



“MKŁ Łódź” - LODZ FIGURE SKATING CLUB ANNOUNCES

LODZ CUP 2020
ADULT AND RECREATIONAL FIGURE SKATING COMPETITION
APRIL 2-4 2020, Lodz – Poland



Events:

The Lodz Cup Adult and Recreational Figure Skating Competition 2020 will include the following disciplines:

- Ladies and Men Free Skating (Bronze, Silver, Gold, Masters, Masters Elite)
- Ladies and Men Artistic Free Skating
- Pairs Free Skating (Adult, Intermediate, Masters, Masters Elite)
- Pairs Artistic Free Skating (Adult, Intermediate, Masters, Masters Elite)
- Ice Dance - Pattern Dance (Bronze, Silver, Gold, Masters, Masters Elite)
- Ice Dance - Rhythm Dance (Adult, Masters, Masters Elite)
- Ice Dance - Free Dance (Bronze, Silver, Gold, Masters, Masters Elite)
- Ladies and Men Solo Pattern Dance
- Show Duo

Age categories for Ladies and Men free skating events:

Class TEENAGER skaters born on or later 1st July 2001 – **CLASS ONLY FOR ARTISTIC**

Class YA (Young Adults) skaters born between 1st July 1991 and 30th June 2001

Class I skaters born between 1st July 1981 and 30th June 1991

Class II skaters born between 1st July 1971 and 30th June 1981

Class III skaters born between 1st July 1961 and 30th June 1971

Class IV skaters born between 1st July 1951 and 30th June 1961

Class V skaters born on or before 30th June 1951

Each competitive category will consist of at least three (3) competitors (or competitive couples). If there are fewer than 3 competitors for a particular category, the organizers reserve the right to combine age groups or skill levels to provide adequate competition.

Facility

All events will take place at the Bombonierka Ice Rink - Stefanowskiego 28, 90-537, Lodz, Poland an indoor ice-rink with the ice surface of 60m x 30m

Competition Secretary

Mrs. Jolanta Baryla, Mobile Phone: +48 608 435 076;

Responsibility/Insurance

In accordance with Rule 119, it is the sole responsibility of each Member participating in the Lodz Cup 2020, to provide medical and accident insurance for their Competitors, Officials and all other Members of the Member's team. Such insurance must assure full medical attendance and also the return to the home country by air transport or by other expeditious means of the ill or injured person. The Organizer assumes no responsibility for or liability with respect to bodily or personal injury or property damage incurred in connection incurred by Competitors and Officials.

Fees and Registration

To register, please send an email at: entries.lodz@gmail.com

Entries by names must be sent not later than March 15, 2020

Your email should include: the skater's first name and surname, gender, age, name of the membership club (if applicable) and the events entered.

The Program Content Sheet must be send to entries.lodz@gmail.com not later than **March 15, 2020** and should be titled as "Lodz Cup 2020".

Entry fee 50 EUR per first Single/Solo Dance event, 30 EUR per second or third event.

Entry fee 70 EUR per first Pair/Ice Dance event, 40 EUR per second or third event.

Entry fee should be paid by bank transfer within 5 days after registration to MKL Lodz ul. Stefanowskiego 28, 90-537 Lodz mBank O/Lodz: PL 54 1140 2004 0000 3102 7551 0576 BIC/SWIFT BREXPLWMBK

All competitors and coaches will cover their own expenses money transfer.

Entries made after **March 15, 2020** will be charged extra **10 EUR** per person. The entry fee will not be refunded in case of withdrawals. Payment must be made by money order right after you received a confirmation about registration from Organizer but not later than **March 15, 2020**.

NB!!! Please write in payment subject:

participant/s name/s and category/s; practice payment.

Please send the confirmation of the bank transfer by e-mail to the organizers.

GENERAL INFORMATION FOR ALL COMPETITORS

- Skaters must check in at least one hour prior to their event.
- All events will be judged under the New Judging System (ISU) by a panel of at least three judges.
- It is expected that Competitors will enter at a level that is appropriate to their current skating ability. Competitors are not obliged to enter the same level as in previous years. An entry in an artistic category might be different from the entry in a category of any other discipline. Skaters may compete at only one (1) level within each discipline.
- The Masters Elite category is intended for those skaters who competed previously at the junior or senior level in national or international competition, but is not mandatory for such skaters.
- In Pair Skating and in Ice Dance it is expected that the pair or ice dance couple will enter at the skill level of the more skilled skater.
- Any program violating the time limit set out in this Announcement will receive a deduction of 1.0 for every 5 seconds or part thereof lacking or in excess of the permitted time.
- Skaters have 30 seconds from the time their name is called to take their starting position.
- Please ensure a planned program sheet is submitted for all programs except for the artistic and pattern dance categories.
- Based on ISU Rule 501(1), competitors should note the following regarding appropriate clothing. Clothing and any make-up of the competitors must be modest, dignified and appropriate for athletic competition – not garish or theatrical in design. Clothing may, however, reflect the character of the music chosen. The clothing must not give the effect of excessive nudity inappropriate for the discipline. Men must wear full-length trousers. In addition, in Ice Dance, Ladies must wear a skirt. Accessories and props are not permitted. Clothing that does not adhere to these guidelines will be penalized by a deduction. The deduction for inappropriate clothing, make-up, props and accessories (1.0) will be determined by a majority of the judges and the referee.
- It is kindly requested that all competitors wear their competition clothing for the victory ceremonies.

