



The Adult Competition will include the following categories:

- Women and Men Free Skating

Eligibility

Participation all events are open only to competitors who have reached at least the age of eighteen (18) before 1st July 2023.

Age categories for Women and Men Free Skating events:

Young Adult participants born between 1 st July 1995 and 30th June 2005

Class I participants born between 1 st July 1985 and 30th June 1995

Class II participants born between 1 st July 1975 and 30th June 1985

Class III participants born between 1 st July 1965 and 30th June 1975

GENERAL INFORMATION FOR ALL COMPETITORS

- It is expected that competitors will enter at a level appropriate to their current skating ability.
- Entries may be reviewed prior to announcement of the schedule to ensure the integrity of the competition.
- Competitors are not obliged to enter the same level as in previous years.
- Skaters may compete at only one level within each segment.
- Any program violating the time limit set out in this Announcement will receive a deduction of 1.0 for every 5 seconds or part thereof lacking or in excess of the permitted time.
- Skaters have 30 seconds from the time their name is called to take their starting position.
- Please ensure a planned program sheet is submitted for all programs.
- Based on ISU Rule 501(1), competitors should note the following regarding appropriate clothing. Clothing and any make-up of the competitors must be modest, dignified and appropriate for athletic competition – not garish or theatrical in design. Clothing may, however, reflect the character of the music chosen. The clothing must not give the effect of excessive nudity inappropriate for the discipline. Men must wear full-length trousers.
- Competitions in Ladies and Men Free Skating will be held at Pre-Bronze, Bronze, Silver & Gold
- Age categories may be combined at the discretion of the referee.



Free Skating Gold

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

1. A maximum of five (5) jump elements, consisting of single jumps (including the single Axel) or double jumps. Double flip, double Lutz, double Axel and triple jumps are not permitted.

There may be up to three (3) jump combinations or two jump combinations and one (1) jump sequence in the free program.

- • One (1) jump combination or one (1) jump sequence may consist of up to three (3) jumps. The others may have two (2) jumps each.
 - • A jump sequence consists of two (2) or three (3) jumps of any number of revolutions, in which the second and/or the third jump is an Axel type jump with a direct step from the landing curve of the first/second jump into the take off curve of the Axel jump.
 - • Each listed jump may be performed a maximum of two (2) times.
 - • Please note that the Euler (half-loop) is considered a listed jump only when used in combination in between two other listed jumps.
 - • Non-listed jumps may be included in the program as part of connecting footwork.
2. A maximum of three (3) spins of a different abbreviation, one (1) of which must be a spin combination with a change of foot and one (1) of which must be a flying spin or a spin with a flying entrance.
 - • The spins must have a required minimum number of revolutions: four (4) for any spin with no change of foot, and eight (8) for any spin with a change of foot.
 - • A spin that has no basic position with 2 revolutions will receive no value, however a spin with less than three rotations in total is considered as a skating movement and not a spin.
 - • Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions in each of these positions anywhere within the spin. To receive full value, a spin combination must include all three (3) basic positions.
 - • All spins with change of foot must have at least 3 revolutions on each foot. If this requirement is not fulfilled, the spin will be marked with a V.
 3. A maximum of one (1) step sequence, fully utilizing the ice surface.
 - • The program duration is 2 minutes and 50 seconds +/- 10 seconds.
 - • The points for each Program Component are multiplied by a factor of 2.67.
 - • Only features up to and including Level 3 will be counted for the technical elements. Any additional features will not count for level requirements and will be ignored by the Technical Panel.
 - • The warm-up duration is six (6) minutes.
 - • Each fall shall receive a deduction of 1.0.

