

Announcement ADULT OPEN COMPETITION

« *The Mountain Cup 2010* »

**An Adult Free Skating and Ice Dance Competition
open to Competitors members of Clubs
affiliated to Fédération Française des Sports de Glace
or to Clubs affiliated to other ISU Members**

27 – 30 May 2010

**Villard-de-Lans
(Near Grenoble), France**

Organized by:

ASCPA Pessac

N° d'affiliation à la FFSG 09023

Agrément à la Préfecture de la Gironde 13746

To be held at:

Patinoire Villard-de-Lans

38250 Villard-de-Lans

(1968 Olympic Site)

under the authorization of the

Fédération Française des Sports de Glace

Commission Sportive Nationale de Danse sur Glace

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**ADULT OPEN COMPETITION
27 – 30 May 2010**

1. GENERAL INFORMATION

RULES

Age and test qualifications as of **27th March 2010** (close of entries) will determine classification. For Ice Dancing Competition The age limit is 18 years old on the 1st of July preceding the competition.

ELIGIBILITY

For Free skating, this event is open for participation to all eligible competitors who are members in good standing with their National Figure Skating Association. Skaters may compete one level above the test passed in as many disciplines as qualified by test level, but may compete in only one event per discipline. Entries from members of clubs having a probationary status will be accepted provided the entry is accompanied by a signed certification by the skater that (s)he is properly qualified to participate in the events mentioned.

AGE CATEGORIES

The following age categories apply to all Free Skating, Interpretive and Improvisation events:

Young Adult	18 yrs - 20 yrs
Class I	21 yrs - 28 yrs
Class II	29 yrs - 35 yrs
Class III	36 yrs - 45 yrs
Class IV	46 yrs – 55 yrs
Class V	56 and over

All age categories may be divided depending on the number of registrations. Proof of age is required for all events. Copy of birth certificate, passport or similar proof of age is acceptable. The Organizing Committee reserves the right to require additional documentation.

Based on the number of entries, some classes may be combined.

II. COMPOSITION OF EVENTS

FREE SKATING EVENTS:

Masters Free Skating – Maximum Time 3:40

A competitor in the Masters Free Skating event must perform a well-balanced program that may contain:

- a)** A maximum of seven (7) jump elements, one of which must be an Axel type jump. Single, double and triple jumps are permitted.

A jump combination may consist of the same or another single, double or triple jump. There may be up to three jump combinations or jump sequences in the Free Program. One jump combination could consist of up to three (3) listed jumps, the other two up to two (2) listed 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, half-loops etc. immediately following each other while maintaining the jump rhythm (knee); there can be not more than two (2) three turns/Mohawks during the sequence; there can be no crossovers or stroking during the sequence. However, only the two jumps with the highest value will count.

Any solo jump can be repeated only once and this repetition must be done either in a jump combination or in a jump sequence.

Non-listed jumps may be included in the program as part of 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: 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 (4+4) for the spin combination 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 step sequence (i.e, circular, straight line, serpentine) or spiral sequence with a pattern according to the requirements.

Additional spiral sequences and step sequences will not be counted as a step sequence but will be counted as moves-in-the field (transitions) and marked as such.

The panels points for each Program Component are multiplied by a factor of 1.6

Gold Free Skating - Maximum Time 2:40

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 only of single jumps including the single Axel and double jumps, **except double Flip, double Lutz and double Axel**.
A jump combination may consist of the same or another single or double jump with the exclusion of the jumps as above. There may be up to three jump combinations or jump sequences in the Free Program. One jump combination could consist of up to three (3) listed jumps, the other two up to two (2) listed jumps.
A jump sequence may consist of any number of single and double jumps, excluding a double Flip, a double Lutz, a double Axel and all triple jumps that may be linked by non-listed jumps like mazurkas, half-loops etc. immediately following each other while maintaining the jump rhythm (knee); there can be not more than two (2) three turns/Mohawks during the sequence; there can be no crossovers or stroking during the sequence. However, only the two jumps with the highest value will count.
Any solo jump can be repeated only once and this repetition must be done either in a jump combination or in a jump sequence.
Non-listed jumps may be included in the program as part of connecting footwork, preceding single or double jumps.
- 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 (4+4) for the spin combination 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 step sequence (i.e, circular, straight line, serpentine) or spiral sequence with a pattern according to the requirements.

Additional spiral sequences and step sequences will not be counted as a step sequence but will be counted as moves-in-the field (transitions) and marked as such.

The panels points for each Program Component are multiplied by a factor of 1.6

Silver Free Skating – Maximum Time 2:10

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. **The single Axel or any other single Axel type jump and all other single jumps are permitted.** No double jumps are permitted.

A jump combination may consist of the same or another single jump. There may be up to three jump combinations or jump sequences in the Free Program. One jump combination could consist of up to three (3) listed jumps, the other two up to two (2) listed jumps.

A jump sequence may consist of any number of single jumps that may be linked by non-listed jumps like mazurkas, half-loops etc. immediately following each other while maintaining the jump rhythm (knee); there can be not more than two (2) three turns/Mohawks during the sequence; there can be no crossovers or stroking during the sequence. However, only the two jumps with the highest value will count.

