

**GUIDELINES FOR INTERNATIONAL COMPETITIONS**  
**SILVER, RECREATIONAL and BEGINNER Division**  
**2017-2018 Singles**

No test requirements to enter in those divisions

A competitor can compete in only one single category per event.

A competitor can downgrade from a category any time if the age requirement is respected, with those exceptions :

- Being on an international championship podium or World Open in the previous category.

Any competitor who has reached in 2017 World Open a total element score (TES) or total score for 4<sup>th</sup> div, as below, will have to compete in the upgraded division.

SILVER		RECREATIONAL		BEGINNERS	
CATEGORY	Total Element score	CATEGORY	Total Element score	CATEGORY	Total score
Chiks	11	Benjamin	7,5	Benjamin	10
Cubs	13	Debs	8		
Novice A	13	Cadets	8	Cadets	14
Novice B	14,5	Novice	10		
Junior	17	Junior	13	Junior	14
Senior	20	Senior			
Adults	13	Adults	8	Adults	11

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**A- SILVER Division (2d Division)**

NO SHORT PROGRAM

As much as possible the IJS judging system must be used for the Silver Division but in special case it is possible to ask for the WIFSA agreement to use a lighter judging system in accordance with WIFSA regulations.

Category (birth dates)	Age requirement	FREE PROGRAM
<b>CHICKS (POUSSIN)</b>	Has not reached the age of 9 at 1/11/ preceding the event	Girls and Boys: 2'00'' Maximum
<b>CUBS (AVENIR)</b>	Has reached the age of 9 , but not reached the age of 11 at 1/11/ preceding the event	Girls and Boys: 2'30'' Maximum
<b>BASIC NOVICE A / MINIMES</b>	Has reached the age of 10, but not reached the age of 13 at 1/11/ preceding the event	Girls and Boys: 2'30'' Maximum
<b>BASIC NOVICE B</b>	Has reached the age of 13, but not reached the age of 15 at 1/11/ preceding the event	Girls and Boys: 3'00'' Maximum
<b>JUNIOR</b>	Has reached the age of 12 , but not reached the age of 19 at 01/11 / preceding the event	Girls and Boys: 3'15'' Maximum
<b>SENIOR</b>	Has reached the age of 15 at 1/11/ preceding the event	Girls and Boys: 3'30'' Maximum

**ADULT COMPETITIONS**

<b>ADULTS SILVER A &amp; B</b> <b>Group A : Over 16 years and less 30years at 01/08/2017</b> <b>Group B : Over 30 years and over at 01/08/2017</b>	Ladies and Men: 2'15'' (+/- 10'')
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The organizer decides on the disciplines and subgroups to be included in the event. The Member/Club entering skater(s)/team(s) will decide on the subgroup their athletes will participate.

# A Skating SILVER Free program must contain:

The required number of revolution in all spins is in basic position/required position(s)

