

2020



TECHNICAL PACKAGE FIGURE SKATING

TECHNICAL PACKAGE—2020 ARCTIC WINTER GAMES

FIGURE SKATING

- 1. RULES:** This competition will be conducted under the rules of the International Skating Union, unless otherwise amended by the Arctic Winter Games International Committee.
- 2. CATEGORIES:** The competition is open to female athletes only.

Competitors must have been born between 2002 and 2009. A competitor may register and compete in only one (1) category. (NOTE: The youngest competitor can be 10 years and 2 months as of the AWG competition. The oldest competitor can be 18 years old and 2 months as of the AWG competition.)

Competitors must also meet the minimum test requirements as of December 15, 2019. Test qualification forms must be completed in accordance with Arctic Winter Games rules.

- 3. 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.

- 4. ENTRIES:**

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

- 5. MUSIC:**

All music used must be in the public domain or covered by the performing rights societies. Competitors who have music composed specifically for their programs either wholly or in part, are responsible for obtaining a written release from the composer for the use of such music on radio and/or television or appropriate clearance from the performing rights societies.

Each skater will provide: 2 CDs (1 marked "Master" the other marked "backup"). Copies must be turned in at registration prior to their first team practice.

The following requirements for CD's must be met:

Only one program shall be recorded on each CD

The start of the music shall be recorded on the CD with less than two seconds of lead in Competitor's name followed by category, program type- short or free- and music time (not skating time) shall be clearly printed on one side of the CD

Each CD shall be enclosed in its plastic container, also marked with the skater's name, AWG contingent, category, program type – short or free - and total music time

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Competitors are responsible for the recovery of their own music at the completion of the event

The Arctic Winter Games will accept no responsibility against damage but will take every precaution to safeguard each USB/CD.

6. MEDALS:

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

If a skater is unable to compete in an event due to medical reasons, they are eligible to compete in a subsequent event for which they are registered should they be medically fit. Skaters must compete in both the Short and Freeskate programs to be eligible for a combined medal.

For the Team Elements Event, if a contingent does not have a minimum of 4 figure skating athletes they may ask skaters from other contingents to join their team for this event. Teams with members from multiple contingents will not be eligible for medals.

GOLD	20
SILVER	20
BRONZE	20

Level 1 – 4 EVENTS	NUMBER OF GOLD	NUMBER OF SILVER	NUMBER OF BRONZE
	MEDALS AWARDED	MEDALS AWARDED	MEDALS AWARDED
Short Program	4	4	4
Freeskate Program	4	4	4
Combined (Short and Freeskate)	4	4	4
Team	8	8	8
TOTAL MEDAL COUNT	20	20	20

7. SYSTEM OF MARKING:

All events will be judged under the International Judging System (IJS).

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8. TEST QUALIFICATIONS

Skaters should meet the following minimum qualifications for each competition category as of December 15, 2019.

Level 1 Entrants in this category have:

- Completed Skate Canada STAR 3 Elements and Program Assessments
- Completed US Figure Skating Pre-Preliminary Free Skate Test
- Completed Russian Junior III Category

Level 2: Entrants in this category have:

- Completed Skate Canada STAR 5 Elements and Program Assessments
- Completed US Figure Skating Preliminary Free Skate Test
- Completed Russian Junior II Category

Level 3: Entrants in this category have:

- Completed Skate Canada STAR 5 Elements and Program Assessments
- Complete US Figure Skating Preliminary Free Skate Test
- Completed Russian Junior II Category

Level 4: Entrants in these categories have:

- Completed Skate Canada STAR 5 Elements and Program Assessments
- Completed US Figure Skating Preliminary Free Skate Test
- Completed Russian Junior II Category

Elite Athletes

Athletes who have qualified for National competitions in their country are considered elite and therefore not eligible to compete in the Arctic Winter Games.

9. EVENTS:

Each Level and well balanced program requirements for the Short and Freeskate Programs are provided in the table(s) below. The team compulsory requirements are listed separately.

