

**SKATE CANADA – CENTRAL ONTARIO
SUMMER SKATE 2008**



AUGUST 14 - 17, 2008

**THORNHILL COMMUNITY CENTRE
7755 Bayview Avenue (at John Street)
Thornhill, Ontario**

Sanctioned by Skate Canada and the United States Figure Skating Association

An invitation is extended to all eligible figure skaters to participate in the 47th annual Skate Canada – Central Ontario Summer Skate Competition. Skate Canada rules and regulations will apply throughout the competition unless otherwise specified.

**Cumulative Points Calculation System (CPC) will be used at this competition.
All officials at this competition have been trained in the Cumulative Points Calculation System (CPC).**

ENTRY FEES: SINGLES \$ 75.00 per person for Pre-Juvenile and Juvenile categories
\$130.00 per person for Pre-Novice, Novice, Junior and Senior categories

PAIR \$100.00 per couple for first category
\$ 70.00 per couple for additional pair category

DANCE \$100.00 per couple for Pre-Juvenile
\$100.00 per couple for first category for Juvenile, Pre-Novice and Novice categories
\$ 70.00 per couple for second dance category (Juvenile, Pre-Novice and Novice categories)

\$ 75.00 per couple for Junior & Senior Compulsory Dance category
\$ 75.00 per couple for Junior & Senior Original Dance category.
\$105.00 per couple for Junior & Senior Free Dance category
\$200.00 per couple for Junior & Senior all three dance categories

**Singles categories (Short and Free Programs) are offered as combined categories only.
Dance and Pair categories will be offered as separate categories only.
All groups are final**

A portion of the entry fee has been assigned to assist with the cost of the equipment for the Cumulative Points Calculation System as well as the training for all officials.

SKATING UP: Skaters are permitted to skate at a higher level than their qualification (i.e. qualified for Pre-Novice, may skate up to Novice). Skaters in every discipline must meet the minimum test requirement for Pre-Juvenile in that discipline.

RESTRICTIONS: In the case of a very large entry in any category, the entries will be drawn into groups. All drawn groups are final and cannot be changed. Categories with only one entry will be given the option of skating an exhibition or skating in a higher category if it is available. The decision is to be made by the Technical representative based on availability of ice time. Singles skaters are permitted to enter only one singles category, Dance & Pair skaters are permitted to enter only one category of a similar type, i.e. one long program + one short program, or one compulsory + one original dance + one free dance.

QUALIFICATION FOR ENTRY: Competitors wishing to enter shall have passed the tests for the various categories by July 1, 2008.

TEST AND AGE REQUIREMENTS: As on July 1, 2008.

CLOSING DATE OF ENTRIES: All fully completed entry forms including Skate Canada numbers must be received at the Skate Canada – Central Ontario office, by **July 9, 2008**, prior to the close of business (4:30 p.m.) regardless of postmark or courier date. Cheques are to be made payable to: **SKATE CANADA - CENTRAL ONTARIO**. Entries with post-dated cheques and faxed entries will not be accepted. A service charge of \$25.00 will be applied to cheques returned by your bank. Registrations will be accepted on first come first served basis with restrictions in certain categories to accommodate the scheduling of categories. **Late entries may be accepted at the discretion of the Technical Representative in charge and will be subject to a \$25.00 late fee. A \$10.00 incomplete charge will be applied if your registration form is not filled in correctly.**

SEND ENTRIES TO: Irma Orzeck, Registrar
Skate Canada - Central Ontario
111 Snidercroft Road, Unit A
Concord, ON L4K 2J8

Telephone: 905-760-9100 ext. 229
Toll Free: 1-877-267-0081 ext. 229

No skater will skate until all money owing is properly paid upon registration at the Event Venue on the day of the competition. The entry form may be photocopied as needed. The Committee reserves the right to limit entries in categories.

REFUNDS AND WITHDRAWALS: Full refunds will be given for any cancelled categories or if the entry is withdrawn prior to July 9, 2008. After July 9, 2008, refunds will be given for medical reasons only, provided that the Skate Canada - Central Ontario office is contacted by 9:00 a.m. on the morning of the skater's category and the registrar receives medical certificate by August 29, 2008. All medical withdrawals are subject to an administration charge of \$25.00 per individual category and \$10.00 per each additional category.

ICE DIMENSIONS: West and East Arenas 85' x 200'

REGISTRATION: All competitors and coaches are required to register upon arrival at the arena. Registration and music registration will commence one hour prior to the first category of the day. Each competitor and his/her coach will receive an identification tag that must be retained and used as a pass for the duration of the competition. All skaters MUST have their music and planned program content sheet when registering.

MARKING: Closed marking will be used.

AWARDS: Medals for 1st, 2nd and 3rd place will be awarded for each category. There will be groups for categories with more than 15 competitors. Where groups are required, each group will be a final category with medals presented to first, second and third place winners. Winners will receive their medals after the results have been posted. There will be no formal medal presentations.

MUSIC: Both arenas will be equipped with cassette tape players and CD players, which will operate at standard speed. **TWO** cassettes or **ONE CD with a back up tape cassette** (*two CDs will not be accepted*) **MUST** be registered with music registration at least one hour prior to the start of the category and may not be removed for any reason until after the category. Music must be picked up within 30 minutes after completion of the category. Exact timing of cassettes cannot be guaranteed.

Standard Specifications for Music

1. Only one (1) program shall be recorded on each cassette or CD.
2. Cassettes and/or CDs must be marked with the skater's name, the category name and total music time.
3. Each cassette or CD shall be enclosed in a plastic case which also must be marked with the skater's name, the category name and the total music time.

