

GUIDELINES FOR INTERNATIONAL COMPETITIONS

WIFSA 2014-2015 Singles&Pairs

(Based on ISU figure skating general and technical regulations : www.isu.org)

Catégories (birth dates)	Free Program
CHICKS (POUSSIN) (After <u>1-8-2006</u>) - 9 years at 01/ 08/ 2014	Girls and Boys: 2'00'' (+/-10'')
CUBS (AVENIR) (1-8- <u>2004</u> / 30-7- <u>2006</u>) - 11 years at 01/08/ 2014	Girls and Boys: 2'30'' (+/-10'')
JUNIORS (1-8- <u>1995</u> / 30-7- <u>2001</u>) + 13 years and - 19 years at 01/08 /2014	Ladies : 3'30'' (+/-10'') Men : 4'00 (+/-10'')
SENIORS (01-8- <u>1999</u>) + 15 years at 01/08 /2014	Ladies : 4'00 (+/- 10'') Men : 4'30'' (+/- 10'')

NOVICE COMPETITIONS

Two subgroups offering a different technical package are established:

- **Basic Novices (Basic Novice A and Basic Novice B)**

- **Advanced Novices**

NOVICES A / MINIMES (1-8- <u>2001</u> / 30-7- <u>2004</u>) + 10 years and - de 13 years at 01/08 /2014	Girls and Boys : 2'30'' (+/-10'')
NOVICES B (1-8- <u>1999</u> / 30-7- <u>2001</u>) + 13 years and - 15 years at 01/08 /2014	Ladies and Men : 3'00 (+/-10'')
ADVANCE NOVICES (1-8- <u>1999</u> / 30-7- <u>2004</u>) + 10 years and - 15 years at 01/08 /2014	Ladies : 3'00'' (+/-10'') Men : 3'30'' (+/-10'')

ADULT COMPETITIONS

Two subgroups offering a different technical package are established

ADULTS SILVER Group A : 16 years and less 30years at 01/08/2014 Group B : 30years at 01/08/2014	Ladies and Men: 2'30'' (+/- 10'')
ADULTS MASTER (1, 2, 3...) (31 years and +, 41 years and +, 51 years and +...) at 01/08/2014	Ladies and Men: 3'00 (+/- 10'')

The organizer decides on the disciplines and subgroups to be included in the event. The Member/Club entering skater(s)/team(s) will decide on the subgroup their athletes will participate.

A well balanced Skating program must contain:

Categories	Lengh	Contents
CHICKS (POUSSIN)	Girls Boys 2'00'' (+/- 10'')	<p>a) Maximum of 4 jump elements for Girls and Boys. There may be up to two (2) jump combinations or sequences. A jump combination can contain only two (2) jumps. A jump sequence can contain any number of jumps, but only two most difficult jumps will be counted. Triple jumps are not permitted. Only one (1) jump with one (1) or more revolutions can be repeated either in a jump combination / sequence.</p> <p>b) There must be a maximum of two (2) spins of a different nature (abbreviation), minimum of two (2) revolutions per spin, no change of foot permitted</p> <p>c) There must be a maximum :</p> <p>- For Girls one (1) step sequence or one (1) choreographic sequence. A Choreographic Sequence for Ladies must include at least one spiral (not a kick) of any length.. The sequence (step or choreographic) will have a fixed Base value and evaluated in GOE only. First attempt only will count. <u>No jumps/ spins allowed.</u></p> <p>- For Boys maximum of one (1) step sequence with a fixed Base value and evaluated in GOE only.</p> <p>In all elements which are subject to Levels, only features up to Level 1 will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.</p> <p>The Program Components are only judged in</p> <ul style="list-style-type: none"> • Skating Skills • Performance/Execution <p>The Factor of the Program Components is 2.5 Deduction : 0,5 by Fall</p>
CUBS (AVENIR)	Girls Boys 2'30'' (+/- 10'')	<p>a) Maximum of 4 jump elements for Girls and Boys. There may be up to two (2) jump combinations or sequences. A jump combination can contain only two (2) jumps. A jump sequence can contain any number of jumps, but only two most difficult jumps will be counted. Triple jumps are not permitted. Only one (1) jump with one (1) or more revolutions can be repeated either in a jump combination or in a jump sequence.</p> <p>b) There must be a maximum of two (2) spins of a different nature (abbreviation), one of which must be a spin combination with all three (3) basic positions reached and without change of foot (minimum of five (5) revolutions in total), and one spin in one basic position (with no change of position and no change of foot, minimum of three (3) revolutions in total).</p> <p>c) There must be a maximum :</p> <p>- For Girls one (1) step sequence or one (1) choreographic sequence. A Choreographic Sequence for Ladies must include at least one spiral (not a kick) of any length. The sequence (step or choreographic) will have a fixed Base value and evaluated in GOE only. First attempt only will count. <u>No jumps/ spins allowed.</u></p> <p>- For Boys maximum of one (1) step sequence with a fixed Base value and evaluated in GOE only.</p> <p>In all elements which are subject to Levels, only features up to Level 1 will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.</p> <p>The Program Components are only judged in</p> <ul style="list-style-type: none"> • Skating Skills • Performance/Execution <p>The Factor of the Program Components is 2.5 Deduction : 0,5 by Fall</p>

