

# 2010



## TECHNICAL PACKAGE FIGURE SKATING

**TECHNICAL PACKAGE  
2010 ARCTIC WINTER GAMES**

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**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
4. **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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- 5. 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](http://www.skatecanada.ca). This present document is based on the criteria dated November 3, 2008. If there are any changes in the 2009-2010 season, these will be adopted and circulated as an Addenda to the package as soon as possible.

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 2<sup>nd</sup> 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 1<sup>st</sup> 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 2<sup>nd</sup> 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 1<sup>st</sup> 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)

- Maximum of six (6) jump elements
  - Must include at least one (1) Axel type jump (waltz or single Axel)
  - All single jumps permitted and maximum one double jump which may be a double salchow or double toe loop.
  - Maximum two (2) different single jumps repeated and no jump included more than twice. Repeated jumps must be in combination or sequence. The double jump may not be repeated
  - Maximum 2 combinations or sequences (no 3 jump combinations)
- Maximum of two (2) spins of any nature
  - Maximum 1 may be a flying spin
- Maximum one (1) step 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)

- Maximum of six (6) jump elements
  - Must include at least one (1) Axel type jump (waltz or Axel type)
  - All single jumps permitted and maximum two (2) double jumps which may be up to and including a double loop.
  - Maximum two (2) different single jumps repeated and no jump included more than twice. Repeated jumps must be in combination or sequence. The double jump may not be repeated
  - Maximum two (2) combinations or sequences (no 3 jump combinations)
- Maximum of three (3) spins
  - One (1) must be a combination (change of foot optional)
  - One (1) must be a flying spin
  - One (1) can be of any nature
- Maximum One (1) step 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)

- Maximum of six (6) jump elements
  - Must include at least one (1) Axel type jump (waltz or Axel type)
  - All jumps permitted except Double Axel
  - Maximum 3 different jumps repeated and no jump included more than twice. Repeated jumps must be in combination or sequence.
  - Maximum three (3) combinations or sequences. One jump combination may contain a maximum of three (3) jumps
- Maximum of three (3) spins
  - One (1) must be a combination (change of foot optional)
  - One (1) must be a flying spin.
  - One (1) can be of any nature.
- Maximum one (1) step 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)

- Maximum of seven (7) jump elements
  - Must include at least one (1) Axel type jump (waltz or Axel type)
  - All jumps permitted
  - Maximum three (3) different jumps repeated and no jump included more than twice. Repeated jumps must be in combination or sequence.
  - Maximum three (3) combinations or sequences (1 jump combination may contain a maximum of 3 jumps).
- Maximum of three (4) spins
  - One (1) must be a combination (change of foot optional)-
  - One (1) must be a flying spin
  - Two (2) can be of any nature
- Maximum one (1) step sequence
- Maximum one (1) 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)