

Ice Linden Adult Cup

Adult International Competition

Free Skating, Artistic Free Skating, Pair Free Skating,
Artistic Pair Free Skating, Pattern Dance, Solo Free Dance,
Synchronized Skating, Elements

Mariánské Lázně, Czech Republic
April 13th – 16th, 2023

Resume

1.	GENERAL INFORMATION	3
1.1.	CATEGORIES	3
1.2.	AGE CATEGORIES.....	3
1.3.	REGISTRATION	4
1.4.	OTHER INFORMATION	5
1.4.1.	Planned Program Content Sheet	5
1.4.2.	Music form	5
1.4.3.	Results	5
2.	COMPETITION REQUIREMENTS.....	6
2.1.	TECHNICAL REQUIREMENTS.....	7
	– Free Skating, Artistic FS, Pair FS, Artistic Pair FS	7
2.2.	TECHNICAL REQUIREMENTS – SOLO DANCE	7
2.2.1.	BRONZE SOLO FREE DANCE	7
2.2.2.	SILVER SOLO FREE DANCE.....	8
2.2.3.	GOLD SOLO FREE DANCE	8
2.3.	TECHNICAL REQUIREMENTS - SYNCHRONIZED SKATING.....	9
2.4.	TECHNICAL REQUIREMENTS - ADULT JUNIOR	10
2.5.	TECHNICAL REQUIREMENTS - ELEMENTS.....	11

1. GENERAL INFORMATION

Date: April 13th – 16th, 2023

Place: Mariánské Lázně
Zimní stadion Mariánské Lázně (Ice rink Marianske Lazne)
(surface 60x30 meters)
Tyršova 621/21a,
Mariánské Lázně 353 01
Czech Republic

Contact: icelindenadultcup@email.cz

Website: <https://skkmarianskelazne.cz/>

1.1. CATEGORIES

- | | |
|--------------------------------------|--|
| • Elemens | (Basic) – NON ISU SH |
| • Free Skating Adult Junior | |
| <hr/> | |
| • Free Skating (Ladies/Men) | (Masters Elite, Masters, Gold, Silver, Bronze) |
| – Young adult | (Gold, Silver, Bronze) |
| • Artistic Free Skating (Ladies/Men) | (Masters, Gold, Silver, Bronze) |
| • Pair Free Skating | (Masters Elite, Masters, Intermediate, Adult) |
| • Pair Artistic Free Skating | (Masters Elite, Masters, Intermediate, Adult) |
| • Pattern Dance (pair) | (Masters Elite, Masters, Gold, Silver, Bronze) |
| • Solo Free Dance | (Gold, Silver, Bronze) |
| • Synchronized Skating | (Adult) |

1.2. AGE CATEGORIES

Participation in the Free Skating, Pair Free Skating and Artistic Free Skating disciplines at the International Adult Figure Skating Competitions is open only to competitors who have reached at least the age of eighteen (18) before 1 st July 2022.

Adult Junior	born between	July 1st, 2004, and June 30th, 2007
Young Adults	born between	July 1st, 1994, and June 30th, 2004
Class I	born between	July 1st, 1984, and June 30th, 1994
Class II	born between	July 1st, 1974, and June 30th, 1984
Class III	born between	July 1st, 1964, and June 30th, 1974
Class IV	born between	July 1st, 1954, and June 30th, 1964
Class V	born before	July 1st, 1954

When fewer than 3 skaters register for a singles free skating or artistic free skating event, age categories will be combined wherever possible to ensure competition. All age groups can be further divided or put together, depending on the number of registrations. Proof of age must be presented for all competitions. This can be a copy of a birth certificate, passport or identity card. The organizers reserve the right to cancel the category in case of little interest and other cases.