Any solo jump can be repeated only once and this repetition must be done either in a jump combination or in a jump sequence.

Non-listed jumps may be included in the program as part of connecting footwork, preceding single or an Axel type jump.

- b. A maximum of three (3) spins of a different abbreviation, one of which must be a spin combination with a change of foot.
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 (4+4) for the spin combination 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 step sequence (i.e, circular, straight line, serpentine) or spiral sequence covering at least 50% of the usual pattern (e.g. half a circle, half a serpentine, half of a straight line etc.). In the case of a **circular** step sequence a full circle is required covering 1/2 of the ice surface.

Additional spiral sequences and step sequences will not be counted as a step sequence but will be counted as moves-in-the field (transitions) and marked as such.

The panels points for each Program Component are multiplied by a factor of 1.6

Bronze Free Skating – Maximum Time 1:40

A competitor in the Bronze Free Skating event must perform a well-balanced program that must contain:

- a. A maximum of four (4) jump elements. **Only single jumps are permitted**, no Axel type jump, no double or triple jumps can be included.
A jump combination may consist of the same or another single jump. There may be up to three jump combinations or jump sequences in the Free Program. One jump combination could consist of up to three (3) listed jumps, the other two up to two (2) listed jumps.
A jump sequence may consist of any number of single jumps that may be linked by non-listed jumps like mazurkas, half-loops etc. immediately following each other while maintaining the jump rhythm (knee); there can be not more than two (2) three turns/Mohawks during the sequence; there can be no crossovers or stroking during the sequence. However, only the two jumps with the highest value will count.
Any solo jump can be repeated only once and this repetition must be done either in a jump combination or in a jump sequence.
Non-listed jumps may be included in the program as part of connecting footwork, preceding single jumps.
- b. A maximum of two (2) spins of a different abbreviation;
The spins must have a required minimum number of revolutions: 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 (4+4) for the spin combination with change of foot. **Flying spins are not permitted.**
There must be a minimum of two (2) revolutions in each position or the position will not be counted.
- c. A maximum of one step sequence (i.e, circular, straight line, serpentine) or spiral sequence covering at least 50% of the usual pattern (e.g. half a circle, half a serpentine, half of a straight line etc.). In the case of a **circular** step sequence a full circle is required covering 1/2 of the ice surface.

Additional spiral sequences and step sequences will not be counted as a step sequence but will be counted as moves-in-the field (transitions) and marked as such.

The panels points for each Program Component are multiplied by a factor of 1.6

Prebronze Free Skating Maximum time 1m40

only half rotation or single jumps, no flying spins

The number of half and single-revolution jumps is not limited. These jumps may be repeated as individual jumps and in jump combinations and sequences. No Lutz, Axel or double jumps are permitted. Jump combinations : Optional. No more than three jump combination or sequences of jumps (number of jumps to be included is free) allowed. No Lutz, Axel or double jumps are permitted.

Required program elements*

Salchow and Toe Loop

* a deduction of 0.50 will be accounted for if the required element has not been executed

A minimum of two spins.

No flying spins are permitted. Spins must have a minimum of three (3) revolutions.

Connecting steps throughout the program are required.

OPEN DANCE EVENTS:**Adult Gold Dance**

6 Westminster Waltz # 16 Paso Doble

Adult Pre-Gold Dance

20 Silver Samba and # 22 Argentine Tango

Adult Vermeil Dance

9 Starlight Waltz and # 24 Blues

Adult Silver Dance

4 European Waltz and # 21 Tango

Adult Bronze Dance

:

1 Fourteen Step (3 sequences) and # 3 Foxtrot (3 sequences)

Adult Pre-Bronze Dance

d) Ten Fox and # j) Hickory Hoedown

Adult Preparatory Dance

b) Canasta Tango and # k) Rhythm Blues

Adult Preliminary Dance

a) Minor Dance and # b) Dutch Waltz

The official ISU Compulsory Dance music will be used for Compulsory Dances # 1 to 25. The official CSNDG Compulsory Dance music will be used for Compulsory Dances 3 a) to k) : this music is available upon request to the CSNDG.]

Couple Original Dance

In accordance with ISU Technical Rules Ice Dance 2008, Rule 609 (CSNDG Rules 1301 to 1304), all pertinent ISU Communications (CSNDG Communication 70) for Original Dance and the Announcement of the ISU Adult International Figure Skating Competition 2009/10 (CSNDG Communication [.]¹).

The specific requirements are as follows:

Duration -- **2 min 40 sec.** maximum but may be less.

The rhythm for the Original Dance is:

Folk / Country Dance

Any type of folk/country dance music or typical dance of the country can be used. For the chosen type, there are no restrictions on the number of musical selections. Although the dance may consist of different musical selections – fast and/or slow- there must be a consistent theme based on a specific country or region.

The arrangement of the chosen music should give a genuine feel for folk/country dance. It should be very distant from the feeling of the Grand Ballroom.

Same examples: Village, Square, Street, Barn dance, Hoedown, Mazurka, Polka, Tarantella, Hula, Hora, Csardas, Kalinka, Gapak, Syrtaky, Scottish, Irish, Jig, Reel, Guajira, Cumbia, Jarabe, Fandango, Aborigines Dance, Chinese dances, Lesginka, Country Waltz, Flamenco, etc.