COACH ACCREDITATION: In order to be accredited at the Skate Canada - Central Ontario Summer Skate 2008 Competition, Skate Canada coaches must be enrolled in the Section Coach Photo ID Program and **must bring the Photo ID** with them and **wear it at all times throughout the event**. Up to two certified coaches per entry will be accredited.

**If a coach does not have their up to date Photo ID but is accredited to enter, a Temporary ID will be provided.
A cost of \$25.00 will be required by the Skate Canada-Central Ontario (COS) office after the event, if a Temporary ID has been provided to a COS coach more than two consecutive events.
No Refund, No Exceptions.**

PRACTICE ICE: There will be no official practice ice.

SCHEDULE: Schedule, Entries and Start Orders will be posted on the website at www.skatecanada-centralontario.com as they become available and no later than Friday August 8, 2008.

REFRESHMENTS: Concession booth will be open during the competition.

GENERAL ADMISSION Daily Pass - \$6.00, All-Event Pass - \$20.00
Senior Citizens and Children under 12 - \$4.00 per day or All-event tickets \$12.00

VIDEO TAPING: A professional video taping services will be available. Private videotaping of your own competitor only is permitted (see Rule 5111 (b)).

FOR ADDITIONAL INFORMATION CONTACT: Irma Orzeck 905-760-9100 ex. 229
THORNHILL COMMUNITY CENTRE: For extra ice time only - 905-881-3313

ACCOMMODATIONS:

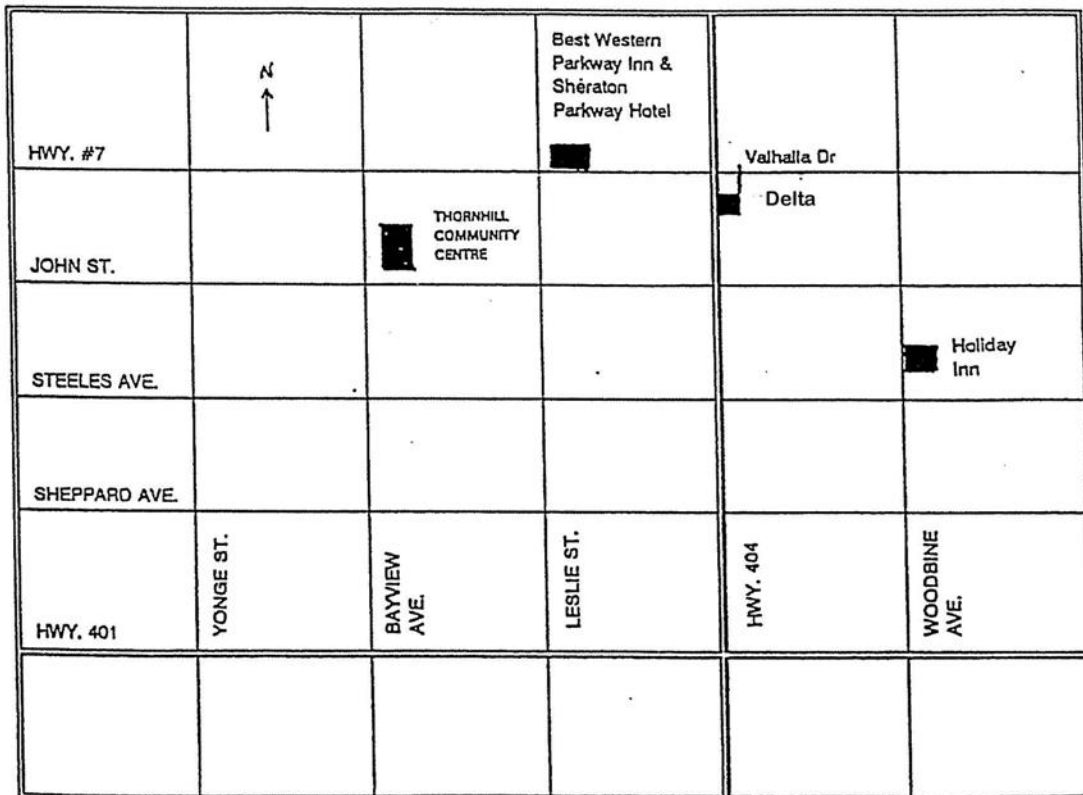
HOTELS: Reservations must be made directly with the hotel of your choice. Indicate that you are attending "Skate Canada - Central Ontario Summer Skate 2008".

OFFICIAL HOTEL: **HOLIDAY INN HOTEL AND SUITES**
 7095 Woodbine Ave.
 Markham, ON L3R 1A3
 1-800-387-3303
Reservations must be made by July 21, 2008

ALTERNATE HOTELS: **DELTA MARKHAM**
 50 East Valhalla Drive, Markham, ON L3R 0A3
 905-477-2010, fax: 905-477-2026
Reservations must be made by July 25, 2008

SHERATON PARKWAY TORONTO NORTH & BEST WESTERN
 600 Highway 7 East, Richmond Hill, ON L4B 1B2
 905-882-3101
Reservations must be made by July 14, 2008

MAP TO ARENA AND HOTELS



SINGLES CATEGORIES

ALL CATEGORY CRITERIA ARE SUBJECT TO AMENDMENTS PASSED AT THE SKATE CANADA ACGM IN REGINA, MAY 2008 AND SUBJECT TO CHANGE PENDING THE OUTCOME OF THE 53rd ISU ORDINARY CONGRESS, JUNE 2008.