ADDITIONAL INFORMATION FOR SINGLE SKATERS

- An entry in an artistic category may be at the same level or one level higher (not lower) than the entry in an event of any other category. For example, a skater may enter the Silver Free Skating event and then the Gold Artistic Free Skating event.
- Ice dancers or pair skaters who want to enter the artistic free skating category should enter at a level appropriate to their skating skills. For example, those competing at the Silver Pattern Dance level could enter the Silver or the Gold Artistic Free Skating event.
- Skaters may compete at only one level within each segment.

ADDITIONAL INFORMATION FOR PAIR SKATERS

- Each pair team must consist of one man and one lady.
- An entry in Pair Artistic Free Skating may be at one level higher (not lower) than an entry in Pair Free Skating.
- Coaches and their students are welcome to compete in all events, however, this competition DOES NOT have a PRO-AM category.
- If a pair team is formed of skaters having different skill levels, it is expected that they will enter at the level of the more skilled skater.

ADDITIONAL INFORMATION FOR ICE DANCERS

- Each dance team must consist of one man and one lady. The man must skate the man's steps and the lady must skate the lady's steps.
- Each skater may compete with only one and the same partner in the Ice Dance competitions.
- Entries in the dance segments must be at the same level. (Eg: Bronze Pattern Dance, Bronze Free Dance; Silver Pattern Dance, Silver Free Dance, etc.)
- The Adult Rhythm Dance category is intended for Silver level ice dancers. Master's Rhythm Dance is intended for those Gold level dancers and Master's Elite is intended for former national and international competitors.

- Coaches and their students are welcome to compete in all events, however, this competition DOES NOT have a PRO-AM category.
- If a dance team is formed of skaters having different skill levels, it is expected that they will enter at the level of the more skilled skater.

Music

Vocal music may be used. Music (with the full name of the competitor, club and category) must be send to the organizers by e-mail entries.lodz@gmail.com not later than **March 22, 2020**. MP3/wav format is supported. Please bring along a backup CD.

Practice

One practice of **10 Euros per 30 minutes**.

Draw & Results

- An electronic draw will take place latest on the previous day of the competition, starting orders will be published on the web www.pfsa.com.pl
- Results will be posted on the following: <http://www.pfsa.com.pl>

Photo

Pictures will be taken during the event, which will be available for purchase.

More information:

Mr. Tomasz Pindel, phone: +48 888 822 644, mail: tomek@figureskating.pl or www.figureskating.pl

Tentative Time Schedule

Thursday, 2 April 2020 and Friday 3 April 2020 - Ice Dance - Pattern Dance, Ice Dance - Short Dance, Ice Dance - Free Dance, Solo Pattern Dance

Saturday, 4 April 2020 - Ladies and Men Free Skating, Ladies and Men Artistic Free Skating, Pairs Free Skating, Pairs Artistic Free Skating, Show Duo

This is a TENTATIVE Schedule. Times and dates are subject to change. Please be aware that depending upon the number of entries the competition may start earlier or later.

The Schedule of Events will be posted on the web www.pfsa.com.pl as soon as the entries are completed.

Accommodation

All participants have to book and pay for their accommodation by themselves. Hotel near the ice rink:

- Boutique Hostel, ul. Stefanowskiego 17, Łódź
- Holiday Inn Łódź, ul. Piotrkowska 229/231, Łódź
- Qubus Hotel Łódź, al. Mickiewicza 7, Łódź
- DoubleTree by Hilton Łódź, ul. Łąkowa 29, Łódź
- Hotel Ibis Łódź Centrum, al. Piłsudskiego 11, Łódź
- Novotel Lodz Centrum, al. Piłsudskiego 11A, Łódź
- Boutique Hotel's III, al. Piłsudskiego 10/14, Łódź
- Hotel Światowit, al. Kościuszki 68, Łódź
- Hotel Mazowiecki, ul. 28 Pułku Strzelców Kaniowskich 53/57, Łódź
- Andel's Hotel Łódź, ul. Ogrodowa 17, Łódź

For further information please contact:

Mrs. Jolanta Baryla,

Phone: +48 608 435 076,

We are looking forward to see you in Lodz!

Technical Requirements – Free Skating

Free Skating Elite Masters

Skaters entering this category will compete against other Elite Masters Free Skaters. The technical requirements are the same as those for the category "Masters Free Skating."

