

PART B: SINGLES FREE SKATING

Adult Intro Open Free Skating

A maximum program time of 1:40 minutes. Program time may be shorter.

7 Elements

- 1) Four jump elements:
 - a) Must include a Waltz jump
 - b) Must include single Salchow + single toe-loop combination
 - c) Two other jumps, no higher than single loop
- 2) Two spin elements:
 - a) Two spins of any nature, one position, and no flying entry.
NOTE for this category only: A skater will be permitted to do two upright spins if they prefer as long as one spin is a forward entry and the other spin is a back entry (i.e. a back spin). An exception will be made to the regulation requiring spins to be different codes.
- 3) Forward Spiral Sequence: A sequence of two forward spirals; one spiral on each foot, unassisted position; on either inside or outside edge.

Adult Bronze Free Skating

A maximum program time of 2:40 minutes. Program time may be shorter.

7 Elements

- 1) Maximum four jump elements composed of single jumps
 - a) Single Axel, double jumps and triple jumps are not permitted
 - b) No jump can be included more than twice and if a jump is repeated it must be in combination or sequence
 - c) Maximum of two jump combinations and/or sequences included. Jump combinations may contain no more than two jumps
- 2) Maximum of two spins
 - a) One spin must be a one-position spin (i.e. upright spin, sit spin, camel spin)
 - b) One spin of any nature
 - c) Flying spins are not permitted
- 3) Maximum one choreographic sequence, covering at least half of the ice surface

Adult Silver Free Skating

A maximum program time of 3:10 minutes. Program time may be shorter.

9 Elements

- 1) Maximum five jump elements
 - a) May include a single Axel jump
 - b) Double and triple jumps are not permitted
 - c) No jump can be included more than twice and if a jump is repeated it must be in combination or sequence
 - d) Maximum of three jump combinations and/or sequences. Jump combinations may contain no more than two jumps.
- 2) Maximum three spin elements
 - a) One of which must be a combination spin with at least one change of foot
 - b) All spins must be of a different nature (different spin codes)
- 3) Maximum one choreographic sequence, ~~covering at least half of the ice surface~~

Adult Gold Free Skating

A maximum program time of 3:40 minutes. Program time may be shorter.

10 Elements

- 1) Maximum six jump elements
 - a) May include an Axel jump, single and double jumps (no higher than double loop)
 - b) No jump can be included more than twice and if a jump is repeated it must be in combination or sequence
 - c) Maximum of three jump combinations and/or sequences. Jump combinations may contain no more than two jumps and must contain no more than one double jump
- 2) Maximum three spin elements
 - a) One spin must be a combination spin with at least one change of foot and two basic positions
 - b) One spin must be a flying spin
 - c) One spin may be of any nature
- 3) Maximum one choreographic sequence. ~~The chosen sequence must fully utilize the ice.~~

Adult Masters Free Skating

A maximum program time of 4:10 minutes. Program time may be shorter.

11 Elements

- 1) Maximum seven jump elements
 - a) All single and double jumps are permitted (triple jumps are not permitted)
 - b) One must be an Axel-type take-off
 - c) No jump can be included more than twice and if a jump is repeated it must be in combination or sequence.
 - d) Maximum of three jump combinations and/or sequences. Jump combinations may contain no more than two jumps.
- 2) Maximum three spins
 - a) One spin must be a combination spin with at least one change of foot and two basic positions
 - b) One spin must be a flying spin
 - c) One spin may be of any nature
- 3) Maximum one step sequence fully utilizing the ice

Adult Masters Elite Free Skating

A maximum program time of 4:10 minutes. Program time may be shorter.