Categories	Contents
<p><b>SILVER CHICKS</b></p>	<p>a) Maximum of 4 jump elements for Girls and Boys. There may be up to <u>one (1)</u> jump combinations or sequences. A jump combination can contain only two (2) jumps. A jump sequence can contain any number of jumps, but only two most difficult jumps will be counted. Only one (1) jump can be repeated. This repetition must be either in a jump combination or in a jump sequence. <u>No double jumps are permitted</u></p> <p>b) There must be a maximum of two (2) spins of a different nature (abbreviation), minimum of <u>three (3)</u> revolutions per foot in basic positions, Change of foot allowed, flying entrance is not allowed.</p> <p>c) There must be a maximum : - One (1) step sequence, <del>with a fixed Base value and evaluated in GOE only.</del> Jumps and spins forbidden.</p> <p>d) There must be : A Choreographic Sequence, must fully utilizing the rink surface for a minimum of 15 seconds length. This element must be the choreographic highlight of the program <u>including the requirements below</u> :</p> <ol style="list-style-type: none"> <li>1. 1 At least <b>two (2)</b> gliding elements : 1 on <b>each foot and/or each rotational curve ( like the pattern of a « s »)</b>, like but not limited to, spirals, arabesques, spread eagles, Ina Bauers..., or any creative gliding positions..., <u>Each curve position(s) or one foot position(s) must be maintained for a minimum of 3 seconds hold or 10 meters length . Change of positions are permitted.</u></li> <li>2. At least one(1) creative jump(s) : small hops does not fullfil the requirement; <ul style="list-style-type: none"> <li>• <u>Those two requirements must be executed with no listed element(s) between. Therefore any « look like »listed jump of 1,5 rotation maximum, included in the Choreographic Sequence, will not be called and will not occupy a jump box element. A called listed element will conclude the choreo sequence.</u></li> <li>• Those two requirements must be included in a strong choreography and should be executed according to the character of the music.. The pattern is not restricted, but the sequence must be clearly visible with a <u>visible</u> beginning and end.</li> </ul> <p><b>This element is called ChSq1V (choreo sequence confirmed) or ChSq0 (if not confirmed).</b></p> <p>The Technical Panel identifies the Choreographic Sequence which commences with the first skating movement and is concluded with the preparation to the next element (if the Choreographic Sequence is not the last element of the program). It can be performed before or after the Step Sequence.</p> <p>In all elements which are subject to Levels, only features up to <b>Level 1</b> will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.</p> <p>The Program Components are only judged in</p> <ul style="list-style-type: none"> <li>• Skating Skills</li> <li>• Performance</li> <li>• <u>Interpretation</u></li> </ul> <p>The Factor of the Program Components is <b>1.4</b> <b>Deduction : 0,5 by Fall by Technical Panel</b></p> </li> </ol>
<p><b>SILVER CUBS</b></p>	<p>a) Maximum of 4 jump elements for Girls and Boys. There may be up to <u>one(1)</u> jump combinations or sequences. A jump combination can contain only two (2) jumps. A jump sequence can contain any number of jumps, but only two most difficult jumps will be counted. Only one (1) jump can be repeated. This repetition must be either in a jump combination or in a jump sequence. <u>No double jumps are permitted</u></p> <p>b) There must be a maximum of two (2) spins as required below, change of foot is allowed, flying entrance is not allowed : <ul style="list-style-type: none"> <li>• One of which must be a spin combination with all three (3) basic positions.</li> <li>• And one spin in only one basic position (with no change of position).</li> </ul> <p>Change of foot is optional, Flying entry forbidden and there must be <u>three (3)</u> revolutions per foot in the required positions.</p> </p>