Free Skating Masters

A competitor in the Masters Free Skating event must perform a well-balanced program that may contain:

- a. A maximum of six (6) jump elements, one of which must be an Axel type jump. **Single, double and triple jumps are permitted.** There may be up to three (3) jump combinations or jump sequences in the free program.
 - One (1) jump combination may consist of up to three (3) listed jumps. Two (2) jump combinations may consist of two (2) listed jumps.
 - A jump sequence consists of two (2) listed 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.
 - Each listed jump may be performed a maximum of two (2) times.
 - Please note that the Euler (half-loop) is considered a listed jump only when used in combination in between two other listed jumps.
 - Non-listed jumps may be included in the program as part of connecting footwork.
- b. A maximum of three (3) spins of a different abbreviation, one (1) of which must be a spin combination with a change of foot and one (1) of which must be a flying spin or a spin with a flying entrance.
 - The spins must have a required minimum number of revolutions: five (5) for any spin with no change of foot, and eight (8) for any spin with a change of foot.
 - A spin that has no basic position with 2 revolutions will receive no level and no value, however a spin with less than three rotations in total is considered as a skating movement and not a spin.
 - Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions in each of these positions anywhere within the spin. To receive full value, a spin combination must include all three (3) basic positions.
 - All spins with change of foot must have at least 3 revolutions on each foot. If this requirement is not fulfilled, the spin will be marked with a V.
- c. A maximum of one (1) step sequence, fully utilizing the ice surface.
 - The program duration is 3 minutes +/- 10 seconds.
 - The points for each Program Component are multiplied by a factor of 1.6.
 - The warm-up duration is six (6) minutes.
 - Each fall shall receive a deduction of 1.0.

Free Skating Gold

A competitor in the Gold Free Skating event must perform a well-balanced program that may contain:

- a. A maximum of five (5) jump elements, consisting of single jumps (including the single Axel) or double jumps. **Double flip, double Lutz, double Axel and triple jumps are not permitted.** There may be up to three (3) jump combinations or jump sequences in the free program.
 - One (1) jump combination may consist of up to three (3) listed jumps. Two (2) jump combinations may consist of two (2) listed jumps.
 - A jump sequence consists of two (2) listed single or double jumps, 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. The jumps in **bold** above are **not** permitted.
 - Each listed jump may be performed a maximum of two (2) times.
 - Please note that the Euler (half-loop) is considered a listed jump only when used in combination in between two other listed jumps.
 - Non-listed jumps may be included in the program as part of connecting footwork.
- b. A maximum of three (3) spins of a different abbreviation, one (1) of which must be a spin combination with a change of foot and one (1) of which must be a flying spin or a spin with a flying entrance.
 - The spins must have a required minimum number of revolutions: four (4) for any spin with no change of foot, and eight (8) for any spin with a change of foot.
 - A spin that has no basic position with 2 revolutions will receive no value, however a spin with less than three rotations in total is considered as a skating movement and not a spin.
 - Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions in each of these positions anywhere within the spin. To receive full value, a spin combination must include all three (3) basic positions.
 - All spins with change of foot must have at least 3 revolutions on each foot. If this requirement is not fulfilled, the spin will be marked with a V.
- c. A maximum of one (1) step sequence, fully utilizing the ice surface.
 - The program duration is 2 minutes and 50 seconds +/- 10 seconds.
 - The points for each Program Component are multiplied by a factor of 1.6.
 - Only features up to and including Level 3 will be counted for the technical elements. Any additional features will not count for level requirements and will be ignored by the Technical Panel.
 - The warm-up duration is six (6) minutes.
 - Each fall shall receive a deduction of 1.0.

Free Skating Silver

A competitor in the Silver Free Skating event must perform a well-balanced program that may contain:

- a. A maximum of five (5) jump elements, consisting of any single jumps (including the single Axel). **Double jumps and triple jumps are not permitted.** There may be up to two (2) jump combinations or jump sequences in the free program.
 - One (1) jump combination may consist of up to three (3) listed jumps. The other jump combination may consist of two (2) listed jumps.
 - A jump sequence consists of two (2) single listed jumps, beginning with any listed jump, immediately followed by an Axel type jump with direct step from the landing curve of the first jump to the take-off curve of the Axel jump.
 - Each listed jump may be performed a maximum of two (2) times.
 - Please note that the Euler (half-loop) is considered a listed jump only when used in combination in between two other listed jumps.
 - Non-listed jumps may be included in the program as part of connecting footwork.
 - b. A maximum of two (2) spins of a different abbreviation, one (1) of which must be a spin combination.
 - The spins must have a required minimum number of revolutions: four (4) for any spin with no change of foot, and six (6) for any spin with a change of foot.
 - A spin that has no basic position with 2 revolutions will receive no value, however a spin with less than three rotations in total is considered as a skating movement and not a spin.
 - Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions in each of these positions anywhere within the spin. To receive full value, a spin combination must include all three (3) basic positions.
 - All spins with change of foot must have at least 3 revolutions on each foot. If this requirement is not fulfilled, the spin will be marked with a V.
 - c. A maximum of one (1) choreographic sequence, utilizing at least half (1/2) of the ice surface.
 - A choreographic sequence consists of any kind of movements like steps, turns, spirals, arabesques, spread eagles, Ina Bauers, hydroblading, transitional (unlisted) jumps, spinning movements etc.
 - The pattern is not restricted but the sequence must be clearly visible.
 - A choreographic sequence has a base value and will be evaluated by the judges in GOE only.
- The program duration is 2 minutes +/- 10 seconds.
 - The points for each Program Component are multiplied by a factor of 1.2.
 - Only features up to and including Level 2 will be counted for the technical elements. Any additional features will not count for level requirements and will be ignored by the Technical Panel.
 - The warm-up duration is six (6) minutes.
 - Each fall shall receive a deduction of 0.5.

