



## NATIONAL ADULTS REGULATIONS

### Singles & Ice Dance Compulsory Pattern

### Season 2017-2018

#### **General rules Single Skating:**

##### **AGE CATEGORIES SINGLES:**

##### **Age Category Young Adults Free Skating Ladies and Men:**

- Skaters have reached at least the age of seventeen (17) by July 1<sup>st</sup> preceding the competition for Ladies and Men for all categories.
- Skaters have not reached the age of twenty-three (23) by July 1<sup>st</sup> preceding the competition for Ladies and Men for all categories.

##### **Age Category Pre-Adults Free Skating Ladies and Men:**

- Skaters have reached at least the age of twenty-three (23) by July 1<sup>st</sup> preceding the competition for Ladies and Men for all categories.
- Skaters have not reached the age of twenty-eight (28) by July 1<sup>st</sup> preceding the competition for Ladies and Men for all categories.

##### **Age Category Adults Free Skating Ladies and Men:**

- Skaters have reached at least the age of twenty-eight (28) by July 1<sup>st</sup> preceding the competition for Ladies and Men for all categories.

##### **LEVEL CATEGORIES SINGLES:**

There are four (4) different level categories in the **Young Adults, Pre-Adults and Adult categories:**

- **Adult Bronze Free Skating Ladies and Men**  
This is a category for skaters who can execute all single jumps but NO single Axel.
- **Adult Silver Free Skating Ladies and Men**  
This is a category for skaters who can execute all single jumps including single Axel.
- **Adult Gold Free Skating Ladies and Men**  
This is a category for skaters who can execute all single jumps including single Axel and double jumps but NO double Flip, double Lutz and no double Axel.
- **Adult Master Free Skating Ladies and Men**  
This is a category for skaters who can execute all single, and double jumps including double Axel and triples.

**Special remarks for Free Skating Ladies and Men:**

- Skaters can compete in the Adult competitions without a Competition Level Test or Pre-preliminary MIF.
- Skaters who can participate in A-Competitions **cannot** compete in the **Adult Competitions**.
- Adult skaters who obtained a Figure Skating Level Test can participate in the B-Competitions level categories, National- or International Interclub B-Competitions (in Belgium). However, if there's an Adult competition linked to the competition, they cannot compete in both the level category and the Adult competition.
- Skaters cannot increase their Figure Skating Level Test in Adult categories.
- Skaters who only compete in Adult categories keep their Figure Skating Level Test for B-Competition level categories.
- Coaches with a license cannot compete in the Young Adult competition but can participate in Pre-Adult and Adult age categories.

**Organizing clubs:**

- All Belgian clubs who organize a National Adult competition need to put these regulations of the federation KBKF/FRBPA in their announcement for the categories for which they are valid.

## **ADULT BRONZE FREE SKATING**

**Warm-up:** 6 minutes for Ladies and Men

**The maximum time for Ladies and Men:** Maximum 1:50 min. (but may less).

**A competitor in the bronze free skating event must perform a well-balanced program that may contain:**

- a) A maximum of four (4) jump elements, consisting only of single jumps. **Axel type jumps, double jumps and triple jumps are NOT permitted.** There may up to two (2) jump combinations or jump sequences in the free program.
  - One (1) jump combination may consist of up to three (3) listed jumps. The other jump combination may consist of two (2) listed jumps.
  - A jump combination may consist of the same or another single jump.
  - A jump sequence may consist of any number of single jumps that may be linked by non-listed jumps like mazurkas etc. and/or hops immediately following each other while maintaining the jump rhythm (knee); there can be no steps/turns, crossovers or stroking during the sequence. Only the two (2) listed jumps with the highest value will count towards the technical score.
  - Each listed jump may be repeated only once.
  - Please note that a half-loop in combination or in a sequence with any other listed jump will be called as a listed jump (1Lo).
- b) A maximum of two (2) spins of a different abbreviation one of which must be a spin in one position with no change of foot. Flying spins are **NOT** permitted.
  - The spins must have a required minimum number of revolutions: three (3) for a spin in one position with no change of foot, four (4) for the spin combination with no change of foot and six (6) (3+3) for the spin combination with change of foot or the spin in one position with change of foot.
  - There must be a minimum of two (2) revolutions in each position or the position will not be counted.
- c) A maximum of one (1) Choreographic Sequence (ChSq), covering at least half of the ice surface.
  - Only the first executed attempt of a choreographic sequence will contribute to the technical score.
  - A choreographic sequence consists of any kind of movements like steps, turns, spirals, arabesques, spread eagles, Ina Bauer's, hydro blading, transitional (unlisted) jumps, spinning movements etc.
  - The choreographic sequence commences with the first move and is concluded with the last move of the skater.
  - The pattern is not restricted.
  - A choreographic sequence has a base value and will be evaluated by the judges GOE only.

