



**Adult Competition
Technical Package**

2008 - 2009



October 24, 2008

TECHNICAL PACKAGE INTRODUCTION

Please review the entire Adult Technical Package in the development of programs and preparation for the 2008-2009 skating season. Refer to the appropriate event announcement as to whether the below Well Balanced Program requirements, guidelines and instructions will be in place. This Technical Package will be used at the 2009 Skate Canada Adult Figure Skating Championships.

Eligibility to Compete:

- (1) Be eligible persons as defined in Skate Canada Rule Book Section 2100 (Rule 5401).
- (2) Be Associate members in good standing of the Association (Rule 5401).
- (3) **COMPETITIVE SINGLES TEST EQUIVALENCIES IN THE STARSkate PROGRAM:** As regulation 4000 –E – 3.1 states, skaters passing Free Skating tests in the competitive test system are granted equivalencies for regular free skating tests as follows:
 - Juvenile Competitive Singles Test = Senior Bronze Free Skating Test
 - Pre-Novice Competitive Singles Test = Junior Silver Free Skating Test
 - Novice Competitive Singles Test = Senior Silver Free Skating Test
 - Junior or Senior Competitive Singles Test = Gold Free Skating Test

Skaters who have passed any of the competitive test equivalencies must enter the STARSkate Championships at the level corresponding to their highest STARSkate test passed or at the level which they received the equivalency in the STARSkate Program, whichever is higher.

- (4) Skaters may participate in either the 2009 National STARSkate Championships or the 2009 Adult Championships, but not both.
- (5) Skaters cannot enter both streams (Adult and competitive) in the same discipline in the same year.

Program Times

Adult Free Skating programs have no minimum program time assigned. The maximum program time has been placed at the equivalent STARSkate test level. Adult Interpretive programs will not be penalized for a program time of less than 2.0 min. This will allow the Adult 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 a Skate Canada invitational. Officials are not to penalize or award skaters for varying program times.

Well Balanced Program Requirements – Maximum

Maximum jump requirements have been established. 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 basically the same program with as minimal change as possible. As with the introduction of the CPC System at the competitive level for Singles, Pairs and Dance it is expected that there will be varying degrees of meeting these requirements depending on the age classes.

ILLEGAL ELEMENTS/MOVEMENTS IN ANY ADULT PROGRAM:

- Somersault type elements including cartwheels, back flips, and rolling on the ice.
- Lying and/or prolonged stationary kneeling on both knees on the ice at any moment including the splits on the ice.
- Kneeling or sliding (2 knees, legs or combination of body parts) or supporting oneself on the ice with a hand(s).
- **PROPS** - 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.

There will be a 2.0 point deduction for every illegal element/movement included in the program in CPC or a 0.2 deduction under the 6.0 system.

FREE SKATING PROGRAMS

(1) Adult Bronze Free Skating

A maximum program time of 2 min 40 sec. Program time may be shorter.

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

Competitors must perform a well balanced program that may contain:

- Maximum four (4) jump elements composed of single jumps.
 - Axels, double or triple jumps are not permitted.
 - There can be a maximum of two (2) different jumps repeated.
 - These jumps may be repeated as individual jumps and in jump combinations and sequences.
 - Maximum of two (2) combinations or sequences.
- Maximum two (2) different one position spins (i.e. upright spin, sit spin, camel spin).
 - These required spins must have a minimum of 3 revolutions in position.
 - If there is a change of foot, there must be 3 revolutions on each foot.
 - Flying spins are not permitted.
- Men - Maximum one (1) step sequence (e.g. circular, straight line, serpentine).
- Women - Maximum one (1) step or spiral sequence (e.g. circular, straight line, serpentine).

(2) Adult Silver Free Skating

A maximum program time of 3 min 10 sec. Program time may be shorter.

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

Competitors must perform a well balanced program that may contain:

- Maximum five (5) different single jump elements.
 - May include a single Axel jump. No double jumps or triple jumps are permitted.
 - Any repeated jump must be in combination or sequence.
 - No jump can be included more than twice and there can be a maximum of two (2) different jumps repeated.
 - At least one jump combination or sequence must be included with a maximum of two (2) combinations or sequences.
- Maximum three (3) spins of a different nature (i.e. upright spin, sit spin, camel spin).
 - One must be a spin combination (change of foot optional).
 - These required spins must have a minimum of 3 revolutions in position.
 - If there is a change of foot, there must be 3 revolutions on each foot.
- Men - Maximum one (1) step sequence (e.g. circular, straight line, serpentine).

- Women - Maximum one (1) step or spiral sequence (e.g. circular, straight line, serpentine).

(3) Adult Gold Free Skating

A maximum program time of 3 min 40 sec. Program time may be shorter.

