



2023-2024 ADULT PROGRAM REQUIREMENTS GUIDE Singles, Pair, Ice Dance & Synchro December 2023

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PART A: TECHNICAL REQUIREMENTS INTRODUCTION

Please review the entire Adult Technical Requirements when developing programs in preparation for the 2022-2023 skating season. Any changes to the well-balanced program requirements from last season are indicated with an underline or ~~striketrough~~.

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. **1W is only permitted as a jump element in Intro Open Free Skating.**

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 Artistic Free Skating 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	<u>18 – 24</u> 27 years
Class I	<u>25 – 35</u> 28-37 years
Class II	<u>36 – 45</u> 38-47 years
Class III	<u>46 – 55</u> 48-57 years
Class IV	<u>56 – 65</u> 58-67 years
Class V	<u>68 years & over</u>



PART B: SINGLES FREE SKATING

Note: 1W is only permitted as a jump element in Intro Open 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) Maximum one jump combination
 - c) No jumps higher than 1Lo
 - d) No jump may be included more than twice. Repeated jump must be in combination

- 2) Two spin elements:

- a) Two spins of one position, and no flying entry
- b) **Spins must have different codes**

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 program time of 1:40minutes (+/- 10 sec).

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
 - c) Maximum of two jump combinations included. Jump combinations may contain no more than two jumps
- 2) Maximum of two spins
 - a) One spin must be a one-position spin, change of foot permitted (i.e., upright spin, sit spin, camel spin)
 - b) One spin of any nature
 - c) Spins must have different codes
 - d) Flying spins are not permitted
- 3) Maximum one choreographic sequence

Adult Silver Free Skating

A program time of 2:00 minutes (+/- 10 sec).

8 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 or two jump combinations and one sequence. One jump combination or one sequence may contain three jumps.
- 2) Maximum two 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 program time of 2:50 minutes (+/- 10 sec.).

9 Elements

- 1) Maximum five 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 or two jump combinations and one sequence. One jump combination or one sequence may contain three 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
 - d) All spins must have different codes
- 3) Maximum one step sequence

Adult Masters Free Skating

A program time of 3:00 minutes (+/- 10 sec.).

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 or two jump combinations and one sequence. One jump combination or one sequence 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
 - d) All spins must be different codes
- 3) Maximum one step sequence

Adult Masters Elite Free Skating

A program time of 3:00 minutes (+/- 10 sec.).

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 or two jump combinations and one sequence. One jump combination or one sequence 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
 - d) All spins must be different codes
- 3) Maximum one step sequence



PART C: ARTISTIC FREE SKATING EVENTS

Background: Artistic free skating 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 artistic program 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 Artistic 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 Artistic Free Skating	For skaters approximately at the Intro Open Free Skating category level	One Artistic program 1:30 minutes (+/- 10 sec.) in length
Adult Bronze Artistic Free Skating	For skaters approximately at the Bronze Free Skating level	
Adult Silver Artistic Free Skating	For skaters approximately at the Silver Free Skating level	
Adult Gold Artistic Free Skating	For skaters approximately at the Gold and/or Masters Free Skating level	
Adult Elite Artistic Free Skating	For skaters approximately at the level of former competitive skaters	One Artistic program of 2:00 minutes (+/- 10 sec.) in length
Adult Open Partner (Couples) Artistic Free Skating	For skaters approximately at the Bronze to Silver Free Skating level (both skaters)	One Artistic program of 1:40 minutes (+/- 10 sec.) in length
Adult Open Masters Partner (Couples) Artistic Free Skating	For skaters approximately at the Gold to Elite Masters Free Skating level (both skaters)	One Artistic program of 2:10 minutes (+/- 10 sec.) in length

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



PART D: DANCE EVENTS

PARTNERED PATTERN DANCE:

Dance teams are composed of two skaters.