	<ul style="list-style-type: none"> <li>Those two requirements must be included in a strong choreography and should be executed according to the character of the music.. The pattern is not restricted, but the sequence must be clearly visible with a <u>visible</u> beginning and end.</li> </ul> <p><b>This element is called ChSq1V (choreo sequence confirmed) or ChSq0 (if not confirmed).</b></p> <p>The Technical Panel identifies the Choreographic Sequence which commences with the first skating movement and is concluded with the preparation to the next element (if the Choreographic Sequence is not the last element of the program). It can be performed before or after the Step Sequence.</p> <p>In all elements which are subject to Levels, only features up to <b>Level 1</b> will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.</p> <p>The Program Components are only judged in</p> <ul style="list-style-type: none"> <li>Skating Skills</li> <li>Performance</li> <li><u>Interpretation</u></li> </ul> <p>The Factor of the Program Components is <b>1.4</b>  <b>Deduction : 0,5 by Fall by Technical Panel</b></p>
<p><b>SILVER NOVICE A</b></p>	<p>a) Maximum of four (4) jump elements for Girls and Boys. One of which must be an Axel type jump. There may be up to two (2) jump combinations or sequences. A jump combination can contain only two (2) jumps. A jump sequence can contain any number of jumps, but only two most difficult jumps will be counted. Only one (1) jump can be repeated. This repetition must be either in a jump combination or in a jump sequence. <u>Maximum double Salshow and Toe Loop are permitted.</u></p> <p>b) There must be a maximum of two (2) spins as required below, change of foot is allowed,:</p> <ul style="list-style-type: none"> <li>One of which must be a spin combination with all three (3) basic positions.</li> <li>And one spin in only one basic position</li> </ul> <p>Change of foot and flying entry are optional and there must be 4 revolutions per foot in the required positions.</p> <p>c) There must be a maximum :</p> <p>- One (1) step sequence with fully utilizing the surface.</p> <p>d) There must be :</p> <p>A Choreographic Sequence, must fully utilizing the rink surface for a minimum of 15 seconds length. This element must be the choreographic highlight of the program <u>including the requirements below</u> :</p> <ol style="list-style-type: none"> <li>At least <b>two (2)</b> gliding elements : 1 on <b>each foot and/or each rotational curve ( like the pattern of a « s »)</b>, like but not limited to, spirals, arabesques, spread eagles, Ina Bauers..., or any creative gliding positions.... <u>Each curve position(s) or one foot position(s) must be maintained for a minimum of 3 seconds hold or 10 meters length . Change of positions are permitted.</u></li> <li>At least one(1) creative jump(s) : small hops does not fulfill the requirement;</li> </ol> <ul style="list-style-type: none"> <li><u>Those two requirements must be executed with no listed element(s) between. Therefore any « look like »listed jump of 1,5 rotation maximum, included in the Choreographic Sequence, will not be called and will not occupy a jump box element. A called listed element will conclude the choreo sequence.</u></li> <li>Those two requirements must be included in a strong choreography and should be executed according to the character of the music.. The pattern is not restricted, but the sequence must be clearly visible with a <u>visible</u> beginning and end.</li> </ul> <p><b>This element is called ChSq1V (choreo sequence confirmed) or ChSq0 (if not confirmed).</b></p> <p>The Technical Panel identifies the Choreographic Sequence which commences with the first skating movement and is concluded with the preparation to the next element (if the Choreographic Sequence is not the last element of the program). It can be performed before or after the Step Sequence.</p> <p>In all elements which are subject to Levels, only features up to <b>Level 2</b> will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.</p> <p>The Program Components are only judged in</p> <ul style="list-style-type: none"> <li>Skating Skills</li> <li>Performance</li> <li><u>Interpretation</u></li> </ul> <p>The Factor of the Program Components is <b>1.4</b>  <b>Deduction : 0,5 by Fall by Technical Panel</b></p>
<p><b>SILVER NOVICE B</b></p>	<p>a) Maximum of five (5) jump elements for Ladies and Men,</p> <p>One of which must be an Axel type jump. There may be up to two (2) jump combinations or sequences. Jump combinations can contain only two (2) jumps. A jump sequence can contain any number of jumps, but only the two most difficult jumps will be counted. Only one (1) jump can be repeated. This repetition must be either in a jump combination or in a jump sequence. <u>Maximum double Salshow and Toe Loop are permitted.</u> Any jump cannot be executed more than twice in total</p>