<p>BASIC NOVICE A (MINIMES)</p>	<p>Girls Boys 2'30'' (+/- 10'')</p>	<p>a) Maximum of <u>4</u> jump elements for Girls and Boys , <u>one of which must be an Axel type jump</u>. There may be up to two (2) jump combinations or sequences. A jump combination can contain only two (2) jumps. A jump sequence can contain any number of jumps, but only two most difficult jumps will be counted. Triple jumps are not permitted. <u>Any single and double jump (including 2A) cannot be executed more than twice in total.</u></p> <p>b) There must be a maximum of two (2) spins of a different nature (abbreviation), one of which must be a spin combination with or without change of foot (minimum of five (5) revolutions in total), and one spin with no change of position and with or without change of foot (minimum of four (4) revolutions in total). Flying entrance is <u>allowed</u>.</p> <p>c) There must be <u>one step sequence with fully utilizing the surface</u>.</p> <p>In all elements which are subject to Levels, only features up to Level 2 will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.</p> <p>The Program Components are only judged in</p> <ul style="list-style-type: none"> • Skating Skills • Performance/Execution <p>The Factor of the Program Components is 2.5.</p>
<p>BASIC NOVICES B</p>	<p>Ladies Men 3'00'' (+/- 10'')</p>	<p>a) Maximum of 5 jump elements for Girls and 6 jump elements for Boys, one of which must be an Axel type jump. There may be up to two (2) jump combinations or sequences. A jump combination can contain only two (2) jumps. A jump sequence can contain any number of jumps, but only two most difficult jumps will be counted. Only two (2) jumps with one (1) or more revolutions can be repeated either in a jump combination or in a jump sequence . <u>Any single and double jump (including 2A) cannot be executed more than twice in total.</u></p> <p>b) There must be a maximum of two (2) spins of a different nature (abbreviation), one of which must be a spin combination with or without change of foot (minimum of six (6) revolutions in total), and one a flying spin or a spin with a flying entrance (minimum of four (4) revolutions in total).</p> <p>c) There must be <u>one step sequence with fully utilizing the surface</u>.</p> <p>In all elements which are subject to Levels, only features up to Level 2 will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.</p> <p>The Program Components are only judged in</p> <ul style="list-style-type: none"> • Skating Skills • Performance/Execution • Interpretation <p>The Factor of the Program Components is</p> <ul style="list-style-type: none"> - for boys 2.0 - for girls 1.7
<p>ADVANCE NOVICES</p>	<p>Ladies 3'00'' Men 3'30'' (+/- 10'')</p>	<p>a) Maximum of 6 jump elements for Girls and 7 jump elements for Boys, one of which must be an Axel type jump. There may be up to two (2) jump combinations or sequences. A Jump combination can contain only two (2) jumps. A jump sequence can contain any number of jumps, but only two most difficult jumps will be counted. <u>Any single and double jump (including 2A) cannot be executed more than twice in total.</u></p> <p>b) There must be a maximum of two (2) spins of a different nature, one of which must be a spin combination (minimum of six (6) revolutions in total), and one a flying spin or a spin with a flying entrance (minimum of four (4) revolutions in total).</p> <p>c) There must be a maximum of one (1) step sequence.</p>