Argentine Tango is not included in the above mentioned Folk/Country dances and is not permitted.

It is recommended that couples should use their own traditional folk or country music and dances.

The folk/country dance character and style must be translated to the ice by flow and use of edges.

Vocal music is permitted. Variations of tempo within one selection of music are permitted. Each selection of music may have a different tempo.

Costumes: Rule 612 applies with the following exceptions:

If appropriate for the chosen music, the lady and the man are permitted to wear trousers and sleeves of any length.

Small props that are part of the costume and are characteristic for the chosen music are allowed (hats, head bands, ribbon). Such props may not be thrown and/or passed from one skater to the other in any part of the program.

According to the Rule 612 paragraph 1c): "The decorations on costumes must be non-detachable." If a decoration or a part of the costume or hair decoration such as flowers, headbands, ribbons, etc (which are also a part of a costume), falls on the ice during the performance, the costume deduction of 1.0 is required by the Referee.

The following types of props are not a part of the costume and are not permitted: cane (walking stick), umbrella, bouquet etc. If used, the above mentioned deduction will be applied by the Referee.

Required elements:

- Two (2) different types of dance lifts, with a maximum of 6 seconds duration each;
- One (1) Diagonal or Midline Step Sequence in varied hold;
- One (1) Dance spin, with optional position, minimum of three (3) revolutions by each partner. A Combination Spin is NOT permitted. The number of rotations and different positions are described in ISU Communication 1522.
- One (1) set of Sequential Twizzles.

The couple should announce in their "Planned Program Content" submission the Rhythm(s)/dance(s) and the decade(s) of the music chosen for the Original Dance.

The multiplying factors for the Program components for the Original Dance are:

Skating Skills	0,80
Transitions, Linking Footwork, Movements	0,80
Performance, Execution	0,60
Choreography, Composition	0,60
Interpretation, Timing	1,00

Couple Free Dance Gold

In accordance with ISU Technical Rules Ice Dance 2009, Rule 609 (CSNDG Rules 1301 to 1304), all pertinent ISU Communications (CSNDG Communication 70) and the Announcement of the ISU Adult International Figure Skating Competition 2009/10.

Duration: 3min. 10 sec maximum.

In accordance with the Announcement of the ISU Adult International Figure Skating Competition 2009/10, CSNDG Rule 1402, paragraph 9), the Required Elements for the Adult Couple Gold Free Dance are:

- 2 different Types of Lifts, but not more : 1 Short Lift and 1 Long Lift
- 1 Circular Step Sequence in Hold ;
- 1 Dance Spin (Spin or Combination Spin), but not more ;
- 1 Series of Synchronized Twizzles.

Couple Free Dance Silver:

In accordance with ISU Technical Rules Ice Dance 2008, Rule 609 (CSNDG Rules 1301 to 1304), all pertinent ISU Communications (CSNDG Communication 70) and the Announcement of the ISU Adult International Figure Skating Competition 2009/10.

Duration: 2 min. 40 sec. maximum.

In accordance with the Announcement of the ISU Adult International Figure Skating Competition 2009/10, CSNDG Rule 1402, paragraph 10), the Required Elements for the Adult Couple Gold Free Dance are:

- 1 Type of Short Lift, but not more ;
- 1 Straight Line Step Sequence in Hold ;
- 1 Dance Spin (Spin or Combination Spin), but not more ;
- 1 Series of Synchronized Twizzles.

Couple Free Dance Bronze:

In accordance with CSNDG Rules 1401 to 1404 and CSNDG Communication 73.

Duration: 2 min., +/- 10 sec.

In accordance with CSNDG Rule 1402 paragraph 11, the Required Elements for the Adult Couple Bronze Free Dance are :

- 1 Synchronized Combined Pose,
- 1 Circular Step Sequence in Holds (except Hand in Hand) on a small circle at the center of the rink including Turns for both partners,
- 1 Spin (Combined Spin not authorized), but no more, of one revolution minimum on one foot for both partners (may be started on two feet)

SOLO DANCE:

[Solos Compulsory Dances (CSNDG Rule 3367, paragraph 2 and CSNDG Communication 73) :

Open to ice dancers of either gender.

Adult Gold Dance

6 Westminster Waltz and # 16 Paso Doble

Adult Pre-Gold Dance

20 Silver Samba and # 22 Argentine Tango

Adult Vermeil Dance

9 Starlight Waltz and # 24 Blues

Adult Silver

4 European Waltz and # 21 Tango

Adult Bronze Dance

1 Fourteen Step and # 3 Foxtrot

Adult Pre-Bronze Dance

d) Ten Fox and # j) Hickory Hoedown

Adult Preparatory Dance

b) Canasta Tango and # k) Rhythm Blues

Adult Preliminary Dance

a) Minor Dance and # b) Dutch Waltz

[Solos Gold Interpretive Dance:

Duration: 2 min., +/- 10 sec.

The Required Elements for the Adult Solo Gold Interpretive Dance are:

- 1 Combined Pose including an Attitude,
- 1 Circular Step Sequence including Turns,
- 1 Solo Spin (Solo Combined Spin not authorized),
- 1 Solo Serie of Twizzles.]