Entries are open to skaters who competed at the Sectional competition in November 2007 (for 2008 Sectionals) or who intend to compete in Sectional competition in November 2008 in PRE-JUVENILE, JUVENILE, PRE-NOVICE, NOVICE, JUNIOR or SENIOR Singles categories.

NOTE: Categories with both short and free programs are offered as combined categories only. All groups are final categories. All free programs in the 2008-2009 competitive season must meet the well-balanced program content requirements established by Skate Canada. 2008 Summer Skate will be judged under the CPC system.

SENIOR	Qualifying test requirement:	Senior Competitive test (USFSA Senior Free Skating test).	
	SHORT PROGRAM	Required elements - <i>Please see Appendix A</i> Maximum time: 2 Minutes 50 Seconds	
	FREE PROGRAM	WOMEN: 4 Minutes	MEN: 4 Minutes 30 Seconds
JUNIOR	Qualifying test requirement:	Junior Competitive test. (USFSA Junior Free Skating test)	
		Shall meet ISU Junior Age Criteria – Must have reached the age of 13 but be under the age of 19 as of July 1, 2008	
	SHORT PROGRAM	Required elements - <i>Please see Appendix A</i> Maximum time: 2 Minutes 50 Seconds	
	FREE PROGRAM	WOMEN: 3 Minutes 30 Seconds	MEN: 4 Minutes
NOVICE	Qualifying test requirement:	Novice Competitive test. (USFSA Novice Free Skating test)	
	SHORT PROGRAM	Required elements - <i>Please see Appendix A</i> Maximum time: 2 Minutes 30 Seconds	
	FREE PROGRAM	WOMEN: 3 Minutes	MEN: 3 Minutes 30 Seconds
PRE-NOVICE	Qualifying test requirement:	Pre-Novice Competitive test. (USFSA Intermediate test)	
	SHORT PROGRAM	Required elements - <i>Please see Appendix A</i> Maximum time: 2 Minutes 30 Seconds	
	FREE PROGRAM	WOMEN: 3 Minutes	MEN: 3 Minutes
JUVENILE	Qualifying test requirement:	Juvenile Competitive Test. (USFSA Juvenile Free Skating test). Must not have reached the age of 12 (women) and 13 (men) on July 1, 2008.	
	FREE PROGRAM	WOMEN: 2 Minutes 30 Seconds	MEN: 2 Minutes 30 Seconds
PRE-JUVENILE	Qualifying test requirement:	Complete Junior Bronze Free Skating test.	
		Competitors must have not reached the age of 11 (women) and 12 (Men) on July 1, 2008.	
	FREE PROGRAM	WOMEN: 2 Minutes 30 Seconds	MEN: 2 Minutes 30 Seconds

PAIR CATEGORIES

ALL CATEGORY CRITERIA ARE SUBJECT TO AMENDMENTS PASSED AT THE SKATE CANADA ACGM IN REGINA, MAY 2008 AND SUBJECT TO CHANGE PENDING THE OUTCOME OF THE 53rd ISU ORDINARY CONGRESS, JUNE 2008.

Entries are open to skaters who competed at the Sectional competition in November 2007 (for 2008 Sectionals) or who intend to compete in a Sectional competition in November 2008 in PRE-JUVENILE, JUVENILE, PRE-NOVICE, NOVICE, JUNIOR or SENIOR Pair categories. All groups are final categories. **NOTE: PAIR Short Programs and Free Programs are separate categories.**

All free programs in the 2008/2009 competitive season must meet the well-balanced program content requirements established by Skate Canada. 2008 Summer Skate will be judged under the CPC system.

SENIOR PAIR SHORT PROGRAM

Qualifying test requirement: Senior Competitive Pair test.
Maximum time: 2 Minutes 50 Seconds
Required Elements – ***Please see Appendix A***

SENIOR PAIR FREE PROGRAM

Qualifying test requirement: Senior Competitive Pair test
Free Skating Program time: 4 Minutes 30 Seconds

JUNIOR PAIR SHORT PROGRAM

Qualifying test requirement: Junior Competitive Pair test or higher.
Maximum time: 2 Minutes 50 Seconds
Required Elements – ***Please see Appendix A***

JUNIOR PAIR FREE PROGRAM

Qualifying test requirement: Junior Competitive Pair test or higher.
Free Skating Program time: 4 Minutes

NOVICE PAIR SHORT PROGRAM

Qualifying test requirement: Novice Competitive Pair test or higher.
Maximum time: 2 Minutes 40 Seconds
Required Elements - ***Please see Appendix A***

NOVICE PAIR FREE PROGRAM

Qualifying test requirement: Novice Competitive Pair test or higher.
Free Skating Program time: 3 Minutes 30 Seconds

PRE-NOVICE PAIR SHORT PROGRAM

Qualifying test requirement: Pre-Novice Competitive Pair test or higher.
Maximum time: 2 Minutes 40 Seconds
Required Elements - ***Please see Appendix A***

PRE-NOVICE PAIR FREE PROGRAM

Qualifying test requirement: Pre-Novice Competitive Pair test or higher.
Free Skating Program time: 3 Minutes

JUVENILE PAIR FREE PROGRAM

Qualifying test requirement: Juvenile Competitive Pair test or higher.
Free Skating Program time: 2 Minutes 30 Seconds

PRE-JUVENILE PAIR FREE PROGRAM

Qualifying test requirement: Each partner must not have passed any Pair test. Each partner must have passed the complete Preliminary Free Skating test but not higher than the complete Junior Bronze Free Skating test and must not have reached the age of 14 on July 1, 2008.
Overhead lifts are not allowed.
Free Skating Program time: 2 Minutes 30 Seconds

DANCE CATEGORIES

ALL CATEGORY CRITERIA ARE SUBJECT TO AMENDMENTS PASSED AT THE SKATE CANADA ACGM IN REGINA, MAY 2008 AND SUBJECT TO CHANGE PENDING THE OUTCOME OF THE 53rd ISU ORDINARY CONGRESS, JUNE 2008.

