2011-2012 ADULTSKATE PRE-EVENT TECHNICAL PACKAGE

(July, 2011)

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PART A: TECHNICAL PACKAGE INTRODUCTION

Please review the entire Adult Technical Package when developing programs in preparation for the 2011-2012 skating season. Any changes to the well balanced program requirements from last season are indicated with an underline or ~~strikethrough~~. The requirements and guidelines in the Technical Package will be used at the 2012 Skate Canada Adult Figure Skating Championships. For all other events, please refer to the appropriate event announcement for any additional information or clarifications.

Program Times: Adult free skating programs have no minimum program time assigned. Adult Interpretive programs will not be penalized for a program time of less than 2:00 minutes. This will allow skaters to meet their various goals for the season whether that is to pass a STARSkate test, compete at an ISU or a USFS event, or compete at the Skate Canada Adult Figure Skating Championships. Officials are not to penalize or award skaters for varying program times.

Well Balanced Program Requirements: Maximum jump and spin requirements have been established for all Adult free skating categories. Note that these are identified as maximum requirements, but there are no minimum requirements. These maximums have been put in place to allow adult skaters to test and compete domestically and internationally with virtually the same program.

PART B: SINGLES FREE SKATING

Adult Bronze Free Skating

Must not have passed the complete Junior Bronze Free Skate test.

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

1) Maximum four jump elements composed of single jumps
   a) Axels, double or triple jumps are not permitted
   b) No jump can be included more than twice and there can be a maximum of two different jumps repeated
   c) These jumps may be repeated as individual jumps and in jump combinations and sequences
   d) Maximum of two jump combinations 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 may be a spin combination (change of foot optional)
   c) Flying spins are not permitted
3) Maximum one step or spiral sequence (circular, straight line, serpentine)

Adult Silver Free Skating

Must have passed the complete Junior Bronze Free Skate test, but not the complete Senior Bronze Free Skate test.

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

1) Maximum five different jump elements
   a) May include a single Axel jump. No double jumps or triple jumps are permitted
   b) No jump can be included more than twice and there can be a maximum of two different jumps repeated
   c) Any repeated jump must be in combination or sequence
   d) At least one jump combination or sequence of jumps must be included up to a maximum of three combinations and/or sequences. Jump combinations may contain no more than two jumps.
2) Maximum three spins of a different nature (i.e. upright spin, sit spin, camel spin, flying spins)
   a) One must be a spin combination (change of foot mandatory)
   b) One may be a flying spin one position no change of foot
3) Maximum one step or spiral sequence (circular, straight line, serpentine)

Adult Gold Free Skating

Must have passed the complete Senior Bronze Free Skate test, but not the complete Junior Silver Free Skate test.

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

1) Maximum six jump elements
   a) May include an Axel jump, single and double jumps
   b) No jump higher than a double loop is permitted
   c) No jump can be included more than twice and there can be a maximum of two different jumps repeated
   d) Any repeated jump must be in combination or sequence
   e) At least one jump combination or sequence of jumps must be included up to a maximum of three combinations or sequences. Jump combinations may contain no more than two jumps.
2) Maximum three spins of a different nature (i.e. upright spin, sit spin, camel spin)
   a) One spin must be a combination (change of foot mandatory)
   b) One spin must be a flying spin
   c) One spin may be of any nature
3) Maximum one step or spiral sequence (circular, straight line, serpentine)

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Adult Masters Free Skating

Must have passed the complete Junior Silver Free Skate test or higher, but no competitive Singles test. The Masters Free Skating event may be divided into more than one group if necessary depending on the level of entries received.

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

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 there can be a maximum of three different jumps repeated
   d) Any repeated jump must be in combination or sequence
   e) At least one jump combination or sequence of jumps must be included up to a maximum of three combinations and/or sequences. Jump combinations may contain no more than two jumps.
2) Maximum three spins of a different nature (i.e. upright spin, sit spin, camel spin)
   a) One spin must be a combination (change of foot mandatory)
   b) One spin must be a flying spin
   c) One spin may be of any nature
3) Maximum one step or spiral sequence (circular, straight line, serpentine)

Adult Competitive Free Skating

Must have passed a complete Competitive Singles Free Skate test. The Adult Competitive category will not be divided by age class unless entry numbers warrant.