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

Competitors must perform a well balanced program that may contain:

- Maximum six (6) jump elements.
 - May include an Axel jump, single and double jumps.
 - Double jumps may include only double toe loop, double Salchow and/or double loop.
 - Double flip, double Lutz, double Axel or triple jumps are not permitted.
 - No jump can be included more than twice and there can be a maximum of two (2) different jumps repeated.
 - Any repeated jump must be in combination or sequence.
 - At least one jump combination or sequence of jumps must be included.
 - Maximum of two (2) combinations or sequences. One combination may have 3 jumps, others may only have 2 jumps.
- Maximum three (3) spins of a different nature (i.e. upright spin, sit spin, camel spin). These required spins must have a minimum of 4 revolutions in position, and a spin combination which changes feet must have a minimum of 4 revolutions in position on each foot.
 - One spin must be a combination (change of foot optional).
 - One spin must be a flying spin.
 - One spin may be of any nature.
- Men - Maximum one (1) step sequence (e.g. circular, straight line, serpentine).
- Women - Maximum one (1) step or spiral sequence (e.g. circular, straight line, serpentine).

(4) Adult Masters Free Skating

A maximum program time of 4 min 10 sec. Program time may be shorter.

TEST: 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.

Competitors must perform a well balanced program that may contain:

- Maximum seven (7) jump elements which must include an Axel jump and at least one combination or sequence of jumps.
 - All jumps are permitted.
 - Any repeated jump must be in combination or sequence.

- One must be an Axel-type take off.
- No jump can be included more than twice and there can be a maximum of three (3) different jumps repeated.
- Maximum of three (3) combinations or sequences. One combination may have 3 jumps, others may only have 2 jumps.
- Maximum three (3) spins of a different nature (i.e. upright spin, sit spin, camel spin). These required spins must have a minimum of 4 revolutions in position, and a spin combination which changes feet must have a minimum of 4 revolutions in position on each foot.
 - One spin must be a combination (change of foot optional).
 - One spin must be a flying spin.
 - One spin may be of any nature.
- Men - Maximum one (1) step sequence (e.g. circular, straight line, serpentine).
- Women - Maximum one (1) step or spiral sequence (e.g. circular, straight line, serpentine).

(5) Adult Competitive Free Skating

A maximum program time of 4 min 10 sec. Program time may be shorter.

TEST: 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.

Competitors must perform a well balanced program that may contain:

- Maximum seven (7) jump elements which must include an Axel type jump and at least one (1) combination or sequence of jumps.
 - All jumps are permitted.
 - Any repeated jump must be in combination or sequence.
 - One must be an Axel-type take off.
 - No jump can be included more than twice and there can be a maximum of three (3) different jumps repeated.
 - Maximum of three (3) combinations or sequences. One combination may have 3 jumps, others may only have 2 jumps.
- Maximum three (3) spins of a different nature (i.e. upright spin, sit spin, camel spin). These required spins must have a minimum of 4 revolutions in position, and a spin combination which changes feet must have a minimum of 4 revolutions in position on each foot.
 - One spin must be a combination (change of foot optional).
 - One spin must be a flying spin.
 - One spin may be of any nature.
- Men - Maximum one (1) step sequence (e.g. circular, straight line, serpentine).
- Women - Maximum one (1) step or spiral sequence (e.g. circular, straight line, serpentine).

Guidelines for Application of Well Balanced Program Criteria

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 (2) three turns in between jumps with a slight touch down (without weight transfer).
- Jump Sequence (STARSkate test and competition): A jump sequence may consist of any number of jumps of any number of revolutions which may be linked by non-listed jumps immediately following each other, while maintaining the jump rhythm (knee). There can be not more than two (2) three turns/Mohawks during the sequence; there can be no crossovers or stroking during the sequence. A jump sequence, consisting of only one listed jump together with other non-listed jumps is not considered a jump sequence but will count as a solo jump.
- Spin Combination: A spin combination must contain at least one change of position with at least two rotations before and after the change. A change of foot is optional.
- Flying Spin: A flying spin is a spin that begins with a flying entry. A flying spin may also be a combination spin.
- 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.
- Illegal Elements/Movements: See page three.

Instructions for Understanding the Well Balanced Free Program Requirements:

- Jump Elements: Jump elements include all jumps done alone, in combination and in sequence.
 - When counting Jump elements, a combination jump (e.g. two jumps) counts as one jump element and a jump sequence (two or more jumps) counts as one jump element.
 - Example: Axel, 2Toe-Loop, 2Salchow + 2ToeLoop combination is 3 jump elements even though there are 4 jumps.
 - Example: Lutz-mazurka-Flip sequence, Loop/Loop combination, Axel is three jump elements even though there are five jumps.
 - In every case there is a maximum number of jump elements that may be included. Jumps in excess of this maximum will receive no points (0.00 value) in CPC or will be subject to a 0.2 deduction in 6.0.
 - Combinations or sequences in the excess of the maximum will receive no points (0.00 value) in CPC or will be subject to a 0.2 deduction in 6.0.
 - There can be no more than two jump combinations or sequences. Adult Masters and Adult Competitive can have no more than three jump combinations or sequences.
 - Only two jumps may be repeated in a Adult Bronze, Adult Silver and Adult Gold program. Adult Masters and Adult Competitive can not repeat more than three jumps. No jump may be included more than twice. If a jump is repeated (e.g., included twice in a program) one of the jumps must be in combination or sequence (exception-Adult Bronze). (Note: Jumps of the same name but different rotations are considered as different jumps, e.g. Double Loop and Single Loop 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 (under CPC it will receive the value as established in the Scale of Values multiplied by .8) 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 (e.g. 2Lo executed in Adult Bronze) the skater shall receive a 0.4 deduction in 6.0. These will receive no points (0.00 value) in CPC.
- Spin Elements: Spin elements include any spin-like movement that has at least two rotations in total. 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 (0.00 value) in CPC or will be subject to a 0.1 deduction in 6.0.
- 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: Adult Bronze, two spins are executed, two sit spins. These are not spins of a different nature. 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 (0.00 value) in CPC and will be considered as transitions and marked as such. In order to be identified as a step sequence it must cover at least half of the ice surface.

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 alive human beings. It does not involve animals, fairies, ghosts or toys come 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 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 includes:

- 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).

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

Event	Test Prerequisite	Program Time
Pre-Introductory Interpretive *	Must not have passed any Skate Canada Interpretive Skating test.	One Interpretive program of 2.0 to 3.0 minutes (+/- 10 seconds) in length. Entrants will not be penalized for a program time of less than 2.0min. (See page two 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.

Illegal Elements/Movements: See page three.

DANCE EVENTS

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

COMPULSORY 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	Willow Waltz
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.	Fourteenstep	European Waltz
Junior Silver Adult Dance	At least one partner must have passed the complete Junior Silver Dance but not the complete Senior Silver Dance test.	Keats Foxtrot	American Waltz
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	Blues

Gold Adult Dance	At least one partner must have passed the complete Gold Dance test or higher	Quickstep	Argentine Tango
Diamond Adult Dance	At least one partner must have passed the complete Gold Dance test or higher.	Viennese Waltz	Rhumba

ADULT FREE DANCE

Adult Gold Free Dance

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

Competitors must perform a well balanced program that must contain:

- Maximum of two (2) different dance lifts chosen from Stationary, Curve or Straight Line, one short lift with a maximum duration of six (6) seconds and one long lift with a maximum duration of 12 seconds.
- Maximum of one (1) dance spin consisting of at least three (3) rotations on one foot for each partner. A simple spin with no change of foot or a combination spin with change of foot are permitted (see ISU communication 1496 and 1522).
- Maximum of one (1) series of synchronized twizzles.
- Maximum of one (1) diagonal or midline step sequence (any direction) in varied hold.

Adult Silver Free Dance

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

Competitors must perform a well balanced program that must contain:

- Maximum of one (1) dance lift chosen from Stationary, Curve or Straight Line, with a maximum duration of six (6) seconds.
- Maximum of one (1) dance spin consisting of at least three (3) rotations on one foot for each partner. A simple spin with no change of foot or a combination spin with change of foot are permitted.
- Maximum of one (1) series of synchronized twizzles.
- Maximum of one (1) circular step sequence.

Midline not touching step is not permitted.

Illegal Elements/Movements: See page three.

ADULT PAIR EVENTS

COMPOSITION OF PARTNERS: Pair events must be comprised of one woman and one man.

Adult Masters Pair

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

Competitors must perform a well balanced program that must contain:

- Maximum of three (3) different lifts, one of which may be a twist lift. All lifts will be called Level 1 regardless of content.
- Maximum of two (2) throw jumps.
- Maximum of two (2) 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.
- Maximum of one (1) solo jump combination or sequence.
- Maximum of two (2) different pair spins (may be in combination).
- Maximum of one (1) solo spin (may be in combination).
- Maximum of one (1) spiral figure or death spiral.
- Maximum of one (1) step sequence (straight line, circular or serpentine).

Adult Pair

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

Competitors must perform a well balanced program that must contain:

- Maximum of three (3) different lifts, one of which may be a twist lift. Variations of the lady's position, no-handed and one-handed lifts, and combination lifts are not permitted. Overhead lifts are not permitted. All lifts will be called Level 1 regardless of content.
- Maximum of one (1) throw jump (single only)
- Maximum of one (1) solo jump. Only single 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.
- Maximum of one (1) solo jump combination or sequence.
- Maximum of two (2) different pair spins (may be in combination).
- Maximum of one (1) solo spin (may be in combination).
- Maximum of one (1) spiral figure or death spiral.
- Maximum of one (1) 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 three.