HUNGARIAN NATIONAL SKATING FEDERATION ANNOUNCEMENT / INVITATION for





"JÉGVIRÁG" CUP 2020

International Figure Skating Competition for SENIOR, JUNIOR, ADVANCED NOVICE, INTERMEDIATE NOVICE, BASIC NOVICE

and

International Ice Dance Competition for SENIOR, JUNIOR, ADVANCED NOVICE, INTERMEDIATE NOVICE, BASIC NOVICE

Miskolc, Hungary

14-16. February, 2020

Organized by:

HUNGARIAN NATIONAL SKATING FEDERATION and

"JÉGVIRÁG" Skating Club, Miskolc, Hungary

H-3529 Miskolc, Szilágyi Dezső u.14. Tel.:+3620/779-0482 Fax:+36-46/414-497 E-mail:

info@jegviragcup.com

Miskolc, Hungary February 14-16, 2020



WELCOME

The Hungarian National Skating Federation and the Organizing Committee are glad to invite you and your club to participate in "JÉGVIRÁG" CUP 2020.

INTRODUCTION

The "JÉGVIRÁG" CUP International Competition in Figure Skating and Ice Dance will be conducted in accordance with the ISU Constitution and General Regulations 2018, the Special Regulations & Technical Rules Single & Pair Skating and Ice Dance 2018, and the relevant ISU Communications.

All Members of the ISU and Clubs being members of National Skating Federations associated with ISU are invited to take part in the competition. **Competitors taking part in the Senior, Junior and Novice categories must be entered through their respective Member Federation.** In case of Club entry the OC only accepts the entry for Senior, Junior and Novice categories in case the official Entry Forms are stamped by the Member Federation. In case of "Club Entry" the returned Entry Forms must be officially signed and stamped by the Member Federation to be accepted by the Organizing Committee.

Participation in "JÉGVIRÁG" CUP is open to all Competitors who belong to an ISU Member, and qualify with regard to eligibility according to Rule102, provided their ages fall within the limits specified in Rule108, paragraph 3a) and they meet the participation, citizenship and residency requirements in Rule109, paragraphs 1 through 5 in accordance with the ISU General Regulations 2018 or any update of this and ISU Communication 2030 or any update of this Communication.

In accordance with Rule 109 of the ISU General Regulations and ISU Communication 2030 all Skaters who do not have the nationality of the Member by which they have been entered or who, although having such nationality, have in the past represented another Member, must produce an ISU Clearance Certificate. Passports of all Skaters, as well as the ISU Clearance Certificate, if applicable, must be presented for verification at the accreditation of the event.

GENERAL INFORMATION

All categories according to ISU Rules 2018.

Place of competition: ICERINK,

Miskolc

(H-3529 Miskolc, Görgey u.19.)

ICE RINK, Miskolc has a capacity of 1.200 seats, and built in 2006. The ice surface in size 30x60 m is artificial and arena will

be warmed up during the competition.

Date: 14-16 February, 2020.

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Organizer: "JÉGVIRÁG"CUP2020

ORGANIZING COMMITTEE

H-3529 Miskolc, Szilágyi Dezső u.14.

Tel.:+36-30/4458193, Fax:+36-46/414-497

email: info@jegviragcup.com

www.jegviragcup.com

Categories: <u>Single Skating</u>

-Senior, Junior, Advanced Novice, Intermediate Novice, Basic

Novice A&B

Ice Dance

-Senior, Junior, Advanced Novice, Intermediate Novice, Basic

Novice,

ENTRIES

All Members /Clubs, which are members of National Figure Skating Federations associated with the ISU, may enter competitors in each category. The OC reserves the right to limit the number of participants to one (1)Entry in each category in case of overcrowding. With the Entry forms, the "Program Content Sheet" must also be returned to the Organizing Committee in time (**by January 17**th **the latest**).It is mandatory that the Program Content Sheet must be filled in precisely by each Skater/team in English using the terminology for the elements listed in the respective ISU Communication. It is not permitted to hand over the Program Content Sheets directly to the acting Officials.

ENTRIES OF JUDGES

Each participating ISU Members may nominate one Judge and one substitute Judge for the event in which the Member has Competitor(s) entered. Double duty judges having participated in one of the ISU Judges Seminars for the ISU Judging System are welcome. Only ISU Championships and International Judges will be accepted. The OC reserves the right to limit the number of judges in accordance with the number of the Skaters' Entries. The Organizing Committee will only cover the board and lodging for judges accepted in the panel only for the period: from the dinner before the day of their activity until the end of their activity. Please, be aware that judges not involved in the panel have to cover their own expenses (board and lodging).

