

2010



TECHNICAL PACKAGE FIGURE SKATING

**TECHNICAL PACKAGE
2010 ARCTIC WINTER GAMES**

FIGURE SKATING

1. **RULES:** This competition will be conducted under the rules of Skate Canada.
2. **CATEGORIES:** The competition is open to female athletes only.

Competitors must have been born between 1992 and 1999. Skaters in the Preliminary events (Ladies 1) must be born 1997 or later. A competitor may register and compete in only one (1) category.

Competitors must meet the minimum and maximum test and age requirements for this competition as stated within the Test Qualifications Section (Attachment A) on this Technical Package as of November 15, 2009. Test qualification forms must be completed in accordance with Arctic Winter Games rules.

Elite Athletes

Canadian athletes who have qualified for Western Challenge or Junior Nationals or higher in 2009 or 2010 are considered elite and therefore not eligible to compete in the Arctic Winter Games.

American athletes who have qualified for Sectional competition (freestyle event only) in 2009 or 2010 are considered elite and therefore not eligible to compete in the Arctic Winter Games.

Russian Athletes who are considered elite by the Federal Law of the Russian Federation are not eligible to compete in the Arctic Winter Games. Russian athletes who have qualified as a Master of Sports International, Master of Sports of Russia or are Candidates for the Master of Sports are also considered elite and therefore are not eligible to compete in the Arctic Winter Games.

3. **EVENTS:** See Attachment B
1. **TEAM COMPOSITION:** Each Games Unit may enter a team comprised of maximum of eight (8) skaters and two (2) coaches. One coach must be female or if none are available a female chaperone must be substituted for one coach. Units may enter a maximum of 3 skaters in any category to the team maximum of 8 skaters.

In the event that only a single skater is registered in a competition category, that skater will be eligible for medals provided they complete the required skating programs.

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2. **MEDALS:** Separate medals will be awarded for the free skate, short program, combined and team compulsory competitions.

GOLD	20
SILVER	20
BRONZE	20

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Arctic Winter Games Rule Modifications

1. System of Marking:

Events will be judged under the Cumulative Points System (CPC) for the short and free programs; 6.0 for the team event. Closed marking will be used for all categories. The Skate Canada, STARSkate Well Balanced Program Criteria in effect as of November 15, 2009 will be used for all events. The criteria can be found on the Skate Canada website at www.skatecanada.ca. This document incorporates changes as of November 30, 2009.

2. Entries:

Each entrant must qualify through the contingent they represent in accordance with the contingent's specific qualification process.

3. Music:

Each skater will provide 1 cassette tape and 1 compact disc (CD). Two copies must be provided at the competition registration. One for competition (marked as "master") and one for back up (marked "Copy"). The competition copy will be played during practices and competition. Competitors are responsible for collection of their own music at the completion of the competition.

Standard Specifications for Cassettes and CD's:

- 1) Only one (1) program will be recorded on each cassette or CD.
- 2) The start of the music shall be recorded on the tape or CD at least 3 seconds following the head leader and not more than 5 seconds.
- 3) Music shall be recorded at equal levels on both left and right channels in stereo.
- 4) Competitor's name and contingent, followed by music time (not skating time) shall be clearly marked on one side of the cassette or CD.
- 5) Music recording levels shall be a maximum of 0 Volume Units (OVU) and a minimum of -8 Volume Units (-8VU)
- 6) Cassettes or CD's must be marked with the skater's name, Category and total music time and they must be enclosed in their integral container, also marked accordingly.

4. Exhibitions:

Overall gold medal winners (combined results from the short and long programs) will skate an exhibition at the closing ceremonies. Skaters shall choose their short program, long program or a prepared exhibition program.

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ATTACHMENT A
TEST QUALIFICATIONS

Skaters must meet the following minimum and must not exceed the following maximum qualifications for each competition category as of November 15, 2009. Skaters exceeding the maximum standards after this date are still eligible to compete.