Entries are open to skaters who competed at the Sectional competition in November 2007 (for 2008 Sectionals) or who intend to compete in a Sectional competition in November 2008 in PRE-JUVENILE, JUVENILE, PRE-NOVICE, NOVICE, JUNIOR or SENIOR Dance categories. All groups, where necessary, are final categories.

NOTE: All Dance categories will be offered as separate categories only.

All programs in the 2008/2009 competitive season must meet the well-balanced program content requirements established by Skate Canada. 2008 Summer Skate will be judged under the CPC system.

SENIOR COMPULSORY DANCE	Qualifying test requirement: The Senior Competitive Dance Test. <i>Dance to be skated will be announced following the ISU congress.</i>
SENIOR ORIGINAL DANCE	Qualifying test requirement: The Senior Competitive Dance Test. Rhythms and Dances of the 1920's, 1930's or 1940's
SENIOR FREE DANCE	Qualifying test requirement: The Senior Competitive Dance Test. Free Dance Program: 4 Minutes
JUNIOR COMPULSORY DANCE	Qualifying test requirement: The Junior Competitive Dance Test or higher. <i>Dance to be skated will be announced following the ISU congress.</i>
JUNIOR ORIGINAL DANCE	Qualifying test requirement: The Junior Competitive Dance Test or higher. Rhythms and Dances of the 1920's, 1930's or 1940's
JUNIOR FREE DANCE	Qualifying test requirement: The Junior Competitive Dance Test or higher. Free Dance Program: 3 Minutes 30 Seconds
NOVICE COMPULSORY DANCE:	Qualifying test requirement: The Novice Competitive Dance Test or higher <i>Dances to be skated will be announced following the ISU congress.</i>
NOVICE FREE DANCE:	Qualifying test requirement: The Novice Competitive Dance Test or higher. Free Dance Program: 3 Minutes
PRE-NOVICE COMPULSORY DANCE:	Qualifying test required: Must have passed the Pre-Novice Competitive Dance test and the complete Senior Bronze Dance test or higher. <i>Dances to be skated will be announced following the ISU congress.</i>
PRE-NOVICE FREE DANCE:	Qualifying test required: Must have passed the Pre-Novice Competitive Dance test and the complete Senior Bronze Dance test or higher. Free Dance Program: 2 Minutes 30 Seconds
JUVENILE COMPULSORY DANCE:	Qualifying test requirement: Each partner must have passed the complete Junior Bronze Dance test or higher. <i>Dances to be skated will be announced following the ISU congress.</i>
JUVENILE FREE DANCE:	Qualifying test requirement: Each partner must have passed the complete Junior Bronze Dance test or higher. Free Dance Program: 2 Minutes
PRE-JUVENILE COMPULSORY DANCE	Qualifying test requirement: Each partner must have passed the complete Preliminary Dance test and must <u>not</u> have reached the age of 14 on July 1, 2008. Baby Blues, Willow Waltz

ELEMENTS FOR 2008-2009 SEASON – “DRAFT”

(Subject to Change)

Required Elements - Senior Singles Short Program

WOMEN

- (a) Double Axel Paulsen
- (b) One triple jump immediately preceded by connecting steps and/or other comparable free skating movements
- (c) One jump combination consisting of one double and one triple jump or two triple jumps
- (d) Flying Spin
- (e) Layback or Sideways leaning spin
- (f) Spin combination with only one change of foot and all three basic positions (sit, camel, upright or any variation thereof).
- (g) Spiral sequence
- (h) Step sequence (straight line, circular or serpentine)

Maximum time: 2 Minutes 50 Seconds

Required Elements - Senior Singles Short Program

MEN

- (a) Double or Triple Axel Paulsen
- (b) One triple or quadruple jump immediately preceded by connecting steps and/or other comparable free skating movements
- (c) One jump combination consisting of one double and one triple jump or two triple jumps, or a quadruple jump and a double or triple jump
- (d) Flying Spin
- (e) Camel spin or sit spin with only one change of foot
- (f) Spin combination with only one change of foot and all three basic positions (sit, camel, upright or any variation thereof)
- (g) Two step sequences of a different nature (straight line, circular or serpentine)

Maximum time: 2 Minutes 50 Seconds

Required Elements - Junior Singles Short Program

GROUP A

WOMEN

- (a) Double Axel Paulsen
- (b) One Double or Triple Lutz immediately preceded by connecting steps and/or other comparable free skating movements
- (c) One Jump Combination consisting of two double jumps, or one double and one triple jump or two triple jumps (solo jumps may not be repeated in the combination)
- (d) Flying Camel Spin
- (e) Layback or sideways leaning spin
- (f) Spin combination with only one change of foot and all three basic positions (sit, camel, upright or any variation thereof).
- (g) Spiral sequence
- (h) Step sequence

