



**2016-2017 ADULTSKATE
TECHNICAL PROGRAM REQUIREMENTS
Singles, Pair & Ice Dance**

(March 8,2017)

Table of Contents

Part A:	Technical Program Requirements Introduction <ul style="list-style-type: none">- Program Times- Well Balanced Program Requirements- Maximum
Part B.	Singles Free Skating: Program Requirements and Specifications
Part C.	Interpretive Events: Program Requirements and Specifications
Part D.	Dance Events: Program Requirements and Specifications <ul style="list-style-type: none">- Pattern Dance- Adult Free Dance
Part E.	Pair Events: Program Requirements and Specifications
Part F.	Supplementary Events
Part G.	Illegal Elements/Movements
Part H.	Deductions

PART A: TECHNICAL PROGRAM REQUIREMENTS INTRODUCTION

Please review the entire Adult Technical Program Requirements when developing programs in preparation for the 2016-2017 skating season. Any changes to the well balanced program requirements from last season are indicated with an underline or ~~striketrough~~.

Program Times: Adult free skating 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 the Skate Canada Adult Figure Skating Championships.

Music Requirements:

If using Vocal music, the piece(s) chosen must contain Lyrics in good taste and appropriate for competition.

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.

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.

SINGLES FREE SKATING AND INTERPRETIVE CATEGORIES AGE CATEGORIES:

The following age categories apply to Free Skating and Interpretive singles 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 min. 40 sec.

Seven elements to be skated:

- 1) Maximum four jump elements:
 - Must include a Waltz jump
 - Must include maximum one jump combination, which must be a single Salchow + single toe-loop combination
 - Two other jumps, no higher than single ~~Lutz~~ loop
- 2) Two spins:
 - 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.

- 1) Maximum four jump elements composed of single jumps
 - a) Axel type jumps, 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 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 ~~step or spiral sequence or~~ choreographic sequence, covering at least half of the ice surface
 - a) ~~For the step sequence — only features up to Level 3 will be counted~~
 - b) The choreographic sequence ~~and spiral sequence~~ has a fixed base value and will be evaluated by the judges in GOE only.

Note: ~~the first step or spiral sequence or~~ choreographic sequence included in the program which meets the minimum requirements to be identified will be counted.

Adult Silver Free Skating

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 if a jump is repeated it must be in combination or sequence
- 2) Maximum of three combinations and/or sequences. Jump combinations may contain no more than two jumps.
- 3) Maximum three spins of a different nature, one of which must be a combination spin with at least one change of foot
- 4) Maximum one ~~step sequence or spiral sequence~~ or choreographic sequence, covering at least half of the ice surface
 - a) ~~For the step sequence — only features up to Level 3 will be counted~~
 - b) The choreographic sequence ~~and spiral sequence~~ has a fixed base value and will be evaluated by the judges in GOE only

Note: the first ~~step or spiral sequence~~ or choreographic sequence included in the program which meets the minimum requirements to be identified will be counted.

Adult Gold Free Skating

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 (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 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 spins of a different nature:
 - 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 or spiral sequence~~ or choreographic sequence. The chosen sequence must fully utilize the ice.
 - a) ~~For the step sequence — Only features up to Level 3 will be counted~~
 - b) The choreographic sequence ~~and spiral sequence~~ has a fixed base value and will be evaluated by the judges in GOE only.

Note: the first ~~step or spiral sequence~~ or choreographic sequence included in the program which meets the minimum requirements to be identified will be counted.

Adult Masters Free Skating

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

- 1) Maximum seven jump elements
 - a) All single and double jumps are permitted (no triple jumps allowed)
 - 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 combinations and/or sequences. Jump combinations may contain no more than two jumps.
- 2) Maximum three spins of a different nature:
 - 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
 - a) Only the first executed attempt of a step sequence will contribute to the technical score

Adult Masters Elite Free Skating

The Adult Masters Elite 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 if a jump is repeated it must be in combination or sequence
 - d) Maximum of three combinations and/or sequences. Jump combinations may contain no more than two jumps.
- 2) Maximum three spins of a different nature:
 - 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
 - a. Only the first executed attempt of a step sequence will contribute to the technical score

PART C: INTERPRETIVE EVENTS

Music: Skater's choice; can be vocal and can be of any nature.