[Solos Silver Interpretive Dance:

In accordance with CSNDG Rules 1501 to 1504 and CSNDG Communication 73.

Duration: 2 min., +/- 10 sec.

In accordance with CSNDG Rule 1502 paragraph 5, the Required Elements for the Adult Solo Silver Interpretive Dance are:

- 1 Combined Pose including an Attitude,
- 1 Circular Step Sequence including Turns,
- 1 Solo Spin (Solo Combined Spin not authorized),
- 1 Solo Serie of Twizzles.]

Solos Bronze Interpretive Dance:

In accordance with CSNDG Rules 1501 to 1504 and CSNDG Communication 73.

Duration: 1 min. 30 sec., +/- 10 sec.

In accordance with CSNDG Rule 1502 paragraph 4, the Required Elements for the Adult Solo Bronze Interpretive Dance are:

- 1 Combined Pose,
- 1 Midline Step Sequence including Turns,
- 1 Solo Spin (Solo Combined Spin not authorized).]

SolosPreBronze Interpretive Dance:

Duration: 1 min. 30 sec., +/- 10 sec.

The Required Elements for the Adult Solo PreBronze Interpretive Dance are:

- 1 Combined Pose,
- 1 Midline Step Sequence including Turns,
- 1 Solo Spin (Solo Combined Spin not authorized).]

2.3 FACTORS

In accordance with ISU Technical Rules Single & Pair Skating and Ice Dance 2008, Rule 353 paragraph 1. n), ISU Communication 1331, and CSNDG Rule 3521 paragraph 1. k), the multiplying factors for the Program Components are:

Compulsory Dances

- Skating Skills: 0.75
- Performance: 0.50
- Interpretation: 0.50
- Timing: 0.75

The Total Score for each dance will be multiplied by a factor of 0.5.

Original Dance, Free Dance, Solo Interpretive Dance²

	Adult Original Dance	Adult Couple Gold and Silver Free Dance	Adult Couple Bronze Free Dance Adult Solo Interpretive Dance
Skating Skills	0.80	1.25	1.25
Transitions/Linking	0.80	1.75	1.25
Footwork/Movements	0.60	1.00	0.80
Performance/Execution	0.60	1.00	0.80
Composition/Choreography	1.00	1.00	0.80
Interpretation/Timing			

COMPULSORY FIGURES :

Pre-Bronze Figures: No figure tests required, but preparatory work of several months recommended. This category is meant to encourage skaters to try figures.

The following figures will be skated:

ISU-nb	Name of figure
1a/b	RFO, LFO Circle Eight
2a/b	RFI, LFI Circle Eight
5a/b	FOI - FIO Serpentine (skaters may choose the starting foot)

Bronze Figures: Competitors must have passed at least the adult bronze figure or preliminary figure test and no higher than 2nd figure test or ISI figure 3 or any non-US equivalent test.

The following figures will be skated:

3a/b	RBO - LBO Circle Eight
7a/b	RFO – LFO Three (skaters may choose the starting foot)
9a/b	FI – BO Three (skaters may choose the starting foot)

Silver Figures: Competitors must have passed at least the adult silver figure or 2nd figure test and no higher than 3rd figure test or ISI figure 4 or any non-US equivalent test.

The following figures will be skated:

4a/b	RBI – LBI Circle Eight
6a/b	BOI – BIO Serpentine (skaters may choose the starting foot)
9a/b	FI – BO Three (skaters may choose the starting foot)

Gold Figures: Competitors must have passed at least the adult gold figure or 4th figure test and no higher than 5th figure test or ISI figure 6 or any non-US equivalent test.

The following figures will be skated:

32a/b	Change Bracket (skaters may choose the starting foot)
34a/b	Paragraph Three (skaters may choose the starting foot)
17a/b	BI Loop (skaters may choose the starting foot)

Masters Figures: Competitors must have passed at least the USFSA 5th figure test or any non-US equivalent test.

The following figures will be skated:

24a/b	FOI One foot Eight (skaters may choose the starting foot)
17a/b	BI Loop (skaters may choose the starting foot)
22a/b	FO counter (skaters may choose the starting foot)

Open Figures: This is a new category open to participants from silver, gold and masters level. Skaters participating in one of these categories may additionally enrol and present three more figures of their choice from the list below:

ISU numbers: 22a/b, 23a/b, 32a/b, 33a/b, 34a/b (standard figure test 6 in the USA),
 ISU numbers: 20a/b, 21a/b, 25a/b, 31a/b, 35a/b (standard figure test 7 in the USA),
 ISU numbers: 36a/b, 37a/b, 38a/b, 39a/b, 40a/b, 41a/b (standard figures test 8 in the USA)
 (Starting foot at skaters' choice)

Please note that the awards will be participation medals without ranking.

The entry fee of each figures event will be 35 EURO and skaters can enrol into the figures event(s) in addition to two more events.

PAIR EVENT:

Pair events consist of Free Skating only. Each pair shall consist of a lady and a man.

Masters Pairs - Music not to exceed **3:40**

Masters: If both partners compete at gold or masters level in their individual free skating, they must enter the category "masters" in pairs.

