



**2021-2022 ADULT
PROGRAM REQUIREMENTS GUIDE
Singles, Pair, Ice Dance & Synchro
August 2021**

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PART A: TECHNICAL REQUIREMENTS INTRODUCTION

Please review the entire Adult Technical Requirements when developing programs in preparation for the 2021-2022 skating season. Any changes to the well-balanced program requirements from last season are indicated with an underline or ~~strikethrough~~.

Program Times

Adult programs have no minimum program time assigned. This will allow skaters to meet their various goals for the season whether that is to do a STAR assessment, compete at an ISU or a USFS event, or compete at a Skate Canada Adult Figure Skating event.

Music Requirements

Vocal music is permitted in all events. If vocal music is chosen, the piece(s) must contain lyrics in good taste and appropriate for competition.

Falls

All falls on elements or in isolation will be called.

Well Balanced Program Requirements

Maximum element requirements have been established for all Adult Free Skating, Adult Free Dance, and Adult Pairs events. Note that these are identified as maximum requirements, but there are no minimum requirements.

Elements that may be assigned a level of difficulty (i.e. spins, step sequences, lifts, etc.), may be called up to Level 4 for all categories.

Category Requirements

Skaters are expected to enter the appropriate category based on the technical program requirements. It is expected that skaters will skate to their ability.

Age Categories

The following age categories apply to Singles Free Skating and Interpretive events:

Note: Successive age categories may be combined if numbers warrant. Skaters must be notified prior to the start of the competition if age categories are being combined.

Young Adult	18 – 24 years
Class I	25 – 35 years
Class II	36 – 45 years
Class III	46 – 55 years
Class IV	56 years & over

PART B: SINGLES FREE SKATING

Adult Intro Open Free Skating

A maximum program time of 1:40 minutes. Program time may be shorter.

7 Elements

- 1) Four jump elements:
 - a) Must include a waltz jump
 - b) Must include single salchow + single toe loop combination
 - c) Two other jumps, no higher than single loop
- 2) Two spin elements:
 - a) Two spins of any nature, one position, and no flying entry
NOTE for this category only: A skater will be permitted to do two upright spins if they prefer as long as one spin is a forward entry and the other spin is a back entry (i.e. a back spin). An exception will be made to the regulation requiring spins to be different codes
- 3) Forward Spiral Sequence: A sequence of two forward spirals; one spiral on each foot, unsupported position; on either inside or outside edge.

Adult Bronze Free Skating

A maximum program time of 2:40 minutes. Program time may be shorter.

7 Elements

- 1) Maximum four jump elements composed of single jumps
 - a) Single axel, double jumps and triple jumps are not permitted
 - b) No jump can be included more than twice and if a jump is repeated it must be in combination or sequence
 - c) Maximum of two jump combinations and/or sequences included. Jump combinations may contain no more than two jumps
- 2) Maximum of two spins
 - a) One spin must be a one-position spin (i.e. upright spin, sit spin, camel spin)
 - b) One spin of any nature
 - c) Flying spins are not permitted
- 3) Maximum one choreographic sequence

Adult Silver Free Skating

A maximum program time of 3:10 minutes. Program time may be shorter.

9 Elements

- 1) Maximum five jump elements
 - a) May include a single axel jump
 - b) Double and triple jumps are not permitted
 - c) No jump can be included more than twice and if a jump is repeated it must be in combination or sequence
 - d) Maximum of three jump combinations and/or sequences. Jump combinations may contain no more than two jumps.
- 2) Maximum three spin elements
 - a) One of which must be a combination spin with at least one change of foot
 - b) All spins must have different spin codes
- 3) Maximum one choreographic sequence

Adult Gold Free Skating

A maximum program time of 3:40 minutes. Program time may be shorter.