The confirmation of the list of judges will be announced in due until **21**th **January 2020**.

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DEADLINE FOR ENTRIES

Entries must be forwarded to Organizing Committee using the official entry forms latest by **January 17**th **2020**

The official forms must be sent to:

"IÉGVIRÁG"CUP 2020 ORGANIZING COMMITTEE

H-3529 Miskolc, Szilágyi Dezső u.14. Tel.:+3620/779-0482 Fax:+36-46/414-497 E-mail:info@iegviragcup.com

Please note that the Organizing Committee will accept entries until the given deadline. It is not possible to make entries after it.

ENTRY FEE

65 EUR or **22.000 HUF/skater** – Senior, Junior, Advanced Novice, Intermediate Novice, Basic Novice;

100 EUR or **33.000 HUF/couple** - Senior, Junior, Advanced Novice, Intermediate Novice, Basic Novice

LATE ENTRY FEE

90 EUR or **30.000 HUF/skater** – Senior, Junior, Advanced Novice, Intermediate Novice, Basic Novice;

130 EUR or **43.000 HUF/couple** - Senior, Junior, Advanced Novice, Intermediate Novice, Basic Novice

All entries sent after **17th January**, **2020** are declared to be late entry.

Entry Fees is requested to be paid only by bank transfer (please, be aware that banking cost/charges are to pay by the sender) When making the payment, please use the comment field for: 'FS'+ 3-digit country code + family name of skaters (e.g. FS HUN Szabo)

Bank information:

Bank: MKB Rt.

H-3530 Miskolc, Széchenyi I. u.

HUNGARY

Bank account name: Miskolci Jégvirág Korcsolya Klub

Bank swift code: MKKB HU HB

Account number **(EUR)**: 10300002-25509630-48820019 IBAN code **(EUR)**: HU89103000022550963048820019 Account number **(HUF)**: 10300002-25509630-00003285

Cancellations concerning entry fees arriving after 12pm, 17 January 2020 at local time will not be paid back. In case of no-show at the competition the OC reserves the night to request the entry fee.

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PAYMENTS

Entry Fees are requested to be paid via bank transfer until **17th January 2020** at the latest.

All bank charges are taken by the payer! Please, do not miss to bring the bank transfer proof with you to show at registration that you had performed the transfer. Following the event payment by bank transfer is not possible!

Entry fees concerning cancellations arriving after 24:00 o'clock Friday, 17th January 2020 at local time and in case of no-show at the competition will not be paid back.

90 EUR or **30.000 HUF/skater** – Senior, Junior, Advanced Novice, Intermediate Novice, Basic Novice;

130 EUR or **43.000 HUF/couple** - Senior, Junior, Advanced Novice, Intermediate Novice, Basic Novice

Accepted currencies: EUR, HUF

Invoices

The Organizing Committee will issue invoices according to Form 05. Should you not fill in this form, the Organizing Committee will issue the invoice automatically on the name of the Member Federation. Please fill in as many forms as needed! If you need separate invoices for entry fee and accommodation and/or practice ice, please use separate forms for each.

ACCREDITATION

The accreditation will be at Ice Rink Friday 14 February 2020.

In accordance with the new ISU Directive please note that at the time of registration (Entry fee, music) we have to copy and file the passport of the Skaters (in case you happen to bring it with you or send it by e-mail beforehand it will make us very happy).

EXPENSES

The organizer covers the expenses of competition, organisation, awards, presents and board & lodging only for judges on duty (announced until, **30 January 2020**). Travel expenses to and from Budapest, transfer costs to and from the Official Hotel and Airport will be covered by the organizer.

ACCOMMODATION HOTEL ACCOMMODATION

The Lévay Villa Hotel**** Miskolc is the official Hotel for Judges, Referees and Technical Panel. The hotel is located across the street from the Ice Rink (300m), Miskolc. Transportation will not be necessary to and from the event.