The program duration indicates the maximum (MAX) timing. This means that a program duration is up to the maximum time indicated for each Level.

ISU (International Skating Union) levels of difficulty and scale of values will apply and be linked on the Arctic Winter Games website as additional reference materials.

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LEVEL 1

Short Program – Program time: 1:40 (max)

Maximum 6 Elements:

3 Jump Elements – no double or triple jumps are permitted

- a) Single Axel
- b) Solo jump – cannot repeat Axel
- c) Jump combination (2 single jumps)—Solo jump may not be repeated in the combination.

2 Spin Elements – Max Base level

- a) Camel Spin—Must have at least 3 revolutions. Forward entry only, no flying entry, no change of foot.
- b) Combination Spin—Must include at least 2 basic positions. Forward entry only, no flying entry, optional change of foot. Must have at least 3 revolutions (CoSp) or 3/3 (CCoSp).

Step Sequence – Max Base level (must utilize at least half the ice surface)

Free Program – Program time: 2:10 (max)

Maximum 9 Elements

5 Jump Elements – no double or triple jumps are permitted

- a) Must include at least one Single Axel.
- b) Must include at least 4 different types of jumps
- c) Maximum of two jump combinations. Jump sequences not permitted
- d) Jump combinations may not include more than two jumps.
- e) No jump may be included more than twice and if a jump is repeated it must be in combination.

2 Spin Elements – Max Base level

- a) Sit spin or Camel Spin—Must have at least 3 revolutions. Forward entry only, no flying entry, no change of foot.
- b) Combination Spin—Must include at least 2 basic positions. Forward entry only, no flying entry, optional change of foot. Must have at least 3 revolutions (CoSp) or 3/3 (CCoSp).

Choreographic Sequence

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LEVEL 2

Short Program – Program time: 2:00 (max)

Maximum 6 Elements:

3 Jump Elements – 2F, 2Lz, 2A, and triple jumps not permitted

- a) Single Axel
- b) Solo jump – cannot repeat Axel
- c) Jump combination with one single and one double jump. The combination may be double-single or single-double. Solo jump may not be repeated in the combination.

2 Spin Elements - Max Base level

- a) Sit Spin or Camel Spin—Must have 4 revolutions. Flying entry and change of foot not permitted.
- b) Combination Spin (optional change of foot)—Must have 2 basic positions. Must have at least 5 revolutions (CoSp) or 3/3 (CCoSp). Flying entry not permitted.

Step Sequence – Max Base level (must utilize at least half the ice surface)

Free Program – Program time: 2:30 (max)

Maximum 8 Elements:

5 Jump Elements – 2F, 2Lz, 2A, and triple jumps not permitted

- a) Must include a single Axel
- b) Must include at least two different double jumps. If only one double jump type is included the final jump element will be invalidated, if no double jumps are included the final two jump elements will be invalidated.
- c) Maximum of two jump combinations. Jump sequences not permitted.
- d) Jump combinations may have no more than two jumps.
- e) No jump may be included more than twice and if a jump is repeated it must be in combination or sequence.

2 Spin Elements – Max Base level

- a) Sit Spin or Camel Spin—Must have 4 revolutions. Flying entry and change of foot not permitted.
- b) Combination Spin (optional change of foot)—Must have 2 basic positions. Must have at least 5 revolutions (CoSp) or 3/3 (CCoSp). Flying entry not permitted

Choreographic Sequence

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LEVEL 3

Short Program –Program time: 2:30 (max)

Maximum 6 Elements:

3 Jump Elements – no 2A or triple jumps are permitted

- a) Single Axel
- b) Solo jump – double
- c) Jump Combination (2 jumps) - Must include 2 double jumps. Solo jump may not be repeated in the combination

2 Spin Elements – Max level 3

- a) Layback/Sideways leaning or Sit or Camel Spin – Must have at least 5 revolutions. Flying entry not permitted. Change of foot not permitted.
- b) Combination Spin with change of foot – Must have at least 4 revolutions on each foot. Must include all 3 basic positions. Flying entry not permitted.