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

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 there can be a maximum of three different jumps repeated
   d) Any repeated jump must be in combination or sequence
   e) At least one jump combination or sequence of jumps must be included up to a maximum of three combinations or sequences. Jump combinations may contain no more than two jumps.
2) Maximum three spins of a different nature (i.e. upright spin, sit spin, camel spin)
   a) One spin must be a combination (change of foot mandatory)
   b) One spin must be a flying spin
   c) One spin may be of any nature
3) Maximum one step or spiral sequence (circular, straight line, serpentine)

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DESCRIPTIONS OF ELEMENTS:

Jump Elements: a jump element is defined as an individual jump, a combination jump or a jump sequence

- When counting jump elements, a combination jump counts as one jump element and a jump sequence counts as one jump element.

  Example: 1A, 2T and 2S+2Tcombination are three jump elements even though there are four jumps

  Example: 1Lz+mazurka+1T sequence, 1Lo+1Lo combination and 1A are three jump elements even though there are five jumps.

  Note: As per decision of the 2010 ISU Congress, the half loop is now identified as a listed jump when used in combinations/sequences and will receive the value of a single loop. When executed separately, half-loop stays as unlisted jump.
- No three jump combination allowed. If a three jump combination is attempted, it will receive no value and take up a jumping box in CPC or will be subject to a 0.4 deduction in 6.0.
- In every program there must be a forward take-off jump (referred to as an "Axel-type" jump). This typically will be either a waltz jump or one of the Axel jumps. If an Axel-type jump is not included, but the skater performed the maximum allowed number of jumps, the last executed of the allowed number of jumps will not count for points in CPC. In 6.0 there will be a 0.2 deduction in the technical score for a missing requirement.
- There are a maximum number of jump elements that may be included in every category. Jump elements (individual, combination or sequences) in excess of this maximum will receive no points in CPC or will be subject to a 0.2 deduction in 6.0.
- No jump may be included more than twice. Further, if a jump is repeated (i.e., included twice in a program) one of the jumps must be in combination or sequence. (Note: Jumps of the same name but different rotations are considered as different jumps, i.e. 2Lo and 1Lo are considered as different jumps). If a repeated jump is not performed in combination or sequence, the repeated jump will be treated as a jump sequence with only one jump. It will count in the total number of combinations and sequences allowed. There is no other penalty.
- If a jump is executed that is of a higher level of difficulty than permitted for a given category (i.e. 2Lo executed in an Adult Bronze free skate program) then the jump will receive no points in CPC or will be subject to a 0.4 deduction in 6.0. If said jump is a part of a combination or sequence then the element will still be counted as a combination or sequence; in CPC the other jumps in the element will be scored as per combination or sequence principles of calculation.
- Only two jumps may be repeated in an Adult Bronze, Adult Silver and Adult Gold program. Adult Masters and Adult Competitive cannot repeat more than three jumps. No jump may be included more than twice. Further, if a jump is repeated (i.e. included twice in a program) one of the jumps must be in combination or sequence (Note: Jumps of the same name but different rotations are considered as different jumps, i.e. 2Lo and 1Lo are considered as different jumps). If a repeated jump is not performed in

combination or sequence, the repeated jump should be treated as a jump sequence with only one jump. It will count in the total number of combinations and sequences allowed. There is no other penalty.

Spin Elements: Spin elements include any spin-like movement that has at least three rotations in total. A spin with less than three revolutions is considered a skating movement and not a spin. An attempted spin that happens to rotate less than three revolutions will be called the intended spin "no level" in CPC. The minimum required number of revolutions in a basic position is two without interruption. If this is not fulfilled the position is not counted.
Spin elements are categorized as spins of one position, combination spins and flying spins. In each case there are a maximum number of spins that may receive credit in any program. In addition, there is some content that is mandatory. Spins in excess of the maximum will receive no points in CPC or will be subject to a 0.1 deduction in 6.0.

Note: All spins must be of a different character (must have different abbreviations/ codes). Any spin with the same abbreviation as one executed before will be invalidated, but will occupy a spin box.

Example: (Adult Gold) 1) CCoSp2
2) FCSp3
3) CCoSp4**

Because the first and third spins have the same abbreviation (code), the third spin is invalid and receives no points.

Example 2: (Adult Gold) 1) CCoSp2
2) FCSp3
3) FCCoSp3

In this example the abbreviations (codes) for all three spins are different, as such all three spins are valid and count for points.

- If a spin does not meet one of the requirements for a program and the maximum number of spins has been executed, then in CPC the spin not meeting requirements will be worth 0.00 points. In 6.0 the spin will be subject to a 0.1 deduction.