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	<u>Recommended Skating Level</u>	Program Time
Introductory Interpretive	For skaters approximately at the Intro Open Free Skating category level	One Interpretive program maximum of 2:00 minutes in length
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
Silver Interpretive	For skaters approximately at the Silver Free Skating level	
Gold Interpretive	For skaters approximately at the Gold and/or Masters Free Skating level	
Elite Adult Interpretive	For skaters approximately at the level of former competitive skaters	
Open Adult Couples Interpretive	For skaters approximately at the Bronze to Silver Free Skating level (both skaters)	
Open Adult 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.

Illegal Elements/Movements: See page 11

PART D: DANCE EVENTS

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

COUPLES PATTERN DANCE:

Event	Dance #1	Dance #2
Junior Bronze (STAR 4/5) Adult Dance	Fiesta Tango (2 sequences)	Ten Fox (2 sequences)
Senior Bronze (STAR 6/7) Adult Dance	Fourteen Step (3 sequences)	American Waltz (2 sequences)
Junior Silver (STAR 7/8) Adult Dance	European Waltz (2 sequences)	Tango (2 sequences)
Senior Silver (STAR 9/10) Adult Dance	Blues (2 sequences)	Quickstep (3 sequences)
Gold Adult Dance	Starlight Waltz (2 sequences)	Paso Doble (3 sequences)
Elite Adult Dance (for former competitive skaters or skaters approximately at this level)	Starlight Waltz (2 sequences)	Midnight Blues (2 sequences)

SOLO DANCE:

Event	Dance #1	Dance #2
Bronze Adult Solo Dance	European Waltz (2 sequences)	Keats Foxtrot (2 sequences)
Silver Adult Solo Dance	Rocker Foxtrot (3 sequences)	Blues (2 sequences)
Gold Adult Solo Dance	Viennese Waltz (2 sequences)	Quickstep (3 sequences)
Elite Adult Solo Dance	Viennese Waltz (2 sequences)	Quickstep (3 sequences)
Open Solo Short Dance	Blues <u>(Follow criteria as outlined in Solo Dance Package)</u>	

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

ADULT FREE DANCE:

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 OR diagonal step sequence

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 OR three (3) different types of short lifts
- 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 OR diagonal step sequence

Illegal Elements/Movements: See page 11

PART E: ADULT PAIR EVENTS

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

NOTE: Music with vocals will be permitted for Adult Pair categories. Lyrics must be in good taste and appropriate for competition.

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 ~~step or spiral sequence~~ or choreographic step sequence (any pattern)
 - a) ~~For the step sequence~~ Only features up to Level 3 will be counted. The choreographic sequence ~~and spiral sequence~~ has a fixed base value and will be evaluated by the judges in GOE only.

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 11

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. (No feather boa's allowed)

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

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.

CPC Judging

The panel shall be composed of a minimum three to a maximum of five judges, one of which will be designated as the Referee. Judges are responsible for the assignment of three Program Components (Skating Skills, Performance/Execution, and Interpretation) for every competitor.

The following outlines the roles and responsibilities of the panel:

Activity	Referee	Judge
Assignment of PCS	X	X
Applies deductions for falls and illegal elements	X	
Applies deductions for interruptions and time violations	X	
Responsible for rules of conduct of event	X	
Responsible for overseeing activity of the judges	X	

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

Gold	<u>For skaters approximately at the Gold and/or Masters Free Skating level</u>	<ol style="list-style-type: none"> 1. <u>Axel</u> 2. <u>Any combination jump/sequence</u> 3. <u>Layback or cross foot spin</u> 4. <u>Any spin combination – may be flying entry</u> 5. <u>Spiral OR step sequence</u>
-------------	--	---

PART G: 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).

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.