	<p>b) There must be a maximum of two (2) spins as required below, flying entrance is allowed in all spins :</p> <ol style="list-style-type: none"> <li>1. One of which must be a spin combination</li> <li>2. One spin in one basic position only (with no change of position).</li> </ol> <p>Flying entrance and change of foot are allowed for all spins and there must be 4 revolutions per foot in the required positions.</p> <p>c) There must be a maximum :</p> <p>- One (1) step sequence with fully utilizing the surface.</p> <p>d) There must be :</p> <p>A Choreographic Sequence, must fully utilizing the rink surface for a minimum of 15 seconds length. This element must be the choreographic highlight of the program <u>including the requirements below</u> :</p> <ol style="list-style-type: none"> <li>7. 1 At least <b>two (2)</b> gliding elements : 1 on <b>each foot and/or each rotational curve ( like the pattern of a « s »)</b>, like but not limited to, spirals, arabesques, spread eagles, Ina Bauers..., or any creative gliding positions..., <u>Each curve position(s) or one foot position(s) must be maintained for a minimum of 3 seconds hold or 10 meters length . Change of positions are permitted.</u></li> <li>8. At least one(1) creative jump(s) : small hops does not fulfill the requirement;</li> </ol> <ul style="list-style-type: none"> <li>• <u>Those two requirements must be executed with no listed element(s) between. Therefore any « look like »listed jump of 1,5 rotation maximum, included in the Choreographic Sequence, will not be called and will not occupy a jump box element. A called listed element will conclude the choreo sequence.</u></li> <li>• Those two requirements must be included in a strong choreography and should be executed according to the character of the music.. The pattern is not restricted, but the sequence must be clearly visible with a <u>visible</u> beginning and end.</li> </ul> <p><b>This element is called ChSq1V (choreo sequence confirmed) or ChSq0 (if not confirmed).</b></p> <p>The Technical Panel identifies the Choreographic Sequence which commences with the first skating movement and is concluded with the preparation to the next element (if the Choreographic Sequence is not the last element of the program). It can be performed before or after the Step Sequence.</p> <p>In all elements which are subject to Levels, only features up to <b>Level 2</b> will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.</p> <p>The Program Components are only judged in</p> <ul style="list-style-type: none"> <li>• Skating Skills</li> <li>• Performance</li> <li>• Interpretation</li> </ul> <p>The Factor of the Program Components is</p> <ul style="list-style-type: none"> <li>- for men 1.6</li> <li>- for ladies 1.6</li> </ul> <p><b>Deduction : 0,5 by Fall by Technical Panel</b></p>
<p><b>SILVER JUNIOR</b></p>	<p>a) Maximum of five (5) jump elements for ladies and men, One of which must be an Axel type jump. There may be up to three (3) jump combinations or sequences. One jump combinations can contain up to <b>three (3)</b> jumps and the other can contain only two (2) jumps. A jump sequence can contain any number of jumps, but only the two most difficult jumps will be counted.</p> <p><b>Only two (2) jumps with 2 or more revolutions can be repeated.</b> This repetition <b>must be</b> in a jump combination or in a jump sequence. <u>Maximum double Salchow and Toe Loop are permitted.</u></p> <p>Any jump cannot be executed more than twice in total</p> <p>b) There must be a maximum of three (3) spins of a different nature (different name):</p> <ol style="list-style-type: none"> <li>3. One of which must be a spin combination</li> <li>4. One Flying spin or spin with a flying entrance.</li> <li>5. One spin in one basic position only (with no change of position).</li> </ol> <p>Flying entrance and change of foot are allowed for all spins and there must be 4 revolutions per foot in the required positions.</p> <p>c) There must be a maximum :</p> <p>One (1) step sequence with fully utilizing the surface.</p> <p>d) There must be :</p> <p>A Choreographic Sequence, must fully utilizing the rink surface for a minimum of 15 seconds length. This element must be the choreographic highlight of the program <u>including the requirements below</u> :</p> <ol style="list-style-type: none"> <li>9. 1 At least <b>two (2)</b> gliding elements : 1 on <b>each foot and/or each rotational curve ( like the pattern of a « s »)</b>, like but not limited to, spirals, arabesques, spread eagles, Ina Bauers..., or any creative gliding positions..., <u>Each curve position(s) or one foot position(s) must be maintained for a minimum of 3 seconds hold or 10 meters length . Change of positions are permitted.</u></li> <li>10. At least one(1) creative jump(s) : small hops does not fulfill the requirement;</li> </ol> <ul style="list-style-type: none"> <li>• <u>Those two requirements must be executed with no listed element(s) between. Therefore any « look like »listed jump of 1,5 rotation maximum, included in the Choreographic Sequence, will not be called and will not occupy a jump box element. A called listed element will conclude the choreo sequence.</u></li> </ul>