11 Elements

- 1) Maximum seven jump elements
 - a) All jumps are permitted
 - b) One must be an Axel-type take-off
 - c) No jump can be included more than twice and if a jump is repeated it must be in combination or sequence
 - d) Maximum of three jump combinations and/or sequences. Jump combinations may contain no more than two jumps.
- 2) Maximum three spins
 - a) One spin must be a combination spin with at least one change of foot and two basic positions
 - b) One spin must be a flying spin
 - c) One spin may be of any nature
- 3) Maximum one step sequence fully utilizing the ice

PART C: INTERPRETIVE EVENTS

Background: Interpretive programs are designed by the skaters and/or coach and focus on the skater's ability to interpret music to create a clear mood/theme or create a story through skating movement. A variety of skating moves should be selected for their value in enhancing the skater's interpretation of the music rather than for their technical difficulty. Movements should not be merely a collection of pleasing or spectacular moves assembled to popular music for the purpose of entertaining an audience (exhibition/show programs). Costumes should be **simple and modest** to enhance the interpretation and should **not be theatrical** in nature. Props of any kind are not permitted.

An interpretive solo is intended through its process to increase body and choreographic vocabulary and awareness, by meeting specific content criteria. The criteria include:

- Compositional form/development of theme (e.g. a completed idea)
- Dynamics (e.g. sustained, collapse, sharp, smooth)
- Use of space (e.g. planes, directions, indirect, asymmetric shapes)
- Use of full body (e.g. torso, head, hands, legs, feet)
- Use of music (e.g. phrasing, style, awareness and sensitivity to musical elements while performing)

NOTE: In the Open Adult Interpretive Couples category, overhead lifts are not permitted. Small lifts which may be either ascending and descending or rotational in character, in which one partner does not raise their hands higher than the shoulder level, are permitted. Inclusion of any overhead lifts will be considered as an illegal element.

Event	Recommended Skating Level	Program Time
Adult Introductory Interpretive	For skaters approximately at the Intro Open Free Skating category level	One Interpretive program maximum of 2:00 minutes in length
Adult Bronze Interpretive	For skaters approximately at the Bronze Free Skating level	One Interpretive program maximum of 3:00 minutes in length; time may be shorter
Adult Silver Interpretive	For skaters approximately at the Silver Free Skating level	
Adult Gold Interpretive	For skaters approximately at the Gold and/or Masters Free Skating level	
Adult Elite Interpretive	For skaters approximately at the level of former competitive skaters	
Adult Open Couples Interpretive	For skaters approximately at the Bronze to Silver Free Skating level (both skaters)	
Adult Open Masters Couples Interpretive	For skaters approximately at the Gold to Elite Masters Free Skating level (both skaters)	

Skaters must submit, prior to the competition, the title of the chosen theme.

Note: Those skaters/couples wishing a more theatrical performance are encouraged to enter the "Showcase" categories.

PART D: DANCE EVENTS

COUPLES PATTERN DANCE:

Dance teams may be composed of one woman and one man, two women or two men.

Event	Dance #1	Dance #2
Adult STAR 4/5 Dance	Fiesta Tango (2 sequences)	Willow Waltz (2 sequences)
Adult STAR 6/7 Dance	European Waltz (2 sequences)	Keats' Foxtrot (2 sequences)
Adult STAR 7/8 Dance	Harris Tango (2 sequences)	Starlight Waltz (2 sequences)
Adult STAR 9/10 Dance	Paso Doble (2 sequences)	American Waltz (2 sequences)
Adult Gold Dance	Westminster Waltz (2 sequences)	Blues (3 sequences)
Adult Elite Dance (for former competitive skaters or skaters approximately at this level)	Westminster Waltz (2 sequences)	Rhumba (3 sequences)

SOLO PATTERN DANCE:

Event	Dance #1	Dance #2
Adult Bronze Solo Dance	European Waltz (2 sequences)	Keats Foxtrot (2 sequences)
Adult Silver Solo Dance	Harris Tango (3 sequences)	Starlight Waltz (2 sequences)
Adult Gold Solo Dance	Westminster (2 sequences)	Cha Cha Congelado (2 sequences)
Adult Elite Solo Dance	Quickstep (3 sequences)	Rhumba (2 sequences)
Adult Open Solo Short Dance	Cha Cha Congelado <u>(Follow criteria as outlined in STAR Technical Program Requirements)</u>	

Note: The number of dance sequences (patterns) to be completed at the Adult competitions is consistent with the evaluated test requirements.

FREE DANCE:

Dance teams may be composed of one woman and one man, two women or two men.