  Example: Junior Bronze free skate: three spins are executed, two combinations and a spin in one position. There is no spin with a flying entry. In CPC, the last executed spin will receive no points. In 6.0 there will be a 0.1 deduction from the technical score.

Step Sequences: Any step sequences beyond the maximum will receive no points in CPC or will be subject to a 0.1 deduction in 6.0.

- In order to be identified as a step sequence it must cover at least half of the ice surface.

Spiral Sequences: Any spiral sequences beyond the maximum will receive no points (0.00 value) in CPC or will be subject to a 0.1 deduction in 6.0.

- In order to be identified as a spiral sequence there must be at least two spirals each held for a minimum of 3 seconds or one spiral held for a minimum of 6 seconds. Spiral sequences not meeting this minimum will be assigned a Level 0 and receive no value.

- A spiral position must be maintained with the free leg (including knee and foot) above the hip for three seconds to be counted.
- The pattern of the spiral sequence can be any combination of curves (or edges). Only spirals executed on edges will be counted. Spirals executed on a straight line will not be considered.
- Spiral sequences have only one Level of difficulty in CPC. They will be awarded a fixed Base Value (either Level 1 or no Level) and will be evaluated by the judges in GOE only.

Note: The first step or spiral sequence to meet the minimum requirement to be identified as an element will be called, independent of what has been indicated on the planned program sheet.

DEFINITION OF TERMS:

Jump Element: A solo jump, jump combination or jump sequence.

Jump Combination: A jump combination may consist of the same or another single, double, triple or quadruple jump. In a jump combination the landing foot of the first jump is the take-off foot of the second. The element remains a jump combination (with an error) even when there are two 3-turns in between jumps with a slight touch down (without weight transfer).
When a half loop is included before a jump or between two jumps, with no other hops, the element will be considered as a two or three jump combination accordingly. The base value of the 1/2Lo is the same as a 1Lo.
Examples: ½ Lo+2S will be considered a two jump combination and a 1A+1/2Lo+2S will be considered a three jump combination. Note: three jump combinations are not allowed.

Jump Sequence: A jump sequence may consist of any number of jumps of any number of revolutions that may be linked by non-listed jumps 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.
* Turns: 3-turns, twizzles, brackets, loops, counters, rockers.
* Steps: running steps, toe steps, chassés, mohawks, choctaws, curves with change of edge, cross-rolls.
Only the two highest listed jumps will count towards the base value of the sequence.
From the moment the jump sequence does not fulfill the above requirements, the remainder of the jump sequence will be ignored and the element will be called “name of the first jump(s) plus sequence”. In this case the GOE relates to the whole element. So in free skating, judges always evaluate what they see independent of the call.
If an Axel type jump immediately follows any other jump (without any steps, turns, hops, mazurkas and unlisted jumps), it is considered as a jump sequence and will be identified as one jump element.

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Spin Combination: A spin combination must contain at least one change of position with at least two rotations without interruption in each position. Combination spins with a change of foot must have at least three revolutions on each foot.

Flying Spin: A flying spin is a spin that begins with a flying entry. A flying spin may also be a combination spin (minimum three revolutions).

Spin in One Position: A spin in one position may not contain a change of position. A change of foot is optional. A change of foot does not make the spin a combination (minimum three revolutions).

Illegal Elements /Movements: See page 13.

PART C: INTERPRETIVE EVENTS

Music: Skater's choice; can be vocal and can be of any nature.
The interpretive program consists of a variety of skating moves selected for their value in enhancing the skater's interpretation of the music rather than for their technical difficulty. Jumps may be included, but credit will not be given for their technical difficulty. Credit for jumps and spins is based solely on the chosen theme, not merely a collection of pleasing or spectacular moves assembled to entertain an audience (exhibition/show program).

Although creative movement usually has a theme as a starting point, each movement need not be part of a coherent "story line". Movement expresses in aesthetic form the drives, desires, and reactions of live human beings. It does not involve animals, fairies, ghosts or toys coming to life, except as they might exist in the mind of the skater.

While many programs will, undoubtedly, reflect known themes from past ballet, opera, operetta or musical productions of the stage or screen, skaters should be encouraged to move beyond these themes to explore more original and personal concepts. Skaters choosing an unknown theme shall be rewarded. Programs might explore designs in abstract movement suggested by selected sound patterns, moods or concepts.