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Lévay Villa Hotel****

3529 Miskolc, Lévay u.13. Telefon:+36/46/500-890 Fax:+36/46/500-891

www.levayvilla.hu

E-mail: levayvilla@t-online.hu

FOR SKATERS and PARENTS

City Hotel Miskolc***

3529 Miskolc, Csabai kapu 6. Telefon:+36/46/555-100 Fax:+36/46/555-105 www.cityhotelmiskolc.hu

E-mail: hotelmiskolc@chello.hu

Park Hotel***

3519. Miskolctapolca, Csaba út Telefon:+36/46/422-605 Fax:+36/46/422-606 www.parkhotel-miskolc.eu

E-mail:info@parkhotel-miskolc.eu

"JÉGVIRÁG"CUP 2020 ORGANIZING COMMITTEE

H-3529 Miskolc, Szilágyi Dezső u.14.

Tel.:+3620/779-0482 Fax:+36-46/414-497

E-mail:info@jegviragcup.com

ARRIVAL OF JUDGES AND OFFICIALS

Judges, TSc, TC taking part in the Competition are requested to announce to the Organizing Committee as soon as possible but no later than **30**, **January 2020** the flight/train numbers, dates and times of arrival and departure or any other information concerning transportation. The official "travel form" should be used.

GDPR

By entering all participants accept that personal data are collected by the Organizing Committee and such data are stored and used by the OC, and when necessary, third parties, for the purposes only of, and to the extant necessary only in relation to facilitate their participation in the competition; personal data may include but will not be limited to full legal name as per national identity documents, address, date of birth, nationality, sex.

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INSURANCE /LIABILITY

In accordance with Rule 119, it is the sole responsibility of each Member participating in the "JÉGVIRÁG"CUP 2020, to provide medical and accident insurance for their athletes, officials and all other members of the Member's team.

Such insurance must assure full medical attendance and also the return of the ill or injured person to the home country by air transport or by other expeditious means. It is an internal matter of each ISU Member to decide the issue who shall pay the premium for such insurance.

The Organizer assumes no responsibility for or liability with respect to bodily or personal injury or property damage in connection incurred by Competitors and Officials.

DRAW

Draws for the categories BASIC NOVICE and INTERMEDIATE NOVICE will be done by electronic random draw, on the day preceding the event and will be published on the same day.

Concerning the first segment of all the remaining categories (ADVANCE NOVICE, JUNIOR, SENIOR) the starting order draws will be held on the day preceding the event at the venue with the respective Referee.

Starting orders for the second segment will be the reverse order after the short program / rhythm dance / pattern dance 2 result for all categories.

Please be informed that only those competitors, whose entry fee will have arrived until the time of the draw of the given category, will be drawn for the competition.

PROGRAM SCHEDULE-STARTING TIMES

Please, be informed that only daily starting times of the competition is fixed. Following the morning start the time schedule of the event is flexible, which means that in case of cancellations certain categories may start some time earlier than in the Preliminary Schedule. Please, be informed that all changes in entries and Preliminary Program might be followed at **www.jegviragcup.com** and in the ice rink on the information board.

MUSIC / PLANNED PROGRAM CONTENT

All Competitors shall furnish competition music of excellent quality on CD format, in accordance with Rule 343, paragraph1.

In accordance with Rule 343, paragraph 1, all discs must show the Competition event, Competitor's name, the Nation and the exact running time of the music (not skating time) including any starting signal and must be submitted at the time of registration. Each program (short program, free skating, short dance, free dance) must be recorded on a separate disc. In addition competitors / couples must provide a back-up drive for each program.

In addition, music can be submitted in advance by emailing an MP3-file either as attachment or as a download link to the following e-mail-adress: info@jegviragcup.com

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If music information is not complete and discs not provided, accreditation will not be given. With the entry forms, the "Program Content Sheet" must return to the Organizing Committee in time. It is mandatory that the Program Content Sheet must be filled in precisely by each Skater/team in English using the terminology for the elements listed in the respective ISU Communication. It is not permitted to hand over the Program Content Sheets directly to the acting Officials.

PRESENTATION OF MEDALS

The three best placed Skaters/Couples in each event will be announced and honored. Gold, silver and bronze medals will be presented to the medalists. All participants will receive a diploma with their placement. The exact time of the Awarding Ceremonies will be announced in the detailed schedule in due time. Please make sure that all skaters are represented at the Ceremony

STARTING TIMES

Please, keep in mind that only daily starting times of the competition are fixed. Following the morning start the time schedule of the event is flexible, which means that in case of cancellations certain categories may start some time earlier than it is indicated in the Preliminary Schedule. Please, be informed that all changes in entries and Preliminary Program may be followed at www.jegviragcup.com and in the ice rink on the information board.