10 Elements

- 1) Maximum six jump elements
 - a) May include an axel jump, single and double jumps (no higher than Double Loop)
 - b) No jump can be included more than twice and if a jump is repeated it must be in combination or sequence
 - c) Maximum of three jump combinations and/or sequences. Jump combinations may contain no more than two jumps and must contain no more than one double jump
- 2) Maximum three spin elements
 - a) One spin must be a combination spin with at least one change of foot and two basic positions
 - b) One spin must be a flying spin
 - c) One spin may be of any nature
- 3) Maximum one choreographic sequence

Adult Masters Free Skating

A maximum program time of 4:10 minutes. Program time may be shorter.

10 Elements

- 1) Maximum six jump elements
 - a) All single and double jumps are permitted (triple jumps are not permitted)
 - b) One must be an axel type take-off
 - c) No jump can be included more than twice and if a jump is repeated it must be in combination or sequence.
 - d) Maximum of three jump combinations and/or sequences. One jump combination may consist of up to three jumps.
- 2) Maximum three spins
 - a) One spin must be a combination spin with at least one change of foot and two basic positions
 - b) One spin must be a flying spin
 - c) One spin may be of any nature
- 3) Maximum one step sequence

Adult Masters Elite Free Skating

A maximum program time of 4:10 minutes. Program time may be shorter.

10 Elements

- 1) Maximum six jump elements
 - a) All jumps are permitted
 - b) One must be an axel-type take-off
 - c) No jump can be included more than twice and if a jump is repeated it must be in combination or sequence
 - d) Maximum of three jump combinations and/or sequences. One jump combination may consist of up to three jumps.
- 2) Maximum three spins
 - a) One spin must be a combination spin with at least one change of foot and two basic positions
 - b) One spin must be a flying spin
 - c) One spin may be of any nature
- 3) Maximum one step sequence

PART C: INTERPRETIVE EVENTS

Background: Interpretive programs are designed by the skaters and/or coach and focus on the skater's ability to interpret music to create a clear mood/theme or create a story through skating movement. A variety of skating moves should be selected for their value in enhancing the skater's interpretation of the music rather than for their technical difficulty. Movements should not be merely a collection of pleasing or spectacular moves assembled to popular music for the purpose of entertaining an audience (exhibition/show programs). Costumes must be **simple and modest** to enhance the interpretation and must **not be theatrical** in nature. Props of any kind are not permitted.

An interpretive solo is intended through its process to increase body and choreographic vocabulary and awareness, by meeting specific content criteria. The criteria include:

- Compositional form/development of theme (e.g. a completed idea)
- Dynamics (e.g. sustained, collapse, sharp, smooth)
- Use of space (e.g. planes, directions, indirect, asymmetric shapes)
- Use of full body (e.g. torso, head, hands, legs, feet)
- Use of music (e.g. phrasing, style, awareness and sensitivity to musical elements while performing)

NOTE: In the Open Adult Interpretive Partner category:

- Overhead lifts are not permitted and will be considered as an illegal element
- Small dance lifts which may be either ascending and descending or rotational in character, in which the lifting partner does not raise their hands higher than the shoulder level are permitted

Event	Recommended Skating Level	Program Time
Adult Introductory Interpretive	For skaters approximately at the Intro Open Free Skating category level	One Interpretive program maximum of 2:00 minutes in length
Adult Bronze Interpretive	For skaters approximately at the Bronze Free Skating level	One Interpretive program maximum of 3:00 minutes in length; time may be shorter
Adult Silver Interpretive	For skaters approximately at the Silver Free Skating level	
Adult Gold Interpretive	For skaters approximately at the Gold and/or Masters Free Skating level	
Adult Elite Interpretive	For skaters approximately at the level of former competitive skaters	
Adult Open Partner (Couples) Interpretive	For skaters approximately at the Bronze to Silver Free Skating level (both skaters)	
Adult Open Masters Partner (Couples) Interpretive	For skaters approximately at the Gold to Elite Masters Free Skating level (both skaters)	

Note: Those skaters wishing a more theatrical performance are encouraged to enter the "Showcase" categories.

PART D: DANCE EVENTS

COUPLES PATTERN DANCE:

Dance teams must be composed of two skaters.