Only features up to **level 1** will be counted. Any additional features will not count for level requirements and will be ignored by the Technical Panel.

The Program Components are only judged in:

- Skating Skills
- Transitions

**Component factor for ladies and men:** 1.6

**FALL -0.5 Pt:** A Fall is defined as loss of control by a skater with the result that the majority of his/her own body weight is on the ice supported by any other part of the body other than the blades e.g. hand(s), knee(s), buttock(s), or part of the arm (Rule 503, para 1).

## ADULT SILVER FREE SKATING

**Warm-up:** 6 minutes for Ladies and Men

**The maximum time for Ladies and Men:** Maximum 2:10 min. (but may less).

**A competitor in the silver free skating event must perform a well-balanced program that may contain:**

- a) A maximum of five (5) jump elements, consisting of any single jumps (**including the single Axel**). **Double jumps and triple jumps are NOT permitted.** There may be up to three (3) jump combinations or jump sequences in the free program.
- One (1) jump combination may consist of up to three (3) listed jumps. Two (2) jump combinations may consist of two (2) listed jumps.
  - A jump combination may consist of the same or another single jump.
  - A jump sequence may consist of any number of single jumps that may be linked by non-listed jumps like mazurkas etc. and/or hops immediately following each other while maintaining the jump rhythm (knee); there can be no steps/turns, crossovers or stroking during the sequence. Only the two (2) listed jumps with the highest value will count towards the technical score.
  - Each listed jump may be repeated only once.
  - Please note that a half-loop in combination or in a sequence with any other listed jump will be called as a listed jump (1Lo).
  - Non-listed jumps may be included in the program as part of the connecting footwork.
- a) A maximum of three (3) spins of a different abbreviation one of which must be a spin combination. Flying spins **ARE** permitted.
- The spins must have a required minimum number of revolutions: three (3) for the flying spin with no change of foot after landing, three (3) for the spin with only one position and no change of foot and four (4) for the spin combination with no change of foot and eight (8) (4+4) for the spin combination with change of foot or the spin in one position with change of foot.
  - There must be a minimum of two (2) revolutions in each position or the position will not be counted.
- b) A maximum of one (1) Choreographic Sequence (ChSq), full covering of the ice surface.
- Only the first executed attempt of a choreographic sequence will contribute to the technical score.
  - A choreographic sequence consists of any kind of movements like steps, turns, spirals, arabesques, spread eagles, Ina Bauer's, hydro blading, transitional (unlisted) jumps, spinning movements etc.
  - The choreographic sequence commences with the first move and is concluded with the last move of the skater.
  - The pattern is not restricted.
  - A choreographic sequence has a base value and will be evaluated by the judges GOE only.

Only features up to **level 2** will be counted. Any additional features will not count for level requirements and will be ignored by the Technical Panel.

The Program Components are only judged in:

- Skating Skills
- Performance
- Interpretation of the Music

**Component factor for Ladies and Men:** 1.6

**FALL -0.5 Pt:** A Fall is defined as loss of control by a skater with the result that the majority of his/her own body weight is on the ice supported by any other part of the body other than the blades e.g. hand(s), knee(s), buttock(s), or part of the arm (Rule 503, para 1).