Maximum time: 2 Minutes 50 Seconds

Required Elements - Junior Singles Short Program

GROUP A

MEN

- (a) Double Axel or Triple Axel Paulsen (Triple axel change pending the outcome of ISU congress in June 2008)
- (b) One Double or Triple Lutz immediately preceded by connecting steps and/or other comparable free skating movements
- (c) One Jump Combination consisting of one double and one triple jump, or two triple jumps
- (d) Flying Camel Spin
- (e) Sit Spin with only one change of foot.
- (f) Spin combination with only one change of foot and all three basic positions (sit, camel, upright or any variations thereof).
- (g) Two different step sequences of a different nature (straight line, circular or serpentine)

Maximum time: 2 Minutes 50 Seconds

Required Elements – Novice Women Short Program

- (a) Axel or Double Axel
- (b) One double or triple jump immediately preceded by connecting steps and/or other comparable free skating movements* (may not repeat double Axel)
- (c) One jump combination consisting of two double jumps or one double and one triple jump* (may not repeat double Axel)
- (d) Layback or sideways leaning spin
- (e) Spin combination with only one change of foot and at least two basic positions (sit, camel, upright or any variation thereof)
- (f) Spiral sequence
- (g) Step sequence

Maximum time: 2 Minutes 30 Seconds

Required Elements - Novice Men Short Program

- (a) Axel or Double Axel
- (b) One double or triple jump immediately preceded by connecting steps and/or other comparable free skating movements* (may not repeat double Axel)
- (c) One jump combination consisting of two double jumps or one double and one triple jump* (may not repeat double Axel)
- (d) Camel or sit spin. Change of foot is optional. No flying entrance.
- (e) Spin combination with only one change of foot and at least two basic of positions (sit, camel, upright or any variation thereof)
- (f) Two different step sequences of a different nature (straight line, circular or serpentine)

Maximum time: 2 Minutes 30 Seconds

* **Novice please note:** The jump combination may consist of the same or two different double jumps, or one double and one triple jump. The Double Axel **may not** be repeated in the solo jump or jump combination. The jumps in the combination must be different than the solo jump.

Required Elements –Pre-Novice Women Short Program

- (a) Axel or Double Axel
- (b) One double or triple jump** (may not repeat double Axel)
- (c) One jump combination consisting of two double jumps or one double and one triple jump** (may repeat double Axel)
- (d) Layback or sideways leaning spin
- (e) Spin combination with only one change of foot and at least two basic positions (sit, camel, upright or any variation thereof)
- (f) Spiral sequence
- (g) Step sequence

Maximum time: 2 Minutes 30 Seconds

Required Elements - Pre-Novice Men Short Program (Group B)

- (a) Axel or Double Axel
- (b) One double or triple jump** (may not repeat double Axel)
- (c) One jump combination consisting of two double jumps or one double and one triple jump** (may repeat double Axel)
- (d) Sit spin with only one change of foot
- (e) Spin combination with only one change of foot and at least two basic positions (sit, camel, upright or any variation thereof)
- (f) Two different step sequences of a different nature (straight line, circular or serpentine)

Maximum time: 2 Minutes 30 Seconds

** **Pre-Novice please note:** The jump combination may be composed of the same, or two different double jumps, or one double and one triple jump. If a triple jump is executed in the jump combination, a second triple jump **may not** be executed as the solo jump. If a triple jump is executed as the solo jump a second triple jump **may not** be executed in the jump combination. Jumps in the combination must be different than the solo jump however the double axel may be repeated in the jump combination.

PAIR ELEMENTS

Required Elements - Senior Pair Short Program – Group C

- (a) Any Hip Lift Take-Off (Group 3)
- (b) One twist lift (double or triple)
- (c) One throw jump (double or triple)
- (d) One solo jump (double or triple)
- (e) Solo spin combination with only one change of foot and at least one change of position
- (f) Pair spin combination with at least one change of position and only one change of foot (sit, camel, upright or any variation thereof)
- (g) Death Spiral – forward inside
- (h) Spiral Sequence

Maximum time: 2 Minutes 50 Seconds

Required Elements – Junior and Novice Pair Short Program (Group C (3))

- (a) One toe loop hip lift take off (Group 3)
- (b) One twist lift (double)
- (c) Any double or triple jump (Double Lutz for ISU Junior)
- (d) Solo spin combination with only one change of foot and at least one change of position
- (e) Pair spin combination with at least one change of position and only one change of foot
- (f) Death spiral – forward inside
- (g) Throw Double Loop (Juniors may do Throw Triple Loop)
- (h) Spiral Sequence

Maximum time: 2 Minutes 50 Seconds (**Junior**) 2 minutes 40 Seconds (**Novice**)

Required Elements - Pre-Novice Pair Short Program

- (a) One lift from group 1, 2, 3 or 4
- (b) One twist lift (single or double)
- (c) One solo jump (Axel or any double jump)
- (d) Solo spin in one position, no change of foot (minimum 4 rotations)
- (e) Pair spin (minimum 4 rotations) - any but not a combination
- (f) One spiral figure (See definition of Spiral Figure, regulation D-2.4)
- (g) Spiral step sequence
- (h) Step sequence

Maximum time: 2 Minutes 40 Seconds

SINGLES WELL BALANCED FREE PROGRAM ELEMENTS

IMPORTANT NOTICE (From 2008-2009 Canadian Qualifying Competitions – Short And Free Program Requirements Document): For all categories of Singles Free Skating, all spins must be different character (must have different abbreviations). Any spin with the same abbreviation as one executed before will be invalidated, but will occupy a spin box.