Event	Dance #1	Dance #2
Adult STAR 4/5 Dance	Swing (2 sequences)	Willow (2 sequences)
Adult STAR 6/7 Dance	Fourteenstep (4 sequences)	Tango (2 sequences)
Adult STAR 8/9 Dance	American Waltz (2 sequences)	Blues (3 sequences)
Adult STAR 10/Gold Dance	Starlight (2 sequences)	Silver Samba (2 sequences)
Adult Elite Dance (for former competitive skaters or skaters approximately at this level)	Starlight (2 sequences)	Rhumba (4 sequences)

SOLO PATTERN DANCE:

Event	Dance #1	Dance #2
Adult STAR 4/5 (Bronze)	Swing Dance (2 sequences)	Willow (2 sequences)
Adult STAR 6/7 (Silver)	Fourteenstep (4 sequences)	Tango (2 sequences)
Adult STAR 8/9 (Gold)	American (2 sequences)	Blues (3 sequences)
Adult STAR 10/Gold (Elite)	Starlight (2 sequences)	Silver Samba (2 sequences)
Adult Solo Rhythm Dance	Blues (Follow criteria as outlined in 2021-2022 STAR Program Requirements Guide)	

FREE DANCE:

Dance teams must be composed of two skaters.

Adult Bronze Free Dance

A maximum program time of 2:00 minutes. Program time may be shorter. Vocal music is permitted.

- 1) Maximum of one short dance lift a maximum of seven seconds in duration. Lift shall be called to maximum Level 1.
- 2) Maximum of one dance spin. A simple spin with no change of foot consisting of at least three revolutions for each partner.
- 3) Maximum of one diagonal step sequence in hold – Style B.

Adult Silver Free Dance

A maximum program time of 2:40 minutes. Program time may be shorter. Vocal music is permitted.

- 1) Maximum of one short dance lift a maximum of seven seconds in duration. Lift shall be called to maximum Level 2.
- 2) Maximum of one dance spin. A simple spin with no change of foot consisting of at least three revolutions for each partner or a combination spin with change of foot consisting of at least three revolutions on each foot is permitted.
- 3) Maximum of one set of synchronized twizzles with up to three steps between.
- 4) Maximum of one circular step sequence in hold – Style B.

Adult Gold Free Dance

A maximum program time of 3:10 minutes. Program time may be shorter. Vocal music is permitted.

- 1) Maximum of two (2) different dance lifts, one short lift a maximum of seven seconds in duration and one long lift a maximum of 12 seconds in duration OR three (3) different types of short lifts (7 seconds each).
- 2) Maximum of one dance spin. A simple spin with no change of foot consisting of at least three revolutions for each partner or a combination spin with change of foot consisting of at least three revolutions on each foot is permitted.
- 3) Maximum of one set of synchronized twizzles with up to three steps between.
- 4) Maximum of one diagonal step sequence in hold – Style B.

PART E: PAIR EVENTS

Pair teams must be comprised of two skaters.

Adult Pair

A maximum program time of 3:10 minutes. Program time may be shorter. For skaters approximately at the Bronze to Silver Free Skating level

- 1) Maximum of two different lifts from Group 1 or Group 2 with a minimum half revolution for the man and one revolution for the woman. Variations of the woman's position, no-handed and one-handed lifts, and combination lifts are **not** permitted. Overhead lifts and twist lifts are **not** permitted. A different take-off counts as a different lift
- 2) Maximum of one throw jump (single only).
- 3) Maximum of one solo jump (only singles jumps are allowed)
- 4) Maximum of one jump combination with maximum of 3 listed jumps or one jump sequence with any number of jumps (only the two jumps with the highest value will count for points). Only single jumps are allowed.
- 5) Maximum of one pair spin (may be in combination).
- 6) Maximum of one pivot figure or death spiral.
- 7) Maximum of one choreographic sequence.