	<ul style="list-style-type: none"> <li>Those two requirements must be included in a strong choreography and should be executed according to the character of the music.. The pattern is not restricted, but the sequence must be clearly visible with a <u>visible</u> beginning and end.</li> </ul> <p><b>This element is called ChSq1V (choreo sequence confirmed) or ChSq0 (if not confirmed).</b></p> <p>The Technical Panel identifies the Choreographic Sequence which commences with the first skating movement and is concluded with the preparation to the next element (if the Choreographic Sequence is not the last element of the program). It can be performed before or after the Step Sequence.</p> <p>The Program Components are on judged in</p> <ul style="list-style-type: none"> <li>Skating Skills</li> <li>Transitions</li> <li>Performance</li> <li>Composition</li> <li>Interpretation</li> </ul> <p>The factors for the Program Components is</p> <ul style="list-style-type: none"> <li>- for men 1.4</li> <li>- for ladies 1.2</li> </ul> <p><b>Deduction : 1.0 by Fall by Technical Panel</b></p>
<p><b>SILVER SENIOR</b></p>	<p>a) Maximum of <b>six (6) jump</b> elements for ladies and Men, one of which must be an Axel type jump. There may be up to three (3) jump combinations or sequences. Only one (1) Jump combination can contain up to <b>three (3)</b> jumps and the others Jump combinations can contain only two (2) jumps. A jump sequence can contain any number of jumps, but only two most difficult jumps will be counted. A same jump with a different number of rotation will count as an other jump.</p> <p><b>Only 2 jumps with 2 or more revolutions can be repeated.</b> This repetition <b>must be</b> in a jump combination or in a jump sequence.</p> <p><u>Any jump cannot be executed more than twice in total</u></p> <p>b) There must be a maximum of three (3) spins of a different nature (different name):</p> <ol style="list-style-type: none"> <li><u>One of which must be a spin combination</u> with all three (3) basic positions.</li> <li><u>One Flying spin or spin with a flying entrance.</u></li> <li>One spin in one basic position only (with no change of position).</li> </ol> <p>Flying entrance and change of foot are allowed for all spins and there must be 4 revolutions per foot in the required positions.</p> <p>c) There must be a maximum :</p> <p><b>One (1) step sequence</b> with fully utilizing the surface.</p> <p>d) There must be :</p> <p>A Choreographic Sequence, must fully utilizing the rink surface for a minimum of 20 seconds length. This element must be the choreographic highlight of the program <u>including the requirements below</u> :</p> <ol style="list-style-type: none"> <li>At least <b>two (2)</b> gliding elements : 1 on <b>each foot and/or each rotational curve ( like the pattern of a « s »)</b>, like but not limited to, spirals, arabesques, spread eagles, Ina Bauers..., or any creative gliding positions...., <u>Each curve position(s) or one foot position(s) must be maintained for a minimum of 3 seconds hold or 10 meters length . Change of positions are permitted.</u></li> <li>At least one(1) creative jump(s) : small hops does not fullfil the requirement; <ul style="list-style-type: none"> <li><u>Those two requirements must be executed with no listed element(s) between. Therefore any « look like »listed jump of 1,5 rotation maximum, included in the Choreographic Sequence, will not be called and will not occupy a jump box element. A called listed element will conclude the choreo sequence.</u></li> <li>Those two requirements must be included in a strong choreography and should be executed according to the character of the music.. The pattern is not restricted, but the sequence must be clearly visible with a <u>visible</u> beginning and end.</li> </ul> </li> </ol> <p><b>This element is called ChSq1V (choreo sequence confirmed) or ChSq0 (if not confirmed).</b></p> <p>The Technical Panel identifies the Choreographic Sequence which commences with the first skating movement and is concluded with the preparation to the next element (if the Choreographic Sequence is not the last element of the program). It can be performed before or after the Step Sequence.</p> <p>The Program Components are only judged in</p> <ul style="list-style-type: none"> <li>Skating Skills</li> <li>Performance</li> <li>Interpretation</li> </ul> <p>The factors for the Program Components is</p> <ul style="list-style-type: none"> <li>- for ladies 1,2 and men 1.4</li> </ul> <p><b>Deduction : 1.0 by Fall by Technical Panel</b></p>
<p><b>SILVER ADULT</b></p>	<p>a) There must be a maximum of 4 jump elements. There may be up to two (2) jump combinations or sequences. Only one (1) Jump combination can contain <b>three (3)</b> jumps and the other Jump combination can contain only two (2) jumps.. A jump sequence can contain any number of jumps, but only two most difficult jumps will be counted. Double jumps are not permitted.</p>