A well-balanced Masters Pair program should contain:

- A. A maximum of three (3) different lifts, one of which may be a twist lift.
- B. A maximum of two (2) throw jumps (single or double).
- C. A maximum of two (2) solo jumps (single, double or triple). Any solo jump can be repeated only once and this repetition must be done either in a jump combination or in a jump sequence.
- D. A maximum of one (1) jump combination with a maximum of three jumps included or one (1) jump sequence (the two jumps with the highest value will count for points).
- E. A maximum of one (1) pair spin (pair spin or pair combination spin). The spin must have a required minimum number of revolutions: four (4) revolutions for a pair spin and eight (8) for a pair combination spin. 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) solo spin or solo spin combination. The spin must have a required minimum number of revolutions: five (5) for the flying spin and five (5) for the spin with only one position and ten (10) for the spin combination with change of foot. There must be a minimum of two (2) revolutions in each position or the position will not be counted.
- G. A maximum of one (1) death spiral or pivot figure (position optional). At least $\frac{3}{4}$ revolutions in pivot position by the man are required.
- H. A maximum of one (1) step sequence (i.e., circular, straight line, serpentine) or spiral sequence utilizing the full ice surface. Only the first executed sequence (step or spiral sequence) will be counted.

Additional spiral sequences and step sequences will not be counted as a step sequence but will be counted as moves-in-the field (transitions) and marked as such.

The panels points for each Program Component are multiplied by a factor of 1.6

Adult Pair Events will be skated at three different levels.

Adult Gold Pairs - Music not to exceed **3:10**

Gold Pairs: test requirements

A well-balanced adult gold pair program should contain:

- A. A maximum of three (3) different lifts, one of which may be a twist lift. Variations of the lady's position, no-handed and one-handed lifts, and combination lifts are not permitted.
- B. A maximum of one (1) throw single jump.
- C. A maximum of one (1) solo jump; only single jumps are permitted.
- D. A maximum of one (1) jump combination with a maximum of three jumps included or one (1) jump sequence (the two jumps with the highest value will count for points).
- E. A maximum of one (1) pair spin (pair spin or pair combination spin). The spin must have a

required minimum number of revolutions: three (3) revolutions for a pair spin and six (6) for a pair combination spin. There must be a minimum of two (2) revolutions in each position or the position will not count.

F. A maximum of one (1) solo spin or solo spin combination. The spin must have a required minimum number of revolutions: three (3) for the flying spin and three (3) for the spin with only one position and six (6) for the spin combination with change of foot.

G. A maximum of one (1) death spiral or pivot spiral (position optional). At least $\frac{3}{4}$ revolutions in pivot position by the man are required.

H. A maximum of one (1) step sequence (i.e., circular, straight line, serpentine) or spiral sequence covering at least 50% of the usual pattern (e.g. half a circle, half a serpentine, half of a straight line, etc.). In the case of a **circular** step sequence a full circle is required covering $\frac{1}{2}$ the ice surface. Only the first executed sequence (step or spiral sequence) will be counted.

Additional spiral sequences and step sequences will not be counted as a step sequence but will be counted as moves-in-the-field (transitions) and marked as such.

The panel's points for each Program Component are multiplied by a factor of 1.6

Adult Silver Pairs - Music not to exceed **2:40**

Silver Pairs: test requirements

A well-balanced adult silver pair program should contain:

A. One lift, but not more than two different lifts, one of which must be from Group 1. The remaining lift may be either from Group 1 or 2 **or pairs may perform a twist lift. Overhead lifts are not permitted.** (Group 1: for example Lutz lift, Flip lift, Axel lift; Group 2: for example Loop lift, Twist)

B. One throw single jump. Throw Axel is permitted. Throw double jumps are not permitted.

C. One solo single jump. Axel is permitted. Double jumps are not permitted.

D. One jump combination or sequence of jumps (with a maximum of three jumps included), limited to half and single rotational jumps, including the Axel jump, only. Double jumps are not permitted.

E. One pair spin. Change of foot or position is not permitted. Minimum of three (3) revolutions.

F. One solo spin. One change of position is permitted. Change of foot is not permitted. Minimum of three (3) revolutions.

G. One pivot or death spiral. Skaters may choose the position and hand hold.

H. One step sequence (i.e. circular, straight line, serpentine) utilizing at least half of the ice surface.

Adult Bronze Pairs - Music not to exceed **2:10**

Bronze Pairs: test requirements

A well-balanced adult bronze pair program should contain:

A. Lifts are optional, but no more than two different lifts may be performed. One may be a waist loop lift. **Overhead lifts are not permitted.**

B. One throw single jump (optional). No throw Axel or double jumps are permitted.

C. One solo single jump. No Axels or double jumps are permitted.

D. One jump combination or sequence of jumps (with a maximum of three jumps included), limited to half and single rotational jumps only. No Axel or double jumps are permitted.