You can find more information about Synchronized Skating in the article Technical requirements Synchronized Skating

1.3. REGISTRATION

Registration must be received by **March 20, 2023**

Entries can be made from January 20, 2023 at:

<https://forms.gle/xtXcygub3XunY31aA>

You can download the entry form for Synchronized Skating at this link. Send the completed form to:

icelindenadultcup@email.cz

<https://skkmarianskelazne.cz/ice-linden-adult-cup/ice-linden-adult-cup-2023/>

The registration fees are:

- 60 Euros for the first single competition (1450 Kč)
- 40 Euros for each additional single competition (950 Kč)
- 40 Euros for each partner in a pair for the first competition (950 Kč)
- 30 Euros for each partner in a pair for each additional pair competition (700 Kč)
- 40 Euros for the category Elements (950 Kč)
- 420 Euros per synchronized team (10 000Kč)

The fees must be paid at the time of registration. Please transfer the money to the following account:

Bank account:

Komereční banka

Account number: 35-7323240297

Banking code: 0100

IBAN: CZ1301000000357323240297

Purpose of payment: Linden 2023 – „your name“

DOCUMENTS REQUIRED TO PARTICIPATE IN THE RACE:

Send here: icelindenadultcup@email.cz

Please write in the subject of the email: „documents – your name“

- Copy of identification card
- Copy of the participant's membership card or license, or approval of the Member Federation as proof of current membership of an ISU Member Federation.
- Planned Program Content Form
- Music
- Music Form

CONDITIONS OF PARTICIPATION

Participation in the international competition Ice Linden Adult Cup is open to all figure skaters who:

- are individual members of an ISU Member, or a member of a club that is itself a member of an ISU Member
- are member of only one ISU Member. In the case of Pair Skating both Competitors in a team must enter as members of the same ISU Member
- fit into the age groups in this announcement
- since July 1, 2022, have not participated in an ISU Championship, International Competition or National Championship of a Member Federation (other than an Adult International Competition or Adult National Championships) or a competition from which a competitor

qualifies for the National Championship of a Member Federation (other than an Adult National Championship).

- the Entry will be confirmed by the competition organizer

IMPORTANT NOTES:

In the event the competition is oversubscribed, the Local Organizing Committee reserves the right to stop accepting further entries even before the closing date for entries. Entry forms will be accepted on a first come, first served basis.

1.4. OTHER INFORMATION

This competition will be conducted in accordance with the ISU Constitution and General Regulations, the ISU Special Regulations & Technical Rules Single & Pairs Skating, the Special Regulations & Technical Rules Synchronized Skating, all pertinent ISU Communications, and this Announcement.

1.4.1. Planned Program Content Sheet

Free skaters and Pairs must forward the "Planned Program Content Sheet" to the Local Organizing Committee following submission of the online entry form. **It is not permitted to hand over the Planned Program Content Sheets directly to the competition Officials during the competition.** Changed Program Content Sheets should be turned in at the registration desk.

1.4.2. Music form

Each competitor will send competition music of excellent quality to icelindenadultcup@email.cz (MP3 format). The file must state the competitor's name, country, category and the exact playing time of the music (not the skating time). Competitors must provide a backup copy of the music for each program in the form of a flash disc.

The titles, composers and performers of the music to be used for the individual programs for Singles and Pairs must be listed for each competitor on the official Competition Music Form and forwarded to the Local Organising Committee following submission of the online entry form. You can find the Music form document at <https://skkmarianskelazne.cz/>

If music information is not complete and discs not provided, accreditation will not be given.

1.4.3. Results

All results will be calculated according to the ISU Regulations, Rule 353. The special factor of 1.1 for elements starting in the second half, will **NOT** apply.

Results will be posted on:

<https://www.czechskating.org/vysledky-soutezi>

LIABILITY

Every competitor participates at his own risk. Please take out accident insurance.

AWARDS

The first three places in each category will receive an award, trophies. Every competitor will receive a diploma.

PHOTO

Pictures will be taken during the event which may be published. In case you don't want your pictures published please indicate during the registration process.

EXPENSES PROVIDED

The organizer will provide travel, accommodation and meals for all Event Referees, the Technical Panel Members, Data and Replay Operators and Judges.