Free Skating Bronze

A competitor in the Bronze Free Skating event must perform a well-balanced program that may contain:

- a. A maximum of four (4) jump elements, consisting only of single jumps. **Axel type jumps, double jumps and triple jumps are not permitted.** There may be up to two (2) jump combinations in the free program.
 - Each jump combination may consist of two (2) listed jumps.
 - Each listed jump may be performed a maximum of two (2) times.
 - b. A maximum of two (2) spins of a different abbreviation one of which must be a spin in one position with no change of foot. **Flying spins are not permitted.**
 - The spins must have a required minimum number of revolutions: three (3) for any spin with no change of foot, and six (6) with a change of foot.
 - A spin that has no basic position with 2 revolutions will receive no value, however a spin with less than three rotations in total is considered as a skating movement and not a spin.
 - Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions in each of these positions anywhere within the spin. To receive full value, a spin combination must include all three (3) basic positions.
 - All spins with change of foot must have at least 3 revolutions on each foot. If this requirement is not fulfilled, the spin will be marked with a V.
 - Only features up to and including Level 1 will be counted. Any additional features will not count for level requirements and will be ignored by the Technical Panel.
 - c. A maximum of one (1) choreographic sequence utilizing at least half (1/2) of the ice surface.
 - A choreographic sequence consists of any kind of movements like steps, turns, spirals, arabesques, spread eagles, Ina Bauers, hydroblading, transitional (unlisted) jumps, spinning movements etc.
 - The pattern is not restricted but the sequence must be clearly visible.
 - A choreographic sequence has a base value and will be evaluated by the judges in GOE only.
- The program duration is 1 minute and 40 seconds, +/- 10 seconds.
 - The points for each Program Component are multiplied by a factor of 1.2.
 - The warm-up duration is six (6) minutes.
 - Each fall shall receive a deduction of 0.5.

Technical Requirements – Pair Free Skating

Pair Free Skating Masters Elite

Pairs entering this category will compete against other Elite Masters Pair Skaters. The technical requirements are the same as those for the category “Masters Pair Skating.”

Pair Free Skating Masters

Masters pairs must perform a well-balanced program that may contain:

- a. A maximum of three (3) different lifts, one of which may be a twist lift.
 - In lifts of Group 1 and Group 2, the man’s lifting hand(s) should be above his shoulder line.
 - In lifts of Groups 3–4-5, full extension of the lifting arm(s) is mandatory.
- b. A maximum of two (2) throw jumps (single or double).
- c. A maximum of one (1) solo jump. Single, double and triple jumps are permitted.
- d. A maximum of one (1) jump combination with a maximum of three (3) listed jumps or one (1) jump sequence.
 - A jump sequence consists of two (2) listed 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.
 - Please note that the Euler (half-loop) is considered a listed jump only when used in combination in between two other listed jumps.
- e. A maximum of one (1) pair spin (pair spin or pair spin combination).
 - The spin must have a required minimum number of revolutions: four (4) revolutions for a pair spin and six (6) for a pair spin combination. A pair spin combination must have a change of foot by both partners with at least three (3) revolutions on each foot **and** at least one (1) change of position by both partners. A Pair Combination Spin can be started with a jump. Any flying entry can be considered as a feature by either partner. If there are not 3 revolutions before or after the change of foot executed by both partners, the Pair Spin Combination will be marked with a “V”. If there are less than 3 revolutions on both feet by either partner, the spin will have no value.
 - A pair spin is any spin with no change of foot and does not require a change of position by one or both partners. Change of positions may be used for a level feature.”
 - There must be a minimum of two (2) revolutions in each position or the position will not be counted.
- f. A maximum of one (1) solo spin.
 - The solo spin must have a required minimum number of revolutions: five (5) for the flying spin with no change of foot after landing, five (5) for the spin with only one position and no change of foot and five (5) for the spin combination with no change of foot and eight (4 + 4) for the spin combination with change of foot or spin in one position with a change of foot.
 - There must be a minimum of two (2) revolutions in each position or the position will not be counted.
 - Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions in each of these positions anywhere within the spin. To receive full value, a spin combination must include all three (3) basic positions.
- g. A maximum of one (1) death spiral or pivot figure (position of the lady optional).
 - At least $\frac{3}{4}$ revolution in pivot position by the man is required for the death spiral.
 - At least one revolution in pivot position by the man is required for pivot figure.
- h. A maximum of one (1) step sequence, fully utilizing the ice surface.

- The program duration is 3 minutes and 30 seconds +/- 10 seconds.
- The points for each Program Component are multiplied by a factor of 1.6.
- The warm-up duration is six (6) minutes.
- Each fall by either skater shall receive a deduction of 1.0.