E. One pair spin. Change of foot or position is not permitted. Minimum of three (3) revolutions.

F. One solo spin. Change of foot or position is not permitted. Minimum of three (3) revolutions.

G. One pivot spiral (optional). Death spiral is not permitted.

H. One step sequence (i.e. circular, straight line, serpentine) utilizing at least half of the ice surface.

INTERPRETIVE SKATING EVENT:

Young Adult, Adult, and Masters Interpretive Free Skating Events shall consist of a variety of skating moves and elements selected for their value in enhancing the skaters' interpretation of the music. Axels and double jumps will not be permitted. Costumes which enhance the performance by appropriately reflecting the character of the music and theme will be considered in the judging. It is not allowed to deposit objects on the ice (this will lead to deductions). Props on the ice will not be permitted.

In Interpretive events, skaters will be judged on their ability to interpret the music and develop a theme by using their skating skills as above. Two marks will be used by the judges. The first mark is for Skating Technique and the second mark is for Presentation.

In marking the skating techniques of the program, these aspects must be considered:

- a) the ease, flow, glide, sureness, power and depth of the edges;
- b) ability to vary the speed and direction of the skating;
- c) variety of expressive and innovative moves;
- d) the succession of movement within the program;
- e) utilization of space and ice coverage;
- f) style.

In marking the presentation of the program, the following aspects must be considered:

- a) interpretation of the music and rhythm;
- b) musical timing and understanding of the phrasing of the music;
- c) use of the entire body to develop the artistic and music expression;
- d) creativity;
- e) choreography - art of arranging movements;
- f) variation in tempo, tension, emotion, movements;
- g) suitability of music to the skater;
- h) internal motivation of movements and expressions projected to the audience.

In all Interpretive Events - the length of music is not to exceed 1:40 minutes. Vocal music is permitted. Age categories will be the same as for Free Skating events as presented in Section I.

INTERPRETIVE for COUPLES/PAIRS

Maximum programme length: 3:10 min (no penalty for shorter programmes)

A couple or pair consists of a lady and a man or two ladies or two men. The interpretive programme may either be dance-oriented or pair skating-oriented. Entrants are asked to mark the respective category on the entry form. According to the number of registrations, the organisers will decide on subdividing by skating levels. Skaters will be informed on this decision shortly after the registration deadline.

Vocal music is permitted. Axels and double jumps as well as overhead lifts will not be permitted. Costumes which enhance the performance by appropriately reflecting the character of the music and theme will be considered in the judging. It is not allowed to deposit objects on the ice (this will lead to deductions). Props on the ice will not be permitted.

IMPROVISATION:

The length of the improvisation programme is 1m40s for all categories. Age categories and skating levels will be the same as for the Free Skating events. Non-vocal music will be chosen by the Local Organizing Committee for the different categories. The music on which the skaters will improvise their programmes will be played 15 minutes before taking the ice. The participants will then have to retire to the locker rooms where they will no longer be able to hear the music or watch other skaters on the ice. Coaches are not allowed to have contact with their students during this time. The dress code should be sober and of a simple nature.

This event consists of a programme executed with compulsory elements listed for each category. All additional elements will be penalized. The **artistic** note is decisive in case of a tie.

BRONZE - the programme must contain only the following elements.

- one foot upright spin (min. 4 revs),
- one foot back spin, entry optional (min. 3 revs),
- one sit spin (min. 3 revs),
- steps and moves connecting the different elements of the programme,
- sequences of connecting moves which must also include other free skating moves, such as change of direction, spirals, Ina Bauers, spread eagle and flowing moves which use deep edges. The sequences must be skated using the whole ice surface.

SILVER - the programme must contain only the following elements.

- one camel spin (min. 3 revs)
- one sit spin, or original spin (the position of the spin is left for the skater's choice and will be judged on its originality) (min. 3 revs)
- one combination spin with only one position change and no change of foot (min. 3 revs)
- steps and moves connecting the different elements of the programme,
- sequences of connecting moves which must also include other free skating moves, such as change of direction, spirals, Ina Bauers, spread eagle and flowing moves which use deep edges. The sequences must be skated using the whole ice surface.

GOLD - the programme must contain only the following elements.

- one combination spin with minimum one position change and one change of foot (min. 3 revs on each foot)
- one lay back, or sit spin, or original spin (the position of the spin is left for the skater's choice and will be judged on its originality) (min. 4 revs)
- one camel spin (min. 4 revs)
- steps and moves connecting the different elements of the programme,
- sequences of connecting moves which must also include other free skating moves, such as change of direction, spirals, Ina Bauers, spread eagle and flowing moves which use deep edges. The sequences must be skated using the whole ice surface.

MASTERS - the programme must contain only the following elements.

- one combination spin with minimum two position changes and one change of foot (min. 4 revs/foot)

- one flying camel, or flying sit spin (min. 4 revs)
- one original spin (the position of the spin is left for the skater's choice and will be judged on its originality) (min. 4 revs)
- one split jump
- steps and moves connecting the different elements of the programme,
- sequences of connecting moves which must also include other free skating moves, such as change of direction, spirals, Ina Bauers, spread eagle and flowing moves which use deep edges. The sequences must be skated using the whole ice surface.

SYNCHRONIZED SKATING:

Synchronized teams are welcome at the 2010 Mountain Cup. Please contact Xavier Debernis (email: coupedelamontagne@yahoo.fr) for details.