		<p>Levels explanations: For Advanced Novices, in all elements which are subject to Levels, only features up to Level 3 will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.</p> <p>The Program Components are only judged in</p> <ul style="list-style-type: none"> • Skating Skills • Transitions • Performance/Execution • Interpretation <p>The factors for the Program Components is</p> <ul style="list-style-type: none"> - for boys <u>4-7-1.8</u> - for girls <u>4-5-1.6</u>
JUNIORS	<p>Ladies 3'30'' Men 4'00'' (+/- 10'')</p>	<p>a) Maximum of 7 jump elements for Girls and 8 jump elements for Boys, one of which must be an Axel type jump. There may be up to three (3) jump combinations or sequences. Only one (1) Jump combination can contain three (3) jumps and the others Jump combinations can contain only two (2) jumps. A jump sequence can contain any number of jumps, but only two most difficult jumps will be counted. <u>Any single and double jump (including 2A) cannot be executed more than twice in total.</u></p> <p>b) There must be a maximum of three (3) spins of a different nature, one of which must be a spin combination (minimum of six (6) revolutions in total), one a flying spin or a spin with a flying entrance (minimum of four (4) revolutions in total) and one a spin with only one position (minimum of four (4) revolutions in total).</p> <p>c) There must be a maximum of one (1) step sequence.</p>
SENIORS	<p>Ladies 4'00'' Men 4'30'' (+/- 10'')</p>	<p>a) Maximum of 7 jump elements for Girls and 8 jump elements for Boys, one of which must be an Axel type jump. There may be up to three (3) jump combinations or sequences. Only one (1) Jump combination can contain three (3) jumps and the others Jump combinations can contain only two (2) jumps. A jump sequence can contain any number of jumps, but only two most difficult jumps will be counted. <u>Any single and double jump (including 2A) cannot be executed more than twice in total.</u></p> <p>b) There must be a maximum of three (3) spins of a different nature, one of which must be a spin combination (minimum of six (6) revolutions in total), one a flying spin or a spin with a flying entrance (minimum of four (4) revolutions in total) and one a spin with only one position (minimum of four (4) revolutions in total).</p> <p>c) There must be a maximum of one (1) step sequence.</p> <p>d) There must be a maximum of one (1) choreographic sequence. The choreographic sequence will count only if executed after the step sequence. A Choreographic Sequence for Ladies must include at least one spiral (not a kick) of any length. This sequence will have a fixed Base value and evaluated in GOE only.</p>
ADULTES SILVER	<p>Ladies Men 2'30'' (+/- 10'')</p>	<p>a) There must be a maximum of 4 jump elements. There may be up to two (2) jump combinations or sequences. Jump combinations can contain only two (2) jumps. A jump sequence can contain any number of jumps, but only two most difficult jumps will be counted. Double jumps are not permitted.</p> <p>b) Maximum of 2 spins on 1 or 2 feet (3 revolutions)</p> <p>c) Maximum of 1 step sequence ;</p> <p>d) Maximum of 1 choreographic sequence</p>
ADULTES MASTER	<p>Ladies Men 3'00'' (+/- 10'')</p>	<p>a) There must be a maximum of 5 jump elements, one of which must be an Axel type jump. There may be up to two (2) jump combinations or sequences. Jump combinations can contain only two (2) jumps. A jump sequence can contain any number of jumps, but only two most difficult jumps will be counted.</p> <p>b) Maximum of 2 spins of different nature, one of which must be a spin combination (minimum of six (6) revolutions in total)</p> <p>c) Maximum of 1 step sequence ;</p> <p>d) Maximum of 1 choreographic sequence</p>

Prohibited elements:

- Split on the floor is treated as a fall - deduction (1 mark/point)
- Acrobatic elements – deduction (1 mark)

GENERAL TECHNICAL RULES EXTRACT (MAIN POINTS FOR MEMORY)

Single Inline Figure Skating

A competitor can compete in only one single category per event.