All competitors and coaches will cover their own expenses.

2. COMPETITION REQUIREMENTS

The International Adult Figure Skating Competitions for the 2022-2023 Season will be conducted in accordance with the ISU Constitution and General Regulations, the ISU Special Regulations & Technical Rules Single & Pairs Skating, all pertinent ISU Communications, and this Announcement.

BASIC INFORMATION FOR ALL COMPETITORS

- It is expected that competitors will enter at a level appropriate to their current skating ability.
- Entries may be reviewed prior to announcement of the schedule to ensure the integrity of the competition.
- Competitors are not obliged to enter the same level as in previous years.
- 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.
- Skaters may compete at only one level within each segment.
- 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 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 Solo Dance, Women 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.

ADDITIONAL INFORMATION FOR SINGLE SKATERS

- Competitions in Women and Men Free Skating and Artistic Free Skating will be held at Bronze, Silver, Gold, Masters and Masters Elite levels.
- 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.
- Solo dancer or pair skaters who want to enter the artistic free skating category should enter at a level appropriate to their skating skills.
- When 25 or more skaters register for the same event, the competition will be divided into two groups according to the age of the skaters. In the event that there are an odd number of skaters, the skater of median age will compete with the younger group of skaters.
- When fewer than 3 skaters register for a singles Free Skating or Artistic Free Skating segment, age categories may be combined wherever possible to ensure competition

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. Further guidance in this respect can be obtained by contacting the ISU Adult Figure Skating Group (contact information at end of document).

2.1. TECHNICAL REQUIREMENTS

- Free Skating, Artistic FS, Pair FS, Patter Dance (pair), Artistic Pair FS

Technical Requirements of these competition categories correspond with requirements of the ISU rules at this link:

<https://isu.org/docman-documents-links/isu-files/event-documents/adult-figure-skating/related-documents-1/28397-technical-requirements-season-2022-23/file>

2.2. TECHNICAL REQUIREMENTS – SOLO DANCE

The Solo Dance Competition is governed by the provisions in this document and in the rules at this link:

<https://www.qgdigitalpublishing.com/publication/?m=61978&i=639471&p=264&pp=1&ver=html5>

REMARKS: See rules 8363 - 8388 for definitions and descriptions of elements.

2.2.1. BRONZE SOLO FREE DANCE

The program duration 1:40 +/- 10 seconds.

Music must have an audible rhythmic beat with the exception of 10 seconds at the beginning of the program.

Program must contain the following elements in any order.

EDGE ELEMENTS: One short edge element, but no more. The edge must be held in position for a minimum of three seconds, but cannot exceed seven seconds.

SPIN: One solo dance spin, but no more

- Minimum of three revolutions on one foot
- Spin combinations and flying spins are not permitted

STEP SEQUENCES: One step sequence from the following list: circular, midline or diagonal.

- The step sequence must fully utilize the ice surface, should include a variety of steps and turns, and must include three-turns and mohawks.

- Not permitted elements: Stops, pattern retrogressions, loops, jumps of more than one-half rotation, dance spins and pirouettes.

TWIZZLE: One twizzle. Minimum one revolution.

2.2.2. SILVER SOLO FREE DANCE

The program duration 2:00 +/- 10 seconds.

Music must have an audible rhythmic beat with the exception of 10 seconds at the beginning of the program.

Program must contain the following elements in any order.

EDGE ELEMENTS: Two short edge elements, but no more, held in position for a minimum of three seconds, but not to exceed seven seconds..

- Edge elements should have different positions.

SPIN: One solo dance spin or solo dance combination spin, but no more

- Minimum of three revolutions on one/each foot
- May change feet
- Flying spins are not permitted

STEP SEQUENCES: One step sequence from the following list: circular, midline or diagonal.