SENIOR WOMEN:

- Maximum of 7 jump elements
 - o One jump must be an Axel type takeoff
 - o Maximum of 3 jump combinations or sequences, one jump combination may contain 3 jumps
 - o No triple or quad jump may be included more than twice, and if a triple or quad is repeated it must be in combination or sequence
 - o Maximum 2 triple or quad jumps repeated
- Maximum of 3 spins (*Change from 4 spins pending on ISU Congress*)
 - o One must be a combination spin
 - o One must be a flying spin
 - o One must be a spin in one position (change foot optional)
 - o ~~One spin of any nature~~ (*Change pending ISU Congress*)
- Maximum 1 step sequence
- Maximum 1 spiral sequence

SENIOR MEN:

- Maximum of 8 jump elements
 - o One jump must be an Axel type takeoff
 - o Maximum of 3 jump combinations or sequences, one jump combination may contain 3 jumps
 - o No triple or quad jump may be included more than twice, and if a triple or quad is repeated it must be in combination or sequence
 - o Maximum 2 triple or quad jumps repeated
- Maximum of 3 spins (*Change from 4 spins pending on ISU Congress*)
 - o One must be a combination spin
 - o One must be a flying spin
 - o One must be a spin in one position (change foot optional)
 - o ~~One spin of any nature~~ (*Change pending ISU Congress*)
- Maximum of 2 step sequences of a different nature

JUNIOR WOMEN:

- Maximum of 7 jump elements
 - One jump must be an Axel type takeoff
 - Maximum of 3 jump combinations or sequences, one jump combination may contain 3 jumps
 - No triple or quad jump may be included more than twice, and if a triple or quad is repeated it must be in combination or sequence
 - Maximum 2 triple or quad jumps repeated
- Maximum of 3 spins
 - One must be a combination spin
 - One must be a flying spin
 - One must be a spin in one position (change foot optional)
- Maximum one step sequence
- ~~Maximum one spiral sequence~~ (*Change pending ISU Congress*)

JUNIOR MEN:

- Maximum of 8 jump elements
 - One jump must be an Axel type takeoff
 - Maximum of 3 jump combinations or sequences, one jump combination may contain 3 jumps
 - No triple or quad jump may be included more than twice, and if a triple or quad is repeated it must be in combination or sequence
 - Maximum 2 triple or quad jumps repeated
- Maximum of 3 spins
 - One must be a combination spin
 - One must be a flying spin
 - One must be a spin in one position (change foot optional)
- Maximum of ~~2~~ 1 step sequences ~~of a different nature~~ (*Change pending ISU Congress*)

NOVICE WOMEN:

- Maximum of 7 jump elements
 - One jump must be an Axel type takeoff
 - Maximum of 3 jump combinations or sequences. Jump combinations may contain no more than 2 jumps
 - No jump may be included more than twice, and if a jump is repeated it must be in combination or sequence
- Maximum of 3 spins
 - One must be a combination spin with at least one change of foot
 - One must be a flying spin in one position with no change of foot
 - One spin of any nature
- Maximum of 1 step sequence or 1 spiral sequence

NOVICE MEN:

- Maximum of 8 jump elements
 - One jump must be an Axel type takeoff
 - Maximum of 3 jump combinations or sequences. Jump combinations may contain no more than 2 jumps
 - No jump may be included more than twice, and if a jump is repeated it must be in combination or sequence
- Maximum of 3 spins
 - One must be a combination spin with at least one change of foot
 - One must be a flying spin in one position with no change of foot
 - One spin of any nature
- Maximum of 1 step sequence

PRE-NOVICE WOMEN:

- Maximum of 7 jump elements
 - One jump must be an Axel type takeoff
 - Maximum of 3 jump combinations or sequences. Jump combinations may contain no more than 2 jumps
 - No jump may be included more than twice, and if a jump is repeated it must be in combination or sequence
- Maximum of 3 spins
 - One must be a combination spin with at least one change of foot
 - One must be a flying spin in one position with no change of foot
 - One spin of any nature
- Maximum of 1 step sequence or 1 spiral sequence

PRE-NOVICE MEN:

- Maximum of 7 jump elements
 - One jump must be an Axel type takeoff
 - Maximum of 3 jump combinations or sequences. Jump combinations may contain no more than 2 jumps
 - No jump may be included more than twice, and if a jump is repeated it must be in combination or sequence
- Maximum of 3 spins
 - One must be a combination spin with at least one change of foot
 - One must be a flying spin in one position with no change of foot
 - One spin of any nature
- Maximum of 1 step sequence

JUVENILE WOMEN & MEN:

- Maximum of 7 jump elements
 - One jump must be an Axel type takeoff
 - Maximum of 3 jump combinations or sequences. Jump combinations may contain no more than 2 jumps
 - No jump may be included more than twice, and if a jump is repeated it must be in combination or sequence
- Maximum of 3 spins. All spins shall be called no higher than Level 1.
 - One must be a combination spin with at least one change of foot
 - One must be a flying spin in one position with no change of foot
 - One may be a spin of any nature
- Maximum of 1 step sequence or spiral sequence. All step and spiral sequences shall be called no higher than Level 1

PRE-JUVENILE WOMEN & MEN

- Maximum of 7 jump elements
 - One jump must be an Axel type takeoff
 - Maximum of 3 jump combinations or sequences. Jump combinations may contain no more than 2 jumps
 - No jump may be included more than twice, and if a jump is repeated it must be in combination or sequence
- Maximum of 3 spins. All spins shall be called no higher than Level 1
 - One must be a combination spin with at least one change of foot
 - One must be a flying spin
 - One may be a spin of any nature
- Maximum of 1 step sequence or spiral sequence. All step and spiral sequences shall be called no higher than Level 1

PAIR WELL BALANCED FREE PROGRAM ELEMENTS

SENIOR PAIR: 1 free program to music of 4.5 minutes (+ or – 10 seconds).