Step Sequence – Max level 3 (must utilize the full ice surface)

Free Program—Program time: 3:00 (max)

Maximum 9 Elements:

6 Jump Elements--2A and triple jumps not permitted

- a) Must include a single Axel
- b) Must include at least two different double jumps. If only one double jump type is included the final jump element will be invalidated, if no double jumps are included the final two jump elements will be invalidated.
- c) Maximum of two jump combinations. Jump sequences not permitted.
- d) Jump combinations may have no more than two jumps.
- e) No jump may be included more than twice and if a jump is repeated it must be in combination.

3 Spin Elements – Max level 3

- a) Flying spin (only one basic position) - Minimum 5 revolutions. Change of foot not permitted.
- b) Combination Spin with a change of foot. Must have at least 8 revolutions. Flying entry not permitted
- c) Spin of any nature – Minimum 5 revolutions. Flying entry optional.

Step Sequence – Max level 3 (must utilize the full ice surface)

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LEVEL 4

Short Program –Program time: 2:30 (max)

Maximum 6 Elements:

3 Jump Elements

- a) Single or double Axel
- b) Solo jump – double or triple (cannot repeat Axel type jump)
- c) Jump Combination (2 jumps) - Must Include 2 double jumps or 1 double and 1 triple jump. Solo jump may not be repeated in the combination.

2 Spin Elements – Max level 4

- a) Layback/Sideways leaning or Sit or Camel Spin - Must have at least 6 revolutions. Flying entry not permitted. Change of foot not permitted.
- b) Combination Spin with a change of foot – Must have at least 5 revolutions on each foot. Must include all 3 basic positions. Flying entry not permitted.

Step Sequence – Max level 4 (must utilize the full ice surface)

Free Program—Program time: 3:30 (max)

Maximum 11 Elements

7 Jump Elements

- a) Must include a single or double Axel
- b) Must include at least three different double jumps. If three different double jumps are not attempted the final jump element will be invalidated.
- c) Maximum of three jump combinations or sequences (1 jump combo may have 3 jumps).
- d) No jump may be included more than twice and if a jump is repeated it must be in combination or sequence. A maximum of 2 types of triple jumps may be repeated.

3 Spin Elements – Max level 4

- a) Flying spin (only one basic position) - Minimum 6 revolutions. Change of foot not permitted.
- b) Combination Spin with change of foot – Must have at least 10 revolutions. Flying entry not permitted.
- c) Spin of any nature – Minimum 6 revolutions. Flying entry optional.

Step Sequence – Max level 4 (must utilize the full ice surface)

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TEAM ELEMENTS EVENT

All Teams, including coaches, will be on the ice during the competition.

The Technical Representative (or a designated official) and the Chief Data Specialist will draw for the skating order of the elements and the teams at the pre-competition meeting. This order will be followed for the skating of each element. All teams must execute an element before the competition progresses to the next element.

Each skater will execute one element from the following list. Each element will be executed once. The technical panel will identify the performed element and the Level of Difficulty (if applicable) and the judges will award a Grade of Execution (GOE). A trimmed mean will be calculated for each element and the score for all elements will be summed. The team with the highest score will be awarded first place, the second highest ranked team will be awarded second place and so on.

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, a member from the same contingent / team may complete more than one (1) element to a maximum of four (4) skaters completing two (2) elements each. Alternatively, the team may ask skaters from another contingent to join their team. A team must complete all eight elements.

Jumps

- One of: 1A, 2S, 2T or 2Lo
- Double – Double Jump Combination
- One of: 2F, 2Lz or 2A
- Jump Sequence (3 jumps—at least one jump must be 1A or higher)

Spins

- Sit or Camel Spin with a minimum 3 revolutions. Forward entry only, no flying entry, max Base level
- Combination Spin with a minimum of 2 basic positions. Optional flying entry, no difficult variations, change of foot optional. Minimum of 5 revolutions for CoSp or 3/3 revolutions for CCoSp, max Base level
- Layback/Sideways Leaning or Change Camel or Change Sit Spin – Variations allowed, max level 4.