	<p><u>Any jump cannot be executed more than twice in total</u></p> <p>b) Maximum of 2 spins on 1 foot (3 revolutions)  c) Maximum of 1 step sequence <u>fully utilizing the surface</u> ;  <b>d) There must be :</b>  A Choreographic Sequence, must fully utilizing the rink surface for a minimum of 15 seconds length. This element must be the choreographic highlight of the program <u>including the requirements below</u> :</p> <p>13. 1 At least <b>two (2)</b> gliding elements : 1 on <b>each foot and/or each rotational curve ( like the pattern of a « s »)</b>, like but not limited to, spirals, arabesques, spread eagles, Ina Bauers..., or any creative gliding positions...., <u>Each curve position(s) or one foot position(s) must be maintained for a minimum of 3 seconds hold or 10 meters length . Change of positions are permitted.</u></p> <p>14. At least one(1) creative jump(s) : small hops does not fulfill the requirement;</p> <ul style="list-style-type: none"> <li>• <u>Those two requirements must be executed with no listed element(s) between. Therefore any « look like »listed jump of 1,5 rotation maximum, included in the Choreographic Sequence, will not be called and will not occupy a jump box element. A called listed element will conclude the choreo sequence.</u></li> <li>• Those two requirements must be included in a strong choreography and should be executed according to the character of the music.. The pattern is not restricted, but the sequence must be clearly visible with a <u>visible</u> beginning and end.</li> </ul> <p><b>This element is called ChSq1V (choreo sequence confirmed) or ChSq0 (if not confirmed).</b></p> <p>The Technical Panel identifies the Choreographic Sequence which commences with the first skating movement and is concluded with the preparation to the next element (if the Choreographic Sequence is not the last element of the program). It can be performed before or after the Step Sequence.</p> <p>The Program Components are only judged in</p> <ul style="list-style-type: none"> <li>• Skating Skills</li> <li>• Performance</li> </ul> <p>The Factor of the Program Components is 1.4  <u><b>Deduction : 0,5 by Fall</b></u></p>
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**Prohibited elements:**

- Any kind of Somersault – deduction (2.0)

## B- RECREATIONAL Division (3d Division)

CATEGORIES	PROGRAM LENGHT
Benjamin <b>Has not reached the age of 7 at 01/ 11/ preceding the event</b>	fem and masc: 1'30 (+/- 10")
Debs <b>Has reached the age of 7, but not reached the age of 9 at 01/ 11/ preceding the event</b>	fem and masc: 1'45 (+/- 10")
Cadet <b>Has reached the age of 9, but not reached the age of 11 at 01/ 11/ preceding the event</b>	
Novice <b>Has reached the age of 11, but not reached the age of 13 at 01/ 11/ preceding the event</b>	fem and masc: 2'00 (+/- 10")
Junior <b>Has reached the age of 13, but not reached the age of 17 at 01/ 11/ preceding the event</b>	
Adult A <b>Has reached the age of 17 but not reached the age of 30 at 01/ 11/ preceding the event</b>	fem and masc: 1'30 (+/- 10")
Adult B <b>Has reached the age of 30 at 01/ 11/ preceding the event</b>	fem and masc: 1'30 (+/- 10")

**Halh jump will be called as single jumps plus the sign « V1 » corresponding to a special point in the scale of value. No special deduction from the judges  
The gliding element will be called ChSq1V1 for Recreational and Beginner.**

Time deduction 0,5 per 10 seconds time violation.

Falls : 0,5 points

THERE MUST BE A MAXIMUM OF :