- (a) maximum of 3 lifts, one of which must be from group 3 or 4;
- (b) maximum of 2 twist lifts; *(there can be not more than 4 lifts and twist lifts in total and if there are 2 twist lifts, these must be with different take-offs); Change pending on ISU Congress)*
- (c) maximum of 2 different throw jumps;
- (d) maximum of 1 solo jump;
- (e) maximum of 1 jump combination or sequence;
- (f) maximum of 1 solo spin combination;
- (g) maximum of 1 pair spin combination;
- (h) maximum of 1 death spiral;
- (i) maximum of 1 step sequence *(2008-2009 Season Only)**
- (j) maximum of 1 spiral sequence *(2009-2010 Season Only)**

JUNIOR PAIR: 1 free program to music of 4.0 minutes (+ or – 10 seconds)

- (a) maximum of 2 lifts, one of which must be from group 3 or 4;
- (b) maximum of 1 twist lift;
- (c) maximum of 2 different throw jumps;
- (d) maximum of 1 solo jump;
- (e) maximum of 1 jump combination or sequence;
- (f) maximum of 1 solo spin or solo spin combination;
- (g) maximum of 1 pair spin or pair spin combination;
- (h) maximum of 1 death spiral;
- (i) maximum of 1 step sequence *(2008-2009 Season Only)**
- (j) maximum of 1 spiral sequence *(2009-2010 Season Only)**

**Pending the outcome of the 2008 ISU Congress, Spiral Sequences and Step Sequences will alternate annually. In years where a Spiral Sequence is required in the short program, a step sequence will be required in the free program and vice versa.*

NOVICE PAIR: 1 free program to music of 3.5 minutes (+ or – 10 seconds).

- (a) maximum of 2 different lifts, at least one of which must be from group 3 or 4.
- (b) maximum of 1 twist lift.
- (c) maximum of 2 different throw jumps.
- (d) maximum of 1 solo jump.
- (e) maximum of 1 jump combination or sequence.
- (f) maximum of 1 pair spin or pair spin combination.
- (g) maximum of 1 solo spin or solo spin combination.
- (h) maximum of 1 death spiral without restriction as to type.
- (i) maximum of 1 step sequence *(2008-2009 Season Only)*
- (j) maximum of 1 spiral sequence *(2009-2010 Season Only)*

PRE-NOVICE: 1 free program to music of 3.0 minutes (+ or – 10 seconds).

- (a) maximum of 2 different lifts, one of which must be from group 1, 2, 3 or 4.
- (b) maximum of 1 twist lift.
- (c) maximum of 2 different throw jumps.
- (d) maximum of 1 solo jump.
- (e) maximum of 1 solo jump combination or sequence.
- (f) maximum of 1 pair spin (may be in combination).
- (g) maximum of 1 solo spin (may be in combination).
- (h) maximum of 1 spiral figure or death spiral.
- (i) maximum of 1 step sequence (straight line, circular or serpentine).

JUVENILE: 1 free program to music of 2.5 minutes (+ or – 10 seconds).

All Lifts, Twists, Solo Spins, Pair Spins, Spiral Figures or Death Spirals and Step Sequences shall be called no higher than Level 1 regardless of content.

- (a) maximum of 2 different lifts, at least one of which must be from group 1. **Lifts must not include a change of position**
- (b) maximum of 1 twist lift.
- (c) maximum of 1 throw jump
- (d) maximum of 1 solo jump
- (e) maximum of 1 solo jump combination or sequence.
- (f) maximum of 1 pair spin (may be in combination).
- (g) maximum of 1 solo spin (may be in combination).
- (h) maximum of 1 spiral figure or death spiral.
- (i) maximum of 1 step sequence (straight line, circular or serpentine).

PRE-JUVENILE: 1 free program, 2.5 minutes (+ or – 10 seconds)

All Lifts, Twists, Solo Spins, Pair Spins, Spiral Figures or Death Spirals and Step Sequences shall be called no higher than Level 1 regardless of content.

- (a) maximum of 2 different lifts, each lift must be from group 1. **Lifts must not include a change of position**
- (b) maximum of 1 throw jump.
- (c) maximum of 1 solo jump.
- (d) maximum of 1 solo jump combination or sequence.
- (e) maximum of 1 pair spin (may be in combination).
- (f) maximum of 1 solo spin (may be in combination).
- (g) maximum of 1 spiral figure or death spiral.
- (h) maximum of 1 step sequence (straight line, circular or serpentine).

ORIGINAL DANCE

Rhythms and Dances of the 1920's, 1930's or 1940's

Any one or two rhythms/dances originated in the 1920's or 1930's or 1940's may be chosen (except Tango). If two rhythms are used one of them may be repeated. The program should reflect the original flavor and style of the decades mentioned above and NOT performed as a Ballroom Dance.

For general information concerning the rhythms (dances) which belong to the above mentioned decades please refer to the "ISU Ice Dance Music Rhythms Booklet and Compact Disc 1995".

Vocal music is permitted.

Variations of tempo within one selection of music are permitted. If only one rhythm /dance is chosen two different tunes of this rhythm may be used and which may differ in tempo. Original orchestration of the music of the 1920's, 1930's or 1940's is not required. However, the orchestration must be in the style of the decade chosen.