- Ladies 1:** Entrants in this category must have passed their:
- a. Complete Skate Canada Preliminary Free Skate Test but no higher
 - b. Complete United States Figure Skating Associations (USFSA) Preliminary Freeskate Tests but no higher
 - c. Russian 2nd Youth Class but no higher
- Ladies 2:** Entrants in this category must have passed their:
- a. Complete Skate Canada Junior Bronze Free Skate Tests but no higher
 - b. Complete USFSA Pre-Juvenile Freeskate Test but no higher
 - c. Russian 1st Youth Class but no higher
- Ladies 3:** Entrants in this category must have passed their:
- a. Complete Skate Canada Senior Bronze Free Skate Test or Juvenile Competitive tests but no higher
 - b. Complete USFSA Juvenile Freeskate Test but no higher
 - c. Russian 2nd Sport Class but no higher
- Ladies 4:** Entrants in these categories must have passed their:
- a. Complete Skate Canada Junior Silver or Senior Silver Free Skate Tests or Pre-Novice or Novice Competitive tests but no higher
 - b. Complete USFSA Intermediate or Novice Freeskate Tests but no higher
 - c. Russian 1st Sport Class but no higher

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**ATTACHMENT B
EVENTS**

Free Skate and Short Program categories will be awarded medals individually. Winners of the combined results of these categories will also be awarded medals.

Ladies 1

Short Program – One (1) minute 30 seconds (1:30) maximum that must be skated to music. The program must include:

- 1) One Lutz jump
- 2) Axel type jump (axel or waltz jump)
- 3) Single jump / loop combination (lutz or axel may not be repeated)
- 4) Camel spin (minimum 3 rotations)
- 5) Layback or sideways leaning spin (minimum 3 rotations)
- 6) Combination spin minimum 2 positions (change of foot optional)-minimum 4 rotations
- 7) A straight line footwork sequence, must use full ice

The Short Program must be performed in program format with no additional elements other than connecting steps and ½ rotation jumps. Any rotational spin – like movement that exceeds one entire turn is considered an additional element.

Free Skate Competition: One (1) minute 30 seconds (1:30) or two (2) minute program (plus or minus 10 seconds) to music.

Well Balanced Program Criteria (Canadian STARSkate – Preliminary Level)

All elements will be called no higher than Level 1.

- 1) Maximum six jump elements.
 - a) All single jumps permitted and maximum one double jump which may be a double Salchow or a double toe loop.
 - b) Must include at least one Axel type jump (waltz or single Axel).
 - c) Maximum two combinations or sequences. Jump combinations may contain no more than two jumps.
 - d) No jump included more than twice and if a jump is repeated it must be in combination or sequence. The double jump may not be repeated.
- 2) Maximum of two spins of any nature.
 - a) Maximum one may be a flying spin.
 - b) One spin of any nature.
- 3) Maximum one step sequence or spiral sequence.

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Ladies 2

Short Program – 1 minute and 45 seconds (1:45) maximum that must be skated to music. The program must include:

- 1) Axel,
- 2) One other single or double jump
- 3) Jump combination. May include 1 double jump but axel may not be repeated.
- 4) Combination spin, minimum 2 positions (may change foot) - minimum 4 rotations
- 5) Any flying spin, minimum 3 rotations
- 6) A spiral sequence, one on each foot (not required to use full ice)
- 7) A straight line footwork sequence, must use full ice surface

The Short Program must be performed in program format with no additional elements other than connecting steps and ½ rotation jumps. Any rotational spin – like movement that exceeds one entire turn is considered an additional element.

Free Skate Competition – Two minute (2:00) or two minute and 30 second (2:30) program (plus or minus 10 seconds) to music.

Well Balanced Program Criteria (Canadian STARSkate – Junior Bronze Level)

All elements will be called no higher than Level 1.

- 1) Maximum of seven jump elements.
 - a) All single jumps permitted and maximum two double jumps which may be up to and including a double loop.
 - b) Must include at least one Axel type jump (waltz or single Axel).
 - c) Maximum two combinations or sequences. Jump combinations may contain no more than two jumps.
 - d) No jump included more than twice and if a jump is repeated it must be in combination or sequence. The double jumps may not be repeated.
- 2) Maximum of three spins.
 - a) One spin must be a combination spin (change of foot mandatory).
 - b) One spin must be a flying spin.
 - c) One spin of any nature.
- 3) Maximum one step sequence or spiral sequence.