## ADULT GOLD FREE SKATING

**Warm-up:** 6 minutes

**The maximum time for Ladies and Men:** Maximum 2:50 min. (but may less).

**A competitor in the gold free skating event must perform a well-balanced program that may contain:**

- a) A maximum of six (6) jump elements, consisting of any single jumps (including the single Axel) and double jumps. **Double Flip, double Lutz, double Axel and triple jumps are NOT permitted.** There may be up to three (3) jump combinations or jump sequences in the free program.
  - One (1) jump combination may consist of up to three (3) listed jumps. Two (2) jump combination may consist of two (2) listed jumps.
  - A jump combination may consist of the same or another single or double jump, with exception of the jumps in **bold** above.
  - A jump sequence may consist of any number of single and double jumps, with exception of the jumps in **bold** above, that may be linked by non-listed jumps like mazurkas etc. and/or hops immediately following each other while maintaining the jump rhythm (knee); there can be no steps/turns, crossovers or stroking during the sequence. Only the two (2) listed jumps with the highest value will count towards the technical score.
  - Each listed jump may be repeated only once.
  - Please note that a half-loop in combination or in a sequence with any other listed jump will be called as a listed jump (1Lo).
  - Non-listed jumps may be included in the program as part of the connecting footwork.
- b) A maximum of three (3) spins of a different abbreviation one of which must be a spin combination with a change of foot and one **MUST** be a flying spin.
  - The spins must have a required minimum number of revolutions: four (4) for the flying spin with no change of foot after landing, four (4) for the spin with only one position and no change of foot and four (4) for the spin combination with no change of foot and eight (8) (4+4) for the spin combination with change of foot or the spin in one position with change of foot.
  - There must be a minimum of two (2) revolutions in each position or the position will not be counted.
- c) A maximum of one (1) Step Sequence (StSq), fully utilizing the ice surface.
  - Only the first executed attempt of a step sequence will contribute to the technical score.

Only features up to **level 3** will be counted. Any additional features will not count for level requirements and will be ignored by the Technical Panel.

The Program Components are only judged in:

- Skating Skills
- Transitions
- Performance
- Interpretation of the Music

**Component factor for Ladies and Men:** 1.6

**FALL -1.0 Pt:** A Fall is defined as loss of control by a skater with the result that the majority of his/her own body weight is on the ice supported by any other part of the body other than the blades e.g. hand(s), knee(s), buttock(s), or part of the arm (Rule 503, para 1).

## ADULT MASTER FREE SKATING

**Warm-up:** 6 minutes for Ladies and Men

**The maximum time for Ladies and Men:** Maximum 3:10 min. (but may less).

**A competitor in the master free skating event must perform a well-balanced program that may contain:**

- d) A maximum of seven (7) jump elements, one of which must be an Axel type jump. **Single, double and triple jumps are permitted.** There may be up to three (3) jump combinations or jump sequences in the free program.
- One (1) jump combination may consist of up to three (3) listed jumps. Two (2) jump combination may consist of two (2) listed jumps.
  - A jump combination may consist of the same or another single, double or triple jumps.
  - A jump sequence may consist of any number of jumps of any number of revolutions, that may be linked by non-listed jumps like mazurkas ect. and/or hops immediately following each other while maintaining the jump rhythm (knee); there can be no steps/turns, crossovers or stroking during the sequence. Only the two (2) listed jumps with the highest value will count towards the technical score.
  - Each listed jump may be repeated only once.
  - Please note that a half-loop in combination or in a sequence with any other listed jump will be called as a listed jump (1Lo).
  - Non-listed jumps may be included in the program as part of the connecting footwork.
- e) A maximum of three (3) spins of a different abbreviation one of which must be a spin combination with a change of foot and one **MUST** be a flying spin.
- The spins must have a required minimum number of revolutions: five (5) for the flying spin with no change of foot after landing, five (5) for the spin with only one position and no change of foot and five (5) for the spin combination with no change of foot and eight (8) (4+4) for the spin combination with change of foot or the spin in one position with change of foot.
  - There must be a minimum of two (2) revolutions in each position or the position will not be counted.
- f) A maximum of one (1) Step Sequence (StSq), fully utilizing the ice surface.
- Only the first executed attempt of a step sequence will contribute to the technical score.

Only features up to **level 4** will be counted. Any additional features will not count for level requirements and will be ignored by the Technical Panel.

The Program Components are only judged in:

- Skating Skills
- Transition
- Performance
- Composition
- Interpretation of the Music

**Component factor for Ladies and Men:** 1.6

**FALL -1.0 Pt:** A Fall is defined as loss of control by a skater with the result that the majority of his/her own body weight is on the ice supported by any other part of the body other than the blades e.g. hand(s), knee(s), buttock(s), or part of the arm (Rule 503, para 1).

## **General rules Ice Dance Compulsory Pattern:**

### **AGE CATEGORIES FOR ICE DANCE COMPULSORY PATTERN:**

#### **Age category Kids - Ladies and Men:**

- Skaters have not reached the age of eighteen (18) by July 1<sup>st</sup> preceding the competition for all categories.

#### **Age Category Young Adults - Ladies and Men:**

- Skaters have reached at least the age of eighteen (18) by July 1<sup>st</sup> preceding the competition for all categories.
- Skaters have not reached the age of twenty-nine (29) by July 1<sup>st</sup> preceding the competition for all categories.

#### **Age Category Class 1 - Ladies and Men:**

- Skaters have reached at least the age of twenty-nine (29) by July 1<sup>st</sup> preceding the competition for all categories.
- Skaters have not reached the age of thirty-nine (39) by July 1<sup>st</sup> preceding the competition for all categories.