Pair Free Skating Intermediate

Pairs must perform a well-balanced program that may contain:

- A maximum of two (2) different lifts of Group 1 or Group 2 with a minimum ½ revolution for the man and 1 revolution for the lady.
 - The man's lifting hand(s) should be above his shoulder line.
 - Variations of the lady's position, no-handed and one-handed lifts, and combination lifts are **not** permitted.
 - Lifts of Groups 3-4-5 are **not** permitted.
 - Twist lifts are **not** permitted.
 - A different take-off counts as a different lift.
- A maximum of one (1) single throw jump (including the throw single Axel).
 - Double and triple jumps are **not** permitted.
- A maximum of one (1) solo single jump (including the single Axel).
 - Double and triple jumps are **not** permitted.
- A maximum of one (1) jump combination with a maximum of three (3) listed jumps or one (1) jump sequence.
 - A jump sequence consists of two (2) listed single jumps, 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.
 - Please note that the Euler (half-loop) is considered a listed jump only when used in combination in between two other listed jumps.
 - Only single jumps are allowed (including the single Axel).
 - Double and triple jumps are **not** permitted.
- A maximum of one (1) pair spin (pair spin or pair combination spin).
 - The spin must have a required minimum number of revolutions: four (4) revolutions for a pair spin and six (6) for a pair spin combination. A pair spin combination must have a change of foot by both partners with at least three (3) revolutions on each foot **and** at least one (1) change of position by both partners. A Pair Combination Spin can be started with a jump. Any flying entry can be considered as a feature by either partner. If there are not 3 revolutions before or after the change of foot executed by both partners, the Pair Spin Combination will be marked with a "V". If there are less than 3 revolutions on both feet by either partner, the spin will have no value.
 - A pair spin is any spin with no change of foot and does not require a change of position by one or both partners. Change of positions may be used for a level feature."
 - There must be a minimum of two (2) revolutions in each position or the position will not be counted.
- A maximum of one (1) death spiral or pivot figure (position of the lady optional).
 - At least ¾ revolution in pivot position by the man is required for the death spiral.
 - At least one (1) revolution in pivot position by the man is required for the pivot figure.
- A maximum of one (1) step sequence, fully utilizing the ice surface.
 - The program duration is 2 minutes and 40 seconds +/- 10 seconds.
 - The points for each Program Component are multiplied by a factor of 1.6.

- Only features up to and including Level 2 will be counted for the technical elements. Any additional features will not count for level requirements and will be ignored by the Technical Panel.
- The warm-up duration is six (6) minutes.
- Each fall by either partner shall receive a deduction of 1.0.

Pair Free Skating Adult

Pairs must perform a well-balanced program that may contain:

- a. A maximum of one (1) lift of Group 1 or Group 2 with a minimum ½ revolution for the man.
 - The man's lifting hand(s) should be above his shoulder line.
 - Variations of the lady's position, no-handed and one-handed lifts, and combination lifts are **not** permitted.
 - Lifts of Groups 3-4-5 are **not** permitted,
 - Twist lifts are **not** permitted.
 - b. A maximum of one (1) single throw jump.
 - Throw double and triple jumps are **not** permitted.
 - Throw single Axel is **not** permitted.
 - c. A maximum of one (1) solo single jump.
 - Double and triple jumps are **not** permitted.
 - Axel type jumps are **not** permitted.
 - d. A maximum of one (1) jump combination with a maximum of two (2) listed jumps.
 - Only single jumps are allowed.
 - Double and triple jumps are **not** permitted.
 - Axel type jumps are **not** permitted.
 - e. A maximum of one (1) pair spin.
 - A pair spin is any spin with no change of foot and does not require a change of position by one or both partners. Change of positions may be used for a level feature.
 - There must be a minimum of two (2) revolutions in each position or the position will not be counted.
 - f. A maximum of one (1) pivot figure (position of the lady optional).
 - At least one (1) revolution in pivot position by the man is required.
 - g. A maximum of one (1) choreographic sequence that fully utilizes the ice surface.
 - A choreographic sequence consists of any kind of movements like steps, turns, spirals, arabesques, spread eagles, Ina Bauers, hydroblading, transitional (unlisted) jumps, spinning movements etc.
 - The pattern is not restricted.
 - A choreographic sequence has a base value and will be evaluated by the judges in GOE only.
- The program duration is 2 minutes and 20 seconds +/- 10 seconds.
 - The points for each Program Component are multiplied by a factor of 1.2.
 - Only features up to and including Level 1 will be counted for the technical elements. Any additional features will not count for level requirements and will be ignored by the Technical Panel.
 - The warm-up duration is six (6) minutes.
 - Each fall by either partner shall receive a deduction of 0.5

Technical Requirements – Ice Dance

Pattern Dance

Couples shall provide their own music for all pattern dances. No music for pattern dances will be provided by the Local Organizing Committee. The music must be chosen in accordance with the Rhythm of the Pattern Dance and may be vocal. The Tempo throughout the required Sequences must be constant and in accordance with the required Tempo of the Pattern Dance (see ISU Handbook Ice Dance 2003) plus or minus 2 beats per minute.

Each Couple must submit their music no later than the first official practice session for their event at each competition.

Notes:

- The chosen music may be a tune selected from the ISU Ice Dance music. In this case, only tunes 1 to 5 can be chosen and the Couple shall provide competition music in accordance with Rule 343, paragraph 1.
- Violation of the above music requirements or tempo specifications shall be penalized as per Rule 353, paragraph 1.n).
- All music chosen by the couple must be in accordance with the style/character of the Pattern Dance.
- For the application of Rule 708 paragraph 1.d) with music provided by the Couple it is specified that the start of the first Step of the dance must be on beat 1 of a measure (unless otherwise specified in the description of the dance).

