



TECHNICAL REQUIREMENTS

INTEGRATION for ADULT COMPETITIONS to be organized in Italy

(National and/or International)

Technical requirements for all disciplines of the Adult Figure Skating competitions to be organized in Italy, both at national and/or international level, will follow the Technical Requirements for ISU Adult Figure Skating Competition season 2019/20, as per the announcement issued in June 2019.

As already occurred during season 2018-19 in order to grant a higher number of adult athletes' participation at least in the Italian competitions, and with the approval of the Federazione Italiana Sport Ghiaccio (F.I.S.G.), the Italian Adult Committee has confirmed the additional category in the Ice Dance and the changes concerning the composition of the Synchro Teams.

Moreover for the first time the SOLO DANCE will be included in the INTERNATIONAL ADULT COMPETITION, which will be organized in May 2020. Even in this case the Italian Technical Requirements will be applied with few little changes.

All changes vs official ISU and/or Italian Technical regulations are here below specified:

ICE DANCE ⇒ The additional Ice Dance category is named "BEGINNERS". The participation in this category is opened only for Pattern Dance and Free Skating, with the following specific Technical Requirements (in red the changes vs season 2018-19):

PATTERN DANCE

Category	Pattern Dances	Number of sequences	Music specification
Beginners Program Components factor 0.7	# Cha Cha (no Congelado)	2	<ul style="list-style-type: none"> - Pattern Dances will use ISU Ice Dance music, that will be provided by the organizers - vocal music is not allowed - Pattern Dances will be judged without key points - <u>The Canasta Tango will use Tango music, but NOT Argentine Tango</u>
	# Canasta Tango	2	

FREE DANCE

Category	Technical Elements
Beginners Program duration: 1'50" +/- 10" Program Components factor 1.2 Vocal music may be used	<ul style="list-style-type: none"> - A maximum of 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.



SYNCHRONIZED SKATING ⇒ All members must have reached the age of 21 before July 1st preceding the event and must not have reached the age of 80 by July 1st preceding the event.

The Synchro Teams can be composed by a minimum of 8 skaters and a maximum of 16 skaters, with a maximum of 4 alternates.

SOLO DANCE ⇒ for the YA class all skaters must have reached the age of **21** before July 1st preceding the event and must not have reached the age of 28. Age categories for all other classes remain 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
Pre-Bronze Program Components factor 0.7 Deduction 0.5 for fall - wrong music – “prop” fall	# Cha Cha (no Congelado)	2	- Personalized music (to be chosen among ISU music or other) - Dutch Waltz will use the European Waltz music
	# Dutch Waltz	2	
Bronze Program Components factor 0.7 Deduction 0.5 for fall - wrong music – “prop” fall	# Fourteen Step	2	- Personalized music (to be chosen among ISU music or other) - Willow Waltz will use the European Waltz music
	# Willow Waltz	2	

FREE DANCE

Category	Technical Elements
Pre-Bronze Program duration 1'40" +/-10" Program Components factor 1.2 Deduction 0.5 for fall - additional element vs tech. reg –“prop” fall Vocal music may be used	<ul style="list-style-type: none"> - 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) <p>All the above mentioned Elements will be considered with their BASE VALUE. For all elements the panel will consider only the first attempt.</p>
Bronze Program duration 1'50" +/-10" Max level 2 Program Components factor 1.2 Deduction 0.5 for fall - additional element vs tech. reg –“prop” fall Vocal music may be used	<ul style="list-style-type: none"> - 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*