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TECHNICAL DATA

SENIOR

MEN

Short Program The required elements to be skated are those listed in ISU

Technical Rules Single & Pair Skating 2018, Rule 611,

paragraphs 1 and 2.

Duration: 2 min., 40 sec. +/- 10 sec.

Free Skating In accordance with ISU Technical Rules Single & Pair Skating

2018, Rule 612 and the respective ISU Communication. Special attention should be paid to the "well balanced program" and

the element value.

Duration: 4 min., +/- 10 sec.

LADIES

Short Program The required elements to be skated are those listed in ISU

Technical Rules Single & Pair Skating 2018, Rule 611,

paragraphs 1 and 2.

Duration: 2 min., 40 sec. +/- 10 sec.

Free Skating In accordance with ISU Technical Rules Single & Pair Skating

2018, Rule 612 and the respective ISU Communication. Special attention should be paid to the "well balanced program" and

the element value.

Duration: 4 min., +/- 10 sec.

ICE DANCE

Rhythm Dance In accordance with ISU Technical Rules Ice Dance 2018, Rule

709. Rhythms, required elements and guidelines are those listed in ISU Communication 2239, 2257 and subsequent

updates.

Duration: 2 min., 50 sec., +/-10 sec

Free Dance In accordance with ISU Technical Rules Ice Dance 2018, Rule

710. The required elements to be skated are those listed in ISU

Communication 2239, 2257 and subsequent updates.

Duration: 4 min., +/- 10 sec.

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JUNIOR

MEN

Short Program The required elements to be skated are those listed in ISU

Technical Rules Single & Pair Skating 2018 Rule 611,

paragraphs 1 and 3 for 2019/20.

Duration: 2 min., 40 sec. +/- 10 sec.

Free Skating In accordance with ISU Technical Rules Single & Pair Skating

2018, Rule 612 and the respective ISU Communication. Special attention should be paid to the "well balanced program" and

the element value.

Duration: 3 min., 30 sec., +/- 10 sec.

LADIES

Short Program The required elements to be skated are those listed in ISU

Technical Rules Single & Pair Skating 2018 Rule 611,

paragraphs 1 and 3 for 2019/20.

Duration: 2 min., 40 sec. +/-10 sec.

Free Skating In accordance with ISU Technical Rules Single & Pair Skating

2018, Rule 612 and the respective ISU Communication. Special attention should be paid to the "well balanced program" and

the element value.

Duration: 3 min., 30 sec., +/-10 sec.

ICE DANCE

Rhythm Dance In accordance with ISU Technical Rules Ice Dance 2018, Rule

709. Rhythms, required elements and guidelines are those listed in ISU Communications 2239, 2241, 2257 and

subsequent updates.

Duration: 2 min., 50 sec., +/-10 sec.

Free Dance In accordance with ISU Technical Rules Ice Dance 2018, Rule

710. The required elements to be skated are those listed in ISU

Communication 2239, 2257 and subsequent updates.

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Duration: 3 min., 30 sec., +/- 10 sec.

NOVICE CATEGORIES

Age and requirements according to the ISU Technical Rules Single and Pair Skating 2018 and the ISU Communication No. 2242 and subsequent updates.

ADVANCED NOVICE

Short Program Duration: 2'20 min +/- 10 sec.

BOYS

- a) Axel Paulsen or double Axel Paulsen
- b) Double or triple jump, may not repeat jump a)
- c) One jump combination consisting of two double jumps or one double and one triple jump, both jumps may not repeat jump a) or b)
- *d)* Camel, sit or upright spin (minimum of five (5) revolutions on each foot) with change of foot and no flying entrance.
- *e)* Spin combination with only one change of foot (minimum of five (5) revolutions on each foot). Flying entry is allowed.
- f) One step sequence fully utilizing the ice surface.

GIRLS

- a) Axel Paulsen or double Axel Paulsen
- b) Double or triple jump, may not repeat jump a)
- *c)* One jump combination consisting of two double jumps or one double and one triple jump, both jumps may not repeat jump a) or b)
- d) Layback/sideways leaning spin or spin in one basic position with no change of foot (minimum six (6) revolutions) and no flying entrance
- *e*) Spin combination with only one change of foot (minimum of five (5) revolutions on each foot). Flying entry is allowed.
- f) One step sequence fully utilizing the ice surface.

Jumps not according to Short Program requirements (wrong number of revolutions) will receive no value.