- The step sequence must fully utilize the ice surface, should include a variety of steps and turns, and must include three-turns, mohawks, brackets and counters.
- Not permitted elements: Stops, pattern retrogressions, loops, jumps of more than one-half rotation, dance spins and pirouettes.

TWIZZLE: One twizzle series. Minimum two revolutions on each twizzle. No more than three steps between twizzles.

CHOREOGRAPHIC CHARACTER STEP SEQUENCE: One choreographic character step sequence performed at any point in the program.

- Must be placed around the short axis and proceed from barrier to barrier
- Must commence with a full stop at one barrier or the other.

2.2.3. GOLD SOLO FREE DANCE

The program duration 2:40 +/- 10 seconds.

Music must have an audible rhythmic beat with the exception of 10 seconds at the beginning of the program.

Program must contain the following elements in any order.

EDGE ELEMENTS One combination edge element and one short edge element.

OR

Three different short edge elements with different positions.

- Each lobe of a combination edge element must be held in position for a minimum of three seconds, but a combination edge element may not exceed 12 seconds.
- A short edge element must be held in position for a minimum of three seconds, but no more than seven seconds.

SPIN: One solo dance spin or solo dance combination spin, but no more

- Minimum of three revolutions on one/each foot
- May change feet
- Flying spins are not permitted

STEP SEQUENCES One step sequences from the following list: serpentine, circular, midline or diagonal.

- The step sequence must fully utilize the ice surface and should include a variety of steps and turns and must include brackets, counters, rockers and choctaws.
- Not permitted elements: Stops, pattern retrogressions, loops, jumps of more than one-half rotation, dance spins and pirouettes.

TWIZZLE SERIES: Two different twizzle series, but no more.

- Twizzle Series A: Must have a different entry edge and different direction for the two twizzles. Minimum of two revolutions is required on each twizzle. No more than three steps are allowed between twizzles. Twizzles must be different than those used in Twizzle Series B.
- Twizzle Series B: Must have two twizzles. Minimum of two revolutions is required on each twizzle. No more than one step is allowed between twizzles. Twizzles must be different than those used in Twizzle Series A.

When judged with IJS: The first attempted set of twizzles will be evaluated as Series A by the technical panel.

CHOREOGRAPHIC CHARACTER STEP SEQUENCE: One choreographic character step sequence performed at any point in the program.

- Must be placed around the short axis and proceed from barrier to barrier
- Must commence with a full stop at one barrier or the other.

2.3. TECHNICAL REQUIREMENTS - SYNCHRONIZED SKATING

Technical Requirements of these competition categories correspond with requirements of the ISU rules at this link:

<https://isu.org/docman-documents-links/isu-files/event-documents/adult-figure-skating/related-documents-1/28397-technical-requirements-season-2022-23/file>

- **Modification of the rules for this competition in the consist of teams:** A team shall consist of **10 - 16 skaters** (and may include both Women and men. Each Team may have up to a maximum of four (4) alternates listed as such on the Team roster.

For Synchronized Skating, at least three quarters (75%) of team members (not including alternates) must have reached at least the age of twenty-eight (28) before 1st July 2022. A

maximum of one quarter (25%) of the members of a team must have reached at least the age of twenty-five (25) before 1st July 2022.

A team may include up to one-quarter (25%) team members who are citizens of the country of another ISU Member, on the condition that permission is obtained from the ISU Member of the country of which the team member is a citizen. Such team members may compete under only one ISU Member in the same year.

The Adult category is for teams whose programs are intended to meet a more basic level of skating and for skaters who have mainly started skating as adults

2.4. TECHNICAL REQUIREMENTS - ADULT JUNIOR

Technical Requirements of the competition category correspond with requirements of the rules of the Pohár ČKS – Adult A category

The program duration is 2:15minutes +/- 10 seconds

- 5 jump elements, there may be up to two (2) jump combinations or two (2) sequence jumps, jump combinations or sequence consist of two jumps. Performed jumps can have any rotation. Each jump may be performed a maximum of two (2) times.
- 2 spins of a different abbreviation (one of which must be a combination spin with or without change of foot with at least 8 revolutions)
- 1 choreographic sequence consists of
 - a) two spirals, each with a length of min. 3 seconds that can be linked with steps or turns or other skating moves such as arabesque, moon, Ina Bauer,
 - b) 1 spiral with a length of min. 6 seconds and min. of one distinct movement, such as arabesque, moon, Ina Bauer, which can be linked by steps or turns.

