



# REQUISITI TECNICI GARE ADULTI ORGANIZZATE IN ITALIA (Nazionali e Internazionali/Interclub) – Stagione 2022-2023

## TECHNICAL REQUIREMENTS

INTEGRATION for ADULT COMPETITIONS to be organized in Italy (National and/or International/Interclub)

Technical requirements for all disciplines of the Adult Figure Skating competitions to be organized in Italy, both at national and/or international/interclub level, will follow the Technical Requirements for ISU Adult Figure Skating Competition season 2022/23 (see relevant website).

In order to grant a higher number of adult athletes' participation at least in the Italian competitions, the Italian Adult Committee, with the approval of the Italian Figure Skating Federation (F.I.S.G.), has included an additional category in the Ice Dance, has applied the changes concerning the composition of the Synchro Teams and will grant the inclusion of the YA class.

**ALL CHANGES vs official ISU and/or Italian Technical Requirements are here below specified:**

**ICE DANCE**  $\Rightarrow$  The additional Ice Dance category is named "BEGINNERS". The participation in this category is opened only for Pattern Dance and/or Free Dance, with the following specific Technical Requirements:

### PATTERN DANCE

Category	Pattern Dances	Number of sequences	Music specification
<b>Beginners</b>  Program Components factor 0.7	# Cha Cha (no Congelado)	2	- Pattern Dances will use ISU Ice Dance music, that will be provided by the organizers - vocal music is not allowed
	# 27 Canasta Tango	2	- Pattern Dances will be judged without key points  - The Canasta Tango will use Tango music, but NOT Argentine Tango

### FREE DANCE

Category	Technical Elements
<b>Beginners</b>  Program duration: 1'50" +/- 10"  <b>Program Components factor 1.33</b> Vocal music may be used	- 1 Choreo Sequence  A maximum of 1 Choreo Element to be chosen among the following ones: Dance Spin (NO Combination Spin), Short Lift with a maximum duration of 7 seconds, or Choreo Twizzle NOTE X CHOREO ELEMENT: the Choreo Element is confirmed by the Technical Panel, who has to identify the typology of the executed element, without giving it any kind of level. Judges only attribute the GOE.

**NOTE: in all Ice Dance categories entries can be done in one or more segments, but at the same level as per ISU Technical Requirements for adult skaters (eg: Bronze Pattern, Bronze Free).**



**SYNCHRONIZED SKATING** ⇒ All members must have reached **the age of 21** before July 1<sup>st</sup> preceding the event. The Synchro Teams can be composed by a minimum of 8 skaters and a maximum of 16 skaters (may include both ladies and men), with a maximum of 4 alternates.

**SOLO DANCE** ⇒ The SOLO DANCE will be included in NATIONAL and INTERNATIONAL ADULT COMPETITIONS. In Solo Dance the YA class all skaters must have reached the age of 21 before July 1<sup>st</sup> preceding the event and must not have reached the age of 28. Age categories for all other classes are unchanged as per ISU Adult Technical Requirements Announcement. Each skater will be able to choose which competition to take part in (Pattern Dance and/or Free Dance), with the following specific Technical Requirements:

### PATTERN DANCE

Category	Pattern Dances	Number of sequences	Music specification
<b>Pre-Bronze</b>  Program Components factor 0.7  Deduction 0.5 for fall - wrong music – “prop” fall	# 5 Swing Dance  # 7 Willow Waltz	2 (each sequence=30 steps)  2 (the couples skate one seq. on one side of the ice and the other seq. on the other side of the ice = in total 1 round of the ice)	- Personalized music (to be chosen among ISU music or other)  - Willow Waltz will use either the ISU European Waltz music or a music chosen by the skater of the same rhythm and speed
<b>Bronze</b>  Program Components factor 0.7  Deduction 0.5 for fall - wrong music – “prop” fall	#5 Swing Dance  # 16 Killian	2 (each sequence=30 steps)  4	- Personalized music (to be chosen among ISU music or other)  - Killian will use either the ISU Killian music or a music chosen by the skater of the same rhythm and speed

### FREE DANCE

Category	Technical Elements
<b>Pre-Bronze</b> Program duration 1'40'' +/-10''  <b>Program Components factor 1.33</b>  Deduction 0.5 for fall - additional element vs tech. reg – “prop” fall  Vocal music may be used	- 1 Choreo Step Sequence: straight line in the middle of the ice rink (short axis)  - 1 Sequence composed by 2 free skating moves (same or different typology) to be chosen among Spread Eagle, Ina Bauer, Camel or similar difficult positions, hydroblading or 1-foot tea pot etc...., sliding moves (always having one blade on the ice)  - 1 Spin (without change of foot)  All the above-mentioned Elements will be considered with their BASE VALUE. For all elements the panel will consider only the first attempt.
<b>Bronze</b> Program duration 1'50'' +/-10'' Max level 2 <b>Program Components factor 1.33</b>  Deduction 0.5 for fall - additional element vs tech. reg – “prop” fall Vocal music may be used	- 1 Sequence composed by 2 free skating moves (same or different typology) to be chosen among Spread Eagle, Ina Bauer, Camel or similar difficult positions, hydroblading or 1-foot tea pot etc...., sliding moves (always having one blade on the ice)  - 1 midline Step Sequence: straight line in the middle of the ice rink – style B  - 1 set of 2 Twizzels  - 1 Spin (no change of foot) min. 3 rev. on one foot* - *element with fixed value: Level 1*