If the same jump is executed as a solo jump and as a part of the jump combination, the repeated jump will not be counted (if this repetition is in a jump combination, only the individual jump which is not according to the above requirements will not be counted).

Free Skating Duration: 3 min +/- 10 sec.

GIRLS and BOYS

- a) Maximum of 6 jump elements one of which must be an Axel type jump. There may be up to two (2) jump combinations or sequences. One jump combination could consist up to three (3) jumps, the other up to (2) jumps. A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump. Only two (2) triple jumps can be repetead either in a jump combination or a jump sequence. No quadruple jumps are allowed. Any single, double (including double Axel) or triple jump cannot be executed more than twice in total.
- b) There must be a maximum of two (2) spins of a different nature (abbreviation), one of which must

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be a spin combination with change of foot (minimum eight (8) revolutions), flying entrance is not allowed and one must be a flying spin (minimum six (6) revolutions) or a spin in one position with change of foot and a flying entrance (minimum eight (8) revolutions).

c) There must be a maximum of one (1) step sequence fully utilizing the ice surface.

The Program Components are only judged in

- a.) Skating Skills
- b.) Transitions
- c.) Performance
- d.) Interpretation

The factors for the Program Components are

Short Program	
Boys	0.9
Girls	8.0
Free Skating	
Boys	1.8
Girls	1.6

Levels explanations

For Advanced Novice Single Skating, in all elements that 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.

ICE DANCE

In accordance with ISU Communication No. 2242, 2257 and subsequent updates of this ISU Communication.

The following Two (2) Pattern Dances are to be skated:

- **→** Starlight Waltz
- → Quickstep

Couples shall provide their own music for all Pattern Dances.

Levels explanation: For Pattern Dances, there will be 2 key points described, and Key Points up to **Level 3** will be evaluated.

The Judges evaluate the Pattern Dance with the GOE.

KEY POINTS AND KEY POINTS FEATURES FOR PATTERN DANCES according to ISU Communication 2242

Free Dance Duration: 3:00 min. +/- 10 sec.

Rule 710 shall apply (including that the music may be vocal).

A Well-Balanced Free Dance program must contain:

- → Dance Lifts: not more than one (1) Type of Short Lift
- → One (1) Spin or Combination Spin

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- → One (1) Straight Line Step Sequence (Midline or Diagonal) in Hold or Curved Step Sequence (Circular or Serpentine) in Hold (Style B)
- → One (1) Set of Synchronized Twizzles (FD variation)
- → Two (2) Different Choreographic Elements chosen from:
 - Choreographic Lift
 - Choreographic Spinning Movement
 - Choreographic Twizzling Movement
 - Choreographic Sliding Movement
 - Choreographic Character Step Sequence

Levels explanation

In all Required Elements (except Choreographic Element), **Level 3** is the maximum level the Advance Novice couple may receive for all required elements. Only features up to **Level 3** will be counted. Any additional features the couple chooses to perform will not count for Level requirements and will be ignored by the Technical Panel.

INTERMEDIATE NOVICE

Free Skating Duration: 3 min +/- 10 sec.

GIRLS and BOYS

- 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. A jump combination can contain only (2) jumps. A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump. No triple and quadruple jumps allowed. Any single or double (including Double Axel) jump cannot be executed more
- b) than twice in total.
- c) There must be a maximum of two (2) spins of a different nature (abbreviation), one of which must be a spin combination and one must be a spin with no change of position. The spin combination with a change of foot and a minimum of eight (8) revolutions) or without a change of foot with a minimum of six (6) revolutions. The spin in one position with change of foot minimum of 8 (8) revolutions or spin in one position without change of foot minimum of six (6) revolutions. In both spins flying entries are allowed.
- d) There must be a maximum of one (1) step sequence fully utilizing the ice surface.

The Program Components are only judged in

- Skating Skills
- Performance
- Interpretation

The factors of the Program Components are

Boys 2.0 Girls 1.7

Levels explanations

For Intermediate Novice Singles, in all elements that 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.

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ICE DANCE

One of the two groups announced for the season shall be drawn before the first practice of the competition. Each group contains two (2) Pattern Dances.

The following pattern dances to be skated

- → Group 2: Fourteenstep and Tango
- → Group 3: Foxtrot and European Waltz

Couples shall provide their own music for all Pattern Dances.

Levels explanation

For Pattern Dances, there will be 1 key point described and up to **Level 2** will be evaluated.