Only GOEs are evaluated.

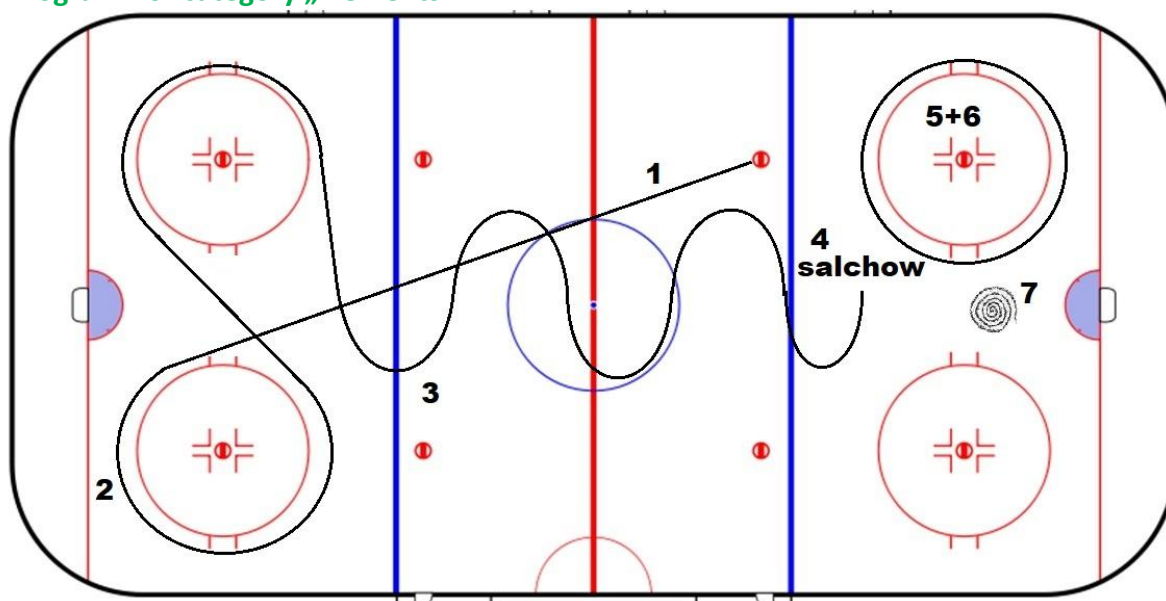
- The points for each Program Component are multiplied by a factor of 2.5.
- Only features up to and including Level 2 will be counted for the technical elements. Any additional features will not count for level requirements and will be ignored by the Technical Panel
- The warm-up duration is four (5) minutes.
- Each fall shall receive a deduction of 1.0.

2.5. TECHNICAL REQUIREMENTS - ELEMENTS

- Complete beginners without advanced skating skill compete in this category.
- A competitor in this category must not participate in other categories.
- The "Category Elements" competition will be complemented by a musical accompaniment selected by the organizer.
- OBO system
- The order of the individual elements is fixed.
- The transition between the individual elements is optional and gives space for creativity.
- It is not necessary to follow the exact placement of the elements. The skater skates so that the elements follow each other smoothly.
- The warm-up duration is four (4) minutes.

A video with program will be addend to the website.

Program for category „Elements“



1. Teapot (shoot the duck)
2. Backward crossover
3. Foward outside 3-turn + step on inner edge of second legs + 1 backward crossover on the other hand (= mávátka) – 2x
4. Salchow
5. Foward crossover (at least 4 crossover)
6. Spiral
7. One foot spin