Rule 707, paragraph 4 provides that “All Pattern Dances shall be started so that the steps of the first side of the pattern are skated in front of the Judges unless otherwise directed by the Ice Dance Technical Committee in an ISU Communication.”

The Pattern Dances will be judged without Key Points.

According to Rule 707, new paragraph 6: After the completion of the last step of the Pattern Dance, the couple must reach their final pose within 20 seconds. If this time limit is exceeded, a Program time deduction according to Rule 353, paragraph 1.n) shall apply.

Elite Masters Couples entering this category will compete against other Elite Masters Ice Dance Couples The technical requirements are the same as those for the category “Masters Pattern Dance”.

Masters # 10 Westminster Waltz (2 sequences)
24 Cha Cha Congelado (2 sequences)

Gold # 10 Westminster Waltz (2 sequences)
#16 Killian (6 sequences)

Silver # 9 American Waltz (2 sequences)
#32 Blues (3 sequences)

Bronze # 8 European Waltz (2 sequences)
26 Tango Fiesta (3 sequences)

- The points for each Program Component are multiplied by a factor of 0.7 (Rule 353, paragraph 1.m).
- In Ice Dance, for events with two (2) Pattern Dances, the Total Score for each dance will be multiplied by a factor of 0.5. (Rule 353, paragraph 2.b).
- The warm-up duration is three (3) minutes.

Rhythm Dance

Elite Masters	Couples entering this category will compete against other Elite Masters Ice Dancers. The technical requirements are the same as for the category "Rhythm Dance" see descriptions below.
Masters	Couples entering this category will compete against other Masters Ice Dancers. (Recommended for gold level or above ice dancers.) The technical requirements are the same as for the category "Rhythm Dance" see descriptions below.
Adult	Couples entering this category will compete against others at the Adult Rhythm Dance level. (Recommended for silver level ice dancers.) The technical requirements are the same as for the category "Rhythm Dance" see descriptions below.

General Requirements for Rhythm Dance

For the Season 2019 - 2020, the Rhythm Dance for Adult ISU competitions is the Quickstep.

Music: Quickstep or Quickstep plus one of the following rhythms: Foxtrot, Swing or Charleston (as described in the Ice Dance Music Rhythms Booklet 1995).

The **Pattern Dance Elements** (Quickstep) shall be skated to the Quickstep rhythm and must be in the style of the chosen rhythm. The Tempo of the music throughout the Pattern Dance Elements must be constant and in accordance with the required Tempo of the Pattern Dance Quickstep, i.e. 56 measures of two beats or 112 beats per minute, plus or minus 2 beats per minute.

RHYTHM DANCE – Required Elements 2019/2020

Pattern Dance	Two (2) Sequences of Quickstep, either skated one after the other or separately. Step #1 of each Sequence must be skated on a different side of the ice surface. The description, chart and diagrams of the Quickstep Pattern Dance is included in the ISU Handbook Ice Dance 2003. The Quickstep will be judged with key points.
Dance Lift	Maximum One (1) Short Lift Up to 7 seconds.
Step Sequence	One (1) Step Sequence Not Touching – Style B: - Midline: skated along the full length of the ice surface on the Long Axis - Diagonal: skated as fully corner to corner as possible - Circular: utilizing the full width of the ice surface on Short Axis.
Sequential Twizzles	One (1) Set of Sequential Twizzles. At least two Twizzles for each partner with up to 1 step maximum between Twizzles.

**Specifications/
Restrictions:**

Duration	2 minutes and 50 seconds, +/- 10 seconds.
Music	Music for Rhythm Dance may be vocal and must be suitable for Ice Dance as a sport discipline. The music must be selected in accordance with the designated rhythm(s) and/or theme(s), and with the specified tempo when applicable. Music with audible rhythmic beat only; may be without audible beat up to 10 seconds at beginning only.
Warm up time	The warm-up duration for the Rhythm Dance is five (5) minutes.

Free Dance

General Requirements for Free Dance

See: ISU Special Regulations, Section D. Free Dance, Rule 710 and all pertinent ISU Communications

The following are the Requirements for Music for Free Dance (Rule 710, paragraph 1.c). The music for Free Dance may be vocal and must be suitable for Ice Dance as a sport discipline and must have the following characteristics:

- i) The music must have an audible rhythmic beat and melody, or audible rhythmic beat alone, but not melody alone, and may be vocal. The music may be without an audible rhythmic beat for up to ten (10) seconds at the beginning or end of the program and up to ten (10) seconds during the program.
- ii) The music must have at least one change of tempo and expression. These changes may be gradual or immediate, but in either case they must be obvious.
- iii) All music, including classical music, must be cut/edited, orchestrated or arranged in a way that it creates an interesting, colourful, entertaining dance program with different dance moods or a building effect.
- iv) The music must be suitable for the Couple's skating skills and technical ability.

Free Dance music that does not adhere to these requirements will be penalized by a deduction (See Rule 353, paragraph 1.n).

Masters Elite	Couples entering this category will compete against other Elite Masters Ice Dancers. The technical requirements are the same as those for the category "Gold Free Dance" (below).
Masters	Couples entering this category will compete against other Masters Ice Dancers. The technical requirements are the same as those for the category "Gold Free Dance" (below).