Duration: 2 minutes and 30 seconds (plus or minus 10 seconds).

If appropriate for the chosen music the lady and the man are permitted to wear trousers and sleeves of any length. ISU Rule 612 should apply. Props that are part of the costume and are characteristic for the chosen music are allowed (hats, head bands, ribbon). Props may not be thrown in any part of the program.

Note: The Referee will make a proper costume deduction for a prop which is detached.

The couple should announce in the Rhythm(s)/dance(s) and the decade(s) of the music chosen for the Original Dance.

Required Elements:

- 2 different types of short lifts, but no more (up to 6 seconds)

Note: The first performed Lift only will be identified and considered in determining the level of difficulty. The second Lift will be considered by the judges in marking the Choreography.

- 1 Spin, but no more (Combination spin is not permitted)

- 2 step sequences

i. One Midline Not Touching step sequence without Sequential Twizzles*

ii. One Diagonal or Circular step sequence in hold*

*note: Base values for the midline not touching step sequence shall be the same as the midline in hold. Base values for the Diagonal step sequence shall be the same as the circular.

Further guidelines for the Original Dance can be found in ISU Communication 1496 available on the ISU Website (www.isu.org)

ICE DANCE WELL BALANCED FREE DANCE

- (1) **JUVENILE FREE DANCE:** 1 free dance to music of 2.0 minutes (+ or – 10 seconds). A well-balanced Juvenile free dance must meet the following requirements:
- (a) a maximum of 1 dance lifts chosen from Stationary, Curve or Straight Line.
 - (b) a maximum of 1 dance spin (simple spin type, not combination type).
 - (c) a maximum of 1 series of synchronized twizzles
 - (d) a maximum of 1 footwork sequence (any shape, no required positions, may not be Midline Not Touching).
- (2) **PRE-NOVICE FREE DANCE:** 1 free dance to music of 2.5 minutes (+ or – 10 seconds). A well-balanced Pre-Novice free dance must meet the following requirements:
- (a) a maximum of 2 different dance lifts chosen from Stationary, Curve, Straight Line or Rotational (any type).
 - (b) a maximum of 1 dance spin (simple Spin type, not Combination type).
 - (c) a maximum of 1 series of synchronized twizzles
 - (d) a maximum of 1 footwork sequence (any shape, no required positions, may not be Midline Not Touching).
- (3) **NOVICE FREE DANCE:** 1 free dance to music of 3.0 minutes (+ or – 10 seconds). A well-balanced Novice free dance must meet the following requirements:
- (a) a maximum of 2 different dance lifts chosen from Stationary, Curve, Straight Line or Rotational (any type).
 - (b) a maximum of 1 dance spin (simple Spin type, or Combination type).
 - (c) a maximum of 1 series of synchronized twizzles
 - (d) a maximum of 2 different step sequences: one Straight (Midline in hold, Midline not-touching without sequential twizzles or Diagonal) and one Curved (Serpentine with 2 or 3 bold curves, or Circular). No required positions.

- (4) **JUNIOR FREE DANCE:** 1 free dance to music of 3.5 minutes (+ or – 10 seconds). A well-balanced Junior free dance must meet the following requirements:
- (a) a maximum of 3 different dance lifts (1 of which may be a 12 second lift from either Serpentine, Reverse Rotational or Combination).
 - (b) a maximum of 1 combination spin**
***Note: One additional Dance Spin (Spin or Combo Spin) is permitted but only the first performed Combination Spin will be identified and considered in determining the level of difficulty. This additional Dance Spin will be considered by the judges in marking the Component for Linking Footwork/Movements. But the third Dance Spin performed will be considered by the Technical Panel as an Extra Element.*
 - (c) a maximum or 1 set of synchronized twizzles.
 - (d) a maximum of 2 different step sequences in any dance hold, one Straight line (Midline or Diagonal) and one Curved (Serpentine with 2 or 3 bold curves, or Circular).
- (5) **SENIOR FREE DANCE:** 1 free dance to music of 4.0 minutes (+ or – 10 seconds). A well-balanced Senior free dance must meet the following requirements:
- (a) a maximum of 4 different types of dance lifts* (2 1 of which may be a 12 second lift from either Serpentine, Reverse Rotational or combination)
** Note: One additional Lift up to 6 seconds without any requirements for the Level is permitted but only the first four performed Lifts will be identified and considered in determining the level of difficulty. This additional Lift will be considered by the judges in marking the Choreography. However, if a sixth Lift is performed, it will be considered by the Technical Panel as an Extra Element.*
 - (b) a maximum of 1 combination spin**
***Note: One additional Dance Spin (Spin or Combo Spin) is permitted but only the first performed Combination Spin will be identified and considered in determining the level of difficulty. This additional Dance Spin will be considered by the judges in marking the Component for Linking Footwork/Movements. But the third Dance Spin performed will be considered by the Technical Panel as an Extra Element.*
 - (c) a maximum of 1 set of synchronized twizzles
 - (d) a maximum of 2 different step sequences in any dance hold, one Straight line (Midline or Diagonal) and one Curved (Serpentine with 2 or 3 bold curves, or Circular).

Further guidelines for the Jr. and Sr. Free Dance can be found in ISU Communication 1496 available on the ISU Website (www.isu.org).

Please Note: The term “different dance lift” means that they must be of a different nature. - i.e., in Pre-Novice there can only be one rotational lift.