JUDGING

The ISU Judging System will be applied to all events except for compulsory figures which will receive closed marks of the 6.0 judging system. Please fill out the form "Planned Program Content", including the elements with an appropriate time code and send it together with your application.

The decisions of the judges' panel are final and cannot be contested.

III. FACILITIES AND LOGISTICS

There will be practice ice available at the Patinoire de Villard-de-Lans. Please fill out the practice ice application and submit it with your registration.

HOTELS

In the accompanying letter we recommend hotels in different price categories. **For reservations, please contact them directly by sending them a fax or an e-mail, if available (in English).**

There is also a possibility to rent apartments, mainly on the basis of one week's rent. More information is given in the accompanying letter.

COMPETITION ARENA

The rink is a full Olympic size rink, 60 x 30 m, with plastic dashers. Located in the center of Villard-de-Lans, next to the « Piscine » (swimming pool) and the « Office de Tourisme » (tourist office). Most hotels in walking distance.

DIRECTIONS TO SKATING ARENA

120 km from Lyon airport; 30 km by car/coach from Grenoble railway station, for those who will come by TGV from Paris. Local bus service between Grenoble and Villard. Schedule and ticket price will follow.

IV. ENTRIES AND REGISTRATION

Entries must be submitted electronically no later than **27th March 2010**. **Please mail it directly to Xavier Debernis and Olga Lebras to : coupedelamontagne@yahoo.fr**. Blank entry forms may be copied. Partner entries for pairs and dance must be mailed together in the same envelop

Xavier Debernis
Mountain Cup
Gliss'xs
68 route de la Balmette
38250 Villard de Lans
France

Entry fees are as follows:

50 EUROS for first singles event
10 EUROS for second singles event
30 EUROS for first pair or dance event and for each partner of pair or dance team
7.50 EUROS for second pair or dance event and for each partner of pair or dance team
35 EUROS for compulsory figures event(s)

In general, late entries will not be accepted. However, under unusual conditions, late entries may only be accepted at the discretion of the Organizing Committee and will carry a 20 EURO late entry fee.

Refunds of entry fees will be made according to CR 10.09. The Organizing Committee reserves the right to divide an event or cancel an event when necessary. All requests for entry refund must be received by the Local Organizing Committee no later than 30 days after the competition. A 20 EURO charge will be made for all checks returned by the bank for any reason and payment must be made by cash, cashier's check or money order prior to the competition. Fees are not reimbursable, unless a Competitor cannot compete in the event due to illness or injury. In that case, a medical certificate must be provided.

REGISTRATION

The official Registration Desk will be open throughout the competition. Competitors must register promptly upon arrival.

AWARDS

All the Competitors will be announced and honoured. According to ISU Rule 107, paragraph 12 (CSNDG Rule 3219), Competitors from Clubs affiliated to a foreign ISU Member will be announced with the name of their Club and not the name of their country.

Awards will be presented to the 1st, 2nd, 3rd and 4th place winners in each event. ***Participation medals will be awarded to skaters placing 5th and following.*** Skaters should receive their awards in their competition outfit.

SCHEDULES

A tentative schedule will be sent by email to all registered competitors (although not before mid-April 2010).

Initial draw for starting order: 27 may at 19h00 at la Coupole

Initial Judges Meeting: 27may at 20h00 at la Coupole

Initial Technical Panel Meeting: 27may at 20h00 at la Coupole

Competition schedule :

Thursday 27 may : Compulsory figures (on the evening from 20h30 to 22h00)

Friday 28 may : Dance and free skating from 8h00 to 20h00

Saturday 29 may : Dance and free skating from 8h00 to 19h00

Sunday 30 may : dance and free skating from 8h00 to 13h00

This schedule is subject to changes in accordance with the number of entries. The final schedule of Competition will be published on www.csndg.org.

V. ADDITIONAL INFORMATION

ADMISSIONS

This event will be open to the public. There will be no fees charged.

MUSIC

Cassette tapes (no cases, please) and CDs will be accepted. They must be clearly marked with name, event entered, length of music and side to be played. Competition music must be turned in at registration and will be available for pick up at the Registration Desk at the conclusion of the event. Tapes or CDs will not be mailed back to competitors. All competitors must have an additional duplicated cassette/CD with them in the rink. The Organizers will accept no responsibility for damage to cassettes or loss of cassettes and CDs, but will take every precaution to ensure their safety. The Organizers will supply current dance music for compulsory dances and music for the improvisation events. ***Please note that music downloaded from the Internet MP3 or Mpeg4 cannot be played, neither can CD-RW and minidisks be accepted. Each program must be recorded on one track on a separate disc or cassette. Thank you!***

ADDITIONAL INFORMATION

Further questions regarding the 2010 Adult Open Competition at Villard-de-Lans can be answered by contacting:

Olga Le Bras

Tel. 06 11 12 93 14 (home)

e-mail: coupedelamontagne@yahoo.fr

Please remember the time difference between your home country and France before telephoning.