VALID RULES:

1. ISU COMMUNICATION 1861 + 1874 + 1884 !!!
2. TECHNICAL PANNEL HANDBOOK 2014-2015 (27/07/2014) + corrections

FOR :

Scale of Values , Levels of difficulty , Guidelines for marking Grade of Execution GOE

CHANGES for Inline Figure Skating , which differs from Ice Skating :

SPINS

- Minimum rotation to validate a spin **is two (2) rotations** per foot ~~instead of 3~~.
- Feature of "eight (8) rotations in the same position without interruption" is replaced by "**five (5) rotations** in the same position without interruption". Regular upright position is considered final wind-up ..
- "Changes of edge in the same basic position" counts once per program as a feature in any basic position .
- Minimum rotation to validate a position is one (1) full rotation , instead of 2 .
- Any flying entrance count as a feature . Regular flying camel is a feature if there is a clear jump and the camel basic position is reached within the first 2 rotations after the landing and is held for one (1) full rotation. instead of 2.
- Jump on same foot or changing foot through a jump requires one (1) full rotation before and one (1) full rotation after the landing in a basic position . The basic position has to be reached within the first 2 rotations after the landing .
- Combination spin requires a minimum of 2 different basic positions

Sign V1, V2 :

For flying spins of both Short Program and Free Skating, all categories :

- a) a clear visible jump;
- b) basic landing position reached within the first 2 revs;
- c) held for **one (1)** (instead of 2) revs after the landing.

For any spin with change of foot:

- d) at least one basic position on each foot (minimum 1 rotation) .

Sign "V1" indicates that one of these 4 requirements (a,b,c,d) was not fulfilled, the base value of a spin with a sign "V1" is approximately 70% of the original base value. Sign "V2" indicates that two or more of the 5 requirements were not fulfilled, the base value of a spin with a sign "V2" is approximately 50% of the original base value. Exact reduced values are indicated in the respective columns.

Sign 2P, 3P : Any combination spin will have this sign at the end of the spin abreviation according to the number of basic positions achieved. Exemple : Camel + upright =2P (if the upright is in final there must be a variation of upright to count the position for a combination spin) , Camel+Sit+ Upright =3P.

Abreviation examples : CoSp2P2 (combo spin 2 positions level 2) , CCoSp3PBV1 (change combo spin 3 positions base level V1).

FALL

A fall is defined as loss of control by a skater with the result that the majority of the skater's own body weight is on the **floor** supported by any other part of the body other than the blades (e.g. hand(s), knee(s), back, buttock(s) or any part of the arm).

MUSIC

Music with voice and lyrics is allowed. The lyrics must not contain swearing or sexy connotations.

LEVELS OF DIFFICULTY, SINGLE SKATING

Number of features for Levels: 1 for Level 1, 2 for Level 2, 3 for Level 3, 4 for Level 4

Step Sequences

- 1) Minimum variety (Level 1), simple variety (Level 2), variety (Level 3), complexity (Level 4) of turns and steps throughout (**compulsory**)
- 2) Rotations in either direction (left and right) with full body rotation covering at least 1/3 of the pattern in total for each rotational direction
- 3) Use of body movements for at least 1/3 of the pattern
- 4) Two different combinations of 3 difficult turns (rockers, counters, brackets, twizzles, loops) executed with a clear rhythm within the sequence

All Spins

- 1) Difficult variations (count as many times as performed with limitations specified below)
- 2) Change of foot executed by jump
- 3) Jump within a spin without changing feet
- 4) Difficult change of position on the same foot
- 5) Difficult entrance into a spin
- 6) Clear change of edge in sit (only from backward inside to forward outside), camel, Layback and Biellmann position
- 7) All 3 basic positions on the second foot
- 8) Both directions immediately following each other in sit or camel spin
- 9) Clear increase of speed in camel, sit, layback or Biellmann position
- 10) At least 5 8 rev. without changes in position/variation, foot or edge (camel, layback, difficult variation of any basic position or for combinations only non-basic position)
- 11) Flying entry in flying spins/spins with a flying entrance

Additional features for the Layback spin:

- 12) One clear change of position backwards-sideways or reverse, at least 1 3 rev. in each position (counts also if the Layback spin is a part of any other spin)
- 13) Biellmann position after Layback spin (after 1 8 revolutions in layback spin)

Features 2 – 9, 11 – 13 count only once per program (first time they are attempted). Feature 10 counts only once per program (in the first spin it is successfully performed; if in this spin 5 8 revs are executed on both feet, any one of these executions can be taken in favor of the skater).

Any category of difficult spin variation in a basic position counts only once per program (first time it is attempted). A difficult variation in a non-basic position counts once per program in spin combination only (first time it is attempted).

In any spin with change of foot the maximum number of features attained on one foot is two (2).

Le Président
Fernand Fedronic