**BASE LEVEL MAX ONLY.**

CATEGORIES	PROGRAM LENGHT	
<b>Benjamin</b>	1'30 (+/- 10")	<ul style="list-style-type: none"> <li>- A gliding position held 3s or 10 meters minimum.</li> <li>- 2 jump(s) blocs : only waltz jump, single salchow, single toe loop, single loop, half flip and half lutz are allowed. (No single axel)</li> <li style="padding-left: 20px;">One of them can be a jump combination of two(2) jumps max or sequence.</li> <li>- 1 <u>upright</u> spin on 1 foot : minimum 2 rotations</li> <li>- 1 step sequence of at least half rink</li> <li>Level Base max</li> </ul>
<b>Debs</b>	1'30 (+/- 10")	<ul style="list-style-type: none"> <li>-Two gliding skating positions in a row held 3s each or 10 meters each minimum. At least one must be on one(1) foot. No listed elements between.</li> <li>-2 jump blocs, <b>one(1)</b> of them can be a jump combination (of 2 jumps max) / sequence</li> <li>Only waltz jump, single salchow, single toe loop, single loop, half flip and half lutz are allowed. (No single axel)</li> <li>- 1 <u>upright</u> spin on 1 foot, minimum 2 rotations</li> <li>- 1 step sequence of at least half rink minimum</li> <li>Level Base max</li> </ul>
<b>Cadet</b>	1'45 (+/- 10")	<ul style="list-style-type: none"> <li>-3 jump blocs, <b>one(1)</b> of them can be a jump combination (of 2 jumps max) / jump sequence.</li> <li><u>Single Lutz and Axel and double jumps prohibited.</u></li> </ul>

		<p><b>Only 1 jump can be repeated in combination or sequence.</b></p> <p>-1 spin (minimum 2 rotations)  -1 step sequence (half rink minimum)  -Two gliding skating positions in a row held 3s each or 10 meters each minimum. At least one must be on one(1) foot. No listed elements between.  Level Base max</p>
<b>Novice</b>		
	2'00 (+/- 10")	<p>-4 jump blocs, <b>two(2)</b> of them can be jump combinations (of 2 jumps max) / jump sequence  <u>Single Axel and double jumps prohibited.</u>  <b>Only 1 jump can be repeated in combination or sequence</b></p> <p>-1 spin (minimum 2 rotations)  -1 step sequence (half rink minimum)  -Two gliding skating positions in a row held 3s each or 10 meters each minimum. At least one must be on one(1) foot.  Level Base max</p>
<b>Junior</b>		
	2'00 (+/- 10")	<p>-4 jump blocs, <b>two(2)</b> of them can be jump combinations (of 2 jumps max) / jump sequence  <u>Single Axel and double jumps prohibited.</u>  <b>Only 1 jump can be repeated in combination or sequence</b></p> <p>-2 spins (minimum 2 rotations)  -1 step sequence (half rink minimum)  -Two gliding skating positions in a row held 3s each or 10 meters each minimum. At least one must be on one(1) foot. No listed elements between.  Level Base max</p>
<b>Adult A &amp; B</b>		
	1'30 (+/- 10")	<p>-4 jump blocs  only waltz jump, single salchow, single toe loop, single loop, half flip and half lutz are allowed. (No single axel.  One of them can be a jump combination of two(2) jumps max or sequence.</p> <p>1 upright spin in 1 or 2 feet (minimum 2 rotations)  -1 step sequence (half rink minimum)  -Two gliding skating positions in a row, held 3s each or 10 meters each minimum. No listed elements between.  Level Base max</p>

**Prohibited elements:**

- o Any kind of Somersault – deduction (2.0)

**Judgment of the RECREATIONAL Division (3d division)**

There must be at least 2 judges, one of them will take as well the Referee spot. At least 1 of them must be a WIFSA judge and officiate as Referee. There must be at least 1 accountant, and 1 Controller in the technical panel.

- If there is no computer for the judges, judges sheets are collected after each skater and given to the accountant. The results are announced with a delay of 1 skater.

From technical panel :

- for Falls (0,5),
- wrong element not according to requirement (0,5),
- illegal element (0,5).

The trimmed mean of each Program Component (rounded to two decimal places) will be made by the accountant. The component score is multiplied by a **factor of 2,0**. The sum of the component score give the total score. The higher total score is placed first, ...

- **Skating Skills:** Balance, flow, power, glide, sureness, quality edges, steps, turns, control, multi directional one foot skating; variety, quality and competency of the program's content
- **Performance:** Ability to project physically, emotionally and intellectually, demonstrating a unified purpose. Delivery of quality, clarity and precision of movement, in harmony with the music.