Free Skating Silver

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

1. A maximum of five (5) jump elements, consisting of any single jumps (including the single Axel). Double jumps and triple jumps are not permitted. There may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence in the free program.
 - • One (1) jump combination or one (1) jump sequence may consist of up to three (3) jumps. The other may have two (2) jumps.
 - • A jump sequence consists of two (2) or three (3) jumps of any number of revolutions, in which the second and/or the third jump is an Axel type jump with a direct step from the landing curve of the first/second jump into the take off curve of the Axel jump.
 - • Each listed jump may be performed a maximum of two (2) times.
 - • Please note that the Euler (half-loop) is considered a listed jump only when used in combination in between two other listed jumps.
 - • Non-listed jumps may be included in the program as part of connecting footwork.
2. A maximum of two (2) spins of a different abbreviation.
 - • The spins must have a required minimum number of revolutions: four (4) for any spin with no change of foot, and six (6) for any spin with a change of foot.
 - • A spin that has no basic position with 2 revolutions will receive no value, however a spin with less than three rotations in total is considered as a skating movement and not a spin.
 - • Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions in each of these positions anywhere within the spin. To receive full value, a spin combination must include all three (3) basic positions.
 - • All spins with change of foot must have at least 3 revolutions on each foot. If this requirement is not fulfilled, the spin will be marked with a V.
 - • Only features up to and including Level 2 will be counted. Any additional features will not count for level requirements and will be ignored by the Technical Panel.
3. A maximum of one (1) choreographic sequence, utilizing at least half (1/2) of the ice surface.

A choreographic sequence consists of at least two different movements like spirals, arabesques, spread eagles, Ina Bauers, hydroblading, transitional (unlisted) jumps. Steps and turns may be used to link the two or more different movements together. The pattern is not restricted but the sequence must be clearly visible.

A choreographic sequence has a base value and will be evaluated by the judges in GOE only.



The program duration is 2 minutes +/- 10 seconds.

The points for each Program Component are multiplied by a factor of 2.0. The warm-up duration is five (5) minutes.

Each fall shall receive a deduction of 0.5.

Free Skating Bronze

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

1. A maximum of four (4) jump elements, consisting only of single jumps. Axel type jumps, double jumps and triple jumps are not permitted. There may be up to two (2) jump combinations in the free program.
 - Each jump combination may consist of two (2) listed jumps.
 - Each listed jump may be performed a maximum of two (2) times.
2. A maximum of two (2) spins of a different abbreviation, each of which must be a spin in one position with or without a change of foot. Flying spins are not permitted.
 - The spins must have a required minimum number of revolutions: three (3) for any spin with no change of foot, and six (6) with a change of foot.
 - A spin that has no basic position with 2 revolutions will receive no value, however a spin with less than three rotations in total is considered as a skating movement and not a spin.
 - All spins with change of foot must have at least 3 revolutions on each foot. If this requirement is not fulfilled, the spin will be marked with a V.
 - Only features up to and including Level 1 will be counted. Any additional features will not count for level requirements and will be ignored by the Technical Panel.
3. A maximum of one (1) choreographic sequence utilizing at least half (1/2) of the ice surface.





A choreographic sequence consists of at least two different movements like spirals, arabesques, spread eagles, Ina Bauers, hydroblading, transitional (unlisted) jumps. Steps and turns may be used to link the two or more different movements together. A choreographic sequence has a base value and will be evaluated by the judges in GOE only.

The program duration is 1 minute and 40 seconds, +/- 10 seconds.

The points for each Program Component are multiplied by a factor of 2.0. The warm-up duration is five (5) minutes.

Each fall shall receive a deduction of 0.5.

Free Skating Pre-Bronze

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

1. A maximum of four (4) jump elements. Only single jumps are permitted, no Axel type jump, no double or triple jumps and no Lutz can be included.

No jump combinations or sequences are allowed.

No listed jump may be repeated more than once within a programme.

Non-listed jumps may be included in the program as part of connecting footwork only.

2. A maximum of two (2) basic position spins with NO change of position and NO change of foot. The spins must have a minimum of 3 revolutions.

Flying spins are not permitted.

There must be a minimum of two (2) revolutions in each position or the position will not be counted.

3. A maximum of one choreographic-step sequence (i.e., circular, straight line, serpentine) or choreographic-spiral sequence covering at least 50% of the usual pattern (e.g. half a serpentine, half of a straight line etc.)

In case of a circular step sequence a full circle is required covering 1/2 the width of the ice surface

To be counted a spiral sequence must include at least two (2) spiral positions of not





less than 3 seconds each or one (1) spiral position not less than 6 seconds long. Only the first executed attempt of a choreographic-step sequence or choreographic-spiral sequence will contribute to the technical score.

Additional spiral sequences and step sequences will not be counted as a step sequence but will be counted as moves-in-the field (transitions) and marked as such.

Duration: The maximum time is 1:40 seconds, but may be less.

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