Adult Bronze Free Dance

A maximum program time of 2:00 minutes. Program time may be shorter. Vocal music is permitted.

- 1) Maximum of one short dance lift with a maximum duration of seven seconds
- 2) Maximum of one dance spin with optional positions. A simple spin with no change of foot consisting of at least three revolutions for each partner or a combination spin with change of foot consisting of at least three rotations on each foot is permitted.
- 3) Maximum of one diagonal step sequence – Style B

Adult Silver Free Dance

A maximum program time of 2:40 minutes. Program time may be shorter. Vocal music is permitted.

- 1) Maximum of one short dance lift with a maximum duration of seven seconds
- 2) Maximum of one dance spin with optional positions. A simple spin with no change of foot consisting of at least three revolutions for each partner or a combination spin with change of foot consisting of at least three rotations on each foot is permitted.
- 3) Maximum of one set of synchronized twizzles with up to three steps between
- 4) Maximum of one diagonal step sequence – Style A

Adult Gold Free Dance

A maximum program time of 3:10 minutes. Program time may be shorter. Vocal music is permitted.

- 1) Maximum of two (2) different dance lifts, one short lift with a maximum duration of seven seconds and one long lift with a maximum duration of 12 seconds OR three (3) different types of short lifts (7 seconds each)
- 2) Maximum of one dance spin with optional positions. A simple spin with no change of foot consisting of at least three revolutions for each partner or a combination spin with change of foot consisting of at least three rotations on each foot is permitted.
- 3) Maximum of one set of synchronized twizzles with up to three steps between
- 4) Maximum of one circular step sequence – Style A

PART E: PAIR EVENTS

Pair teams must be comprised of one woman and one man.

Adult Pair

A maximum program time of 3:10 minutes. Program time may be shorter. For skaters approximately at the Bronze to Silver Free Skating level

- 1) Maximum of two different lifts from Group 1 or Group 2 with a minimum half revolution for the man and one revolution for the woman. Variations of the woman's position, no-handed and one-handed lifts, and combination lifts are **not** permitted. Overhead lifts and twist lifts are **not** permitted. A different take-off counts as a different lift. All lifts will be called at Base Level regardless of content.
- 2) Maximum of one throw jump (single only)
- 3) Maximum of one solo jump combination or sequence
- 4) Maximum of one pair spin (may be in combination)
- 5) Maximum of one spiral figure or death spiral
- 6) Maximum of one spiral sequence

Adult Masters Pair

A maximum program time of 3:10 minutes. Program time may be shorter. For skaters approximately at the Gold to Elite Masters Free Skating level

- 1) Maximum of three different lifts, one of which may be a twist lift. All lifts will be called at Base Level regardless of content.
- 2) Maximum of two throw jumps (single or double)
- 3) Maximum of one solo jump. Single, double or triple jumps are permitted. Any solo jump can be repeated only once and this repetition must be done either in a jump combination or in a jump sequence.
- 4) Maximum of one solo jump combination or sequence
- 5) Maximum of one pair spin (may be in combination)
- 6) Maximum of one solo spin (may be in combination).
- 7) Maximum of one spiral figure or death spiral.
- 8) Maximum of one choreographic step sequence ~~(any pattern)~~

Part F: SUPPLEMENTARY EVENTS

SHOW CASE (USFS Dramatic and Light Skate Entertainment)

Background: Showcase programs are designed by the skaters and/or coach and focus on the skater's ability to entertain an audience through use of theatrics or artistic abilities. Programs may tell a story, create a mood or have an obvious theme. Costumes and props are permitted within the restrictions (feather boas are not permitted).