Gold

Couples must perform a well-balanced program that may contain:

- a. A maximum of two (2) different Dance Lifts, one (1) Short Lift with a maximum duration of 7 seconds and one (1) Combination Lift with a maximum duration of 12 seconds; **OR** three (3) different types of Short Lifts with a maximum duration of 7 seconds each
- b. A maximum of one (1) Dance Spin (Spin or Combination Spin)
- c. A maximum of one (1) Diagonal Step Sequence in Hold – Style B
- d. A maximum of one (1) Set of Synchronized Twizzles with up to three (3) steps between.

VOCAL MUSIC MAY BE USED.

The duration is 3 minutes +/- 10 seconds.

The points for each Program Component are multiplied by a factor of 1.2 (Rule 353, paragraph 1.m).

Silver

Couples must perform a well-balanced program that may contain:

- a. A maximum of one (1) Short Lift, with a maximum duration of 7 sec. And only a maximum Level 2 lift will be counted
- b. A maximum of one (1) Circular Step Sequence in Hold - Style B
- c. A maximum of one (1) Set of Synchronized Twizzles with up to three (3) steps between
- d. A maximum of one (1) Dance Spin (Spin or Combination Spin).

VOCAL MUSIC MAY BE USED.

The duration is 2 minutes and 30 seconds, +/- 10 seconds.

The points for each Program Component are multiplied by a factor of 1.2 (Rule 353, paragraph 1.m).

Bronze

Couples must perform a well-balanced program that may contain:

- a. A maximum of one (1) Short Lift, with a maximum duration of 7 sec. Note that only a maximum Level 1 lift will be counted
- b. A maximum of one (1) Diagonal Step Sequence in Hold - Style B
- c. A maximum of one (1) Dance Spin (No combination).

VOCAL MUSIC MAY BE USED

The duration is 1 minute and 50 seconds +/- 10 seconds.

The points for each Program Component are multiplied by a factor of 1.2 (Rule 353, paragraph 1.m).

The warm-up duration for all free dances is five (5) minutes.

Technical Requirements – Artistic Free Skating

General Requirements for Artistic Free Skating

The artistic events consist of free skating and pair free skating programs judged only on the basis of the Program Components:

- Skating skills
- Transitions
- Performance
- Composition
- Interpretation/Timing

See ISU Special Regulations and Technical Rules 2016, Singles & Pair Skating, Rule 504, paragraph 3 for a detailed description of Program Components. The respective Rules can be found on the ISU website.

There will be no technical panel and no technical mark given. The points for each Program Component are multiplied by a factor of 1.0.

Falls are not subject to a deduction but may have a negative impact on the Program Components.

The artistic free skating competition is an athletic competition which is intended to allow skaters to demonstrate their skating ability as defined by the five program components of the ISU judging system. This is not intended to be a Theatre on Ice; Spotlight; or a Showcase event. Credit for the required technical elements is based solely on the ability of such movements to enhance the chosen theme and support the music. Credit will not be given for their technical difficulty.

The program must be developed through skating skill and quality rather than through non-skating actions such as sliding on one knee or excessive use of toe steps. The skater/pair must not remain in one place for more than five (5) seconds.

Any technical element exceeding the maximum number as set forth below will be judged as an illegal element (1.0 deduction). If the minimum required technical elements are not included, a deduction for a “missing element” of 1.0 will be made. The Referee is responsible for such deductions.

Clothing and make-up must be modest, dignified and appropriate for athletic competition – not garish or theatrical in design. Clothing may, however, reflect the character of the music chosen. Clothing must not give the effect of excessive nudity. The theme of the program should be clear from the skating movements and choreography – regardless of what the skater is wearing. This is not intended to be a Theatre on Ice; Spotlight; or a Showcase event.

The decorations on costumes must be non-detachable. Part of the costume or decoration falling on the ice will be penalized by a deduction of 1.0 points per program.

Props and accessories may not be used in any part of the artistic programs. Any item that is held in the hand or removed during the performance is considered a prop. Thus, for example, a hat worn throughout the program is not considered to be a prop, but if it is intentionally removed during the performance it is considered a prop. Objects on the ice, thrown in the audience, placed on the boards or on the judges table are not permitted. Costumes that contain particles that may mar or leave anything on the ice surface (feathers, boas, excessive beading) are considered unsafe and are not permitted.

The deduction for inappropriate clothing or make-up props and accessories (1.0) will be determined by a majority of the judges and the referee.

Illegal elements:

- Somersault type jumps
- Laying on the ice and prolonged and/or stationary kneeling on both knees on the ice.

The warm-up duration is five (5) minutes for all artistic free skating events.

Artistic Free Skating

Competitions will be held at the Masters Elite, Masters, Gold, Silver and Bronze levels.

The Artistic Free Skate is a competitive program that must include elements of the sport of figure skating. At least one (1) and a maximum of two (2) single jumps MUST be included. A Waltz jump is not considered a listed single jump. At least one (1) and a maximum of two (2) spins MUST be included. No Axel type jumps, double or triple jumps are allowed. No combination jumps are allowed.