- **Interpretation:** Ability to translate the understanding of the music, with finesse in the manipulation of the nuances, delivery with genuine feeling, expression, and interpretive unison.

## C- BEGINNERS Division (4<sup>th</sup> Division)

CATEGORIES	PROGRAM LENGHT	Program Content
Benjamin Has not reached the age of 9 at 01/11/ preceding the event	fem and masc: 1'00 (+/- 10")	<p style="text-align: center;"><b>Free content</b></p> <ul style="list-style-type: none"> <li>- Only half rotation jumps are allowed</li> <li>- Only upright spins are allowed on 1 or 2 feet</li> </ul> <p><u>Any listed jump of more than 1/2 rotation will be counted like an illegal element and therefore No Value plus a deduction of -2 points.</u></p>
Cadet Has reached the age of 9, but not reached the age of 12 at 01/11/ preceding the event	fem and masc: 1'30 (+/- 10")	
Junior Has reached the age of 12, but not reached the age of 15 at 01/ 11/ preceding the event	fem and masc: 1'30 (+/- 10")	<p style="text-align: center;"><b>Free content</b></p> <ul style="list-style-type: none"> <li>- Maximum Single salshow, single toe and all half jumps are allowed</li> <li>- Only upright spins are allowed on 1 or 2 feet</li> </ul> <p><u>Any listed jump not fullfilling the requirement will be counted like an illegal element and therefore No Value plus a deduction of -2</u></p>
Senior Has reached the age of 15, but not reached the age of 21 at 01/11/ preceding the event	fem and masc: 1'30 (+/- 10")	
Adult Has reached the age of 21 at 01/ 11/ preceding the event	fem and masc: 1'15 (+/- 10")	<p style="text-align: center;"><b>Free content</b></p> <ul style="list-style-type: none"> <li>- Only half rotation jumps are allowed</li> <li>- Only upright spins are allowed on 1 or 2 feet</li> </ul> <p><u>Any listed jump of more than 1/2 rotation will be counted like an illegal element and therefore No Value plus a deduction of -2 points.</u></p>

**Prohibited elements:**

- o Any kind of Somersault – deduction (2.0)

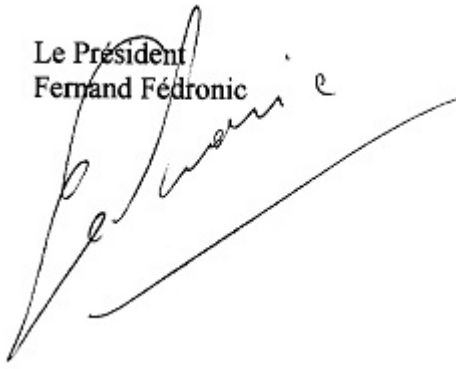
### Judgment of the BEGINERS Division

**NO TECHNICAL PANEL, NO CALLING OF ELEMENTS**

There must be at least 2 judges.

- All categories will be judged using 3 component scores only (0-10), Skating Skills, Performance and Interpretation.
- No GOE's and levels will be assigned.
- The trimmed mean of each Program Component (rounded to two decimal places) will be made by the accountant. The component score is multiplied by a **factor of 2,5**. The sum of the component score give the total score. The higher total score is placed first, ...
- The Referee validate the deductions :
  - Falls, timing, music is 0,5 point each,
  - Illegal element 0,5 point.
- **Skating Skills:** Balance, flow, power, glide, sureness, quality edges, steps, turns, control, multi directional one foot skating; variety, quality and **competency** of the program's content
- **Performance:** Ability to project physically, emotionally and intellectually, demonstrating a unified purpose. Delivery of quality, clarity and precision of movement, in harmony with the music.
- **Interpretation:** Ability to translate the understanding of the music, with finesse in the manipulation of the nuances, delivery with genuine feeling, expression, and interpretive unison.

Le Président  
Fernand Fédrone

A handwritten signature in black ink, appearing to read 'Fernand Fédrone', is written over the printed name. The signature is fluid and cursive, with a long horizontal stroke extending to the right.