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Ladies 3

Short Program – Two minute (2:00) maximum that must be skated to music. The program must include:

- 1) Axel
- 2) Any double jump (excluding a double axel)
- 3) Jump combination. Any single jump followed by a double (axel may not be repeated)
- 4) Spin combination with only one change of foot and at least two basic positions (sit, camel, upright or any variation thereof)- minimum 3 rotations on each foot
- 5) Flying camel spin, minimum 4 rotations
- 6) A spiral sequence, one on each foot (not required to use full ice)
- 7) A straight line footwork sequence, must use full ice surface

The Short Program must be performed in program format with no additional elements other than connecting steps and ½ rotation jumps. Any rotational spin – like movement that exceeds one entire turn is considered an additional element.

Free Skate Competition – Two minute and thirty second (2:30) or three minute (3:00) program (plus or minus 10 seconds) to music.

Well Balanced Program Criteria: (Canadian STARSkate – Senior Bronze Level)

All elements will be called no higher than Level 1.

- 1) Maximum of seven jump elements.
 - a) All single and double jumps permitted except double Axel.
 - b) Must include at least one Axel type jump (waltz or single Axel).
 - c) Maximum three combinations or sequences. Jump combinations may contain no more than two jumps.
 - d) No jump included more than twice and if a jump is repeated it must be in combination or sequence.
- 2) Maximum of three spins.
 - a) One spin must be a combination spin (change of foot mandatory).
 - b) One spin must be a flying spin in one position with no change of foot.
 - c) One spin of any nature.
- 3) Maximum one step sequence or spiral sequence.

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Ladies 4

Short Program – 2 minutes and 15 seconds (2:15) maximum that must be skated to music. The program must include:

- 1) Axel or Double Axel
- 2) Double jump immediately preceded by steps (May not repeat Double axel)
- 3) Jump combination consisting of two Double jumps- May not repeat Double Axel or solo jump in #2 above
- 4) Layback or Sideways leaning spin, minimum 5 rotations
- 5) Spin combination with only one change of foot and at least two basic positions (sit, camel, upright or any variation thereof)- minimum 4 rotations on each foot
- 6) Spiral sequence (3 spiral positions and at least one change of foot)
- 7) Any footwork sequence, must use full ice

The Short Program must be performed in program format with no additional elements other than connecting steps and ½ rotation jumps. Any rotational spin – like movement that exceeds one entire turn is considered an additional element.

Free Skate Competition – Three minute (3:00) or three and one half minute (3:30) program (plus or minus 10 seconds) to music.

Well Balanced Program Criteria: (Canadian STARSkate – Senior Silver Level)

- 1) Maximum of seven jump elements.
 - a) All jumps permitted.
 - b) Must include at least one Axel type jump (waltz or Axel type).
 - c) Maximum three combinations or sequences. Jump combinations may contain no more than two jumps.
 - d) No jump included more than twice and if a jump is repeated it must be in combination or sequence.

- 2) Maximum of three spins.
 - a) One spin must be a combination spin (change of foot mandatory).
 - b) One spin must be a flying spin one position with no change of foot.
 - c) One spin of any nature.

- 3) Maximum one step sequence or spiral sequence.

Note: for All Levels re: a spin of any nature, the skater cannot repeat a spin that has already been performed (CPC code must be different).

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Team Compulsory Event

All Teams will be on the ice during the competition. The draw for the order of skating the elements will be done by the Technical Representative (or a designated official) and the Chief Accountant at the pre-competition meeting. This order will be followed for the skating of each element. For example, Team Alaska does the Lutz-loop; followed by Team Yukon, etc. Once all teams have completed the Lutz-Loop combination, Team Alaska will do the Axel followed by Team Yukon doing the Axel, etc. After the elements have been completed by all teams, each team will be allowed 60 seconds to execute a team final move following the same order as the execution of the elements..

Each team member will execute one element from the following list. They will try it twice, the better of the two given a score by judges. The scores will then be added together from each team member and team placement awarded based on the performance of all skaters.

Team coaches will determine which element each team member will perform. Lists must be submitted to the referee at the pre-competition meeting.

In the event that a team has less than eight skaters, they may have skaters from their own team to complete more than one (1) element to a maximum of four (4) skaters completing two (2) elements each.