The program duration for Masters Elite and Masters Artistic Free Skating is 2 minutes +/- 10 seconds.

The program duration for Gold, Silver and Bronze Artistic Free Skating is 1 minute and 30 seconds, +/- 10 seconds.

General Requirements for Pair Artistic Free Skating

- Each pair artistic team must consist of one man and one lady.
- Coaches and students are welcome to compete in all events. However, this competition DOES NOT have a PRO-AM category.
- It is expected that pair couples will enter at the skill level of the more skilled skater.

Pair Artistic Free Skating Masters Elite

Pairs entering this category will compete against other Elite Masters Pair Skaters. The technical requirements are the same as those for the category "Masters Pair Artistic Free Skating."

Pair Artistic Free Skating Masters

The Masters Pair Artistic Free Skate is a competitive program that must include elements of the sport of pair figure skating. Each pair program must include at least three (3) and no more than four (4) elements selected from:

- a. A maximum of one (1) solo jump OR one (1) throw jump. Axels, double and triple jumps are not permitted. Combination jumps are not permitted. A Waltz jump is not considered a listed single jump.
- b. A maximum of one (1) pair spin (or pair combination spin) OR one (1) solo spin.
- c. A maximum of one (1) death spiral or pivot figure (position of the lady optional).
- d. A maximum of one (1) lift of Group 1 or Group 2.
 - Variations of the lady's position, no-handed and one-handed lifts and combination lifts are not permitted.
 - Twist lifts are not permitted.
 - Lifts of Groups 3-4-5 are not permitted.

The program duration is 2 minutes and 10 seconds, +/- 10 seconds.
The points for each Program Component are multiplied by a factor of 1.0.

Pair Artistic Free Skating Intermediate

The program must include at least three (3) and no more than four (4) elements selected from:

- a. A maximum of one (1) solo jump OR one (1) throw jump. Axel type jumps, double and triple jumps are not permitted. Combination jumps are not permitted.
 - b. A maximum of one (1) pair spin (pair spin or pair spin combination) OR one (1) solo spin.
 - c. A maximum of one (1) death spiral or pivot figure (position of the lady optional).
 - d. A maximum of one (1) lift of Group 1 or Group 2.
 - Variations of the lady's position, no-handed and one-handed lifts, and combination lifts are not permitted.
 - Twist lifts are not permitted.
 - Lifts of Groups 3-4-5 are **not** permitted.
- The duration is 1 minute and 40 seconds, +/- 10 seconds.
 - The points for each Program Component are multiplied by a factor of 1.0.

Pair Artistic Free Skating Adult

The program must include at least three (3) and no more than four (4) elements selected from:

- a. A maximum of one (1) solo jump OR one (1) throw jump. Axel type jumps, double and triple jumps are not permitted. Combination jumps are not permitted.
 - b. A maximum of one (1) pair spin OR one (1) solo spin. Pair spin combinations and flying spins are not permitted.
 - c. A maximum of one (1) pivot figure (position of the lady optional).
 - d. A maximum of one (1) lift of Group 1 or Group 2.
 - Variations of the lady's position, no-handed and one-handed lifts, and combination lifts are not permitted.
 - Twist lifts are not permitted.
 - Lifts of Groups 3-4-5 are **not** permitted.
- The duration is 1 minute and 40 seconds, +/- 10 seconds.
 - The points for each Program Component are multiplied by a factor of 1.0.

Technical Requirements – Solo Pattern Dance

Solo Pattern Dance

Any Pattern Dance (two sequences) chosen by skater. Skater provides her/his music Pattern Dances. Official ISU Pattern Dance music will be used or the music must be chosen in accordance with the Rhythm of the Pattern Dance. The tempo throughout the required sequences must be constant and in accordance with the required tempo of the Pattern Dance. There is only one category.

Pattern Dance for Program Components

- Skating Skills
- Performances
- Interpretation
- Timing

Factor: The panel's points for each Program Component are multiplied by a factor of 0.7 (Rule 353, paragraph 1.m).

Technical Requirements – Show Duo

Adult Show Duo

There is no division by age or level.

- Show duo program should be an interpretation of the chosen music in an individual, original and creative manner by two persons.
- The costume as well as make-up, accessories and props are allowed to be used for this purpose. But they should not be given priority.
- Elements permitted without limitations: jumps, steps, spirals and spins.
- The use of vocal music is permitted.
- There is no deductions for falls.

The Show duo event will be judged only on the basis of Presentation Components (program components):

- Skating skills – factor 1,0
- Transitions – factor 1,0
- Performance/Execution – factor 2,0
- Choreography/Composition – factor 2,0
- Interpretation/Timing – factor 2,0

There will be no technical panel and no technical score given.

Duration: The maximum time is 2 minutes 50 seconds, but may be less.

LODZ CUP 2020

Lodz, APRIL 2-4 2020



Planned program content

This form must be returned till March 15, 2020

Please mail to: entries.lodz@gmail.com

Please fill in with type or write in capital letters.

For pairs and dance couples it is sufficient if one partner fills in the following form
Club:
Category:
Name of competitor(s):

ELEMENTS IN ORDER OF SKATING

	FS/RD/FD elements
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

Date, signature

Please mail to: entries.lodz@gmail.com