Event	Dance #1	Dance #2
Adult STAR 4/5 Dance	Canasta (3 sequences)	European (2 sequences)
Adult STAR 6/7 Dance	American (2 sequences)	Paso (3 sequences)
Adult STAR 8/9 Dance	Blues (3 sequences)	Argentine (2 sequences)
Adult STAR 10/Gold Dance	Viennese (3 sequences)	Argentine (2 sequences)
Adult Elite Dance (For former competitive skaters or skaters approximately at this level)	Viennese (3 sequences)	Argentine (2 sequences)

SOLO PATTERN DANCE:

Event	Dance #1	Dance #2
Adult STAR 4/5 (Bronze)	Canasta (3 sequences)	European (2 sequences)
Adult STAR 6/7 (Silver)	American (2 sequences)	Paso (3 sequences)
Adult STAR 8/9 (Gold)	Blues (3 sequences)	Argentine (2 sequences)
Adult STAR 10/Gold (Elite)	Viennese (3 sequences)	Argentine (2 sequences)
Adult Solo Rhythm Dance	Rocker (Follow criteria as outlined in 2023-2024 STAR Program Requirements Guide)	



FREE DANCE:

Dance teams must be composed of two skaters.

Adult Bronze Free Dance

A program time of 1:50 (+/- 10s) minutes. 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 program time of 2:30 (+/- 10s) minutes. 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 (FD variation) with minimum 2 steps and up to four steps between. Partners must be in contact at some point between the 1st and 2nd twizzles
- 4) Maximum of one diagonal step sequence in hold – Style B.

Adult Gold Free Dance

A program time of 3:00 minutes (+/- 10s). 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 (FD variation) with minimum 2 steps and up to 4 steps between. Partners must be in contact at some point between the 1st and 2nd twizzles
- 4) Maximum of one circular step sequence in hold – Style B.



PART E: PAIR EVENTS

Pair teams must be comprised of two skaters.

Adult Pair

A program time of 2:20 (+/- 10s). For skaters approximately at the Bronze to Silver Free Skating level

- 1) Maximum of one lift from Group 1 or Group 2 with a minimum half revolution for the man and one revolution for the woman. The man's lifting hand(s) should be above their shoulder line. Variations of the woman's position, no-handed and one-handed lifts, and combination lifts are **not** permitted. Twist lifts are **not** permitted. A different take-off counts as a different lift
- 2) Maximum of one throw jump (single only). (1A not permitted)
- 3) Maximum of one solo jump (only singles jumps are allowed)
- 4) Maximum of one jump combination with maximum of 3 listed jumps. 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 program time of 3:30 minutes. 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 and sequence 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

Calculation for teams with more than 16 skaters:

Team size - # of skaters	25% of the team
17	4
18	5
19	5
20	5

Adult I

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.

Elements:

Intersection – max 1, (pi optional)

Pivoting Element – Block or Line (must be in two parallel lines)

Travelling Element – Circle shape (feature: two different element shapes is permitted)

No Hold Element – max 1 (step sequence optional)

Artistic Element – max 1 Line and max 1 Wheel

Adult II

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.~~

Elements:

Intersection – max 1, (pi optional)

Pivoting Element – Block or Line (must be in two parallel lines)

Travelling Element – Circle shape (feature: two different element shapes is permitted)

Artistic Element – Choice of Line or Wheel

Linear/Rotating Element – Choice of Line or Wheel

Note: Artistic and Linear/Rotating element choice must be different. If the same, the Artistic Element will be called No Value

Adult III

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 18 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.~~

Elements:

Intersection – max 1 (pi optional)

Pivoting Element – Block or Line (must be in two parallel lines)

Linear /Rotating Element – max 1 Line, max. 1 wheel, max 1 circle

Note: Intersection must be executed with a face-to-face approach (pi max Level B) or the element will be given no value

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 Showcase	For skaters approximately at the Bronze to Silver Free Skating level (both skaters)	Maximum 1:40 minutes
Adult Open Masters Partner 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.