Step Sequence

- Step Sequence, max level 4, must utilize the full ice surface, listed jumps may not be included.

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10. EXHIBITION:

A Figure Skating Exhibition will be held on the final day of competition and is open to Arctic Winter Games Figure Skating Competitors. Overall gold medal winners (combined results from the short and long programs) will skate an exhibition at the final ceremonies for Figure Skating. Skaters shall choose their Short program, Freeskate program or a prepared exhibition program (the exhibition program cannot exceed the Freeskate times for their respective event).

In order to enhance the cultural experience at the games, skaters in each competitive level will work with their fellow skaters within their level to develop a group number that will be presented with the exhibition skaters (gold medal winners) that accompany the final ceremonies for Figure Skating. All skaters in all levels will participate in a closing “Finale” to close the Figure Skating events at the Arctic Winter Games.

Music will be provided by the host society (for group and finale numbers only) and pairs or teams of coaches will be assigned to assist each group in preparing for the final event. The coaches will be assigned at the opening meeting for figure skating. Coaches and athletes are expected to work on choreography during the week of the Games.

A schedule of practices (off ice and on ice) will be provided at the opening meeting for figure skating.

The team outfit (ie: jackets, dresses, team uniform) will be used for the group number unless the skater has been awarded a gold medal (they would use their competition outfit throughout the exhibition).

No medals are awarded for this exhibition.

11. ADDITIONAL RESOURCES: **Document links will be updated when new releases are provided**

A. SCALE OF VALUES:

Skate Canada Singles Scale of Values (SOV). Link to: <https://info.skatecanada.ca/hc/en-ca/articles/210722346-2016-2017-Scale-of-Values-Singles-effective-July-1-2016-June-30-2017->

Any updates prior to the start of the games will be published via clarifying bulletin to all contingencies.

<http://www.usfigureskating.org/content/ISU%20communication%201790%20Singles%20and%20Pairs%20Scale%20of%20Values.pdf>

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- B. Skate Canada STARSkate Well Balanced Program. Link to:
<https://info.skatecanada.ca/hc/en-ca/articles/214723683-2016-2017-STAR-Quick-Reference-Guide-October-5->
Any updates prior to the start of the games will be published via clarifying bulletin to all contingencies.

12. COACHING COMPLIANCE:

Each contingent is required to verify compliance for all coaches attending the games.