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)

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Event	Test Prerequisite	Program Time
Pre-Introductory Interpretive*	Must not have passed any Skate Canada Interpretive Skating test.	One Interpretive program of 2:00 to 3:00 minutes (+/- 10 seconds) in length. Entrants will not be penalized for a program time of less than 2:00 min. (See page 2 for clarification.)
Introductory Interpretive*	Must have passed the Introductory Interpretive test but no higher Interpretive test.	
Bronze Interpretive*	Must have passed the Bronze Interpretive test but no higher Interpretive test.	
Silver Interpretive*	Must have passed the Silver Interpretive test but no higher Interpretive test.	
Gold Interpretive*	Must have passed the Gold Interpretive test.	
Open Adult Couples Interpretive	No test requirements.	

*Skaters will be further divided by age and/or Free Skate, Dance and Skating Skill test level at the discretion of the Technical Representative.

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

Illegal Elements/Movements: See page 13.

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PART D: DANCE EVENTS

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

PATTERN DANCE EVENTS:

Event	Test Prerequisite	Dance #1	Dance #2
Junior Bronze Adult Dance	At least one partner must have passed the complete Preliminary Dance test but not the complete Senior Bronze Dance test.	Fiesta Tango (2 sequences)	Willow Waltz (2 sequences)
Senior Bronze Adult Dance	At least one partner must have passed the complete Senior Bronze Dance test but not the complete Junior Silver Dance test.	European Waltz (2 sequences)	Rocker Foxtrot (3 sequences)
Junior Silver Adult Dance	At least one partner must have passed the complete Junior Silver Dance test but not the complete Senior Silver Dance test.	Harris Tango (2 sequences)	Blues (2 sequences)
Senior Silver Adult Dance	At least one partner must have passed the complete Senior Silver Dance test but not the complete Gold dance test.	Paso Doble (2 sequences)	Westminster Waltz (2 sequences)
Gold Adult Dance	At least one partner must have passed the complete Gold Dance test or higher.	Starlight Waltz (2 sequences)	Argentine Tango (2 sequences)

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

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ADULT FREE DANCE:

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 different dance lifts, one short lift with a maximum duration of six seconds and one long lift with a maximum duration of 12 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 or midline step sequence in varied hold*

*Pending changes from the ISU Adult Competition 2011-2012 Technical Requirements.

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 dance lift with a maximum duration of six 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 circular step sequence*

*Pending changes from the ISU Adult Competition 2011-2012 Technical Requirements.

Midline not touching step is not permitted.
All elements will be called at Level 1.

Illegal Elements/Movements: See page 13.

PART E: ADULT PAIR EVENTS

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

Adult Masters Pair

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

1) Maximum of three different lifts, one of which may be a twist lift. All lifts will be called at Level 1 regardless of content.
2) Maximum of two throw jumps (single or double)
3) Maximum of two solo jumps. 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 ~~two different~~ pair spin~~s~~ (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 step or spiral sequence (straight line, circular or serpentine)

Adult Pair

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

1) Maximum of ~~three~~ two different lifts from Group 1 or Group 2 with a minimum half revolution for the man and one revolution for the woman ~~one of which may be a twist lift~~. 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 Level 1 regardless of content.
2) Maximum of one throw jump (single only)
3) Maximum of one solo jump (single only) ~~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 ~~two different~~ pair spin~~s~~ (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 spiral ~~step~~ sequence ~~(straight line, circular or serpentine)~~.

Please refer to page two of this document for clarification regarding the maximum number of elements in the well balanced program.

Illegal Elements/Movements: See page 13.

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PART F: ILLEGAL ELEMENTS/MOVEMENTS IN ANY ADULTSKATE 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).
- 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 during the performance. If an item falls off on its own, it is not a prop.

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.

PART G: DEDUCTIONS

In Cumulative Points Calculation (CPC) judging, the following deductions apply:

- Time Violation – 1.0 for every five seconds lacking or in excess (referee)
- Music Violation – 1.0 for vocal music with lyrics (referee)
- Illegal Element Violation – 2.0 for every illegal element (majority decision between the TC and both TS)
- Costume and prop violation – 1.0 (referee)
- Falls (majority decision between the TC and both TS)
- –0.5 for every fall

  A fall is defined as a loss of control by a skater with the result that the majority of his/her own body weight is on the ice supported by any other part of the body other than the blades (e.g. hand (s), knee(s), back, buttock(s) or any part of the arm).
- Interruptions to the program (referee)

  11-20 seconds (-0.5)
  21-30 Seconds (-1.0)
  etc.