Jumps

- Lutz – Loop combination
- Axel
- Double Loop
- Two jump combination (double-double)

Spins

- Sit spin (minimum 3 rotations)
- Layback or Sideways Leaning Spin (minimum 3 rotations)
- Flying camel / back sit spin (minimum 5 rotations)

Footwork Sequence

- Step sequence (straight line, serpentine, or circular pattern)

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The following are some instructions to help in understanding the well balanced program. There is a lot of detail but it might answer some questions when constructing the program.

INSTRUCTIONS FOR UNDERSTANDING THE WELL BALANCED PROGRAM REQUIREMENTS:

Jump Elements: Jump elements include all jumps done alone, in combination and in sequence

- When counting jump elements, a combination jump (two jumps) counts as one jump element and a jump sequence (two or more jumps) counts as one jump Element - Example: Axel, 2toe loop and 2Salchow + 2toe loop combination is three jump elements even though there are four jumps Example: Lutz-1/2-loop-flip sequence, loop/loop combination, Axel is three jump elements even though it is five jumps
- In every program there must be a forward take-off jump (referred to as an “Axel type” jump). This typically will be either a waltz jump or one of the Axel jumps. If an Axel type jump is not included, but the skater performed the maximum allowed number of jumps, in CPC the last executed of the allowed number of jumps would not count for points
- 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).
- Combinations or sequences in excess of the maximum will receive no points (0.00 value).
- No jump may be included more than twice. Further, if a jump is repeated (i.e., included twice in a program) one of the jumps must be in combination or sequence. (Note: Jumps of the same name but different rotations are considered as different jumps, i.e. 2loop and 1loop are considered as different jumps). If a repeated jump is not performed in combination or sequence, the repeated jump should be treated as a jump sequence with only one jump. It will count in the total number of combinations and sequences allowed. There is no other penalty.
- If a jump is executed that is of a higher level of difficulty than permitted for a given category (i.e. 2loop executed in a preliminary free skate program) then the jump will receive no points (0.00 value). If said jump is a part of a combination or sequence then the element will still be counted as a combination or sequence and the other jumps in the element will be scored as per combination or sequence principles of calculation.
- If a skater executes more double jumps than are permitted for a given category (i.e. two double jumps (the same or different) are executed in a preliminary free skate program) the skater shall receive no points (0.00 value) but still count in the total number of executed jump elements.

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Spin Elements: Spin elements include any spin-like movement that has at least three 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).

- If a spin does not meet one of the requirements for a program and the maximum number of spins has been executed, then the spin not meeting requirements will be worth 0.00 points - Example: junior bronze free skate: three spins are executed, two combinations and a spin in one position. There is no spin with a flying entry. In CPC, the last executed spin will receive no points.

Step Sequences: Any step sequences beyond the maximum will receive no points (0.00 value).

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

Spiral Sequences: Any spiral sequences beyond the maximum will receive no points (0.00 value).

- In order to be identified as a spiral sequence there must be at least two spiral positions with the free leg (including knee and foot) higher than the hip level each held for a minimum of 3 seconds.

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: A jump sequence may consist of any number of jumps of any number of revolutions that may be linked by non-listed jumps and/or hops immediately following each other while maintaining the jump rhythm (knee); there can be no **turns/steps***, crossovers or stroking during the sequence.

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*** Turns: three turns, twizzles, brackets, loops, counters, rockers.**

*** Steps: running steps, toe steps, chasses, mohawks, choctaws, curves with change of edge, cross-rolls.**

Any kinds of hops and unlisted jumps inside the sequence are allowed. From the moment the jump sequence does not fulfill the above requirements, the remainder of the jump sequence will be ignored and the element will be called "name of the first jump(s) plus sequence". In this case the GOE relates to the whole element. So in free skating judges always evaluate what they see independent of the call. If an Axel type jump immediately follows any other jump (without any steps, turns, hops, mazurkas and unlisted jumps), **it is considered as a jump sequence** and will be identified as one jump element.

Examples of acceptable jump sequences are as follows:

1A+1/2Lo+2S

1Lz+1/2Lo+1/2F+1A

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 (minimum two+two revolutions).

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

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

Illegal Elements/Movements:

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

Props:

- Props may not be used. Any item that is held in the hand or removed during the performance is considered to be a prop. If an item falls off on its own, it is not a prop.

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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.