2020 Arctic Winter Games Quick Reference—SHORT PROGRAM



CATEGORY / TIME	JUMPS	SPINS		STEPS
LEVEL 1 1:40 (max)	3 Jump Elements (No Double or Triple Jumps)	2 Spin Elements (Max Level BASE)		Step Sequence (Max Level BASE) Must utilize at least half the ice surface
	Single Axel Solo jump (no 1A) Jump combination Solo jump may not be repeated in the combination.	Camel Spin Must have at least 3 revs Forward entry only Flying entry not permitted Change of foot not permitted.	Combination Spin (optional change of foot) Must have 2 basic positions. Must have at least: 3 revs (COSp) 3/3 revs (CCOSP). Forward entry only Flying entry not permitted.	
LEVEL 2 2:00 (max)	3 Jump Elements (No 2F/2LZ/2A or triple jumps)	2 Spin Elements (Max Level BASE)		Step Sequence (Max Level BASE) Must utilize at least half the ice surface
	Single Axel Solo jump (no 1A) Jump combination (one single + one double) (2 ⁺ +1J or 1J+2J) Solo jump may not be repeated in the combination.	Sit or Camel Spin Must have 4 revs Flying entry not permitted Change of foot not permitted.	Combination Spin (optional change of foot) Must have 2 basic positions. Must have at least: 5 revs (COSp) 3/3 revs (CCOSP). Flying entry not permitted.	
LEVEL 3 2:30 (max)	3 Jump Elements (No 2A or triple jumps)	2 Spin Elements (Max Level 3)		Step Sequence (Max Level 3) Must utilize the full ice surface
	Single Axel Solo jump (double) Jump combination (2 doubles) Solo jump may not be repeated in the combination.	Layback/Sideways Leaning or Sit or Camel Spin Must have 5 revs Flying entry not permitted Change of foot not permitted.	Combination Spin (change of foot) Must have 3 basic positions. Must have at least 4/4 revs Flying entry not permitted.	
LEVEL 4 2:30 (max)	3 Jump Elements	2 Spin Elements		Step Sequence Must utilize the full ice surface
	Single or Double Axel Solo jump (double or triple—no axel type) Jump combination (2 doubles or 1 triple and 1 double) Solo jump may not be repeated in the combination.	Layback/Sideways Leaning or Sit or Camel Spin Must have 6 revs Flying entry not permitted Change of foot not permitted.	Combination Spin (change of foot) Must have 3 basic positions. Must have at least 5/5 revs Flying entry not permitted.	



2020 Arctic Winter Games Quick Reference—FREE PROGRAM



CATEGORY / TIME	JUMPS	SPINS			STEPS
LEVEL 1 2:10 (max)	5 Jump Elements (No Double or Triple Jumps)	2 Spin Elements (Max Level BASE)			Choreographic Sequence
	Single Axel At least 4 different types of jumps Max of two jump combinations (no more than 2 jumps per combination) Jump sequences not permitted No jump may be included more than twice and if a jump is repeated it must be in combination.	Sit or Camel Spin Must have at least 3 revs Forward entry only Flying entry not permitted Change of foot not permitted	Combination Spin (optional change of foot) Must have 2 basic positions Must have at least: 3 revs (COsp) 3/3 revs (CCOsp). Forward entry only Flying entry not permitted	Flying entry not permitted	
LEVEL 2 2:30 (max)	5 Jump Elements (No 2F/2Lz/2A or triple jumps)	2 Spin Elements (Max Level BASE)			Choreographic Sequence
	Single Axel At least 2 different double jumps Max of two jump combinations (no more than 2 jumps per combination) Jump sequences not permitted No jump may be included more than twice and if a jump is repeated it must be in combination.	Sit or Camel Spin Must have 4 revs Flying entry not permitted Change of foot not permitted	Combination Spin (optional change of foot) Must have 2 basic positions Must have at least: 5 revs (COsp) 3/3 revs (CCOsp). Flying entry not permitted	Flying entry not permitted	
LEVEL 3 3:00 (max)	6 Jump Elements (No 2A or triple jumps)	3 Spin Elements (Max Level 3)			Step Sequence (Max Level 3) Must utilize the full ice surface
	Single Axel Max of two jump combinations (no more than 2 jumps per combination) Jump sequences not permitted No jump may be included more than twice and if a jump is repeated it must be in combination.	Flying Spin Only one basic position Must have at least 5 revs Change of foot not permitted	Combination Spin (change of foot) Must have at least 8 revs Flying entry not permitted	Spin of any Nature Must have at least 5 revs Flying entry optional	
LEVEL 4 3:30 (max)	7 Jump Elements				
	Single or Double Axel At least 3 different double jumps Max of three jump combinations (one combination may have 3 jumps) Jump sequences not permitted No jump may be included more than twice and if a jump is repeated it must be in combination. Maximum 2 types of triple jumps may be repeated	3 Spin Elements			Step Sequence Must utilize the full ice surface
Flying Spin Only one basic position Must have at least 6 revs Change of foot not permitted	Combination Spin (change of foot) Must have at least 10 revs Flying entry not permitted	Spin of any Nature Must have at least 6 revs Flying entry optional			