KEY POINTS AND KEY POINTS FEATURES FOR PATTERN DANCES according to ISU Communication 2242

Free Skating Duration: 2:30 min +/- 10 sec.

Rule 710 shall apply (including that the music may be vocal).

A Well-Balanced Free Dance Program must contain:

- → Dance Lifts: not more than one (1) Type of Short Lift
- **→ One (1) Spin** or **Combination Spin**
- → One (1) Set of Synchronized Twizzles (FD Variation)
- → Two (2) Choreographic Elements: One (1) of which must be a Choreographic Character Step Sequence and
- → One (1) additional chosen from:
 - Choreographic Lift
 - Choreographic Spinning Movement
 - Choreographic Twizzling Movement
 - Choreographic Sliding Movement

Levels explanation

In all Required Elements (except Choreographic Element), **Level 2** is the maximum level the Intermediate Novice couple may receive for all required elements. Only features up to **Level 2** will be counted. Any additional features the couple chooses to perform will not count for Level requirements and will be ignored by the Technical Panel.

BASIC NOVICE

Free Skating Duration: 2'30 min +/- 10 sec.

GIRLS and BOYS

a) Maximum of 4 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

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two (2) jumps. A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump.

No triple and quadruple jumps are allowed. Any single and double jump (including Double Axel) cannot be executed more than twice in total.

- b) There must be a maximum of two (2) spins of a different nature (abbreviation), one of which must be a spin combination and one must be a spin with no change of position. The spin combination with a change of foot and a minimum of eight (8) revolutions or without a change of foot with a minimum of six (6) revolutions. The spin in one position with a change of foot minimum of eight (8) revolutions or spin in one position without change of foot minimum of six (6) revolutions. In both spins flying entries are allowed.
- c) There must be a maximum of one (1) step sequence fully utilizing the ice surface.

The Program Components are only judged in

- Skating Skills
- Performance

The factors of the Program Components are

Boys 2.5 Girls 2.5

Levels explanations

For Basic Novice Singles, in all elements that 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.

ICE DANCE

Pattern Dances

Two of the three Pattern Dances announced for the season shall be published the latest at the draw of the competition.

From three (3) Pattern Dances, two (2) Pattern Dances are to be skated from the following:

→ Group 2: Fourteenstep, Willow Waltz and Tango Canasta

Couples shall provide their own music for all Pattern Dances.

Levels explanation

For Pattern Dances, there will be no key points described and up to **Level 1** will be evaluated. KEY POINTS AND KEY POINTS FEATURES FOR PATTERN DANCES according to ISU Communication 2242.

Free Dance Duration 2:00 min. +/. 10 sec.

Rule 710 shall apply (including that the music may be vocal).

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A Well-Balanced Free Dance program must contain:

- → One (1) Spin or Combination Spin
- → One (1) Set of Synchronized Twizzles (FD Variation)
- → Two (2) Choreographic Elements: One (1) of which must be a Choreographic Character Step Sequence and
- → One (1) additional chosen from:
 - Choreographic Lift
 - Choreographic Spinning Movement
 - Choreographic Twizzling Movement
 - Choreographic Sliding Movement

Levels explanation

In all Required Elements (except Choreographic Element), **Level 1** is the maximum level the Basic Novice couple may receive for all required elements. Only features up to **Level 1** will be counted. Any additional features the couple chooses to perform will not count for Level requirements and will be ignored by the Technical Panel.

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PRELIMINARY PROGRAM SCHEDULE (Subject to change)

Friday, 14 February, 2020		15:00-19:00 Accreditation
Saturday,15 February	8:00	Competition
		FS Basic Novice Program
		FS Intermediate Novice
		FS Advance Novice Short Program FS Junior Short Program
		FS Senior Short Program
		ID Basic Novice Pattern Dance 1-2
		ID Intermediate Novice Pattern Dance 1-2
		ID Advance Novice Pattern Dance 1-2
		ID Junior Rhythm Dance ID Senior Rhythm Dance
Sunday,16 February 8:0	8:00	Competition
		FS Mini Cubs ISU 8 Free
		FS Cubs ISU 9 Free
		FS Mini Chicks ISU 6 Free
		FS Chicks ISU 7 Free
		FS Advance Novice Free
		FS Junior Free
		FS Senior Free
		ID Basic Novice Free Dance ID Intermediate Novice Free Dance
		ID Intermediate Novice Free Dance ID Advance Novice Free Dance
		ID Junior Free Dance
		ID Senior Free Dance