Adult Masters Pair

A maximum program time of 3:40 minutes. Program time may be shorter. For skaters approximately at the Gold to Elite Masters Free Skating level

- 1) Maximum of three different lifts, one of which may be a twist lift
- 2) Maximum of two throw jumps (single or double).
- 3) Maximum of one solo jump. Single, double or triple jumps are permitted. Any solo jump can be repeated only once and this repetition must be done either in a jump combination or in a jump sequence.
- 4) Maximum of one solo jump combination or sequence. Jump combination may include 3 jumps.
- 5) Maximum of one pair spin (may be in combination).
- 6) Maximum of one solo spin (may be in combination).
- 7) Maximum of one pivot figure or death spiral.
- 8) Maximum of one step sequence

Part F: SYNCHRO EVENTS

Illegal and Non-permitted Elements/Features, Additional Features/Extra Features and movements: All Adult categories will follow the specification for Novice

<p>Adult I</p> <p>8-20 skaters, maximum music time 3:10 minutes (program times may be shorter and will receive no penalty). Skaters must have reached the age of 18 as of July 1st preceding the competition.</p> <p>Elements: Intersection – max 1, (pi optional) Pivoting Element – Block Travelling Element – Circle No Hold Element – max 1 (step sequence optional) Artistic Element – max 1 Line and max 1 Wheel</p>
<p>Adult II</p> <p>8-20 skaters, maximum music time 3:10 minutes (program times may be shorter and will receive no penalty). Skater must have reached the age of 18 as of July 1st preceding the competition and at least 75% of the skaters must have reached the age of 25 as of July 1st preceding the competition.</p> <p>Elements: Intersection – max 1, (pi optional) Pivoting Element – Block Travelling Element – Circle Artistic Element – Choice of Line or Wheel Linear/Rotating Element – Choice of Line or Wheel</p> <p>Note: Artistic and Linear/Rotating element choice must be different. If the same, the Artistic Element will be called No Value</p>
<p>Adult III</p> <p>8-20 skaters, maximum music time 2:40 minutes (program times may be shorter and will receive no penalty). Skaters must have reached the age of 19 before July 1st preceding the competition and at least 75% of the skaters must have reached the age of 35 before July 1st preceding the competition.</p> <p>Elements: Intersection – max 1 (pi optional) Pivoting Element – Block Linear /Rotating Element – max 1 Line, max. 1 wheel, max 1 circle</p> <p>Note: Intersection must be executed with a face to face approach (pi max Level B) or the element will be given no value</p>

Part G; SUPPLEMENTARY EVENTS

SHOW CASE (USFS Dramatic and Light Skate Entertainment)

Background: Showcase programs are designed by the skaters and/or coach and focus on the skater's ability to entertain an audience through use of theatrics or artistic abilities. Programs may tell a story, create a mood or have an obvious theme. Costumes and props are permitted within the restrictions (feather boas are not permitted).

Event	Recommended Skating Level	Program Time
Adult Introductory Showcase	For skaters approximately at the Intro Open Free Skating category level	Maximum 1:40 minutes
Adult Bronze Showcase	For skaters approximately at the Bronze Free Skating level	Maximum 1:40 minutes
Adult Silver Showcase	For skaters approximately at the Silver Free Skating level	Maximum 1:40 minutes
Adult Gold Showcase	For skaters approximately at the Gold and/or Masters Free Skating level	Maximum 1:40 minutes
Adult Elite Showcase	For skaters approximately at the level of former competitive skaters	Maximum 1:40 minutes
Adult Open Partner (Couples) Showcase	For skaters approximately at the Bronze to Silver Free Skating level (both skaters)	Maximum 1:40 minutes
Adult Open Masters Partner (Couples) Showcase	For skaters approximately at the Gold to Elite Masters Free Skating level (both skaters)	Maximum 1:40 minutes

Program content requirements and event procedures for all levels are as follows:

- Theatrical costumes and hand props are permitted. Feathers and boas of any type are not permitted.
- Vocal music is permitted.
- A maximum of 1 minute will be permitted prior to each performance for the skater(s) to warm-up and set-up any props as necessary.
- All single jumps are permitted. Jumps of any higher rotation will be subject to an illegal element violation if included.