Event	Recommended Skating Level	Program Time
Adult Introductory Showcase	For skaters approximately at the Intro Open Free Skating category level	Maximum 1:40 minutes
Adult Bronze Showcase	For skaters approximately at the Bronze Free Skating level	Maximum 1:40 minutes
Adult Silver Showcase	For skaters approximately at the Silver Free Skating level	Maximum 1:40 minutes
Adult Gold Showcase	For skaters approximately at the Gold and/or Masters Free Skating level	Maximum 1:40 minutes
Adult Elite Showcase	For skaters approximately at the level of former competitive skaters	Maximum 1:40 minutes
Adult Open Couples Showcase	For skaters approximately at the Bronze to Silver Free Skating level (both skaters)	Maximum 1:40 minutes
Adult Open Masters Couples Showcase	For skaters approximately at the Gold to Elite Masters Free Skating level (both skaters)	Maximum 1:40 minutes

Program content requirements and event procedures for all levels are as follows:

- Theatrical costumes and hand props are permitted. Feathers and boas of any type are not permitted.
- Vocal music is permitted.
- A maximum of 1 minute will be permitted prior to each performance for the skater(s) to warm-up and set-up any props as necessary.
- All single jumps are permitted. Jumps of any higher rotation will be subject to an illegal element violation if included.

Team Elements (USFS Team Maneuvers)

Each team will consist of three to five members with one element performed by each member. Both men and women may compete on the same team. Each skater may perform no more than two elements. Skaters do not have to represent the same club. A skater may only compete on one team. Skaters may skate up one level from their Free Skate level.

Event	Recommended Skating Level	Elements
Bronze Team	For skaters approximately at the Bronze Free Skating level	<ol style="list-style-type: none"> 1. Waltz + Single Toe Loop 2. Any single + single combination jump 3. Spiral (forward and backward) 4. One foot spin (either forward or backward) 5. Sit Spin (min 3 revs)
Silver Team	For skaters approximately at the Silver Free Skating level	<ol style="list-style-type: none"> 1. Axel 2. Any single + single combination jump 3. Layback or cross foot spin 4. Camel/sit spin combination 5. Spiral OR step sequence
Gold Team	For skaters approximately at the Gold and/or Masters Free Skating level	<ol style="list-style-type: none"> 1. Axel 2. Any combination jump/sequence 3. Layback or cross foot spin 4. Any spin combination – may be flying entry 5. Spiral OR step sequence

PART G: ILLEGAL ELEMENTS/MOVEMENTS

The following will be identified as an illegal element/movement in any Adult program:

- Somersault type elements including cartwheels, back flips and rolling on the ice.
- Lying and/or prolonged stationary kneeling on both knees on the ice at any moment including the splits on the ice.
- Kneeling or sliding (two knees, legs or combination of body parts) or supporting oneself on the ice with a hand(s).

PART H: DEDUCTIONS

Refer to the Skate Canada CPC Event Procedures and Guidelines for STARSkate & AdultSkate for a full list of deductions.

Timing

- The time of a free skating, interpretive or free dance program must begin from the moment the skater begins to move or to skate until arriving at a complete stop at the end of the program.
- Each skater must take the starting position of each segment of the competition no later than thirty seconds after he/she is called to start. If the time has expired and the skater has not yet taken the starting position, the referee shall apply a deduction of 1.0 point (deducted from the final score). If more than sixty seconds from the call to the start have expired and the skater has not yet taken the starting position, he/she will be considered as withdrawn. The first competitor in a warm-up group will be granted an extra time of 30 seconds after he/she is called to the start. The timing procedure as described above will start after that 30-second extra time period.

Interruptions

- In case of an interruption in the program, the allowed three-minute period before the continuation commences immediately after the referee has stopped the performance with a loud signal.

Costumes

- Clothing worn in competitions must be modest, dignified and appropriate for athletic competition and must not give the effect of excessive nudity for athletic sport. No tights for men are permitted; women may wear skirts, trousers or tights. Women must wear a skirt for Pattern dance events. Sleeveless costumes are permitted for women only. Clothing may reflect the character of the music. The safety of the skater must be a major consideration in the selection of clothing. Tails, boot covers, and trailing fabric that could trip the skater should be avoided.

Props (not including Showcase categories)

- Props may not be used. Any item that is held in the hand or removed during the performance is considered to be a prop. Thus, for example, a hat worn throughout the program is not considered to be a prop, but becomes one if it is intentionally removed or manipulated at any point during the performance. If an item falls off on its own, it is not a prop; however, a deduction will be taken for part of the costume falling onto the ice.