#### **Age Category Class 2 - Ladies and Men:**

- Skaters have reached at least the age of thirty-nine (39) by July 1<sup>st</sup> preceding the competition for all categories.
- Skaters have not reached the age of forty-nine (49) by July 1<sup>st</sup> preceding the competition for all categories.

#### **Age Category Class 3 - Ladies and Men:**

- Skaters have reached at least the age of forty-nine (49) by July 1<sup>st</sup> preceding the competition for all categories.
- Skaters have not reached the age of fifty-nine (59) by July 1<sup>st</sup> preceding the competition for all categories.

#### **Age Category Class 4 - Ladies and Men:**

- Skaters have reached at least the age of fifty-nine (59) by July 1<sup>st</sup> preceding the competition for all categories.
- Skaters have not reached the age of sixty-nine (69) by July 1<sup>st</sup> preceding the competition for all categories.

#### **Age Category Class 5 - Ladies and Men:**

- Skaters have reached at least the age of sixty-nine (69) by July 1<sup>st</sup> preceding the competition for all categories.
- Skaters have not reached the age of seventy-nine (79) by July 1<sup>st</sup> preceding the competition for all categories.

#### **Age Category Class 6 - Ladies and Men:**

- Skaters have reached at least the age of seventy-nine (79) by July 1<sup>st</sup> preceding the competition for all categories.

**LEVEL CATEGORIES ICE DANCE COMPULSORY:****Gold Dance level:**

- |                  |                   |             |
|------------------|-------------------|-------------|
| • Pattern Dance: | Westminster Waltz | 2 sequences |
|                  | Argentine Tango   | 2 sequences |

**Pre-Gold Dance level:**

- |                  |                |             |
|------------------|----------------|-------------|
| • Pattern Dance: | Paso Double    | 2 sequences |
|                  | Viennese Waltz | 2 sequences |

**Silver level:**

- |                  |                 |             |
|------------------|-----------------|-------------|
| • Pattern Dance: | Starlight Waltz | 2 sequences |
|                  | Tango           | 3 sequences |

**Pre-Silver level:**

- |                  |                |             |
|------------------|----------------|-------------|
| • Pattern Dance: | Rocker Foxtrot | 3 sequences |
|                  | Blues          | 3 sequences |

**Bronze level:**

- |                  |                |             |
|------------------|----------------|-------------|
| • Pattern Dance: | Fourteen Step  | 4 sequences |
|                  | European Waltz | 3 sequences |

**Pre-Bronze level:**

- |                  |              |             |
|------------------|--------------|-------------|
| • Pattern Dance: | Willow Waltz | 3 sequences |
|                  | Ten-Fox      | 3 sequences |

**Preliminary 2 level:**

- |                  |                      |             |
|------------------|----------------------|-------------|
| • Pattern Dance: | Golden Skaters Waltz | 3 sequences |
|                  | Riverside Rhumba     | 3 sequences |

**Preliminary 1 level:**

- |                  |               |             |
|------------------|---------------|-------------|
| • Pattern Dance: | Dutch Waltz   | 3 sequences |
|                  | Canasta Tango | 3 sequences |

**Warm-up:** for each level category 4 min.

There is one (1) minute without music and three (3) minutes with music.

For each level category, the Referee will indicate the starting points of each dance.

Factors in each dance for Program Components are:

- |                  |      |
|------------------|------|
| ❖ Skating Skills | 0.75 |
| ❖ Performance    | 0.50 |
| ❖ Interpretation | 0.50 |
| ❖ Timing         | 0.75 |

All pattern dances will be started so that the steps of the first pattern are skated in front of the judges unless otherwise specified by the Referee. If the Referee changes the side to start, the change must be announced at the time of the first draw for starting order.



**Special remarks for Ice Dance Compulsory Pattern:**

- Based on the number of entries, some classes may be combined.
- The pattern dances can be skated solo or in couple and is a free choice of the skater(s).
- In general, each couple consist of a lady and a man.
- The man skates the pattern of the male step, the lady skates the lady's pattern.
- When a couple consists of 2 persons of a different age class, the youngest person will determine the age class
- A dancer can enter another category with a different partner.
- Dancers may also register in two (2) consecutive categories with the same partner:  
Pre-Bronze + Bronze,  
Bronze + Silver,  
Silver + Gold.

**Organizing clubs:**

- All Belgian clubs who organize a National Adult competition need to put these regulations of the federation KBKF/FRBPA in their announcement for the categories for which they are valid.