VI. LIABILITY

The Patinoire Villard-de-Lans and the Organizers of this competition undertake no responsibility for damages or injuries suffered by the skaters or officials. As a condition of and in consideration of the acceptance of the entries or participation therein, all entrants, their family members and

officials shall be deemed to agree to assume all risk of injury to their person and property resulting from, caused by or connected with, the conduct and management of the competition, and to waive and release any and all claims which they may have against any officials, the Patinoire Villard-de-Lans and against the Organizers, and their entries shall be accepted only on such conditions (see CR 10.12).

Below please find a table of calculation for compulsory figures judged with the 6.0 system

Event	Mode of Calculation
Compulsory figures	3 figures; 1 mark per figure; result: sum of marks

VII ENTRIES OF OFFICIALS

Referees (one of them being appointed Chief Referee), Technical Controllers, Technical Specialists and Judges are appointed and entered by the Officials Head of the Regional League of the Organizer.

Data/Video Replay Operators are appointed and entered by the Competition Officials Head of the Regional League of the Organizer.

The Officials Head of the Regional League of the Organizer may invite Officials from foreign ISU Members with the approval of the Organizer and the Officials National Commission and with information to the ISU Members concerned.

The date and place of meetings for Officials are scheduled

The composition of the panels of Officials for the different categories and parts of the Competition will be determined by the Chief Referee.

IX MEALS, LODGING AND TRAVEL EXPENSES

Travel expenses, lodging and meals for Judges, Referees, Technical Controllers, Technical Specialists, Data/Video Replay Operators, and Technical Staff will be covered by the Organizer.

X. MUSIC / PLANNED PROGRAM CONTENT

For categories Couples Free Dance, Couples Original Dance and Solos Interpretive Dance, and free skating all Competitors shall furnish competition music of excellent quality on CD or MD format, in accordance with CSNDG Rule 3217, paragraph 3 (ISU Rule 343, paragraph 1). A list of titles, composers and orchestras of the music to be used in the Original, Free or Solo Interpretive Dance must be listed for each Competitor on the official Music Selection Form³ and attached to the official Entry Form for Competitors.

All discs must show the Competition event, Competitor's name and the exact running time of the music (not skating time) including any starting signal and must be submitted at the time of registration. Each

program (Original Dance, Free Dance, Solo Interpretive Dance) must be recorded on a separate disc. In addition Competitors must provide a back-up drive for each program.

If music information is not complete and CDs or MDs not provided, accreditation will not be given.

The Program Content Sheet must be returned 21 days before the Competition, i.e. on 6 May at the latest to glissxs@yahoo.fr. It is mandatory that the Program Content Sheet must be filled in precisely by each Competitor on the model available on www.csndg.org (section "téléchargements"), using the terminology for the elements listed in CSNDG Rule 1404 (ISU terminology for Adult Original Dance and Adult Couple Gold and Silver Free Dance / CSNDG terminology for Adult Couple Bronze Free Dance and Adult Solo Interpretive Dance).

XI. OFFICIAL HOTEL

The official hotel for Officials will be:

Hotel le Dauphin 220 Avenue du Général de Gaulle 38250 Villard de Lans

Hotel information for Competitors, Coaches and accompanying persons can be provided by the tourism office of the city.

Office du tourisme de Villard de Lans : www.villarddelans.com

101, place Mure Ravaud 38250 Villard de Lans

04 76 95 10 38

0 811 460 015

XII ACCREDITATION

The official accreditation is planned at the ice rink upon arrival.

According to CSNDG Rule 3217, paragraph 9, accreditation and welcome package will be given to all entered Competitors and Coaches (2 maximum per Competitor), Judges, Referees, Technical Controllers, Technical Specialists, Data/Video Replay Operators, Technical Staff and Guests.

Accreditation for Competitors can only be provided in exchange of:

- musics
- Program Content Sheet, if not yet provided,
- for Competitors from Clubs affiliated to Fédération Française des Sports de Glace : valid Competition Membership,
- for Competitors from Clubs affiliated to a foreign ISU Member : ID card or passport showing valid age,
- settlement of due fees, if any.

XIII. DRAWS - ORDER OF SKATING

The starting orders will be determined by draw according to [the electronic procedure described in CSNDG Rule 3451, paragraph 1.] [CSNDG Rule 3451, paragraph 2 (ISU Rule 635).]⁴

XIV. RESULTS

The marking system ISU Judging System as described in ISU Rule 353 (Determination and publication of results) (CSNDG Rules 3511 and 3521) will be used.

XV. PROTOCOLS

According to CSNDG Rule 3551, paragraph 2. a), no protocol will be provided. Results will be made available on www.csndg.org.

XVI. INSURANCE / LIABILITY

For Competitors from Clubs affiliated to foreign ISU Members, in accordance with ISU Rule 119, it is the sole obligation of those Clubs to provide medical and accident insurance for their athletes, officials and all other members of the Club's team. If this is not the case, Competitors shall be insured personally. Such insurance must assure full medical attendance and also the return of the ill or injured person to the home country by air transport or by other expeditious. It is an internal matter of each Club to decide the issue who shall pay the premium for such insurance.

The Organizer and the Fédération Française des Sports de Glace assume no responsibility for or liability with respect to bodily or personal injury or property damage incurred in connection incurred by Competitors and officials.

XVII. ROUND TABLE DISCUSSION

If possible, a Round Table Discussion for Judges will be held after the events.